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Trinidad and Tobago cooking

- Archives du Blog - Année 2015-2016 - La Triniberrichonne -



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Trinidad and Tobago cooking is influenced by many different countries in the world like India , China , Europe , Lebanon , Africa and also by Indian-American culture .

Breakfast :

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For breakfast, the people of Trinidad and Tobago eat different kinds of breads such as roast or coconut bake and warm hops bread with a slice of cheddar. They also like also local cookies, very popular in this island, called "Crix" which look like a "sabl  " in French.

Food :

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Curry is a main course in Trinidad and Tobago . This spice of Indian origin can be used to prepare any type of meat such as shrimp , chicken or beef . It's usually served with potatoes aloo or a type of lentils called dhal .

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Doubles are sandwiches of pea puree and spices . It consists of two fried flour patties . It's served with mango chutney , grated cucumbers and hot pepper sauce .

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Macaroni pie is made with a mixture of pasta , eggs , herbs and cheese baked together .

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Callaloo is an African preparation made from dasheen (a kind of crush spinach) mixed with coconut milk and meat or fish.

Deserts and sweets :

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Kurmas are the most famous Indian sweets in Trinidad and Tobago . Kurma is composed of spiced dough fried and then glazed with a sugary topping.

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Sweetbread is a bread with almonds, raisins, coconuts, fruits like candied orange or papaya peel,...

Drinks :

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In Trinidad and Tobago , rum is a favourite. It's the speciality of the country. There is rum , for example , in "Ponche de Creme" .

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Fruit juices are very popular in Trinidad and Tobago and more precisely the citrus and tropical fruit juice with mango, passion fruit, watermelon, sorrels, pineapple,...