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Episode Six, Birthday Treats:

Connie's Recipes

Curried Mutton, Rice and Peas with Homemade Dumplings

Serves 6

This dish is featured at every Caribbean social event from birthdays and weddings to christenings and bereavements often referred to as the 'big peoples food' this dish is served in the evening after a buffet of finger foods however enjoyed by young and old alike.

Ingredients

2lbs Mutton
1 medium onion (finely chopped)
2 cloves of garlic (finely chopped)
2 stalks of scallion (spring onions - roughly chopped)
1 scotch bonnet pepper (finely chopped)
2 ½ tbsp curry powder
1 sprig fresh thyme
1 ½ tsp of salt
2 carrots (roughly chopped)
2 sticks of celery (roughly chopped)
½ tsp ground black pepper

For the Rice and Peas:

½ lb Kidney beans
Milk from 1 fresh coconut
2 whole stalks of scallion
1 sprig fresh thyme
1 scotch bonnet pepper
2 lbs easy cook long grain rice
2 tsp salt
1 knob of butter or margarine

For Fried Dumplings:

1 ½ lbs self raising flour
1 oz butter or margarine
½ teaspoon salt
½ pint Oil for frying
Water to make dough

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Method

1. **For the Curried Mutton:** Wash and cut meat into cubes.
2. Season with onion, garlic, scallion, scotch bonnet pepper, curry powder, fresh thyme and salt. Add chopped carrots and celery. Leave to marinate for 2 hours minimum but ideally overnight.
3. Heat a heavy based pot and remove meat from seasoning marinade (don't throw it away though because you'll need it in step 5) and brown.
4. Cover the meat with boiling water and simmer for 2 hours or until the meat is tender.
5. Add seasoning mixture, and simmer for a further ½ hour.
6. Add more water if required. The Curried mutton should be reduced to a stew like medium consistency.
7. **For the Rice and Peas:** If using dried kidney beans soak overnight in cold water.
8. Place kidney beans in a large saucepan and cover with cold water. Cover and bring to the boil. Simmer until tender.
9. Grate a fresh coconut, place into a bowl and pour ¼ pint of boiling water over it. Leave to stand for 1 hour
10. Squeeze through a damp cloth.
11. Add coconut milk to kidney beans, with salt, stalks of scallion, and thyme.
12. Bring to the boil and then add rice and scotch bonnet pepper(whole don't cut) and stir.
13. The water should be just covering the rice
14. Reduce to a very low heat and simmer for 30 minutes or until the rice is tender and water is absorbed.
15. If rice remains hard add small amounts of water and continue to simmer until cooked.
16. Remove whole pepper and scallion and add knob of butter, simmer for a further 5 minutes.
17. Serve hot with curried mutton.
18. **For the Homemade Dumplings:** Sieve the flour in to a bowl, stir in the salt
19. Cut the butter in to small lumps and add to the mixture
20. Add the water a little bit at a time and work in to the mixture (if it is added too quickly the mixture may not bind properly)
21. Knead the mixture until it is smooth
22. Divide the mixture in to small balls about 5cm in diameter then flatten the balls so they are about 2cm thick. The dumplings are now ready to be fried.
23. Heat the oil over a low heat. Fry until golden brown (5 minutes).
24. Place on a paper towel to absorb the excess oil and serve hot.

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Episode Six, Birthday Treats:

Connie's Recipes

Saturday Soup

Serves 10-12.

When I was growing up in Jamaica it was a tradition that every Saturday the household would all eat soup made from various meats an assortment of Caribbean vegetables and soft spinner dumplings. Saturday soup was the only thing cooked on a Saturday in a huge pot that would serve all the members of the family and visiting friends. This tradition is still on going today not only practiced in Jamaica but throughout the Caribbean islands and with many families living in the U.K today this is my version of Saturday soup just like mama use to make.

Ingredients

For soup

- 1 chicken carcass (for stock)
- 1 ½ lbs chicken thigh (off the bone)
- 1lb pumpkin
- 1 Cho-cho (
- 1lb soft yam
- 1lb potatoes
- ½ lb Sweet Potatoes
- 2 sweet corn (on the cob)

For soup (cont.)

- 1 Scotch Bonnet pepper
- 2 stalks scallion (spring onions)
- 2 sprigs fresh thyme
- 1 pkt chicken noodle soup
- Ground black pepper & salt to taste

For Spinner dumplings

- 1lb plain flour
- ½ tsp salt
- Water

Method

1. Bring a large saucepan half filled with water to the boil. Add the chicken carcass and cook for 1 hour. Discard the bones and add chicken and cook for a further ½ an hour until chicken is cooked.
2. Skim any froth from the top of the stock
3. Wash, peel and cut all vegetables into bite size pieces (not to small) and add to stock, bring to the boil and simmer for ½ hour. Stir occasionally.
4. In the meantime sift flour and salt into a bowl, add enough cold water to make a sift dough and knead for 5 mins.
5. Roll dough in the palm of your hand into a sausage shape (approx 2 ½ inches long and ½ inch thick)

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6. Add dumplings, scotch bonnet pepper (washed and chopped finely), thyme and chicken noodle soup mix, black pepper and salt to taste. Stir and Simmer for 15 – 20 minutes.
7. Soup should be of medium consistency, therefore add boiling water if too thick or corn starch if too watery. Stir and simmer for 5 minutes and serve hot.

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Episode Six, Birthday Treats:

Connie's Recipes

Sky Juice

Serves 6

Ingredients

Pineapple Juice
Condensed Milk
Vanilla Nourishment powder – optional
Mixed Spice

Method

1. Mix all the ingredients in a blender.
2. For 'Guinness Juice' substitute the Pineapple juice with Guinness.

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Episode Six, Red Button Recipes:

Connie's Recipes

Ackee and Salt Fish, aka the Usain Bolt

In 2009 Usain Bolt won the title of the fastest man in the world after taking the gold medal for the 100m sprint during one of his many interviews he was asked what types of food he eats during training which adds to his running ability he replied: "...yam, green banana, boiled dumplings and Jamaica's national dish Ackee and Saltfish". The shop was full of people cheering and laughing as Jamaica's finest took 3 gold medals - at this point we renamed the dish the Usain Bolt - the Food of Champions.

Ingredients

- 1 packet Salted Cod
- 1 tin Ackee
- 1 Large Onion – chopped
- 1 Spring Onion – chopped
- 1 clove Garlic – finely chopped
- 1 Scotch Bonnet Pepper – finely chopped
- 1 Green Pepper – chopped
- 1 Red Pepper – chopped
- 1 Tomato – chopped, discarding the seeds
- 3 tablespoons Cooking Oil
- Sprig of Thyme

Method

1. Soak the salt fish overnight, and then drain.
2. Put cooking oil into a pan of boiling water.
3. Add the chopped onion, spring onion, tomato and peppers and stir until brown.
4. Add salted cod, crumbling it between your fingers as you add it to the mix.
5. Leave to simmer for 5-6 min, stirring occasionally.
6. Add the green and red peppers, and leave to simmer for another 5 min.
7. Drain the ackee and add to the mix, along with a sprinkle of coarse black pepper and the sprig of thyme.

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8. Leave to simmer for another 5 min. Serves 4
9. Serving suggestion: if a breakfast dish serve with hard dough bread or Roast bread fruit.

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Episode Six, Red Button Recipes:

Connie's Recipes

Bananas, Yam, Sweet Potato and Dumplings, aka the Usain Bolt

Ingredients

2 Green Bananas
1 large Yam
1 large Sweet Potato
For the dumpling:
Flour (8oz) Salt, to taste
Cold water (4oz)

Method

1. Put cooking oil in a pot of boiling water.
2. Put the green bananas, unpeeled, into the boiling water. Leave to boil for 15 min.
3. Chop the yam into single portions.
4. Peel the sweet potato and again chop into single portions.
5. **For the dumpling:** Place the flour, cold water and salt into a bowl and mix into a dough, and then knead really well.
6. Pull pieces of the dough off in portion size chunks.
7. In a separate pot of boiling water with 1 tbsp of cooking oil, add the yam, the dumplings and the sweet potato.
8. Cook for about 15 mins.
9. Take the green bananas off the heat, skin them, and serve with the yam, sweet potato, and Ackee and saltfish: - your very own Usain Bolt.

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