

Presented by



# taste

**OF THE CARIBBEAN & JERK FESTIVAL**

7th Annual Hartford, CT Saturday,  
August 4<sup>th</sup> 2012, 1:00pm-11:00pm



***A Fun Filled Day of Caribbean Culture, Food,  
Music and Traditions...So Come Explore with us!***







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**Andrew Woods, Executive Director**

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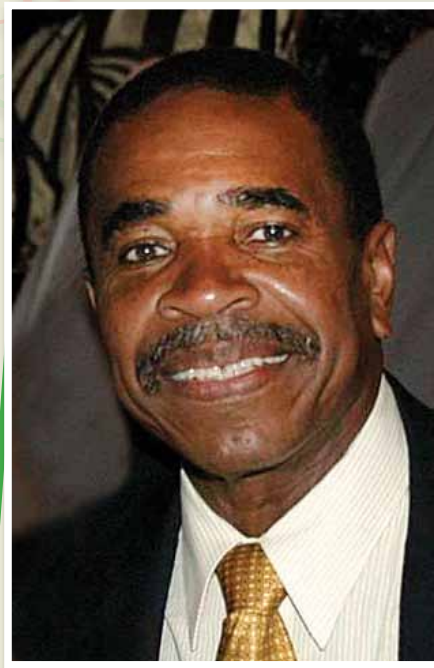


# Salut Saludo Greetings



It's our pleasure to welcome you to our 7<sup>th</sup> Annual Taste of The Caribbean & Jerk Festival at the Mortensen Riverfront Plaza in downtown Hartford, Connecticut. This FREE outdoor event continues to honor the English, French and Spanish speaking islands of the Caribbean Diaspora through food, dance, arts and culture. It is the result of dedication and commitment of an organization with a vision of pulling people together, promoting cultural diversity, fostering community pride and the image of an economically vibrant city. We encourage you and your family to sit back, relax and experience an enjoyable day of Caribbean fun in the sun.

This year's event has been made possible because of the generosity of the following grantors and sponsors:



Special thanks is also extended to the Taste of the Caribbean & Jerk Festival's Board of Directors, Committee members, vendors, entertainers, the many volunteers, entertainers and YOU the attendees; without whom this would not be possible. We also recognize the efforts of our partner, CAYASCO and our host The Riverfront Recapture who have provided steady support throughout the past years.

The Taste of The Caribbean and Jerk Festival continues to grow steadily each year by leaps and bounds. In 2011, we saw thousands of attendees who were unstoppable by the rains that came later in the evening. As we grow however, the need for funding increases and we look to you and others within the community and beyond to continue your financial support. This funding assists us to provide local vendors and businesses the opportunity to promote their business and expertise to a diverse audience who are interested in Caribbean food, and

culture, resulting in economic development as well as boosting tourist development for the City of Hartford.

We encourage you to bring your family, friends, chairs, blankets, and your appetite. For the young people in our lives we have The Children's Village, on the lower level, filled with many activities such as Face-Painting, Story-telling, Jewelry Making and a bounce house, just to name a few.

Once again, THANKS for your support and enjoy the diverse cultural exhibit of vendors and entertainers.

Regards,

President

Marcia Whittingham

Executive Director

Leslie Perry



back: Grantley Adams, Maxine O'Connor, Ackley Beaumont  
Center: Heather Palmer, Roz White, Desrey Downer, Margo Eugene, Marcia Whittingham, Cynthia Solomon, Melinda DeBeatham, Elorie Stevens

Front: Lawrence Jagon, Maxine Victor, Leslie Perry, Juliet Relph

Not shown: Gary Reid, Claude Allen, Donovan Longmore, Eulanda Balfour, Sandra Thompson, Asriel Morais, John Perkins, Marcia Anderson-Esson, Judith Howell-smith, Marcia Irving, Jacqueline Germain

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## Caribbean Olympics greats, then and Now

This summer many of us will be occupied watching the Olympics Games held in Good Ole London, but if you are like me, all I want to see is the end, the winner. Hence, the display of speed, stamina and mental strength from our men and women of the Caribbean can do something to you regardless where you're at. Waiting, waiting, anticipating for what one may say is island pride translates to Caribbean pride will overtake you. To all the women and men competing we say keep up the determination and you are a winner without or without a medal to us. You made it to the Olympics.

Here is some of the Caribbean Top Athletes at the 2012 London Olympic

- Jamaica - Usain Bolt - sprinter, 100 and 200 meter
- Jamaica -Yohan Blake - sprinter, 100 and 200 meter
- Jamaica - Shelly-Ann Fraser - sprinter, 100 meter
- Jamaica - Veronica Campbell-Brown - sprinter, 100 and 200 meter
- Grenada - Kirani James - sprinter, 200 and 400 meter
- Cuba - Julio Cesar la Cruz -Light heavyweight boxer
- Jamaica - Asafa Powell - sprinter, 100 meter
- Trinidad & Tobago - Jehue Gordon - 400 meter
- Dominican Republic - Gabriel Mercedes -Taekwondo
- St. Lucia - Darvin Edwards - High jump
- Grenada - Rondell Bartholomew - sprinter, 400 meter

## Caribbean Olympics greats or past

Teofilo Stevenson (Cuba), boxing heavyweight, Olympics 1972-80: one of only three boxers to claim a hat-trick of gold medals, the giant Cuban might have made it four had Cuba not boycotted the 1984 Los Angeles Olympics.

Hasely Crawford (T&T), athletics (100m, 200m & 4x100m), Olympics 1972-84: Crawford became Trinidad and Tobago's first Olympic gold medalist when he stormed to 100m glory at Montreal 1976, by two-hundredths of a second from Jamaica's Don Quarrie, and went on to compete in a national record four Olympiads.

Arthur Wint (Jam), athletics (400m & 800m), Olympics 1948-52: Jamaica's first gold medalist (400m London 1948),

Durward Knowles (Bahamas), sailing, Olympics 1948-72 and 1988: This Bahamian legend competed at eight Olympiads (including one for Great Britain).

Merlene Ottey (Jam), athletics (100m, 200m & 4x100m), Olympics 1980-2004: Ottey became the English-speaking Caribbean's first female athletics medalist in 1980.

Felix Savon (Cuba), boxing heavyweight, Olympics 1992-2000: Another legendary Cuban fighter, Savon claimed three successive Olympic golds as well as six world amateur titles.

Don Quarrie (Jam), athletics (100m, 200m & 4x100m), Olympics 1968-84: Jamaica's first sprint gold medalist (200m Montreal 1976).

Javier Sotomayor (Cuba), athletics (high jump), Olympics 1992 & 2000: The greatest high jumper ever (of the 24 all-time best high jumps, 17 are his, including the 2.45m world record).

Ato Boldon (T&T), athletics (100m, 200m & 4x100m), Olympics 1996-2004: Only two other men in history have matched Boldon's four individual Olympic sprint medals.

Alberto Juantorena (Cuba), athletics (400m & 800m), Olympics 1972-80: Juantorena stamped his name in the history books forever when, at Montreal 1976, he became the first, and so far only, man to complete a remarkable double gold at 400m and 800m.

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Food on Cover: Ox Tail and Rice and peas | Cover and Publication design by: Trevor Shepard | Cover: Photographs of the River front and Downtown Hartford, CT

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# Celebrating the differences that make us stronger.

Aetna is proud to sponsor the 7<sup>th</sup> Annual Taste of the Caribbean & Jerk Festival.



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**Love The Vibes**

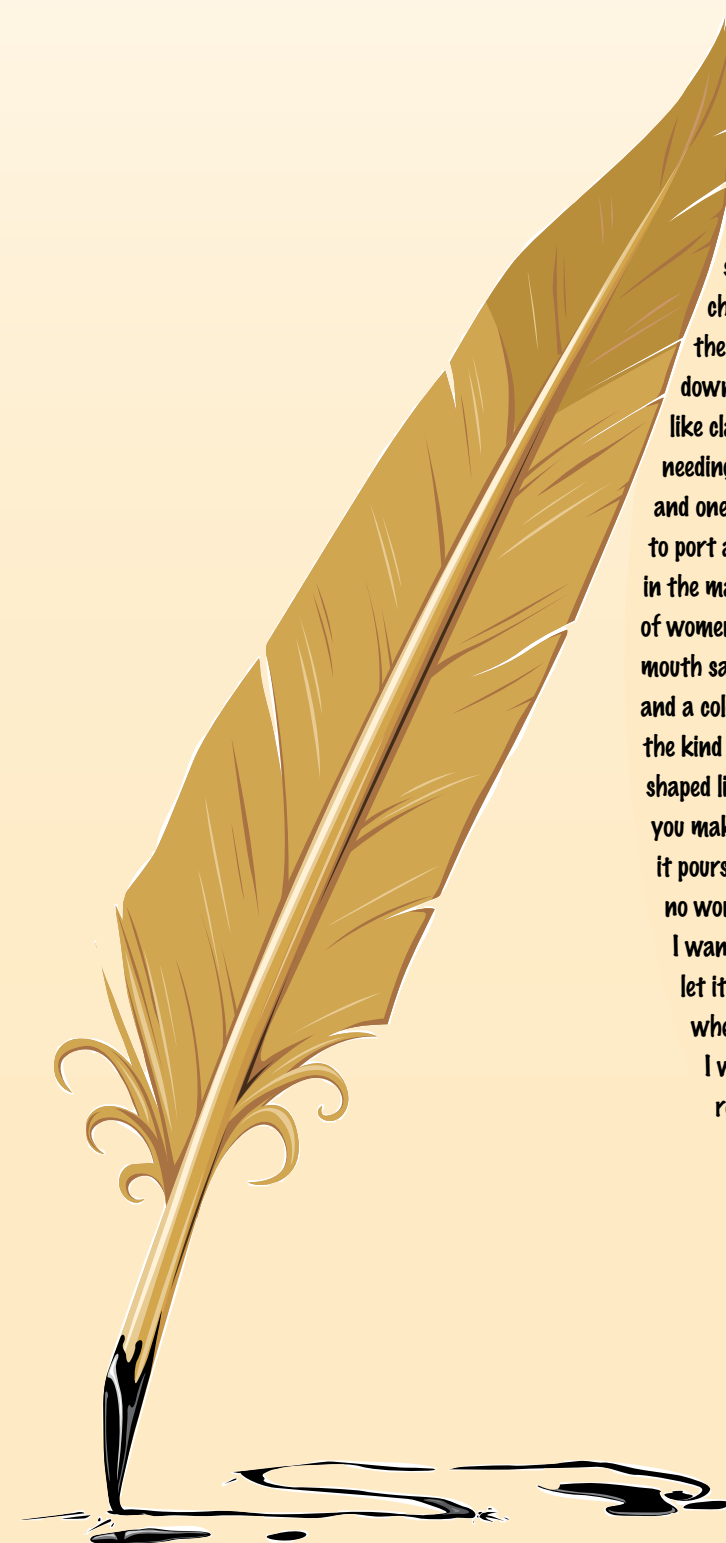
## Poetry in motion

### Ayiti!

Ay! The mangos never tasted better than this  
sweet tangy juices playing with my tongue  
as i sit under the brightness of the sky  
picking yellow from between my teeth  
I welcome the hot sun darkening me  
a rebellious black

I lay back and watch it descend  
on the other side of my island dreams  
swift cool morning breezes sprinting along the riverbank  
chill my skin in the shade of coconut trees  
the mountains echo a hum of toptops honking  
down paved roads that used to blow dust  
like clapping chalk clouds out of erasers  
needing a mouchwa over my nose  
and one wrapped around my head on rides  
to port au prince where your heart beats  
in the market place my ears perk at the chime  
of women chanting pate cho pate cho pate cho  
mouth salivating at the thought of hot flaky patties  
and a cold kola to wash it down  
the kind that comes in those vintage glass bottles  
shaped like a woman's silhouette  
you make me want to dance in your rain  
it pours down like drums  
no wonder the children sway their naked hips in it  
I want to let the wind comb through my ti kouri braids  
let it hurricane me to revolutions in your history  
when the machete did more than cut down sugarcane  
I want to stand in salute at the top of the Citadelle  
read the stories in between the cracks of the walls  
breathe in your salt air  
and sink my toes in the sands of your time  
where power and hope never die  
you are rich in spirit  
the minerals of your joy are untouched by colonial conquest  
I dig that with my bare hands  
squeeze the essence of the earth in between my fingers  
like you are mine and letting go  
was never an option

by D. Colin





# Schedule of Events 2012

## MAIN STAGE

- 3:00 to 3:15 Marcia Nahounou (Gospel)
- 3:20 to 3:35 Maxine O'Connor (Gospel)
- 3:40 to 3:50 Lypher
- 3:55 to 4:10 Jr. Tucker (International Artist)
- 4:15 to 5:00 Music on the Main ( Big O and Wasine)
- 5:00 to 5:30 Amandla Band
- 5:30 to 5:50 Don Minot
- 6:00 to 6:20 Misteree
- 6:25 to 6:40 Jr. Holt
- 6:45 to 7:00 Tuff Lion
- 7:05 to 7:25 Toussaint the Liberator
- 7:30 to 7:45 (NBC personality) Keisha Grant
- 7:45 to 8:15 Angels Band
- 8:20 to 9:20 Calypso Rose
- 9:30 to 10:00 Anthem Band
- 10:00 to 11 Leroy Sibbles

### KID'S CORNER 1:00 to 6:00

Face painting, crafts, Price Chopper macaroni Jewelry making  
(hands on activity) & Price Chopper Bounce.  
American/Caribbean Games

## PLAZA STAGE

- 1:00 to 2:00 Music on the Plaza (Johnny P, Jean Moxon)
- 2:00 to 2:30 Pureza Latina Cultural Dance Group
- 2:35 to 3:00 Stanley G. and Team (Zumba)
- 3:10 to 3:15 Lake Mclean (Michael Jackson impersonator)
- 3:20 to 3:35 Curet Boy Scout Troop 1443 Parading Flags
- 3:40 to 4:15 Carnival Parade by CIGCA Sponsored  
by City of Hartford
- 4:20 to 4:55 Hartford Steel Symphony
- 5:00 to 5:30 Moko Jumbie by Melissa Craig, Cultural  
Dance Troup of WI
- 5:40 to 6:05 St. Lucian Folklore Association
- 6:20 to 6:40 Caribbean American Dance Troup
- 6:45 to 7:15 Qrquesta Espada Band
- 7:30 to 7:55 Hartford Steel Symphony
- 8:00 to 8:15 Music on the Plaza(Preparing for headliners)
- 8:15 to 8:30 Soljie and Aye Aye
- 8:30 to 9:00 D'Tay Band
- 9:10 to 9:30 Nachilus
- 9:35 to 10:05 Rebelle Band



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## MAIN STAGE



## Leroy Sibbles

Is one of the founders of reggae music. He is considered a 'living legend' by fans and students of reggae. Born in Kingston, Jamaica Leroy began his career as the lead singer of the rock steady group, The Heptones. While playing with The Heptones, he recorded many classic reggae tunes including Party Time, Fatty Fatty, Book Of Rules, Baby Be True and Heptones Gonna Fight. Leroy also played an integral role in the creation of many of the famous 'Studio One' rhythm tracks frequently sampled and re-recorded today. He wrote and arranged many of the Studio One 'classics' as well as played bass and provided harmony. Leroy Sibbles was described as "the greatest all-around talent in reggae history" by Kevin O'Brien Chang and Wayne Chen in their 1998 book Reggae Routes.

Leroy moved to Toronto in the mid-70's where he lived for 20 years. During his residence, Leroy helped establish reggae music in Canada and was often described as 'the

Godfather of reggae in Canada' and the 'sweetest singer in the business'. He also released 6 solo albums while residing in Toronto. They are: Now, Strictly Roots, On Top, The Best (Micron Music), Meanwhile (Attic) and Evidence (A&M).

Leroy returned to Jamaica in 1994 and is now based there. Since his return he has been touring extensively in the Europe, United Kingdom, Japan and the United States. He released two CD's entitled It's Not Over (1996) and Rock and Come On (1999) as well as a dozen new singles including his latest Harry Hippie (2009), a remake of a Bobby Womack tune. Leroy's version of Harry Hippie is pure magic and is backed by some of reggae's top musicians. He has also co-authored tunes with the dancehall greats: Bujju Banton and Beenie Man.

Leroy participated in the 2009 documentary 'Get Ready Rock Steady' which also includes many other reggae greats including: Marcia Griffiths, Rita Marley, Judy Mowatt, Ken Boothe, Dawn Penn, Hopeton Lewis, U-Roy, Bongo Herman, Lloyd Parks, The Tamlins, Derrick Morgan, Sly Dunbar, Stran-jah Cole and is receiving great reviews.

In recent years, he has been working on new material at his Studio in Kingston, ROCKSTEADY great Leroy Sibbles has launched a new phase of his career, stepping into music production with his Bright Beam record label. Sibbles has already produced songs by two newcomers – singer Sagitar and deejay Chapter. He says the label was inspired by a concept his father came up with over 50 years ago. We expect to see a lot more coming from Leroy Sibbles

## Anthem Band

Come and vibe with Anthem the most harmonious sounds of the new millennium. They live shows ranks amongst the best in the business. A truly original sound that is creating a big wave throughout the USA, from roots to dance hall, Anthem can play it all and with their own diversity, it's truly a treat for all music lovers.

The band is led by its founder and talented songwriter, Courtney "Coozie" Mellers. Jermaine Mellers (Coozie's nephew) joined the band to form the new youthful, charismatic Anthem and compliments their skills with his unique and savvy flair on bass. Jermaine is also a gifted singer, songwriter and plays keyboards and drums.

Carey Mellers (another nephew) brought his considerable talents on vocals, guitar, bass and piano to Anthem upon leaving High School and has helped to write and produce many of Anthem's popular tunes. Carey was one of the semi



finalists on MTV and Puff Daddy's "Making of the Band" and has a song on the Showtime series "Soul Food". Also added recently was a song placed on "The Young and the Restless".

Damion Martelliere is Anthem's drummer and the pulse of the band. He's won best soloist at Air Jamaica's Jazz & Blues Festival.

Rob Ellington, who has been performing since the age of 11, Rob completes the quintet as the band's lead singer. He is "Mr. Excitement", full of energy and a performing talent to make an Anthem stage show a complete experience and not just another stage show. ♦



# Calypso Rose

The perfect sobriquet for this Tobagonian woman born McArtha Linda Sandy-Lewis in 1940. Calypso Rose has been writing songs from the age of 15, has written over 800 songs to date and shows no sign of stopping.

In 1966, she wrote the song Fire in Me wire, the first calypso ever sung two years running at the Trinidad carnival 1966 and 1967. In 1977, with the song Tempo she was the first woman to win a road march in Trinidad and Tobago and in 1978 she took the title again with Come Leh We Jam. She is the first person to win both the road and calypso titles simultaneously in Trinidad and Tobago, she has also won the Calypso Queen title five years running.

In the same year she won the Calypso King competition, the first time it had ever been awarded to a female. The competition's title was changed to Calypso Monarch in her honour. She has won many titles throughout the Caribbean and is truly a trailblazer for women of the region in the music industry.

Calypso Rose is a recipient of the Humming Bird Medal Gold from the Government and people of T&T for her contribution to culture. The Belizean Government has bestowed honorary citizenship upon her, while the Smithsonian Institute (USA) has named Calypso Rose the world's top female calypsonian. Last year she was also honoured by the Government and people of France.

This weekend at the Wadsworth Antheneum Museum of Art, we celebrate a National Calypso Monarch in the personality of Karene Asche, while the honour roll of champions boasts women like Singing Sandra, Denyse Plummer, Fay Ann

Lyons, Sannel Dempster and more. The National Carnival Commission (NCC) dedicated Carnival 2011 to the power of Calypso Rose. Tuco paid tribute to this majestic superstar of calypso by honouring her during the Kaisorama event, with the unveiling of a wooden sculpture of her head and shoulders. Indeed as the world governing body for calypso, Tuco expressed extreme pride of the achievements and the global status of Mc Artha Lewis, Calypso Rose. "It is the tremendous work that artistes like Calypso Rose have done in the world of calypso that justifies the very existence of the representative body that is Tuco," a release from the organisation stated. The Connecticut premiere of the film, Lioness of the Jungle, is scheduled to take place August 5th.

Calypso Rose interviewed by Maya Trotz for Jouvay.com, July 27th, 2003.

*"I broke all of the barriers down to bring equality to the field of music with calypso and also steelband. Years gone by you never see a woman beating pan and once I break the barrier down all women start coming forth and there we are standing predominantly today."*

With the ability to play different types of music, the group had the privilege to accompany most of the top named Caribbean artistes including the late 'Godfather of Chutney Music' Sundar Popo, Terry Gajraj, Calypso Rose, Crazy, Baron and many more. Angels Caribbean Band were also fortunate to share the same stage with Dave Martins and The Tradewinds and The Mighty Sparrow.



# Angels Caribbean Band

led by Amar "Vinod" Bisram, is New York's most versatile Caribbean live band consisting of a team of dynamic and talented musicians and singers from various Caribbean islands. Angels Caribbean Band made their professional debut in June 1994.

The original concept behind the formation of this group is to promote and preserve Caribbean arts, culture and heritage. Angels Caribbean Band have enjoyed remarkable success and continue to be trendsetters since they exploded upon America's Indo-Caribbean music scene.



Angels Caribbean Band had many memorable performances throughout America, which includes the world famous Lincoln Center, Madison Square Garden, The Nassau Coliseum, Disney Amphi Theatre, Trump Taj Mahal Atlantic city, Queens Day Festival, Jamaica Arts & Music Festival, New York's Annual Phagwah Parade, Taste of the Caribbean and Jerk Festival and many more.

The group has been honored many times for their contribution towards numerous charitable events.

Top ranked professional musicians are Vinod on keyboards/arranger, Raymond on bass guitar, Charles on rhythm/lead guitar, Ronald on dholak/tabla/congas and Vikash on drums. Lead vocalist are New York's Sensation, Geeta Bisram, Tricia & Dexter.

# St. Lucian Folklore Association



The St Lucia Folklore Association comprises of men, women and children of St Lucian descent and resident in the Brooklyn, New York area who came together in an effort to lend their talents in the upkeep and display of the rich and unique St Lucian Culture. Evolved over the centuries from a combination of African traditions plus English and French colonial influence, the St Lucian Culture is unparalleled in its composition, diversity and artistry as can be seen by the unique presentations of indigenous songs and dances which relate the tales of struggle, triumph, love, tragedy and survival of the St Lucian citizenry in building their proud nation over the years.

With an appropriate charter of "preserving the way of life of a people", the group attempts to achieve their goals by public and private performances along with frequent stints at the area's nursing homes and hospitals where they entertain the less fortunate with a song and dance repertoire which is always well received and appreciated.

# La Orquesta Espada

Considered by many to be the top Salsa/Jazz band to come out of CT region. The full orchestra is comprised of 11 members, which utilizes a wide range of original Salsa & Brazilian rhythms to create a spicy brand of music. Espada has headlined many festi-

vals and have performed and opened for such greats as Eddie Palmieri, Tito Puente, Claudio Roditi, Roy Ayers, and others. The band was formed in 1982 by Ray Santiago, William Fluker, Doug Long, and Ivan Santiago. Espada has remained relatively the same throughout the 28 year history. Over the years, band leader Ray Santiago has composed and arranged many compositions and recordings with co-band members W.Fluker, D.Long, M. Ocasio, K.Jensen, and lyrics Luis Roman. With their upcoming album waiting to be released this year these bunch of musicians are on the cutting edge.



# Don Minott

Singer, Songwriter, Poet, based in East Hartford, CT. Born in Kingston Jamaica but grew up in Central Village St. Catherine, Don Minott grew up listening to reggae artists like Delroy Wilson, Ken Boothe, Bob Andy, Heptones, Freddie McGregor, Burning Spear, Dennis Brown, Horace Andy and of course the original Wailers. He started writing poetry during his high school years and later attended a summer workshop in creative writing at the Creative Arts Center in Kingston.

In 1986 he migrated to Hartford CT, while attending basement parties he was invited to get on the microphone which he did and the crowd loved it. Don Minott the singer was born. Years later he started singing with Hartford area bands like Rough Neck Massive, Positive Vibrations and the well-known reggae band Lightning Reggae Band of which he is a founding member. He has toured the entire northeast of the USA. When the Lightning Reggae Band folded Don Minott put together his own band, the High Voltage Reggae Band which has been going strong ever since. ♦





## "Nachilus Kezuck De Gorilla Warrior"



Is what he yells out to the audience as he comes on stage. Born and raised in St. Ann on the beautiful island of Jamaica, this talented, Reggae Dancehall Nu-Roots artist's love of music began for him as a child where he created rhythmic poems that later were turned into verses for songs. Nachilus is described as a very conscious, aggressive, and versatile artist but yet he continues to remain very humble.

In 1997, Nachilus made his debut. This chance was given to him and to two other prominent artists; Marathan / Warner Bros Europe recording artist Garison Hawk formerly known as Hawk Man, and Terri Lion (formally known as Terri Dread) by the "Bigga Mention" label. The trio co-wrote and recorded a song titled, "Three the Yard Way", produced by DJ Excel. This single showed the versatility of the artists in that of both the Hip-Hop and Reggae world.



**D-TAY** is a Haitian band that traditionally plays KOMPA wich is one of the genres of Haitian music. The band is made up of young and talented musicians. In early summer of 2007 a group of friends came up with idea of putting their talents together and forming the band. The original founders of the band are: Jean Maignan (Lead Vocal), Jude Jean Charles (Guitar Player) and Max Pospert (Keyboard Player). Since then D-TAY has been performing all over the New England area and is very well known within the Haitian Community, especially in Connecticut. Their spectacular ways of performing and their outstanding talents have landed them many gigs, including opening for the recording artists John Legend, John Forte and Patti Smith at the CT Music Forum at the Bushnell Theater.

## Misteree



Camille "Misteree" Ismail Born in Spanish Town, St. Catherine Parish, and growing up in Paul Island, Westmoreland, Jamaica, this lovely singer-songwriter "Misteree" acquired her love of reggae, R & B, and gospel music listening to her grandparents' albums by Bob Marley, Marcia Griffiths, Luther Vandross and Shirley Caesar. After singing her rendition of Caesar's "Jesus Oh Jesus" at a concert in Luci Westmoreland and receiving a standing ovation at the age of nine, "Misteree" knew she wanted to become a singer.

At 16, she migrated to the U.S. and began modeling part-time in Miami while singing in the church choir every Sunday before relocating to Hartford, CT. In June of 2007, she entered the West Indian Idol competition at Weaver High School auditorium, the only un-intimidated female, and came home with second place after singing an original calypso tune, "Love de Caribbean" in the finals.

You can hear the magic for yourself in "Just As I Am" a soaring fusion of reggae, r&b, hop-hop and gospel that leaves the listener with little doubt who "He" is that loves "Misteree" with such unconditional love. Originally penned as a gospel ballad by R. Meltzer and S. Sarbocca, this rewrite has her unmistakable melodic and vocals influence along with those of Capsicum writer-producer, Osborne "Ifield" Joseph

## CADC

**T**he Caribbean American Dance Company was founded in 2004 by Judith Williams. The mission of the dance company is to preserve and establish the finest traditions of many unique cultures, with emphasis in Caribbean Folk, Modern Contemporary, Popular Reggae, Hip-Hop, and Ballet. Classes are for ages 4 to adult and are held at the West Indian Social Club on Saturdays, 10:00AM - Noon, and Mondays, 6:30PM - 8:00pm.



Amandla, an original roots reggae ensemble is moving and shaking the hearts and hips of listeners along the East Coast and around the world. Amandla features five internationally renowned reggae artists: YahKali, Ras Iba, Toussaint the Liberator, Tuff Lion, and Burnie T. This collaboration of seasoned musicians brings the culture of roots reggae music into a whole new light. While staying true to the foundation of roots reggae, Amandla incorporates a variety of famed musical styles ranging from lover's

rock and soul to jazz and world music that meld into an uplifting chorus of rhythms to which your body can't stop moving.

YahKali, founder of Amandla and the nonprofit organization Amandla Awethu Africa ([amandla-africa.org](http://amandla-africa.org)), is a reggae veteran of 15 years who has performed around the world, moving audiences with his thought-provoking lyrics, soothing voice and ground shaking bass lines. Legendary lead guitarist and lyrical poet, Tuff Lion, has produced 20-plus albums contributing to his status as a long-standing pioneer in St. Croix's roots-renaissance movement. Hailing from the island of Dominica, Amandla's drummer, Burnie T, often called reggae's Barry White, enraptures listeners with his sweet, yet poignant songs of love. Another front man from the St. Croix reggae camp, Ras Iba, is an empowering lyricist with high energy whose gift of song resounds throughout the nations. Toussaint the Liberator with his husky tenor that is "the epitome of soul" has toured worldwide, sharing the stage with renowned artists such as Isaac Hayes, the Rolling Stones, John Legend and Dave Matthews Band.

In June 2012, Amandla released its debut album.

## ReBelle



In their music and their lives, **ReBelle** is an intergenerational and intercultural band from Africa and America devoted to love and justice. ReBelle was founded in the spirit, knowledge and teachings of ancestral and contemporary wisdom. The ReBelle story is rich in a foundation of love and powerful musicianship. ReBelle plays all original

music, sung in four different languages, English, Wolof, Creole and French. **ReBelle** plays Roots reggae music, and its powerhouse vocalists chant meditations on liberation while the band propels roots reggae soul. The band's mystical mix of pulsing tribal rhythms, reggae horns, guitar and tight harmonies is internationally acclaimed. ReBelle has performed internationally including performances in Africa and all over the United States. In Africa, performances at the Blaise Senghor Institute in Senegal, Reggae Sunsplash in Senegal and Baia das Gatas Festival in Cape Verde exemplified the band's outstanding success at reaching the hearts and minds of people and sharing their message with love and grace. The Valley Advocate writes, "When ReBelle performs, concert halls become temples, and for several hours, at least, people come together." As a group, ReBelle has shared the stage with virtually all of the epic artists in Reggae music, including, Burning Spear,

Israel Vibration, Sister Carol, Damien Marley, Ijahman Levi, Michael Rose and Culture, to name a few. The band has 8 independently released recordings and is currently mixing their latest for 2011. ReBelle is devoted to inspiring the world with music. The band is committed to bringing love, justice and unity among people and nations. ReBelle lives a positive way of respect and represents a multicultural creation.

## The Hartford Steel Symphony



**E**stablished since 1989, the Hartford Steel Symphony has been providing musical enjoyment around the New England Area for many years. Their musical genre consists of Soca, Calypso, Reggae, Pop, Classical, Gospel and Jazz; all with an island rhythm. The band is comprised of members that have all competed in several years of steel band competitions and musical extravaganzas.



# TOUSSAINT THE LIBERATOR

Toussaint's vocal versatility will captivate any unsuspecting listener and deliver his proud message straight to the heart. He spent his Indiana childhood singing gospel and performing in Midwestern churches with his family and laid a solid musical and spiritual foundation on which he continues to build.



Toussaint is a dynamic, independent artist with a powerful voice, a serious message, and an undeniable talent. Toussaint has joined forces with Amandla and has an album with them in the works called "Power Link", which will appear later this year. He is concurrently working on yet another project with the group SOL out of Maryland.

Let this be a warning, the funk is back!

In 2012 finds Toussaint bursting at the seams creatively with an onslaught of new material soon to be hitting the masses. "Where I Lead" is a throwback analog reggae album produced in collaboration with I Dwell and Gatorwood Productions released in April 2012.

# Pureza Latina

of Connecticut is a 7 member dance group of Puerto Ricans whose goal is to promote and teach the diverse origin of their culture through dance. Under the collaboration of Jasoni Ramos and Mariel Concepcion, the group has been showcasing its innate talents in their dance styles such as the bomba and the plena. During their 6 years, **Pureza Latina** has been able to promote and perform the authentic true essence of Puerto Rico's diverse Caribbean culture at many events throughout the region.



*They are very proud and appreciative to be a part of the Taste of the Caribbean and Jerk Festival to exhibit all their hard work.*

God Alone! Only God can take credit for the extraordinary life of **Junior Tucker!**



Born in Kingston, Jamaica, Junior began singing at the age of 5. In 2 years, he became a household name in his home country and attained his first #1 song, "Happy", followed by "Which Side of the Coin", "Some Guys have all the Luck", and "It's a Small, Small World". Junior began traveling and performing locally and internationally. Without a shadow of doubt, everyone who saw Junior perform knew that being on stage was what he was born to do.

With tremendous success, he navigated his way through three international recording contracts which have literally taken him across the world. He has toured throughout the United States, United Kingdom, Japan, Mexico, and the Caribbean. At 12 years, he was signed to Island Records which produced the hit song "One of the Poorest People". At 14, he landed a recording contract with Geffen Records USA which turned out "Mr. Telephone Man". At 23, he signed to Virgin Records UK, which produced hits like "Don't Test" and "16". In 1991, Junior was released from Virgin Records and returned to his roots to pursue a career in Jamaican Dancehall Music. A slew of hits ensued, "Love of a Lifetime" and "Move Along" to mention a few.

In October 1997, bombarded by religion, a distorted childhood and being plagued by nightmares, Junior cried out one night "God, if you are real, show me who you REALLY are and allow me to sleep!" The Living God answered; he slept as never before. He woke up completely rested, knowing that Jesus Christ was his Lord and Savior. He publicly confessed his Christian faith that week at a gospel concert in Kingston and soon after was baptized.

Since that night when Jesus met him, Junior has not returned to his secular career. He simply states, "There is nothing to go back to!" Coming into a personal relationship with Jesus Christ has brought clarity to his once hazed purpose and destiny. Was he born to sing and be on stage? Definitely, but now to the Glory of God! To his life...God has given direction, and to his gift...God has given purpose.

OTHER ARTIST:

JUNIOR HOLT • TUFF LION

MARCIA NAHOUNOU • MAXINE O'CONNOR

AND MANY MORE



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## Carnival Parade by CICA

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### RAIN

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The sounds of the rain pounce upon my roof as if to say, Yes!

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## Jerk-Barbecue Shrimp with Pineapple and Peppers

Ready in: 10 min

Ingredients (For 4)

1 pound medium shrimp, cleaned and de veined  
 4 cloves garlic, chopped  
 1 tablespoon Grace Jerk Barbecue Sauce  
 .25 teaspoon salt (optional)  
 .25 cup Grace Vegetable Oil  
 2 tablespoons fresh lime juice  
 1 cup pineapple, cubed  
 .25 cup red bell peppers, julienne  
 .25 cup green bell peppers, julienne  
 .25 cup yellow bell peppers, julienne  
 .5 cup fish stock  
 .5 cup cream sherry

### Directions

Season shrimp with garlic, Grace Jerk Barbecue Sauce and salt, if used. Heat skillet with Grace Vegetable Oil and use to cook shrimp for about three minutes or until slightly pink. Add lime juice, pineapple, sweet peppers and fish stock, cook for a further minute. Add cream sherry and adjust seasoning, if necessary, simmer for a minute. Remove from flame and serve hot with your favorite starch.

**Recipe Note:** Julienne - to cut into thin strips.

## Jerk Chicken with Pineapple Mango Sauce

Ready in: 30 min

Ingredients (For 6)

4 pounds Chicken, cut in quarters  
 .25 cup Grace White Vinegar  
 1 cup water  
 1 sprig thyme  
 .25 cup escallion

5 cloves garlic, chopped  
 1 teaspoon ginger, crushed  
 1 medium onion, chopped  
 .25 cup Grace Jerk Seasoning  
 1 tablespoon sugar  
 12 whole pimento berries  
 1 whole scotch bonnet pepper  
 2 teaspoons soy sauce  
 2 tablespoons white rum (optional)  
 1.5 cups water  
 .5 can Grace Pineapple Juice  
 .5 can Grace Mango Nectar  
 1 cup pineapple, diced  
 .25 cup honey  
 1 tablespoon soy sauce  
 .5 teaspoon nutmeg powder  
 .5 teaspoon cinnamon powder  
 0 marinade from chicken

### Directions

Cut chicken in quarters and wash in a mixture of vinegar and water. Combine thyme, scallion, garlic, ginger, onion, jerk seasoning, sugar, pimento berries, whole pepper, soy sauce and rum in a blender. Add 1 1/2 cups water and blend until smooth. Pour blended seasoning mix over the chicken and rub the mixture in. Cover and put to marinate in the refrigerator for about 1 hour or overnight.

Place chicken on a preheated grill or in an oven 180°C/350°F and cook for about 1 1/4 hours. Turn the chicken pieces so that it develops a brown colour on both sides.

**TO MAKE THE SAUCE:** Combine ingredients for sauce and put to boil. Pour in the marinade from the chicken, mix well and boil until the mixture thickens. Use to glaze the chicken.

**TO SERVE:** Chop each quarter in 2-4 pieces and serve with roast sweet potato, breadfruit, slices of bread or with boiled rice.

## Jerk Dressing

Ready in: 5 min

Ingredients (For 6)

1 tablespoon Grace Vegetable Oil  
 .25 cup Grace White Vinegar  
 1 teaspoon Grace Jerk Seasoning  
 2 tablespoons granulated sugar

### Directions

Combine all ingredients in a bowl. Whisk or shake mixture until thoroughly combined and sugar is dissolved.

## Crunchy Jerk Salad

Ready in: 30 min

Ingredients (For 4)

1 medium lettuce  
 2 medium tomatoes  
 1 medium cucumber  
 .25 cup Grace Vegetable Oil  
 2 cups bread cubes  
 .5 cup saltfish, boiled and flaked  
 2 tablespoons jerk barbecue sauce

### Directions

Wash all vegetables and shake off as much moisture as possible from the lettuce. Coarsely shred lettuce, slice tomatoes into wedges and remove seeds. Slice cucumber down in halves and use a spoon to remove seeds. Slice each half across to obtain moon shapes. Prepare croutons by heating the oil in a skillet and fry bread cubes until brown on all sides. Drain on absorbent paper. Flake saltfish and toss along with the vegetables.

**To Serve:** Put to chill and toss in Grace Jerk Barbecue Sauce when ready to be served.

## Chicken in Sweet n' Spicy Hot Pepper Sauce

Ready in: 20 min

Ingredients (For 4)

2 pounds chicken breast  
 .25 cup Grace Vinegar  
 6 cups water  
 3 tablespoons soy sauce  
 1 tablespoon Grace Jerk Seasoning  
 .25 cup Grace Vegetable Oil  
 2 stalks scallion, chopped  
 1 large onion, diced  
 3 cloves garlic, chopped  
 2 teaspoons scotch bonnet pepper, chopped  
 1 bottle Grace Sweet n' Spicy Hot Pepper Sauce  
 1 cup pineapple, diced  
 .5 cup green pepper, diced

### Directions

Cut chicken breast in bite size pieces and wash in a mixture of vinegar and water. Season chicken with soy sauce and jerk seasoning and allow to marinate for 15 minutes. Heat saute pan and add vegetable oil. Mix in the scallion, onion, garlic and scotch bonnet pepper, and saute for about one minute. Fold in the seasoned chicken breast and cook for about 10-15 minutes. Mix in the Sweet n' Spicy Hot Pepper Sauce and cook stirring constantly for about 5 minutes. Fold in the diced pineapples and sweet pepper and cook for a further two minutes. Serve with plain rice and a garden salad.

**Serves:** 4 persons

## Barbecue Fish Rolls

Ready in: 20 min

Ingredients (For 4)



1.5 pounds fish fillet  
 0.25 cup Grace White Vinegar  
 4 cups water  
 0.5 teaspoon salt  
 0.5 teaspoon Grace Caribbean Traditions Black Pepper  
 2 tablespoons garlic, minced  
 1 cup Grace Tomato Ketchup  
 0.5 teaspoon ginger, grated  
 0.5 cup sweet pepper, diced  
 1 cup tomato, chopped  
 1 tablespoon Grace Jerk Seasoning  
 0.25 cup onion, chopped  
 0.5 teaspoon chilli powder

### Directions

Clean and wash fish fillet in a mixture of vinegar and water. Pat dry with paper towel.  
 Combine salt, black pepper and 1 tablespoon minced garlic. Mix until evenly distributed and use to season the fish fillet. Roll each fish fillet into a log and fasten with a metal skewer or a toothpick then place in a greased oven-proof dish.

### TO MAKE BARBECUE SAUCE:

Combine Grace Tomato Ketchup, ginger, sweet pepper, chopped tomato, Grace Jerk Seasoning, chopped onion, chilli powder and remaining 1 tablespoon garlic in a bowl. Mix well and spoon mixture evenly over the fish fillet. Cover with aluminium foil and bake in a preheated oven at 180°C/350°F for 15-20 minutes. Remove from oven, take out skewers and serve with a herb pasta.

## Jerk Chicken Breast

Ready in: 25 min

Ingredients (For 4)

1 pound chicken breasts  
 0.25 cup Grace White Cane Vinegar  
 4.5 cups water  
 1 tablespoon soy sauce  
 1 tablespoon Grace Jerk Seasoning  
 2 tablespoons Grace Vegetable Oil  
 0.25 cup red sweet pepper, chopped  
 0.25 cup green sweet pepper, chopped  
 0.5 cup onion, cut into wedges

### Directions

Cut chicken in strips and wash in a vinegar and water solution (4 cups water). In a bowl, add soy sauce and Grace Jerk Seasoning and mix together.  
 Add chicken strips to the mixture above and allow to marinate for 15 minutes.  
 Heat Grace Vegetable Oil and stir fry chicken pieces until pink colour disappears.  
 Add remaining water, sweet peppers and onion, simmer for one minute.

## Fish Steaks with Grace Jerk Barbecue Sauce

Ready in: 10 min

### Ingredients (For 4)

4 slices fish steaks, cleaned  
 2 tablespoons lemon juice  
 2 teaspoons salt  
 1 teaspoon garlic powder  
 2 teaspoons black pepper  
 1 tablespoon Grace Vegetable Oil  
 0.25 cup Grace Jerk Barbecue Sauce

### Directions

Pour on lemon juice over fish steaks, add salt, pepper and garlic powder and allow to stand for 20 minutes. Brush grill with oil, then place fish steaks on grill. Allow to grill for 10 minutes on each side. Brush on Grace Jerk Barbecue Sauce, the last 10 minutes of cooking

## Tropical ingredients

**Chadon Beni** - Shadow benny, culantro has a broad, flat green leaf. It is a cousin to cilantro.

**Gungo Peas** - Also called pigeon peas, gungo peas are used to make soup, stews and rice and peas.

**Mamay Sapote** - The national fruit of Cuba has a rough, brownish skin, grainy, salmon-colored inside, and a glistening black pit. The taste hints peaches, cinnamon and pumpkin.

**Annatto** - A rusty red dried seed from the annatto tree. It is used to color and flavor cooking oil. To make annatto liquid dissolve the dried seeds in water.

**Christophene** - Also known as cho-cho, chayote, choyote and tropical quash. This is a pear-shaped fruit with a single large seed in the center. The skin varies in color from white to pale yellow or bright green. The flesh is cooked as a vegetable, meat tenderizer and has a taste similar to zucchini.

**Ghee** - Clarified butter-butter with the milk solids removed- that tolerates high temperatures without burning.

**Breadfruit** - A large round or oval green fruit used as a vegetable. It is best used when the skin is green, rather than brown. The central core should be removed and the cream -colored flesh eaten as a starchy vegetable, boiled, roasted or fried.

**Soursop** - A large, dark green, heart -shaped fruit with a spine skin. Its pithy flesh has black seeds and is slightly acidic. It is often used to make drinks or ice cream.

**Sorrel** - A tropical flower harvested during the Christmas season which can be red, pink or white. Its fleshy sepal has faintly acid taste and is used in making drinks, jams and jellies.

**Mawby bark** - A bark of a tropical tree which has a bitter taste when boiled resulting in a refreshing drink.

1 gallon = 4 quarts = 3.79Ll  
 1 quart = 2 pints = 0.95L  
 1 pint = 2 cups = 16 fl. oz =450 ml  
 1 cup = 8fl. oz = 225 ml  
 1 tablespoon = 1/2 fl oz = 16 ml  
 1 teaspoon = 1/3 tablespoon = 5ml

### Dry Measure

1 ounce = 28.4g  
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 1 kilogram = 2.2 pounds





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## De the Bookshelf and upon

### BOOKS *Need to add some books to your collection, here are some old and new ones by Caribbean writers to explore:*

- |  |  |
|--|--|
| True Nanny Diaries by Nandi Keyi           | Prospero's Daughter by Elizabeth Nunez               |
| Is Just a Movie by Earl Lovelace           | It begins with tears by Opal Palmer Adisa            |
| In the Castle of my skin by George Lamming | The Polished Hoe by Austin Clarke                    |
| Escape and abandon by Nicole Titus         | Krik? Krak! By Edwidge Danticat                      |
| Crick Crack Monkey by Merle Hodge          | Betrothed: The Gambia Story by Valeriana Bandeh      |
| Oh Gad! by Joanne Hillhouse                | Three Trapped Tigers (Tres Tristes Tigres)           |
| Church Affairs by Theo Semper              | by Guillermo Cabrera Infante                         |
| Madame Fate by Marcia Douglas              | Pao by Kerry Young                                   |
| Discourse of Colonialism by Aime Cesaire   | The Twelve Foot Neon Woman by Loretta Collins Klobah |
| Salt by Earl Lovelace                      |  |

### MOVIES

#### FOR THE CHILDREN

- When the rain stopped in national by Alecia Mckenzie
- Digger's Diner by Joanne Gail Johnson
- The House in the Sky-A Bahamian Folktale by Robert D.San.Souci
- A Wave in her Pocket: stories from Trinidad by Lynn Joseph
- Down in the Subway by Miriam Cohen
- Tap-Tap by Karen Lynn Williams

Lioness Queen of the Jungle - We all know the song Fire, Fire or .....but do we know who is the lady singing the song. The movie showcases the life and times of the singer Calypso Rose

The Sweetest Mango- a romantic comedy that tells the story of Lovelyanne "Luv" Davies, who returns from Canada to Antigua and her struggles to adjust to life on a small island. It follows her professional turmoil and personal drama, including being caught in an unexpected love triangle.

Hit for Six- film that tells the story of a playboy West Indies cricketer who is still fighting the demons of his past that include a match-fixing charge. He learns about love as he struggles for his last chance to play in a major global tournament. And he desperately wants to earn the respect of his estranged father, a former great West Indies cricketer.

One Love - A young Rasta musician falls in love with the gospel-singing daughter of a Pentecostal preacher. As well as overcoming the preacher's disapproval, they battle a corrupt record producer.

Hush -a film addressing the highly controversial issue of abortion, incest and life as a teenage mother in the islands. The main character is a 15 year old Christian girl who is a youth leader in her church & very involved in church ministry. However, her boyfriend is not. When discovers she's pregnant and starts to think about the ridicule and shame she'll face if she decides to keep her baby, she then considers abortion - her only viable option.

Bubblin -A young woman's determination to save her family embarks her on a journey where amidst violence and betrayal she dances her way to love and freedom.

#### WEB SITES

- [www.caribbeanpot.com](http://www.caribbeanpot.com) - Caribbean recipes
- [www.tasteslikehome.com](http://www.tasteslikehome.com) - Caribbean recipes
- [www.islandflave.com](http://www.islandflave.com) - Caribbean recipes
- [www.recipeisland.com](http://www.recipeisland.com) -Caribbean recipes
- [www.caribseek.com](http://www.caribseek.com) - Recipes, news, information
- [www.caribshout.com](http://www.caribshout.com) - Caribbean social network
- [www.caribbeannewspapers.com](http://www.caribbeannewspapers.com) - Caribbean newspaper
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# JAMAICA

*Once you go, you know.*



### It's Time to Come Home

Jamaicans living overseas and looking to visit home during 2012 can take advantage of a variety of value-packed specials on island this year. With non-stop flights available from most major cities across the U.S., Jamaica is easily accessible and provides great value for travelers seeking to enjoy the 50<sup>th</sup> Anniversary celebrations. A wide array of events and activities have been planned.

Haven't been home for a while? A lot has changed. There's so much to see and do. There's no time like now. Come catch up with friends or just for fun. An ideal getaway, Jamaica's regions offer a treasure trove of activities, offering something for everyone. Whether it is climbing the cascading waterfalls, biking through breathtaking mountain ranges, deep sea diving or experiencing an exhilarating canopy tour, Jamaica has something to cater to every palette.

Longing for some of that home cooking? Come satisfy that yearning with some of grandma's rice and gungo peas, finger licking jerk pork or some curried goat.

### Festivals and Events

Jamaicans are known for having a good time, and there is almost a festival or event to celebrate every occasion. Known musical artists, sports enthusiasts, history seekers, gourmands and folklore lovers from around the world travel to Jamaica to celebrate. Come join the celebrations.

There's no place like home. We look forward to welcoming you HOME.

For more information on planning your next Jamaica vacation, check out the Jamaica Tourist Board's website at [www.visitjamaica.com](http://www.visitjamaica.com) or call 1-800-JAMAICA (1-800-526-2422). Follow the JTB on Facebook at [www.facebook.com/visitjamaica](https://www.facebook.com/visitjamaica), on Twitter at [www.twitter.com/visitjamaicanow](https://www.twitter.com/visitjamaicanow) or on YouTube at [www.youtube.com/aboutjamaicajtb](https://www.youtube.com/aboutjamaicajtb).





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Tek it had to be taken  
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You made it easier for the others  
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This freedom  
This emancipation  
This independence  
This sovereignty  
Against colonization  
Against imperialism  
Against domination

Not too long ago  
But not too soon too  
Is something to party  
To dance, to cry, to clap, to just  
Sit back and say me, you, we did it  
Out of one nation  
Together we achieve  
One people  
One aspiration

50 years old  
50 years young  
Ancestors cry

Ancestors smile  
Fly Hummingbird  
Fly Flamingo  
Fly Cocrico  
Fly high

Can I hear an Amen?  
In Reggae  
In soca  
In ska  
In calypso  
In steel pan  
In harmony of one  
Fight on

50 years  
Yes 5  
Yes 0  
Yes 50 years  
It's not no little time  
Cuz nough stuff has happened  
And nough will be happening

Congrats!!!!!! By Rosmond White

## trivia

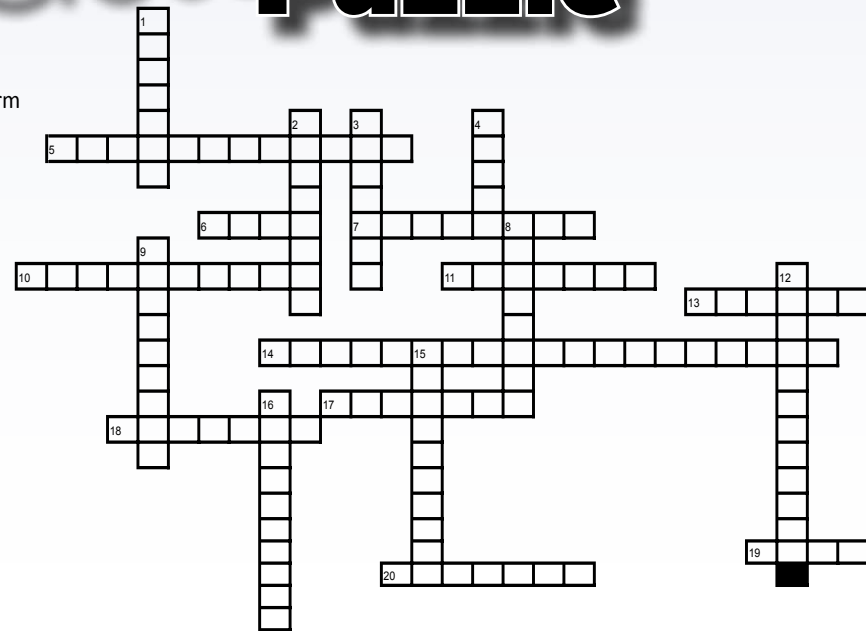
### Across

- 5 Island with a hundred mills
- 6 Largest Caribbean island
- 7 More than 16 species of hummingbird can found here
- 10 Known as La Isla del Encanto – Land of Enchantment
- 11 Two Indians, 5 pineapples and a crocodile on its coat of arm
- 13 country that is not an island
- 13 Eastern part of the island of Hispaniola
- 17 Isle of spice
- 18 Boast of having 365 beaches
- 19 Called unspoiled queen island
- 20 The largest of the U.S Virgin Islands

### Down

- 1. Mt Gimie is the highest point
- 2 Land of the flying fish
- 3. Capital is Basseterre
- 4 Home to the Sisserou parrot
- 8 The Land of the Blessed
- 9 Over 26 species of lobster can be found in this water
- 12 1995 the Soufriere Hill erupted
- 15 Sometime known as the butterfly island

# Crossword Puzzle



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Every best wish,



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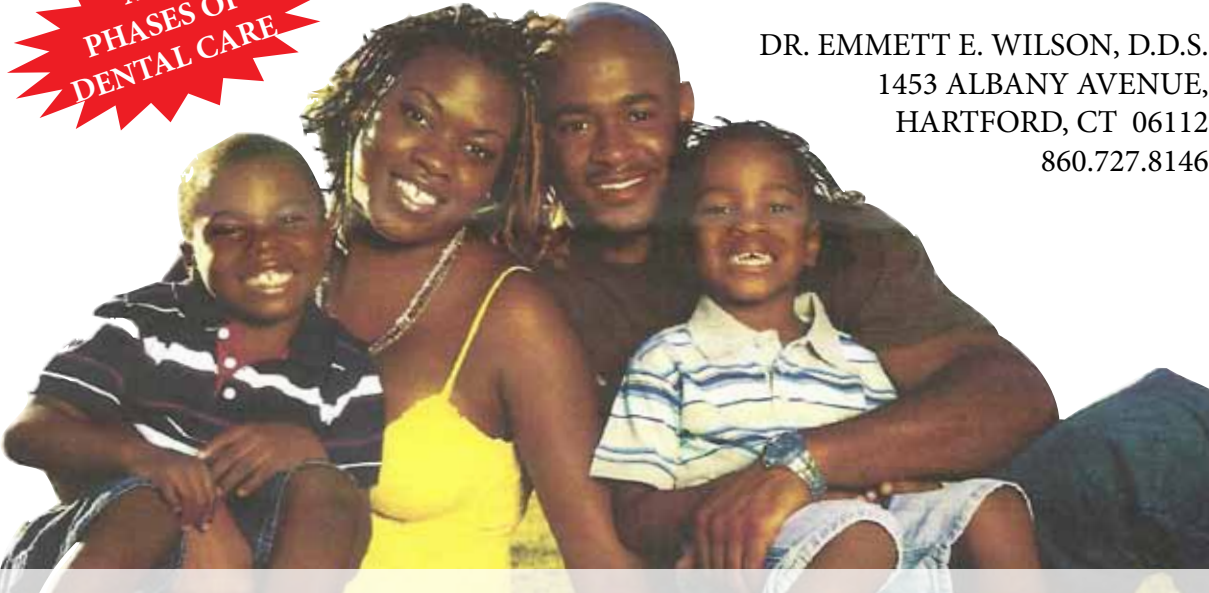
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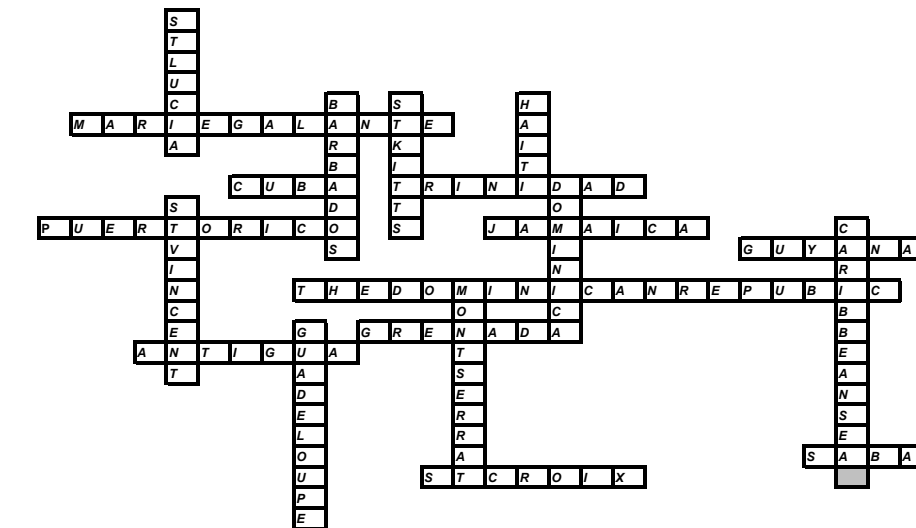
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## Taste of the Caribbean members cooking up somethin':

### Caribbean Pineapple Pound Cake

By Cynthia Solomon

1/2 lb butter  
1/2 cup shortening  
3 cups brown sugar  
5 eggs  
3 cups sifted flour  
1/2 tsp baking powder  
1/2 tsp salt  
1 cup milk (optional coconut milk)  
1 tsp vanilla extract  
1 tsp cinnamon powder  
1 tsp. lemon extract  
1 (16-18oz) can crushed pineapple

1. Grease and flour a 10-inch fluted tube pan, set aside. Stir together the flour and baking powder, set aside.
2. In a large mixing bowl beat the butter and shortening with an electric mixer on medium speed for 30 seconds. Gradually add the 1 1/2 cups sugar, 2 tablespoons at a time, beating on medium-high speed about 6 minutes total or till very light and fluffy. Add eggs, 1 at a time, beating 1 minute after each addition, scraping bowl often. Add vanilla extract, lemon extract or grated lemon zest and cinnamon powder.
3. Gradually add flour mixture to butter mixture, beating on medium-low speed just till combined. Beat in milk. Drain pineapple and reserve juices, fold the crushed pineapple into batter. Spread batter evenly into the prepared pan. Bake in a 325° oven for 55 to 65 minutes or till a wooden toothpick inserted near center comes out clean. Cool cake in the pan on a wire rack for 10 minutes.
4. Meanwhile, for syrup, in a small saucepan combine the 1/2 cup sugar and pineapple juice. Cook and stir over medium heat to dissolve sugar. Remove from heat.
5. Invert cake onto a wire rack (place a sheet of waxed paper under the rack). Prick top and sides of cake with a toothpick and brush with the syrup.

### Johnny cake, Floats, Bakes or Fried dumpling

Bakes

4 cups all purpose flour  
4 tsp baking powder  
1/4 tsp salt  
1 tbsp sugar  
A pinch of cinnamon or nutmeg (optional)  
1 tbsp butter  
Lukewarm water  
Oil for deep frying

Not sure what's the difference between johnny cake, floats, bakes or fried dumpling but I like a good recipe for simple flour mixture that's fried or baked. Johnny Cakes were originally called Journey Cakes as they were made and packed as a part of a lunch and snack for the plantation workers, for a long lasting journey.

Add flour, baking powder, salt, sugar and cinnamon or nutmeg (if using) to a large bowl and mix thoroughly. Rub in butter to flour mixture. Add enough water to make a soft dough. When the dough comes together, knead for 2-3 minutes. Rub the dough with oil and let rest, covered for at least 30 minutes. Knead rested dough for 1 minute and then divide the dough into 10 equal pieces and form into balls. Heat oil in a deep pan and let come up to 350 degrees. The oil should be hot but definitely not smoking. Roll one piece of dough into 3 1/2 to 4 inch circle. Add dough to oil- the dough should sink and within seconds start floating to the top of the pan. Using a long handled pot spoon, spoon oil over the top of the dough so that it continues to puff up, as soon as it puffs up, flip it over. You will notice that it starts to bubble and move around the pan. Let cook until the side is nicely browned. Using a slotted spoon, remove bake from pan draining off the excess oil. Add to a paper-toweled bowl. Repeat the process until all the bakes are completed. Serve with saltfish, shark, cheese, ham, butter and jelly or just by itself

### Johnny Cake.

Some recipes use cornmeal while others do not. Some recipes bake the mixture, but the most common method is to fry it, thus the name fried dumplings. The following recipe does not use cornmeal and I prefer frying..

4 cups flour  
2 tsp baking powder  
1 1/2 tsp salt  
1/2 cup butter  
1/2 cup cold water  
Oil to fry

Sift together the flour, baking powder and salt in a large bowl. Add grated nutmeg optional.  
Cut in butter until the mixture forms dough  
Add water 1 teaspoon at a time until the mixture takes on a firm consistency  
Knead on a lightly floured surface for about 5 minutes to about 1 in thickness. One can use a glass and press on the dough to form biscuits about 2 inches across.  
Heat the oil in a frying pan  
Fry the Johnny Cake until golden brown on each side  
Remove and drain on a paper towel to absorb excess oil.  
Serve as is or with butter or codfish or jelly or .....



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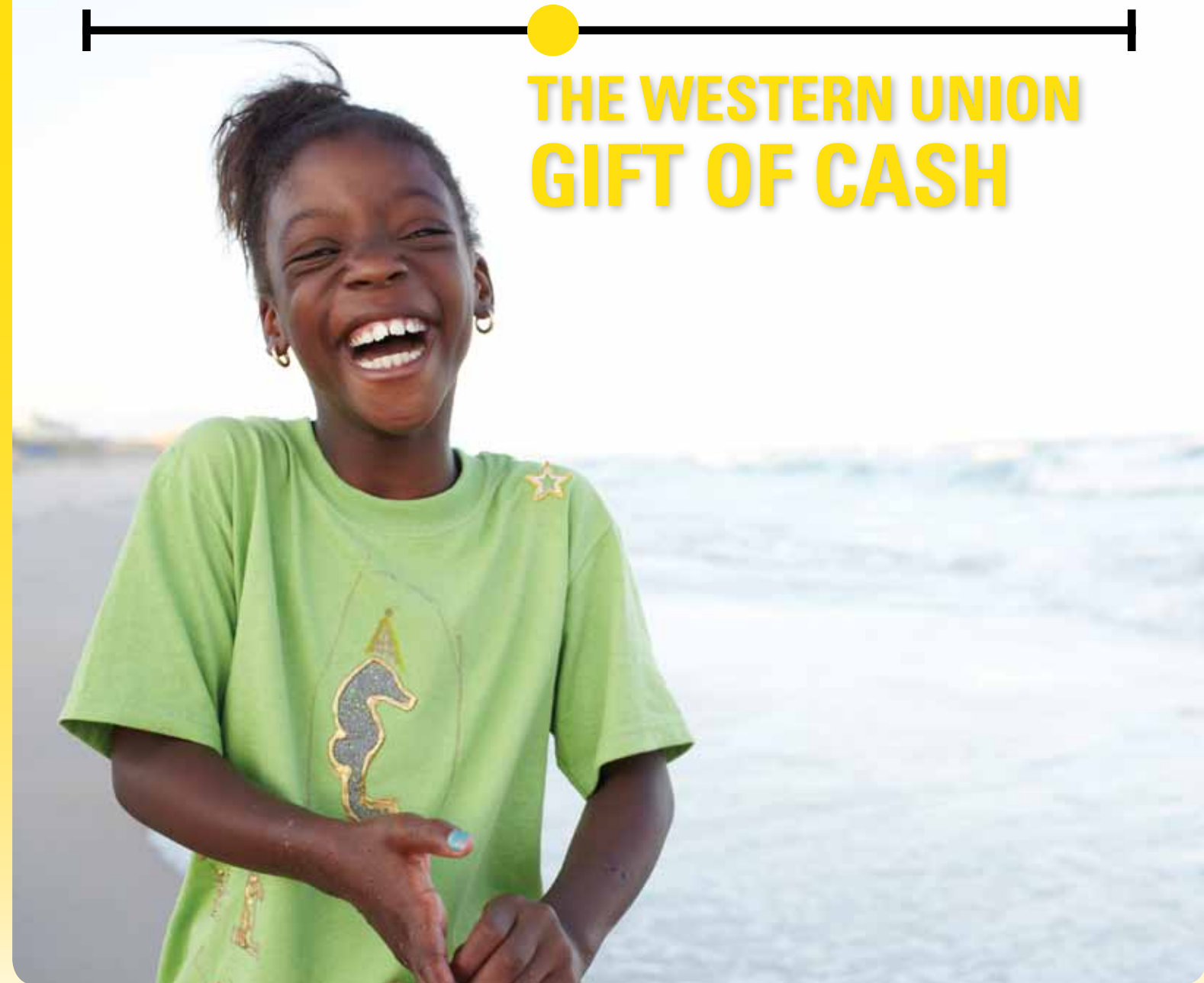
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