

# RECIPES FOR SCHOOL FEEDING PROGRAMME IN ST. LUCIA



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## CHICKEN OR MEAT BURGER



- 1lb ground beef or ground chicken
- ½ cup breadcrumbs or cracker crumbs or any other filler
- 1 large egg
- 2 tbsp Worcestershire or soy sauce
- 1 tsp salt
- 1 tsp chopped garlic
- 1 tsp chopped onion
- 1 tbsp chopped celery
- 1 tbsp seasoning pepper

### METHOD

Place all ingredients in a bowl. Mix thoroughly ensuring all ingredients are evenly distributed. Form into balls depending on the size of the roll. Bake until the meat is dark brown with no sign of blood. Ensure that the meat is still moist. Serve on a bun with vegetables and baked sweet potato fries.

## CHEESY DASHEEN



- 2 lbs. dasheen
- 1 tbsp each red, green and yellow bell peppers
- 1 tbsp parsley chopped
- 1 tbsp onions chopped
- 1/2 cup cheese
- 2 oz. butter or oil
- 2 oz. any type of flour (preferably a staple flour)
- 1 cup milk or water

### METHOD

Boil dasheen until tender. When slightly cool cut into slices or cubes depending on the age group of the child.

### CHEESY SAUCE:

Make a roux with the fat and flour and add milk or water. Sauté the herbs in some oil then add to the roux stirring constantly. Add cheese until melted while continuing to stir. Ensure the consistency is such that it can be poured. Pour over the dasheen immediately, then serve.

## CHICKEN/TURKEY POT PIE



- 2 ½ to 3 cups (cut-up into small dices) cooked chicken or turkey
- 1 cup diced plantain, tannia, yams, green bananas or dasheen
- 1/3 cup green and red pepper chopped (any other colour)
- 1/2 cup chopped peas and carrots
- 1 ¾ cups chicken broth or water
- 1lb short crust pastry
- 1/3 cup butter
- 1/3 cup all-purpose flour
- 1/3 cup chopped onion
- 1 tsp oregano
- 2 tsp chopped basil
- ½ teaspoon salt or to taste
- ½ teaspoon pepper

### METHOD

Cook the turkey or chicken, cut and set aside. Prepare the vegetables and herbs, then set aside. Use some of the butter to sauté the vegetables. Make a roux with the flour and butter. Add the vegetable broth to the roux a little at a time stirring vigorously to prevent lumps. Add the vegetables and meat to the mixture. Allow to cool.

Roll out and cut pastry to fit into muffin pans. Cut a smaller circle to cover just the top. Add a small amount of mixture to the lined pastry pan cover with smaller circle. Prick with a fork, then egg wash the top. Bake under medium heat until golden brown.

## **BREADFRUIT BALLS**



1lb cooked crush breadfruit  
1 egg beaten  
¼ cup chopped bell peppers  
¼ cup chopped onions  
1 tbsp parsley  
½ tsp thyme or oregano  
Salt to taste  
Oil for frying  
Saltfish optional

### **METHOD**

Boil breadfruit in salt water until tender. Prepare all herbs and vegetables and set aside. Mash the breadfruit with a potato masher or a processor. Add all herbs, vegetables and saltfish to the mashed breadfruit. Form into bite size balls. Heat oil till piping hot. Deep fry balls until golden brown and drain, then serve.

### **PREPARATION FOR SALTFISH**

Cover the saltfish with water in a stock pot, boil and throw out the water and repeat. Remove all scales and bones and wash properly. Process and add to the mixture above.



## YAM PIE



2 lbs. cooked yam  
Water for boiling  
1 cup cheese grated  
1 tbsp chopped onion  
2 tbsp chopped parsley  
¼ cup chopped bell peppers  
1 cup milk (optional)  
1 tbsp mustard  
Salt to taste

### METHOD

Peel and boil yam in salt water until it is tender. Prepare all herbs and vegetables. Crush yam with potato masher or fork or processor whilst hot. Add all herbs and vegetables to mashed yam and mix thoroughly. Add cheese, milk and mustard and mix. Top up with cheese and bake in a hot oven until golden brown.

## CHUNKY SOUP/BOUILLON



1lb split peas cooked  
4-5 green bananas peeled and slice into ½ inch slices  
3 plantains peeled and slice into ½ inch slices  
4 carrots diced  
½ lb. chopped string beans  
1lb diced pumpkin  
1lb diced Christophene  
6 cloves Garlic  
1 chopped Onion  
2 tbsp oil  
1 tbsp thyme or oregano  
5 cups water or vegetable broth  
1 cup coconut milk  
2 bay Leaves  
¼ tsp nutmeg  
¼ tsp turmeric powder or ½ inch piece of turmeric crushed  
Salt to taste

### METHOD

Boil the split peas in a large stock pot until tender. Wash and chop the herbs and vegetables. Sauté the herbs in oil, then add to the split peas. Top with vegetable broth. Add the plantain and carrots first until half cooked. Add the bananas, cook for about 3 minutes then add all the other vegetables. Reduce heat to low. Cook until tender. Add the coconut milk, taste and adjust seasoning and serve.

## MASHED YAM OR TANNIA



1lb tannia or yam cooked  
Water to boil  
2 tbsp chopped Onion  
2 tbsp chopped parsley  
1 tbsp chopped bell peppers  
1 tbsp dried basil  
¼ tsp grated fresh nutmeg  
butter or margarine or oil  
milk or nut, rice or oat milk  
salt to taste

### METHOD

Boil the tannia or yam till tender in salt water then drain. Whilst still hot, mash with a potato masher, fork or use a food processor. Add all the prepared herbs and vegetables and continue to process. Add butter or oil and milk for consistency and flavour. Grate some fresh nutmeg into mixture and combine. Taste and adjust the seasoning.



## BEAN LOAF



2 lbs. beans or lentils cooked

Water to boil peas

1 medium onion, finely chopped

2 large eggs beaten

3 garlic cloves, minced

3 tbsp basil chopped

3 tbsp fresh parsley, finely chopped

3/4 cup breadcrumbs or other provision flour

1 ½ tsp salt, or to taste

½ tsp mustard

## METHOD

Cook the peas and beans until tender. Put the beans or peas through a processor and add the herbs eggs and mustard. Add the bread crumbs and salt to taste. Place in a greased baking tray and bake in a hot oven until firm and then serve.

## **RICED GROUND PROVISION**



2 lbs. provisions of any type

Water to boil

½ cup chopped various colour bell peppers

1 cup mixed vegetables (or other vegetables such as carrots squash, eggplants, de-cobbed corn)

1/3 cup chopped parsley

¼ cup chopped celery

¼ cup chopped onions

4 tbsp oil

Salt to taste

### **METHOD**

Cook provisions in salt water until tender and allow to cool. Grate or press provisions through a colander. Sauté vegetables and herbs until tender then add the provisions. Mix thoroughly ensuring even distribution of all vegetables. Adjust seasoning, if necessary, then serve

## PINEAPPLE CHICKEN



2 lbs. chicken breast  
1 cup diced pineapples  
1 cup tomato sauce  
¼ cup diced bell peppers  
2 tbsp chopped parsley  
2 tbsp chopped onion  
¼ cup chopped basil  
2 tsp chopped garlic  
2 tbsp oil  
Salt to taste

### METHOD

Sauté the herbs and peppers in oil until tender, then add pineapples and continue to cook for 1 to 2 minutes. Add the chicken and cook until the chicken is opaque. Add the tomato sauce, taste for flavour and adjust if necessary. Water could be added if the consistency is too thick. Serve.

## LAYERED PIE (LASAGNA)

2 lbs. cooked sliced breadfruit, bluggoe, cassava, or  
yams



1lb minced meat (beef, turkey or chicken)

1lb of cheese

1 big eggplant diced

1/3 cup chopped basil

¼ cup chopped onions

¼ cup chopped bell peppers

1/3 cup chopped parsley

1 tbsp thyme strip from the stems

4 cups tomato sauce

2 tbsp oil

Salt to taste

### METHOD

Cook the provisions of your choice until tender. Allow to cool them cut into thin large slices lengthwise. Prepare sauce by sauteing the vegetables and herbs until tender. Add the meat until it gets all brown, turning constantly. Add the tomato sauce and continue to cook for 5 to 10 minutes on low heat. Grate the cheese and set aside.

Place some of the meat sauce to the bottom of the pie dish. Place a layer of provision slices. Pour sauce on the layer, then cheese and then another layer of ground provision. Continue layering until you finish with cheese on the top of the last layer of provisions. Place in a hot oven until the cheese is golden brown.

The cheese can be made into a cheese sauce. Omit the meat for vegetarians and use more eggplant or add spinach or carrots and use vegan cheese.

## FISH BROTH



- 2 lbs. of fish cut into bite size
- 3 ears of corn cut into 1 inch length rounds
- ½ lb. of carrots cut into ¼ inches rounds
- 2 cups of water
- 2 stalks celery chopped
- 1 tbsp chopped seasoning pepper
- 1 tbsp chopped onions
- 1 tsp chopped garlic
- 1 tbsp thyme and oregano pull off the stems
- 1 tbsp lemon juice
- 1 tbsp mustard
- 2 tbsp oil
- Salt to taste

### METHOD

Season fish with salt and set aside. Sauté all the herbs and peppers in oil until tender or translucent. Add water then place the carrots and corn, stir and cook until tender. Add fish and cook under low heat until tender. Add mustard and lemon juice. Taste and add salt if necessary. Serve with any staple and peas accompaniment.



## SPICY BAKED PLANTAIN



2 lbs. ripe plantain

Juice of 1 orange

1 tbsp of cinnamon

### METHOD

Peel ripe plantain and cut into  $\frac{1}{4}$  inch slices. Squeeze the juice of 1 orange over the plantain slices and sprinkle with powdered cinnamon ensuring it is evenly coated. Place in greased pan and bake in a medium oven for 20 to 30 minutes until tender or very dark yellow. serve

## BAKED SWEET POTATO FRIES



2 lbs. sweet potatoes

2 tbsp dried basil

½ tsp nutmeg

Salt to taste

Oil

Cut the sweet potatoes into fries using a crinkle cutter. Season with basil, nutmeg and salt. Place in greased baking trays (use oil). Spread sweet potato fries on baking trays and place in a medium oven for about 30 to 45 minutes until tender. Cover the trays with foil, so it can cook faster. Remove the foil and continue to bake to get the fries texture.

## NOTES

- Always ensure that you are aware of specific allergies of students
- Use separate pots and utensils and plates for children with Allergies
- Herbs and other ingredients could be substituted based on availability
- Variations of the dishes to fit vegans should be considered when preparing meals



Hamburger  
Coleslaw  
Sweet potato fries  
Bean loaf



Yam pie



Riced bluggoe  
Stewed turkey  
Bean loaf  
Steam vegetables



Yam pie  
Salad  
Stewed beef  
Lentil loaf



Riced plantain  
Bean loaf  
Pineapple chicken  
Coleslaw