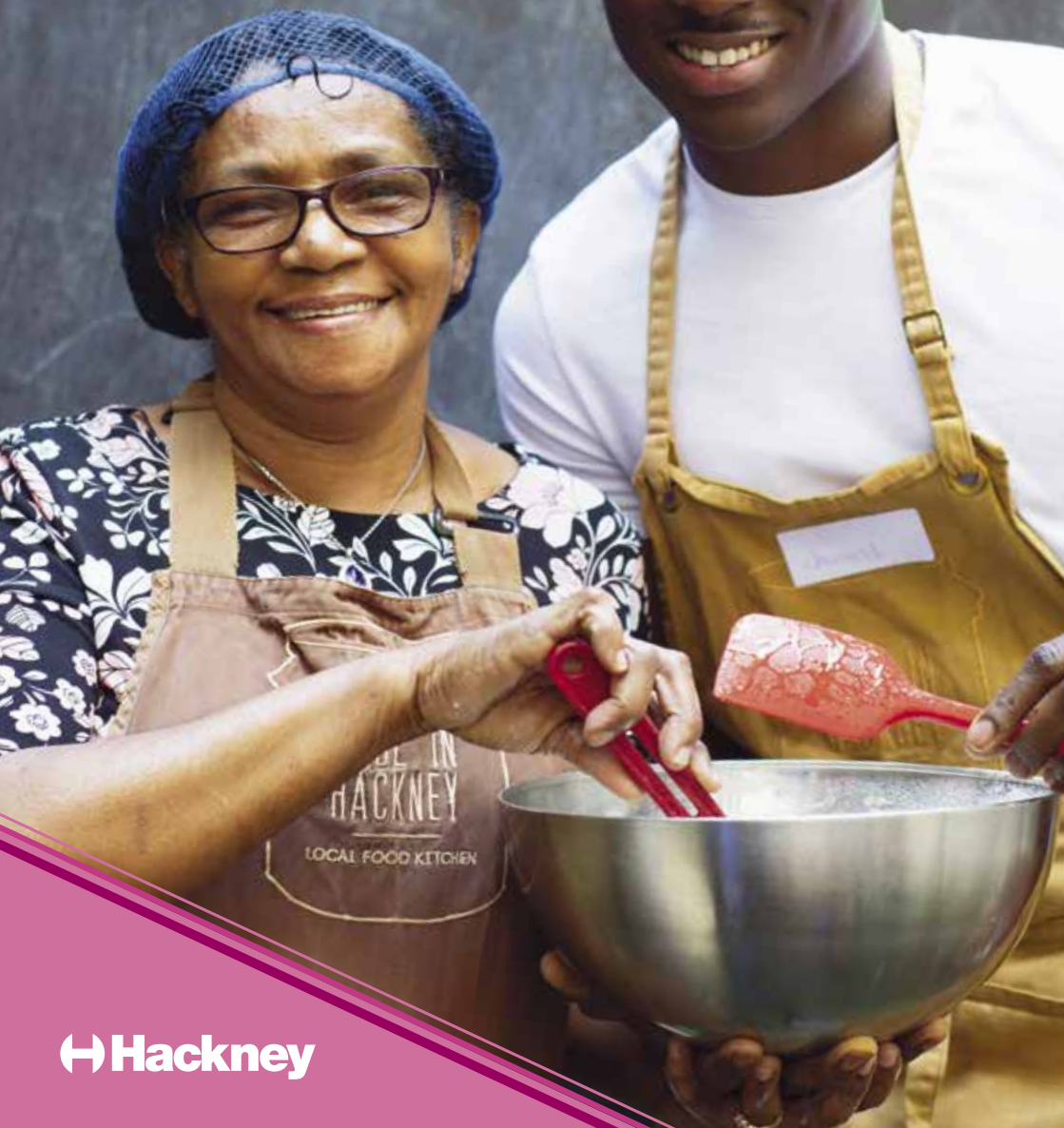


Traditional Caribbean Baking Recipes

by Hackney's Windrush Generation



Caribbean Black Cake

Serves 8 to 10



Hailing from Grenada, the island of spice, Bishop Elon Charles taught Liam (a popular contestant on Channel 4's *The Great British Bake Off*) how to make a Caribbean classic. Typically made with rum and fruits, this is a favourite for special occasions – you can soak the fruits for a month in advance in rum and wine, or take the quick route and boil them up.

900g mixed fruit (currants, raisins and mixed peel)
50g chopped cherries
50g walnuts (optional)
250ml rum or brandy
250ml Red Label Jamaican wine
175g margarine
175g golden granulated sugar
3 large eggs

1 teaspoon grated lime or lemon peel
1 teaspoon almond essence
1 teaspoon vanilla essence
225g self-raising flour
1 teaspoon cinnamon
½ teaspoon grated nutmeg or tonka bean
Sarson's Browning

Preheat the oven to **180°C**.

Mince or blend fruit and optional nuts and combine with the rum/brandy and wine. Store in a glass jar for about four weeks prior to baking the cake. Alternatively, boil the fruit in the alcohol mixture for about 10 minutes. Leave to cool.

Line a large cake tin with greaseproof paper. Cream the margarine and sugar in a blender until light and fluffy and beat in the eggs one at a time. Add the lime/lemon peel and almond and vanilla essence. Combine the flour, cinnamon and nutmeg; fold into the creamed mixture gradually. Add the fruit and a dash of browning and stir well.

Pour the mixture into the lined baking tin and bake in a preheated oven for 1.5 to 2 hours, or until the tester comes out clean.



“I found it pretty cool to work alongside someone older than me. They have their own methods which have been tried and tested. As a baker myself it’s taught me not to be so precise some things you can just throw into the mix.”

Liam Charles

Sweet Potato Pudding

Serves 8 to 10



Baking is still a major part of Janet Hinds' life, despite the fact that she is living with dementia. She was born in Grenada, and her home recipe – sweet potato pudding – is a favourite with her family and friends. Janet's daughter Jennifer Dahna supports her mother in cooking and in life.

3 large sweet potatoes 1½ tin
coconut milk OR 1 whole coconut
grated (finely) with the milk squeezed
out through a strainer. Add water to
the pulp and squeeze again to
retrieve all the milk.
3 small eddos OR 2 small or 1 large

cocoyam (also known as tannia)
vanilla essence
120g brown sugar
1 teaspoon mixed spice
½ teaspoon nutmeg
1 teaspoon cinnamon
2 teaspoon vanilla essence

For this recipe we suggest dry-fleshed sweet potatoes such as boniato or batata, also known as Caribbean sweet potatoes.

Preheat the oven to **160°C**.

Peel and grate the sweet potato and eddos or cocoyam (tannia) in a large bowl; use the fine part of the grater to get the perfect texture.

Add the coconut milk and 3 to 4 tablespoons of water and mix together. Add the sugar gradually and taste to avoid over-sweetness, and add the spices and vanilla essence. The mixture must be loose and fall off the spoon (similar to a cake mixture).

Grease a baking tray to prevent the mixture from sticking. Pour the mixture into the baking tray and place in the oven for 45 minutes.

At this point the mixture should be separating from the edge of the tray and should be firm in texture. Dip a knife into the pudding, and if any mixture sticks to the knife put it back in the oven for 10 minutes and check again.



“My mother lives with dementia and this project has helped bring back some memories. She wants to do this again. It’s given her so much joy.”

Jennifer Dahna

Caribbean Ginger Bites

Serves 8 to 10



Beryl Sharpe, originally from Jamaica, teamed up with a younger aspiring cook Jarrell Watson to prepare Caribbean Ginger Bites. Packed with spices and coconut, this ginger cake is made with wholegrain spelt flour and heart-healthy fats.

190g spelt flour, sieved
1½ teaspoons baking powder
1 teaspoon ground ginger (if you like it gingery add another teaspoon)
1 teaspoon cinnamon
¼ teaspoon ground allspice/pimento

berries or ground cloves
65g organic coconut sugar
240ml canned coconut milk (try Dunns River or an organic version)
60ml blackstrap molasses

Preheat the oven to **180°C**.

Line a 20cm x 20cm tin with baking paper, greasing well to ensure the paper stays in place. Sieve the flour, baking powder, ginger, cinnamon and allspice into a bowl, add the sugar and mix well.

In a small saucepan mix together the coconut milk and molasses and heat gently until the mixture begins to bubble slightly. Pour this liquid mixture into the flour and sugar mix, stirring well to ensure all the ingredients are well combined and there are no dry spots. The batter should be thick, a little like brownie batter, but also spongy.

Lightly grease a flat baking tray approximately 30cm x 18cm with baking/ parchment paper, then pour in the batter ensuring it is evenly spread throughout the tin. Bake for 25 to 30 minutes in the pre-heated oven. To check if the cake is cooked through stick a toothpick into the middle, and if it comes out clean it's done.



“I’ve never baked plant-based before but this has given me the confidence to try alternative ways to bake, while keeping the Caribbean flavours.”

Beryl Sharpe