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APRIL.14.2011

EASTER COOKBOOK

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FOR
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SOUPS

Pumpkin Soup

1lb pumpkin
2 onions
1 quart chicken stock
2 sprigs thyme
1tbs butter
1 stalk scallion

Method

Slice and lightly sauté onions in butter.
Add peeled, cubed pumpkin and the rest of the ingredients.
Cover in chicken stock and simmer for about an hour.
Strain before serving.



Corn Chowder

One 14oz can chicken broth
1 cup chopped onion
 $\frac{1}{8}$ teaspoon pepper
One 12oz can evaporated skim milk
 $\frac{1}{4}$ cup all-purpose flour
One 12oz can whole kernel corn with sweet peppers
1 tablespoon snipped fresh parsley (optional)

Method

In a medium saucepan, combine broth, onion and pepper. Bring to boil, reduce heat. Cover and simmer for 5 minutes or till onion is tender. In a small bowl, stir together milk and flour. Stir into broth mixture. Cook and stir till thickened and bubbly. If desired, sprinkle with parsley.

Note: If desired, when adding the corn, add one 6-oz can minced clams, undrained or 1 cup chopped, cooked chicken.

Split Pea Soup

$2\frac{1}{4}$ cups split peas (green or yellow).
1lb smoked chicken or turkey necks
2 sliced onions
Salt to taste
One fresh green hot pepper
 $\frac{1}{2}$ lb pumpkin or carrot
1 bunch mixed herbs (basil, thyme, scallion, etc.)

Method

1. Cover peas with five cups cold water and soak overnight in soup pot.
2. Add chicken or turkey necks, onion and half of seasoning.
3. Bring to boil, reduce heat and simmer for 90 minutes, stirring occasionally.
4. Add remaining seasoning and whole pepper, and cook for another 20 minutes. Add salt to taste and serve.

Tomato Soup

1lb fresh tomatoes
1 quart chicken stock
1 onion
Strips of smoked chicken
(bacon rinds after Easter)
1oz brown sugar, salt and pepper to taste
Fresh herbs of choice
1oz margarine
2tbs flour

Method

1. Using half the margarine, fry meat in thick pot, add sliced onions and fry slightly.
2. Chop tomatoes, add to pot and cover and cook over low heat for 10 minutes, stirring occasionally.
3. Add mixed herbs, stock, sugar, salt and pepper and simmer.
4. Remove from flame, rub through sieve, rinse the pot and add remaining margarine.
5. When butter has melted, gradually stir in flour and add the sieved purée.
6. Cook until rich.



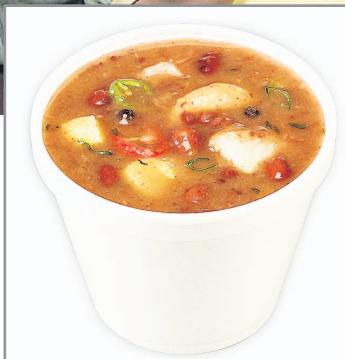
SOUPS

Purée of Red Peas Soup

2 cups water
 1/4 cup coconut milk
 2 cans red beans
 1/2 tsp white pepper
 1/2 tsp salt
 1 stalk scallion
 2 sprigs thyme

Method

1. Bring water to the boil.
2. Add coconut milk to water. Blend red peas. Add to boiling coconut liquid.
3. Add other ingredients and simmer for 25-30 minutes.
4. Serve hot.



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Honey Bun

Naturally Good

JAMAICA'S
#1 FOR TASTE

SALADS



Caesar Salad

1 head romaine lettuce, roughly chopped
1/4 cup extra-virgin olive oil, divided
2 soft-boiled eggs
Heavy pinch of sea salt. (Don't use table salt, or else you're not making Caesar salad.)
Freshly ground black pepper
Drizzle red-wine vinegar
3 shots Worcestershire sauce
Garlic croutons

Method

1. First, strike up a conversation.
2. Drizzle lettuce with 2 tbs extra-virgin olive oil. Toss to coat.
3. Add salt and pepper. Toss to coat.
4. Add vinegar and toss to coat.
5. Drizzle Worcestershire sauce over lettuce. Toss to coat.
6. Crack eggs over salad. Toss to coat.
7. Top with garlic croutons and serve.

Broccoli Salad

1 bunch broccoli, cut up
1/2 cup finely chopped red onions
1/2 lb bacon, cooked and crumbled
1 cup raisins (I didn't use quite so much)
1/2 cup diced celery
1/2 cup sunflower seeds

Dressing

1 cup Miracle Whip salad dressing

2tsp sugar
1tsp vinegar

Method

1. In a large serving bowl, combine broccoli and other salad ingredients.
2. Mix dressing ingredients together, pour over salad ingredients and toss gently.

– Source: *About.com*

Simple Sardine Salad

1. Drain the oil from a tin of sardines, then squeeze three drops of lemon juice on each fish and let them stand on ice for one hour.
2. Arrange crisp lettuce leaves on a chilled platter and place a sardine on each leaf, with one spoonful of mayonnaise dressing poured over each.
3. Garnish the edge of the platter with cold boiled beets cut into fancy shapes.
4. Serve with crackers and cream cheese.

**a
Suhmi
like it!**

STEAMED FISH

INGREDIENTS:

- 1 large snapper
- 1 tsp. black pepper
- 1 tsp. salt
- 2 tpsps. margarine
- 1 medium Chopped tomato
- 1 small Chopped sweet pepper
- 1 medium Chopped onion
- 1 stalk Chopped escallion
- 1 sprig thyme
- 1 piece Chopped scotch bonnet pepper
- 1 cup water
- 8 Excelsior water crackers

METHOD:

1. Split fish on both sides and season fish with salt and black pepper. Allow to marinate.
2. In a deep skillet, melt margarine
3. Add fish, sweet pepper, onion, escallion, thyme, and scotch bonnet pepper and tomato.
4. Add water and cover.
5. Cook on medium heat for about 10 minutes.

Place Excelsior water crackers on top for one minute before serving.



Jamaica's favourite!

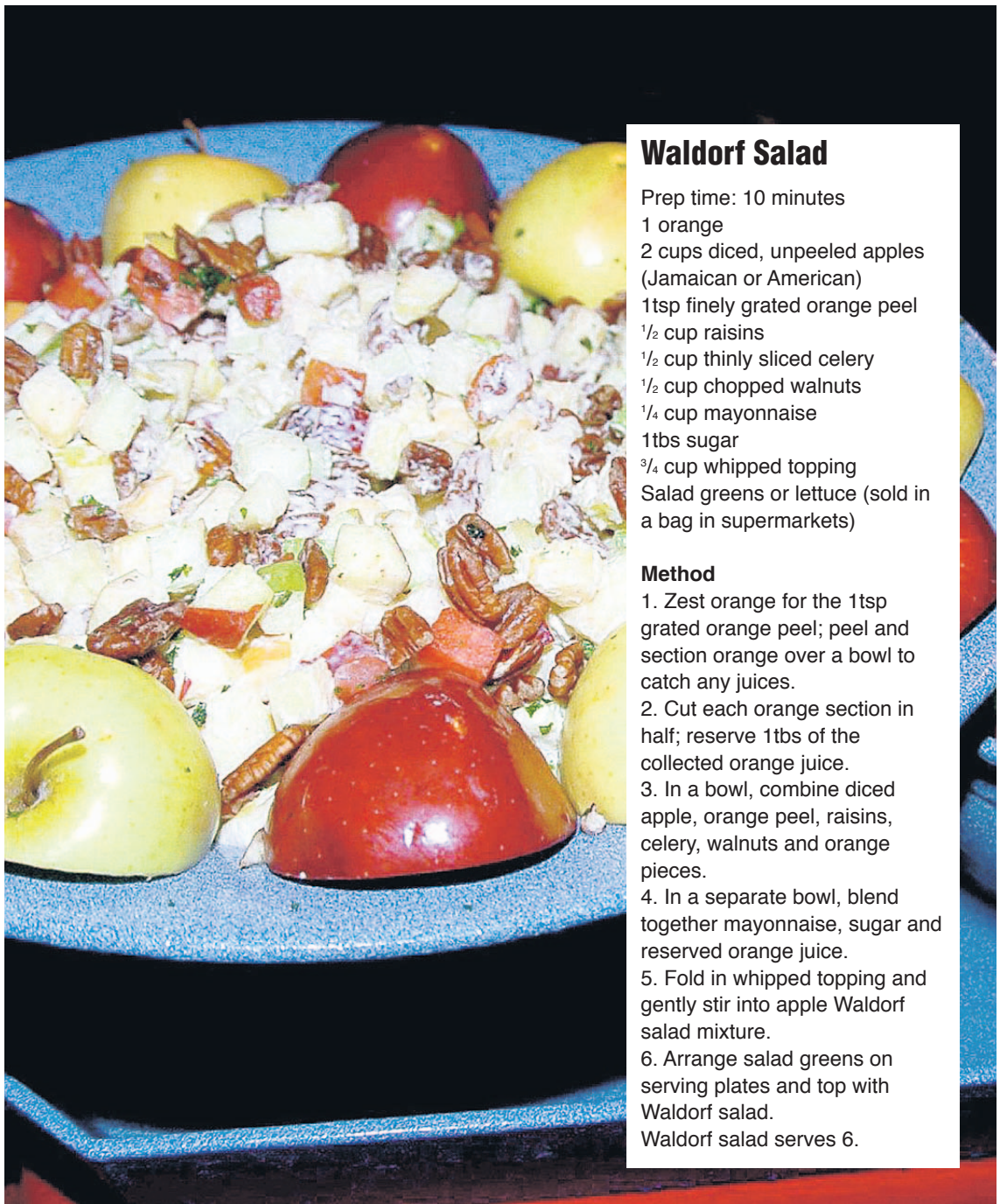
SALADS

Chocho Salad

3 young, tender chochoes
1 small white onion, thinly sliced, separated into rings
2 tomatoes, cut into chunky bite-sized pieces
1 can (2 1/4 ounces) sliced ripe olives, drained
2 tablespoons chopped cilantro
Oil and vinegar dressing
Half a head of Boston or buttercup lettuce, coarsely shredded

Method

1. Halve chochoes, but do not peel them; place them in a steamer or cover with water in a saucepan; bring to a boil, reduce heat, cover and cook until fork-tender.
2. Allow to cool; peel only if necessary, and cut into chunky, bite-sized pieces.
3. In a bowl, combine chochoes, onion, tomatoes, olives and cilantro.
4. Toss with oil and vinegar dressing and refrigerate until lightly chilled (approximately 20 to 30 minutes). Spoon chocho mixture over shredded lettuce just before serving.



Waldorf Salad

Prep time: 10 minutes

1 orange
2 cups diced, unpeeled apples (Jamaican or American)
1tsp finely grated orange peel
1/2 cup raisins
1/2 cup thinly sliced celery
1/2 cup chopped walnuts
1/4 cup mayonnaise
1tbs sugar
3/4 cup whipped topping
Salad greens or lettuce (sold in a bag in supermarkets)

Method

1. Zest orange for the 1tsp grated orange peel; peel and section orange over a bowl to catch any juices.
2. Cut each orange section in half; reserve 1tbs of the collected orange juice.
3. In a bowl, combine diced apple, orange peel, raisins, celery, walnuts and orange pieces.
4. In a separate bowl, blend together mayonnaise, sugar and reserved orange juice.
5. Fold in whipped topping and gently stir into apple Waldorf salad mixture.
6. Arrange salad greens on serving plates and top with Waldorf salad.

Waldorf salad serves 6.

Try these
exciting
recipes!

Nestlé Carnation

Fun Breakfast Idea

2 CONTROL PORTIONS

Piña Colada Toast

1 1/4 Cups CARNATION®
Evaporated Milk, chilled

3 Eggs
1/2 Cup Granulated sugar
2 Tsp. Vanilla essence
1 Tsp. Cinnamon powder
12 Slices Whole wheat bread
1 Tbsp. Butter
1 Cup Diced pineapple
1/4 Cup Grated coconut
Honey

- In a large bowl combine, Evaporated Milk, eggs, sugar, vanilla essence, and cinnamon powder.

- In a non-stick frying pan, melt butter over medium heat.
- Take one slice of bread and dip into milk mixture coating both sides.
- Then place coated bread into frying pan.
- Cook for 2-3 minutes on each side or until golden brown.
- Continue this process for the rest of the bread.
- Just before serving top with diced pineapple, grated coconut and drizzle with honey.



Serves 4

30
mins

Preparation

Use recipes to help you maintain portion control. Each Nestlé recipe gives you a recommended number of servings.



Carbohydrate 49g
Calories 413Kcal
Fats 21g
Protein 7.8g

NUTRITION FACTS

2 CONTROL PORTIONS

Tasty Side Dish

Scalloped Potatoes

3 Tbsps. Butter
1 Onion, finely chopped
1 Tsp. Garlic, minced
2 Tsp. Pepper, finely chopped
3 Tbsps. All purpose flour
2 1/2 Cups CARNATION®
Evaporated Milk
3 MAGGI® Vegetable
Bouillon Cubes
3/4 Cup Parmesan cheese, grated
2 Lbs. Cooked potatoes, peeled
and sliced thinly

- In a medium sauce pan, heat butter and sauté onion, garlic and pepper for three (3) minutes.
- Add the flour and stir to incorporate, cook for two (2) minutes.
- Gradually add the Evaporated Milk, stirring constantly to prevent lumps.
- Add Bouillon Cubes and bring to a boil. Cook until sauce thickens. Remove from heat.
- Arrange potatoes in a buttered baking dish and pour sauce over potatoes.
- Sprinkle with cheese and bake in a preheated oven at 350°F for 15 - 20 minutes or until golden brown.



Serves 6

45
mins

Preparation

Use recipes to help you maintain portion control. Each Nestlé recipe gives you a recommended number of servings.

Carbohydrate 58g
Calories 550Kcal
Fats 25g
Protein 22g

NUTRITION FACTS

SINCE 1866



Good to talk: Nestlé Jamaica Ltd. (876) 968-5538 or 1-888-1NESTLE www.highfiveforlife.com

FISH

Brunswick Tuna Baked Beans Cook-Up

1 can Brunswick Tuna Flaked in oil or water, drained
3 tbsp vegetable oil
1 small onion, finely chopped
1/4 cup sweet pepper, finely chopped
2 cloves garlic, finely chopped
1 small tomato, finely chopped
1 Scotch bonnet pepper, finely chopped
1 cup baked beans in tomato sauce

Method

Heat vegetable oil in pan over medium-high heat. Add onion, sweet pepper, garlic, tomato, and scotch bonnet pepper. Once seasoning is lightly browned, add baked beans and Brunswick Tuna and cook for 5 minutes.

Serve with rice, macaroni or dumplings, yam and bananas.

Servings: 4

Preparation time: 12 minutes

Brunswick Tuna Curry Rundown

2 cans Brunswick Tuna Flaked in water, drained
1 cup coconut milk
1 large onion, chopped
1 stalk scallion, chopped
1 sprig thyme
2 cloves garlic, chopped
1 Scotch bonnet pepper, chopped
1/2 sweet pepper, chopped
1 1/2 tbsp curry powder

Method

Bring coconut milk to a boil. Add onion, scallion, thyme, garlic, pepper and sweet pepper and boil for 3 minutes. Stir in curry and Brunswick Tuna. Cook for 5-7 minutes.

Serve with rice or boiled dumplings and green bananas.

Servings: 6

Preparation time: 15 minutes



Blackened Scallops over Angel-Hair Pasta

1lb scallops
9 or 12oz pack of fresh angel-hair pasta
1 cup mushrooms, sliced
1/2 of an onion, chopped
1/2 a tomato, chopped
3 tbs lemon-flavoured olive oil
2 tsps butter
Blackening spices
1/4 tbs salt
1/3 tbs white pepper
1 tbs black pepper
3/4 tsp dry mustard
3/4 tsp cayenne pepper
1/2 tsp garlic powder
1/8 tsp dried thyme leaves

Method

1. Mix blackening spices together.
Dredge (coat) scallops in blackening spices.
2. In skillet, sauté onion in butter, add mushrooms after onions are translucent, set aside.
3. Boil pasta in water, add 1tsp of olive oil. Cook 4 to 5 minutes, or according to instructions.
4. Heat butter in skillet over high heat.
Add scallops and let cook for 6-8 minutes. Cover to keep warm, set aside.
5. Place pasta in a bowl. Drizzle with lemon-flavoured olive oil.
Add small mixture of butter, mushrooms, onions, tomatoes and toss.
6. Plate pasta and add scallops on top. Add Parmesan cheese, if desired.

RED ROSE

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FISH

Pan-seared Salmon

4 three-ounce salmon fillets
3tbsp olive oil
1 sprig thyme
1oz olive oil
Salt and pepper

Method

Preheat oven to 450 degrees F.
In a saucepan, heat oil until just before smoking point.
Season salmon and add to hot oil, flesh side down.
Cook until golden brown.
Remove from pan and place on a sheet with oil, thyme and place in oven at 400°F for 7 minutes.
Remove from oven and serve immediately.

– Oji Jaja, executive culinary artist



Rainforest Whole Steamed Red Snapper

Four 8oz Rainforest Seafoods Red Snappers whole
Juice of 1 key lime, or juice of 1/2 small lime
Salt and freshly ground black pepper
4tbsp butter
1 medium onion, peeled and sliced into rings
1 small chocho peeled and thinly sliced
1 small green or red bell pepper cut into strips
10-12 pimento berries
4 cloves garlic, peeled and coarsely chopped
1/2 tsp minced Scotch bonnet pepper
3-4 sprigs fresh thyme

Method

1. Wash fish with lime juice and drain, season with salt and pepper.
2. Melt 2tbsp of the butter in a frying pan on medium heat.
3. Scatter onions, chocho, bell peppers, pimento, and half of the garlic, Scotch bonnet, and thyme in bottom of the frying pan. Add the remainder of the ingredients and allow to steam on medium heat until fish is cooked and sauce has reduced to desired consistency.

Serves 4.

J.F. Mills

Easter Bun Recipe



INGREDIENTS

3 cups JFMills
All-purpose flour
3 teaspoon baking
powder
1 teaspoon cinnamon
1 teaspoon mixed spice
2 eggs

1 ½ cup stout
3 ounces margarine (melted)
1 cup brown sugar
¼ cup honey
2 ½ teaspoon browning
½ cup raisins
½ cup currant
¼ cup mixed peel
(finely chopped)
½ cup grated cheese (optional)



Whole Wheat Easter Bun

INGREDIENTS

3 cups JFMills Whole
Wheat flour
3 teaspoon baking
powder
1 teaspoon cinnamon
1 teaspoon mixed
spice
3 eggs
2 cups stout
3 ounces margarine
(melted)

1 cup brown sugar
¼ cup honey
2 teaspoons browning
½ cup raisins
½ cup currant
¼ cup mixed peel
(finely chopped)
½ cup grated cheese
(optional)

METHOD

- **Preheat** Oven to 300 °F. Grease pan generously and dust lightly with flour.
- **Chopped** fruits and soak in stout for 5 minutes.
- **Combine** flour, baking powder and spices together.
- **Add** sugar, melted margarine, eggs, honey, browning and stout together, combine with flour.
- **Scrape** the sides of the bowl add the fruits and mix for another 30 seconds.
- **Pour** batter in a 11 x 14 loaf pan and sprinkle fruits on top.
- **Bake** for 45 – 50 minutes or until done.
- Remove from oven and brush with bun wash.

FISH

Rainforest Seafoods Grilled Tuna Steak

4 pieces Rainforest Seafoods Tuna Steak
8oz Italian dressing
Salt and pepper

Method

Marinate Rainforest Seafoods Tuna Steak with Italian dressing for 30 minutes. Place on hot grill and season with salt and pepper to taste. Grill approximately 10 minutes or until done. It will flake easily when fully cooked.



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FISH

Lily's Baked Trout (Corvina) Fillet

1lb Sea trout (Corvina) Fillet
1tbsp lemon juice
1 egg, beaten
2tbsp dried breadcrumbs
1tbsp butter
Salt and pepper to taste
4 cloves garlic

Method

Large fish fillets are best suited for baking. Wash the fish in lime and water, place on a cloth and dry.

1. Season with garlic, salt and black pepper allowing 1/2 a tsp of salt for each pound of fish.
2. Sprinkle fish fillets with lemon juice, salt and pepper. Place in greased, ovenproof dish.
3. Pour 2tbsp of milk in the dish.
4. Brush fish with beaten egg, coat with bread-crumbs and dot with butter.
5. Bake for 15 to 20 minutes for small pieces of fish and 30 minutes for a large fillet, at 350°F.

As an added treat, slices of tomatoes, olives, sweet peppers, Scotch bonnet peppers, onions and bacon can be baked on top of the fish. Serves 2.



Shrimp Scampi

This recipe is easy to prepare and a hit with the children.

3tbs olive oil
4tbs butter or margarine
3tbs white wine
1tsp dried parsley
3 cloves garlic, peeled and minced
2tsps fresh lemon juice

1lb shrimp, deveined

Method

1. Clean shrimp, then season with salt and pepper to taste.
2. Heat oil and butter in large frying pan over medium heat and sauté garlic for 1 minute.
3. Add wine, parsley and lemon juice and cook for 1-2 minutes, stirring frequently.

4. Add shrimp and cook through until pink; about 3 minutes.
5. Do not overcook. Pour mixture over cooked linguine or pasta of your choice, toss together and serve.

Note: You may use a mixture of lobster and shrimps and any pasta of your choice.

Provided by H. Elaine Maragh

Maxfield Easter Bun for Good Taste Good Health



What Health Conscious Consumers should know about Maxfield Easter Bun!

As we approach another Easter season the bakers of the **Maxfield Easter Bun** are focusing on the health benefits of the ingredients used in the manufacture of the **Maxfield Easter Bun**.

The Maxfield Easter Bun has 0 Trans Fat and 0 Cholesterol.

In addition, over Eighty percent (80%) of the spices used in the **Maxfield Easter Bun** is Cinnamon.

Studies have shown that just a 1/2 teaspoon of Cinnamon per day can lower LDL cholesterol. **Maxfield Easter Buns** are made with another Ingredient that is good for ones health! Lots of LOVE! We love our buns and value the satisfaction of our customers.

***We wish you all a Happy Easter from all of us at
Maxfield Bakery and Pastries Ltd.***

14 Central Road, Kencot, Kingston 10
Telephone: 926-2160/2170
www.maxfieldbakery.com

FISH

Lobster or Seafood Newberg

2lbs lobster meat (or, to reduce costs, use a combination of seafood.)

2lbs Seafood Mix (lobster, shrimp, fish, artificial crab meat equal parts)

3tbsp olive oil or vegetable oil

1 cup white wine

2½ cups double or heavy cream

½ cup sherry

½ cup cognac

1 pinch grated nutmeg

1 pinch cayenne

1oz butter

1 pinch salt and black pepper

1tbsp plain flour

¼ cup single cream

2 egg yolks, beaten

Method

1. Cut the lobsters or seafood into bite-size cubes (lightly season, if possible cook each meat separately as they have different cooking times). Heat the olive oil in a large saucepan; fry until cooked through – about 5-7 minutes. Remove and set aside.
 2. Pour in the white wine and cook briskly, scraping the base of the pan to remove the lobster or seafood juices and meat. Cook until reduced by half.
 3. Add the double cream and sherry and season with nutmeg, cayenne pepper, salt and freshly ground pepper.
 4. In a heavy-based saucepan, melt the butter and whisk in the flour until smooth.
 5. Beat together the cream and egg yolks over a medium heat and add gradually to the flour and butter mixture, stirring until thickened.
 6. Pour the cream mixture and cognac into the lobster sauce, combine and simmer (very low heat) for 15 minutes.
 7. To serve, place the lobster pieces on a plate, pour over the creamy sauce and serve with steamed rice, lightly blanched vegetables and a green salad.
- Preparation time: 30 minutes
Cooking time: 45 minutes.

Courtesy of Jason Delvaille



Lily's Escoveitched Sea Trout Steaks

6-8 Sea Trout Steaks (2lb fish)

¼ cup flour (seasoned with salt and pepper)

Oil for frying (preferably coconut)

Salt and pepper and garlic for seasoning

Escoveitch Sauce

1 cup vinegar

1 cup water

¼tsp salt

1tsp sugar

1 cup thinly sliced strips of chocho and carrot

2-3 medium-size onions, sliced into large rings

Sliced Scotch bonnet peppers to taste

Method

1. Wash fish steaks in lime and water, place on a cloth and dry.
 2. Season with salt and pepper and garlic allowing 1/2 a tsp of salt for each pound of fish.
 3. Lightly dust with flour.
 4. Fry fish in ½ in-deep oil.
 5. As soon as fish is opaque, fish is ready. Set aside.
 6. Boil 1 part of water with 1 part of vinegar, with a pinch of salt and a teaspoon of sugar.
 7. Add strips of chocho, carrots, pepper to taste, pimento and onion rings.
 8. As soon as liquid boils, pour over fried fish steaks.
 9. Hearty portions of tender loving care.
- Enjoy!



WHOLE ROASTED TILAPIA WITH TAMARIND SAUCE

FIRM-TEXTURED FISH LIKE TILAPIA AND SNAPPER WORK BEST IN THIS DISH



INGREDIENTS

- 2 whole Best Dressed tilapia (about 2 lbs.) deboned and well cleaned
- 6 oz. tamarind pulp or tamarind paste
- 2 cups hot water
- 8 large cloves garlic, finely minced
- 3 tbs. fresh ginger, finely chopped
- 2 tbs. chopped onions
- 1 scotch bonnet pepper (or more to taste)
- 2 tbs. brown sugar
- 1 tsp. salt
- 3 large tomatoes, diced
- A few sprigs of fresh parsley

PREPARATION

1. Soak tamarind in the hot water until soft.
2. Put tamarind pulp in a fine sieve, set over the bowl in which it was soaking. Press hard to extract as much of the pulp as possible. Use tamarind paste if tamarind is not in season.
3. Stir in the garlic, ginger, onions, scotch bonnet pepper, and sugar. Let mixture sit.
4. Lightly salt the tilapia inside and out. Make 4 diagonal cuts about 1/2-inch deep on both sides of the fish.
5. Put the tilapia in a large dish, pour on marinade, cover and refrigerate. Marinate overnight (or for 30 minutes, if you're going to bake the tilapia in the sauce), turning the fish occasionally to ensure even distribution.
6. Heat the oven to 375°F. If you've marinated the tilapia overnight, transfer it to a baking dish and reserve the marinade. Top with the tomatoes and bake for about 40 minutes, or until the flesh feels firm and looks opaque with no signs of pink. (If tilapia was marinated for 30 minutes or less, bake with both the marinade and tomatoes for approx. 45 mins.).
7. While the tilapia is baking, put the remaining marinade in a saucepan and bring to a boil over medium heat, stirring occasionally to prevent burning. Remove from heat and keep warm.
8. When the tilapia is cooked, drain off any juices that have collected in the baking dish and add them to the sauce. Transfer the cooked tilapia to a serving platter and coat with the sauce. Garnish with parsley.





Miniature Fishcakes

Cod or any firm, lean white-fleshed fish will work in this recipe. Use a food processor or blender to coarsely chop ingredients before forming them into small cakes or balls for baking.

$\frac{1}{2}$ lb white-fleshed fish fillets, skinless and boneless
 $\frac{1}{4}$ cup canned water chestnuts, drained
 2 eggs, beaten
 2 tbs chopped green onion
 1 tsp soy sauce or tamari
 $\frac{1}{2}$ tsp grated fresh ginger
 1 tsp dark (roasted) sesame oil
 Finely ground breadcrumbs, as needed

Oil, for greasing baking sheet
 Soy sauce, for dipping

Method

1. Preheat oven to 400 °F. Place fish, water chestnuts, eggs, green onion, the 1 teaspoon soy sauce, ginger and sesame oil in food processor or blender; process just until coarsely ground.
2. Form into 1-inch balls; roll in breadcrumbs.
3. Place on lightly greased baking sheet; bake for 12 to 15 minutes until balls turn crisp and light brown. Serve warm, with small dish of soy sauce for dipping.

Serves 6-8.

Mussels in Curry and Coconut Milk

$1\frac{1}{2}$ tablespoons extra-virgin olive oil or butter
 $\frac{1}{4}$ cup finely chopped shallots
 $\frac{1}{2}$ cup dry white wine
 1 cup unsweetened coconut milk
 2 teaspoons Tahi or Vietnamese fish sauce
 2 teaspoons fresh lime juice
 $1\frac{1}{2}$ to 2 teaspoons prepared Thai green curry paste or 1 tablespoon plus 1 teaspoon curry powder to taste

1 teaspoon sugar
 $3\frac{1}{2}$ lbs scrubbed mussels
 $\frac{1}{4}$ cup chopped fresh cilantro, basil or flatleaf parsley

Method

In a medium saucepan, heat the olive oil over moderate heat. Add the shallots, cover and cook, stirring occasionally, until soft and golden, about 5 minutes.

Add the white wine and simmer until almost completely evaporated and only 2 or 3 tablespoons are left in the pan. About 5-6 minutes.

Stir in the coconut milk, fish sauce, lime juice, curry paste and sugar.

Whisk until completely combined; taste and add more curry paste, if desired. Simmer 5 minutes until slightly thickened.

Add the mussels. Cover and cook, shaking the pan frequently to rearrange, until all the shells have opened. 5-7 minutes.

Transfer the mussels to warm, shallow bowls and spoon the sauce over. Sprinkle with herbs.

Celebrate... with less calories!



BANANA PUDDING

Makes: 6 portions

Preparation Time: 20 minutes

Cooling Time: 2 hours

INGREDIENTS

1/3 cup SPLENDA®

**No Calorie Sweetener,
Granulated**

3 tablespoons Cornstarch



PROCEDURE

1. Mix the SPLENDA® No Calorie Sweetener, Granulated and the cornstarch in a small bowl. Set aside.
2. In a medium saucepan, add the milk, egg substitute, vanilla and salt. Mix evenly.
3. Stir in the SPLENDA® No Calorie Sweetener, Granulated mixture and butter.
4. Cook on medium-low temperature for 4-5 minutes stirring constantly. Cook until the mixture starts to thicken and bubble. Remove from heat. Add the Banana extract. Mix well.
5. Pour the pudding on a small bowl. Spray the surface lightly with cooking spray. Cover with plastic wrap by placing wrap directly on the surface of the pudding.

2 cup Milk, low-fat

2 tablespoons

Egg Substitute

2 teaspoon Vanilla

1/4 teaspoon Salt reduced in sodium

1 tablespoon Butter, low calories

1 teaspoon Banana Extract

1 ½ cup Banana Slices

6. Refrigerate for 2 hours before serving. Divide the pudding in 6 equal parts and distribute them in individual cups to serve; cover with banana slices.

** SUGGESTION TO SERVE

To add flavour, sprinkle the pudding lightly with toasted coconut and a spoonful of whipped cream sweetened with SPLENDA® No Calorie Sweetener, Granulated

Nutrition Facts: Portion ½ cup:
Calories 110, Calories from Fat 25,
Fat 2.5g, Saturated Fat 1.5g,
Cholesterol 10mg,
Sodium 160mg,
Carbohydrates 18, Fiber 0,
Sugars 11g, Proteins 4g
Exchanges by portion:
1 Starch, ½ Fat

When you think sugar, use
Splenda®
 No Calorie Sweetener

FISH

Sugar Cane Red Snapper Kebabs

4 Red Snapper fillet, skin on
4 sugar cane sticks (1/4" x 6")
4 red onions, quartered
8 mushrooms, button.

Method

1. Cut snapper in 4" x 2" size, season with marinade.
2. Fold the snapper fillet and use small knife to make an incision into the centre of each piece of fish, same size as cane sticks.
3. Place fish, mushroom and onion alternately on cane stick.
4. Marinate for at least 2 hours.
5. Grill until fish is tender or
6. Sauté for 4 minutes in pot with 1fl oz of olive oil and finish in a oven for 5 minutes, or until

done at 350 °F.

7. Serve with beer sauce.

Suggested accompaniments:
Rice, pasta, potatoes and any type of vegetable, raw or cooked.

Marinade

3fl oz olive oil
2oz onion
2oz scallion
3 pimento
1 sprig thyme leaves
1oz garlic
1/2 oz ginger
1/4 Scotch bonnet pepper
4 pinches salt
2fl oz white wine, dry (optional)

Method: Blend together until smooth:

Beer sauce
1 bay leaf
1 sprig thyme
1 slice onion
4fl oz white wine
4fl oz beer
12oz butter, cubed
3fl oz heavy cream

Method

1. Place onion, thyme, bay leaf and wine in a shallow pot.
2. Reduce by half.
3. Add heavy cream, allow to heat.
4. Add butter, gradually, while whisking over low flames.
5. Add beer.
6. Remove and strain.

– Recipe by Kenrick Anthony Stewart



Fried jerk fish

2-2½ lbs farm-raised trout. (Farm-raised trout is recommended because it is fleshy and the bones are soft. However, any whole small fish or fillets will do.)

1 teaspoon Walkerswood jerk seasoning or equivalent brand
1 tablespoon vegetable oil
1½ tablespoon mushroom soy sauce
1 teaspoon of vinegar

Method

After you have washed fish, cut in two-inch pieces going from long end to long end.

Mix jerk seasoning, oil, soy sauce and vinegar (if needed) in small bowl.

Drain all water from fish.

Work the seasoning mixture into the fish.

Place enough oil in fryer or deep iron skillet to at least cover a half of the height of the fish.

When oil is hot, fry fish for 3 minutes per side, or until golden brown.

Happy Easter!



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ENTRÉE

Veggie Mince Beef Balls in Barbecue Sauce

Preparation time: 45 minutes

Serves: 4-6 persons

Cooking time: 30 minutes



Ingredients

Metric	Imperial
110 grams	1 pack
500ml	2 cups
7.5ml	1 cup
6	
225 grams	8oz
114 grams	4oz
1	
15ml	1tbsp
225 grams	8oz
225 grams	8oz

Description

Grace Earth Chef Unflavoured Veggie Mince Beef
boiling water
Grace Vegetable Oil
cloves garlic, crushed
onion, chopped
escallion, chopped
whole Scotch bonnet pepper, finely chopped
thyme leaves
breadcrumbs
wholewheat flour

To make Barbecue Sauce

250ml	1 cup
5ml	1tsp
15ml	1tbsp
5ml	1tsp
15ml	1tbsp

Grace Tomato Ketchup
Sugar
Liquidised ginger
Grace Hot Pepper Sauce
Grace Fish and Meat Sauce

Method

1. Place Grace Earth Chef Unflavoured Veggie Mince Beef in a large bowl; pour on 500ml (2 cups) boiling water. Re-hydrate for 5 minutes.
2. Blend together 7tbsp Grace Vegetable Oil, the crushed garlic, chopped onion, scallion, Scotch bonnet pepper and thyme in a blender for 2 minutes. Add the contents of the seasoning sachet and blend for another minute.
3. Pour blended marinade mixture unto the re-hydrated mince, mix well and allow to marinate for 30-40 minutes.
4. Add the breadcrumbs gradually to the marinated mixture to create 'workable dough'.
5. Spoon some of the mixture into the palm of the hand using a tablespoon. Roll the mixture into small balls, set aside. Continue until all the mixture is used. (Number of balls varies depending on sizes created)
6. Heat remaining Grace Vegetable Oil in a large frying pot. Roll balls in wholewheat flour, coating evenly. Fry coated balls in heated oil until golden brown.
7. Remove from oil and drain on absorbent paper.
8. Serve with barbecue sauce.
9. Combine all the ingredients in a saucepan
10. Heat and serve with Veggie Balls.
11. Serve with steamed rice.



Method note: To make liquidised ginger: blend ½ cup water and 1 tablespoon ginger root for one minute. This will yield about 1/4 cup. The remainder may be stored in the refrigerator for further use.

Serving suggestion: May also be served as hors d' oeuvres.



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ENTRÉE

Festival

1 1/2 cups flour
3 tablespoons cornmeal
1/2 teaspoon salt
3 tablespoons brown sugar
1/2 teaspoon vanilla
3/4 teaspoon baking powder
2/3 cup water

Method

1. Sift the flour, baking powder, salt, and cornmeal and combine.
2. Add the sugar and stir.
3. Add the vanilla to the water and then add the mixture to the dry ingredients, binding to form a soft dough.
4. Knead lightly.
5. Leave covered for about 1/2 an hour. Divide the dough into eight portions.
6. Flour hands.
7. Knead lightly, then roll and pull each portion to form a 6 in x 1 1/2 in length, about 1/8 in thick.
8. Dip the festival in a mixture of cornmeal and flour, then deep fry in hot oil until golden brown.



Brunswick Tuna 'Tun' Cornmeal

1 can Brunswick Tuna Flaked in oil or water, drained
3 1/2 cups cornmeal
1 tsp salt
1 tsp black pepper
2 1/2 cups water
2 tbsp margarine
2 stalks scallion, chopped
1 medium onion, chopped
2 cloves garlic, chopped
1 sprig thyme, chopped
1/2 Scotch bonnet pepper, deseeded and chopped
3 cups coconut milk
3 cups water

Method

Combine cornmeal with salt and black pepper, mix well. Add 2 1/2 cups water to cornmeal mixture and mix to soften. Set aside.

Melt margarine in a heavy-bottom saucepan. Add chopped scallion, onion, garlic, thyme and Scotch bonnet pepper. Sauté for 2 minutes. Add coconut milk and 3 cups water and allow to come to a boil. Add cornmeal mixture to boiling coconut milk mixture and stir constantly to avoid lumping. Cook for 20 minutes on a low flame, add Brunswick Tuna and cook for 2 minutes.

Servings: 10

Preparation time: 30 minutes



Hearty Spaghetti & Meatballs

1 onion, chopped
 2 garlic cloves, smashed
 2 tbs roughly chopped fresh parsley leaves
 1 cup milk
 4 thick slices of white bread, crust removed
 2lb ground beef
 2 large eggs
 1/2 cup grated Parmigianino cheese
 Salt and black pepper

2 tins Hunts spaghetti sauce
 1 lb spaghetti

Method

1. Heat 3tbs of oil in a skillet over medium heat.
2. Add the onion, garlic and parsley and cook until the vegetables are soft but still translucent. About 10 minutes. Allow to cool.
3. Pour enough milk over the bread in a bowl to moisten and let it soak. Pour off excess milk

and squeeze it slightly. Add eggs, cheese, salt and pepper.

4. Combine everything well.
5. Add ground beef and stir to combine. Be careful not to overwork the meatballs – or they will be tough.
6. Divide the mixture into 10 very large meatballs.
7. Heat 3tbs of oil in a pan and brown on all sides.
8. Add sauce and let it simmer for 30 minutes.
9. Serve with pasta and extra cheese.

PETCOM 'Cookie Gas' safety tips

WHEN YOU smell gas, DO NOT PANIC.

NEVER

- Ignore it because you think you are using the stove and it is normal. IT IS NOT NORMAL!

- Dial a phone or turn on anything electrical, as their circuits may cause a spark.

- Strike a match or allow a naked flame in the area.

INSTEAD, YOU SHOULD

- Immediately open all windows and doors to allow for adequate ventilation.

- Turn off stove and check for leaks using soapy water at suspected area(s).

- Remove cooking gas cylinder (20-30lbs) to a safe and well-ventilated area. If you are using 100lb (45kg) cylinder(s) go outside and turn off valve(s).

- Call the PETCOM dealer within your area immediately.

ALWAYS

- Check the bottom of your cylinder for corrosion.

- Store 100lb (45kg) cylinders on concrete padding, e.g., concrete blocks.

- Use on/off lever on regulators, rather than removing regulators when not cooking for an extended period.

- Transport and store cylinders in an upright position at all times.

- Check for test dates on the cylinder collar. Ensure they are current.

- Use only PETCOM-recommended rubber hose to connect portable cylinder to stoves. Check flexible tube connections for leaks on a regular basis, using soapy water.

- Use soapy water to check ALL joints for leaks immediately after installation. A bubble indicates a leak.

- Ensure that all leaks are repaired by a certified LPG technician before continuing the use of your stove.

DO NOT

- Accept cylinders with dents or deep gouges, or any other obvious physical defects.

- Accept badly corroded cylinders.

- Accept cylinders with expired test dates, as seen on the cylinder collar.

- Use transparent plastic hose. Heat or cracking due to ageing will cause gas leaks.

- Do not disconnect regulators after each use. Instead, use the on/off switch to turn off the regulators.



Enjoy the **great taste**



Foods



A1 *Quality*

BUNS

Nestlé Carnation Homestyle Easter Bun

Yield: One 4" x 8" bun

1 cup chocho, grated
2 cups flour
1 ½ cups brown sugar
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon salt
1 cup mixed fruits

1 egg (beaten)
1 cup Carnation Evaporated Milk
2 tablespoons oil
1 tablespoon rum (optional)

Method:

1. Mix all dry ingredients together.
2. Mix egg, Carnation Evaporated Milk, rum and oil together.
3. Combine both mixtures. Add mixed fruits and pour into a greased loaf tin.
4. Bake at 180°C (350°F) for approximately 1 hour.



Honey Bun Cheese Sandwich

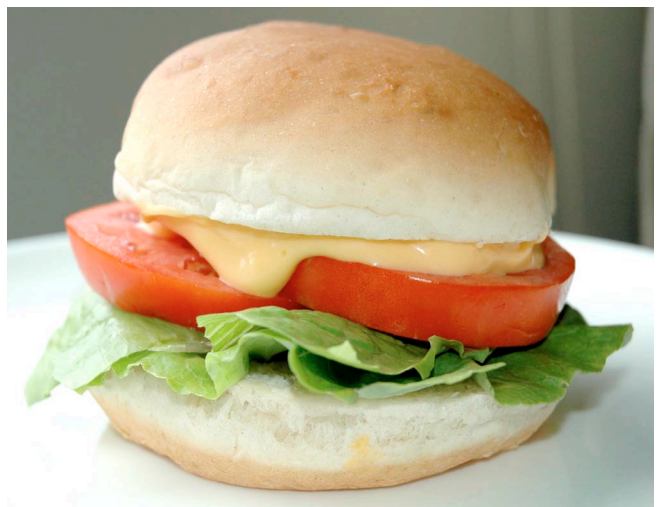
Honey Bun value meals for Lent

1 Honey Bun Cheese Bread
Lettuce
Tomato slices

Method:

1. Cut Honey Bun Cheese bread in half and microwave for 30 sec (optional)
 2. Stack ingredients as desired between the two bread halves
 3. Bite into a mouthful of goodness!
- Only \$65 and 3 minutes.

Honey Bun makes it quick, easy and affordable to have a great bite on the go!



BUNS

J.F. Mills Easter Bun Recipe

3 cups J.F. Mills All-purpose Flour
 3 teaspoon baking powder
 1 teaspoon cinnamon
 1 teaspoon mixed spice
 2 eggs
 1 ½ cup stout
 3 ounces margarine (melted)
 1 cup brown sugar
 ¼ cup honey
 2 ½ teaspoon browning
 ½ cup raisins
 ½ cup currant
 ¼ cup mixed peel (finely chopped)
 ½ cup grated cheese (optional)

Method

1. Preheat oven to 300°F. Grease pan generously and dust lightly with flour.
2. Chop fruits and soak in stout for 5 minutes.
3. Combine flour, baking powder and spices.
4. Add sugar, melted margarine, eggs, honey, browning and stout together, combine with flour.
5. Scrape the sides of the bowl, add the fruits and mix for another 30 seconds.
6. Pour batter in an 11x14 loaf pan and sprinkle fruits on top.
7. Bake for 45-50 minutes, or until done.
8. Remove from oven and brush with bun wash.

Whole Wheat Easter Bun

3 cups J.F. Mills Whole Wheat Flour
 3 teaspoon baking powder
 1 teaspoon cinnamon
 1 teaspoon mixed spice
 3 eggs
 2 cups stout
 3 ounces margarine (melted)
 1 cup brown sugar
 ¼ cup honey
 2 teaspoons browning
 ½ cup raisins
 ½ cup currant
 ¼ cup mixed peel (finely chopped)
 ½ cup grated cheese (optional)

Method

1. Preheat oven to 300°F. Grease pan generously and dust lightly with flour.

2. Chop fruits and soak in stout for 5 minutes.
3. Combine flour, baking powder and spices.
4. Add sugar, melted margarine, eggs, honey, browning and stout together, combine with flour.
5. Scrape the sides of the bowl, add the fruits and mix for another 30 seconds.
6. Pour batter in a 11 x 14 loaf pan and sprinkle fruits on top.
7. Bake for 45-50 minutes, or until done.
8. Remove from oven and brush with bun wash.



BUNS



How I like to eat my Maxfield Easter Bun

WITH ...



■ Fried Fish/Sprat



■ A pitcher of cold lemonade



■ A big slice of cheese



■ A spread of butter

Maxfield Easter Bun ... jus' nice!

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BUNS

Traditional Jamaican Easter Bun

You'll need approximately 4oz or 125grams each of raisins, mixed peel, cherries and currants. Soak in hot water to soften before use, if desired.

- 1 pack dry yeast (20g)
- 1 cup warm milk (250ml)
- 1 cup butter (250g)
- 6 cups flour (900g)
- 1 cup brown sugar (180g)
- 1 tsp ginger
- 1 tsp nutmeg
- 1 tsp cinnamon
- 1 tsp salt
- 4-5 tbs molasses
- 1 large egg (beaten)

Method

1. Dilute yeast in a little warm water or milk.
2. Sift together the dry ingredients.
3. Melt butter in milk.
4. Mix all ingredients in a large bowl.



5. Add fruit.
6. The dough should not be sticky.
7. Knead and leave to rise.
8. Knead again.
9. Shape into loaves (you can make large or small loaves).
10. Leave to rise for about 1 hour or double in bulk.
11. Bake in medium oven 300-325° F.
12. Just before they're done, paint with a glaze made from molasses, or sugar and water. Bake for another 10-15 minutes.

Sweet Potato Easter Bun

- 1 cup sugar
- 2tbsps molasses
- 2tsp mixed spice
- 1 bottle stout
- 2 tbsps margarine
- 1 medium egg
- 2 cups flour
- 1½ cups sweet potato boiled (crushed)
- 2tsp baking powder
- 1 cup (crystallised) otaheite apples/guavas/sweet potato (mixed peel)

Method

1. Melt margarine and beat egg.
2. Dissolve sugar, molasses and spice in stout. Add margarine and beaten egg.
3. In a bowl, combine flour and baking powder.
4. Gradually add liquid mixture to dry ingredients, beating well.
5. Add mixed peel and mix well.
6. Bake in a greased loaf pan at 160 degrees Celsius for about 45-60 minutes, or until a skewer inserted comes out clean.
7. Glaze with honey and melted margarine.

– Submitted by H. Gordon



Banana Buns

- ½oz dried yeast
- ½lb flour
- ½tsp salt
- 2 ripe bananas
- 1oz raisins
- 1oz granulated sugar
- ½ pint milk
- 1 egg
- 3tbsp brown sugar
- 2tsp cinnamon

Method

1. Put the dried yeast in a bowl with a teaspoon of sugar.
2. Heat the milk until lukewarm.
3. Pour half the milk over the yeast, then mix with fork. Leave for 10 minutes.
4. Sift the flour with salt; add

the sugar and make a well in the centre. Mix well.

5. Pour in the rest of the ingredients. Mix well.
 6. Knead and roll out into an oblong shape. Spread with melted butter and crushed ripe banana. Sprinkle with brown sugar, nutmeg and raisins.
 7. Roll up lengthwise and cut in slices 1½ inches wide.
 8. Place cut side down in greased baking tin and put in a warm place to rise to double the size.
 9. Bake in the oven for 20 minutes at 400 degrees Fahrenheit.
 10. Glaze with sugar-and-water syrup.
- Serves 8.



Simply
Delicious...



Easter Bun

- | | |
|------------------------------------|---|
| 3 Cups All Purpose Flour | 1 Teaspoon nutmeg |
| 3 Teaspoons Baking Powder | 1 Teaspoon cinnamon |
| 1 ¼ Cups Brown Sugar | ½ Teaspoon McLas Almond extract |
| 2 Eggs | 1 Teaspoon salt |
| 2 oz melted butter | 1 cup mixed fruit (raisins, currants, mixed peel) |
| 1 Bottle stout | 2 Tablespoon honey |
| 2 Tablespoon McLas Browning | |
| 1 Tablespoon McLas Vanilla | |

Directions

Heat the stout.

Mix the sugar, butter, eggs, fruits and all the spices.

Pour the hot liquid on the mixture

Mix flour, baking powder and salt and fold into mixture

Pour into greased and floured 12" baking tin

Top with pieces of cherries

Bake at 350° for 50-60 minutes or until inserted knife comes out clean.



Chocolate Jamaican

2 squares unsweetened chocolate
 $\frac{3}{4}$ cup sifted cake flour
2 eggs
1tsp vanilla
1 cup sugar
1tsp baking powder
Dash of salt
1 cup chopped walnuts

Method

Melt chocolate and butter in double boiler. Mix well. Remove from heat and gradually add sugar and eggs to chocolate, beating well. Add sifted baking powder, flour and salt. Add vanilla and nuts. Pour into greased 8-inch square pan and bake at 350°F for 25 to 30 minutes. Cut into squares. Cool in pan.



CHICKEN & BROCCOLI WITH BROWN RICE

INGREDIENTS

- 1 cup Mahatma® Whole Grain Brown Rice
- 1 tsp vegetable oil
- 4 boneless skinless chicken breast
- 1 can (10 3/4 oz.) reduced fat and sodium condensed cream of chicken soup
- 1/2 cup water
- 2 cups fresh broccoli florets



DIRECTIONS

Prepare rice as per package directions.

Heat oil in a medium skillet over medium heat. Add chicken and brown on each side, about 10 minutes. Remove from skillet. Add soup, water, broccoli and rice. Stir to combine. Bring to a boil. Top with chicken, cover, reduce heat to low and simmer 5 minutes, or until broccoli is crisp, tender.



HEART HEALTHY TIP INCREASE YOUR FIBRE INTAKE

Increasing your intake of complex carbohydrates and whole-grain foods, such as brown rice, may help reduce your risk of heart disease and diabetes.

Choose products, such as Mahatma Brown Rice, that contain 2.5g of fibre or more per serving.

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DESSERTS

Creamy Cheesecake

Crust

1 1/4 cups Graham Cracker
Crumbs
1/4 cup Splenda No Calorie
Sweetener, Granulated
3 tablespoon butter, melted

Mix ingredients together, and
press into a 10" spring form pan.

Filling

1 pound regular cream cheese
1 pound fat-free cream cheese
1 1/4 cups Splenda No Calorie
Sweetener, Granulated
1 1/2 tablespoon lime juice
Pinch of salt
4 large eggs

Method

Preheat oven to 350°F

Beat the cream cheeses and
Splenda No Calorie Sweetener,
Granulated until well mixed and
smooth. Add lime juice and a
pinch of salt, beat until smooth.
Add eggs one at a time, beating
well after each addition.

Pour filling over crust and
bake 50-60 minutes or until
slightly firm to the touch. Let
cool 15-20 minutes before
placing in the refrigerator.
Refrigerate 4-6 hours before
serving.

Top with your favourite
topping.

Condensed Milk Kisses

1 1/3 cups (1 can) sweetened
condensed milk
3 cups (3/4 pound) shredded
coconut
1/2 teaspoon salt

Method

Combine ingredients and drop
by teaspoons onto a greased
cookie sheet. Bake at 375
degrees F for 15 minutes.
Remove from the pan while hot.
Makes about 30 cookies.



Cinnamon Muffins

1/4 cup butter or margarine
1/4 cup sugar
1 egg
2 cups flour
4 teaspoons baking powder
1/2 teaspoon salt
1 cup milk
1/2 cup sugar
2 teaspoons powdered cinnamon
1/2 cup blueberries

Method

Cream fat and sugar. Add and beat the egg well. Sift together
the 2 cups of flour, baking powder and salt.

Add dry ingredients alternately with milk. Pour into greased
muffin tins and top with cinnamon and sugar mixture. Bake in hot
oven for 25 minutes.



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Tetley Peppermint Tea Hot Chocolate

4 Tetley Peppermint (Canister or Drawstring) tea bags
4 cups milk
4tsp Caribbean Dreams Jamaican Old Style Chocolate

Method

In a saucepan, heat milk with tea bags until almost boiling. Remove saucepan from heat. Steep for a couple of minutes and strain out tea bags. Pour mixture into 4 equal cups and add one teaspoon of Jamaican Old Style Chocolate to each cup. Stir until well mixed and garnish with a peppermint stick. Serves four.



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LASCO Chunky Mackerel Casserole

INGREDIENTS

1 kg Irish Potato; Peeled and boiled, ¼ Tsp Salt, 3 Tbsp LASCO Margarine,
1 Large Onion; chopped, 1 Tbsp LASCO Hot Pepper Sauce,
1 Can *LASCO Chunky Mackerel; drained, 1 Can LASCO Mixed Vegetables; drained, 1 Tsp Paprika (optional).

METHOD

Drain water from potato. Add salt and 2 tablespoons margarine. Crush until creamy. Place the remaining margarine in a small frying pan. Add onions, pepper sauce, and mackerel. Heat for one minute, and then flake mackerel gently. Set aside. In a lightly greased oven proof dish, spread half of the potato to cover the bottom of the dish. Add Mackerel then mixed vegetables in layers. Cover with the remaining potato. Sprinkle lightly with paprika. Bake for 20 minutes at 350 degrees Fahrenheit.

Serves 5-6

* For extra zest, three cans of LASCO Hot & Spicy Mackerel 155g can be used as a substitute

LASCO Bean Stew

INGREDIENTS

1 Packet LASCO Coconut Powder, 1/4 Cup Water
1 Medium Onion; chopped, 3 stalks scallion; chopped, 3-4 sprigs thyme,
1/4 tsp pimento berries, 1 can LASCO Red Kidney Beans,
1 can LASCO Broad Beans; drained,
1/4 cup LASCO Tomato Ketchup,
1 can LASCO Mixed Vegetables; drained
1tbsp LASCO All Purpose Jerk Seasoning.

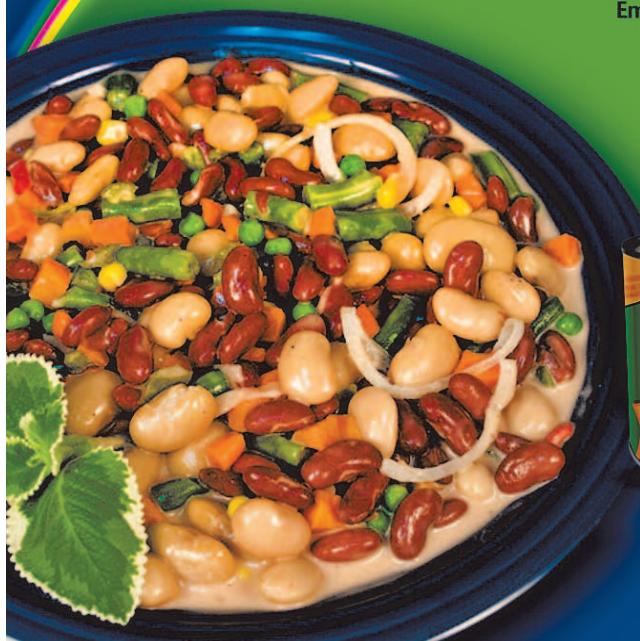
METHOD

Empty coconut powder in a pot 1/4 cup water and combine. Add all seasonings and water from the kidney beans. Simmer for 5-7 minutes.

Empty both canned beans into the coconut mixture. Stir in tomato ketchup. Cook on a low flame for a further 10 minutes or until mixture thickens. Reduce flame, drain mixed vegetables and stir.

Serves 5-6

Serve with fluffy rice or LASCO Water Crackers



www.lascojamaica.com

Quick Bun

Boil together:

- 1 pint beer
- 2 dessert spoons of honey
- 1½ cups brown sugar
- 1oz margarine or butter
- 1 grated nutmeg

Cinnamon and mixed spice

Method

Sieve 3 cups flour and 2 teaspoons baking powder. Mix in 2 cups of mixed fruits. Add 2 beaten eggs. Bake at 400 °F for 1½ hours. Glaze with a sugared syrup.



Grace Home-Made Easter Bun

60 grams (2oz) margarine Grace Hello Soft Margarine

1 bottle stout

1 cup wine

1tsp vanilla

½tbsp Grace Browning

1tbsp Grace Guava Jelly

1 egg (beaten)

225 grams dark sugar

450 grams counter flour

1tsp nutmeg

¼tsp salt

1tsp cinnamon

3tsp baking powder

1tbsp mixed spice

112 grams mixed peel

112 grams raisins

Method

Melt Grace Hello Soft Margarine and allow to cool, then add stout, wine, vanilla, browning, Grace Guava Jelly and beaten egg.



Stir in the sugar and mix until all the granules are dissolved.

Mix together all the dry ingredients then add the chopped Grace Mixed Peel and raisins.

Combine liquid mixture with dry ingredients, and mix well.

Scrape the batter into a greased loaf pan 30cm x 13cm x 6cm.

Bake in a preheated oven at 180°C/350°F, or until a skewer inserted comes out clean.

– Published by Grace Kitchens



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Tuna “Tun” Cornmeal, Tuna Curry Rundown
or Tuna Baked Beans cook-up.

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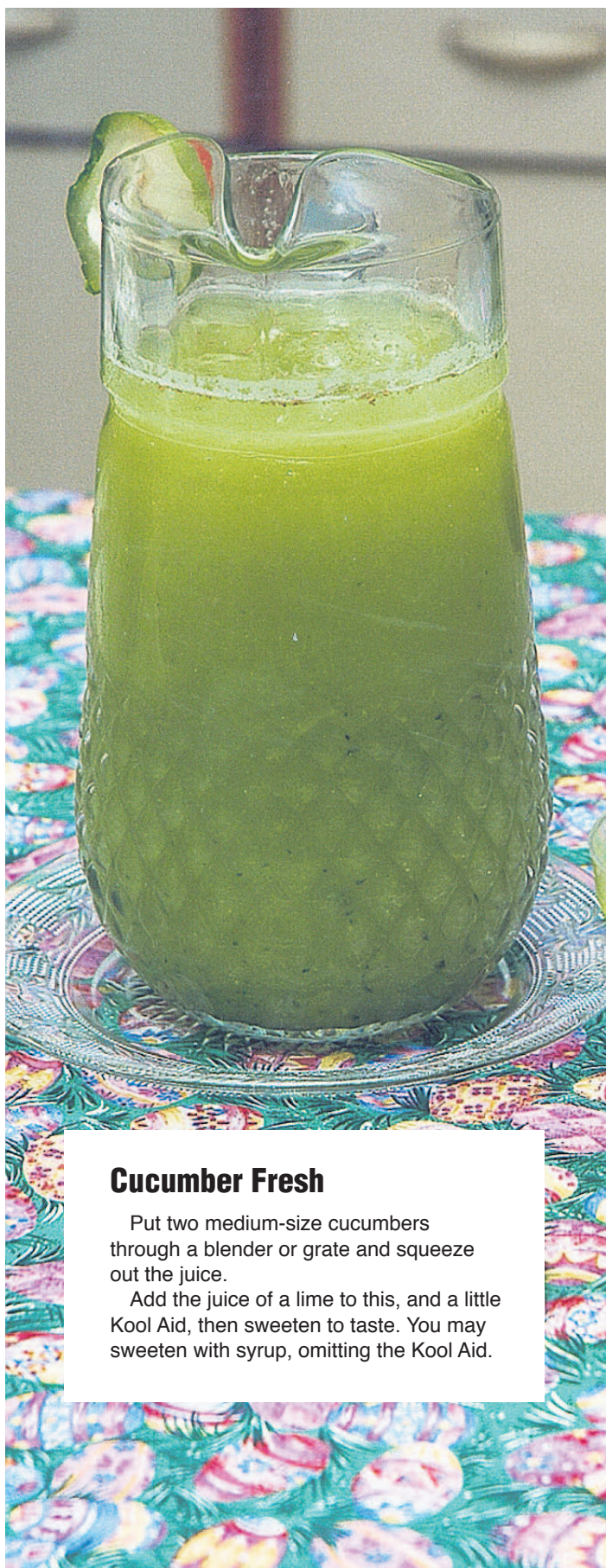
MAKE IT **BRUNSWICK® TUNA**



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JUICES



Cucumber Fresh

Put two medium-size cucumbers through a blender or grate and squeeze out the juice.

Add the juice of a lime to this, and a little Kool Aid, then sweeten to taste. You may sweeten with syrup, omitting the Kool Aid.

Soursop and Pawpaw

1 medium-size soursop
Half a pawpaw (about 1½lb)
1 lime
Sugar to sweeten

Method

Peel the soursop and remove the seeds. Peel the pawpaw, remove seeds and cut in small pieces. Put through the blender. Blend the soursop, or squeeze through a cheesecloth.

To the pawpaw juice, add the juice of the lime. Mix both juices together. Sweeten to taste.



Pawpaw Carrot

Grate or blend three carrots. Add to this, one pint of pawpaw juice. Add the juice of one lime and sugar to sweeten.



JUICES



Banana Shake

4 small bananas
1/4 cup condensed milk
Syrup to taste

Method

Mash the bananas through a strainer or blend in osterizer. Pour in milk and syrup, blend again. Top with whipped cream and cherry.



Pineade

1 quart pineapple juice
1/2 cup honey
1/2 cup syrup

Method

Blend all ingredients and serve with cracked ice.

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ENTRÉE



Roast Chicken with Pineapple & Sweet Potatoes

1 whole Best Dressed Chicken
1tbsp brown sugar
2 sachets of local spice seasoning
The juice from 3 limes
2tbsp chopped parsley
1 medium-size pineapple, chunked
3 medium-size sweet potatoes, cut into 2-inch chunks and partially boil
1/4 cup dark rum (or chicken stock)
1 cup chicken stock

Method

1. Heat oven to 450°F.
2. Combine brown sugar and local spice seasoning in small bowl. Season the chicken with



the mixture. Cut lime into quarters and squeeze over chicken. Sprinkle parsley on top.

3. Place the chicken in a roasting pan and top with pineapple chunks. Oven roast for 45 minutes.

4. Remove chicken from oven and add sweet potatoes, rum (or chicken stock) and lime juice to baking pan.

5. Oven roast for another 20 minutes, or until internal temperature in the thickest part

of the thigh reaches 180°F.

6. Remove chicken from oven and place on sheet pan. Tent with foil to keep warm. Remove pineapple and sweet potatoes from pan and reserve. Pour sauce from pan into serving dish and add chopped parsley.

7. To serve, carve chicken or place whole chicken on platter. Surround with sweet potato and pineapple mixture and drizzle sauce on top.

ENTRÉE



Spicy Beef and Brown Rice

Lean ground beef and whole grain rice – this spicy dish is a hearty dish your family will enjoy.

1 cup Mahatma Whole Grain Brown Rice
1lb extra lean ground beef
1 cup onion, chopped
1tsp garlic, minced
1 cup tomato, diced
Salt and ground black pepper (optional hot pepper sauce to taste).

Method

Prepare rice according to package directions. In a

medium non-stick skillet, brown ground beef. Add onion, pepper, garlic, and tomato. Cook until vegetables are tender (about 10 minutes). Salt and pepper to taste, if desired. Serve on a bed of hot, cooked brown rice.

Tip

Whole Grain Brown Rice

Get the vitamins and fibre your body craves with wholesome Mahatma Brown Rice. With a great nutty taste, it's the healthy start to your meal.

Serves 4.



Easy Scalloped Potatoes

8 large potatoes, peeled and sliced
14 slices Cheddar cheese
1/2 cup all-purpose flour
1 pinch ground black pepper
1 cup milk

Method

1. Preheat oven to 350° F (175°C).

2. Layer the bottom of a two-quart casserole dish with potatoes. Cover the potatoes with a layer of cheese, followed by a light dusting of flour and pepper. Repeat the layering process until all of the ingredients are used up. Pour milk over the entire casserole.

3. Bake at 350 °F (175°C) until the potatoes are cooked and the cheese is bubbly.

