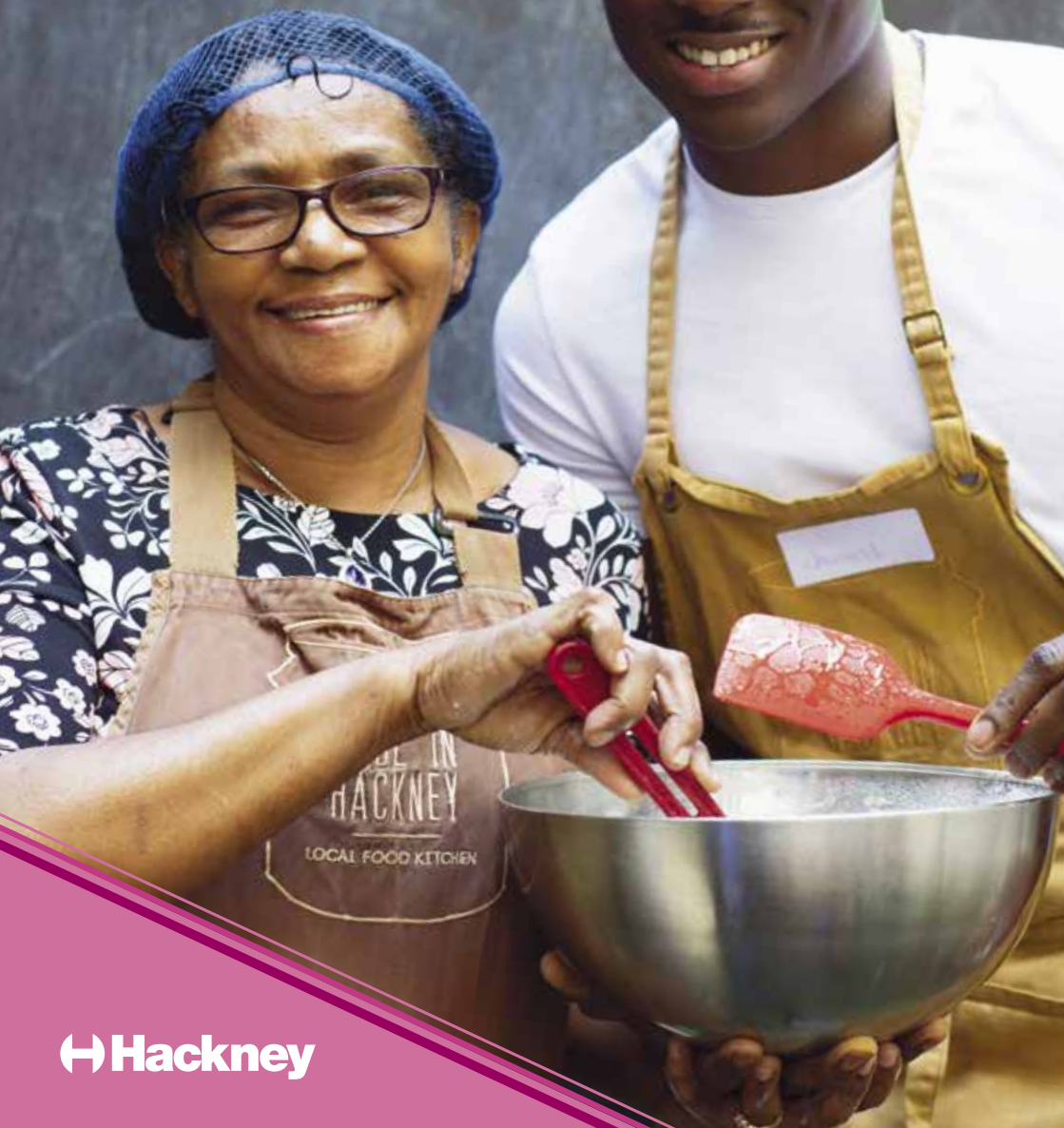



# Traditional Caribbean Baking Recipes

by Hackney's Windrush Generation







**I**t's more than seventy years since the HMT Empire Windrush ship anchored at Tilbury Docks in Essex, carrying hundreds of passengers – predominantly from the Caribbean but also from Mexico, Bermuda, Poland and other countries – who were hoping for a new life in Britain. These first travellers and their descendants infused British culture with their spirit, music and distinctive flavours.

In 2018, Hackney Councillors made a commitment to celebrate the Windrush Generation and Commonwealth citizens who settled in Britain between 1948 and 1971. As part of the Windrush Generations Festival 2019, Hackney Council's Culture Team brought enthusiastic cooks together to swap recipes and stories and bake for each other.

These communal sessions, attended by Hackney's own Bake Off star Liam Charles – a Windrush descendant – were as lively, connected and filled with as much laughter as anyone could have hoped for.

Participants argued for the merits of duckunoo – a sweet pudding wrapped up in parcels and boiled – over rum and wine soaked black cake. Each bite triggered a memory and the elders reminisced about school days, migrating to the UK, and family as the younger members listened in. The age span of our bakers ranged from eight years old to 91 years old. It's a tribute to all of them and to the sharing spirit of the islands that the cooking collaborations were so warm and rewarding.

The sweet treats that follow were all stirred, folded, cooked and sampled at our inter-generational baking sessions. Amongst the Caribbean delicacies created were plantain tarts, sweet bread and coconut drops. Four of the recipes reflect the Rastafarian plant-based Ital tradition and are free from refined sugar.

Whether you have Windrush migration roots or are simply curious about Caribbean culture, we hope you enjoy this taste of the islands.



**Philip Glanville**  
*Mayor of Hackney*



**Cllr Anntoinette Bramble**  
*Deputy Mayor of Hackney*



**Cllr Carole Williams**  
*Cabinet Member, Employment,  
Skills & Human Resources*

Hackney has a long-cherished history of being a destination for new arrivals in the UK, making it the special place it is today. We celebrate our migrant communities who contribute a huge amount to the borough and are the heart of its cultural identity.

About 8% of Hackney's population is of African and Caribbean ethnicity and it's believed to be home to hundreds, if not thousands, of the Windrush generation, and many more from other Commonwealth countries across the globe. This community has been fundamental to shaping Hackney in every way, from dedication to public services and civic life, business innovation and growth, and creating jobs and opportunities to cuisine, art and culture, and bustling high streets and town centres.

The Windrush Cookbook was born out of a set of unique circumstances that started with the HMT Empire

Windrush setting sail from the Caribbean more than 70 years ago and ended with a motion passed by Hackney Council. This motion paid tribute to a campaign by former Hackney Councillor Patrick Vernon OBE for a national Windrush Day and included the desire to celebrate the contribution of migrant communities, keeping their stories alive so they will be remembered by future generations.

This cookbook is dedicated to those who disembarked from HMT Empire Windrush at Tilbury Dock on 22 June 1948 as well as those who arrived after, whether on ships or on airplanes. It is also dedicated to their descendants.

We hope that you enjoy this collection of recipes as we celebrate the huge cultural legacy made by the Windrush generation to our borough.

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# Plantain Tarts

Makes: 25 tarts



Annette Jarrett remembers plantain tarts as a special treat at Christmas. The red colour of the plantain always intrigued Annette, and it wasn't hard for her to decide which dish made her feel at home. Thirteen-year-old Kamron Gabriel loves to bake and got involved preparing the pastry, with the expert help of Liam Charles.

260g plain flour

1 teaspoon salt

35g cold butter diced

3 tablespoons lard, chilled and diced

1 egg, beaten

1 tablespoon ice-cold water

3 very ripe (black) plantains

30g sugar

1 teaspoon vanilla extract

1 teaspoon nutmeg

2 drops red food colouring

1 egg white, beaten

white sugar for decoration

Preheat the oven to **175°C**.

**To make pastry for the tarts, mix the flour and salt in a bowl.** Rub in the butter and lard until the mixture has a sandy appearance. Combine the egg with the iced water, and stir into the flour mixture until a dough forms, then knead to bring the dough together. Wrap well in cling film, and chill for 3 hours.

Peel the plantains and cut into thirds. Place into a small saucepan with a little water. Bring to a simmer and steam until tender, for 5 to 10 minutes. Once soft, pour out the water, and mash your plantains with sugar, vanilla, nutmeg, and red food colouring. Set aside to cool.

Roll the dough out onto a lightly floured surface to ½-centimetre thick. Cut into circles using a 10-centimetre round cookie cutter. Spoon a little plantain filling into the centre, then fold in half to form a half-moon shape. Seal the edges with the prongs of a fork. Place the tarts on a baking sheet, brush with beaten egg white, and sprinkle with sugar.

Bake in a preheated oven for 20 to 25 minutes until golden brown. Allow the tarts to cool to room temperature before serving.





“There is nothing like knowing where you come from. Learning about the food that inspired your mother, grandmother and great grandmother.”

**Annette Jarrett**

# Caribbean Black Cake

Serves 8 to 10



Hailing from Grenada, the island of spice, Bishop Elon Charles taught Liam (a popular contestant on Channel 4's *The Great British Bake Off*) how to make a Caribbean classic. Typically made with rum and fruits, this is a favourite for special occasions – you can soak the fruits for a month in advance in rum and wine, or take the quick route and boil them up.

900g mixed fruit (currants, raisins and mixed peel)  
50g chopped cherries  
50g walnuts (optional)  
250ml rum or brandy  
250ml Red Label Jamaican wine  
175g margarine  
175g golden granulated sugar  
3 large eggs

1 teaspoon grated lime or lemon peel  
1 teaspoon almond essence  
1 teaspoon vanilla essence  
225g self-raising flour  
1 teaspoon cinnamon  
½ teaspoon grated nutmeg or tonka bean  
Sarson's Browning

Preheat the oven to **180°C**.

**Mince or blend fruit and optional nuts and combine with the rum/brandy and wine.** Store in a glass jar for about four weeks prior to baking the cake. Alternatively, boil the fruit in the alcohol mixture for about 10 minutes. Leave to cool.

Line a large cake tin with greaseproof paper. Cream the margarine and sugar in a blender until light and fluffy and beat in the eggs one at a time. Add the lime/lemon peel and almond and vanilla essence. Combine the flour, cinnamon and nutmeg; fold into the creamed mixture gradually. Add the fruit and a dash of browning and stir well.

Pour the mixture into the lined baking tin and bake in a preheated oven for 1.5 to 2 hours, or until the tester comes out clean.





“I found it pretty cool to work alongside someone older than me. They have their own methods which have been tried and tested. As a baker myself it’s taught me not to be so precise some things you can just throw into the mix.”

Liam Charles

# Sweet Bread

Serves 8 to 10



Shereka Dunbar learned how to bake a traditional Bajan treat – sweet bread – with Elsie Chaplin (aka Mummy Chaplin), who shared stories about what it was like living in England during the 1960s and the traditions she would like to see passed down. Elsie reminded us of the importance of sharing and looking after one another in the community.

600g plain flour  
800g brown sugar

250g margarine

120g mixed peel

½ teaspoon nutmeg

½ teaspoon mixed spice

½ teaspoon mixed essence

450g grated coconut

280ml milk

120g raisins

120g glazed cherries

Preheat the oven to **160°C**.

**Grease and flour a large loaf pan or 2 regular sized loaf pans.**

In a large bowl combine all the dry ingredients. Make a hole in the middle and add the remaining ingredients except the milk, grated coconut, raisins and cherries. Mix until it resembles breadcrumbs.

Add the raisins, cherries and grated coconut and gradually add the milk, mixing until a dough begins to take shape. Turn onto a lightly floured surface and knead for a minute. The dough should be firm and pliable.

Place into a loaf pan and brush with water generously. Then decorate with cherries (optional) and sprinkle with sugar.

Place in the oven to bake for 1 to 1.5 hours or until a skewer comes out clean. The bread should be brown.

Let it cool before serving.



“The sweet aroma in the kitchen reminded me of a fond memory when I visited the Caribbean as a child, especially as my cousin owned a bakery.”

**Clr Antoinette Bramble**



# Sweet Potato Pudding

Serves 8 to 10



Baking is still a major part of Janet Hinds' life, despite the fact that she is living with dementia. She was born in Grenada, and her home recipe – sweet potato pudding – is a favourite with her family and friends. Janet's daughter Jennifer Dahna supports her mother in cooking and in life.

3 large sweet potatoes 1½ tin  
coconut milk OR 1 whole coconut  
grated (finely) with the milk squeezed  
out through a strainer. Add water to  
the pulp and squeeze again to  
retrieve all the milk.  
3 small eddos OR 2 small or 1 large

cocoyam (also known as tannia)  
vanilla essence  
120g brown sugar  
1 teaspoon mixed spice  
½ teaspoon nutmeg  
1 teaspoon cinnamon  
2 teaspoon vanilla essence

For this recipe we suggest dry-fleshed sweet potatoes such as boniato or batata, also known as Caribbean sweet potatoes.

Preheat the oven to **160°C**.

**Peel and grate the sweet potato and eddos or cocoyam (tannia) in a large bowl; use the fine part of the grater to get the perfect texture.**

Add the coconut milk and 3 to 4 tablespoons of water and mix together. Add the sugar gradually and taste to avoid over-sweetness, and add the spices and vanilla essence. The mixture must be loose and fall off the spoon (similar to a cake mixture).

Grease a baking tray to prevent the mixture from sticking. Pour the mixture into the baking tray and place in the oven for 45 minutes.

At this point the mixture should be separating from the edge of the tray and should be firm in texture. Dip a knife into the pudding, and if any mixture sticks to the knife put it back in the oven for 10 minutes and check again.





“My mother lives with dementia and this project has helped bring back some memories. She wants to do this again. It’s given her so much joy.”

**Jennifer Dahna**

# Coconut Drops

Makes 14



Beryl Sharpe saw her mother making coconut drops and was determined to learn how to make them herself.

Rihanna Ali-Balogun joined in on the fun to make the popular dessert, which varies from island to island.

2 whole coconuts

260g dark sugar

2 tablespoons grated ginger

cinnamon leaf

1½ teaspoon vanilla essence

½ teaspoon almond essence

**Boil 375ml of water. Ensure that the water is at a rolling boil.**

Remove coconut from the hocks (shell), cut into small chunks and wash. Place the coconut into the boiling water.

Add the sugar, ginger, cinnamon leaf, vanilla and almond essence into the boiling water. Stir and simmer for approximately 40 minutes until the mixture becomes thick and sticky. The water should dissolve.

Using a tablespoon, place drops of the mixture onto greaseproof paper. Allow to set and become hard before consuming.





“I have Grenadian, Trinidadian, Jamaican and Nigerian heritage. I love to bake cakes at home and I’ve really enjoyed learning how to make coconut drops with Beryl.”

**Rihanna Ali-Balogun**



# Duckunoo

Serves 10



Also known as Blue Draws or Tie-A-Leaf, this boiled Jamaican pudding derived from Dukana in Africa and is made in other parts of the Caribbean. Banana leaves is the original way to wrap the parcels, but if it's not available use greaseproof paper and string. Beryl showed Dean Barker (see image on page 2), Anouska Raymond and Keante Raymond how it's done.

520g fine cornmeal

200g grated coconut

500ml tinned coconut milk

250g plain flour

200g brown sugar

mixed spices (3 drops almond  
flavouring

$\frac{1}{4}$  teaspoon nutmeg

$\frac{1}{2}$  teaspoon cinnamon powder

$\frac{1}{4}$  teaspoon salt)

**Boil a large pot of water, then add all ingredients to a bowl and mix well.**

Separate the mixture into serving spoon size portions, and place onto greaseproof paper or aluminium foil, wrap, then tie with string into separate parcels. Repeat this process for the rest of the batter.

Add all the parcels to the pot of boiling water and cook for approximately 45 minutes.

Remove and allow to cool slightly; they should be warmer than room temperature. Remove from the greaseproof paper/foil and serve.



“One bite of the duckunoo transported me back to my childhood. These are memories that will live with me forever.”

**Clr Carole Williams**

# Banana Bread or Muffins

1 loaf or approx 10 muffins



Made in Hackney teacher Sharon Gardner lead a class on how to make traditional banana bread, using the “sieve and fold” method to create a sponge-like texture. Councillor Carole Williams and Sheerie Barker took up the challenge to bake the egg-free bread.

3 ripe bananas (yellow with brown spots)

2 teaspoons of apple cider vinegar

120ml light oil (rice bran or refined olive oil)

120ml plant milk (organic soya,

oat or nut milk)

100g coconut sugar

280g spelt flour

2 teaspoons baking powder

½ teaspoon ground cinnamon powder

**Light and fluffy and filled with bananas, this bread is great for afternoon tea.**

Preheat the oven to **180°C**.

**Line a medium-sized bread tin with baking paper, greasing well to ensure the paper stays in place, or lightly oil a muffin tray or line with cases.**

In a large bowl peel and mash the bananas until soft, then add the apple cider vinegar, oil, plant milk and sugar, and mix well to combine. In a separate bowl add the flour, baking powder and cinnamon.

Now sieve the flour ingredients into the banana mixture, and fold in. Do not over mix, so that it remains light when baked. Pour the mixture into the bread tin, or scoop around 2 to 3 tablespoon amounts into the muffin tray or cases.

Bake the loaf for 45 minutes, or 25 minutes for muffins. Once the time is up, gently press the middle of the cake and if it springs back it is ready – if it sinks slightly continue to bake a little longer. Let the cake cool completely in the bread tin or muffin tray on a wire rack before removing.



“Food brings people together, and this project is a great way to unite the generations. We’ve heard stories that have amazed, inspired and at times stirred up emotions. We can take away so much from our Windrush elders, not just food, but wisdom and strength.”

**Sheerie Barker**





# Caribbean Ginger Bites

Serves 8 to 10



Beryl Sharpe, originally from Jamaica, teamed up with a younger aspiring cook Jarrell Watson to prepare Caribbean Ginger Bites. Packed with spices and coconut, this ginger cake is made with wholegrain spelt flour and heart-healthy fats.

190g spelt flour, sieved  
1½ teaspoons baking powder  
1 teaspoon ground ginger (if you like it gingery add another teaspoon)  
1 teaspoon cinnamon  
¼ teaspoon ground allspice/pimento

berries or ground cloves  
65g organic coconut sugar  
240ml canned coconut milk (try Dunns River or an organic version)  
60ml blackstrap molasses

Preheat the oven to **180°C**.

**Line a 20cm x 20cm tin with baking paper, greasing well to ensure the paper stays in place.** Sieve the flour, baking powder, ginger, cinnamon and allspice into a bowl, add the sugar and mix well.

In a small saucepan mix together the coconut milk and molasses and heat gently until the mixture begins to bubble slightly. Pour this liquid mixture into the flour and sugar mix, stirring well to ensure all the ingredients are well combined and there are no dry spots. The batter should be thick, a little like brownie batter, but also spongy.

Lightly grease a flat baking tray approximately 30cm x 18cm with baking/parchment paper, then pour in the batter ensuring it is evenly spread throughout the tin. Bake for 25 to 30 minutes in the pre-heated oven. To check if the cake is cooked through stick a toothpick into the middle, and if it comes out clean it's done.



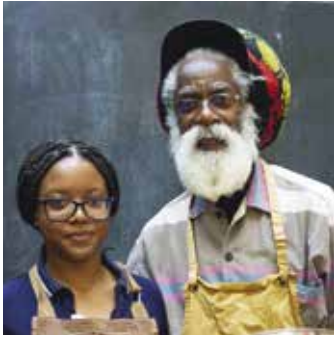


“I’ve never baked plant-based before but this has given me the confidence to try alternative ways to bake, while keeping the Caribbean flavours.”

**Beryl Sharpe**

# Spiced Pumpkin Cake

Serves 8 to 10



Ital cook McDonald Frederick, known as Asher, watched his grandmother in the kitchen from the age of 8. Layla Blake partnered up with Asher to prepare spiced pumpkin cake, which struck up stories from Dominica to England. The surprisingly light cake uses pumpkin as a binder in place of eggs.

170g white spelt flour  
90g buckwheat flour  
1½ teaspoon baking powder  
1 teaspoon ground cinnamon  
1 teaspoon allspice  
½ teaspoon freshly ground nutmeg  
½ teaspoon ground ginger  
100g organic coconut sugar

200g pumpkin purée or butternut squash purée  
60ml light oil (rice bran or light olive oil)  
60ml blackstrap molasses  
1 teaspoon vanilla essence  
60ml water

Preheat the oven to **170°C**.

Grease a 22cm bundt tin or round cake tin. Sieve the flour, baking powder and spices into a large bowl, followed by the sugar. In a separate bowl, whisk the puréed squash, oil, molasses, vanilla and water and mix until smooth.

Make a well in the middle of the flour mixture, pour in the purée mixture and fold gently to combine. Pour into the cake tin, tap lightly to remove any air bubbles and bake for 30 minutes. Once baked, remove the cake from the oven and allow to cool for at least 20 minutes before taking it out of the tin, then let cool it completely. The cake will keep for 5 to 7 days.



“As a child, I did not want to leave home – the beauty, the river baths, granny’s cooking, the smell of fresh coffee, fruits, herbal tea from lime leaf, fever grass and all sorts straight from the garden.”

Asher





# Bonus Recipe – Coconut Bliss Balls

15 to 20 pieces

**Delicious little coconut and date balls, which provide a healthy sweet snack and require no baking.**

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400g soft dates (if dry, soak in hot water for 10 minutes)

100g coconut flakes  
2 tablespoons raw cacao or good quality cocoa  
2 tablespoons coconut oil, melted  
pinch of sea salt  
extra coconut flakes to roll the balls in

**Place the dates into a food processor, followed by the rest of the ingredients (minus the extra coconut flakes) and process until everything is well combined.**

Scoop out a tablespoon of the mixture and form into a ball, roll it in the extra coconut flakes, then place onto a clean plate. Once all the balls have been made, place into the fridge to chill and firm up. Once they are firm, store in an airtight container and eat within two weeks.







A special thank you to all the participants who helped make this project a success.

Anishika Raymond

Annette Jarrett

Beryl Sharpe

Dean Barker

Elon Joshua Charles

Elsie Chaplin

Janet Hinds

Jarrell Watson

Jennifer Dahna

Kamron Gabriel

Keante Raymond

Layla Blake

McDonald "Asher" Frederick

Rihanna Ali-Balogun

Shereka Dunbar

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