

Simply Trini Cooking

Diwali Special



10 Delicious Recipes

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C O O K I N G
D I V A L I S P E C I A L :
1 0 D e l i c i o u s
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Simply Trini Cooking Divali Special

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By Shubham_Srivastava.

Simply Trini Cooking Divali Special: 10 Delicious Recipes

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Preface

East Indian cooking in Trinidad and Tobago emerged from a proud tradition that has been passed on from generation to generation. From humble beginnings, these time honoured dishes have been transformed into scrumptious delights with national and international appeal.

Mastery of these dishes may take time, so do not despair if your first try at any of these dishes, in this eBook, is not successful. Cooking is like that because I too, have to master some of these dishes as well. So I urge you to keep practicing and soon you can boast of making the best *Barfi*, or *Kurma*, in your home.

Before I go, I would like to thank my dear friend Seeta who has provided me with most of my Indian recipes; my mom and sister who helped me deliver many other Indian recipes, too much to mention, on the website, and finally my wife for helping me put together this book for you to enjoy.

If you would like to see detailed step by step, vivid pictures of each of these recipes and many others, visit my website at www.simplytrinicooking.com. Enjoy!

Introduction

Divali is one of the most popular festivals in Trinidad and Tobago. Divali (meaning rows of lighted lamps) starts the celebration of all that is good and is observed any time between the 14th day (in the dark half) of the month of *Aashwayuja* and the 2nd day of the bright half of *Kaartik*. *Divali* is based both on harvesting festivals and the legends of India. The occasion is a celebration of Good over Evil, wealth and prosperity, and the Hindu New Year.

In Trinidad and Tobago it is a national festival and families celebrate the occasion by lighting up their homes with dozens of *deyas* (tiny oil lamps made of clay). Many people from other religions also participate in the lighting of *deyas* as well. In large open areas and savannahs a multitude of *deyas* are lit. Lengths of bamboo are cut into strips and made into different forms that reflect the festival of Divali such as "OM". Other than the lighting of the *deyas*, another activity that many participate in, especially the young boys, is bamboo bursting.

A favorite aspect of *Divali* is the food. Hindu families prepare large amounts of vegetarian food and invite their friends to share in the festivity. The food prepared for Divali is many and varied: from the sweets to the main course. It is the main reason why we Trinis enjoy so many East Indian delicacies today. This book is our thanks to the many families that continue to uphold the traditions, with their tasty delights during the festival of Divali. Shubh Divali to one and all!



WHAT'S IN SIMPLY TRINI COOKING DIVALI SPECIAL MINI COOKBOOK?

				
KURMA		BARFI		GOOLAB JAMOON
				
	TRINI HALWA		FLOUR PARSAD	
				
		SAHEENA		SAHEENA
				
CREAM OF WHEAT PARSAD		PEPPER ROTI		CURRY CHATAIGNE (BREADNUT)

Sweet Diwali Delights



Kurma



Click [here](#) for recipe with pics.

- 1 lb. flour
- 1/4 cup shortening
- 1/4 cup butter
- 1/2 tsp. cinnamon powder
- 1 tsp. ginger powder
- 1 tsp. ginger
- 1/2 cup water to knead flour
- 1/2 cup sugar

Sift the flour, add the cinnamon powder and ginger powder, and cut in the butter. Add the water gradually and mix to form a firm, but hard enough dough.

Cut the dough evenly. And roll into balls. Dust the surface with a little flour and roll out each. Roll until the dough is about 1/4" thick. Cut the rolled dough into strips (about 3" long strips).

Drop the first batch of strips in hot oil. Stir to ensure strips are covered with oil. Fry first on a low flame until crispy. Then raise the fire. Fry until golden brown and remove and place on napkins or brown paper.

Drop the grated ginger in 1/2 cup of boiled water. Add the sugar (about 1 cup of sugar). Stir occasionally until thick syrup is made. Pour syrup over kurma and mix quickly to glaze the kurma.

Set aside the kurma to cool before serving.

Barfi



Click [here](#) for recipe with pics.

3 cups full cream milk powder

3/4 tin Nestle Cream (170g)

2 1/2 cup granulated sugar

2 tbsp. grated ginger

1/2 cup water

1 tsp. ground Elychee
(cardamom)

candy sprinkles

Mix the milk and cream...until it starts to develop a dry crumbly texture. (Note: It would take a bit of mixing to bring it to this stage). Then sift the mixture through a fine sieve or strainer.

Grease a baking dish and add some sprinkles.

Bring to a boil the water, sugar, ginger, and cardamom. (The sugar has to be reduced right before it spins a thread, which could be anywhere from 8 to 10 minutes).

Pour over the milk and mix quickly. Then place in the greased dish and press with your hands.

Barfi is a wonderful sweet. Some people also add chocolate to the ingredients listed. It is also flavored with mango, chopped nuts (such as pistachio), and spices. It tastes a lot like fudge. You can store your *Barfi* in the refrigerator for up to a week.

Goolab Jamoon



Click [here](#) for recipe with pics.

3 cups full cream milk powder
1 tsp. ground elychee
(cardamom)
1 cup flour
1/2 lb butter
1 cup water (or 1/2 cup
evaporated milk and 1/2 cup
water)

For syrup:

2 cups sugar
1 tbsp. grated ginger
1/2 cup water

Mix the butter, milk, flour, elychee and water until a crumbly texture is formed. Shape in your hands. Fry until golden brown and drain.

For the syrup: Bring to a boil the sugar, water and ginger. When the syrup looks thick, add the gulab jamun in small batches.

Goolab Jamoon (or Gulab Jamun) is one of the sweetest deserts. Note. the flame has to be low when you are frying your goolab jamoon. This is one version of Goolab Jamoon.

Trini Halwa



Click [here](#) for recipe with pics

397 g (1 small box) cream of wheat

1/2 cup butter

4 1/2 cups water

1 cup evaporated milk

1 3/4 cups sugar

Cinnamon, vanilla essence to taste

Peanuts, cherries, raisins and sliced almond to Garnish (optional)

In deep pot pour the water, milk, sugar and spices and bring to boil until the sugar melts.

In another deep pot, parch the cream of wheat until golden brown on a medium heat. Keep turning the cream of wheat so it has an even brown colour.

Melt 2/3 of the butter in the liquid, remove from heat and set aside. Carefully, pour the liquid into the parched cream of wheat slowly, mixing continuously. Continue to stir until mixture is well cooked and starts to leave the sides of the pot. As it leaves the sides of the pot, you can now add your choice of garnish: peanuts, cherries, raisins and almonds and stir in.

Empty the mixture into a greased dish, smoothen out the surface, and set aside to cool.

This is an easy, no fuss recipe!

Trini Parsad (Flour Parsad)



Click [here](#) for recipe with pics.

1 tin evaporated milk 410g
1 1/2 cup sugar
2 tsp elychee (cardamom)
1 cup raisins
1 tbsp. grated ginger
1/2 lb unsalted butter or ghee
2 cups flour

Bring to a boil the milk, sugar, elychee and ginger. Set aside.

In another pot melt the butter or ghee. Add raisins. After about 2 minutes, add flour and stir continuously. Stir until the mixture achieves a golden brown colour. Pour in the milk and continue stirring until it leaves the sides of the pot and looks fluffy in appearance. Remove to cool.

Trini Parsad



Click [here](#) for recipe with pics.

794 g (1 box) of cream of wheat
2 tins (410ml, about 1 1/2 cups) evaporated milk
2 tins condense milk
1 cup sugar
2 cups ghee (clarified butter) or butter
2 tsp. elychee (cardamon)
3 1/4 cups water
4 oz raisins
2 oz. almonds (optional)
20 cherries (optional)

In a deep sauce pan, add the milks, sugar and elychee. Blend the ingredients well. Cook the liquid over a slow flame for about 15 minutes, until the sugar is melted.

In another deep and heavy saucepan melt the butter on a low flame. Add the cream of wheat and cook until it feels light. Add the milk mixture to the cream of wheat gradually. Mix in well, until all the liquid is absorbed and the the cream of wheat gets thick and creamy. (This may take about 15 minutes).

Add the raisins when the cream of wheat is thick and creamy. When the right consistency is achieved, turn off the fire. Remove the parsad from pot and place into another bowl to cool.

Yield approximately 30 servings.

Saheena 1



Click [here](#) for recipe with pics.

Paste for frying*

1 1/2 cup split peas powder

1/2 cup flour

1 cup water

1 tsp. saffron (tumeric) powder

1 tbsp. baking powder

1/2 tsp salt

1 tbsp green seasoning

(* this paste is a bit thicker)

12 dasheen leaves (taro)

1 1/2 cup split peas powder

1/2 cup flour

1 1/2 cup water

1 tsp. saffron (tumeric) powder

1 tbsp. baking powder

1/2 tsp salt

1 tbsp green seasoning

For the paste: Mix the ingredients together to form the paste.

Wash and clean the leaves removing the stems. Open one large dasheen leaf face down and rub paste on it. Place another leaf on top and repeat the earlier step. Continue layering and pasting each layer until the paste is finished or the leaves are used up.

Roll tightly together and tuck the ends. Place in a clean plastic bag and put into boiling water to steam. -or- tie the roll with string and place it in a steamer.

Note: A clear plastic bag or a zip lock bag could be used. Use only clear plastic bags!

Make sure the knot is above the water. Remove after 15 minutes and leave to cool. Cut in 1/2 " slices. Paste some of the thicker mixture on both sides. Fry until golden and drain.

Saheena 2



Click [here](#) for recipe with pics.

6 dasheen leaves (stems removed)
1 tsp. saffron powder
1 tbsp. baking powder
2 tsp. yeast
1 1/2 cup split peas powder
2 1/2 cups flour
2 tsp. salt
4 tbsp. green seasoning
2 cups water
few drops of lime juice

Fold the leaves and cut off where the stem joins to the leaf. Chop the dasheen leaves finely Add the rest of ingredients. (Note: Don't forget the lime juice or else it will itch!). Mix thoroughly. Leave to rest for 1/2 an hour.

Heat the oil over a medium flame. Have a small bowl of water nearby. Dip your hands in the water, then pick up a bit of the dough and spread with your hands.

Fry until golden.

Drain and serve with kuchela or chutney.

Pholourie



Click [here](#) for recipe with pics.

1 lb. flour
10 leaves culantro
5 small cloves garlic
1 small hot pepper
1/2 tsp. saffron
1 tsp. yeast
1 tsp. salt
1 cup water
1/2 tsp. baking powder
Oil for frying

Mix the flour, yeast and baking powder. Add the saffron and salt. Mix well.

In a separate bowl mix minced culantro leaves, minced hot peppers, garlic and water. Add about three tablespoons of it to the flour a little at a time while mixing.

Mix to a smooth thick paste and leave to rise for about an hour.

The spoon should be dipped into a cup of water before it is dipped in the batter. Heat oil in a heavy skillet and drop batter of tablespoonful into the hot oil. Cook until slightly brown.

Drain and place on paper towels.

Curry Chataigne (Breadnut)



Click [here](#) for recipe with pics

2 medium chataigne (breadnut) or 3 small
1 medium onion, chopped
2 pimento peppers, chopped
4 cloves garlic, chopped
3 tbsp curry
1 tsp geera powder
1/2 tsp saffron * (turmeric) powder
1 tsp amchar masala
2 tbsp green seasoning
3/4 cup coconut powder (about 75g)
2 tbsp coconut oil
1 1/2 tsp salt
Water

Rub a bit of oil on your hands. This will prevent your hands from getting sticky. Peel the thick outer skin. Cut into quarters and remove the heart. Separate the seeds from the flesh. Chop the chataigne flesh finely. Remove the skin from the seed. (See picture). Place in a large bowl of water and wash.

Mix the curry, masala, green seasoning, geera, and turmeric with 4 tbsp of water. Heat oil and saute garlic, pimento peppers and onion. Add the curry mixture and allow to reduce to an almost sticky paste. Add the chataigne Coat evenly with the curry. Add salt to taste. Mix the coconut powder in 1 cup of water (or add pure coconut milk). Add to chataigne and simmer for 1 minute.

Pressure cook for 6 - 8 minutes.

Thank you for downloading this free ebook.

For these and many other authentic Trini recipes with step by step pictures , visit us at www.simplytrinicooking.com