



EASY HOMEMADE

Bajan sweet treats and pastries

BY LICK DE BOWL FOOD TOURS



SUGAR CAKE

INGREDIENTS

200g finely grated coconut
500g brown sugar
1tsp molasses
1/2 tsp ground cinnamon
1/4 tsp grated nutmeg
125g grated green ginger

PREPARATION

Place sugar and coconut in heavy saucepan on low flame.
Stir until mixture starts to bubble.
Add the remaining ingredients.
Let simmer stirring occasionally.
Grease a baking sheet and set aside.
Once syrup thickens, place spoon sized drops of mixture onto baking sheet.
Let set.

NOTES

Many people like this treat in different colours such as red and green.
Add food colouring to ingredient list for desired colour.



GUAVA CHEESE

INGREDIENTS

750 g white
granulated sugar
15 large guavas
juice of one sour
lime or lemon
3 drops red food
colouring

PREPARATION

Boil peeled guavas until soft. Remove from heat and drain. Cut and cool guavas. Remove seeds and blend to a pulp. Place pulp in pot over medium heat. Add sugar and stir. After 15 minutes, add lime/lemon juice and food colour. Stir until mixture thickens and comes together like a ball. Roll mixture on a greased sheet or board. While still warm cut into cubes or diamonds. Let cool completely.

NOTES

Guava cheese is a popular treat throughout the Caribbean and may be known by other names. It can be used as filling for pies or as a paste for toast but is prevalently enjoyed on its own as candy.



NUT CAKE

INGREDIENTS

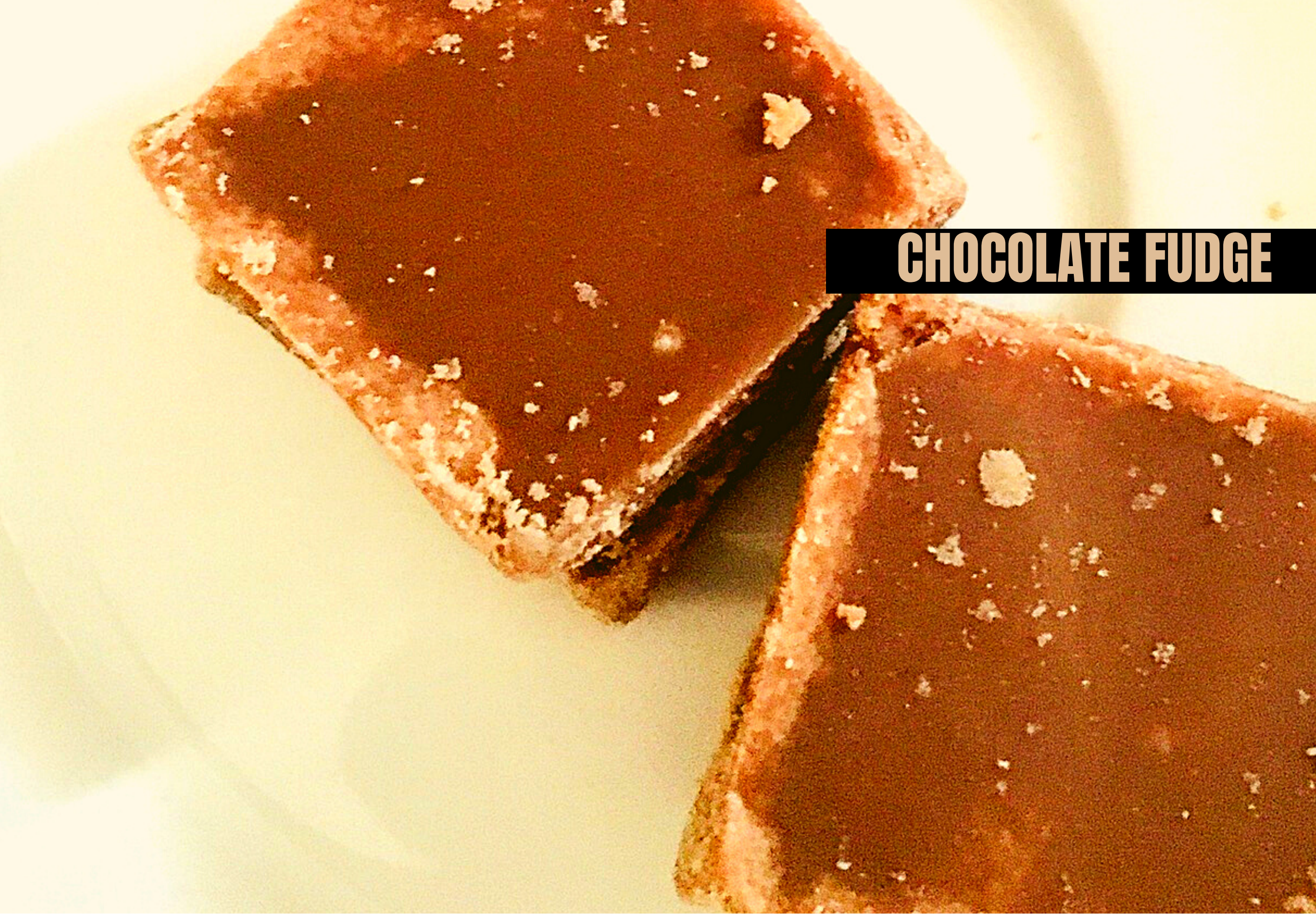
3/4 cups brown sugar
3/4 cup water
2 bayleaves
1 tsp vanilla
1 tsp ground ginger
1/2 tsp cinnamon
1/4 tsp nutmeg
3 cups of roasted peanuts

PREPARATION

Place sugar and water into a deep saucepan.
Add bayl eaves, vanilla, ginger, cinnamon and nutmeg.
Boil 10-15 minutes until syrup thickens.
Add peanuts.
Boil for a few more minutes. Spoon onto baking sheet lined with parchment paper.
Let harden.

NOTES

If using raw peanuts add at the same time as the sugar and spices.
Store in a airtight container for up to a month.
Do not refrigerate.



CHOCOLATE FUDGE

INGREDIENTS

2 cups brown sugar
2 tablespoons
cocoa powder
½ cup milk
1 teaspoon vanilla
essence
2 tablespoons
butter

PREPARATION

Dissolve sugar in milk in a saucepan. Add cocoa and water to form paste. Place over medium heat, stir and bring to a boil. Lower heat stir, cook until mixture thickens. Remove from heat add other ingredients. Beat lightly until mixture begins to form sugar at the side of the pan. Pour into greased dish. Allow to cool and cut into squares when just warm.

NOTES

Vanilla fudge is just as popular as chocolate fudge. Simply replace the 2 tablespoons of cocoa powder with 2 tablespoons of vanilla extract. It's your choice to use vanilla essence as well when making vanilla fudge. If using a candy thermometer, mixture should thicken at 116C / 241F and cooled until 110C / 230F.



TAMARIND BALLS

INGREDIENTS

1/2 cup tamarind
flesh
1 tbsp boiling water
1 cup sugar
1 pinch of salt

PREPARATION

Mash the tamarind flesh to separate the seed segments. Add salt and boiling water to the segments. Stir until the water is fully absorbed. Add 1/2 cup of sugar to the flesh and mix. Add the remaining sugar to stiffen the mixture. (Add more sugar if necessary). Divide into small portions and roll into balls. Leave for 15 minutes to “dry”. Roll the balls in sugar to create a dry, crunchy outer layer of sweetness.

NOTES

Tamarind flesh or pulp is obtained by removing the pulp from the tamarind pods. Bajan tamarind is a mix of sweet and sour when ripe. These are however varieties of tamarind worldwide that are naturally sweeter and called sweet tamarind. When making tamarind balls you can increase or decrease the amount of sugar used for a sweeter or more tangy tamarind ball.



COMFORTS

INGREDIENTS

2 cups sugar
1 1/2 cups water
peppermint oil (1 drop)
pinch of cream of tartar

Decorative ball

1/2 cup sugar
1/4 cup water
red food colouring

PREPARATION

Put water and sugar into a deep saucepan. Heat until the mixture reaches soft crack stage. Remove from heat and allow to cool. Pour thick mixture onto an oiled slab and add a drop of peppermint oil and a pinch of cream of tartar. Fold mixture into a pliable ball. Pull, stretch and fold until mixture turns opaque and begins to crystallize. Place on tile and cut into strips for decorating when completely cooled.

PREPARATION

For the decoration boil water, sugar and food colouring until mixture makes soft cracking noises. Remove from heat and cool until warm but pliable. Use a teaspoon to dip thickened syrup from pan and form into balls with gloved or greased hands. Dip the ball into warm mixture and stick to the comfort strips. Allow drying. Store in a dry place.



SUGAR DADDIES

INGREDIENTS

1 pound flour
1 tsp baking powder
1/2 tsp cinnamon powder
1tsp ginger powder
1/2 cup white granulated sugar
palm oil or soyabean oil

PREPARATION

Sift flour and add cinnamon and ginger powder. Add water gradually and mix to form a firm hard dough
Cut the dough evenly into balls
Dust the surface with a little flour. Roll until dough is quarter inch thick and cut dough into 3 inch long strips.
Drop strips in saucepan of hot palm or soyabean oil. Lower flame and fry until crispy. Increase heat and fry until golden brown. Remove and place on napkins or parchment paper to remove excess oil.

NOTES

This sweet snack is usually eaten on its own.



CURRENT SLICE

INGREDIENTS

1 ¼ cups currants (or
dark raisins)
1 ½ tbsp cane sugar
1tsp cinnamon
½ tsp freshly grated
nutmeg
½ tbsp vanilla extract
½ tbsp almond extract
2 tbsp unsalted butter to
spread on pastry (room
temperature)
Egg wash made up of 1
beaten egg and 1 tbsp
milk or water

PREPARATION

In a small bowl add the
chopped raisins, sugar,
cinnamon, nutmeg, vanilla
and almond extracts and
mix together. Set aside.
Using a rolling pin roll out
the dough on a lightly
floured surface in a
rectangular shape. Using a
pastry brush spread the
unsalted butter over the
dough and then spread the
raisin mixture. Roll the
pastry tightly from the
longer side to the end of
the opposite side and pinch
the ends together. Transfer
the roll onto a baking sheet
lined with parchment
paper. Using the back of
the knife score the top of
the pastry. Brush with
melted unsalted butter or
egg wash. Bake in a
preheated oven at 350
degrees for 45-50 minutes.

NOTES

The key to flaky pasty
crust is to use cold
ingredients
(water/butter) and don't
overwork with your
hands as the natural
heat can warm things
up quickly.
In some recipes the
dough is refrigerated for
2 hours before rolling.



TURNOVER

INGREDIENTS

2¾ cups all-purpose flour
½ teaspoon salt
4oz cold butter (unsalted)
¼ cup white granulated sugar
4 teaspoons instant yeast
1 cup warm milk
⅓ cup sugar water
brown sugar

FILLING

2 cups grated or shredded coconut
¾ cup white granulated sugar
¼ teaspoon allspice
¼ teaspoon ground cinnamon
1 teaspoon almond essence

PREPARATION

Mix the flour and salt, then cut in the cold butter until you have a breadcrumb-like consistency. In a separate bowl, mix the white sugar, yeast and milk. Combine the wet ingredients with the dry, mixing to form a dough. Transfer the dough to a lightly floured board and knead gently for 1-2 minutes. Place the dough in a lightly oiled bowl and leave. Combine the filling ingredients in a bowl, stirring well so that the sugar begins to dissolve and the mixture is moist. Set aside. Flatten the risen dough and lightly knead it for half a minute. Cut the dough into equal pieces. With each piece, roll into a 3-inch circle and place a heaping tablespoon of the filling in the centre.

PREPARATION

Spread the filling out to ½-inch from the edges. Lift one end of the dough to the other, folding and sealing the ends together. Form into a loaf shape. Place each turnover on a greased or parchment-lined baking sheet. Cover and let rise for 30 minutes.

Brush turnovers with sugar water and sprinkle with brown sugar, then place in an oven preheated to 350F. After 18 minutes, brush again with sugar water, sprinkle with more brown sugar, and allow to bake for another 2-3 minutes. This will help develop a sugary crust. Remove from the oven and cool on racks for 15 minutes.



SWEET BREAD

INGREDIENTS

- 2 1/2 cups grated coconut
- 1/2 cup melted butter
- 4 cups flour
- 1 tablespoon shortening
- 1 tablespoon baking powder
- 1 teaspoon salt
- 3/4 cup sugar
- 1 cup raisins
- 1 egg, beaten
- 1 1/4 cups evaporated milk
- 1 teaspoon almond essence

PREPARATION

In a large mixing bowl, add all of the flour, baking powder, and salt. Melt the butter in a saucepan. In another bowl, mix the coconut, sugar, raisins, egg, milk, almond essence, vanilla essence, and melted butter. Mix well until you have a creamy paste. Add this to the bowl with the flour, baking powder, and salt. Mix until you form a stiff dough. Now divide the mixture between the baking tins. Now boil the water.

PREPARATION

Mix two tablespoons of sugar with some hot water and brush the top of each loaf. Bake in the center of the oven for 1 hour. Leave to cool in tins before serving; when cooled, slice, and serve with a fresh pot of tea.

NOTES

Sweetbread is enjoyed alone at snack time or with a cup of herbal tea.