

OUT OF MANY ONE CUISINE

What they contributed

Arawaks

crab • chilli pepper • cassava • sweet potato • pumpkin • yampl • corn • root • coco • guava • star apple • pineapple and cashew • bammy or bread papaya (paw-paw) as tenderizer for meat • boiled or roasted porridge made from corn and cormeal dumplings • barbecue grill and methods of food preparation

Indians

t and sour oranges • lime and lemon • tamarind • coconut • ma and plantains • grapes • sugarcane • ginger • pomegranate • veitched fish • hot country style chocolate made from roasted • d, spiced cocoa beans • gizzada (coconut tart) • method of soaking in wine for Christmas cakes • catte, goats, pigs • lard from pork fat.

British

fruit- otaheiti apples • ackee • peas • rose apples • tumeric • black • coffee- Easter buns • jams and bacon and eggs • roast beef • fruit corned or salted beef •

Portuguese

and provisions including coco. • variation of one-pot meals and a • ety of foods emerged to result in:

- ackee and saltfish,
- mackerel rundown or "Dip and Fall Back",
- "Stamp and Go" (saltfish fritters)

lk of crude wet sugar and water • d black wash or "brebich".

aking utensils:

- three legged iron pot,
- grater,
- mortar and pestle

Chinese

and flavourings such as soya sauce • l noodles • honey. • h of food preparation

- stirred fry,
- deep-fried.

Germans

- concept of jerk
- smoked pork
- sausages and frankfurters
- smoked marlin
- baked hams

East Indians

- roti • mangoes • wheat,
- flour • eggplant • ginger.

Jews

- exotic ways of preparing aubergine or garden eggs or

Rastafari

- vegetarian meal including small fish
- variety of local produce used in stir-fries and vegetable stews
- cooking with coconut milk.



Combined Nutrient content per 100g

Nutrient	unit	Tamarind Ball	Bammy	Curry Goat	Ackee & Saltfish
Kilocalories	kj	321.5	217	65.19	232
Protein	g	0.003	0.830	2.859	15.31
Carbohydrates	g	81.09	53.5	9.142	4.491
Fat	g	0	0	4.524	17.95
Dietary fibre	g	0.004	-	1.088	0.4
Vitamin A	µg	0.117	-	23.37	10.5
Sodium	mg	1021	335	126.5	1459
Iron	mg	1.629	1.092	0.729	1.391

Nutrient	unit	Escovitched fish	Steamed callaloo	Oats porridge	Cormeal Porridge
Kilocalories	kj	138.7	61.2	67	71
Protein	g	12.95	2.87	1.94	0.58
Carbohydrates	g	2.694	0.2	13.6	16.93
Fat	g	7.626	8.1	0.8	0.450
Dietary fibre	g	1.081	-	-	-
Vitamin A	µg	192.3	0.05	0.02	0.010
Sodium	mg	470.4	279	370	370
Iron	mg	0.842	369	6.63	6.63

Nutrient	unit	Ganga peas soup	Ducknoko	Patty	T
Kilocalories	kj	51.89	118.9	339	34
Protein	g	5.312	1.14	12.4	4
Carbohydrates	g	4.661	23.12	33.2	10
Fat	g	1.123	2.093	14.00	11
Dietary fibre	g	0.220	0.269	-	0
Vitamin A	µg	2.386	1.571	-	0
Sodium	mg	12.13	30.32	376	20
Iron	mg	12.04	26.49	112.0	11

