

CONKIES

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| 1 dry coconut, grated | 1 cup flour |
| 3/4 lb. pumpkin, peeled and grated | 2 cups fresh corn flour or meal |
| 1/2 lb. sweet potato, peeled and grated | 1 t. salt |
| 3/4 lb. brown sugar | 4 ozs. margarine, melted |
| 1 t. spice | 2 ozs. lard, melted |
| 1/2 t. nutmeg | 1/2 pt. milk |
| 1 t. almond essence | 8 inch squares of plantain leaves |
| 4 ozs. raisins | |

Mix the coconut, pumpkin, sweet potato, sugar, spices, almond essence, raisins, flour, corn flour and salt together thoroughly. With a wooden spoon, stir in the fats and milk and mix until smooth. Place 2 tablespoons of the mixture onto each plantain leaf, fold the edges to make a neat parcel and tie securely. Steam the conkies on a rack over boiling water in a large saucepan, or in a steamer, for about 1 hour or until they are firm. Unwrap the conkies and serve on a heated dish. If plantain leaves are unavailable, the mixture may be steamed in a bowl.

CORN 'N OIL

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| 1 oz. falernum | ice |
| 1 oz. Old Brigand rum | |

Mix the falernum and rum together and serve 'on the rocks'.

COU COU

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| 4 okras, thinly sliced | 1/2 pt. cold water |
| 1 pt. boiling water | 1 t. salt |
| 1/2 pt. corn meal | knob of butter |

Cook the okras in the boiling water for 8 to 10 minutes. While they are cooking, mix the corn meal and cold water to a smooth paste. When the okras are soft, lower the heat, add salt and wet corn meal, stirring continuously with a cou cou stick (or wooden spoon), until the mixture becomes fairly stiff. When mixture breaks away cleanly from the saucepan, the cou cou is ready. Butter a bowl, turn the mixture into it, shaking it into the shape of the bowl and then turn it out into a serving dish. With the back of a spoon, make an indentation in the top and place a knob of butter in it.

DOVED PEAS

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| 1 pt. pigeon peas | 1 medium onion, chopped |
| 1 oz. corned pork, finely chopped | lard for frying |
| salt and pepper | |

Wash the peas and boil them with the onion and pork until the peas are tender. Drain well and then fry in a pan with a little boiling lard until browned.

EGG FLIP

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| 1 egg, beaten lightly | 1/2 t. vanilla essence |
| sugar to taste | or 1 T. rum |
| few grains of salt | dash aromatic bitters |
| 2/3 cup milk, cold | few grains nutmeg |

To the egg, add sugar, salt, vanilla or rum. Add the milk gradually and whisk very thoroughly, then strain. Pour into a glass and shake bitters and nutmeg on the top. (Use vanilla for the children's flips and rum for the grown ups). If a rum flip is desired, use 1 1/2 ounces rum in place of 1 tablespoon rum.