

Recipe for Christmas Pigeon Peas

Ingredients

- 2 Cans Pigeon Peas or 'Gungo' Peas 400g x 2. If you can only get dried peas, place in a pot of water overnight and then boil in water until soft but not mushy.
- Large Carrot diced - 1
- Butternut squash diced - 1/2
- Bunch of Scallion - 1
- Minced or grated ginger - 1 'thumb'
- Garlic - 1 bulb
- Coconut milk - 1 Can
- Brown sugar - 3 heaped tablespoons
- Rapeseed or vegetable oil - Enough to coat your pot/pan
- Thyme - 4/5 springs
- Tomato puree - 2 heaped tablespoons
- Salted pig tails - 3 tails (get your butcher to slice them at the joint) leave out for a **vegan** recipe.

Pig tail pieces in a pot with water on low boil until very tender. between 1 to 2 hours. **Do not drain the liquid.**

Oil in a pan so that the bottom is well coated. No dry spots. High heat. The sugar goes in. Stir continuously until it is smoky, thick and foamy. Peas in and stir. Then add carrot, squash, scallion, ginger, garlic, and thyme. Keep stirring until the veg is all soft. Add the cooking liquid from the tails if you need it. Do not add too much as you will be throwing in the coconut milk later. The tail cooking water will be very salty so wait to add more salt until the dish is almost done. Once all the veg is soft, reduce heat to medium and add the tomato puree. If you like heat you can add a habanero pepper or some diced jalapeno, Once mixed in, add the coconut milk and pigtails(Vegans skip the wagger obviously) and simmer until thick. The peas should not be sitting in liquid like a stew. There should be a very thick gravy coating on the peas and veg and a small amount of liquid at the bottom of the pan. This is the last chance to salt so taste and slowly add salt as needed. Garnish with herbs like thyme, parsley or chives.

Pholourie Fritters with Green Apple Amchar

Pholourie - Vegan

Flour - 240g
Dry Yeast - 7g packet
Baking Powder - 10g
Curry Powder - 10g
Red Onion - 1 small diced
Garlic - 6 cloves minced
Parsley flat - 25g
Brown Sugar - 10g
Salt - 5g
Water 200g

Place all ingredients aside from the water in a bowl and mix well. Add the water slowly and mix as you do. You may need to add more or less water to get the consistency correct so go very slowly. What you want is a loose dough. You should not be able to make a dough ball. It should conform to the mixing bowl but not be smooth. I use my freshly cleaned hands to mix at home but you can use a wooden spoon.

Cover with cling and rest in the warmest place in the kitchen for 45 mins. You can turn the light on in the oven and stick in there. If you are cooking the next day you can place it in the fridge and it should slowly rise overnight and be ready to fry when you take it out. The dough will be much more loose and stretchy/sticky. It will be very wet.

Heat some vegetable oil in a pot or very deep frying pan. 5cm of oil is what you are aiming for. You want to be between 165 - 180C . The traditional method is to scoop the dough up with your hands and make a fist while forcing the dough out through your index finger and thumb in perfectly round balls. BUT we are going to use 2 large spoons.

Scoop a spoon full of dough and lower the dough till it almost touches the oil and very slowly use the other spoon to scrape the batter into the oil. You are aiming for golf ball sized. The imperfections make it tastier so do not worry about shape. 7-8 minutes should do. TEST one at a time! If the exterior is very dark after 7-8 minutes lower the heat or if they are raw on the inside, turn the heat up!

After they come out of the oil they will need a pinch of salt before they dive into the chutney!

Green Apple Chutney - Vegan

Red Onions - 2 Large thinly sliced
Green/Cooking apples - 2 Large thinly sliced
Curry Powder - 20 g
Brown Sugar - 100g
Olive Oil - Coat the bottom of the pan
Salt to taste about 5g

Heat oil on high in a deep saucepan. Add onions and fry till almost brown. Add curry powder and as soon as it starts to brown add water to cover the onions. Once the water heats up, add the apples. Stir on medium heat until the apples are very soft. Add the sugar and salt at this point and TASTE. The mixture should be spicy, tart and sweet. Add more salt or sugar as needed. The dish is very forgiving so you can be heavy handed with those. You are aiming for a chunky chutney. If you want it smooth, stick it in the blender!

The pholourie must be served with a chutney, it is a vehicle for the sauce.

Jerk Chicken

Scallion - 1 Bunch
Habanero Peppers - 4
Red Onion - 1 large
Garlic - 1 Bulb
Ginger - 2 thumbs
Pimento/Allspice Powder - 10g
Black pepper - 5g
Salt 5g

Place all the ingredients in a blender until chunky paste. Add water as needed to help the blender. Do not sweat the measurements too much. They are a rough guide. What's more important is quality ingredients. When you taste the marinade it should be very hot. Most of the heat is going to be lost to the cooking so do not fret.

Prep a whole chicken by cutting it in half. Heavily salt the exterior of the chicken and then rub heavily with the marinade. Push some marinade under the skin of the breast meat by accessing it through the neck. Do the same with the Leg. Try not to make the hole too large or the skin will come off while cooking. More marinade the better so if in doubt add more! Save a small amount to drizzle on at the end.

The most important thing here is time. You must marinate this overnight at the LEAST. I like to use a large plastic bag to place the meat in and I try to work all the air out. This way the meat is always in contact with the marinade.

To cook in the oven, set to 100c until the bird is cooked through or 75c at the thickest part of the thigh. Then set the grill on high and leave the oven door slightly ajar so you can see the browning. You want LOTS of colour here.

To cook on a grill use the indirect method until the bird is cooked through or 75c at the thickest part of the thigh. Then turn the heat up or add more coals and get your colour and crisp going.

Let the chicken rest for 15 minutes. Butcher the chicken, rest on a plate and drizzle some of the marinade on it. Garnish with some lime wedges!

Venezuelan Hallacas Recipe

Recipe By Chef Jeeny Maltese.

Ingredients: (20 Hallacas)

GUIZO

- 1½ cups vegetable oil
- 3 Tbsp. plus 1½ tsp. achiote (annatto) seeds
- 2½ lb. boneless beef cheeks or rump roast
- 2½ lb. skinless, boneless chicken breasts
- 2½ lb. boneless pork shoulder
- 1 Tbsp. Sea salt, plus more if needed
- 3 medium tomatoes, chopped
- 4 garlic cloves
- 4 Tbsp ground cumin
- 2-4 Tbsp adobo powder or bouillon powder (optional)
- 2-4 Tbsp dried or fresh oregano
- 1 small can of tomato paste
- 1 medium onion, chopped
- 1 large red pepper, chopped
- 1 large green pepper, chopped
- 1 bunch scallions, chopped
- 1 bunch coriander, chopped
- 2-3 Tbsp light brown sugar (optional)

DOUGH

- 1 1-kg package HARINA P.A.N. precooked cornmeal/maize flour
- 2 Tbsp. Sea salt (some families add a pinch of sugar to the dough)

ASSEMBLY

- 3 1-lb. packages fresh or frozen, thawed banana or plantain leaves

- *¼ cup vegetable oil*
- *½ cup drained capers*
- *½ cup pitted green olives*
- *½ cup raisins*
- *Sliced raw onions, sliced cooked potatoes, sliced carrots or even sliced boiled eggs (optional and it is depending on each family tradition)*

Method:

GUIZO

Step 1

Cook oil and achiote seeds in a small saucepan over medium-low heat until oil turns deep orange, about 10 minutes. Strain into a heatproof jar and let cool. Measure out ½ cup achiote oil for making filling; set remaining 1 cup oil aside for making dough.

Step 2

Bring beef, chicken and pork with 1 Tbsp. Sea salt, and 12 cups water or stock to a boil in a large pot over medium-high heat. Reduce heat to medium-low and let simmer until cooked through, about 30 minutes. Transfer beef and chicken to a cutting board and let sit until cool enough to handle. Pour 8 cups cooking liquid into a heatproof pitcher or large measuring glass; set aside. Discard any extra liquid.

Step 3

Cut beef and chicken into ½" cubes; place back into pot (cooking the meat before you chop it means that you can cut the pieces finer and more evenly). Blend tomatoes, garlic, and tomato paste in a blender until smooth; add purée into pot with meat. Blend onion, red and green peppers, scallions, coriander, with spices & herbs and ½ cup reserved cooking liquid in blender until smooth and add to pot. Add brown sugar and ½ cup reserved achiote oil. Pour in remaining 7½ cups reserved cooking liquid. Bring to a boil, then reduce heat to medium-low and simmer until meat is tender and liquid is mostly reduced, about 40-60 minutes. Season lightly with salt and let cool.

DOUGH

Step 4

Meanwhile, mix Harina Pan (cornmeal flour), salt, reserved 1 cup achiote oil, and 8 cups water in a large bowl with your hands until dough is smooth, spreadable, and no large lumps remain, 5–7 minutes. Press a sheet of plastic wrap or parchment paper directly onto surface of dough; let rest at least 30 minutes or up to 1 hour. Dough should be smooth and no lumps or dry.

ASSEMBLY

Step 5

Wash and pat banana leaves dry. Carefully remove any centre stems with kitchen scissors, avoiding breaking through the leaf, then cut into 14x10" rectangles. Mix oil and 1 cup water in a medium bowl (it needs to be big enough to dip your hands into). This will help to keep the dough from sticking to your hands. Working one at a time, place a banana leaf on a surface so the veins in the leaves run horizontally. Dipping your fingers in oil mixture as you work, place $\frac{3}{4}$ cup dough in centre of leaf and spread out with your fingers into a $\frac{1}{8}$ "-thick rectangle, leaving a 1" border near the vertical edges and a space on both horizontal edges. Place $\frac{3}{4}$ cup guiso into centre of dough. Top with a few capers, olives, and raisins.

Step 6

Take top and bottom edges of leaf and bring up toward each other so edges of dough meet and enclose filling. Pull both sides of banana leaf together snugly toward the upper edge of the hallaca to seal and fold over toward you to make a tube. Fold remaining 2 side ends toward the centre to make a small package.

Step 7

Place hallaca package, fold side down, on another banana leaf and wrap up again. Wrap once more in a third leaf to hold everything together, then tie closed with kitchen twine or cooking string. (Make sure package is compact, the leaves are not ripped, and hallaca is not leaking.) Repeat with remaining dough, filling, and banana leaves.

Step 8

Place as many hallacas as will fit into a clean large pot, pour in water to cover, and bring to a boil. Reduce heat and simmer, turning hallacas halfway through, until plumped and firm, about 35 minutes. Repeat with remaining hallacas.

Do ahead: *Hallacas can be made 1 week ahead. Let cool completely, then cover and chill, or freeze up to 3 months. To reheat, cook in a pot of simmering water (make sure hallacas are submerged), partially covered, until warmed through, 10–15 minutes if chilled, 25–30 minutes if frozen.*