

U.S. Virgin Islands Recipes

Fungi

Ingredients:

1 (10-ounce) package frozen okra
2 ½ cups boiling water
1 ½ cups yellow cornmeal, finely ground
2 tablespoons butter
¼ teaspoon salt
Pepper, to taste



Directions:

Place frozen okra in boiling water. Cook until just barely tender.

In a medium size saucepan, bring 2½ cups water to a boil.

To make fungi that is free of lumps, mix about ¼ cup of the cornmeal with ¾ cup water in a separate small bowl. Then, add this mixture back into the larger pot of boiling water.

Let cornmeal cook for about a minute and add the rest of the cornmeal into the pan in a slow steady stream, while stirring constantly.

Add hot cooked okra to cooked cornmeal. Stir well. Then, stir in the butter, salt and pepper, to taste. Simmer for another 5 minutes.

Red Pea Soup

Ingredients:

2 cans red kidney peas
8 cups water
1 pound chicken
1 pound stewing beef
1 teaspoon salt
1 teaspoon black pepper
3 cloves garlic
1 onion
1 teaspoon dried thyme
1 teaspoon allspice
1 scotch bonnet pepper
1 chicken bouillon cube
1 can coconut milk
1 sweet potato, chopped
1 yam, chopped
1 carrot, chopped



Directions:

Soak Red peas in pot overnight, with 8-10 cups of water covering peas.

Boil chicken until cooked through. Add chicken to pot with red peas and bring to a boil. Add stewing beef to pot and continue to cook until all meat is tender, about 1 hour.

Stir in salt, pepper, chopped onion, thyme, scotch bonnet pepper, bouillon cube, coconut milk, sweet potato, and carrots. Cook/simmer for 15 mins.

Remove scotch bonnet pepper (do not eat).

Conch Fritters

Ingredients:

- 1 ½ cups conch
- 1 large hot pepper
- 1 medium onion
- 3 cups flour
- 3 teaspoons baking powder
- ½ medium green sweet pepper
- Salt to taste
- 1 cup water
- 1 tablespoon tomato paste
- 1 egg
- 1 teaspoon hot sauce



For dipping sauce:

- ½ cup ketchup
- 2 teaspoons mayonnaise
- 1 teaspoon hot sauce
- 1 teaspoon Worcestershire sauce

Directions:

Stir dipping sauce ingredients in bowl until smooth. Chill until fritters are ready.

Grind onion, sweet pepper, and conch in a food processor.

In large bowl, combine all ingredients to form a batter. The batter should be thick enough to drop from a spoon.

Drop batter into hot oil, 350° F. Fritters should float to the surface. Use a long fork to turn fritter, so they are golden brown on all sides.

Remove from oil and place on a plate lined with absorbent paper to soak up any excess oil.

Rum Cake

Ingredients:

3 cups all-purpose flour
1 teaspoon baking soda
2 teaspoons baking powder
¼ teaspoon salt
1 ½ cups unsalted butter, softened
1 ½ cups sugar
1 teaspoon vanilla extract
3 large eggs
1 egg yolk
1 cup rum
1 tablespoon lemon zest
1 cup heavy cream



Directions:

Preheat the oven 350° F. Grease and lightly flour a Bundt pan and set aside.

In a small bowl whisk together the flour, baking soda, baking powder, and salt. Set aside.

In a separate medium-sized mixing bowl, beat the sugar and butter together until creamy and light. Add in the vanilla, eggs, and egg yolks and continue mixing until well combined. Beat in the rum and lemon zest. Slowly add, alternately, the flour mixture and heavy cream. Pour the cake mixture into the prepared pan and bake for 1 hour or until a toothpick comes out clean.

Cool the cake in the pan on a cooling rack for 15 minutes. Remove the cake from the pan and allow it to cool completely on the rack. Slice and serve.

Pina Colada

Ingredients:

1 ½ cups ice
½ cup diced pineapple, frozen
2 ounces pineapple juice
2 ounces coconut cream
1 ½ ounces white rum (optional)
1 ounce dark rum (optional)
Pineapple slices



Directions:

Put the ice, frozen pineapple, pineapple juice, coconut cream, and the white and dark rums into a blender. Blend until smooth and frosty. Pour the drink into 2 glasses and garnish the rim with pineapple slices.