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9th Annual

taste

OF THE CARIBBEAN & JERK FESTIVAL

Hartford, CT Saturday, August 2nd 2014,
1:00pm-11:00pm

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Andrew Woods, Executive Director

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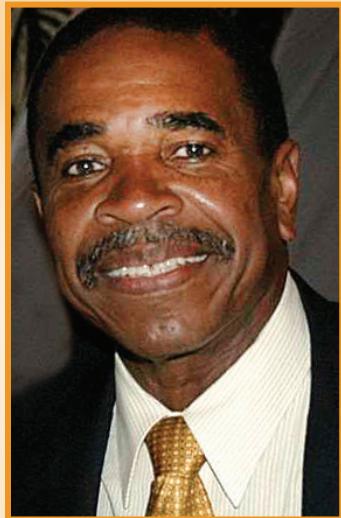


Greetings

It's our pleasure to welcome you to our 9th Annual Taste of The Caribbean and 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. This year we are providing you

with three stages of entertainment, with the plaza stage being for our youth and very young at heart. So take a look at our new set up and enjoy the atmosphere of the Caribbean. We encourage you and your family to sit back, relax and experience an enjoyable day of Caribbean fun in the sun.

Regards,
Melinda DeBeatham
President



Bonjour

Special thanks is extended to the Taste of the Caribbean and Jerk Festival's Board of Directors, Committee members, vendors, entertainers, the many volunteers, 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. 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 is 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 we have The Children's Village on the upper plaza, 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,
Leslie Perry
Executive Director



Back (left to right) Winston Rose, Anthony Fenton, Cynthia Solomon, Barbara Fenton, Carolyn Austin, Maxine Victor(Treasurer), Marcia Whittingham, Melinda DeBeatham(President), Grantley Adams (Vice-President) Juliet Relph (Executive Secretary), Elorie Stevens(Financial Secretary), Maxine O'Connor, Desrey Downer
 Front (left to right) Winston Barnaby(Asst. Secretary), Eulanda Balfour, Juliet Black-DeBeatham, Leslie Perry (Executive Director)
 Not shown: Beverly Lemay-James, Judith Howell-Smith, Gary Reid, Marcia Anderson-Esson

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Schedule of Events 2014

MAIN STAGE

2:00 to 3:15	Brother Gary (Gospel) Kings Chapel, Rehoboth, Family Worship Center, Etc
3:30 to 3:45	Sweet Noyz (drumming band)
4:00 to 4:20	Lou Drayton
4:30 to 4:45	Josh Berkeley
4:50 to 5:10	Misteree
5:15 to 5:40	Amandla
5:45 to 6:00	Mayah Stewart
6:10 to 6:30	Toussaint
6:50 to 7:10	Owen Irie
7:15 to 7:35	Inner Roots Band
7:50 to 8:35	Elan Trotman (Jazz Saxophonist)/ Band
	Raffle
8:50 to 9:30	Terry Gajraj/ Band
9:45 to 10:45	Mikey Spice

KID'S CORNER 1:00 to 7:00

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

PLAZA STAGE (Children's Village)

1:00 to 2:00	Music on the Plaza (Johnny B)
2:30 to 3:00	Story Telling
3:30 to 4:00	African Drumming & Poetry
4:10 to 4:20	Curet Boy Scout Troop 1443 Parading Flags

4:20 to 5:00	Carnival Parade by CICCA Sponsored by City of Hartford
5:10 to 5:40	Ghazi Karate
5:45 to 6:00	Lake Mclean (Michael Jackson impersonator)
6:00 to 7:00	Childrens Competition
	PARK STAGE
1:00 to 2:30	Music in the park (Big O)
2:30 to 3:00	Hartford Steel Band
3:10 to 3:30	Caribbean American Dance Group
3:40 to 4:00	Stanley G and Team (Zumba)
4:00 to 4:15	YMCA Dance Instructors
4:30 to 4:45	Tena Williams
5:00 to 5:25	Iroko Nuevo
5:30 to 5:50	La 860 (Nelson Bello)
6:00 to 6:30	St. Lucian Folklore Association
6:45 to 7:10	Hartford Steel Band
7:15 to 9:00	Music in the Park (Bo Jangles)

UPPER PLAZA

GRACE COOKING DEMONSTRATION

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MAIN STAGE

MAIN STAGE

PERFORMERS



Mikey Spice

Michael

Theophilus Johnson better known as Mikey Spice was born in Kingston, Jamaica in 1965. Mikey Spice began singing in his father's church at age seven. He then became a dazzling multi-instrumentalist, learning guitar, bass, drums, trumpet, piano, saxophone, flute, harp and clarinet before age 13. Seven years later, he decided on a reggae career. After working with several bands, Spice (whose voice has been compared to Lou Rawls) began recording in 1991. A successful live date at 1993's Reggae Sunsplash sparked his Ras Records debut.

ELAN TROTMAN



Saxophonist

Elan Trotman has quickly become one of contemporary jazz's most thrilling and emotive performers, and continues to stand out and push boundaries as a composer, performer and recording artist. Rihanna may be the most famous Barbadian making worldwide headlines, but sax-man Elan Trotman is another gifted Islander who is quickly becoming one of the fastest rising stars on the jazz scene. A former Boston Public Schools Educator and Berklee College of Music graduate, Trotman continues to define his brand as a young lion as he continues to perform at major jazz festivals, cruises and jazz clubs in the US, Europe and The Caribbean. Elan was heavily influenced by the smooth sounds of Grover Washington Jr as a child, but upon his arrival in Boston, MA in 1998, he discovered the world of bebop and immediately fell in love with the sounds and styles of the jazz legends. A rich tenor sax sound has always been his trademark, and he's often compared to fellow sax-man Kirk Whalum with an instantly identifiable playing style that is vocal-like.

MAIN STAGE

MAIN STAGE

MAIN STAGE

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MAIN STAGE



TERRY GAJRAJ

Elan released his sixth album Tropicality, in March 2013, which proudly showcases his Caribbean heritage. "We 'Islanders' are happy people by nature and that quality has always been evident by the way our music grooves. Tropicality is a story of my journey from 'Bridgetown to Beantown' and features rhythms and grooves from not just Barbados, but surrounding Caribbean Islands, Latin America and Cape Verde."

Loving life and living his dream, Trotman can proudly boast of performing and recording with a pretty impressive list of legends that include Roberta Flack, Michael McDonald, Jonathan Butler, Jeff Lorber, Peter White, Keiko Matsui, Sheila E, Terri Lynn Carrington, and Johnny Gill.



MAIN STAGE

Terry

hails from Berbice, that part of Guyana that gave us such LEGENDS as Dr. Cheddi Jagan (former President of Guyana) and Rohan Kanhai (leader in the Sport of Cricket), so too, Terry is a leader in the field of music & is the unofficial goodwill Ambassador for Guyanese Music & Culture.

Terry Vivekanand Gajraj started singing as a little boy in the FYRISH ROAD Mandir where his Aja (Grandfather) was the Pandit (Priest). Terry's Dad & Uncles (cha-cha) taught him to play various instruments such as the Dholak, Dantal, Harmonium, Keyboard & Guitar.

Terry is affectionately called the "GUYANA BABOO" after his biggest hit in 1992 that brought him international acclaim.

Terry is Guyana's most charismatic and distinguished singer. Since his first record "Soca Lambada" was released in 1989, he has gone on to release over 25 more albums and has had number one records on all the Chutney charts in the Caribbean, North America and Europe. The 1990s have undoubtedly been his decade, and the new millennium promises even more great things to come.

- Guyana's most RECORDED artiste (29 albums and hundreds of songs over a 15 year span).
- Guyana's most TOURING solo singer (performs in all the major cities & countries including Surinam, Holland, England & Spain). One of his most prestigious shows was at Wembley Stadium in London.
- Guyana's most CONSISTENT performer – has performed non-stop ... every single week, every single month & every single year for the past 15 years.
- The 1st Chutney Singer to have his own WEBSITE (thanks to Chico Khan) to promote Chutney music worldwide.
- Terry has represented Guyana @ all the major CARNIVALS in the world including Labor Day in NY, Caribana in Canada, Miami Carnival, Nottinghill in London & the Mother of all Carnivals - Trinidad & Tobago (Spektakula).
- Terry was the first singer from the Caribbean to perform @ the Indian equivalent of the Grammys - the Millennium BOLLYWOOD Music Awards!

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**SAVE THE DATE: 2ND SATURDAY IN JUNE 2015
GUYANA KAIETEUR GROUP 19TH ANNUAL SCHOLARSHIP
AWARDS BANQUET.**



Your Caribbean Diet-The Grain (Starch) Group

For those Caribbean folks living in the U.S. eating authentic Caribbean foods can sometimes be an emotionally moving experience. I know, when I get the opportunity to enjoy a Roti its an exhilarating experience, not only because of the familiar ingredients and spicy seasonings, but because the opportunity is so rare these days. Caribbeans living in the Hartford area may have the opportunity to enjoy authentic Caribbean foods on a regular basis; thanks to the few grocery stores that provide Caribbean foods. Caribbean foods offer a variety of choices from the starches, carbohydrates, (grain group); these words are used interchangeably; and the Caribbean diet can sometimes be top heavy in this area. Culture is one of the major determinants of lifestyle and food selection; and in the Caribbean culture starchy foods are always a part of each meal as well as snacks. The Caribbean diet provides (grains), starches, carbohydrates such as, green bananas, cornmeal porridge, plantains, dumplings, Bami, breadfruit, potatoes, crackers, biscuits, rice, dasheen, cassava and yams to name a few.

According to the American Dietary Guidelines, using the My Plate guidelines; one-quarter of your plate should be from the grain group and half of your grains should be whole grains. How do you adopt this guideline and at the same time maintain your culture, enjoying the foods you have come to love and enjoy? Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. American foods such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into two subgroups, Whole Grains and Refined Grains. Whole grains contain the entire grain kernel —Examples of whole grains include: whole-wheat flour, whole wheat bread, bulgur (cracked wheat), oatmeal, whole cornmeal, barley and brown rice. Refined grains are milled, a process that removes the bran and germ. This gives the grains a finer texture and improves their shelf life, but it also removes dietary fiber, iron, and many B vitamins. Examples of refined grain products are: white flour, de-germed cornmeal, white bread, white pasta, and white rice. I love Roti and when I get a chance to enjoy one, I go for the whole wheat skin with split peas. This gives me a chance to get my fiber and B vitamins and the split peas are a great source of protein and are low in calories.

Yes, I enjoy my Roti because I know I am enjoying something I love, as well as giving my body the nutrients it needs. Learn to enjoy your cultural foods and meet the guidelines of making them whole grain. Foods such as green bananas, plantains and breadfruit are not processed, they come straight from nature naturally packed with fiber and B vitamins. These are whole foods to which nothing has been added or taken away, these are good carbohydrate choices. The key in preparing them is to limit added fat, sugar and salt. For foods such as dumplings, Festival and Gizzada try adding at least half whole wheat flour to the flour mixture. I know the flaky pastry for Jamaican patties tastes great, but the whole wheat pastry can be an acquired taste that improves the nutritional value. Rice and peas is a mainstay for many Caribbean dishes, you can add whole grain by choosing brown rice or brown Jasmine rice. Hard Dough Bread is also one of my favorites, but the whole grain Hard Dough Bread is just as tasty.

Enjoy your authentic Caribbean grains (starches) and include whole grain at each meal. You may not develop a liking for whole grains overnight, but once you do, you won't want to go back. Whole grains are healthier because they have higher amounts of vitamins, minerals, fiber, essential fatty acids, antioxidants, and phytochemicals; nutrients that have been shown to help in reducing the risk of chronic diseases. Whole grains also help in normalizing blood sugar. Studies also show that eating a diet high in refined carbohydrates such as white bread and white rice can increase your risk for type 2 diabetes, while whole grains lower this risk. Make the right choices; you'll be glad you did.

Laurice Howell, MS, MPH, RDN, LD.

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MAIN STAGE



"Misteree"

Ismail was born (Camille Tomlinson) in Spanish Town, St. Catherine, Jamaica. Her talent was discovered after she sang, at the age of nine, her rendition of Shirley Caesar's "Jesus I love calling your name" at a concert in Lucea Hanover and received a standing ovation. At that moment "Misteree" knew she wanted to become a singer. She soon began singing in the youth choir, and traveling to different stages and arenas all over the island.

At the age of sixteen years, "Misteree" 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, Misteree, who was the only un-intimidated female in the contest, came home with second place after singing an original calypso tune, "Love de Caribbean" in the finals. In one of the toughest towns for local artists to succeed, she captured the judges' hearts with her intense performance, her big voice and versatility.

"Misteree" has since gone on to open for legendary artists like Beres Hammond, Maxi Priest, Gregory Isaacs, Shabba Ranks, Frankie Paul, Tarrus Riley, Beenie Man, Sanchez, Capleton, Leroy Sybils, Macka Diamond, Dean Fraser, Duane Stephenson and many others, while people still wonder where does that big voice come from in such a slender, but curvy and drop dead gorgeous young woman. In 2010 Misteree was given an opportunity by Capsicum Records LLC to record her first single and video, which 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.

These days Misteree is embarking on a new horizon with her new single "wine" produced by Tanya Bynoe & king of Soca, Reality Weeks. As she pursues her career in music "Misteree" also empowers the youth in the city of Hartford and around the state on Etiquettes and leadership.

www.facebook.com or www.capsicumrecords.com



The Hartford Steel Symphony



Established 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.

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.

MAIN STAGE

MAIN STAGE



Josh Berkeley

Josh Berkeley is a musical talent who sings songs that carry a new and different sound. Berkeley had been introduced to music at the tender age of 5 by his older brothers and fell in love with it immediately. At the time, his eldest brother Dwain Mathurine was the only singer of the

four siblings and Josh looked up to him. When he turned 12 years old, the young Grenadian performed for the first time with his local church's children's choir and the audience loved it.

Over the years, more and more opportunities to sing came as he was also gaining in popularity and in 2010, Josh won a local talent competition, which led to the release of his first official music video. In 2011 his video was aired on a regional TV station (Tempo) seen in 24 Caribbean countries. That music video held first place on Tempo's Cross Caribbean Countdown for four weeks.

MAIN STAGE

MAIN STAGE



The Buttonwood Tree welcomes Amandla, an original roots reggae ensemble moving and shaking the hearts and hips of listeners along the East Coast and around the world. Amandla features five internationally renowned reggae artists: Yah-Kali, 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), 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 of long-standing pioneer in St. Croix's roots-renaissance movement, having worked with well-known artists such as Midnite and Niyorah while touring throughout the world. 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.

MAIN STAGE



Inner Roots Band

Inner Roots Band, the hottest and most sought after reggae show, dance and backing band whose sound can be heard at the best eateries, parties, festivals and cultural events in New York. Inner Roots revived the live band sound in the metro area and expanded their listenership and fan base to the suburbs.

By all means be the judge and compare the quality of the band's unrivaled repertoire that supersedes the excellence of today's standards in its display of artistry and infinite musicianship.

Inner Roots Band offers a collaboration of many years of musical talent. The bandmates are a true expression of reggae's versatility. Their live performance takes you on a journey of Roots, Culture, Lovers Rock, Dance Hall and Vintage Classic reggae music that is rooted in Jamaica and spans the world. They have been playing together for many years and each member has a style which can't be refuted.

Inner Roots Band consists of Neville Morris (bass), Lee Archibald (guitar) Richard Blackwood (keyboard), Virginia Henriquez (vocal), Owen Dalhouse (drums/leader), Phyllis McClain-Dalhouse (percussionist/manager).

These accomplished musicians, in their own right, have helped to keep Roots Rock Reggae alive. This that you hear is the tip of the iceberg, Inner Roots Band is simply the best in live entertainment.

Contact: Dalhouse Productions - innerroots@yahoo.com

MAIN STAGE



Owen Irie

Owen Irie also known as Owen Simmonds was born in Kingston Jamaica and migrated to the United States at the age of 14. Known for his multi-dimensional talents, Owen started singing and writing music at the age of sixteen. He became very serious about his music after the birth of his son Owen Jr. in 1987. After writing numerous songs, in 1995 he recorded his first song "Good Morning Sunshine" with many more to follow. Besides being a songwriter and singer, Owen is also known for playing both the bass and acoustic guitars, which has landed him many performances with several bands. As Owen Irie continues to perform throughout Jamaica and the United States, it is said that his songs reflect nature and the many upheavals that happen around us each day.

Owen Irie is one of America's rising stars and will continue his journey across the globe through his social conscience work. His latest project, "Believe Me Girl" produced in Niko Wayne's Studios in Portmore Jamaica, is from his unreleased second album.

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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 = 3.79L
1 quart = 2 pints = 0.95L
1 pint = 2 cups = 16 fl. oz = 450 ml
1 cup = 8 fl. oz = 225 ml
1 tablespoon = 1/2 fl oz = 16 ml
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Dry Measure

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Satisfy your yearning for grandma's rice and peas, mouth-watering jerk pork or spicy curried goat. You don't have to feel at home just once a year – after Taste of the Caribbean, keep the party going by jumping on a nonstop flight from New York City and traveling to Montego Bay or Kingston in less than four hours.

IT'S TIME TO COME HOME

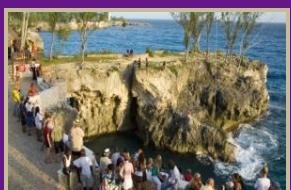
Jamaicans living overseas will also experience the island's expanded range of accommodations and attractions. There are also special travel deals this summer. From the quiet and enchanting resort town of Port Antonio on the eastern end of the island to the relaxed and laid back Negril in the West, visitors have many options to choose from.

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 for even the most discerning traveler.

For more information on planning your next Jamaica vacation, check out the Jamaica Tourist Board's website at www.visitjamaica.com or call 1-800-JAMAICA (1-800-526-2422).

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Drendy's Pumpkin Steam Fish

Ingredients (For 1)

1 can Grace Butter Beans
1 medium Irish Potato, diced
1 spring thyme
1/2 cup yellow yam, diced
1 whole bammy
3 large okra, sliced
1 packet Grace Fish Tea Soup Mix
1 tbsp Grace Margarine
8 whole crackers
1 whole scotch bonnet pepper
1 lb Snapper
1/2 cup carrots, sliced
1 stalk scallion, crushed
1 cup pumpkin, diced
3 cups water

Directions

1. Boil water. Add pumpkin and yam and boil until tender. Remove pumpkin from liquid, crush, the return to the pot.
2. Add the Grace Margarine, sliced carrots, diced Irish potato, okra, whole pepper, scallion, thyme, and Grace Fish Tea Soup Mix and stir well
3. Place the cleaned fish into the boiling liquid. Spoon liquid over the fish, cover and steam for 10 minutes. Mix in the Grace Butter Beans and cook for an additional 5 minutes. .
4. Recipe Note: One bammy cut into four pieces or eight cracker may be added along with the fish

Callaloo Rice

Ingredients (For 6)

1 oz Anchor Butter, unsalted
2 oz onion
1 oz garlic, chopped
1 oz scallion, chopped
1 teaspoon thyme
1 teaspoon pimento
1 teaspoon scotch bonnet pepper
4 oz Grace Fresh n Ready Callaloo
1 lb Grace White Rice
3 cups water
1 teaspoon salt
1/2 teaspoon black pepper
1 oz granulated sugar
1 packet Grace Cock Soup Mix
2 fl oz Grace Coconut milk

Directions

In a pot over a low flame, melt butter and saute onion, garlic, scallion, thyme, pimento, and hot pepper for 2 minutes.

Add callaloo and continue to cook for another 5 minutes

Season pot with salt, black pepper, sugar, Grace Cock Soup Mix, and Grace Coconut Milk. Rice must not be steamed over a medium flame.

When liquid comes to a boil, reduce the flame to very low, cover pot with cling wrap and allow to steam. Stem until the grains have swollen and burst.

Five Spice Chinese Roast Chicken

Ready in: 1 h 30 min

Ingredients (For 8)

1/2 cup carrots, sliced, blanced
1/4 teaspoon salt
1/4 cup water
Five Spice Chicken Sauce
1 stalk scallion, chopped
1/4 tablespoon sugar
1 1/2 c chicken dripping
1/4 c soy sauce
1 tablespoon ginger, crushed
2 tablespoons Five Spice Powder
1 1/2 c chicken stock
1/4 c scallion, chopped
1 tablespoon cornstarch
1 whole chicken

Directions

1. Clean wash and drain chicken well.
2. Combine soy sauce, chopped scallion, salt, sugar, and five spice powder and mix well.
3. Pour the mixture over the chicken and rub under the skin and in the cavity of the chicken. Cover and allow to marinate for 30 minutes.
4. Tie chicken legs together and place in a roasting pan. Cover with aluminium foil and roast at (350°F) 180°C for between 1-1 1/2 hours.
5. Chop the roast chicken and arrange on a platter. Serve with Five Spice Chicken Sauce.

Five Spice Chicken Sauce

1. Combine the chicken dripping and chicken stock in a pot and put to a boil
2. Add the blanched carrots, scallion, and the crushed ginger and bring mixture to a boil.
3. Combine cornstarch and water and add to the boiling mixture, stirring constantly to avoid lumping. Cook for 1-2 minutes

Chicken Stock:

Boil 1 packet Grace Cock Soup Mix with 4 cups water, Strain and use as desired

Shrimp in Sweet Coconut Sauce

Ingredients (For 4)

1/8 teaspoon black pepper
1 lb shrimp (21-25 count)
1/2 cup sweet pepper, diced
1 teaspoon thyme, chopped
1/4 c tomato, diced
1 can Grace Coconut Milk
2 tablespoons Grace Margarine
1/8 teaspoon salt
1 teaspoon sugar
1 c onion, chopped

Directions

1. Heat saute pan, add Grace Margarine and allow to melt.
2. Add chopped onion, sweet pepper, and tomatoes and saute. Mix in the salt, pepper, and thyme.

3. Pour in the Grace Coconut Milk. Add the sugar and bring to a boil. Lower heat and allow the sauce to reduce by a half. Remove thyme sprig and discard.

4. Fold in the shrimp which was previously peeled and deveined. Cook the shrimp for about 3-4 minutes or until they are pink in colour.

Serving: Serve with vegetable rice
Note: If the shrimp are over cooked it will become tough

garlic and onion and mix.

4. Divide the dough into 8 equal pieces. Flatten each piece of dough and place 1 Tbsp. of the corned beef mixture on each piece. Use the dough to encase the corned beef.
5. Heat vegetable oil and use to fry sweethearts on each side.

Drain on paper towel and serve immediately.

Corned Beef Sweet Hearts

Ingredients (For 2)

2 cups counter flour
1 packet Anchor Milk Powder
2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup water (to bind flour)
1 can Grace Corned Beef
1 stalk escallion, chopped
1 teaspoon scotch bonnet pepper, deseeded, finely chopped
2 cloves garlic, minced
1 small onion, chopped
1/2 cup Grace Vegetable Oil

Directions

1. Combine flour, milk powder, baking powder and salt in a bowl and mix well.
2. Add water and mix to form a smooth dough. Cover and allow to relax for about 15 minutes.
3. Flake the corned beef and add escallion, scotch bonnet pepper,

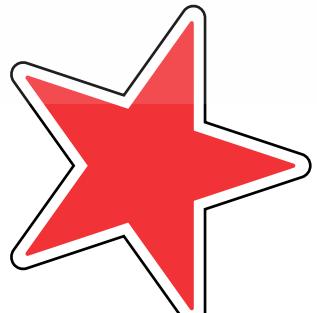


SAVOR YOUR SUMMER



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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



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SWEET-NOYZ

SWEET-NOYZ RHYTHM SECTION The Rhythm Section is an intricate part of Trinidad and Tobago's musical landscape. Developed in 1881 as African Percussion during the Canboulay Festival in the birthplace of Calypso music, it was banned from Trinidad Carnival in response to the Canboulay riots and was reintroduced to the festival in 1937. Carnival was brought to Spanish Trinidad by French planters via Martinique in the 1770s. The British authorities disapproved of the festival because of its bacchanalian overtones, but the festival was popular with the bulk of the free population on the island. Canboulay, or properly written "Cannes Brulees," means "burning cane," and this commemorated the putting-out of cane fires

during slavery. Canboulay music is an important part of the music of Trinidad and Tobago notably the use of steel pans, which were the descendants of the percussion instruments banned in the 1880s. The "chantwell" or chantuelle who was also an integral part of the celebrations was the forerunner of the calypsonian and later Soca music. Sweet-Noyz Rhythm Section came to life at a Repast of one of our well known countrymen. A handful of friends got together, brought nameless percussive implements to the celebration in the hope of keeping the culture alive. The buzz generated from that impromptu performance, prompted the Trinbagonians in Connecticut to invite the Noyz-makers to their summertime cookouts, as part of their entertainment. Soon after, people started inquiring about us playing at house parties, birthday parties, church events, weddings, Clubs and boat rides. Sweet-Noyz Rhythm Section consists of five males, and one female. The unrecognizable implements are what the art form is all about-and the love of the Culture.



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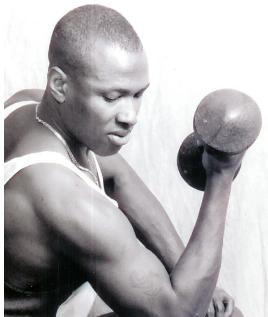
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Carnival Parade by CICCA

Under the direction of master costume maker Tynsley Charles and experienced assistants Grace Wright and Keimei "Q" Delpeche, and volunteer section leader Cassie Harper, 15 young women has learned how to make and wear their creations - Carnival costumes. Each teen has designed and built a complete costume, including headpiece, arm and foot bands, girdles, collars, backpacks, and all frames and attachments needed for wearing the elaborate structures. The teens have been trained in "displaying" their costumes in a parade by project artistic director Harold Springer.

They have formed a Carnival "Band" called the Exotic Ones, with three sections of masqueraders in different color schemes. The project is a collaboration of the Institute's Connecticut Cultural Heritage Arts Program (CHAP) and the Connecticut International Cultural Carnival Association (CICCA), whose director Linford "Junior" Miller has organized costume production and display for several national and international carnivals



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De 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
Is Just a Movie by Earl Lovelace
In the Castle of my skin by George Lamming
Escape and abandon by Nicole Titus
Crick Crack Monkey by Merle Hodge
Oh Gad! by Joanne Hillhouse
Church Affairs by Theo Semper
Madame Fate by Marcia Douglas
Discourse of Colonialism by Aime Cesare
Salt by Earl Lovelace

Prospero's Daughter by Elizabeth Nunez
It begins with tears by Opal Palmer Adisa
The Polished Hoe by Austin Clarke
Krik? Krak! By Edwidge Danticat
Betrothed: The Gambia Story by Valeriana Bandeh
Three Trapped Tigers (Tres Tristes Tigres)
by Guillermo Cabrera Infante
Pao by Kerry Young
The Twelve Foot Neon Woman by Loretta Collins Klobah

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

WEB SITES

www.caribbeanpot.com – Caribbean recipes
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www.caribbeannewsnocom –Caribbean news
www.caribbeanchoice.com – General information
www.trinigourmet.com – Caribbean recipes

MOVIES

Lioness Queen of the Jungle – We all know the song Fire, Fire orbut 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 Lovelanne '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.

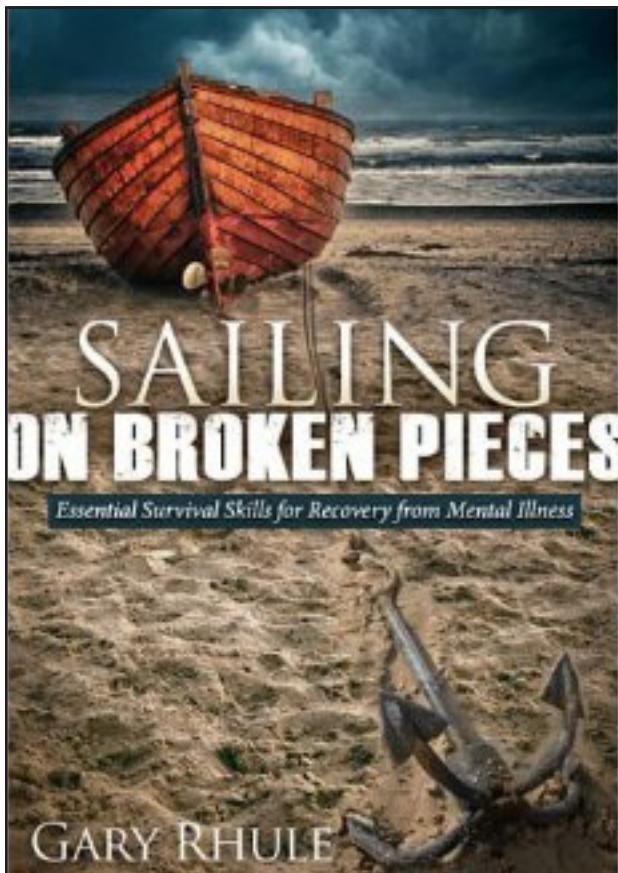
Hit for Six- film that tells the story of a playboy West Indies cricketer who is still fighting the demons of his past that include a match-fixing charge. He learns about love as he struggles for his last chance to play in a major global tournament. And he desperately wants to earn the respect of his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

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Poetry in motion

RAIN

As I look out the window at the flow of the water
The sounds of the rain pounce upon my roof as if to say, Yes!
The coolness invites for the touch of warmth
The smell arouses the sense of comfort
The feeling of flooding evokes my mind
Rain, rain, rain, just makes it easier to go back to bed

by Secrette

This is the dark time, my love.
By Martin Carter

This is the dark time, my love,
All round the land brown beetles crawl about.

The shining sun is hidden in the sky.

Red flowers bend their heads in awful sorrow.

This is the dark time, my love,

It is the season of oppression, dark metal, and tears.

It is the festival of guns, the carnival of misery.

Everywhere the faces of men are strained and anxious.

Who comes walking in the dark night time?

Whose boot of steel tramps down the slender grass?

It is the man of death, my love, the strange invader

Watching you sleep and aiming at your dreams.





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By Louise Bennett

*Wat a joyful news, Miss Mattie,
I feel like me heart gwine burs
Jamaica people colonizin'*

*Englan in Reverse
Be the hundred, be de tousan
Fro country and from town,
By de ship-load, be the plane load
Jamaica is Englan boun.*

*Dem pour out a Jamaica,
Everybody future plan
Is fe get a big-time job
An settle in de mother lan.*

*What an islan! What a people!
Man an woman, old an young
Jus a pack dem bag an baggage
An turn history upside dung!*

*Some people doan like travel,
But fe show dem loyalty
Dem all a open up cheap-fare-
To-England agency.
An week by week dem shipping off
Dem countryman like fire,*

*Fe immigrate an populate
De seat a de Empire.*

*Oonoo see how life is funny,
Oonoo see da turnabout?
Jamaica live fe box bread
Out a English people mout'.*

*For wen dem ketch a Englan,
An start play dem different role,
Some will settle down to work
An some will settle fe de dole.*

*Jane says de dole is not too bad
Because dey paying she
Two pounds a week fe seek a job
dat suit her dignity*

*me say Jane will never fine work
At de rate how she dah look,
For all day she stay popn Aunt Fan couch
An read love-story book.*

*Wat a devilment a Englan!
Dem face war an brave de worse,
But me wondering how dem gwine stan
Colonizin in reverse.*

Did you know

Antigua's Fungi is the same as Barbados' Coucou, Turn cornmeal and polenta

Dominica's national dish, Mountain Chicken is also prepared in Trinidad and is called Mountain Chicken as well, and yes, it is really frog legs, referred to in the Islands as Crapo.

Fish cake in St Kitts is the same in the other island with or without potato similar to accra in the French islands

Grenada's national dish, Oil Down is also called Oil Down in Trinidad, Run Down in Jamaica and Maetem Ghee in Guyana.

Guyana's national dish, Pepper Pot is different from Pepper Pot Soup prepared in Jamaica and Antigua but similar to Callaloo in Trinidad.

Trinidad's Pelau (rhymes with allow) is called Cook-up Rice in most of the Caribbean islands done on a Friday or a Saturday and Peas & Rice in Jamaica.

Curry, an Indian seasoning is also a main ingredient on all the islands. Caribbean curry combination is mainly made of turmeric, cumin, coriander, fennel, mustard ginger, and stuff is used to season everything, yum.

Roti (flat bread) - Dahl Pouri Roti, made with ground split peas and spices in the middle bit heavier. Bust-Up-Shot or Dosti Roti is made without the peas and much lighter.

Bakes - Every island or should I say home has its own version but it starts with flour, water, baking powder, and salt. My mom liked to add butter and sugar, my grandma like to add sugar and nutmeg. I like it all especially with coconut in it. Deep fried or baked these morsel of flour is also known as Johnny Cakes, Journey Cakes, Fried Bakes or Festival.

Montserrat goat water is similar to Jamaica mannish water.

Barbados conkie is similar to Antigua ducana, Trinidad Pastelle and blue draws in Jamaica and taste better when wrapped in banana leaf.

Souse in somewhat the same throughout the English, French and Spanish island regardless if you use pork or cow foot.

Black or blood pudding in Guyana is the same as in Ireland, Puerto Rico, Guadeloupe and Montserrat.

Tea is ovaltine, milo and bush tea or red rose or Lipton. Coffee is coffee and hot cocoa is real chocolate.



Help us make 2015 Taste of the Caribbean & Jerk Festival a success. Consider advertising in our 2015 souvenir magazine or becoming a sponsor, a friend or a vendor. Your ideas, suggestions and contributions are welcome.

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