

The Caribbean



Learning Objectives

- Explain the historical and traditional influences of the cuisine of the Caribbean and South Florida.
- Identify common ingredients used in Caribbean cuisine.
- Explain the characteristics of Jamaican cuisine.
- List popular dishes of the Caribbean.
- Execute your daily production within the class time frame.



Gulf of Mexico

North Atlantic Ocean

24

16

8

North Pacific Ocean

Scale 1:21,500,000
Lambert Conformal Conic Projection,
standard parallels 7°N and 19°N

0 300 Kilometers
0 300 Nautical Miles

Galapagos Islands (ECUADOR)

88

Equator

Boundary representation is not necessarily authoritative.

72

64

BRAZIL

56

Equator

Caribbean Cuisine: Influences

- Cuisine differs from island to island
- Depends (mostly) on which outside influences were most prevalent

Indigenous People

- Arawak Indians introduced *barbacoa*, which became today's barbeque
- Carib Indians began spicing their foods heavily with local chiles (predecessor to Jerk)
- No real cultivation. Hunted and gathered tropical fruits, roots and tubers, seafood, cassava, papayas, pineapple, yams, iguana, and wild boar

Caribbean Cuisine: Influences

Outside influences:

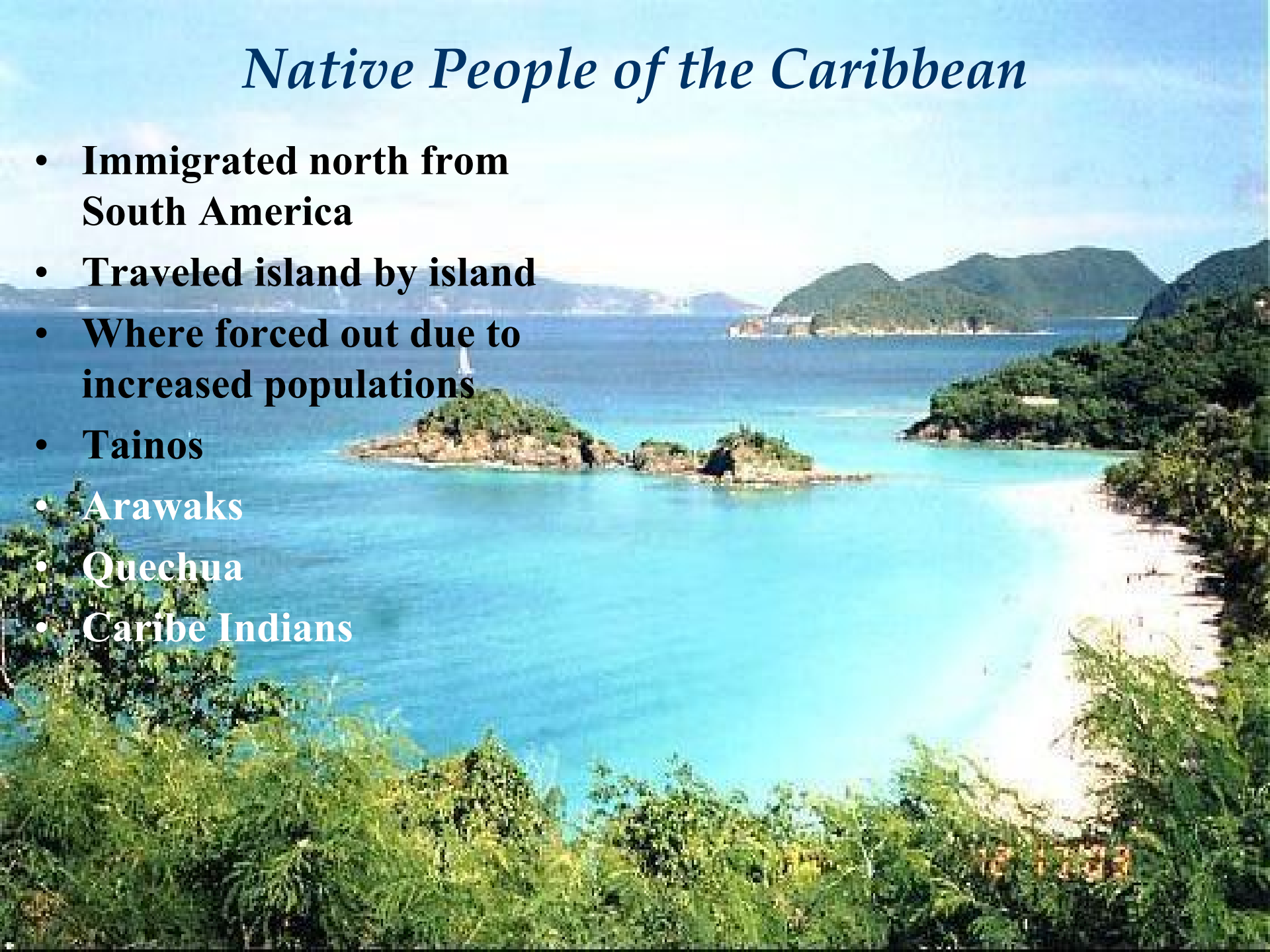
**African,
French,
Spanish,
Middle Eastern,
Indonesian,
Dutch,
Portuguese,
British,
Chinese,
Indian**

Foreign imports:

**ackee, breadfruit, callaloo,
chickpeas, cilantro, coconut,
coffee, curry, eggplant, garlic,
ginger, limes, mace, mangos,
nutmeg, okra, olives, onions,
oranges, pigeon peas, plantains,
rice, sugarcane, tamarind, taro,
tofu**

Native People of the Caribbean

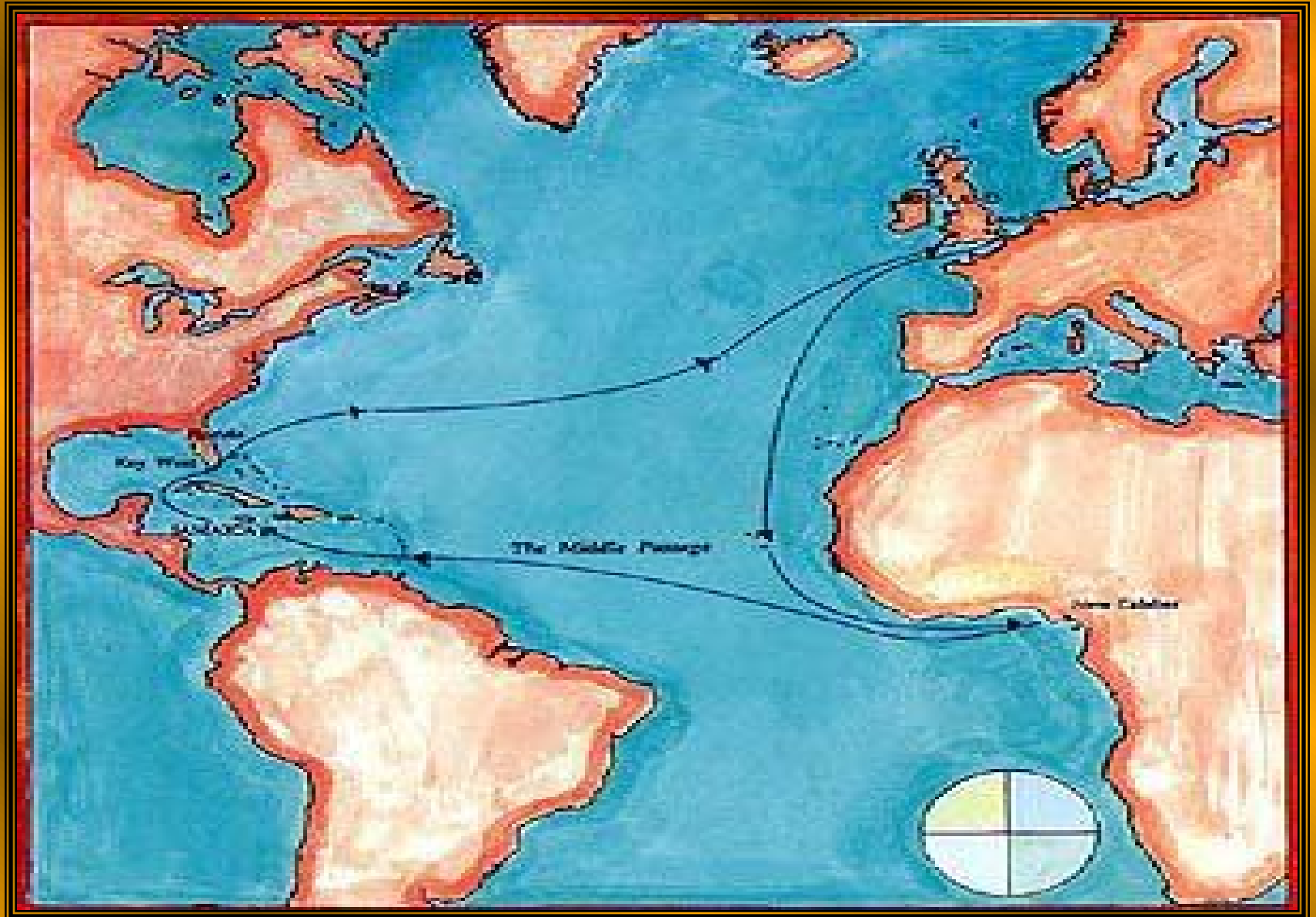
- **Immigrated north from South America**
- **Traveled island by island**
- **Where forced out due to increased populations**
- **Tainos**
- **Arawaks**
- **Quechua**
- **Caribe Indians**



The Columbian Exchange



Triangle Trade



Triangle Trade

- Where there was sugar, there was molasses and rum.
- Sugar and molasses sent to Europe and the Colonies
- Molasses sent to New England and Europe for Rum distillation
- Rum sent to Africa to be traded for Slaves

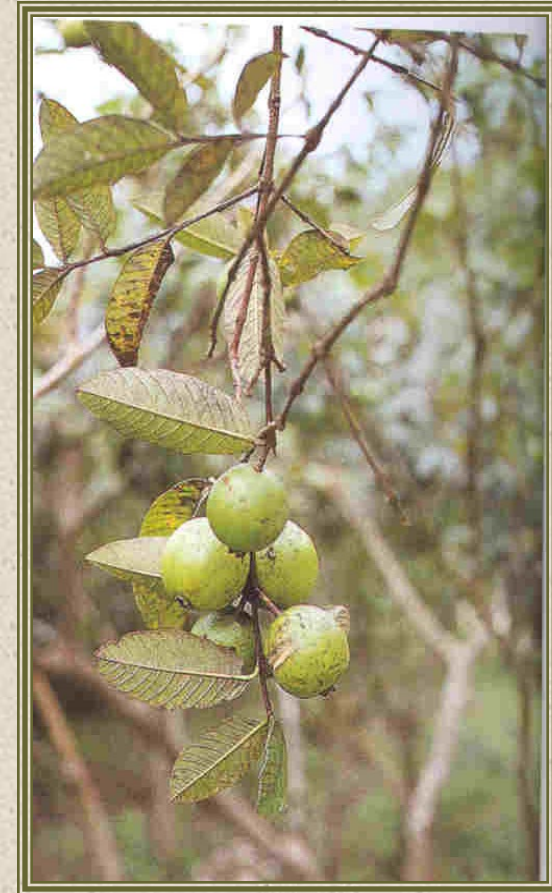
Spanish Records of Native Diet

- 50 different Plants including:
- Sweet and bitter Manioc, sweet potato, beans, gourds, chili peppers, corn, cotton, tobacco, guava, and papaya
- Staple food was the Manioc (cassava)

Scotch Bonnet



Guava



Calabaza Chayote Taro Cassava Boniata



Caribbean Cuisine

- ***Jerk*** - fiery marinade used mostly on chicken or pork. Meat then grilled/smoked over allspice wood, leaves, and berries
- ***Curry*** - usually goat or chicken cooked in spices similar to Indian curry, but with the addition of allspice
- ***Callaloo*** - stew of callaloo leaves and okra; may include coconut milk, seafood, and chile peppers. Often served as a side dish or as a sauce



Caribbean Cuisine

- ***Hoppin' John*** - stew of rice and beans (often black-eye peas) ubiquitous throughout the region, even if under a different name
- ***Ceviche*** - raw fish and/or shellfish marinated in citrus juice, salt, and chiles



Jicama



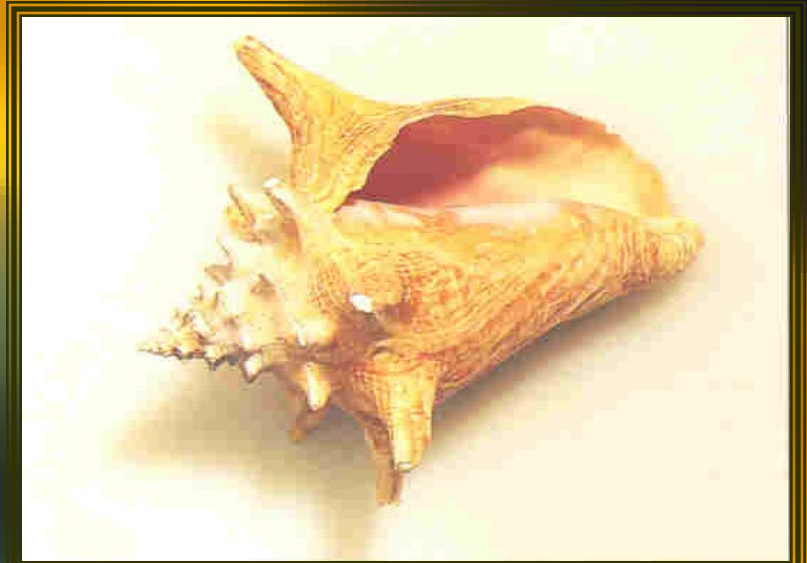
Plantains



Achiote/annatto



Conch



Culantro
Sawleaf
Recao



Callaloo



Aji Dulce



Hearts of Palm



Sofrito



Taro Root



Papusas



Mofongo



Torta de Yuca



Stamp and Go



Jamaican Cuisine

- Jerk meats: Technique originated with the native population and slaves. Marinated meat, slowly cooked in a pit lined with pimento wood. Marinated with?
- Curried Goat, Roti – Influenced by who?
- Meat, Fish and Vegetable Patties
- Green Papayas and Mangos, Tostones, Plátanos

Jerked Chicken



Allspice



Meat Patties



Green Plantains, Tostones



Ripe Plantains, Plátanos



Curry "Kari"



Turmeric



Curry Powder



Curry Leaves



The Foods of the Region

- *Tropical fruits*
- *Key Lime*
- *Stone Crab*
- *Yuca*
- *Plantain*
- *Tamarind*
- *Seafood*
- *Callaloo*
- *Hearts of Palm*
- *Chayote*
- *Conch*
- *Jerk Rub*
- *Curried Goat*
- *Scotch Bonnet*
- *Dairy?*



Florida

- *First Permanent Settlement?*
- *Floribbean Cuisine*
- *New World Cuisine*

