



Culinary Institute
of America

Caribbean Cuisine: The Greater Antilles

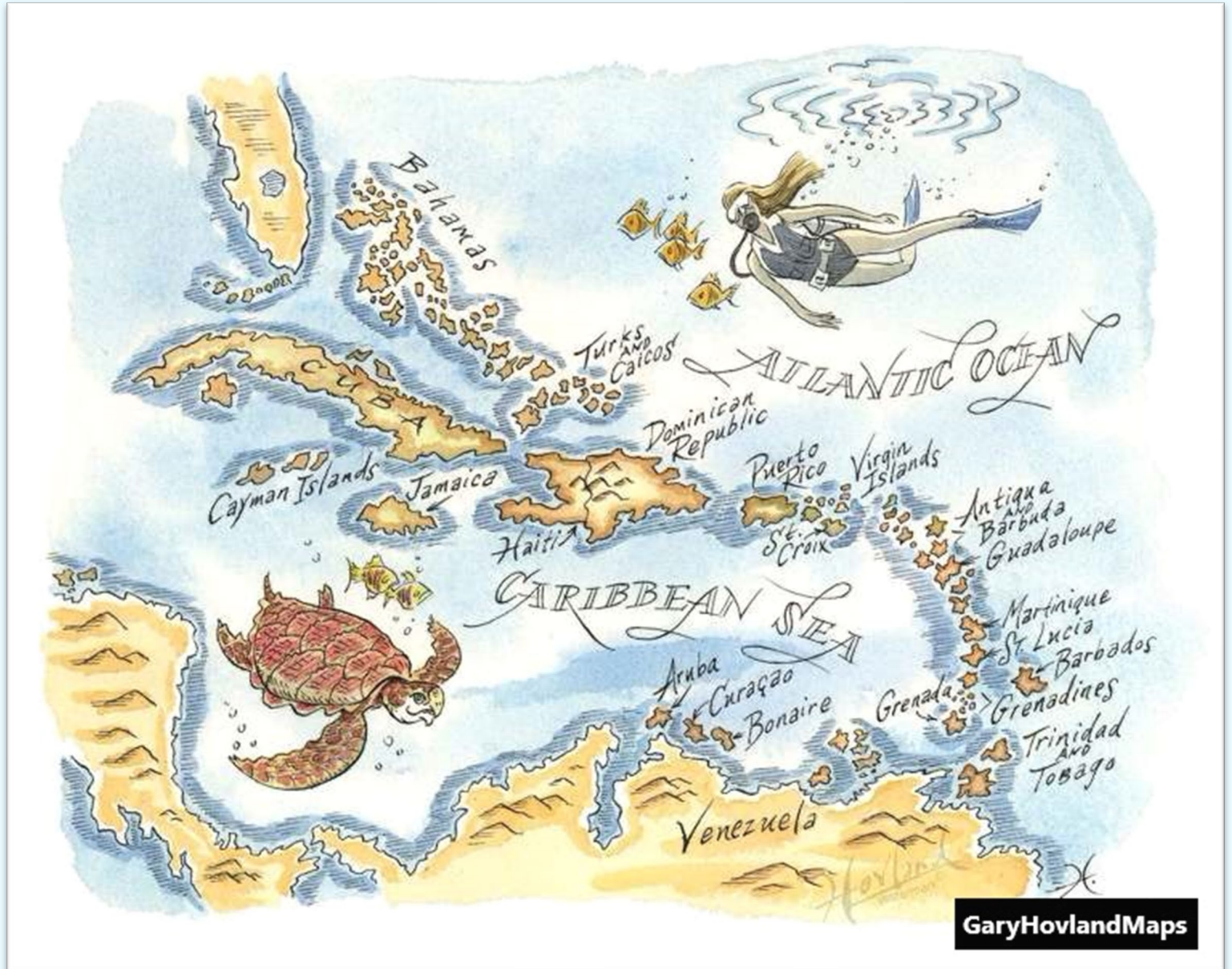


Learning Objectives

- Identify the geographical boundaries of the Caribbean and Greater Antilles.
- Describe the culinary traditions of the indigenous peoples of the Caribbean.
- Understand the impact of the Atlantic slave trade.
- Understand the impact of immigration and colonization on Caribbean cuisine.
- Distinguish the culinary traditions of Cuba, Jamaica, Haiti, Dominican Republic, and Haiti.
- Prepare Caribbean-style dishes using standardized recipes.

The Caribbean

- 10° north of the Equator to the Tropic of Cancer
- From Trinidad to Cuba
- Complex of Islands and small cays surrounded by reefs

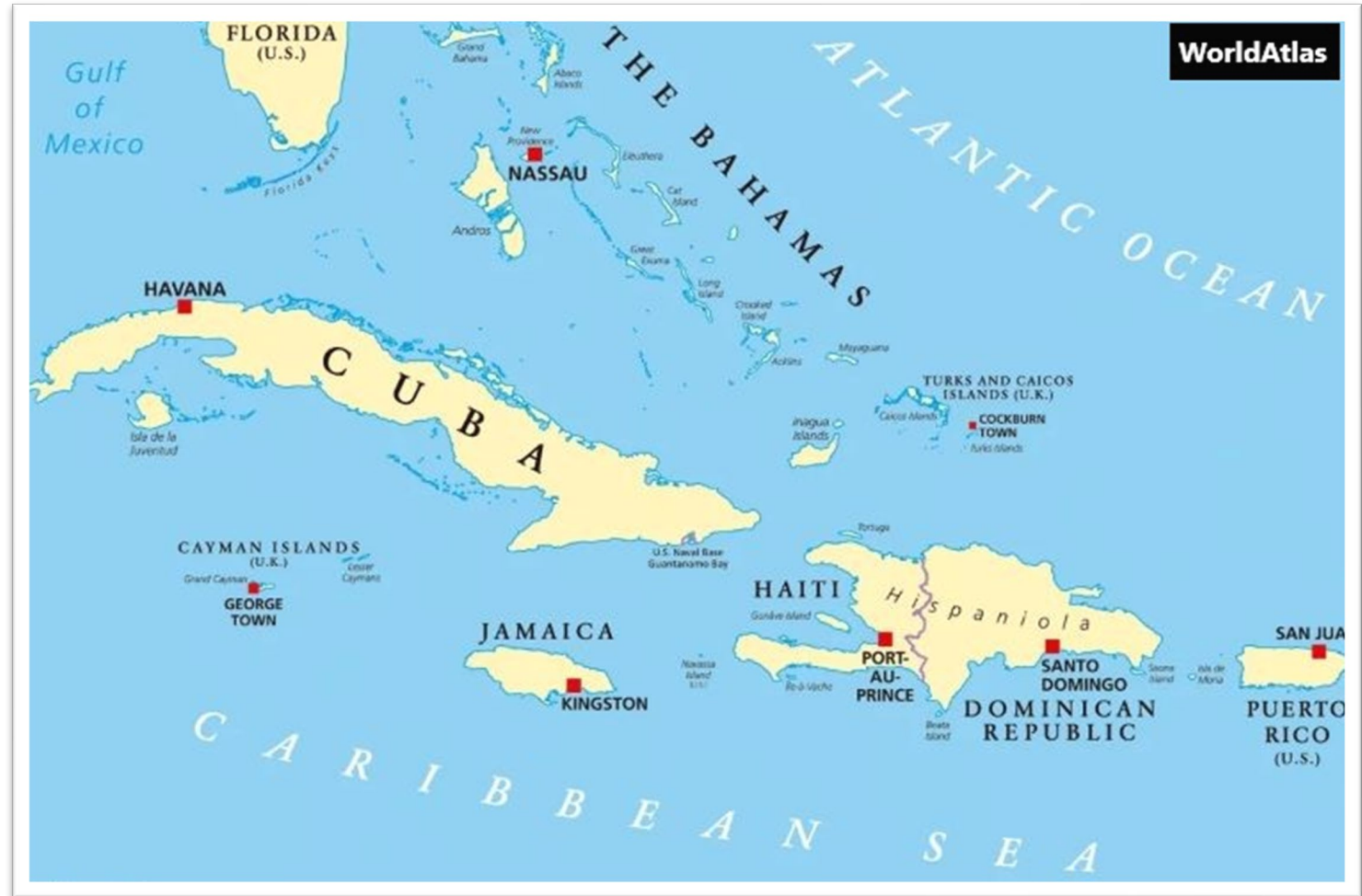


GaryHovlandMaps

The Greater Antilles

Grouping of larger islands in the Caribbean Sea:

- Cuba
- Hispaniola (Haiti, Dominican Republic)
- Jamaica
- Puerto Rico
- Navassa Island
- Cayman Islands



Indigenous Peoples (*Taínos*)



- Hunted/ gathered fruit, roots, seafood, yuca, yams, iguana, boar
- Limited cultivation, replenished soil nutrients w/ controlled burns
- Created barbeque (*barbacoa*)
- Spiced foods heavily with Scotch bonnet chiles, precursor to Jerk
- Hispanics from Puerto Rico, Cuba, Dominican Republic carry *Taíno* DNA

The Atlantic Slave Trade

- Established by Europeans from the 15th to 19th century
- 10-12 million people enslaved, mostly from Central/West Africa
- Transported to Europe, the Americas, and the Caribbean
- Worked on plantations, mines, rice fields, construction, cutting timber, as servants
- Considered property, with no rights or time limit, unlike indentured servitude
- Children of slaves would also be slaves

The Atlantic Slave Trade



Asian Immigration

- Chinese, Indian indentured servants brought to Caribbean after slavery abolished in 1834
- Mostly in Jamaica, Cuba, Trinidad & Tobago, Guyana
- Preserved their culture, foods, languages
- Opted for traditional curry or noodle dishes over regional specialties
- Asian dishes like meat curries, *chop suey*, *suey mein* widely popular



African Culinary Influences

Africans brought culinary traditions and ingredients to the Caribbean. Many foods have roots in enslaved peoples' toil, tradition, creativity:

- **Grilling/ Smoking:** BBQ, use of spice blends and marinades to flavor meat
- **Spices:** powerful mixture of hot seasonings
- **Stews/ Soups:** hearty, flavorful dishes of vegetables, meats, and spices
- **Greens:** callaloo, kale, beet and turnip greens, okra
- **Plantains:** sweet or savory side dish
- **Cassava (yuca):** root vegetable a critical part of diets
- **Ackee:** mild, savory fruit resembling scrambled eggs

Other Culinary Influences

Taíno

- Corn, root vegetables (*batata, yuca*), achiote spice

European (Spain, England, France, Portugal)

- Wheat, olives, livestock, onions, garlic, coconuts, sugar, mango, breadfruit

Middle Eastern

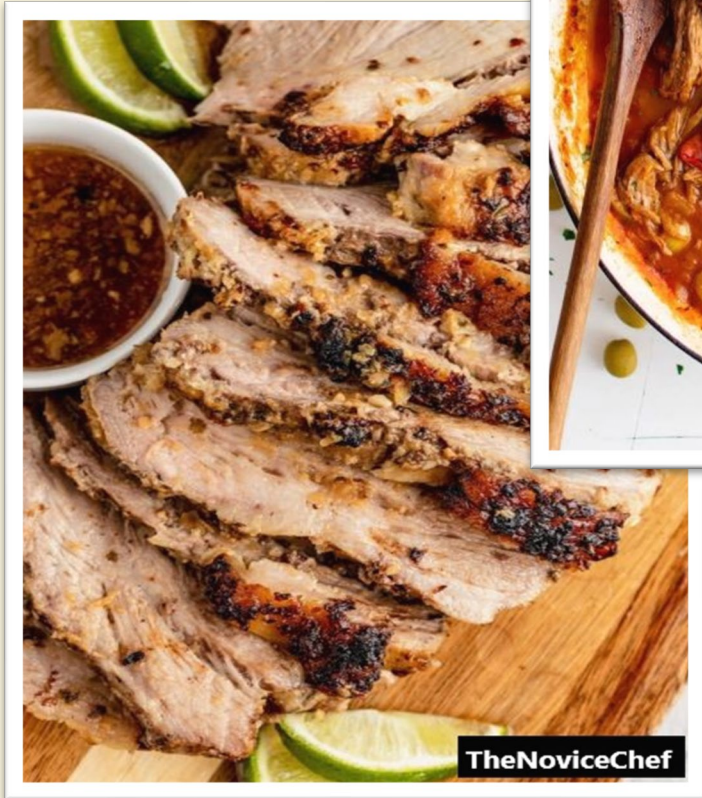
- Lemons, limes, plantains, banana, eggplant, cilantro

Asian

- Curry, cumin, coriander, rice, bok choy



Cuban Cuisine



- Blend of Spanish, Taíno, and African/ Caribbean influences
- Salty, savory flavors using pork, beef, spices

Foods

- *Ropa vieja*
- Roast pork (*lechon asado*)
- Fried plantains (*chatinos*)

Seasonings

- Annatto (*achiote*)
- Bay Leaf

Haitian Cuisine

- Blend of African, Taíno, French influences
- Bold, spicy flavors using various spices, hot peppers

Foods

- Black rice (*diri djondjon*)
- Fried goat (*tassot cabrit*)
- Vegetable stew (*legim*)

Seasonings

- *Épice*
- Bouillon
- *Pikliz*



SavoryThoughts

Jamaican Cuisine

- Blend of Taíno, African, European, Asian, Middle Eastern influences
- **Spices:** Scotch bonnet chiles, thyme, curry powder, turmeric
- **Foods:**
 - Ackee and salted cod (saltfish)
 - Escovitch fish
 - Breadfruit
 - Yellow yams/ root vegetables
 - Jerk meats
 - Jamaican curry



Puerto Rican Cuisine



- Blend of Spanish, African, Taíno, American influences (*cocina criolla*)
- Sweet, salty flavors
- Rice, beans, pork, plantains (*tostones*)
- **Foods:**
 - Cod fritters (*bacalaitos*)
 - Puerto Rican gumbo (*asopao*)
 - Mashed plantains (*mofongo*)
- **Seasonings:**
 - Adobo: dry spice blend
 - Sofrito: lightly fried aromatic base

Dominican Republic Cuisine

- Blend of Spanish, African, Taíno influences (*comida criolla*)
- Salty, savory flavors using beans, pork, yuca, plantains
- **Dishes:**
 - *Salpicon*
 - *Sancocho*
 - *Mangú*
- **Seasonings:**
 - *Sazón*
 - *Adobo/ Sofrito*

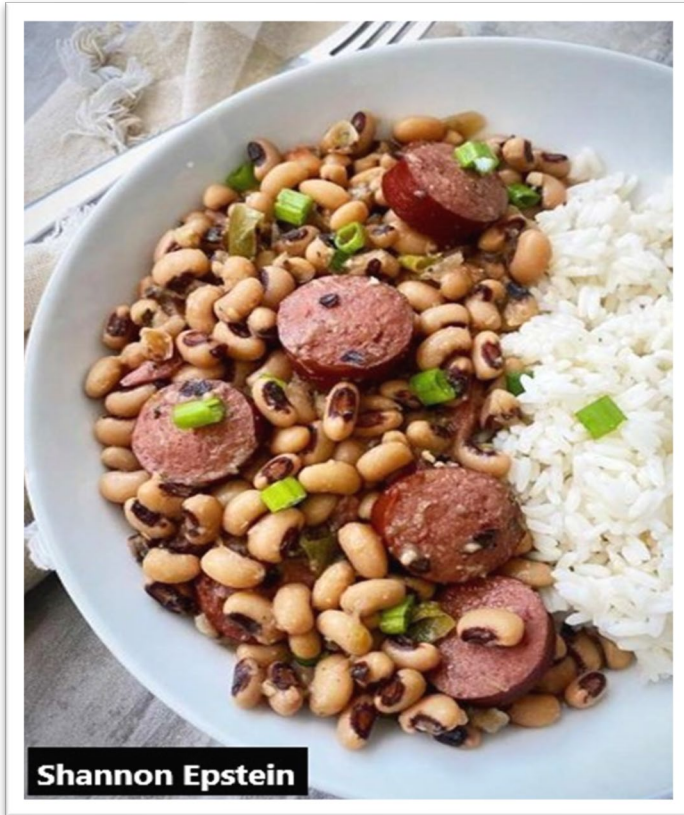


Ceviche

- Raw white fish, shellfish
- **Marinade:** citrus juice, salt, and chiles to cure the fish
- **Vegetables:** onion, cilantro, jalapeno peppers, tomatoes, avocado
- Originated in Peru
- Popular in Puerto Rico, Dominican Republic, Cuba, throughout Latin America



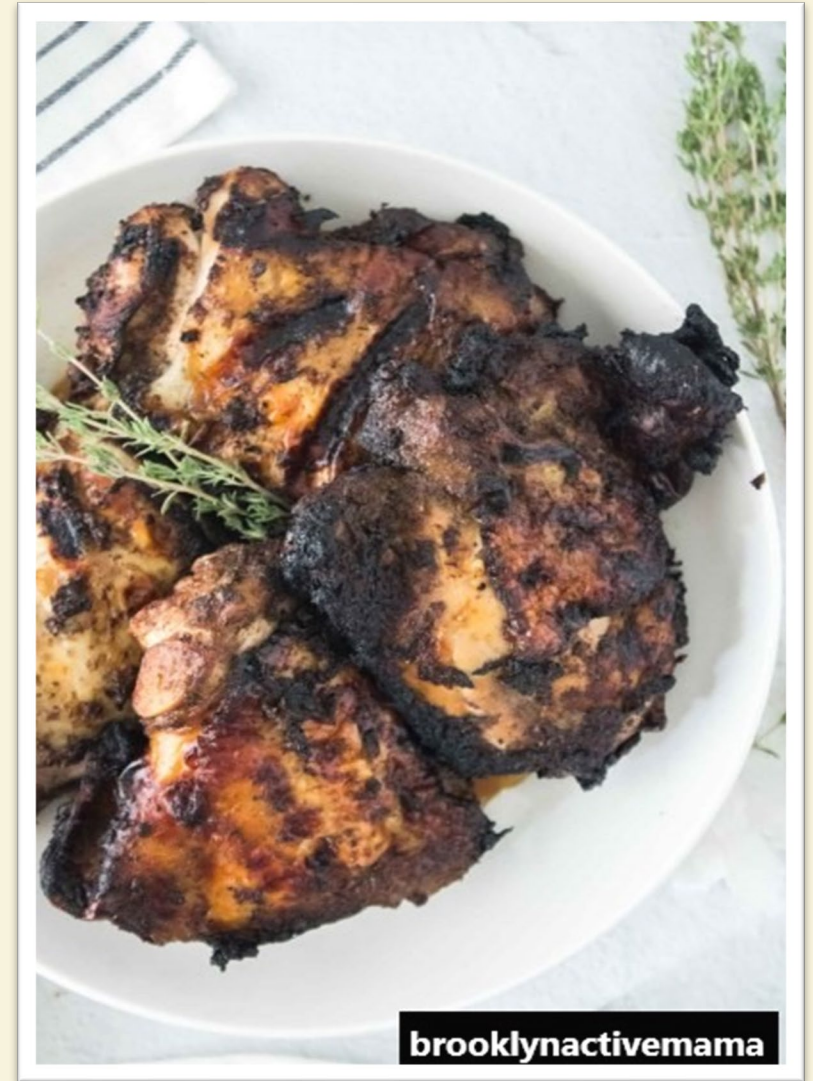
Rice and Beans



- Stewed long-grain rice, black-eyed or kidney beans
- Ubiquitous throughout the Caribbean:
 - Rice and peas (Jamaica)
 - *Arroz con gandules* (Puerto Rico)
 - *Arroz moros y cristianos* (Cuba)
 - Hoppin' John (U.S.)

Jerk Marinade

- Fiery sauce used on chicken, pork
- Meat grilled/ smoked over allspice wood, leaves, berries
- **Sauce:** Scotch bonnet peppers, pimento seeds, scallion, thyme, nutmeg, ginger, garlic, brown sugar
- Originated in Jamaica, with heavy African influence



Curry



- Stewed meat, vegetables served over long-grain rice
- **Protein:** goat, chicken, or fish
- **Vegetables:** onion, peppers, potatoes, yellow yams, Scotch bonnet chiles
- **Spices:** allspice, thyme, ginger, curry powder
- Brought from South Asia by indentured laborers

Callaloo

- Stew based with callaloo leaves
- **Protein:** meat or seafood
- **Other ingredients:** coconut milk, chiles, okra
- Served as a side dish or sauce
- Eaten throughout the Greater and Lesser Antilles
- National dish of Trinidad & Tobago





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Any Questions?