

## Introduction

Savor the **BEST** recipes.

**TriniSoul -tested and client -approved!**

I am so excited to share my e-Cookbook with you:

This e-book is a compilation of common requests that I have received from clients over the years. Many of these recipes have been updated and revised just for this e-book publication!

TriniSoul's Delightfully Delicious e-cookbook features our most popular, yet very simple recipes from TriniSoul Cooking and TriniSoul Catering which we've developed.

Whether you are a kitchen newbie or just looking to introduce more Caribbean dishes into your cooking, you will find these recipes to be a great and delicious addition to your menus

Within this e-Cookbook, you will find some of the tastiest and most delicious recipes to help you put together a fantastic feast for your family or a complete Caribbean themed dinner party for friends, no matter what the occasion, you will love having this e-cookbook right at hand!

Enjoy Our e-Cook Book

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You can place the dough in the refrigerator overnight. If you do refrigerate, remove the dough at least 15 minutes before you're  
ready to use

## Appetizers and Street Food



Take your taste-buds on a gastronomical journey starting with the wildly popular street foods of Trinidad and Tobago. Influenced by Indian, African, Creole, Amerindian, Chinese, Lebanese and European cultures.

Trinidad is a true melting pot of many different cultures

## Trinidadian Fried Bake

Make 6-8

### Ingredients

- 2 cups all-purpose flour , plus more for dusting
- 1 heaping tablespoon baking powder
- ½ teaspoon salt
- 1 tablespoon butter or margarine, optional
- ½ teaspoon sugar
- 1 cup water
- 2 cups canola oil for frying

### Preparation

1. Mix together flour, baking powder, sugar and salt.
2. Add butter and mix with a fork or use your fingers until the flour resembles coarse breadcrumbs
3. Make a hole/well in the center of the flour and start pouring water while mixing in a circular motion.
4. Add enough water to make a dough and knead gently for about 5 minutes
5. If dough is too sticky, dust with a tablespoon of flour, if dough is too dry after adding all the water, add another one tablespoon of water
6. Allow dough to rest for 30 minutes covered with plastic wrap or a damp kitchen or paper towel
7. Cut the dough into 4 to 6 pieces (depending on how large you want the fry bakes to be)
8. Roll them into balls and place on a clean, well-floured surface. Allow to rest for at least 15 minutes.
9. Flatten the balls of dough until they are about ¼ inch thick, and 5 -6 inches in diameter using your fingers or a rolling pin
10. Add oil to a depth of about two inches over medium heat
11. Add dough to hot oil
12. Turn dough immediately as it's added to the oil , as this will help the bake swell or puff up
13. Fry in hot oil until both sides are golden brown, about 1 1/2 min per side.
14. Serve with Fried Salt fish or Fried Shark



## Fried Salt fish

Serve 6

### Ingredient

- 1 lb. boneless, salted cod
- 1/4 cup canola or olive oil
- 2 large onions, finely chopped
- 2 large tomatoes, chopped
- 4 pimento peppers, chopped
- 6 sprig fresh thyme , de-stemmed
- 4 cloves garlic, minced
- 1/2 hot pepper, seeded and chopped (could substitute with pimentos)
- 1 bell pepper, seeded and chopped

### Preparation

- 1 Place salted fish in a deep pot with 10 cups water and boil for 22 minutes
- 2 Place fish in a strainer or colander in kitchen sink and rinse under cold running water until fish is completely cooled
- 3 Then shred the fish into tiny pieces, place in a bowl and add some hot water and let sit for 5 minutes, drain and squeeze, set aside
- 4 In a wide sauce pan heat oil on medium heat.
- 5 When oil is hot, add the crushed or minced garlic and onions and allow to cook for one minute, stirring constantly, so the oil is infused with the flavors of the garlic and onion
- 6 Add shredded salt fish and continue stirring and combining fish with the sautéed garlic and onions for 5 minutes.