

# Recipes from The Bahamas

## Peas & Rice

Prep time: 20 minutes

Cook time: 20-30 Minutes

Makes about 6 servings

### Ingredients

1 can pigeon peas (*Any type of peas, beans or whole kernel corn can be used.*)

1 onion

2 oz oil for frying herbs

2 cups rice

Small amount of tomato paste or browning sauce (for colour)

4 cups water

Salt and pepper to taste

### Method

1. In a medium size pot, heat oil, sauté onions for a few minutes, add paste or browning.
2. Pour in water and peas, season to taste. Add rice.
3. Bring to a boil, stir occasionally. Cover and cook on low heat until tender, about 20 to 30 minutes.
4. Serve with any type of meat or fish; add a salad or other vegetable for a complete meal.

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## Macaroni and Cheese

Prep time: 20 minutes

Cook time: 35-40 Minutes + Setting time

Makes 12-16 servings

1- 500 gram box of elbow macaroni (about 5 cups uncooked macaroni)

¼ cup butter

2 Tbsp minced onion

2 Tbsp minced green pepper

1 scotch bonnet pepper, optional

6 cups grated cheddar cheese

2 -370 ml cans evaporated milk

½ tsp ground black pepper

½ tsp salt

a few dashes hot sauce, optional

3 eggs, beaten

2 tsp paprika

### Method

1. Preheat oven to 400°F. Grease a 9" x 13" baking dish.
2. Cook macaroni in a large pot of boiling salted water until tender but firm (*al dente*), about 6 or 7 minutes.
3. Drain pasta then return it to the warm pot and add butter, stirring until melted.
4. Add onion, green pepper and scotch bonnet pepper (if using) and stir.
5. Add about ¾ of the grated cheddar cheese, stirring until melted.
6. Add milk, salt, pepper, hot sauce (if using) and beaten eggs, mixing quickly.
7. Transfer macaroni Mixture into prepared baking dish. Sprinkle with remaining cheese, then paprika.
8. Bake at 400° F for 35-40 minutes until top is golden brown. Remove from oven and allow to set. Bahamian Macaroni and Cheese is cut into squares for serving so it needs to set. Reheat before serving or serve at room temperature.

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## Johnny Cake (Corn Bread)

Prep time: 20 minutes

Cook time: 30-35 Minutes

Makes 25-30 servings

### Ingredients

1 cup flour

¾ cup cornmeal

¾ tsp. salt

1 egg, beaten

5 tsp. baking powder

⅓ cup sugar

2 Tbsp. vegetable oil

1 cup milk

### Method

1. Preheat oven to 350°F.
2. Mix all dry ingredients together.
3. Add egg, milk and oil to dry mixture and blend well. Pour into 8-inch square pan.
4. Bake 30-35 minutes until slightly brown on top.
5. Serve hot or cold with butter, honey or preserves.