



**Caribbean-  
American  
Heritage  
Recipes**



# Depending on who you ask, there are between 13 and 28 nations in the Caribbean!

## Shared Dishes

Anguilla

Antigua & Barbuda

Aruba

Bahamas

Barbados

British Virgin Islands

Cayman Islands

Cuba

Curacao

Dominica

Dominican Republic

Grenada

Guadeloupe

Haiti

Jamaica

Martinique

Montserrat

Puerto Rico

St. Barthelemy

St. Kitts & Nevis

St. Lucia

St. Maarten/  
St. Martin

St. Vincent &  
the Grenadines

Trinidad & Tobago

Turks & Caicos

U.S. Virgin Islands



# Shared Dishes



Fungee/Fungi/Cou Cou  
(Cornmeal Dumpling)



Saltfish  
(this is a DIY healthier version)

Ingredient:  
Dasheen Bush  
(aka: Taro)



Ingredient:  
Breadfruit



# Anguilla

National Dish:  
Pigeon Peas & Rice



Dessert:  
Warm Chocolate  
Pie



# Antigua & Barbuda

National Dish:

Fungee & Pepperpot



Dessert:

Ducana





# Aruba

National Dish:  
Keshi Yena



Dessert:  
Bolo di  
Cashupete  
(Cashew Cake)



# Bahamas

National Dish:  
Conch



Cracked Conch Featured



Dessert:  
Guava Duff



# Barbados

National Dish:

Cou Cou & Flying Fish



Dessert:

Barbadoan Bakes



# British Virgin Islands

National Dish:  
Fish and Fungi



Dessert:  
Coconut Tart

# Cayman Islands

National Dish:  
Turtle Stew



Dessert:  
Cassava Cake



# Cuba

National Dish:

Ropa Vieja



Dessert:

Pastelitos de

Guayaba

# Curacao

National Dish:  
Pastechi



Dessert:  
Dutch Oliebollen



# Dominica

National Dish:  
Callaloo\*



Dessert:  
Coconut Rough Cake

\*Callaloo replaced Mountain Chicken as the national dish in 2013, as the "Mountain Chicken" is actually a species of giant frog which is now endangered.

\*\*Callaloo is traditionally made with leaves of the dasheen bush. Dasheen is also known as taro, but spinach can be readily substituted.

# Dominican Republic

National Dish:

La Bandera Dominicana



Dessert:

Habichuelas con Dulce  
(Sweet Beans)



# Grenada

National Dish:  
Oil Down



Dessert:  
Sweet Potato Pone

# Guadeloupe

National Dish:  
Porc-Colombo



Dessert:  
Iles Flotantes  
(Floating Islands)



# Haiti

National Dish:  
Griot/Griyo



Dessert:  
Cuisse Dame  
(Haitian Beignets)

# Jamaica

National Dish:

Ackee\* & Salt Fish



Dessert:

Grater Cake



\*Fresh ackee is banned in the U.S. and can only be found canned or frozen. Ackee is related to lychee and longan which may be easier to procure, although lychee is considerably sweeter compared to ackee or longan.



# Martinique

National Dish:

Grilled Snapper w/ Creole Sauce



Dessert:

Bananas Martinique

# Montserrat

National Dish:  
Goat Water



Dessert:  
Coconut Mousse



# Puerto Rico

National Dish:  
Arroz Con Gandules



&  
Pernil



Dessert:  
Flan  
de  
Queso

# St. Barthelemy

National Dish:  
Conch\*



\*Featured is Conch  
Lambi (Conch Stew)



Dessert:  
Maya's West Indian  
Orange Cake



# St. Kitts & Nevis

National Dish:

Stewed Saltfish, Spicy Plantains,  
& Coconut Dumplings



Dessert:

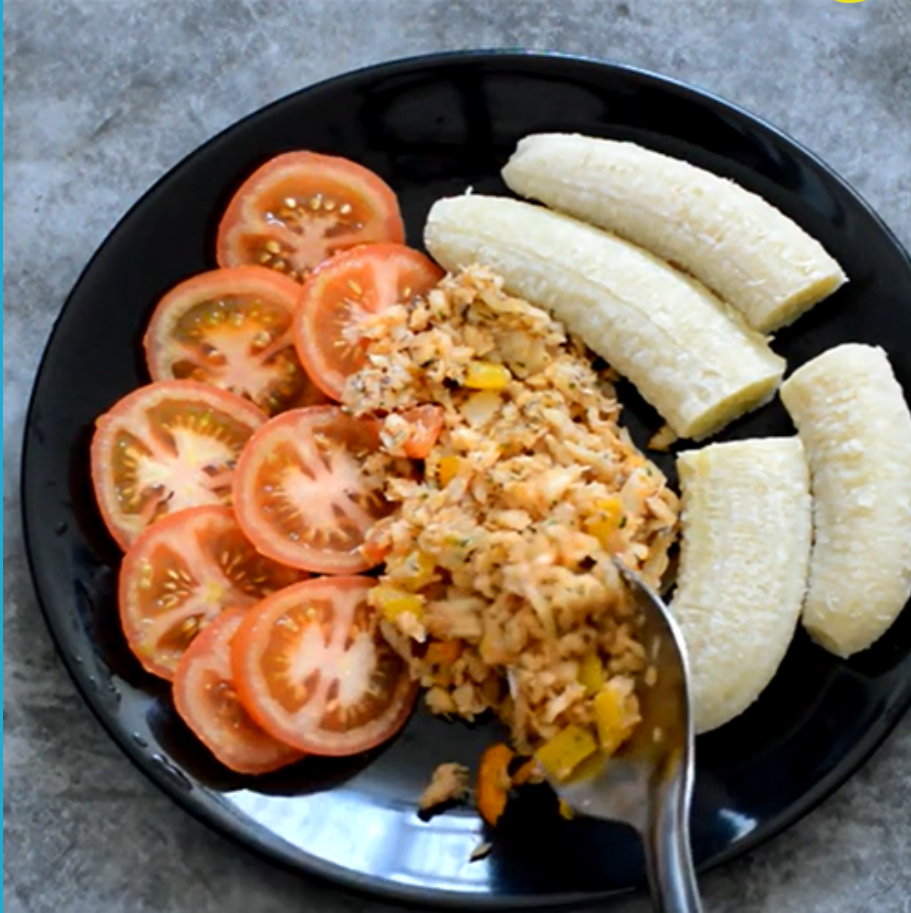
Tourment d'Amour



# St. Lucia

National Dish:

Saltfish & "Green Figs\*"



Dessert:

Lababad

\*In Caribbean cooking, "green figs" refers to green (unripe) bananas, not actual figs or even plantains.



# St. Maarten/St. Martin

National Dish:

Callaloo Soup & Crab Backs



Dessert:

Coconut Sugar

Cake

# St. Vincent & the Grenadines

National Dish:  
Roasted Breadfruit &  
Fried Jack Fish



Dessert:  
Ducana  
(Sweet Potato  
Dumplings)



# Trinidad & Tobago

National Dish:  
Crab & Callaloo



Dessert:  
Black Cake



# Turks & Caicos

National Dish:

Cracked Conch\*



\*Turks & Caicos style cracked conch traditionally has less batter, higher conch ratio and is served with fries and a spicy dipping sauce.



Dessert:

Coconut Rum Eclairs



# U.S. Virgin Islands

National Dish:  
Fish & Fungi



From USVI Travel Website



Dessert:  
Rodgrod  
(Red Grout)