

Consumer Affairs Commission

An Agency of the Ministry of Industry, Investment &
Commerce

Eating Right When Money Tight



The preparation of this document required some research and consultations and the Consumer Affairs Commission would therefore like to use this medium to acknowledge the persons who contributed in one way or another.

Special thanks to Miss Joyce P. Campbell, OD, JP, of the National Consumer League who provided many of the recipes and who was often consulted about others to ensure that the ingredients and method used for each meal would yield the desired result.

We acknowledge too, the contribution of the Caribbean Food and Nutrition Institute (CFNI).



In some instances, due to limited space, we have been forced to abbreviate some of the terms used in the recipes. All abbreviations are explained below to avoid any misinterpretation.

Abbreviations

tblsp – tablespoon

tsp – teaspoon

lb – pound

oz – ounce

In keeping with conventions in the field of Home Economics, the 's' has been deliberately omitted from the plural form of all abbreviations.

We recognize that during the process of preparing the meal you may need to adjust some of the quantities, water for example, but beyond this, all recipes should produce the desired results. Tastes vary, so, wherever necessary, additional salt and pepper may be added although we caution against the excessive intake of salt.

For persons who do not have an oven but who would like to prepare those recipes which involve baking, the traditional coal pot method of 'hell a top, hell a bottom' can be used.

Pepper-pot Soup

Ingredients - ½ lb salt beef

1 lb Indian kale or 6 stalks callaloo

½ lb yellow yam

12 fresh okras

1 can of coconut milk/ 2 cups

4 pimento berries (Allspice), 1 stalk escallion

1 tbsp salt, 1 Scotch Bonnet pepper

1 lb coco / dasheen & 1 sweet potato

Flour to make 'spinners'

Method – Pour 10 cups of water into a stock pot; add meat and green vegetables and cook until tender. Remove green vegetables from pot and puree through sieve or in a blender and return to pot. Peel, wash and dice all root vegetables and add to pot. You may add your 'spinners' at this time along with the coconut milk. Simmer for thirty minutes. Season to taste and simmer for another 15 minutes.



The Consumer Affairs Commission would like to advise users of this guide that we have not exhausted the full range of low cost meals that a family can find helpful in the recessionary period. What we are aiming to do by the production of this booklet, is to provide families with alternatives to some of the regular meals that we often serve.

We therefore suggest that families supplement these meal ideas with others which have been tried and proven over time.

What we would like to encourage however, is that every effort be made to provide nutritious meals as short changing our diet, especially for a long period, can have a harmful effect on our overall health. Take care to balance your diet while you balance your budget.

While we acknowledge that we are living in economically trying Times, we do encourage treating your family every once in a

while. You can decide how often you can afford to do this but it is important that we do this for our own psychological health and that of our families.

We welcome your feedback so do not hesitate to call, fax or email us. Please see the back of this brochure for our contact details.



Phillip. What's for lunch man? I feel like eating a whole bowl o' Janet's fried chicken with two beers. How about you?

Mark is time we stop eating like that man. We need a better mix. Throw in some vegetables and cut back on the fried food. We need to balance our diet.



Dinner – Hearty Soups

Chicken Soup

Ingredients - ½ lb chicken (cut in small pieces)
2 sprigs thyme & 1 stalk escallion
½ lb yellow yam
2 Irish potatoes
1 sachet of Jamaican Chicken Noodle or
Cock Soup
4 pimento berries (Allspice)
1 tablespoon salt
1 cho cho (Christophene)
2 lbs pumpkin
1 carrot & flour to make 'spinners'

Method – Pour 10 cups of water into a stock pot and add chicken and diced pumpkin. Cook for 20 minutes, or until chicken is tender. Peel, wash and dice all root vegetables and cho cho and add to pot. You may add your 'spinners' at this time. After 15 minutes, add the remaining ingredients and allow to simmer for another 10 minutes.

N.B. Chicken foot or neck may be used instead of chicken.



Dinner – Hearty Soups

Many Jamaicans relish a good, hearty soup, particularly on Fridays or Saturdays. These one pot meals provide a fairly good supply of the required nutrients and can really help us to provide healthy meals even when we are operating on a tight budget.

The nutritive value of the soup will depend on the ingredients you decide to use. Soups can supply B vitamins, carbohydrates, protein, fat and some amount of minerals. Soups do not provide much vitamin C and understandably so as this nutrient is generally destroyed by cooking.

Quite often, the ingredients for the soup can come from bits and pieces of uncooked food which can be found in most refrigerators and food baskets. Scraps of meat are particularly useful in this regard. If you have to shop for ingredients, choose carefully to ensure that you are getting the best value for your money. Examine vegetables before buying; you may also find it cheaper to buy these at your local market. Don't forget too, that cultivating a small patch in your backyard or in old tyres can save you a lot of expense.



Balancing Your Diet

You may have heard the term before, but do you really know how to achieve a balanced diet? Here are some quick tips to help you.

1. Eat from all six food groups daily.
2. Choose carbohydrates wisely and eat sugary foods in moderation. Incorporate whole grain foods into your diet. These include whole wheat products such as brown bread and wheat flour.
3. Eat healthy snacks. Choose fruits, vegetables, whole grains and other foods high in fibre.
4. Monitor your intake of fats. Watch for naturally occurring invisible fat in foods such as milk, eggs etc.
5. Eat appropriate portions. Too much food can lead to weight gain.
6. Eat a variety of fruits and vegetables each day. Make use of those that are in season as they usually cost less.



7. Watch your intake of salt. Too much salt/sodium can cause high blood pressure and heart disease.
8. Drink plenty of water.
9. Having eaten all the right foods in the correct proportions, try to be physically active each day. Exercise for at least 30 minutes each day by walking, jogging, swimming, gardening etc.
10. If you drink alcohol, do so in moderation.



Turned Cornmeal with Saltfish

Ingredients – ¼ lb deboned saltfish

2 cups cornmeal

2 cups water

4 cups coconut milk

1 stalk escallion, chopped fine

Method – Soak saltfish then flake. Bring coconut milk to boil and season to taste. Mix cornmeal in a little water and add to the coconut milk, stirring quickly and mashing against side of pot to prevent lumping. Add water to achieve the right consistency and cook for approximately 30 minutes on low flame. When cooked, the cornmeal should leave the sides of the pot. Serve hot on lettuce leaves and garnish with tomatoes and red bell peppers (optional).

Variation: After cooking, allow cornmeal to cool then slice and fry. This is excellent for breakfast.



Dinner

Seasoned Rice with Sausage or Saltfish

Ingredients – 2 cans sausages / ¼ lb deboned saltfish

1 ½ lbs rice

4 cups water

1 medium onion, chopped

1 Scotch Bonnet pepper

2 tbsp cooking oil /margarine

1 stalk escallion, chopped fine

1 (10 oz) can mixed vegetables

Method – Soak saltfish then flake /Crush sausages. Sauté chopped onions and pepper and add flaked fish/sausage to hot oil. Fry for 5 minutes then remove from flame. Place rice and water in a saucepan to cook for approximately 20 minutes then top with fried saltfish or sausage. Cover and cook for an additional 5 minutes. Stir in mixed vegetables. Serve hot.

Variation: Add 1 cup diced pumpkin. Put pumpkin, saltfish and seasoning to boil. Add rice and margarine and allow to cook for approximately 20 minutes. Stir in crushed sausages and mixed vegetables. Serve hot.

Understanding the Food Pyramid

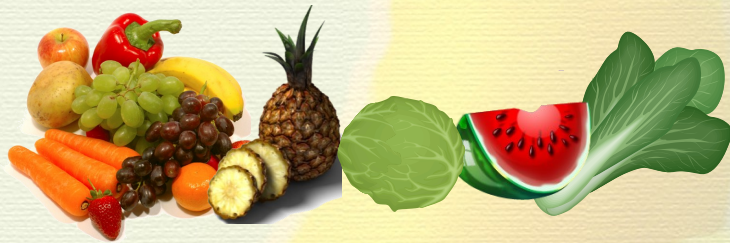
The Food Guide Pyramid is one way for people to understand how to eat healthy. As you can see, there are six food groups.

The pyramid shape shows the different amounts of foods we should eat. The foods that make up the base (the widest part of the pyramid) should form the biggest part of our diet and as you go up the pyramid the amounts get smaller in the same way that the pyramid gets smaller.

At the bottom of the pyramid is a group of foods that are all made from grains like wheat and rice. These are the foods we should eat the most because they contain **carbohydrates** which give us energy.



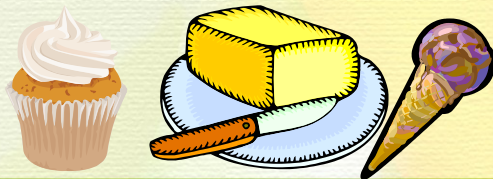
The next food group includes all vegetables and fruits. These contain vitamins and minerals. Foods that are made from fruits but which have a lot of sugar added are not in this group as they are not so good for us.



The next food group (meats, beans etc.) is made up of foods rich in protein. **Protein** is a nutrient which helps to build our bodies. Foods in the *milk food group* contain **calcium** which we need for healthy teeth and bones.



Most of us like to have treats such as pies, cakes, ice-cream, chips and other salty snacks, soft drinks and spreads. Unfortunately, these things are not good for us, so we should eat only small portions.



Curried Mackerel “Run Down”

Ingredients - 2 cans mackerel
 2 cups of coconut milk
 1 sprig thyme
 2 stalks escallion
 1 peg garlic
 ¼ cup tomatoes, chopped
 1 Scotch Bonnet pepper
 Salt to taste
 A dash of curry

Method - Boil coconut milk with curry for 30 minutes. When reduced, add seasoning, salt to taste. Add mackerel to sauce and allow to simmer for 5 minutes. Serve with ground provisions or rice. Serve lettuce, slices of tomato or shredded carrot on the side.



Corned Beef Balls

Ingredients – 1 (340g) can corned beef
3 eggs
2 cups bread crumbs
1 medium onion, chopped
1 teaspoon black pepper
4 tablespoons cooking oil
1 stalk scallion, chopped fine

Method – Beat 2 eggs using a fork or wire whisk. Combine beaten eggs, corned beef, half of oil and bread crumbs, chopped onion and scallion. Mix well and roll into balls. Beat remaining egg. Dip balls in egg and roll in bread crumbs. Fry in hot oil until golden brown. Serve with vegetables and ground provisions/rice. Prepare gravy, if desired.



Healthy eating does not have to be expensive. Spending money for convenience like fast food or takeouts adds up and costs much more than healthier choices prepared at home.

Here are a few tips to help you to budget and still eat healthy:

1. As much as possible, grow your own vegetables.
Start gardening with vegetables that are easy to grow such as peas, tomatoes, pumpkins, carrots and cabbage. Your backyard or a container can be your homegrown supplier all season long. Grow your thyme and scallion in small pots and take a snip whenever you need it.
2. Buy only what you need. Before you visit the grocery store, make a list and stick to it.
3. Never waste food. Find creative ways to use leftovers. Tasty soups and casseroles can be made using leftovers. Last night's dinner can be used for the next day's lunch.



4. Make soup and other one pot meals. Keep a stock pot for soups, stews and gravies.
5. Practise tiered cooking. Tiered cooking means placing pots on top of each other. This saves on gas/ electricity, time and energy. You may for example, steam fish/vegetable over a pot of soup.
6. Make your own meals from scratch.
7. Buy a pressure cooker. This will reduce cooking time resulting in savings on gas or electricity.

We invite you to try some of these delicious dishes. Now you can have fine dining without the price! Recipes are organized in three categories: Breakfast, Lunch and Dinner and the serving size for each dish is an average of five persons. Enjoy!



Stewed Peas

Ingredients – 3 cups red peas
4 cups water
1 cup coconut milk
1 teaspoon salt
1 tablespoon margarine
1 sprig thyme
1 Scotch Bonnet pepper
4 tablespoons flour
1 stalk escallion

Method – Soak peas overnight. Boil peas in water and coconut milk until tender. Use flour to make 'spinners' and add to peas. Add salt, pepper, thyme and chopped escallion and leave to simmer over low flame for another 10 minutes. Serve with rice and vegetables.

Variation: Meat /Vegetables may be added, if desired. The stew can also be made using other peas/beans such as lentil and gungo.



Dinner

Spanish Rice / Yellow Rice

Ingredients – ¼ cup onion, diced

1 slice pumpkin

3 small tomatoes

3 cups cooked rice

1 tsp salt

1/8 tsp pepper/Scotch Bonnet pepper

1 tablespoon margarine

Garlic clove

Method – Sauté onion, diced pumpkin, garlic and tomato. Add 2 cups water, mix thoroughly and allow to simmer for 5 minutes then add rice. Stir 2-3 times during cooking.

Vegetable Cook up

Ingredients – 1 bundle callaloo, chopped

1 bundle Pak Choy, chopped

3 carrots

Onion / escallion, chopped

1 sprig thyme

1 tablespoon margarine

Method – Combine vegetables, onion and thyme. Steam on medium flame. Add margarine and stir. (Salt fish may be cooked on the side.) Serve with rice, Irish potatoes or bananas.

Breakfast

Duckunoo (also known as Tie-a-Leaf)

Ingredients - 1 lb cornmeal

1 cup flour

2 cups of coconut milk

1 ½ cups brown sugar

4 tbsp margarine

1 ½ tsp salt

2 tsp vanilla

1 tsp mixed spice

1 ½ tsp cinnamon

Banana leaves (4" x 6" aluminum foil sheets)

Method - Mix all dry ingredients then add spices, melted butter and coconut milk. Clean banana leaves with a clean wet towel then pass the leaves over flame to make them pliable. Cut the leaves into 10" x 10" squares. Place about 4tbsp of batter into each square then fold and tie with cord or with strings from the trunk of the banana plant. Place the parcels into boiling water and allow to cook for approximately 30 minutes.

Variation: Raisins may be added to enhance the flavour.



Breakfast



French toast

Ingredients - 3 eggs, beaten
1/2 teaspoon salt
1/2 teaspoon sugar
1 cup milk
6-8 slices bread (2-4 days old)
Fat for sautéing

Method - Combine eggs, salt, sugar and milk. Dip bread in mixture. Avoid over soaking. Cook in well-greased frying pan. When bread is brown on one side – turn the other side; add fat to keep from sticking. Serve plain or with syrup, jam, honey etc.

Cinnamon Toast

Toast bread, spread with butter or margarine. Mix 1-3 tsp cinnamon with 1/4 cup sugar. Sprinkle bread well. Place under broiler or in moderate oven at 350 degrees for 5 minutes until crisp and golden brown. In the absence of an oven, the toast can be prepared in a greased frying pan.



Lunch

Macaroni Cheese with White Sauce

Ingredients – 1 cup macaroni, broken
1 1/2 tablespoons margarine
1/8 teaspoon pepper
1 1/2 cups milk
1/4 lb cheese, grated
1 tomato, pegged

Method – Drain cooked macaroni and put aside. Melt margarine over low heat. Add flour and blend thoroughly. (Add salt and pepper to taste). Add all the milk at once, then the cheese and white sauce and stir until smooth. Combine with macaroni. Pour into casserole dish and top with the remaining cheese and tomato pegs. Bake for 25-30 minutes.



Lunch

Cream of Pumpkin Soup

Ingredients - 1lb pumpkin

½ pt white sauce

Onion, pepper etc.

Method - Boil pumpkin and add to white sauce. Puree all ingredients, season and serve with rolls/bread/corn bread etc..

Sardine Barbecue (Tuna may be used instead)

Ingredients – 2 cans sardines

1 cup tomato ketchup

2 ounces cheese

2 tbsp vinegar

2 tbsp sugar

2/3 cup water, ½ tsp mustard

1 chopped onion.

Pepper to taste

Method – Drain oil from sardines into a large pan. Add all other ingredients except the sardine. Cook slowly for about 10 minutes, stirring constantly to prevent sticking. Add sardines to sauce and allow to simmer for another 2 minutes. Serve with rice or ground provisions.

Breakfast

Pancakes

Ingredients – 4 ounces flour

1 egg

½ pt milk

2 tbsp margarine, melted

Method – Sift flour. Make a well in the center. Add egg; pour in milk and beat well with whisk or fork until smooth. Drop batter by one large spoonful at a time in hot frying pan. Brown on both sides. Serve with sugar, jam, syrup etc. or filled with callaloo.

Steamed Callaloo with Cock Soup

Ingredients – 2 bundles callaloo, chopped

Onion / escallion, chopped

1 sachet Cock Soup

2 tablespoons margarine

Method – Place cock soup in quarter cup water and allow to cook for about 7 minutes. Add callaloo, seasoning and margarine and allow to cook for another 8 minutes.

Serve for breakfast or lunch with bananas, bread or fried dumplings.



Vegetable or Sardine Omelet

Ingredients - 2 cups chopped callaloo/1 can sardines, crushed
1/2 cup sweet pepper
6 eggs
4 tbsp skimmed milk powder
1/2 cup medium onion, chopped
1/4 tsp black pepper
1 cup chopped tomatoes
1/2 cup cheese, grated (optional)

Method – Steam callaloo with chopped sweet pepper, onion and tomatoes for 2 minutes. Whisk eggs with milk, salt and black pepper. Pour into a hot, lightly greased frying pan. While the omelet is cooking, place the callaloo, sweet peppers, tomatoes and cheese in the centre. Fold the omelet in half and cook for another minute. Serve with bread and tea, coffee or cocoa.



Tuna / Canned Mackerel and Noodle Casserole

Ingredients – 1 1/2 cups white sauce
3 cups cooked noodles (one 8 oz package)
1/4 cup green pepper, chopped
1 can tuna or Jack Mackerel
4 hard-boiled eggs (optional)
Salt and pepper
1/2 cup buttered soft bread crumbs
2 ounces cheese, grated

Method – Add cheese to hot white sauce and leave until cheese is melted; stirring constantly. Add remaining ingredients. If necessary, add salt & pepper to taste. Spoon the mixture into a greased 1qt. casserole dish then top with crumbs. Bake in a moderately heated oven (375 degrees) for about 35 minutes or until top is brown and sauce bubbly. Serve from casserole dish with vegetables and rice or bananas.



Scalloped Dishes / Casseroles

Arrange alternate layers of cooked vegetables/ staples and white sauce in a baking dish covered with bread crumbs / cheese. Bake 20-30 minutes.

Scalloped Breadfruit

Ingredients – ½ breadfruit boiled & sliced

1 cup white sauce

2 ounces cheese

1 ounce margarine

2 ounces bread crumbs

¼ tsp salt

¼ tsp. pepper (white)

Method - In a greased casserole dish, arrange alternate layers of breadfruit with white sauce. Add chopped onion, salt and pepper. On top, sprinkle cheese and then bread crumbs. Bake in moderately heated oven (350degrees) for 20-30 minutes. Serve with fish, chicken etc.



Saltfish Fritters

Ingredients - ¼ lb saltfish

1 onion

1 Scotch Bonnet pepper

1 clove garlic

3 cups flour

pinch of salt

½ teaspoon black pepper

2 cups of water

Oil for frying

Method - Soak the fish in water for half an hour.

Chop the garlic, pepper and onion into small pieces. Flake the fish into small pieces after soaking. Sift the flour into a bowl then stir in the onion, garlic, pepper, salt, flaked fish and pepper. Slowly stir in the water to achieve the correct consistency. Pour oil in frying pan and allow to heat. Spoon fritters into the pan (using a tablespoon of mixture for each fritter) and fry for 10 minutes. Turn over then fry the other side for a further 5 minutes. Place the fritters on a napkin or towel to absorb excess oil. Serve alone or with vegetable.



There is no better way to start the day than with a bowl of porridge. Most porridges are easy to prepare, can be made from ingredients which do not cost much and provide the body with protein and fibre.

Cornmeal Porridge

1 ½ cups cornmeal

6 cups water or 3 cups water & 3 cups coconut milk/
reconstituted milk

¼ teaspoon nutmeg (ground)

¼ teaspoon cinnamon

2 drops vanilla

6 tablespoons sugar

Method – Add cornmeal to a bowl and then pour enough of the water into the bowl to cover the cornmeal. Use a fork to mix. Bring the remaining water/coconut milk to boil in a saucepan. Turn the heat to medium. Slowly pour the water and cornmeal into the saucepan while stirring with a wooden spoon. Allow to cook for about 30 minutes then turn off flame. Add nutmeg, cinnamon, vanilla and sweeten to taste. If coconut milk was not used, add ½ cup reconstituted milk or soy milk for persons who are lactose intolerant. Serve with a sandwich or toast.

Corn Bread

Ingredients - 1 cup all purpose flour

3 teaspoons baking powder

2 tablespoons sugar

1 cup yellow cornmeal

2 tablespoons margarine

2 eggs lightly beaten

1 cup reconstituted milk

Method - Sift flour and add to baking powder and sugar in a bowl. Add cornmeal. Incorporate margarine with fork or 2 knives until mixture has a fine texture. Combine eggs and milk and add to dry ingredients. Stir until dry ingredients are dampened. Do not beat. Pour into a well greased pan (8 x 8 x 2 inch.). Bake in a hot oven (450 degrees) for 25-30 minutes. Serve hot. Tear corn bread into squares using two forks. Serve alone or with cheese, peanut butter etc.



Lunch

How to Make White Sauce

White sauce is featured in a number of the lunch and dinner dishes in this booklet. To avoid repeating the recipe, we have decided to separate it. You may want to make a large quantity and store some for use as needed.

1 tablespoon flour

1 tablespoon fat

1 cup liquid

Method – Melt fat and stir in flour. Gradually add liquid, stirring constantly. Continue stirring, while cooking on moderate heat. Cook for 2 minutes. Makes 1 cup.

Rice Cakes

Ingredients – 2 cups cooked rice

1 egg, beaten

Sweet pepper

Butter or margarine

Method – Mix rice, egg and seasoning. Add ¼ teaspoon nutmeg. Press into flat cakes, brown on both sides in butter or margarine. Serve hot. (May be used as dessert with cream/sugar)

Breakfast - Porridges

Oats Porridge

1 ½ cups oatmeal

6 cups water

½ cup reconstituted milk

¼ teaspoon nutmeg (ground)

¼ teaspoon cinnamon

3 tablespoons sugar

Method - Bring water to boil in a saucepan and add oatmeal to boiling water. Reduce the heat to medium and let simmer for 15 minutes. Add nutmeg, cinnamon and milk and sweeten to taste. Persons who are lactose intolerant may use soy milk instead. Serve porridge with a sandwich.

N.B. – Reconstituted milk is prepared by mixing milk powder and water.

Cornmeal Porridge



Breakfast - Porridges

Green Banana Porridge (or Green Plantain)

6 green bananas

6 cups water

½ cup coconut milk/reconstituted milk

3 tablespoons flour

6 tablespoons sugar

½ teaspoon nutmeg (ground)

¼ teaspoon cinnamon

2 drops vanilla

Method – Wash, peel and chop green bananas. Place in a blender with 1 cup of water, ½ cup coconut milk and flour. Blend mixture until smooth. (If you do not have a blender, grate the bananas and use a wire whisk or fork to beat the grated bananas, flour and water). Bring remaining water to boil in saucepan. Slowly add the mixture to the boiling water and stir with a spoon constantly for about 3 minutes. Remove lumps if there are any. Let the banana porridge simmer for another 20 minutes and then sweeten and flavor the same as other porridges above.

N.B. – Reconstituted milk is prepared by mixing milk powder with water.

Breakfast - Sandwiches

Use vegetables of different colours to make the sandwich attractive especially if you are preparing it for a young child.

As mentioned earlier, vegetables which are in season usually cost less so check the market/supermarket in your area for these.

Here are some fillings you may want to try in your sandwiches:

Cheese

Chicken – leftover chicken scraps

Jam/Jellies/Fruit butters/Marmalade – Seville orange, mango, guava etc.

Tuna

Sardine with mayonnaise

Callaloo

Egg

Corned beef



Breakfast – Sandwiches



Sandwiches are very easy to prepare and go well with a hot drink or any of the porridges mentioned earlier.

Hard dough (hardough) bread is a popular choice with most Jamaicans. This can be either white bread or whole wheat bread based on your preference. We suggest whole wheat bread however, as this is a good source of fibre and vitamin B. The bread can either be toasted or used fresh from the store.

In addition to the main filling, you may choose to use a spread such as margarine or mayonnaise. (Please note however, that mayonnaise should be kept cold and therefore should not be placed in sandwiches which will be kept for long periods).

Adding vegetables such as lettuce, tomato, carrot and sweet peppers will not only enhance the taste of the sandwich but will increase its nutritive value. However, if the sandwich will be taken for lunch it might be better to package the vegetables in a separate container as they can make the bread soggy.



Breakfast - Porridges

Hominy Corn Porridge

- 1 ½ cups Hominy corn
- 2 cups coconut milk (Soy milk can substitute)
- 8 cups water
- ½ tsp salt
- Brown sugar to taste
- 1 teaspoon nutmeg (ground)
- Vanilla - optional

Method – Put the hominy corn to soak in water overnight. Be sure the hominy corn is completely covered and there is enough water to leave it overnight. Add a teaspoon of salt to taste (optional). In the morning, drain the water from the corn and pour the corn in a pressure cooker with the coconut milk. To thicken, add 1 tablespoon flour. Allow to boil for about 20 - 30 minutes or until cooked. Add vanilla and nutmeg and sweeten to taste.

N.B. Adding raisins and nuts to any of the porridges will provide more nutrients and improve the flavour.



Arrowroot Porridge

1 ½ cups of arrowroot, grated

Pinch of salt

6 cups of water

½ cup of sweetened condensed milk & ¼ cup reconstituted milk

½ teaspoon nutmeg (ground)

½ teaspoon cinnamon

Method – Mix arrowroot and salt in 1 cup of cold water. Bring the remaining water to boil then pour in the arrowroot mixture, stirring constantly. Boil for about 20 minutes then remove from heat and strain. Stir in milk, cinnamon and nutmeg. Serve hot.

Variation: Cassava meal can be used as a substitute for the arrowroot and raisins can be added to enhance the flavour.

Rice Porridge

1 ½ cups rice, cooked

2 tablespoons margarine

½ cup sweetened condensed milk & ¼ cup reconstituted milk/soy milk

6 cups water

½ teaspoon nutmeg (ground)

½ teaspoon cinnamon (ground)

Vanilla flavoring (1 drop)

½ teaspoon salt

¼ cup flour

Method - Add rice, salt, margarine and 2 cups water to a saucepan. Bring ingredients to boil and reduce heat to medium. Cover pot and allow rice to simmer for 10 minutes. Use a spoon to stir. Add the rest of the water to the rice and cook for another 10 minutes. Use the flour to make a watery paste and add this to the pot while stirring. Simmer for another 10 minutes stirring constantly to prevent lumping. Sweeten and flavour to taste.