



Almond

For you. About you.

Enid's Favorite Recipes



Learn how to cook the truly Bajan feeling into your kitchen!

Barbados is not only famous for its endless idyllic beaches but also for a maximum of culinary delight. The variety in the dishes originating out of West India, Europe and many African countries is enormously.

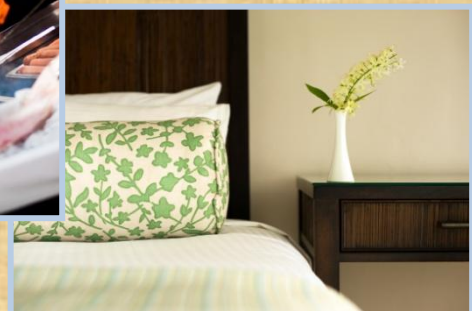
Who is eager to make himself familiar with the “Bajan Cuisine“ should try a cooking class at Enid’s Cooking School at the Almond Resorts on Barbados.

As a part of the All-Inclusive offers, the cooking lessons are available several times a week. Together in a cozy round of people, traditional Bajan food is cooked with local ingredients and afterwards jointly eaten.

For those who don’t want to wait until their next holiday, we have prepared a small collection of recipes. It doesn’t matter if you are a professional or a beginner, these easy to cook recipes will bring the truly Bajan feeling into your kitchen!

Enjoy the cooking!

Your Almond Resorts Team



Appetizers

Island Vegetable Crudités with Curried Aioli

We fill locally woven baskets with crudités and bowls of dips for cocktail parties.

INGREDIENTS (Serves 8)

2 LBS. calabaza pumpkin or 6 carrots cut into strips
6 Christophene or cucumbers cut into strips
4 sweet peppers cut into strips

Curried Aioli makes about 2 ½ cups

6 Egg yolks	1 Cup loosely packed leaf coriander
1 Tsp. madras curry powder	2 Cups olive oil
Salt & pepper to taste	2 Tbls. hot water
1 Tbl. fresh lime juice	
3 garlic cloves crushed	

METHOD

1. Place egg yolks, curry powder, lemon juice, garlic, coriander, salt and pepper in blender
2. Process until the coriander is finally chopped
3. With the machine running, slowly add the oil until the mixture has the consistency of mayonnaise
4. Add the hot water, blend and transfer to a glass or ceramic container
5. Cover and refrigerate until ready to use
6. Serve chilled

Tamarind Glazed Grilled Shrimp

Some people prefer these “finger licking good” shrimp served skewered on toothpicks. They can also be served in the shell, which seals in their juices, but makes them harder to eat.

INGREDIENTS (SERVES 6)

2 Lbs. cleaned and deveined jumbo shrimp	1 Tbl. salt
2 Cups water	1 Cup Bajan seasoning
1 Lime	2 Cups mild tamarind pepper sauce

METHOD

1. Pour water into large, plastic bowl
2. Cut lime and squeeze juice into water, adding the lime itself
3. Add salt and stir
4. Place cleaned, deveined shrimp into water and soak for 15 minutes
5. Remove shrimp and pat dry
6. Rub in Bajan seasoning
7. Coat well with tamarind pepper sauce
8. Cover, refrigerate, and marinate overnight
9. Heat grill
10. Skewer shrimp with toothpick and grill 2 minutes, turn and cool a further 2 minutes
11. Serve immediately

Caribbean Seafood Soup

This chunky soup has been a very popular selection at Enid's at the Club, you can add all your own favorite seafood.

INGREDIENTS (Serves 6)

2 Lbs. seafood, a mix of shrimp,
Scallops, fish fillets, crab
¼ Lb. bacon
2 onions, finely diced
½ Cup Bajan seasoning
2 Tbls. Flour

8 Cups fish stock
8 Oz. tin stewed tomatoes
2 Tbls. tomato paste
1 Tbl. Hot pepper sauce
Salt and pepper to taste
Parsley or dill for garnish

METHOD

1. Clean, shell and devein all fish and seafood as necessary and cut into ½-inch pieces
2. In medium saucepan, fry bacon until crisp, remove from pot and reserve
3. Sauté garlic, onions and Bajan seasoning in bacon fat
4. Add flour and stir over low heat until a coffee colored roux forms
5. Add seafood and remainder of ingredients
6. Bring to boil and then lower heat and simmer for 20 minutes
7. Season to taste
8. Chop up or crumble bacon
9. Serve soup hot and garnish soup with bacon and parsley

Main Dishes

Grilled Seafood & Plantain Kebabs

The recipe was featured on the Enid's menu in the Village, where it was extremely popular. We serve it with a Citrus Salsa.

INGREDIENTS (Serves 6)

12 Medium shrimp cleaned, deveined, and shelled	3 Large ripe plantains
6 Scallops cut in half	1 Cup Bajan dark rum
Lime and salt	1 Cup olive oil
½ Cup Bajan seasoning	12 short skewers

METHOD

1. Place cleaned shrimp and scallops in plastic bowl and cover with water
2. Add lime and salt and soak for 15 minutes
3. Drain and season with Bajan seasoning
4. Remove plantain skin and cut into ½-inch rings and cut each in half
5. Skewer one piece of shrimp, one piece of plantain, one half of scallop and one plantain piece
6. Place skewers in single layer in 2-inch deep baking pan or casserole dish.
7. Mix oil and rum together and pour over skewers
8. Grill over medium heat for 4-5 minutes on each side or until seafood is firm and opaque.
9. Serve hot with salsa

Chicken Pelau

This is a one pot dish which is very popular when cooking for a crowd. The recipe can be made with chicken, beef, pork or lamb.

INGREDIENTS (Serves 6)

4-5 Lb chicken parts: breast, thigh, etc.	3 Cups parboiled rice
Lime and salt	2 Tbls. Bajan seasoning
4 Tbls. corn oil	8 cups water or coconut milk
1 Cup Barbadian brown sugar	1 Hot pepper, stem intact
1 Tsp. garlic puréed	1 Cup raisins, optional
2 Medium onions, diced	Salt and pepper to taste
2 Cups pigeon peas, soaked overnight	
OR	
16 oz. tin pigeon peas	

METHOD

1. Lime and salt chicken
2. In large pot, caramelize sugar to chocolate brown
3. Add garlic and chicken pieces, browning on all sides
4. Add onions and stir
5. Add peas and rice and stir to coat
6. Add remainder of ingredients
7. Bring to boil, and then reduce heat and cover
8. Cook over low heat for 40 minutes or until rice is cooked
9. Remove hot pepper and serve hot

Poached Flying Fish in Creole Sauce

Barbados is known as “the land of the flying fish”, because they are very prolific in the area between December and April. These fish have very fine bones and they should be purchased ready boned.

INGREDIENTS (Serves 6)

12 Flying fish, cleaned and boned	1 Cup Bajan seasoning
2 Cups water	Creole sauce
1 Lime	3 Limes, cut into slices for garnish
1 Tbl. salt	1 Cup parsley for garnish

METHOD

1. Pour water into large, plastic bowl
2. Cut lime and squeeze juice into the water, adding the lime itself
3. Add salt and stir
4. Separate flying fish, put into water and soak for 15 minutes
5. Remove fish, pat dry and cut into stripes
6. Rub Bajan seasoning into filet
7. Roll up like a jelly roll
8. Pour Creole sauce into large frying pan
9. Place rolled up flying fish in a single layer in creole sauce
10. Bring to boil, cover, reduce heat and allow to poach 5 minutes
11. Serve hot

Corn Meal Cou Cou

This unusual dish is normally served as part of Barbados’ national dish, flying fish with cou cou and creole sauce.

INGREDIENTS (Serves 6)

12 Okras, stems removed and washed	1 Tbl. salt
6 Cups water	1 Tbl. butter
2 Tbls. butter	2 Cups fine cornmeal

METHOD

1. Slice okra into rings
2. Place in medium sized pot with half the water and the salt
3. Bring to boil and allow to cook for 10 minutes
4. Grease casserole with 2 tablespoons butter and set aside
5. In separate bowl, combine remaining water with cornmeal, and mix to soften
6. When okras are cooked, strain water into one bowl and reserve okras in another
7. Return pot to medium heat, add softened cornmeal and whisk until it begins to thicken
8. Gradually pour in reserved water from okras, whisking all the time
9. When mixture thickens again, reduce heat
10. Add butter and okras and beat with a flat cou cou stick or wooden spoon
11. When mixture become stiff and breaks away from saucepan sides and bottom, it is cooked.
12. Turn out into greased casserole dish immediately, and spread a little additional butter over the top
13. Once cou-cou has cooled for about 10 minutes, it will keep its shape and can be turned out onto a platter

Desserts

Banana Cake

INGREDIENTS (Serves 6)

1 Lb. ripe bananas, mashed
2 Ozs. mixed nuts, chopped
4 Ozs. cooking oil
4 Ozs. raisins

3 Ozs. Rolled oats
5 Ozs. Very fine cornmeal
½ Tsp. almond essence
Pinch of salt

METHOD

1. Preheat oven to 375 degrees F.
2. Grease an 8-inch loaf pan
3. Combine all ingredients in large bowl until soft and moist
4. Spoon into greased loaf pan and bake 30 minutes or until knife comes clean when inserted
5. Serve warm or at room temperature

Mango Cream

INGREDIENTS (Serves 6)

1 Oz. white rice
½ Pint milk
14 Ozs. purred mango (fresh or tinned)
1 Pkg. galantine
½ Pint double cream, whipped

METHOD

1. In small saucepan, cook rice and milk over low heat, until rice is soft and thick
2. Soften galantine in 4 tablespoons cold water and dissolve until clear over low heat
3. Add to hot rice and allow to cook over low heat for a few minutes
4. Remove from heat and allow to cool
5. Add puréed mango
6. Fold in double cream and pour into serving dish
7. Chill for at least 2 hours to set

Coconut Sugar Cake

This is the most popular local candy and it is sold all over the island. It's quick and easy to prepare.

INGREDIENTS (Serves 6)

- 4 Cups of hand white coconut, coarsely grated
- 1 Cup water
- 1 Cup granulated sugar
- ½ Tsp cream of tartar
- 1 Tsp almond essence
- 2-3 Drops of food coloring (optional)

METHOD

1. In a saucepan, boil sugar and water to form light syrup
2. When bubbles the size of small pearls appear, add grated coconut and cream of tartar
3. Allow to boil until coconut mixture comes away from the sides of the pan easily
4. Remove from heat and beat with a spoon for 3-5 minutes
5. Add essence and food coloring and mix well
6. Drop by spoonfuls on an oiled cookie sheet or enamel tray
7. Allow to harden completely
8. Store in a airtight container

Beverages



It would be impossible to talk about the food of Barbados without mentioning its drink for the sugar wealth of Barbados resulted in a by-product that has taken the world by storm -RUM. Whether deep molasses hue d, translucent golden amber, or crystalline white, the potent beverage once called Kill Devil is a history lesson in a glass. The Dutch expelled from North-Eastern Brazil brought with them their knowledge on cane cultivation and processing as well as their ability not only to produce sugar, but also the beverage that was known in Brazil as aqua ardente or burning water. The rough and ready beverage became popular for it enlivened the social rounds of the plantocracy and soothed the miseries of the enslaved Africans.

Prepared from the "skimmings of the coppers, and mixed into punches, sangarees and milk punches, it was a potent social lubricant.

By the end of the 18th century, rum had become so popular that it was said that a good planter could cover his expenses from the sale of rum and molasses, leaving the value of his sugar as a clear profit. There are other liquid delights as well from the classical rum punch to mauby with its reputed medicinal properties, and more than a few drinks to intrigue master mixologists. Whether aged rum or clear spirit, the best way to end an evening at Enid's, with a steaming cup of coffee flavored with well aged Bajan rum.

Village Sunrise

INGREDIENTS (Serves 3)

3 Ozs. Dark Barbadian rum

4 Ozs pineapple juice

2 Ozs orange juice

Ginger Ale

2 Ozs lime juice

2 OZS grapefruit juice

METHOD

1. Place all ingredients except grenadine in shaker
2. Shake well and pour into glass
3. Pour a little of the grenadine down the side of each glass

Rum Cocktail

INGREDIENTS (Serves 6)

6 Oz. dark Barbadian rum

½ Cup crushed ice

4 Dashes Angostura bitters

3 Tsp. sugar syrup or falernum

METHOD

1. Put all ingredients into a cocktail shaker, shake well for 1 minute and pour into cocktail glass.

Cane Cutter Coffee

At the Club or the Village, Enid's after dinner coffees are a popular way to end the meal.

INGREDIENTS (SERVES 1)

- ½ Oz Sugar cane Brandy
- ½ Oz Tea Maria
- 1 2 Dessert spoons whipped cream
- 1 Cinnamon stick
- 1 Maraschino cherry
- 4 Ozs black coffee

METHOD

1. In 8 oz coffee glass with handle pour Sugar Cane Brandy and Tea Maria
2. Pour in coffee to about 3 inches from the top
3. Add whipped cream
4. Garnish with cinnamon stick, add maraschino cherry
5. Serve hot

Bajan Coffee

INGREDIENTS (Serves 1)

- ½ Oz. of Crisma
- ½ Oz. Barbados dark rum
- 4 Ozs. Black coffee
- 2 Dessert spoons whipped cream
- Coco powder

METHOD

1. In 8 Oz. coffee glass with handle pour Crisma and aged dark rum
2. Pour in coffee to about 3 inches from the top
3. Add whipped cream
4. Sprinkle with cocoa powder



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