



The **Roberts**
Nourishing Lives Every Day | Est. 1944
Spread
COOKING WITH THE
(NOT SO)
SECRET INGREDIENT

150+
RECIPES
NEW Vegan
Section

Full Course Meals -
made and enjoyed in the
comfort of your home!





The Spread: Cooking with the *(not so)* Secret Ingredient.

Published by Roberts Manufacturing Co. Limited, Lower Estate, St. Michael, Barbados, BB11000
First Published 1983, Revised 1988, 1994, 2005, 2020 & 2025

 www.rmco.com  roberts@rmco.com

 (246) 429-2131

[@rmcobarbados](#); [@caribbeanlovescooking](#); [@choosesunflowerspreads](#)





Table of CONTENTS

Introducing "The Spread: Cooking with the *(not so)* Secret Ingredient" 06

The Roberts Product Range:
Why cook with the (not so) secret ingredient? 8-9

Understanding Our Product Labels 13

Kitchen Tips, Tools & Techniques 14-15

Meet the Contributors 18-19

Recipes

Soups 22-33

Appetisers 34-43

Starches & Vegetables 44-67

Fish & Seafood 68-81

Poultry 82-95

Other Meats 96-111

Vegan 112-125

Desserts & Treats 126-155

Pastries 156-185

Sauces & Gravy 186-193

Index 194-197

INTRODUCING The Spread

COOKING WITH THE (not so) SECRET INGREDIENT



As we continue to celebrate the achievement of our 80th milestone, we are honouring a legacy that has been passed down through generations - one rooted in tradition, innovation, and the belief that the best cooking comes from simple, yet versatile ingredients. Our margarines, spreads, shortening, and soybean cooking oil are at the heart of countless kitchens across Barbados and the Caribbean. These *(not so)* secret ingredients have been a staple in family recipes for decades, and they continue to shine in today's kitchens, whether you are making a savoury dish or a sweet treat.

This cookbook is a celebration of the dishes that have brought families together and filled countless homes with warmth. The achievement of this milestone represents the longevity of our products and by extension, our evolution to meet the needs of modern cooks. From traditional family recipes to healthier, more inclusive options, we are proud to offer gluten-free, lactose-free, and vegan-friendly products that cater to a wide range of dietary preferences.

Why Our Products Matter

Roberts' margarines, spreads, shortening, and soybean cooking oil are more than just ingredients; they are a key part of our island's culinary heritage. For 80 years, our products have helped shape the flavours of beloved dishes that are still enjoyed today. Generations have trusted us because our products deliver on taste, quality and consistency.

However, our journey does not stop there. In today's health-conscious world, we have embraced the growing demand for ingredients that promote better health and well-being. That is why our products are gluten-free, lactose-free and vegan-friendly, offering everyone, from traditional cooks to those with special dietary needs, the opportunity to enjoy delicious meals without compromise. Whether you are preparing a quick family dinner or a festive feast, you can trust that Roberts' products will provide the ideal foundation to elevate your dishes.

A JOURNEY THROUGH *Our Cookbook*

We have organised this cookbook into sections to make it easy for you to find exactly what you are craving. Each section showcases the versatility of Roberts' products, with recipes that range from everyday meals to special occasion dishes.

- 1 Soups:** Comforting broths and hearty bowls that warm the soul.
- 2 Appetisers:** Tasty starters that set the tone for your meal.
- 3 Starches & Vegetables:** Sides and mains that make vegetables shine.
- 4 Fish & Seafood:** Fresh, flavourful dishes from the sea.
- 5 Poultry:** From classic chicken dinners to new twists on traditional favourites.
- 6 Other Meats:** Tender, savoury recipes that highlight meats beyond poultry.
- 7 Vegan:** A selection of plant-based meals that deliver on flavour.
- 8 Desserts & Treats:** Indulgent sweets to end your meal on a high note.
- 9 Pastries:** Flaky, golden, and perfect for any occasion.
- 10 Sauces & Gravy:** The finishing touch that brings everything together.

Celebrate With Us

As you cook your way through this book, we hope you feel a connection to the rich culinary traditions of Barbados and the Caribbean. Our *(not so)* secret ingredients have been a part of so many celebrations over the past 80 years, and we are honoured to continue being a trusted part of your kitchen.

Let's celebrate together by creating dishes that not only taste great but carry forward the legacy of Roberts Manufacturing—one meal at a time.
Here's to crafting meals with heart and tradition!

The Roberts Product Range:

Why cook with the *(not so)* secret ingredient?

Our range of high-quality products is crafted to enhance your culinary creations:

The Sunflower range of spreads contains no cholesterol or trans-fat.



Sunflower Coconut Spread

A coconut oil-infused spread, perfect for enhancing or adding a rich coconut flavour to your favourite dishes. This versatile spread can be used in both sweet and savoury recipes, as well as for cooking and baking.



Sunflower Garlic Spread

A table spread featuring authentic garlic and parsley flakes, perfect for baking and frying. It is an excellent choice for spreading to create garlic bread and infusing a delightful garlic flavour into baked treats and stir-fried dishes.



Sunflower Health Spread

This salt-free spread in the Sunflower range is suitable for both spreading and light cooking. However, it is not recommended for heavy frying.



Sunflower Low Calorie Spread

A cholesterol-free option with lower salt and fewer calories than other spreads and traditional margarine. It is versatile for spreading on baked goods and can be used in cooking, though it is not suitable for frying.



Sunflower Olive Oil Spread

A table spread infused with authentic olive oil that is another perfect choice for the health-conscious. It is suitable for light frying, cooking, and baking.



Sunflower Soft Luxury Spread

Crafted from 100% soybean oil and enriched with vitamins, our original Sunflower spread glides smoothly from the refrigerator onto baked goods. This versatile spread is also particularly effective for light butter icing, baking, and light frying.



Glow-Spread Margarine

An exceptional baking margarine with zero cholesterol and trans-fat, ideal for cakes, breads, icing and more. Glow-Spread can be used as a spread on bread.



Mello-Kreem Spread

A rich and reduced-fat cooking spread ideal for all of your cooking needs. Mello-Kreem adds a distinctive and delicious flavour to gravies, soups and stews.



Dove Margarine Spread

This flavourful cooking blend features reduced fat and is curated specifically to enhance the taste of gravies and stews. It also combines seamlessly with Velvo Kris Shortening to create delicious fluffy pastries and a variety of baked goods.



Velvo Kris Shortening

A versatile shortening that creates light and flaky pastries, fries foods to a delectable golden crisp, and elevates icing, along with select breads and desserts.



Soybean Cooking Oils (Sunrise, Roberts and Buyer's Choice)

Our cholesterol-free soybean oil is excellent for frying foods, baking and drizzling on salads.



**Our products are available in retail and commercial sizes.
Visit www.rmco.com for our available sizes.**

TUBS Timeline

Roberts

Nourishing Lives Every Day



1980s



1990s



2000s







KITCHEN TIPS, TOOLS & TECHNIQUES

Understanding Our Product Labels

Our products are marked with special "dots" to help you make informed choices:

- **Vegan: Suitable for vegans**
- **Lactose-free: Safe for those with lactose intolerance**
- **Gluten-free: Ideal for gluten-sensitive individuals**

The Meaning of the "Dots"

At Roberts Manufacturing Co. Limited, we understand that having a healthy and balanced diet is just as crucial as being aware of your food's ingredients. This is why we crafted our products from plant-based ingredients. Consequently, our products include spreads, margarine, and shortening, as they originate from vegetable fat instead of butter, which is produced from animal fat. We are all about versatility, whipping up the best culinary masterpieces that fit into every dish for the whole family, no matter their dietary requirements!



Vegan

A vegan diet aims to eliminate all types of animal products and by-products. When you spot the "Vegan" dot on our products, it signifies that the item contains no animal-based ingredients. The majority of our offerings are vegan-friendly.



Lactose-free

The "Lactose-free" label on our packaging signifies that the product contains no dairy ingredients. With the exception of our Sunflower Olive Oil Spread, all of our products are lactose-free. The Olive Oil Spread contains whey powder, a by-product of milk, and is therefore not classified as lactose-free.



Gluten-free

Gluten is a type of protein present in foods like wheat, barley, rye, and oats that causes discomfort or health issues in some people, while others experience no problems at all. We exclude these ingredients and their by-products from our products, making them completely gluten-free and suitable for those following a gluten-free diet.

KITCHEN TIPS, TOOLS & TECHNIQUES

General Cooking Notes

COOKING TIPS

It is important to:

- Always read through the entire recipe before starting.
- Gather all ingredients and equipment needed.
- Measure all ingredients carefully.
- Feel free to experiment with ingredients, substituting ingredients or adjusting quantities to suit your taste. Individual preferences allow for some flexibility in recipes.
- Adjust cooking times and temperatures based on your appliances.
- Enjoy the cooking process and have fun!



BAKING TIPS

Always remember to:

- **Pay attention to Detail:** Many ingredients can be wasted, particularly in baking, due to lack of care and oven temperature control. For instance, a cake or pie can be perfectly prepared but ruined in the oven if the temperature is incorrect.
- **Monitor Oven Temperature:** Use an oven thermometer to ensure the correct heat, as per the recipe's instructions, to avoid over or under cooking.
- **Prepare your Baking Pans:** When baking rich fruit cakes or gingerbread, grease the pans and line them with two or three layers of waxed paper to prevent the mixture from burning.

ESSENTIAL KITCHEN TOOLS

Anyone preparing food should have the following tools:

- ✓ Cake pan
- ✓ Knives
- ✓ Measuring cups for dry and liquid ingredients
- ✓ Mixing Bowls
- ✓ Saucepan
- ✓ Set of measuring spoons
- ✓ Stainless steel spoons
- ✓ Wooden cooking spoons



KITCHEN TIPS, TOOLS & TECHNIQUES

General Cooking Notes

ACCURATE INGREDIENT MEASUREMENTS

- **Flour:** Sift plain flour once before measuring.
- **Liquids:** Place the measuring cup on a level surface before measuring.
- **Syrups:** Syrup or molasses will come out of the cup more easily if the cup or spoon is greased or wet with cold water.
- **Sugar:**
 - Roll out any lumps before measuring brown sugar.
 - Sift granulated, castor, and icing sugar before measuring.
- **Shortening:** To measure $\frac{1}{2}$ cup of shortening, fill a measuring cup halfway with water, and then add shortening until the water reaches the 1 cup level.



COOKING TECHNIQUES

- **Heat Levels:** Pay attention to whether low, medium, or high heat is required when boiling, stewing, or frying.
- **Green Vegetables:** Serve raw whenever possible. If boiling, cook quickly to preserve vitamin C. Use the water from cooked vegetables in soups or gravy. Avoid soaking vegetables in water.
- **Starchy Vegetables:** Cook thoroughly over medium heat.
- **Vegetables Cooking Method:**
 - Vegetables grown above the surface (greens) should be placed in boiling water.
 - Vegetables grown below the surface (root vegetables, except new potatoes) should start cooking in cold water.
- **Stews and Soups:** Cook stews and soups over low heat to tenderise meat and allow flavours to distribute evenly throughout the liquid.
- **Herbs:**
 - Dried herbs can be used in the place of fresh herbs, but they are less potent. Increase the quantity accordingly.
 - Always use fresh parsley for the best flavour.



KITCHEN TIPS, TOOLS & TECHNIQUES

General Cooking Notes

Cooking Abbreviations	
tsp	Teaspoon
tbsp	Tablespoon
fl. oz.	Fluid Ounce
oz.	Ounce
ml	Millilitre
l	Litre
lb	Pound
g	Grams
Kg	Kilograms
°F	Fahrenheit
°C	Celsius

Table of Comparative Oven Temperatures			
Heat	Fahrenheit (°F)	Celsius (°C)	Gas Mark
Very Low	225	110	¼
	250	120	½
Low	275	140	1
	300	150	2
Moderate	325	165	3
	350	177	4
Moderately Hot	375	190	5
	400	200	6
Hot	425	220	7
	450	230	8
Very Hot	475	245	9
	500	260	10

Table of Comparative Liquid Measurements				
Cups	Imperial (fl. oz.)	Metric (ml)	Teaspoons	Tablespoons
⅛	1	30	6	2
¼	2	60	12	4
⅓	3	80	16	5
½	4	120	24	8
⅔	5	160	32	11
¾	6	177	36	12
1	8	240	48	16
2	16	470	96	32

Table of Comparative Dry Measurements				
Cups	Imperial (oz.)	Metric (g)	Teaspoons	Tablespoons
⅙	½	15	3	1
⅛	1	28	6	2
¼	2	57	12	4
⅓	3	85	16	6
½	4	115	24	8
⅔	5	152	32	10
¾	6	171	36	12
1	8	227	48	16

Meet the CONTRIBUTORS

This cookbook is a collaborative effort, and we extend our heartfelt thanks to the talented chefs and entities who contributed their time, expertise and creativity to this publication.

Zalika King



Zalika King is a dedicated pastry chef whose passion for baking began at age three. With experience in Michelin-recognised restaurants, she has worked alongside renowned chefs, including the legendary Chef Marcus Samuelsson in

New York City - an experience that further ignited her passion for world-class cuisine.

As a traveling chef, Zalika continues to broaden her expertise, exploring global flavours and cultures. She holds a Bachelor's Degree in Culinary Management from the Lincoln Culinary Institute, graduating with First Class honours in 2017 and is also the proud owner of SabrosoZ Bakery.

Guided by her faith, Zalika lives by the Bible verse, "I can do all things through Christ who strengthens me," which fuels her commitment to excellence. Her journey is a testament to her dedication to her craft, inspiring others with her skill, passion, and pursuit of making the world a sweeter place, one pastry at a time.

Omari Layne



Omari Layne is the 2024 Junior Chef Cook-Off Competition Champion. He is a 21-year-old culinary enthusiast, who enjoys trying different cuisines and is passionate about marketing Barbadian dishes worldwide.

He experiments and creates new dishes by fusing Barbadian cookery with the rest of the world's cuisine and hopes to eventually own and operate a Barbadian inspired fine dining restaurant.

His fondness for food and its preparation revolves around his Caribbean epistemology. Throughout his life, food has not only been about eating but has been a showcase of love. He got into cooking by watching his parents and grandparents and was also thrown into the kitchen by his siblings as he has always been the one willing to try his hand at dinner and Sunday lunch. He loves cooking and wants to learn all he can on his journey as a young culinary artist.

Ann-Marie Leach



Ann-Marie Leach is a passionate international plant-based chef, mother of two and wife. She is also the founder of Yummy Mummies, a plant-based wellness and catering/events business.

Her passion is to create plant-based cuisine that does not compromise on flavour and health. She is big on living a healthy and balanced lifestyle and encouraging others to do the same all while challenging the theory that plant-based food is boring.

Ann-Marie is a mother of two, wife and an award winning chef known for her plant forward food and creativity in the kitchen. She believes in simple ingredients and creating dishes that are healthy, delicious and nutritious. Ann-Marie currently works

to represent Barbados as a chef, flying all over the world. She trained in Canada at Le Cordon Bleu and is passionate about sharing her vast knowledge with others and showing that eating healthy does not have to compromise on flavour and creativity.

Dane Saddler



Chef Dane Saddler is a seasoned culinary professional with over 20 years of experience in the industry. His career has taken him across the globe, from providing private chef services in Barbados, to overseeing restaurant openings in St. Kitts, and even

curating menus in Australia. Throughout his diverse journey, he has remained deeply passionate about Caribbean-inspired cuisine, incorporating fresh, vibrant ingredients into every dish he prepares.

In addition to his culinary expertise, Chef Saddler has developed a strong working relationship with the Roberts Manufacturing Group over the past few years. Through product testing, sampling, and recipe creation, he has been instrumental in showcasing the versatility and variety of the company's products. His ability to creatively use these ingredients underscores his commitment to innovation and quality in every meal.

Stephanie Sayers



Stephanie Sayers, or Chefanie, is a dynamic professional with a passion for culinary arts and business. Stephanie brings levels of creativity, ensuring customers receive top-quality service and products. Alongside her responsibilities at HIPAC Ltd, Stephanie is

a part-owner of Miami Beach Bar, situated on the picturesque Miami Beach, Barbados.

Stephanie's journey in the culinary world began in 2009. She was half of the Queen's College duo who won Junior Dueling Challenge. In 2012 she showcased her talent as Junior Chef for the Barbados Culinary Team, earning both gold and silver medals. She ventured into entrepreneurship in 2020 with the launch of "Soigné Cuisine by Chefanie", a small food

business that reflects her commitment to excellence and innovation in culinary arts.

Driven by a relentless pursuit of excellence and a love for her craft, Stephanie continues to inspire others, while making a significant impact in the production sector of the food industry in Barbados.

Kerry Trotman



Kerry Trotman is a highly-skilled and creative pastry chef whose passion for baking started at Tamarind Cove Hotel and then to Daphne's of London in Barbados. She attended New England Culinary Institute (British Virgin Islands). After receiving

her Degree in Culinary Arts, she was hired as a tutor to teach baking specialty breads and artfully crafted desserts.

Refining her craft, she returned to Barbados and founded Comfort Cakes, a thriving business that has been in operation for six years, delighting customers with custom-made, delightful desserts.

In 2013, her talents took her to the prestigious Fairmont Royal Pavilion, where she currently excels as Pastry Sous Chef. In this dynamic role, blending innovation with artistry to create exceptional pastries, showcases both her technical expertise and a passion for quality.

Her dedication to this craft has earned the respect and recognition within the culinary community, inspiring her team and aspiring chefs alike. Kerry is known for combining classic techniques with modern flavours, creating unforgettable culinary experiences with every creation.

Contributors – Roberts Manufacturing Co. Limited Distributors:

- > **ACADO St. Lucia (St. Lucia)**
- > **ACADO SVG (St. Vincent and the Grenadines)**
- > **Alstons Marketing Company Ltd. (Trinidad)**
- > **A.S Bryden & Sons (Antigua) Ltd.**
- > **Bryden & Minors Ltd. (Grenada)**
- > **Fine Foods Inc. (Dominica)**
- > **Massy Distribution (Guyana) Inc.**

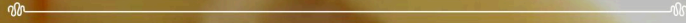






Soups

Cosy up with our rich and flavourful signature soups. Whether you enjoy a light broth, creamy chowder or a traditional Caribbean soup, our recipes are designed to warm your soul and delight your senses.



Bajan Chicken and Split Pea Soup With Pigtails



INGREDIENTS

3 tbsp Glow-Spread Margarine
8 oz raw dry split peas
4 salted pigtails (optional)
1 scotch bonnet pepper
2 large onions
2 bulbs garlic
¼ lb fresh thyme
¼ lb fresh marjoram
¼ lb fresh chives
1 lb potatoes
1 lb sweet potato
1 lb carrots
3 lb pumpkin
3 lb chicken with bones (preferably chop mix)
 Limes
 Salt

INSTRUCTIONS - COOKING

1. Boil split peas with $\frac{1}{2}$ of the chopped herbs and some of the onion and garlic. Lightly season the water with salt. The amount of water you boil the split peas with should be reflective of the amount of soup you are trying to achieve to fill the pot up. Once peas are cooked, strain them while keeping the water. The water will be reused for the soup. Mash the peas or blend into paste if the blender is an option.
2. Sauté $\frac{3}{4}$ of the diced pumpkin with **Glow-Spread Margarine**. Add liquid from the split peas and boil until pumpkin becomes very soft and almost starts to dissolve into the water, changing the liquid slightly to the colour of the pumpkin.
3. Add all other ingredients to the liquid; chicken, scotch bonnet pepper, remaining pumpkin, potatoes, sweet potatoes, remaining herbs, onion, garlic and pigtails.
4. Add some of the water from the pigtails to taste.
5. Bring pot to boil, then let simmer on low to medium heat for approximately 45 minutes, allowing everything to cook.
6. Once the soup is finished, add salt to taste. However, this may not be necessary depending on the amount of water from the pigtails previously added.

INSTRUCTIONS - PREPARATION

1. Place chicken in a lime and salt bath and leave for an extended time period according to your preference. Rinse chicken thoroughly and season with salt and pepper.
2. Wash pigtails and place in a pot. Add water to completely cover pigtails. Boil until pigtails are soft to bite. The pigtails should still have a salted flavour profile but not salty. Once boiled, cut down into manageable pieces.
3. Keep the water from the pigtails. Use the water from the pigtails to boil chicken.
4. While chicken is boiling, cut pumpkin into medium dice. Keep separate. Also dice potatoes, sweet potatoes and carrots.
5. Cut onion into dice and finely chop garlic.
6. Chop herbs (marjoram, thyme and chives).



Dominican Callaloo Soup with Crab



INGREDIENTS

2 tbsp Sunflower Coconut Spread
3 large crabs
2 cups coconut milk
 (use canned if fresh coconut isn't available)
5 cups water
1 hot pepper (e.g., Scotch bonnet)
1 large onion, chopped
4 chives, chopped
10 small dumplings (made with flour, salt, and water)
1 tbsp oil
1 tbsp black pepper
1 tbsp chopped celery
1 tbsp chopped thyme
1½ tbsp turmeric
2 tbsp salt, or add salt to taste
2 lbs young dasheen or tannia leaves
 (substitute with Spinach if unavailable)
 Garlic



FUN FACT:

Callaloo – Did you know Callaloo is the national dish in both the Commonwealth of Dominica and the Republic of Trinidad & Tobago?



NOTES:

Callaloo soup is a beloved "one-pot" dish popular across the Caribbean, with Dominica adopting it as a national favourite. It's traditionally prepared for national holidays, celebrations, whenever there's a desire to reconnect with cultural roots, and especially during the Independence season. This version uses crab, though smoked or salted pork is also traditional. In Dominica, the preferred crab is the cirique, a species found in the island's rivers. You can serve callaloo soup on its own or with accompaniments like bread, rice, or provisions such as green bananas, dasheen, breadfruit, and plantains.

INSTRUCTIONS

1. Prepare the Crabs: Boil crabs in a large pot with salt and a little garlic. Once cooked, remove the crab backs, clean thoroughly and separate the legs, pinchers, and ribs for later.
2. Prepare the Leaves: Wash and peel the dasheen or tannia leaves. Chop them and boil in 3 cups of water with ½ tbsp of salt. If using spinach, simply wash and chop the leaves.
3. Cook the Aromatics: Heat oil in a large pot over medium heat. Add the chopped onion, celery, and garlic, and **Sunflower Coconut Spread** and sauté for about 3 minutes.
4. Add Coconut Milk: Pour the coconut milk and remaining water into the pot. Add the boiled dasheen, tannia, or spinach leaves.
5. Blend the Soup: Using an immersion blender, pulse the mixture for about 15 seconds to break down the leaves, but don't over-blend—it should remain slightly chunky.
6. Season the Soup: Stir in the chopped thyme and hot pepper.
7. Make the Dumplings: In a bowl, mix flour, salt, and water to form a stiff dough. Pinch off small pieces and roll into elongated poles or small bite-sized balls.
8. Simmer the Soup: Add the dumplings and boiled crabs to the pot. Season with the remaining salt, black pepper, and turmeric.
9. Cook to Perfection: Cover the pot and let the soup simmer for about 45 minutes until the dumplings and crabs are fully cooked.
10. Serve: Enjoy your callaloo soup on its own, or serve with white rice, bread, or traditional provisions like plantains and breadfruit. You can even add provisions to the soup to boil as well.



Recipe and image contributed by: Fine Foods Inc. (Dominica)



Corn Soup



INGREDIENTS

1 tbsp Glow-Spread Margarine
2 large onions, sliced
2 Chicken Bouillon Cubes
8 cups water
12 large ears young corn
Salt and ground black pepper to taste

INSTRUCTIONS

- 1.** Grate corn off the cob and soak cobs in a little cold water to extract all the milk.
- 2.** To the water, add corn, chicken bouillon cubes and sliced onion.
- 3.** Bring to a boil and simmer for two hours.
- 4.** Add **Glow-Spread Margarine**, salt and pepper to taste.



Cream of Onion Soup

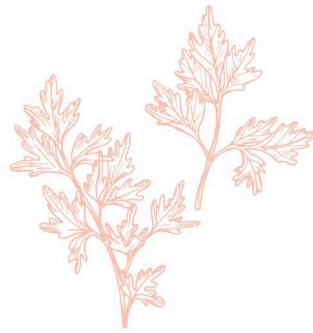


INGREDIENTS

2 tbsp Glow-Spread Margarine
1 tsp green bell pepper, finely chopped
1 tsp parsley, chopped (optional)
1 cup milk
1½ cups cheddar cheese, grated
2¾ cups onion, thinly sliced
4 cups water
3 Chicken Bouillon Cubes
 Salt and pepper to taste
 Flour

INSTRUCTIONS

1. Melt **Glow-Spread Margarine** in a pot, add onions and cook for 10 minutes stirring constantly.
2. Remove from fire and stir in flour.
3. Return to fire and slowly add water and milk, stirring constantly.
4. Bring to boiling point, add Chicken Bouillon Cube. Let simmer for 15 minutes then strain.
5. Add cheese and stir until it melts.
6. Add salt and pepper to taste.
7. Garnish with chopped parsley, if desired.



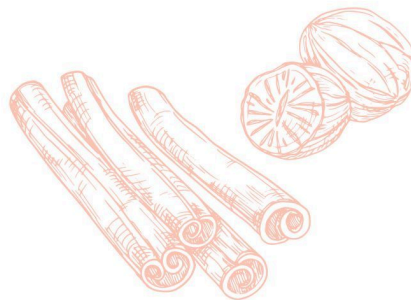
Dumplings for Soup

INGREDIENTS

2 tsp Glow-Spread Margarine
1 cup flour
½ cup milk
¼ tsp nutmeg
¼ tsp cinnamon
½ tsp salt
1 tsp sugar
1½ tsp baking powder

INSTRUCTIONS

1. Mix dry ingredients together and rub in **Glow-Spread Margarine**.
2. Add milk to make soft dough.
3. Drop by spoon into soup and cook for 10 to 15 minutes.



DID YOU KNOW?

Glow-Spread contains no cholesterol or trans-fat?

Fish Head Soup



INGREDIENTS

Roberts Soybean Cooking Oil

Mello-Kreem Spread or Dove Margarine Spread

Fish Carcass, head included

1 head of celery, chopped

2 bulbs garlic, chopped

3 large onions, chopped

3 potatoes, diced

4 lemons

6 okras, chopped

2 cups white wine

¼ lb thyme, chopped

¼ lb marjoram, chopped

¼ lb chives, chopped

½ lb carrots, diced

1 tbsp chili powder

2 tbsp paprika

3 tbsp lemon pepper seasoning

3 tbsp curry powder

Water

Any other vegetables and ground provisions can be added to build up the soup



INSTRUCTIONS - PREPARATION

1. Place fish carcass and head on a baking pan.
2. Squeeze the juice of two lemons over it and add half of the onions, carrots, garlic and celery.
3. Bake in oven with a little **Roberts Soybean Cooking Oil** and the white wine at 400° F until the fish carcass and head start to get a slight char on the surface.

INSTRUCTIONS - COOKING

1. In a pot, sauté remaining onion, garlic, carrots and celery with **Mello-Kreem Spread** or **Dove Margarine Spread**.
2. Add lemon pepper seasoning, chili powder, curry powder and paprika.
3. Add roasted fish carcass along with everything on the pan, liquid and everything.
4. Add water to the pot. Bring the water level to a level slightly above the amount of soup you would like to be left with.
5. Add potatoes and herbs and let boil.
6. Once boiled and potatoes are soon finished cooking, add okras and allow to simmer for a further 30 minutes on low heat.
7. Season with salt and pepper to taste.



Lentil Soup

**mello-
kream**
Spread

DOVE
MARGARINE
Spread

INGREDIENTS

1½ **tblsp** Mello-Kreem Spread or
Dove Margarine Spread
½ **tsp** curry powder
1 **tsp** salt
¾ **cup** celery, chopped
¾ **cup** carrots, chopped
1 **cup** lentils
½ **large** onion, diced
14 **oz** water
Pepper to taste

INSTRUCTIONS

1. Sauté onion in **Mello-Kreem Spread** or **Dove Margarine Spread**, add celery. This should be done for 3 minutes on medium heat.
2. Add curry powder and carrots. Sauté for a further 2 minutes. Then add water.
3. Bring to a boil and cook until peas are tender, over medium-high heat.

DID YOU KNOW?

Mello-Kreem & Dove Margarine Spread are ideal for adding flavour to soups, gravies and stews?



Pumpkin & Ginger Soup



INGREDIENTS

1 tbsp Roberts Soybean Cooking Oil
 1 small pumpkin about 2lbs
 1 onion, finely chopped
 4 cups vegetable stock or water
 60g ginger, finely chopped
 ½ tsp curry powder
 ½ tsp ground cumin
 ½ tsp salt
 Sugar to taste

INSTRUCTIONS

1. Clean the pumpkin, remove the seeds and peel if necessary.
2. Cut into small cubes.
3. Heat the **Roberts Soybean Cooking Oil** and cook the onion for a few minutes on medium heat. Add Pumpkin, ginger and spices. Sauté for a further 2 minutes.
4. Add salt, water and sugar.
5. Bring everything to a boil and let cook gently for about 20 – 25 minutes or until the pumpkin pieces are soft.
6. Purée the soup.



Sweet Potato and Sweet Corn Chowder (Vegan, Gluten Free)



INGREDIENTS

3 tbsp Sunflower Coconut Spread
2 tbsp ground cumin
2 tbsp ground coriander
2 tbsp ground cinnamon
400g or 1 regular sized can creamed style corn
1200g or 4 regular sized cans of sweet corn
28fl oz or two regular cans coconut milk
¼ lb thyme
2 lb sweet potato
1 large onion
1 bulb of garlic, peeled
 Salt and pepper to taste
 Sugar to taste

INSTRUCTIONS - PREPARATION

1. Peel and dice sweet potato.
2. Open cans of corn and strain off liquid with the exception of the creamed style corn. You must keep the liquid from the creamed style corn.
3. Chop thyme.
4. Roughly chop onion and garlic.

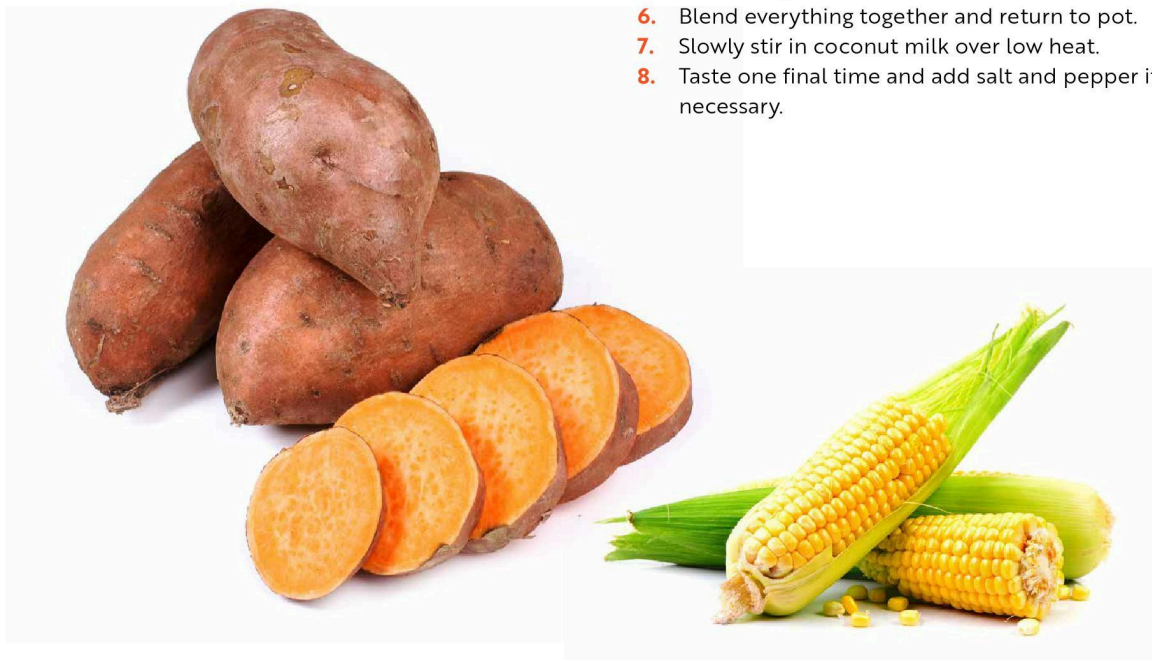
INSTRUCTIONS - COOKING

1. Sauté sweet potato, onions and garlic in **Sunflower Coconut Spread**.
2. Add corn; then add water to completely submerge the contents. The water should be a couple inches above sweet potatoes and corn.
3. Add herbs.
4. Add spices, salt, pepper and a bit of sugar, not to make it sweet, but just to accentuate the sweet potato.
5. Bring to boil and continue to cook on medium heat until sweet potatoes are cooked and soft and mushy to touch.
6. Blend everything together and return to pot.
7. Slowly stir in coconut milk over low heat.
8. Taste one final time and add salt and pepper if necessary.



DID YOU KNOW?

Sunflower Coconut Spread is infused with real Coconut Oil which contributes to a healthy diet?



Tomato Soup

**GLOW-
SPREAD**
MARGARINE

INGREDIENTS

8 tbsp Glow-Spread Margarine
3 oz Balsamic Vinegar
5½ cups water
1 small onion, sliced
2 basil leaves
2 sprigs of rosemary
4 sprigs of thyme
5 large ripe tomatoes
5 cloves of garlic, peeled
1 tsp salt
2 tsp sugar
Ground black pepper to taste

INSTRUCTIONS

1. Chop tomatoes, onion, garlic and sauté on medium heat in **Glow-Spread Margarine**.
2. Add balsamic vinegar and water to barely cover the tomatoes by one inch.
3. Add thyme and rosemary; bring to a boil, then let tomatoes cook out for 20 minutes on low heat.
4. Season with salt and black pepper to taste and blend into a smooth purée.
5. Return soup to the pot on low heat and stir in one teaspoon of **Glow-Spread Margarine** on low heat.
6. To garnish, add two basil leaves, thinly sliced.

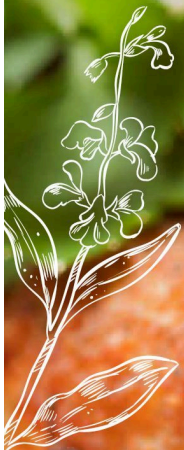






Appetisers

Delightful and easy-to-make appetisers to jumpstart your culinary adventure. Ideal for any occasion, these appetisers are sure to tantalise your taste buds and set the tone for a memorable dining experience.



Coconut Shrimp Kebabs



INGREDIENTS

Sunflower Coconut Spread

Velvo Kris Shortening

Tempura flour

5 cloves of garlic, minced

12 prawns (Size 16 - 20)

4 oz. desiccated coconut

4 oz. Panko breadcrumbs

1 tbsp ground cinnamon

2 tbsp ground nutmeg

Salt and pepper to taste

INSTRUCTIONS - PREPARATION

1. Remove shell and tails from prawns.
2. Combine equal parts of desiccated coconut and Panko breadcrumbs. Add ground nutmeg and ground cinnamon. This will enhance the flavour of the coconut.
3. Take Tempura flour and whisk in water until you achieve a batter that thoroughly coats your finger, but still runs.
4. Season prawns with salt and pepper to taste and minced garlic.
5. Place prawns into Tempura batter, then into the coconut and Panko mixture.

INSTRUCTIONS - COOKING

1. In a frying pan, add a mixture of **Sunflower Coconut Spread** and **Velvo Kris Shortening**. The liquid from the spreads should reach about ½ inch to an inch thick.
2. Once hot, place prawns into the pan and shallow fry until golden brown on each side.
3. Take prawns out of the mixture and place on kebab sticks. Serve up with dip of choice.

NOTES:

Substitute with Sunflower Garlic Spread for Garlic Shrimp Kebabs.



Crab Cakes



INGREDIENTS

6 tbsp Sunflower Garlic Spread
Roberts Soybean Cooking Oil
 Tempura Flour
1 can crab of choice
1 large onion
1 bulb of garlic, peeled
3 Idaho potatoes
¼ lb parsley
¼ lb chives
1 lb Panko breadcrumbs
 Few sprigs of tarragon

INSTRUCTIONS - PREPARATION

1. Take Tempura flour and whisk in water until you achieve a batter that thoroughly coats your finger, but still runs.
2. Strain excess liquid from crab.
3. Dice onion, mince garlic and chop herbs.
4. Peel and dice potatoes.

INSTRUCTIONS - COOKING

1. Sauté crab with onion, garlic and half of the herbs.
2. Cook potatoes in water seasoned with salt. Do not overcook until mushy, take them off when they are cooked.
3. Once potatoes are cooked, put through ricer or crush them as smooth as possible if ricer is not available.
4. Add **Sunflower Garlic Spread** and turn into a mash as smooth as possible.
5. Add sautéed crab mix and combine well.
6. Let cool and form mixture into desired size crab cakes.
7. Place formed crab cakes into the fridge to set and become a bit firmer for a few hours if you have the time.
8. Place crab cakes into Tempura batter and then into Panko breadcrumbs.
9. Fry in **Roberts Soybean Cooking Oil** until golden brown and serve with sauce/dip of choice.



Crispy Chicken Tenders with a Molasses BBQ Sauce



INGREDIENTS

12 oz. Roberts Soybean Cooking Oil
1 tsp Mello-Kreem Spread
1 tsp cayenne pepper
1 tsp chili flakes
1 chicken breast
1 egg
½ oz cumin
1 oz paprika
1 oz curry
2 oz malt vinegar
2 oz molasses
2 oz Bajan seasoning
3 oz corn starch
4 oz flour
4 oz ketchup
4 oz brown sugar
6 oz Panko breadcrumbs

INSTRUCTIONS

1. Cut chicken breast into strips and season with Bajan seasoning.
2. Mix flour and all other dry ingredients together.
3. Lightly beat egg.
4. Toss the chicken strips inside the flour mix, then into the egg and into Panko breadcrumbs
5. When **Roberts Soybean Cooking Oil** has reached medium heat, place strips into the oil to fry until golden brown.
6. For the Molasses BBQ sauce, add molasses, ketchup, brown sugar, **Mello-Kreem Spread**, malt vinegar and chili flakes into a small pan, bring the mixture to a boil, and then let simmer for 5 minutes.



APPETISERS | 37

Fish Cakes



INGREDIENTS

Roberts Soybean Cooking Oil for deep frying
 ½ cup flour
 2 lb salted cod
 4 tbsp thyme, chopped
 3 tbsp coriander, chopped
 4 tbsp marjoram, chopped
 2 tbsp double acting baking powder
 5 tbsp parsley, chopped
 1 lemon
 1 scotch bonnet pepper
 1 onion, finely chopped

INSTRUCTIONS

1. Wash the excess salt off of the salted cod and then put in a pot with water to boil. Strain the water from the initial boil and keep it; put to cool.
2. Boil fish again. Taste fish after the second boil. It should still have a salted flavour but it should not be salty.
3. Crumble fish and let cool.
4. In a bowl, combine flour, baking powder, chopped herbs, chopped scotch bonnet pepper, crumbled salted cod and a squeeze of lemon juice.
5. Slowly add salted water that you kept from the first boiling of the fish, stir and combine well without beating the mix. Gently stir and combine until you achieve a sticky batter, thick enough to hold shape on a spoon, but still flowing.
6. Use a tablespoon and drop into hot **Roberts Soybean Cooking Oil**, managing the heat to achieve a golden brown colour on the outside of the fritter, while having the entire fritter cooked through thoroughly.



FOODIE TIP:

Try the Fishcakes Dip with your fish cakes for enhanced flavour. The recipe is in the Sauces & Gravy section of this book!



Grilled Chicken Skewers



INGREDIENTS

¼ cup Sunflower Garlic Spread
4 chicken breasts, cut into cubes
1 tsp dried oregano
2 tbsp lemon juice
Salt and pepper to taste
Skewers

INSTRUCTIONS

1. In a bowl, mix **Sunflower Garlic Spread**, lemon juice, oregano, salt, and pepper.
2. Toss chicken cubes in the mixture and marinate for at least 30 minutes.
3. Thread chicken onto skewers and grill over medium heat until cooked through for about 10 – 15 minutes.



FOODIE TIP:

Good BBQ is better with great sauce. Try out the Grilled Meats sauce on all your meats. Recipe available in the Sauces & Gravy section.



APPETISERS | 39

Honey Glazed Pork Bites



INGREDIENTS

Roberts Soybean Cooking Oil

½ lb pork chop, diced

15 g corn flour

2 oz. fresh ginger, minced

½ tsp vinegar

1 tsp baking powder

1 tsp ground all spice

1 tsp paprika

1 tsp Chinese five spice

2 tbsp honey

3 tbsp Soy sauce

3 pods garlic, minced

½ of an onion, diced

Salt and black pepper

INSTRUCTIONS - PREPARATION

1. Add diced pork to a bowl. Add corn flour, baking powder, 1 tbsp of Soy sauce and the vinegar.
2. Season with salt and black pepper to taste.
3. Mix well until combined and place in refrigerator to marinate for a bit.

INSTRUCTIONS - COOKING

1. Place **Roberts Soybean Cooking Oil** into a pan, about 2 inches above pan level to enable you to fry.
2. Fry pork pieces at a low to medium heat to cook. Remove them from the pan, then fry them again at a high heat to crisp.
3. In a saucepan, add a drizzle of **Roberts Soybean Cooking Oil** and sauté onion, garlic and ginger.
4. Add 8 oz. of water, 2 tbsp of Soy sauce, 2 tbsp of honey and salt and black pepper to taste. Add chili flakes if you want a slight kick.
5. Let sauce cook down until it thickens. This should only take a couple minutes.
6. Add pork to sauce and toss until completely coated.



Hot Fish Salad



INGREDIENTS

3 tbsp Glow-Spread Margarine, melted
¼ tsp Worcestershire Sauce
½ tsp lime juice
½ cup fresh breadcrumbs
1 cup celery
1 cup mayonnaise
6 oz. salted cod, boiled
8 oz. cooked dolphin
1 green pepper
1 small onion
Parsley
Salt and pepper to taste

INSTRUCTIONS

1. Finely chop green pepper, onion and celery.
2. Add mayonnaise, minced dolphin and minced salted cod, lime juice and Worcestershire Sauce.
3. Add salt as necessary.
4. Pour into greased ramekin dishes, top with breadcrumbs which have been mixed with melted **Glow-Spread Margarine** and bake at 350°F for half an hour.
5. Garnish with parsley and serve hot.



Saltfish and Scotch Bonnet Sweet Potato Croquette with Salsa

**mello-
kream**
Spread

Sunflower
Garlic
Spread

Roberts
100%
Soybean Oil

INGREDIENTS

½ **tb**sp Mello-Kreem Spread
 1 **tb**sp Sunflower Garlic Spread
 6 **oz.** Roberts Soybean Cooking Oil
 2 **oz.** mango
 2 **oz.** boiled saltfish
 2 **oz.** chopped garlic
 2 **oz.** small diced tomato
 2 **oz.** flour
 3 **oz.** coconut milk
 3 **oz.** chopped cilantro
 3 **oz.** Panko breadcrumbs
 4 **oz.** onion
 6 **oz.** sweet potato
 1 **tsp** scotch bonnet
 1 **tsp** Bajan pepper sauce
 1 **tb**sp thyme
 1 **tb**sp marjoram
 1 egg

INSTRUCTIONS

1. Peel, chop and dice sweet potato and place to cook.
2. While sweet potato is cooking, sauté saltfish in **Mello-Kreem Spread** and **Sunflower Garlic Spread** with the thyme, marjoram, scotch bonnet, 2 oz onion and garlic.
3. Mash potato and fold in the saltfish mixture.
4. Shape the mixture into two burger like patties, toss in the flour to coat it, then place into beaten egg and finish coating with the Panko breadcrumbs.
5. In a small frying pan, shallow fry the croquette on both sides until golden brown.
6. For the Salsa - Combine tomato, mango, cilantro, **Roberts Soybean Cooking Oil** and lemon juice together with ½ **tsp** scotch bonnet and set aside.

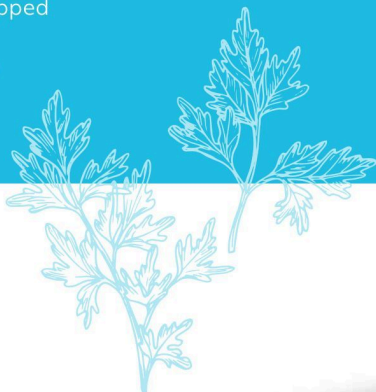


Yam or Sweet Potato Balls



INGREDIENTS

1 tbsp Mello-Kreem Spread
Roberts Soybean Cooking Oil
1 lb yam or sweet potato, smoothly crushed
½ tsp parsley, chopped
1 tbsp flour
1 egg, beaten
1 onion, chopped
Milk
Salt to taste



INSTRUCTIONS

1. To 1 lb of smoothly crushed yam or sweet potato, add 1 tbsp Mello-Kreem Spread, 1 beaten egg, 1 chopped onion, a pinch of salt, 1 tbsp flour, ½ tsp chopped parsley and milk to bind.
2. Shape into balls, roll in breadcrumbs and fry in hot Roberts Soybean Cooking Oil.



Starches & Vegetables

Discover the limitless potential of vegetable and starch-based dishes. Our recipes celebrate the vibrant flavours and textures of fresh produce and local ground provisions.



Alfredo Pasta



INGREDIENTS:

2 tbsp Glow-Spread Margarine
10 oz linguine pasta
4 cups water
6 oz parmesan cheese, grated
2 tbsp flour
2 tsp garlic, minced
½ tsp Italian seasoning
1 tsp salt
1½ cup milk
Black or white pepper to taste

INSTRUCTIONS:

1. In a medium pot bring water and salt to a boil. Add linguine and cook for 8-10 minutes, until pasta is al dente (cooked but firm).
2. Melt **Glow-Spread Margarine** and add garlic.
3. Remove from fire and gradually whisk in flour, until it resembles breadcrumbs.
4. Return to a low heat. Add milk and stir constantly until mixture thickens.
5. Add pasta and cheese. Stir until cheese is melted and pasta is smooth.
6. Add salt and pepper to taste. Serve immediately.



Breadfruit Cheese Pie



INGREDIENTS:

2 tbsp Sunflower Soft Luxury Spread
 and some for greasing pan
½ lb cheddar cheese
2 tbsp flour
2 tbsp mustard
1 tbsp breadcrumbs
½ breadfruit
1¾ cups milk
1 tsp salt

INSTRUCTIONS:

1. Wash the breadfruit and cut into pieces lengthwise. Peel then remove core. Boil in salted water.
2. Grease a pie dish with **Sunflower Soft Luxury Spread**.
3. Melt **Sunflower Soft Luxury Spread**, remove from fire and gradually whisk in flour, until it resembles breadcrumbs.
4. Return to a low heat. Add milk and stir constantly until mixture thickens.
5. Gradually add the cheese, reserving 2 tablespoons to set aside. Stir until the cheese melts and the sauce becomes smooth. Season with salt and pepper.
6. When the breadfruit is cooked and cooled cut into small pieces.
7. Pour sauce over the breadfruit pieces. Carefully stir breadfruit pieces without breaking. Pour the mixture into the pie dish.
8. Mix the remainder of cheese with breadcrumbs. Sprinkle on top of the pie.
9. Bake at 350 °F for 15 minutes until brown.



Breadfruit Chips



INGREDIENTS:

3 cups Roberts Soybean Cooking Oil
(enough for frying)
1 breadfruit
1 tsp salt or seasoning salt
Pepper flakes or herbs (optional)

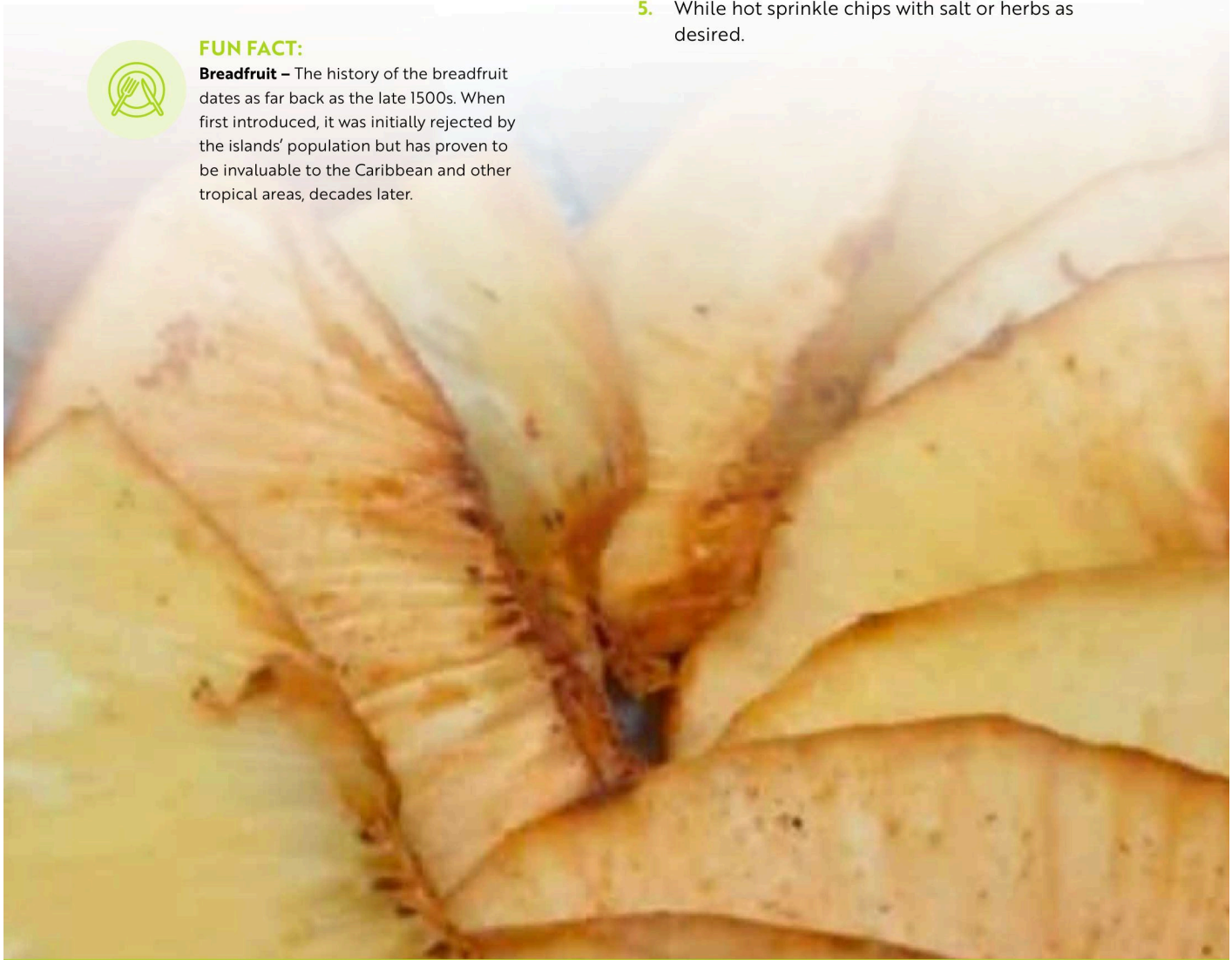
INSTRUCTIONS:

1. Peel and thinly slice breadfruit. Wash it and pat dry with tissue.
2. In a frying pot, heat **Roberts Soybean Cooking Oil** over a medium heat.
3. Once **Roberts Soybean Cooking Oil** is hot, add dried breadfruit slices. Cook slices for 2 minutes, then flip to cook on the other side.
4. Once golden brown and crispy, remove from the oil and place on paper towels to drain excess oil.
5. While hot sprinkle chips with salt or herbs as desired.



FUN FACT:

Breadfruit – The history of the breadfruit dates as far back as the late 1500s. When first introduced, it was initially rejected by the islands' population but has proven to be invaluable to the Caribbean and other tropical areas, decades later.



Breadfruit Cou-Cou

**mello-
kream**
Spread

INGREDIENTS:

4 **tbps** Mello-Kreem Spread
1 **lb** breadfruit
4 **oz** salt meat
3 **oz** onions, chopped
2 sprigs thyme
2 sprigs marjoram
2 sprigs chives
2 **cups** vegetable stock
Salt and pepper to taste

INSTRUCTIONS:

1. Peel and cut breadfruit into slices.
2. In a pot, boil with salt meat, herbs and onion in enough water to just cover the breadfruit.
3. When soft, remove the breadfruit from the pot and crush with a potato masher. Continue with a heavy wooden spatula to make quite smooth, adding stock as necessary.
4. Stir in 3 **tbps Mello-Kreem Spread**, and when smooth, place in a dish. Spread with the remaining **Mello-Kreem Spread**.



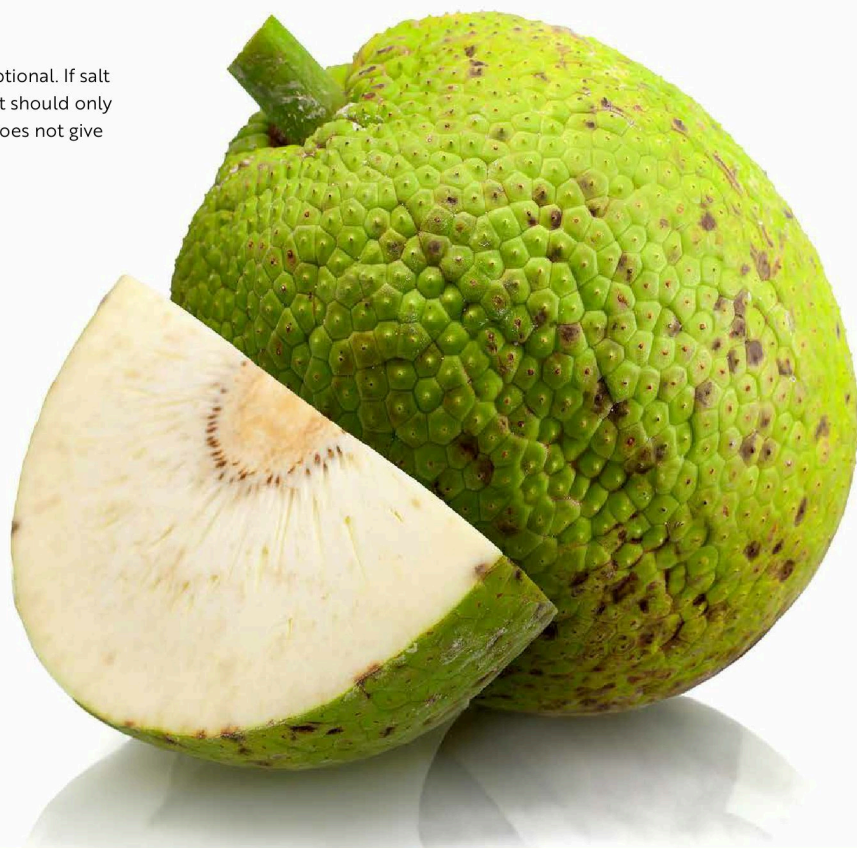
FOODIE TIP:

Try it with Steamed Flying Fish
– it's delish!



NOTES:

Adding salt meat is optional. If salt meat is used, then salt should only be used if salt meat does not give the desired flavour.



Caribbean Sweet Potato Pie



INGREDIENTS - FILLING:

2 **tbsp** Glow-Spread Margarine
1 medium sweet potato
 $\frac{1}{4}$ **cup** brown sugar
 $\frac{1}{2}$ **tsp** cinnamon powder
 $\frac{1}{4}$ **cup** milk
Salt to taste

Garnish:

1 **oz** red candied cherries
3 slices of canned pineapple rings



INSTRUCTIONS - CRUST:

1. Peel and cube sweet potato. In a small pot, cover sweet potato with water. Cook until tender.
2. Remove from water and mash sweet potato until quite smooth.
3. Add sugar, **Glow-Spread Margarine**, milk, and cinnamon.
4. Mix well and season with salt if necessary.
5. Pour into a greased baking dish. Smooth out and garnish with cherries and pineapple. Bake for 10 minutes at 375 °F.



Coconut Rice and Kidney Beans



INGREDIENTS:

13.5 oz Sunflower Coconut Spread

1 cup dried red kidney beans, soaked overnight in water or for 8 hours the least

3 cups water to cover the peas while boiling

2 cups long grain rice

1 tsp salt

3 stalks scallion, cut in half

1 whole scotch bonnet pepper

2 cloves garlic

1 tsp allspice

1 tsp thyme



INSTRUCTIONS:

1. Soak kidney beans overnight in water for at least 8 hours.
2. Rinse your soaked kidney beans thoroughly. Discard the water they were soaking in.
3. Add kidney beans to a large saucepan and cover with 3 cups water.
4. Bring to a boil, then to a simmer at medium heat for 30 minutes to an hour. Taste test after 30 – 40 minutes.
5. After the beans have cooked, add rice to the same pot, along with **Sunflower Coconut Spread**, salt, scallion, scotch bonnet pepper, garlic, allspice, thyme. Stir to combine.
6. Cover your pot with a tight-fitting lid. Bring to a boil, then reduce to a simmer at medium heat for about 15 minutes. Reduce to a low heat for an additional 5 – 10 minutes until the rice is fully cooked through.
7. Remove from the heat and let the rice sit with the cover on for an extra 10 minutes. Taste test and add anything if necessary





Corn Pie



INGREDIENTS:

½ cup Sunflower Soft Luxury Spread
2 16 oz cans sweet corn kernels
16 tbsp fine cornmeal
2 eggs, room temperature
1 cup milk
1 cup cheddar cheese, grated
½ cup onions, diced
½ cup red pepper, diced
½ cup green pepper, diced
1 tsp ground white pepper
¼ cup breadcrumbs, optional

INSTRUCTIONS:

1. Preheat oven to 350 °F.
2. Pour liquid from the cans of sweet corn into a large bowl, add the eggs and white pepper and mix well.
3. Add the cornmeal to the egg mixture and stir to form a smooth paste. Set aside.
4. Melt **Sunflower Soft Luxury Spread** in a large saucepan then add onions and peppers and sauté until the onions are translucent for about 2 minutes.
5. Stir in the milk and bring the mixture to a boil then immediately stir in the cornmeal. Reduce the heat and cook for 5 minutes, stirring occasionally.
6. Stir in the corn and cook for another 7 minutes on low heat.
7. Remove the pan from the heat and stir in half of the cheese.
8. Grease a baking dish with **Sunflower Soft Luxury Spread** then transfer corn mixture to prepared dish.
9. Smooth the surface then sprinkle the remaining cheese on top (and optional breadcrumbs). Bake for 45 minutes or until the cheese is melted and golden brown.



Cornmeal Cou-Cou

**mello-
kream**
Spread

INGREDIENTS:

3 tbsp Mello-Kream Spread
1 lb cornmeal, fine
6 cups water
16 okras
4 oz onion, chopped
2 sprigs thyme
3 tsp salt
 Salt and pepper to taste

INSTRUCTIONS:

1. Wash okras, cut off stems, and slice thinly. Finely chop onions.
2. In a medium saucepan add okras and onion, and boil in 3 cups water with 1 tsp salt for about 10 minutes.
3. In another saucepan add 3 cups water, 1 tbsp **Mello-Kream Spread**, 2 tsp salt and cornmeal. Mix well.
4. Remove the saucepan with the okra from the heat and gradually stir it into the cornmeal mixture, a little at a time, until well blended.
5. Return saucepan to the stove and cook mixture stirring all the time with a wooden spatula over medium heat.
6. When mixture becomes stiff and breaks away from the saucepan cleanly at the bottom it is finished.
7. Place immediately in a serving dish, make a "dimple" in the centre and spread with remaining **Mello-Kream Spread**.



FUN FACT:

Fungee, also known as **Cou Cou** in Barbados, is a Caribbean cornmeal dish made with okra and margarine.



STARCHES & VEGETABLES | 53

Phal Puri Roti



INGREDIENTS:

4 tbsp Sunflower Soft Luxury Spread
¼ cup Roberts Soybean Cooking Oil
½ lb split peas
3 cloves garlic, minced
4 cups all-purpose flour
3 tsp baking powder
1 ½ cups water
2 tsp salt
2-3 tsp cumin
1¾ cup water or as needed



INSTRUCTIONS:

1. Boil split peas, 1 tsp salt and garlic until firm but cooked. Drain well.
2. Grind split peas to a powder and fry in 1 tbsp oil for 1 minute, turning constantly to avoid sticking or burning.
3. Add cumin and salt to taste. Set aside to cool.
4. Combine the flour, baking powder, and salt in a bowl. Gradually add water and knead to make a soft dough. Cover with a cloth and let rest for 20 minutes.
5. Divide the dough into 8 equal balls. Open each ball and in the centre place 3 – 4 tbsp split pea mixture. Pull the sides over and close to form a ball.
6. Lightly flour. Press each dough into a circle using a rolling pin.
7. Heat the tawah, cast iron skillet or griddle over medium heat until hot.
8. Take one rolled dough and place on the hot skillet. Cook for 1 minute. Turn roti on the other side.
9. Combine the **Sunflower Soft Luxury Spread** and **Roberts Soybean Cooking Oil** and brush the mixture over the roti, then flip it onto the other side and brush with the oil and spread mixture again.
10. Repeat the process with the remaining dough.



FUN FACT:

Roti originated in the Indian subcontinent and has made its way into Caribbean cuisine.



NOTES:

Serve roti with meat or cooked vegetables.



Garlic Cheesy Mashed Potatoes



INGREDIENTS:

3 tbsp Sunflower Garlic Spread
7 cups baking potatoes, peeled and cubed
½ cup milk
¼ cup parmesan cheese, grated
1 tsp salt
¼ tsp ground black pepper

INSTRUCTIONS:

1. Place potatoes in a saucepan, cover with water and half of the salt. Bring to a boil.
2. Reduce heat and simmer for 20 minutes then drain.
3. Place potatoes in a mixing bowl then add Sunflower Garlic Spread and all other ingredients.
4. Beat until smooth with a mixer.
5. Garnish with fresh parsley (optional) and serve.



STARCHES & VEGETABLES | 55

Jug Jug



INGREDIENTS:

2 tbsp Glow-Spread Margarine
8 pints pigeon peas
½ lb onions, chopped
2 lb corned pork
½ lb green seasoning
2 lb salt beef (without bone)
1 cup Guinea corn flour
1 tsp thyme
1 tsp marjoram
1 tsp parsley
½ tsp pepper



INSTRUCTIONS:

1. Soak corned pork and salt beef overnight. Then throw off water.
2. Boil peas, onions, green seasoning, thyme & marjoram together.
3. Boil corned pork and salt beef together. Once cooked, cut into pieces, reserving the water.
4. In a food processor, combine the meat with the peas and seasoning, mince until smooth.
5. Return to the fire, add Guinea corn flour, parsley and as much of the reserved water to bring the mixture to a good consistency.
6. Stir constantly until corn flour is cooked for about 30 minutes.
7. Add **Glow-Spread Margarine** to the top and serve warm.



FUN FACT:

Jug-Jug - Keep tradition alive with this authentic Barbadian dish.



Macaroni Pie

**mello-
kreem**
Spread

INGREDIENTS:

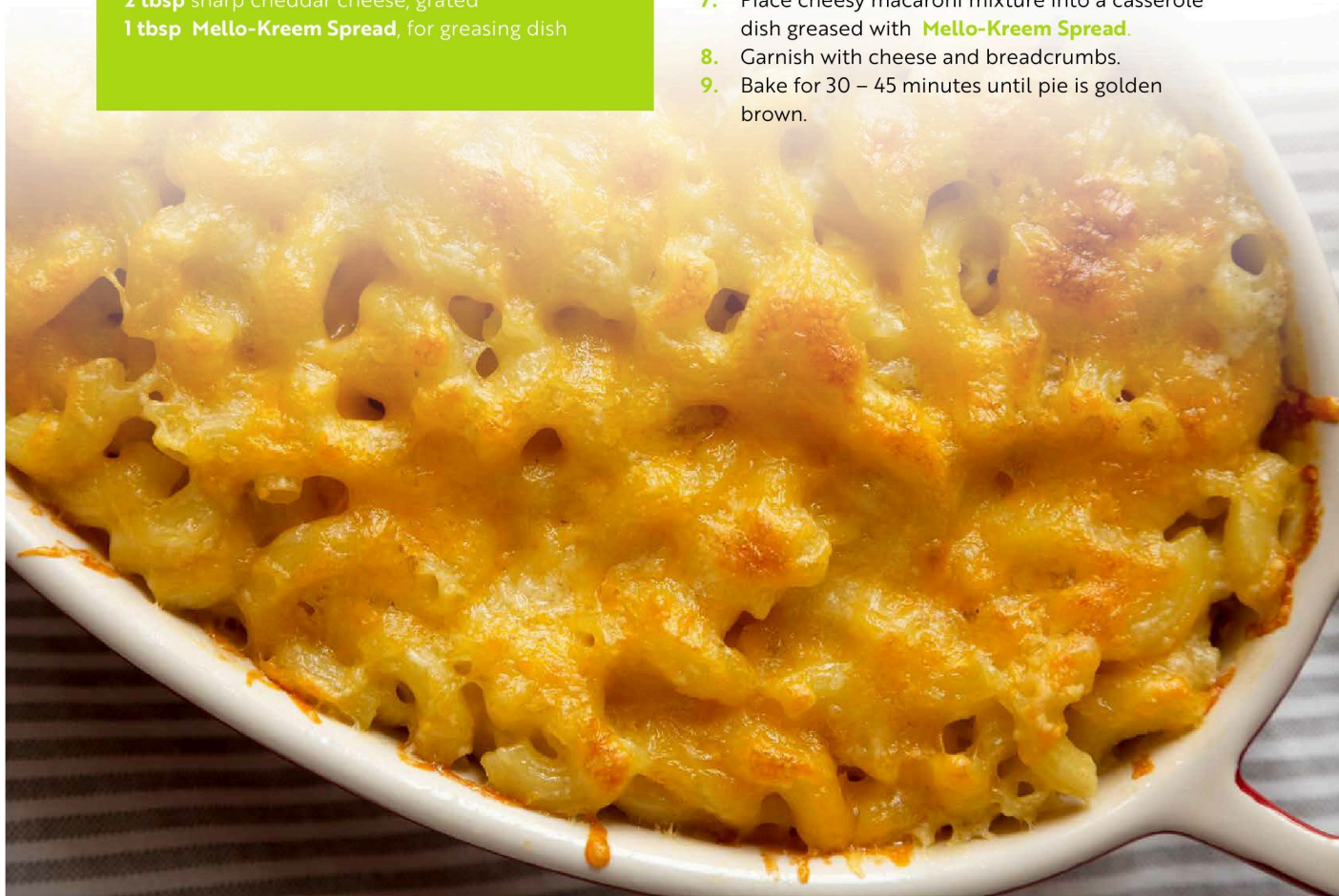
1 tbsp Mello-Kreem Spread
½ tsp Bajan hot pepper sauce (or cayenne pepper)
1 cup macaroni elbows
1 cup milk
1 egg
2 tsp onion powder
1 tsp mustard
1 tsp white pepper
1 tsp salt
½ tsp bajan hot pepper sauce (or cayenne pepper)

GARNISH:

2 tbsp fine breadcrumbs
2 tbsp sharp cheddar cheese, grated
1 tbsp Mello-Kreem Spread, for greasing dish

INSTRUCTIONS:

1. Bring water to a boil and add macaroni elbows and salt.
2. Boil uncovered until tender for about 8 minutes. Preheat oven to 350°F.
3. Drain the macaroni thoroughly and return to same hot saucepan and mix in the **Mello-Kreem Spread**.
4. Mix in grated cheese with macaroni, a little at a time while still warm.
5. Whisk the egg until fluffy and add milk, onion powder, white pepper, salt, pepper sauce and mustard.
6. Pour the mixture over the macaroni and stir to combine.
7. Place cheesy macaroni mixture into a casserole dish greased with **Mello-Kreem Spread**.
8. Garnish with cheese and breadcrumbs.
9. Bake for 30 – 45 minutes until pie is golden brown.



STARCHES & VEGETABLES | 57

Paratha Roti/ Buss Up Shut Roti (Trinidad & Tobago)



INGREDIENTS:

4 tbsp Sunflower Soft Luxury Spread
 ¼ cup Roberts Soybean Cooking Oil
 4 cups all-purpose flour
 4 tsp baking powder
 1 tsp salt
 2 tsp brown sugar
 1¾ cup water or as needed

INSTRUCTIONS:

- Combine the flour, baking powder, salt and sugar in a bowl. Gradually add water and knead to make a soft dough. Cover with a cloth and set aside for 20 minutes.
- Divide the dough into 4 equal pieces. Press each dough into a large circle using a rolling pin.
- Rub 1 tbsp **Sunflower Soft Luxury Spread** over the flattened dough. Sprinkle flour over it and then make a cut from the centre out to the edge and roll making a cone.
- Press the peak and flatten the centre of the cone. Let it sit for 15-30 minutes.
- Heat the tawah, cast iron skillet or griddle over medium heat until hot.
- Take one dough and roll it out on a floured surface, then place on the hot tawah.
- Combine **Sunflower Soft Luxury Spread** and **Roberts Soybean Cooking Oil**. Brush it over the roti, then flip it onto the other side and brush with the mixture again.
- When both sides are cooked, use a dabla or wooden spoon to beat the roti gently to give a ripped, flaky appearance.
- Remove from the tawah and wrap in a clean, dry cloth.
- Repeat the process with the remaining dough.
- Serve this Paratha Roti or Buss Up Shut with meat or cooked vegetables.



Recipe contributed by: Alstons Marketing Company Ltd.
(Trinidad & Tobago)



Pesto Fettuccine Pasta



INGREDIENTS:

¼ cup Roberts Soybean Cooking Oil
8 oz fettuccine pasta
4 cups water
2 cups basil
2 tbsp lemon juice
¼ cup pine nuts, lightly toasted
¼ cup oz parmesan cheese, grated
2 ¼ tsp garlic
2 tsp salt
Black or white pepper to taste

INSTRUCTIONS:

1. In a medium pot bring water and 2 tsp salt to a boil. Add linguine and cook for 8-10 minutes, until pasta is al dente (cooked but firm). Drain pasta saving ¼ cup pasta water.
2. In a food processor combine the pine nuts, lemon juice, garlic, salt and pepper.
3. Add the basil and pulse until combined.
4. With the processor running, drizzle the **Roberts Soybean Cooking Oil**.
5. Add the cheese, and pulse to briefly combine. If a smoother pesto is required add more oil.
6. In a larger saucepan, over medium heat, add pesto and ¼ cup pasta water. Then add cooked pasta.
7. Stir to make sure the pasta is coated evenly. Add salt and pepper to taste and serve immediately.



Roasted Breadfruit (with Tuna Gravy)

**mello-
kream**
Spread

INGREDIENTS:

2 tsp Mello-Kreem Spread
 1 whole breadfruit
 2 tins canned tuna in oil
 2 oz onions, diced
 1 green bell pepper, diced
 1 tsp thyme
 3 oz tomatoes, diced
 1 clove garlic
 Salt to taste
 1 tsp Bajan pepper sauce
 2 oz water

INSTRUCTIONS:

1. Cut off the stem of the breadfruit and cook the breadfruit in the oven at 380°F for 45 minutes or on an open flame fire for 10 minutes on each side until completely black and cooked. Set aside to cool.
2. On medium heat, add to a saucepan, 1 tsp **Mello-Kreem Spread**, onions, garlic, peppers and tomatoes, and sauté for 2 minutes.
3. Add drained tuna. Stir and season with salt, pepper sauce and thyme. Add water, lower flame and simmer for 5 minutes.
4. Cut breadfruit in half and remove the heart. Scoop meat of the breadfruit from the inside to release from skin. Spread remaining **Mello-Kreem Spread** over warm breadfruit. Pour tuna gravy over breadfruit and serve warm.



DID YOU KNOW?

Mello-Kreem is popularly used on roast breadfruit due to its savoury flavour?



Savoury Rice



INGREDIENTS:

1 ½ tbsp Glow-Spread Margarine
1 cup leftover rice, must be cold and not soft
2 oz onion, chopped
2 oz green sweet pepper, chopped
1 oz celery, chopped
1 oz stuffed olives, chopped (optional)
2 tsp seasoning salt
1 oz tomato ketchup
 Salt and pepper to taste

INSTRUCTIONS:

1. Finely chop onion, sweet pepper and celery then sauté in **Glow-Spread Margarine** for 2 minutes.
2. Add rice and mix well with the seasoning salt.
3. Stir in tomato ketchup. Rice should have a pink appearance.
4. Optional: add chopped olives.
5. Remove from stove and keep warm until ready to serve.



DID YOU KNOW?

Glow-Spread contains no cholesterol or trans-fat?



Scalloped Potatoes with Bacon



INGREDIENTS:

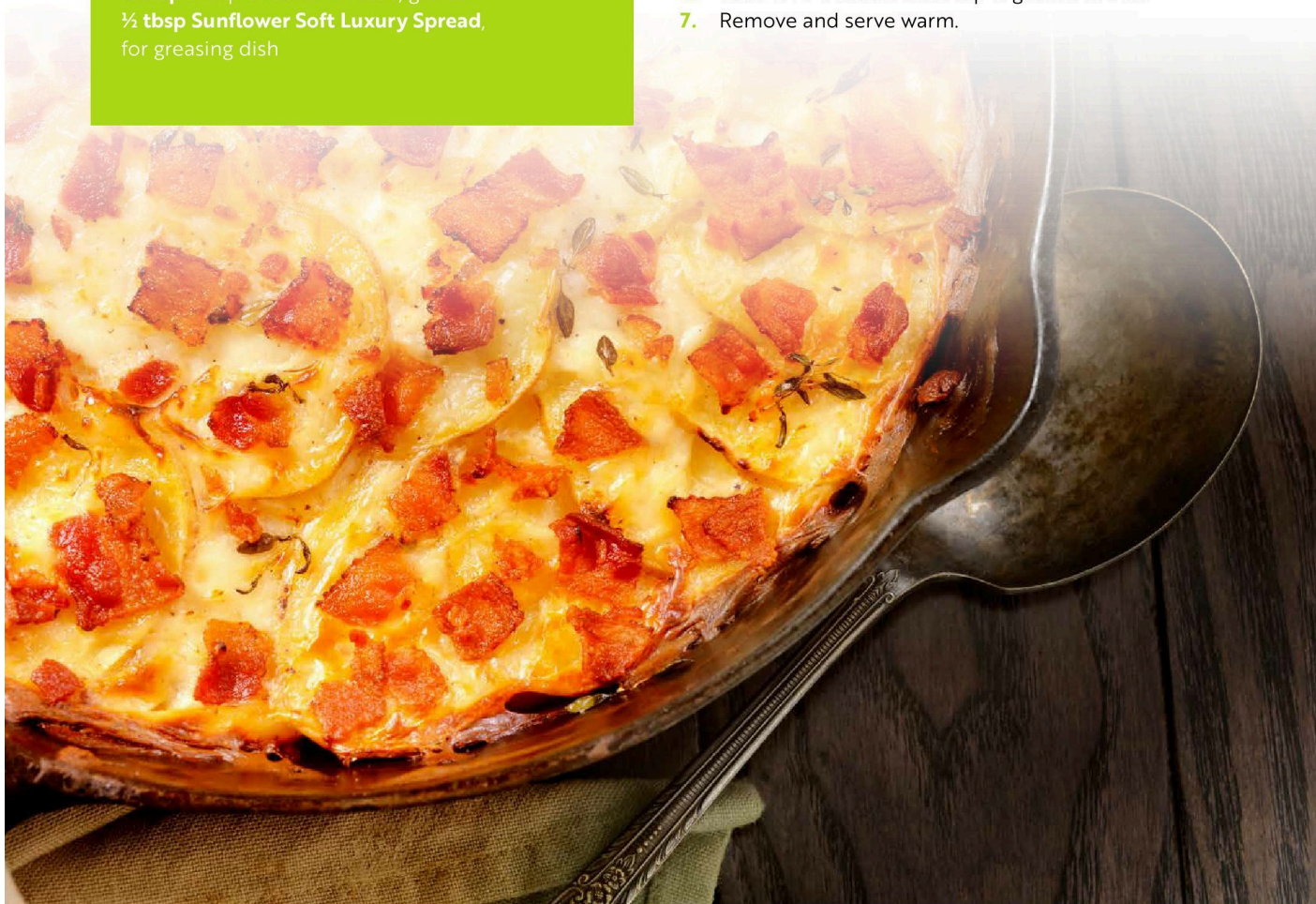
2 tbsp Sunflower Soft Luxury Spread
4 cups baking potatoes, peeled and sliced
2 cups milk
1¾ cups bacon
1 tsp salt
¼ tsp ground black pepper
2 tbsp flour
2 tbsp onion, finely chopped
1 cup cheddar cheese, shredded

GARNISH:

2 tbsp fine breadcrumbs
4 tbsp sharp cheddar cheese, grated
½ tbsp Sunflower Soft Luxury Spread,
 for greasing dish

INSTRUCTIONS:

1. In a frying pan, render the bacon until cooked but not crispy.
2. Place half of the potatoes in a baking dish greased with **Sunflower Soft Luxury Spread**. Sprinkle with half of the salt, pepper, flour, onion, cheese, and bacon. Dot with small pieces of **Sunflower Soft Luxury Spread**.
3. Repeat for the second layer and then pour in milk to cover the potatoes.
4. Cover with foil and bake at 350 °F for 30 – 40 minutes, or until potatoes are tender.
5. Take the foil off near the end of cooking, garnish with cheese and breadcrumbs.
6. Bake for 5 minutes until top is golden brown.
7. Remove and serve warm.



Shepherd's Pie



INGREDIENTS:

2½ tbsp Glow-Spread Margarine
2 cups leftover lamb, minced
2 cups gravy
4 oz onion, chopped
4 oz carrot, shredded
1 tbsp thyme
2 tsp Worcestershire sauce
2 cups English potato, cooked and mashed
2 eggs, beaten
½ cup milk
1 tsp breadcrumbs
 Salt and pepper to taste



INSTRUCTIONS:

1. Finely mince the leftover lamb. In a hot saucepan, combine the lamb with gravy, chopped onion, diced carrot, thyme, Worcestershire sauce, and season with salt and pepper to taste.
2. Heat and bring to a simmer for two minutes. Set aside.
3. To the mashed English potatoes, add 2 tbsp **Glow-Spread Margarine** and milk.
4. Mix until smooth, then add the beaten egg (reserving a small amount), salt and pepper to taste.
5. Spread half of the potato mixture over the bottom of a pie dish greased with remaining **Glow-Spread Margarine**. Pour in lamb mixture and top with remaining potato.
6. Brush with remaining egg and sprinkle with breadcrumbs.
7. Bake in a moderate oven at 350 °F for 20 minutes.



Stir-Fried Vegetables



INGREDIENTS:

1 tbsp Sunflower Soft Luxury Spread
1 tbsp Sunflower Garlic Spread
1 tbsp Sunflower Olive Oil Spread
 1 red bell pepper, sliced or julienned
 1 yellow bell pepper, sliced or julienned
 1 green bell pepper, sliced or julienned
 ½ cup carrots, peeled and diced
 ½ cup onion, thinly sliced
 ½ cup chives, chopped
2 cups butternut squash, sliced
2 cups broccoli florets
 ½ cup teriyaki sauce
 ¼ tsp ground black pepper
 ¼ tsp salt
 ¼ tsp paprika
 ¼ tsp cayenne pepper (optional)

INSTRUCTIONS:

1. In a wok or large skillet, heat all spreads over medium-high heat.
2. Add the bell peppers and onion while stirring constantly then add all other vegetables and teriyaki sauce.
3. Cook stirring constantly for two minutes.
4. Add salt, pepper and spices stirring until vegetables are tender but still crunch; about 4-5 minutes.
5. Remove from heat and serve.



FUN FACT:

Vegetables are great sources of vitamins, minerals and antioxidants.



Stuffing



INGREDIENTS:

¼ cup Sunflower Soft Luxury Spread
1 cup celery, chopped
¾ cup onion, chopped
2 cups crackers, coarsely crushed
¾ cup milk
1 egg, slightly beaten
1 tbsp parsley
¼ tsp thyme
½ tsp salt
½ tsp complete seasoning
Black pepper to taste

INSTRUCTIONS:

1. In a medium pan, sauté celery and onion in **Sunflower Soft Luxury Spread** until tender.
2. Moisten crackers with milk, egg, herbs, complete seasoning, salt and pepper.
3. Add to sautéed onions and celery.
4. Grease baking tray with **Sunflower Soft Luxury Spread** and pour in mixture.
5. Bake at 350°F for 20 minutes.



Turmeric Vegetable Rice



INGREDIENTS:

2 tbsp Sunflower Coconut Spread or
Sunflower Olive Oil Spread
 ¼ **cup** onion, finely diced
 ¼ **cup** red pepper, finely diced
 3 cloves garlic, minced
2 tbsp ground turmeric
 (can use fresh grated turmeric as well)
1 cup uncooked white rice
2 cups water (or vegetable stock)
1 cup frozen mixed vegetables
 ½ **cup** spinach, chopped
 ½ **tsp** salt
 Black pepper to taste



INSTRUCTIONS:

1. In a medium pot, over medium heat, add **Sunflower Coconut Spread** or **Sunflower Olive Oil Spread**. Once spread is warm, add in onions and peppers and sauté for 3 minutes, stirring occasionally, until onions are soft and golden.
2. Add garlic and turmeric, sauté for another minute stirring often to avoid sticking.
3. Stir 1 cup of the uncooked rice, salt and pepper to the vegetable mixture. Sauté, stirring frequently for 1 minute until rice is evenly coated.
4. Add 2 cups of water. Bring rice to a gentle boil over medium-high heat for 1 minute, then cover, and reduce heat to low. Cook for 15 – 18 minutes until rice is tender and all the liquid has been absorbed.
5. Remove from heat, fluff with a fork and stir in the mixed vegetables and spinach. Return the cover and allow rice to steam for 10 – 15 additional minutes. Add more salt and pepper to taste.



DID YOU KNOW?

Turmeric has a number of health benefits. It's a good anti-Inflammatory, antioxidant and also helps with arthritis, anxiety, eye and kidney health and muscle soreness after exercise.



Yam Souffle



INGREDIENTS:

2 oz Sunflower Olive Oil Spread
 ½ lb cooked yam
2 oz cheddar cheese, grated
8 oz milk, hot
 2 eggs separated
1 oz onion, grated
 Salt and pepper to taste

INSTRUCTIONS:

1. Mash hot cooked yam until quite smooth.
2. In saucepan, melt **Sunflower Olive Oil Spread** and add to hot milk. Then add yam and mix thoroughly.
3. Stir in cheese, grated onion, salt and pepper to taste. Cook slowly for 2-3 minutes.
4. Remove from flame and add two well beaten egg yolks.
5. Whisk egg whites until stiff and fluffy. Fold in stiffly beaten egg whites.
6. Place mixture in a well-greased soufflé dish and bake in a moderate oven at 350°F for approximately 40-45 minutes or until soufflé has risen and the top is brown.



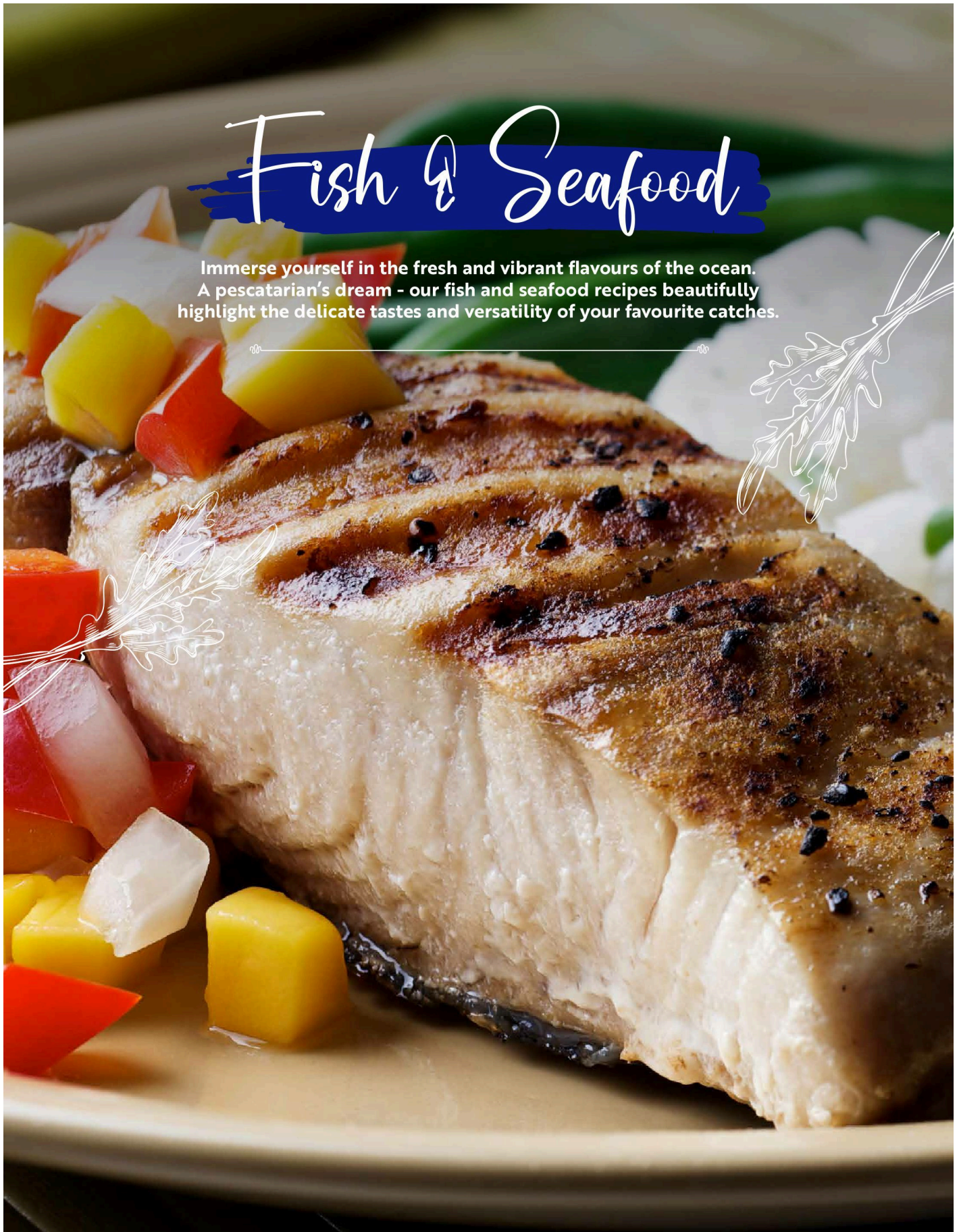
DID YOU KNOW?

Sunflower Olive Oil Spread is infused with real Olive Oil to promote healthier cooking and eating and it contains no cholesterol or trans-fat?



Fish & Seafood

Immerse yourself in the fresh and vibrant flavours of the ocean. A pescatarian's dream - our fish and seafood recipes beautifully highlight the delicate tastes and versatility of your favourite catches.



Baked Lobster



INGREDIENTS

2 oz. Glow-Spread Margarine
2 cups lobster meat
2 onions, minced
2 tbsp lime juice
1 tbsp Worcestershire Sauce
Lime and salt water
Breadcrumbs
Salt and pepper to taste

INSTRUCTIONS

1. Scald lobster.
2. Remove the flesh from the tail and claws, shred it and place it in lime and salt water for about 30 minutes. Drain well.
3. To 2 cups of lobster meat, add 2 oz. of **Glow-Spread Margarine**, 2 finely minced onions, a squeeze of lime juice, a little Worcestershire sauce, and salt and pepper to taste.
4. Place in a greased dish, sprinkle with breadcrumbs, dot with **Glow-Spread Margarine** and bake in a moderate oven for 40 minutes at 325 °F.



Fried Calamari with Garlic Oil

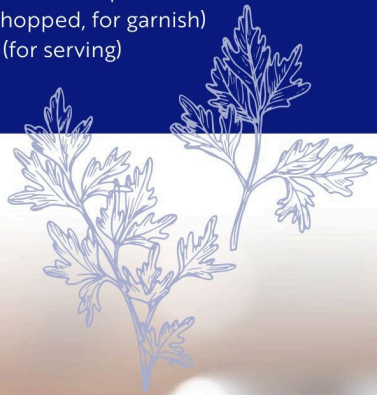


INGREDIENTS - FOR THE CALAMARI

Roberts Soybean Cooking Oil (for frying)
1 lb fresh calamari, cleaned and cut into rings
1 cup all-purpose flour
½ tsp black pepper
½ tsp paprika (optional)
1 tsp salt

INGREDIENTS - FOR THE GARLIC OIL

½ cup Sunflower Garlic Spread
¼ tsp red pepper flakes (optional)
 Fresh parsley (chopped, for garnish)
 Lemon wedges (for serving)



INSTRUCTIONS

1. In a bowl, mix the flour, salt, pepper, and paprika. Dredge the calamari rings in the flour mixture, shaking off any excess.
2. In a deep skillet or pot, heat about 1 – 2 inches of **Roberts Soybean Cooking Oil** over medium-high heat until it reaches about 350 °F.
3. Carefully add the calamari in batches to avoid overcrowding. Fry for about 2 – 3 minutes or until golden brown and crispy. Remove with a slotted spoon and drain on paper towels.
4. In a small saucepan, heat the **Sunflower Garlic Spread** and red pepper flakes. Cook gently until fully melted and simmer for about 2 – 3 minutes. Remove from heat.
5. Arrange the fried calamari on a serving platter. Drizzle with the garlic oil and sprinkle with fresh parsley. Serve with lemon wedges on the side for squeezing over the calamari.



Fried Flying Fish



INGREDIENTS

2 tbsp Roberts Soybean Cooking Oil
2 tbsp fresh parsley, finely chopped
2 tbsp fresh marjoram, finely chopped
2 tbsp lime juice
1 tbsp fresh thyme, finely chopped
 1 medium onion, chopped
 2 eggs
 6 deboned flying fish fillets
 1 cup flour
 1 cup breadcrumbs
 Salt and ground black pepper to taste

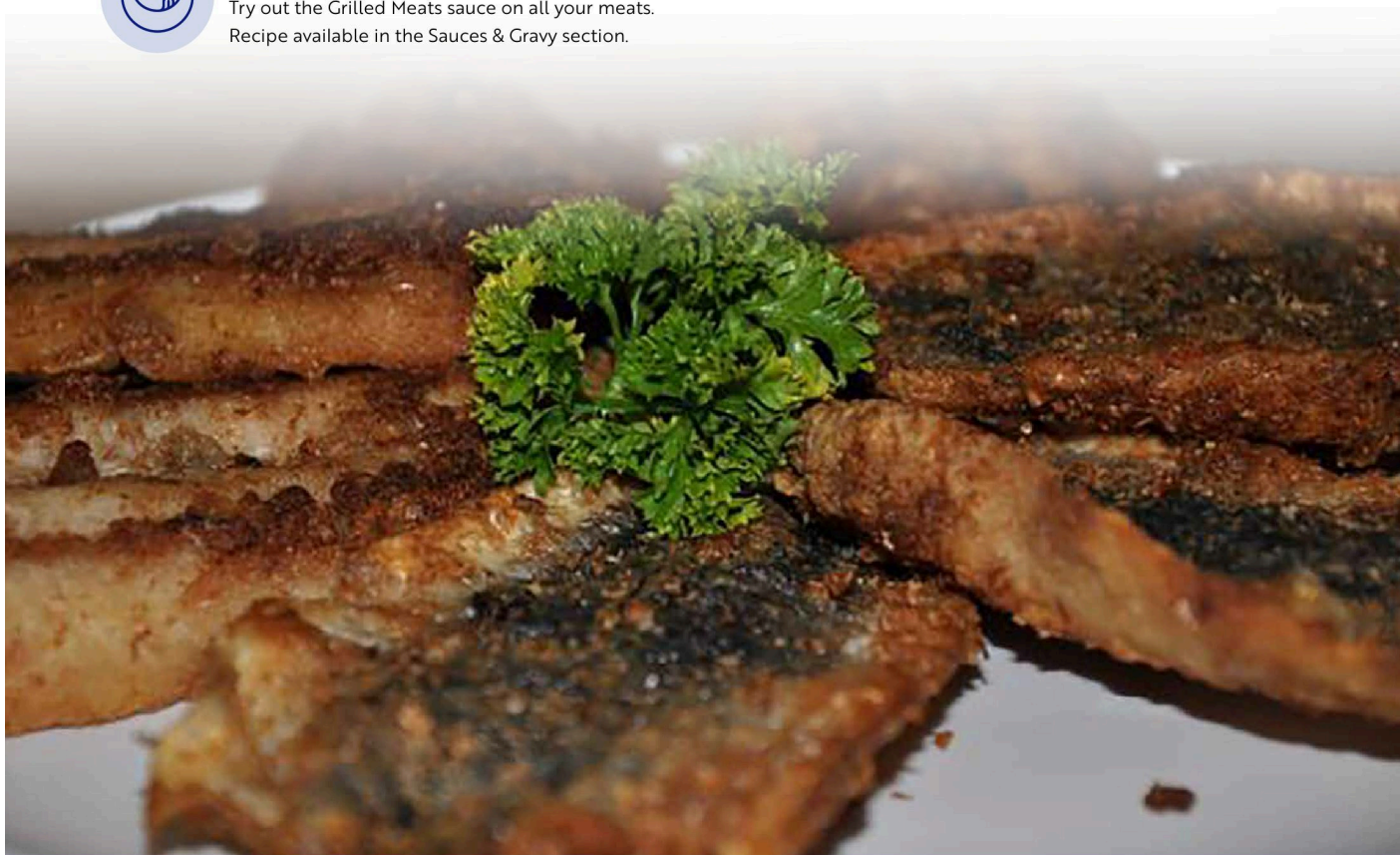
INSTRUCTIONS

1. Marinate flying fish in lime and salt for 10 minutes. Wash off and dab dry.
2. Make a seasoning mixture with onion, herbs and lime juice. Fill this mixture between segments of each fillet.
3. Sprinkle each fillet with salt and black pepper.
4. Heat **Roberts Soybean Cooking Oil** in a frying pan.
5. Dip fish in egg then coat with flour and breadcrumbs.
6. Fry in **Roberts Soybean Cooking Oil** until golden on both sides. Remove excess oil by blotting with tissue paper. Serve hot.



FOODIE TIP:

Good BBQ is better with great sauce.
 Try out the Grilled Meats sauce on all your meats.
 Recipe available in the Sauces & Gravy section.



Frizzled Salt fish



INGREDIENTS

4 oz. Sunflower Olive Oil Spread
 4 oz. chopped tomatoes
 4 oz. chopped sweet peppers
 8 oz. salt fish
 1 large onion, chopped finely
 1 tsp thyme
 1 tsp parsley
 ½ scotch bonnet pepper (optional for heat)
 Chives

INSTRUCTIONS

1. Rinse the salt fish to remove excess surface salt. Place the salt fish in a saucepan and cover with water. Bring to the boil and simmer for about 15 minutes. Drain water.
2. Flake salt fish when it has cooled down and set aside.
3. Melt **Sunflower Olive Oil Spread** in a frying pan on medium heat. Add chopped onions, tomatoes, sweet peppers and herbs and sauté for about 2 minutes.
4. Add in flaked salt fish and continue stirring for another 2 minutes.
5. Serve and enjoy.



DID YOU KNOW?

All Sunflower Spreads are made with vegetable fat? This makes them vegan friendly with the exception of **Olive Oil Spread** which contains whey?



Green Figs & Salt Fish (St Lucia)



INGREDIENTS

¼ cup Sunrise Soybean Cooking Oil
¼ cup chives, finely chopped
2 tsp fresh thyme
1 lb salt fish
1 large onion, coarsely chopped
1 medium sweet pepper, coarsely chopped
3 garlic cloves, grated
4 seasoning peppers, thinly sliced
8 -12 green bananas
 Parsley for garnish
 Salt and freshly ground black pepper to taste

INSTRUCTIONS - PREPARING THE SALT FISH

1. Rinse the salt fish to remove excess surface salt. Place the salt fish in a saucepan and cover with water. Bring to the boil and simmer for about 15 minutes. Drain water; refill the pot with fresh water and repeat boiling process for another 15 minutes.
2. Drain and set salt fish aside until cool enough to handle. Clean salt fish by removing all skin, scales and bones. Flake the cleaned salt fish and set aside.
3. Put **Sunrise Soybean Cooking Oil** in a pan over medium heat. Add onions, peppers, half the grated garlic and sauté until fragrant, about 5 minutes.

4. Add flaked salt fish, 1 tsp thyme and half the green onions to the pan and stir to mix thoroughly.
5. Cover pan and cook for an additional 10 minutes. Uncover pan, add remaining garlic, green onions and thyme and mix well. Turn off the heat, season salt fish with salt and pepper to taste. Cover pot and set aside until ready to serve.

INSTRUCTIONS - PREPARING THE GREEN FIGS

1. Wash the green figs, cut off the two ends, make one slice just through the skin, lengthwise and put in a heat proof bowl. Pour boiling water over the green figs to cover and set aside for about 10 minutes. Drain water and allow the green figs to cool enough to handle. Carefully remove skin from the green figs, using a small knife if needed. Put the peeled green figs in a pot of boiling water; add ½ tsp salt and 1 tsp **Sunrise Soybean Cooking Oil**. Bring to boil and simmer for about 15 minutes or until tender. Drain and leave to cool enough to handle.
2. Slice each green fig on the diagonal into 3 pieces. Place slices of green figs on individual serving plates and top with a generous portion of the cooked salt fish. Garnish with chopped parsley.
3. Serve with a grated cucumber salad and/or a mixed salad of lettuce, tomato and avocado on the side.



Recipe and image contributed by: **ACADO St. Lucia (St. Lucia)**.



Grilled Mahi Mahi with Spicy Mango Salsa



INGREDIENTS - GRILLED MAHI MAHI (DOLPHIN)

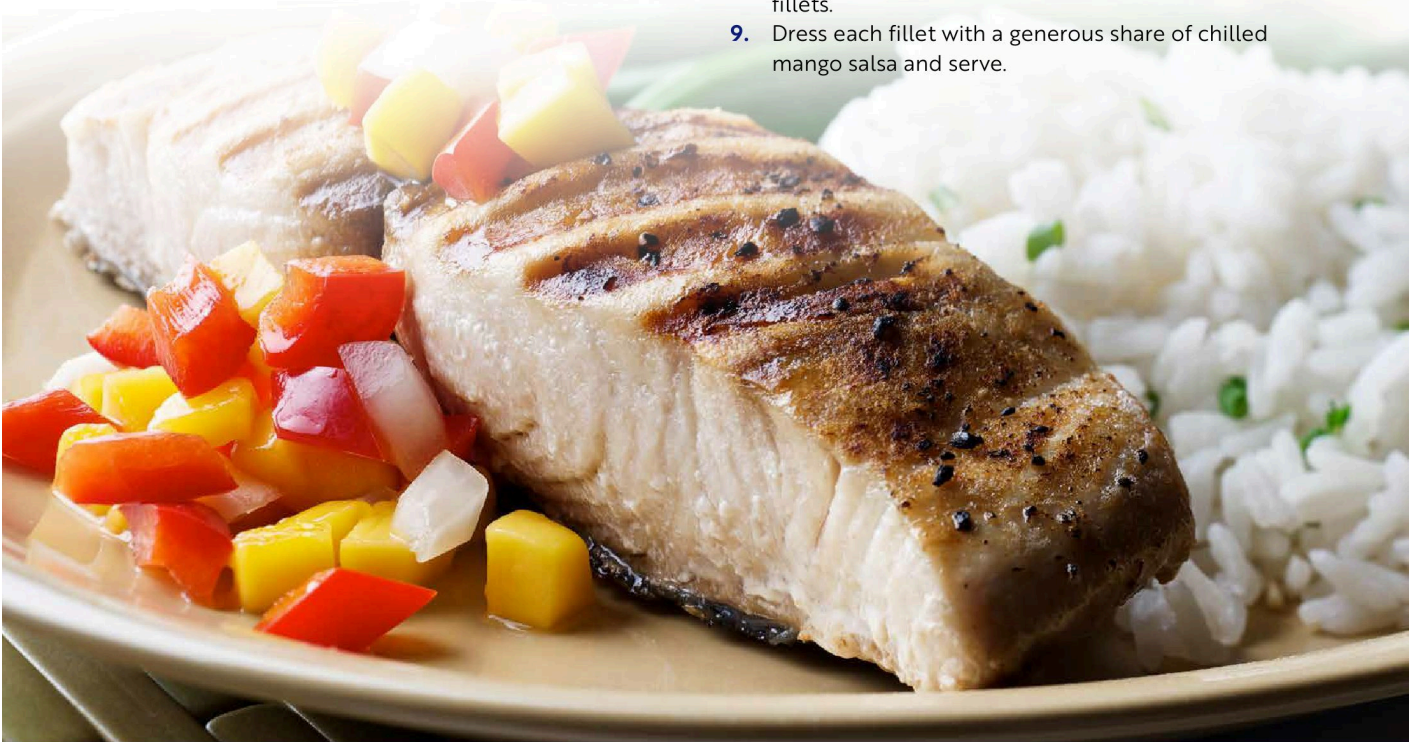
6 tbsp Sunflower Garlic Spread
3 tbsp Roberts Soybean Cooking Oil
3 tbsp lemon pepper seasoning
3 tbsp ground paprika
3 tsp cayenne pepper
3 tsp fresh lime/lemon juice
6 dolphin steaks, deboned
 Fresh thyme
 Salt and ground black pepper to taste

INGREDIENTS - SPICY MANGO SALSA

2 tbsp Roberts Soybean Cooking Oil
2 tbsp cilantro, chopped
3 tbsp fresh lime/lemon juice
 $\frac{3}{4}$ **cup** onion, chopped
 $\frac{3}{4}$ **cup** red, green and yellow bell peppers, chopped
 $\frac{1}{2}$ **cup** scotch bonnet pepper, finely chopped
 1 mango, peeled, seeded and chopped

INSTRUCTIONS

1. Preheat half of the grill on high heat with the cover closed. In 6 equal lengths of foil, pour $\frac{1}{2}$ tbsp **Roberts Soybean Cooking Oil**.
2. Place dolphin steaks on each piece of foil and evenly sprinkle spices and fresh thyme. Add salt and freshly ground black pepper onto each fillet and pour $\frac{1}{2}$ tsp lime/lemon juice onto each fillet.
3. Dot each fillet with 1 tbsp **Sunflower Garlic Spread** and fold foil loosely to enclose each fillet completely.
4. When the grill is hot, place the foil packets on the side of the grill with the burners off and close the grill.
5. Depending on the thickness of your fish, cook for 10 – 15 minutes, or until the fish is opaque and cooked through.
6. Combine all mango salsa ingredients into a medium bowl and mix together.
7. Cover, refrigerated and allow flavours to marinate at least 30 minutes before serving.
8. Remove foil packets from grill and plate cooked fillets.
9. Dress each fillet with a generous share of chilled mango salsa and serve.



Jamaican Jerk Stuffed Red Snapper



INGREDIENTS

2 tbsp Sunrise Soybean Cooking Oil
4 tbsp Sunflower Soft Luxury Spread
4 tbsp jerk sauce
1 tbsp salt
1 tbsp pepper
1 tbsp lime juice
1 cup canned callaloo or 1½ cups fresh spinach, chopped
3 cups water
1 small onion, sliced
1 medium carrot, cut into strips
3 1 lb whole red snapper, scaled and cleaned
6 whole okras, cut in half lengthwise
 Fresh lime wedges (garnish)

5. Stuff mixture into fish cavity. Dot each fish with 1 tbsp **Sunflower Soft Luxury Spread**.
6. Lightly grease foil with **Sunflower Soft Luxury Spread**. Wrap each fish in foil.
7. Bake in oven or on the barbecue for 20 to 30 minutes.

WHAT YOU NEED IF YOU PREFER TO MAKE YOUR OWN AUTHENTIC JAMAICAN JERK SAUCE:

1 scotch bonnet pepper, chopped (may be adjusted as desired)
1 small onion, chopped
3 stalks scallion, chopped
3 sprigs fresh thyme, chopped
1½ tbsp ground ginger
2 tbsp black pepper
2 tbsp allspice powder
3 tbsp salt
1 tsp nutmeg, grated
½ cup white vinegar
¼ cup soy sauce

Purée all ingredients until sauce is coarse yet pourable.



NOTES:

Scotch bonnet peppers are incredibly hot! Handle them as little as possible and wash your hands thoroughly afterwards. If you prefer a milder heat, substitute the peppers with 2 tbsp or less of cayenne pepper.

INSTRUCTIONS

1. Preheat oven to 375 °F or barbecue to 350 °F.
2. In a large bowl, wash fish with water and lime juice to cut the rawness.
3. Season with salt and pepper and 1 tbsp jerk sauce. Set aside.
4. In a separate bowl, combine remaining jerk sauce, **Sunrise Soybean Cooking Oil**, onion, carrot, okra and callaloo/spinach.

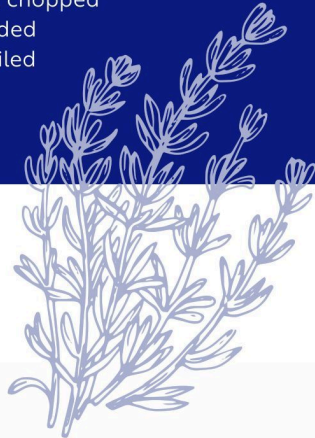


Plantain, Breadfruit and Smoked Herring Pie



INGREDIENTS

1 tbsp Sunflower Olive Oil Spread
1 tsp thyme
1 tsp marjoram
1 tsp curry
1 tsp cumin
1 oz. garlic, chopped
2 oz. onion, chopped
2 oz. smoked herring
2 oz. sweet pepper, chopped
2 oz. cheese, shredded
3 oz. breadfruit, boiled
1 ripe plantain



INSTRUCTIONS

1. Place breadfruit into a saucepan of boiling salted water until cooked.
2. Place plantain in oven to roast for 15 minutes at 350 °F (in its skin).
3. In a small frying pan, sauté all other ingredients together for approximately 5 minutes then set aside.
4. When breadfruit and plantain are finished cooking, strain the breadfruit from water, remove the plantain from skin and combine everything together and mash.
5. Place into a Pyrex dish, top with shredded cheese and bake in the oven at 350 °F for 25 minutes or until cheese is golden brown.

FUN FACT:

Plantains are high in fibre, rich in potassium and an excellent source of Vitamin C.



Pan Seared Coconut Spread Salmon & Veggies



INGREDIENTS

3 tbsp Sunflower Coconut Spread
3 tsp Cajun seasoning
3 salmon fillets
 Lemon juice
 Broccoli florets
 Butternut squash
 Carrots, sliced

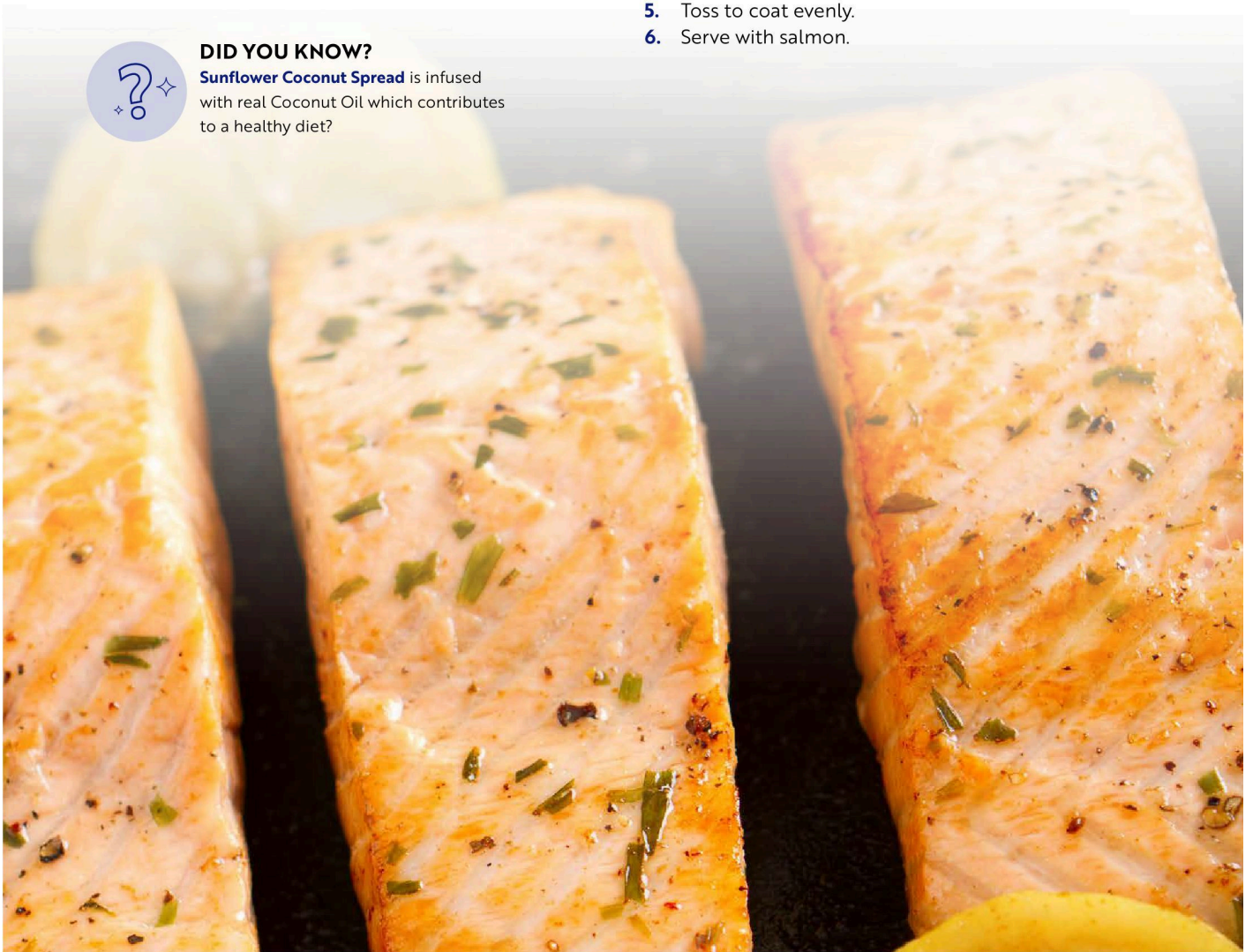
INSTRUCTIONS

1. Heat saucepan on medium high. Melt 2 tbsp of **Sunflower Coconut Spread**.
2. Add salmon, season with 2tsp Cajun seasoning. Cook for approximately 8 minutes, then turn carefully.
3. Sprinkle liberally with lemon juice.
4. Steam vegetables for 8 - 10 minutes. Transfer to large bowl and add 1 tbsp of **Sunflower Coconut Spread**, 1 - 2 tbsp lemon juice and 1 tsp of Cajun seasoning to taste.
5. Toss to coat evenly.
6. Serve with salmon.



DID YOU KNOW?

Sunflower Coconut Spread is infused with real Coconut Oil which contributes to a healthy diet?



Seafood Boil



INGREDIENTS - SEAFOOD

- 1 lb shrimp (shell-on)
- 1 lb crab legs (snow crab or king crab)
- 1 lb smoked sausage, sliced
- 1 lb potatoes, cut into quarters
- 2 lobster tails
- 4 ears of corn, cut into thirds

INGREDIENTS - SEASONING

- 4 oz. Sunflower Garlic Spread, melted
- 4 oz. Sunflower Low Calorie Spread
- 2 tbsp salt (more for the water)
- ¼ cup fish seasoning
- ½ scotch bonnet pepper (optional for heat)
- 1 lemon, sliced
- 4 cloves garlic, crushed
- Fresh parsley, chopped (for garnish)
- Thyme
- Bay leaf
- Additional lemon wedges

INSTRUCTIONS

1. Fill a large pot with water (about halfway), add salt, fish seasoning, herbs, garlic, **Sunflower Low Calorie Spread** and lemon slices. Bring to a boil.
2. Once boiling, add the potatoes. Cook for about 10 –15 minutes until they are tender.
3. Next, add the corn and sliced sausage. Cook for an additional 5 – 7 minutes.
4. Carefully add the shrimp and crab legs. Cook until the shrimp is pink and the shellfish have opened.
5. Drain the pot and spread the seafood and vegetables on a large table covered with newspaper or a serving platter.
6. Drizzle with melted **Sunflower Garlic Spread** and sprinkle with chopped parsley.
7. Serve with lemon wedges on the side.



Seafood Pasta



INGREDIENTS - PASTA

12 oz. linguini
1 cup mussels, cleaned
1 lb shrimp, peeled and deveined
1 lb fish

INGREDIENTS - SAUCE

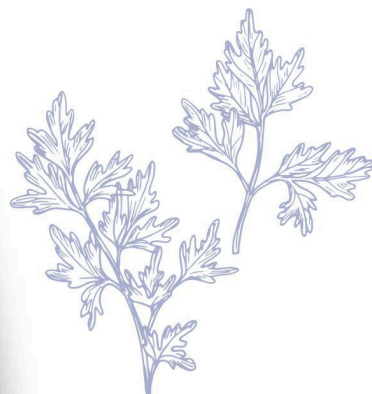
4 tbsp Sunflower Olive Oil Spread
4 tbsp Sunflower Garlic Spread
½ tsp red pepper flakes to taste
½ cup heavy cream
1 cup white wine
 Salt and pepper to taste

INGREDIENTS - GARNISH

Fresh parsley, chopped
 Parmesan cheese, grated (optional)
 Lemon wedges (for serving)

INSTRUCTIONS

1. Cook the linguini - In a large pot of salted boiling water, cook the linguini until it's tender but firm and chewy when you bite into it (al dente). Drain and set aside.
2. Prepare the sauce - In a large skillet over medium heat, add **Sunflower Olive Oil Spread, Garlic Spread** and red pepper flakes. Sauté for about 1 minute until fragrant, being careful not to burn the garlic.
3. Cook the seafood - Add the shrimp, diced fish and mussels to the skillet. Cover and cook for about 5 - 7 minutes, or until the seafood is cooked through and the mussels have opened.
4. Add wine and tomatoes - Pour in the white wine and bring to a simmer. Allow it to reduce for about 2 - 3 minutes. Then add the diced tomatoes (with their juices) and stir.
5. Stir in the heavy cream and season with salt and pepper to taste.
6. Combine with Pasta - Add the cooked linguini to the skillet and toss to combine, ensuring the pasta is well coated with the sauce.
7. Serve the seafood linguini hot, garnished with fresh parsley and grated Parmesan cheese if desired.
8. Add lemon wedges on the side for extra flavour.



Steamed Basmati Rice with a medley of Sautéed Seafood



INGREDIENTS

- 1 oz. Sunflower Coconut Spread
- 1 oz. Sunflower Soft Luxury Spread
- 1 oz. onion, chopped
- 1 oz. garlic, chopped
- 1 oz. lemon juice
- 1 oz. fresh cilantro
- 3 oz. coconut milk
- 4 oz. Basmati rice
- 10 oz. water
- 1 tsp curry
- 2 oz. fish cubes
- 3 mussels
- 4 shrimp



INSTRUCTIONS

1. In a small saucepan, sauté onions and rice for 30 seconds in the **Sunflower Soft Luxury Spread**. Add 10 oz. of water and leave rice to cook on a low-medium heat.
2. In a large frying pan, begin to sauté your onions, curry and garlic in the **Sunflower Coconut Spread** followed by your mussels for 30 seconds, then add your fish cubes followed by the shrimp and sauté for an additional 2 minutes. Add coconut milk and simmer for 5 minutes.
3. Remove from heat and add your lemon juice and cilantro and season with salt and pepper to your taste.
4. Serve over rice and enjoy.



Steamed Flying Fish



INGREDIENTS

2 tbsp Glow-Spread Margarine
 ½ cup ketchup
2 cups water
 1 bay leaf
 1 yellow sweet pepper
 1 green sweet pepper
 1 large tomato, sliced
 2 medium onions, sliced
 6 deboned flying fish fillets, seasoned
 1 clove garlic, minced
 2 sprigs thyme
 Chives, chopped
 Salt and pepper to taste

INSTRUCTIONS

1. Place fish with skin side down on chopping board and roll up from the tail end, stuffing with sweet peppers, garlic and onions.
2. Place fish, tomato, onion and dabs of **Glow-Spread Margarine** on a rack in a saucepan to which has been added 2 cups of water and 1 bay leaf, thyme and chives.
3. Cover and simmer for about 10 minutes, add ketchup and simmer for another 5 minutes.
4. Add salt and pepper to taste.



FUN FACT:

Steamed Flying Fish complements Cou Cou so well, try it and see for yourself.





Poultry

From succulent chicken to tender turkey, complemented by delectable duck, our poultry recipes are crafted to highlight the best qualities of these versatile and ever-popular proteins. Ideal for both weeknight meals and special occasions, prepare for poultry perfection.

Braised Chicken



INGREDIENTS

3 oz. Sunflower Health Spread

1 oz. paprika

½ bunch parsley

2 tsp Worcestershire Sauce

1 whole chicken

1 sprig of thyme

1 onion, sliced

1 carrot, diced

2 bay leaves

Peppercorns

Chicken stock/water

Fresh, blended green seasoning

Salt and pepper to taste



INSTRUCTIONS

1. Season whole chicken with fresh, blended green seasoning and rub with **Sunflower Health Spread**.
2. Place chicken in hot pan. Sear on all sides until golden brown.
3. Add 2 bay leaves, 1 sprig of thyme, parsley, sliced onions, 1 diced carrot, a few peppercorns and enough stock to cover the bottom of the pan. Add salt and pepper to taste.
4. Cover and simmer on low heat for 1 hour and 15 minutes basting frequently with gravy in the pan.
5. Put in the oven to brown.

NOTES:



Braising is a cooking method that involves a quick, high-heat sear followed by a low and gentle simmer in a thin layer of liquid.



Chicken and Potato Curry (Guyana)



INGREDIENTS

2 oz. Sunflower Garlic Spread
or ½ cup Sunrise Soybean Cooking Oil
4 lb chicken, cut up
1 onion, chopped
1 cinnamon stick (optional)
2 Chicken Bouillon cubes
3 scallions, chopped
4 medium potatoes cut into cubes
5 cloves garlic, crushed
10 sprigs of fresh thyme

INGREDIENTS - CURRY PASTE

⅓ cup curry powder
½ cup water
¼ tsp Geera (cumin)
½ tsp Garam masala
1½ tbs minced garlic*
5 sprigs of thyme*

INSTRUCTIONS

- To season chicken, place chicken in a large bowl and season with 5 cloves of crushed garlic, 10 sprigs of thyme and 2 Chicken Bouillon cubes crushed.
- Allow chicken to sit in the refrigerator for at least 4 hours.
- To make curry paste, mix all curry powder, Geera, Garam masala, garlic, thyme and water.
- Heat **Sunflower Garlic Spread** or **Sunrise Soybean Cooking Oil** on a medium fire.
- Add curry paste and onion and fry for about 4 - 5 minutes or until onion is transparent.
- Add seasoned chicken, cinnamon stick and allow to cook slowly for 15 - 20 minutes.
- Add potatoes and enough water to cover the chicken.
- Bring to a boil, turn fire down to low and simmer until potato is tender.
- Remove from heat and add chopped scallions to garnish.

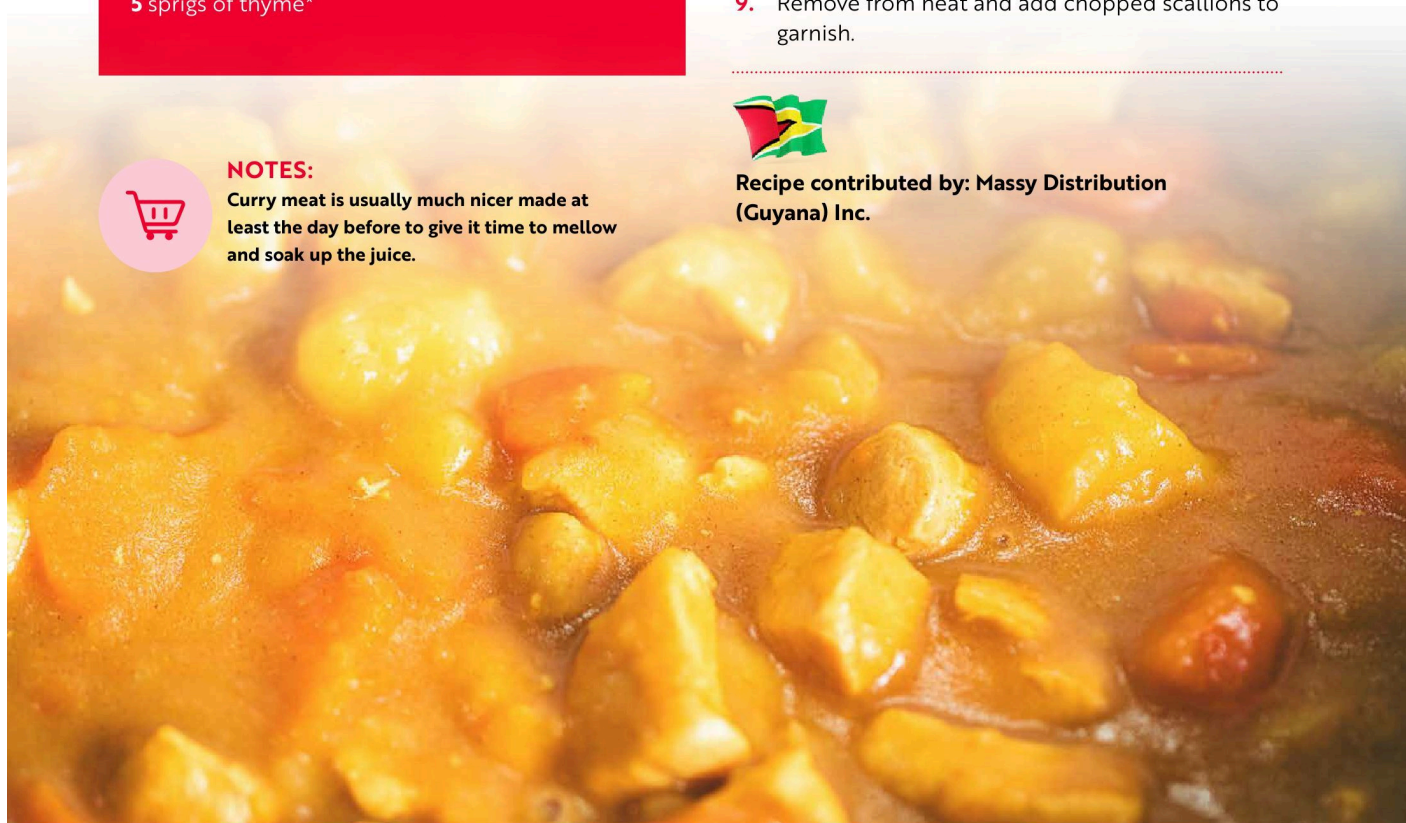


NOTES:

Curry meat is usually much nicer made at least the day before to give it time to mellow and soak up the juice.



Recipe contributed by: Massy Distribution (Guyana) Inc.



Chicken Parmesan



INGREDIENTS

Roberts Soybean Cooking Oil (for frying)
2 boneless, skinless chicken breasts
2 large eggs, beaten
1 tsp dried oregano
1 tsp garlic powder
½ cup all-purpose flour
½ cup grated Parmesan cheese
 (plus extra for topping)
1 cup Panko breadcrumbs
 Salt and pepper to taste

INGREDIENTS - SAUCE

2 cups tomato sauce
1 tsp dried basil (optional)
1 tsp sugar

INGREDIENTS - ASSEMBLY

1½ cups shredded mozzarella cheese
 Fresh basil (for garnish, optional)

INSTRUCTIONS:

1. Prepare the Chicken: Preheat your oven to 375°F. Season the chicken breasts with salt and pepper. Place them between two sheets of plastic wrap and pound them to an even thickness (about ½ inch).
2. Set up three shallow dishes: one with flour, one with beaten eggs, and one with breadcrumbs mixed with Parmesan cheese, oregano, garlic powder, salt and pepper.
3. Bread the Chicken: Dredge each chicken breast in flour, shaking off excess. Dip into the beaten eggs, then coat with the breadcrumb mixture, pressing firmly to adhere.
4. Fry the Chicken: In a large skillet, heat about ¼ inch of **Roberts Soybean Cooking Oil** over medium-high heat. Once hot, add the breaded chicken breasts and fry for about 4 - 5 minutes on each side, or until golden brown and cooked through. Remove and place on paper towels to drain excess oil.
5. Prepare the Sauce: In a saucepan, heat the tomato sauce over medium heat. Stir in dried basil and sugar if using, and let it simmer for a few minutes.
6. Assemble the Dish: In a baking dish, spread a thin layer of tomato sauce on the bottom. Place the fried chicken breasts on top. Spoon more tomato sauce over each piece, then sprinkle with mozzarella cheese and additional Parmesan cheese.
7. Bake in the preheated oven for about 20 - 25 minutes, or until the cheese is melted and golden.
8. Garnish with fresh basil if desired. Serve hot with pasta and a salad.



Chicken Pelau



INGREDIENTS

4 tbsp Roberts Soybean Cooking Oil
4 tbsp Mello-Kreem Spread or Dove Margarine Spread
1 tbsp red peppers, chopped
1 tsp brown sugar
½ lb onions, chopped
¼ lb raisins
¼ lb lean pork, cut up
¼ lb salt beef, cut up
3 – 3½ lbs chicken
2 small tomatoes, skinned, deseeded and chopped
¼ cup thyme, chopped
¼ cup parsley, chopped
½ cup pigeon peas, soaked overnight
3 cups rice
6 – 8 cups water
1 clove garlic, minced or pressed
4 blades chives, chopped
 Salt and ground black pepper to taste

INSTRUCTIONS

1. Clean and cut up chicken, rub the pieces with salt, pepper and garlic, then leave to marinate.
2. Melt **Mello-Kreem Spread** or **Dove Margarine Spread** in **Roberts Soybean Cooking Oil** with sugar and then brown chicken. Add tomatoes, onion, herbs and some water and stew chicken until it is nearly cooked. Set aside.
3. In a separate saucepan, boil peas until slightly tender. Then add rice, herbs, salt beef, pork and enough water to cook rice. Add salt and pepper as necessary.
4. When rice is half cooked, add the chicken, onion, tomato, herbs and raisins.
5. Cook slowly until rice is finished. Finish with a spoonful of **Mello-Kreem Spread**.
6. Serve hot, garnished with chopped chives and red peppers.



FUN FACT:

Pelau can be made with chicken, beef, lamb or pigtails.



Chili Garlic Chicken Salad



INGREDIENTS

4 tbsp Sunflower Garlic Spread
1 tbsp Sunflower Olive Oil Spread
1 tsp dried thyme (or fresh thyme)
1 tsp chili flakes
 1 lemon wedge
 1 head lettuce
 1 red onion, sliced
 1 cucumber in slices
 3 tomatoes in wedges
 4 boneless, skinless chicken breasts
 Fresh parsley, chopped (for garnish)
 Salt and pepper to taste

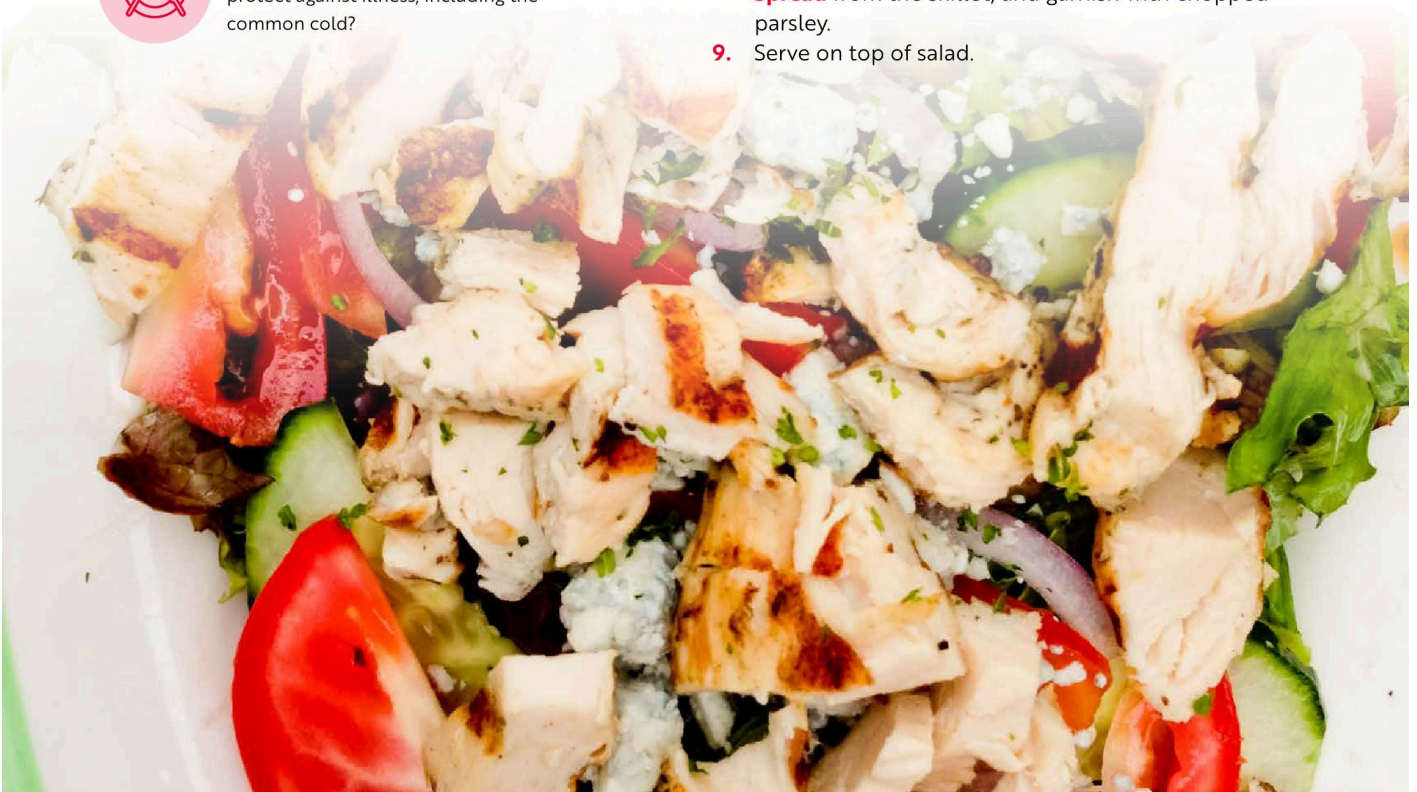
INSTRUCTIONS

1. In a bowl, combine lettuce, onions, cucumbers and tomatoes to build salad. Additional vegetables are optional.
2. Season the chicken breasts generously with salt, pepper, thyme, and chili.
3. In a large skillet, heat the **Sunflower Olive Oil Spread** and 2 tbsp **Sunflower Garlic Spread** over medium-high heat. Add the seasoned chicken breasts to the skillet and cook for about 5 - 7 minutes on each side or until they are golden brown and cooked through.
4. Remove the chicken from the skillet and set aside.
5. Squeeze lemon juice into skillet and add 2 remaining tbsp of **Sunflower Garlic Spread**.
6. Return the chicken to the skillet and spoon the **Sunflower Garlic Spread** over the chicken.
7. Cook for an additional 1- 2 minutes to let the flavours meld, turning the chicken to coat in the **Sunflower Garlic Spread**.
8. Cool, slice and drizzle with the **Sunflower Garlic Spread** from the skillet, and garnish with chopped parsley.
9. Serve on top of salad.



FUN FACT:

Garlic – Did you know garlic can help protect against illness, including the common cold?



Coconut Curry Chicken



INGREDIENTS

4 tbsp Sunflower Coconut Spread
4 tbsp curry powder
2 tbsp tomato paste
2 tbsp thyme
6 oz. coconut milk
½ lb potatoes, medium dice
2 lb chicken (boneless thighs or whole chicken - cut into bite size pieces)
½ tsp salt or to taste
½ tsp pepper or to taste
1 tsp geera
2 tsp complete seasoning
2 onions, chopped
3 cloves garlic, minced



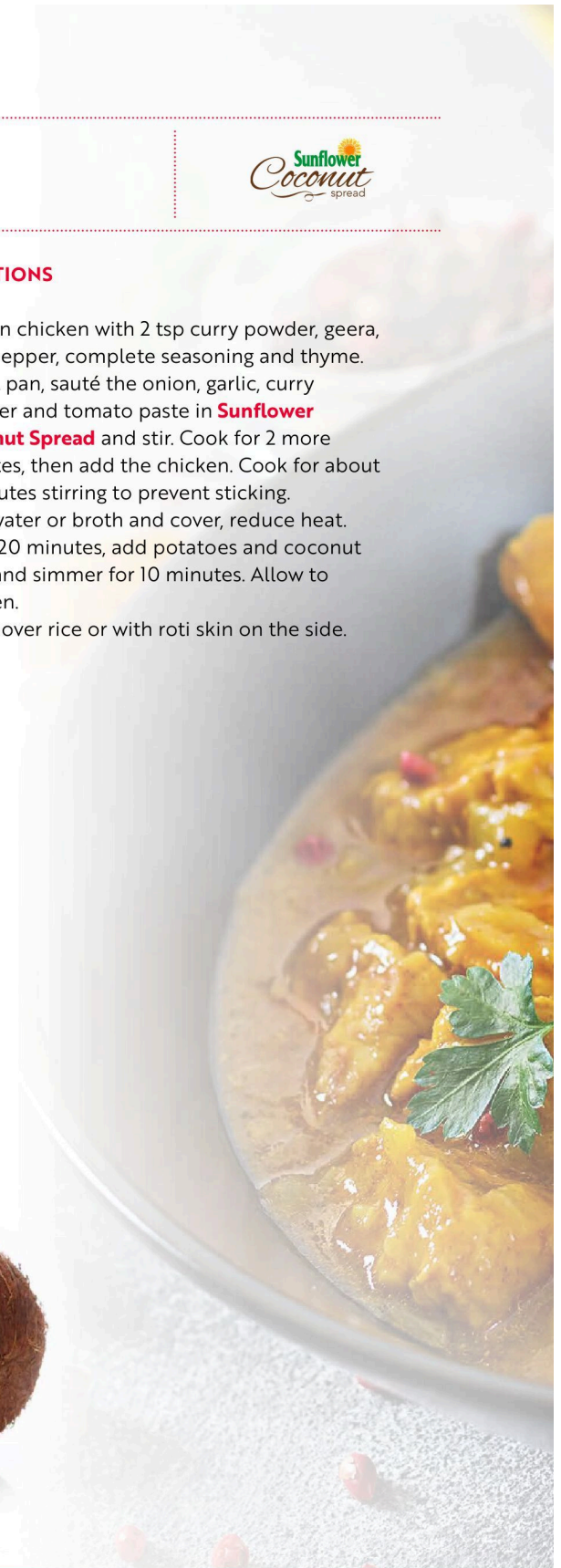
FUN FACT:

Sunflower Coconut Spread
 is Lactose free and Gluten free.



INSTRUCTIONS

1. Season chicken with 2 tsp curry powder, geera, salt, pepper, complete seasoning and thyme.
2. In hot pan, sauté the onion, garlic, curry powder and tomato paste in **Sunflower Coconut Spread** and stir. Cook for 2 more minutes, then add the chicken. Cook for about 5 minutes stirring to prevent sticking.
3. Add water or broth and cover, reduce heat.
4. After 20 minutes, add potatoes and coconut milk and simmer for 10 minutes. Allow to thicken.
5. Serve over rice or with roti skin on the side.





Oven-Roasted Turkey



INGREDIENTS

4 tbsp Mello-Kreem Spread
5 tbsp Roberts Soybean Cooking Oil
2 tbsp paprika
2 tbsp onion powder
1 tsp ground cayenne pepper
2 tsp dried thyme
2 tsp dried rosemary
14 lb turkey, giblets removed, washed and dried
 Salt and ground black pepper to taste

INSTRUCTIONS

1. Mix ½ of rub with **Mello-Kreem Spread** and massage some of the rub onto the meat under the skin.
2. Sprinkle the remaining rub on the turkey's skin.
3. Set a rack at the lowest position in the oven and preheat to 325 °F.
4. Tie legs together and tuck the wing tips under. Place the turkey on the rack on roasting pan, drizzle turkey with **Roberts Soybean Cooking Oil**, then sprinkle with salt and pepper to taste. Cover with foil.
5. Roast the turkey about 3 hours, basting every 45 minutes.
6. Transfer the turkey to a platter keeping foil cover on and let rest for 30 minutes before carving.



DID YOU KNOW?

Basting meats with **Mello-Kreem** gives it a nice golden colour?



NOTES:

You can find our Turkey Basting recipe in the Sauces & Gravy section

Spicy-Crispy Buffalo Wings



INGREDIENTS

¼ cup Mello-Kreem Spread
1½ cups Buyer's Choice Soybean Cooking Oil
20 chicken wings
1 tbsp white vinegar
6 tbsp hot pepper sauce
¼ tsp cayenne pepper
¼ tsp Worcestershire sauce
1 tsp paprika
1 tsp garlic powder
Dash of salt and ground black pepper

INSTRUCTIONS

1. Season wings with salt, paprika, garlic powder and pepper.
2. Fry in **Buyer's Choice Soybean Cooking Oil**, then blot with a paper towel to remove any excess oil.
3. Mix all remaining ingredients in a small saucepan over low heat until the **Mello-Kreem Spread** is completely melted.
4. Stir occasionally.
5. Pour sauce over the wings in a bowl, cover and shake to completely coat the wings.
6. Serve now or place coated wings on a prepared baking sheet and bake for 8 minutes until the coating is crispy. Then serve.



Sticky Honey Garlic BBQ Turkey Wings



INGREDIENTS

2 tbsp Roberts Soybean Cooking Oil
2 tbsp Sunflower Olive Oil Spread
1 tbsp salt-free seasoning or **2 tsp** seasoning salt
2 tbsp green seasoning
2 cloves chopped garlic
2.5 lb turkey wings, separated
1½ cup barbecue sauce
½ tsp black pepper
2 tsp onion powder
2 tsp complete seasoning
4 tsp honey

INSTRUCTIONS

1. Preheat the oven on 325 °F.
2. Drizzle the turkey wings with **Roberts Soybean Cooking Oil**.
3. Next, rub the wings all over, and season with all of the seasonings making sure that the turkey wings are well coated.
4. Line bake tray with foil.
5. Rub the foil with **Sunflower Olive Oil Spread**.
6. Put the wings in the dish, then cover with foil. Bake the wings in the oven for 1½ hours.
7. Remove the wings from the oven, and uncover. Brush on the barbecue sauce and honey.
8. Return the wings to the oven for 1 hour uncovered and bake until the sauce is nice and sticky.



Sweet and Sour Chicken



INGREDIENTS

Velvo Kris Shortening (for frying)

2 lb chicken pieces (breasts)
2 tsp corn starch
1 large onion, chopped
2 green bell peppers, chopped
3 stalks of celery, chopped
½ cup soy sauce
½ cup brown sugar
1 cup tomato ketchup
1 cup white vinegar
1 cup crushed pineapple
2 cups seasoned flour (paprika, black pepper, salt, complete seasoning)
 Salt and ground black pepper to taste

INSTRUCTIONS

1. Wash and dry chicken.
2. Coat with seasoned flour and brown in a frying pan on all sides in **Velvo Kris Shortening**. Remove from heat and set aside.
3. In same pan, sauté pepper, onion and celery with salt and pepper until light brown.
4. Mix in ketchup, vinegar, soy sauce and sugar and stir in pineapple.
5. Cover and simmer for 10 minutes.
6. Add chicken and simmer until tender.



DID YOU KNOW?

Velvo Kris is traditionally used for icing and in baking but can also be used for light frying?



Tangy Grilled Chicken



INGREDIENTS

2 tbsp Sunflower Soft Luxury Spread

1 scotch bonnet pepper or jalapeño chili pepper, finely chopped

2 garlic cloves, minced

2 shallots, minced

6 chicken quarters

3 tbsp tomato paste

1 tsp dried leaf thyme

1 tsp Worcestershire sauce

¼ cup vinegar

1½ cup dry white wine

1 green bell pepper, finely chopped

INSTRUCTIONS

1. Cut chicken into pieces.
2. Melt **Sunflower Soft Luxury Spread** in a medium saucepan.
3. Add garlic and shallots; cook until lightly browned.
4. Stir in tomato paste followed by wine and vinegar. Add bell pepper, thyme, chili pepper and Worcestershire sauce.
5. Bring to a boil, reduce heat and simmer for 5 minutes.
6. Cool to room temperature. Place chicken in a large shallow pan and pour sauce on top.
7. Marinate, covered, for 2 – 3 hours in the refrigerator.
8. Preheat grill. Arrange chicken on hot grill and cook, turning pieces often and basting with sauce, about 20 minutes or until juices run clear when chicken is pierced with a knife.



FOODIE TIP:

Good BBQ is better with great sauce. Try out the Grilled Meats sauce on all your meats. Recipe available in the Sauces & Gravy section.



Thai Curry Coconut Duck



INGREDIENTS

3 tbsp Sunflower Coconut Spread
1 tbsp lemongrass, minced
1 tbsp ginger, minced
1 tbsp garlic, minced
1 tsp sugar
2 tsp curry powder
4 tsp Thai red curry paste
1 can coconut milk
1 lb potatoes, peeled and diced
1 lb duck, chopped
4 chives, chopped
¾ cup cilantro, roughly chopped
 Lime juice to taste

INSTRUCTIONS

1. Heat the **Sunflower Coconut Spread** in a wok or a heavy sauté pan over high heat. Add the lemongrass, ginger and garlic and stir-fry for 1 minute. Add the onion. Stir-fry for another minute or two, then mix in the curry paste and curry powder. Stir-fry the curry paste until it begins to separate a little, about 2 minutes.
2. Add chopped duck meat and stir.
3. Pour in the coconut milk and stir well to combine. Fill up the coconut milk can with water and pour that in, too. Add the potatoes and simmer, covered, until the potatoes are almost tender, about 15 - 20 minutes.
4. When the potatoes are just about tender, add the sugar. Add salt to taste.
5. Test a piece of the duck, once tender, stir the curry well and add the cilantro and lime juice to taste. Turn off the heat and serve immediately over white rice.



FUN FACT:

Sunflower Coconut Spread is excellent in curries, rice, stir-fry and baked goods.



Other Meats

Indulge in the rich and hearty flavours of our mouthwatering meat recipes. From slow-cooked beef roasts to irresistible pork dishes, these meals are sure to satisfy every meat lover's cravings.



Baked Pork Chops



INGREDIENTS

3 tbsp Sunflower Garlic Spread
Buyer's Choice Soybean Cooking Oil
 4 pork chops
 1 tsp all spice
 1 tsp ground cumin
 1 tsp ground coriander
 1 tsp Chinese five spice
 1 tbsp ground paprika
 2 tbsp brown sugar
 2 tbsp salt
 2 tbsp black pepper
 3 tbsp Bajan seasoning of choice
 5 pods of garlic, peeled

INSTRUCTIONS - PREPARATION

1. Combine all spices, salt and sugar.
2. Mince garlic.
3. Put pork chops in bowl and add a drizzle of **Buyer's Choice Soybean Cooking Oil**, spices, Bajan seasoning and minced garlic. Add the amount of spice mixture that is suitable for you. Mix and combine well until all pieces are well seasoned.
4. Preheat oven to 350 °F.

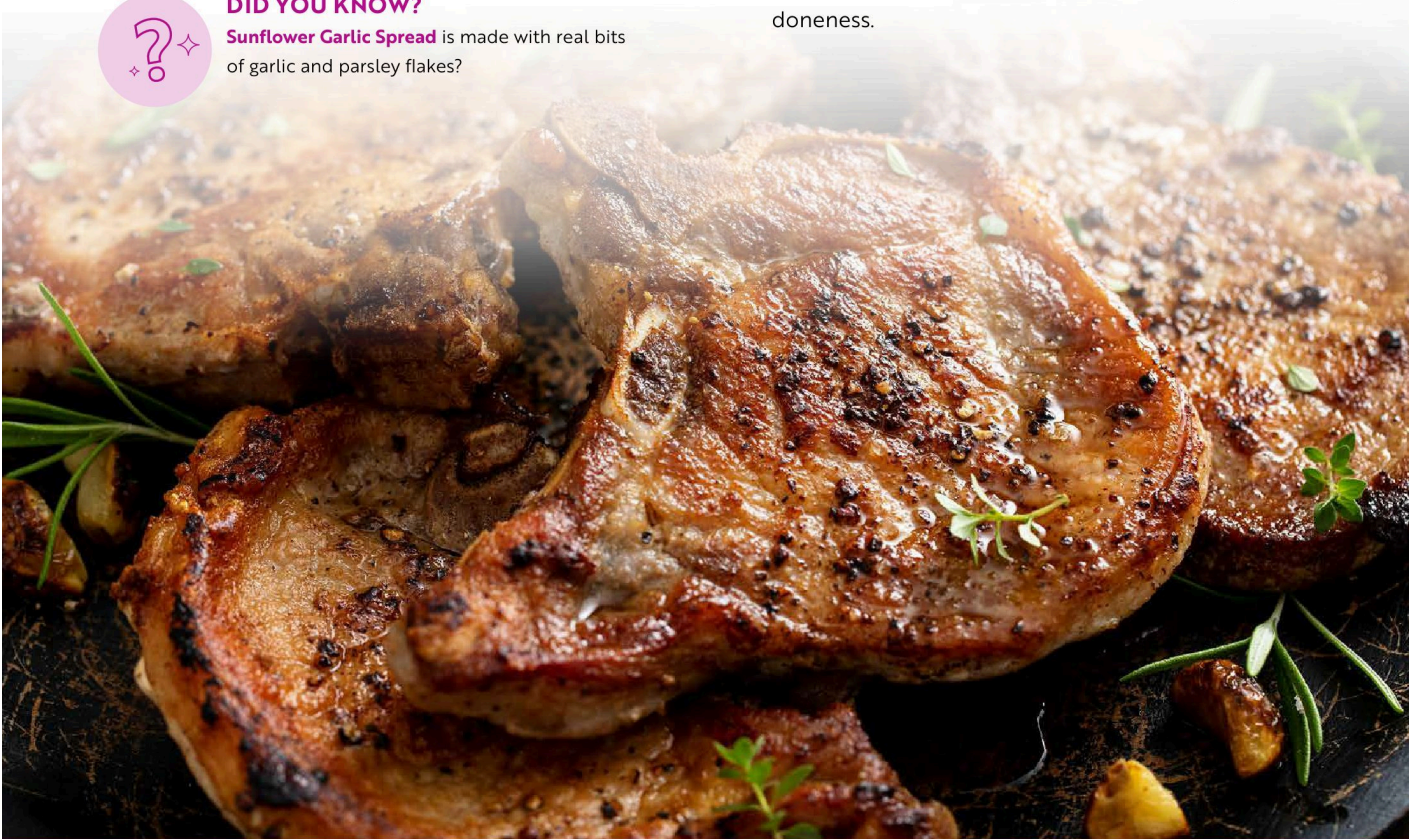
INSTRUCTIONS - COOKING

1. Lay seasoned pork chops in a food pan, add **Sunflower Garlic Spread** evenly distributed around the pork.
2. Wrap pan tightly with foil and place in the oven for 1 hour wrapped, then take the foil off and allow to bake uncovered until desired colour/ doneness.



DID YOU KNOW?

Sunflower Garlic Spread is made with real bits of garlic and parsley flakes?



OTHER MEATS | 97

Beef Stew

mello-
kream
Spread



INGREDIENTS

2 tbsp Mello-Kream Spread or Dove Margarine Spread

½ lb carrots, peeled and chopped

½ tsp salt

1 tsp brown sugar

1 lb stew beef

1 cup mixed herbs (parsley, thyme, marjoram), chopped

1 red pepper, seeded and chopped

1 tomato, diced

1 small clove of garlic

3 onions, peeled and chopped

Chicken bouillon cube

INSTRUCTIONS

1. Cut beef into pieces, add onion, tomato, pepper, garlic and herbs.
2. Cover with unsalted water and simmer until meat is nearly tender (about two hours).
3. Add carrots and **Mello-Kream Spread** or **Dove Margarine Spread**, Chicken bouillon cube and salt.
4. Cook for a further 10 minutes.



Fungee & Pepperpot (Antigua & Barbuda)



INGREDIENTS - CORN MEAL FUNGEE

2 cups corn meal
4 cups water
6 okras, cut into small pieces
Salt to taste

INGREDIENTS - PEPPERPOT

Sunrise Soybean Cooking Oil
4 **tbps** **Glow-Spread Margarine**
1 **tbps** pepper
4 **tbps** ketchup
2 **cups** fresh green peas
½ **lb** pumpkin, peeled and cut
1 **lb** eggplant, peeled and cut
1 **lb** okras, chopped
1 **lb** salt beef, chopped
1 **lb** pig snout (optional), cut
1 **lb** green papaw, cut
1 **lb** spinach, chopped
2 medium onions, chopped
2 cloves of garlic, chopped
3 small squash, cut
4 cloves, cut
4 fresh green eddo leaves
1 bunch thyme
1 bunch chives
Meat scraps (pieces of meat, bones & skin)
Salt and pepper to taste

INSTRUCTIONS – CORN MEAL FUNGEE

1. Place water, okra and salt in a pan. Bring to boil until okras are cooked. Remove half the liquid. Stir with a wooden spoon. The corn meal is mixed to a pasty batter by adding cold water then stirring and mixing this.
2. Add wet corn meal. Reduce the heat, stir continuously with a wooden spoon until mixture becomes fairly stiff. When the mixture breaks away cleanly from the pan (i.e. it does not stick), the fungee is ready.
3. Grease bowl, turn the mixture into the bowl, shaking it into the shape of the bowl, then turn it out into a serving dish.
4. Serve hot with pepperpot, boiled fish or stew.

INSTRUCTIONS - PEPPERPOT

1. Wash all leaves and vegetables in salted water. Place cut vegetables, eggplant, squash and leaves to soak in fresh water.
2. Cook salted meat in water with no salt for 10 minutes. Remove and drain.
3. Heat **Sunrise Soybean Cooking Oil**. Add salt meats. Fry for about 15 minutes, add onions and fresh meats. Fry for another 5 minutes.
4. Add all vegetables, except peas. Stir. Add just enough water to cover and cook the vegetables until tender.
5. When the vegetables and meat are cooked, add the peas along with all seasonings. Allow all ingredients to simmer under low fire for approximately 15 minutes or until thick.
6. Serve with okra Fungee rolled in **Glow-Spread Margarine**.



Recipe and image contributed by: A.S. Bryden & Sons (Antigua) Ltd.



Garlic and Rosemary Seared Steak

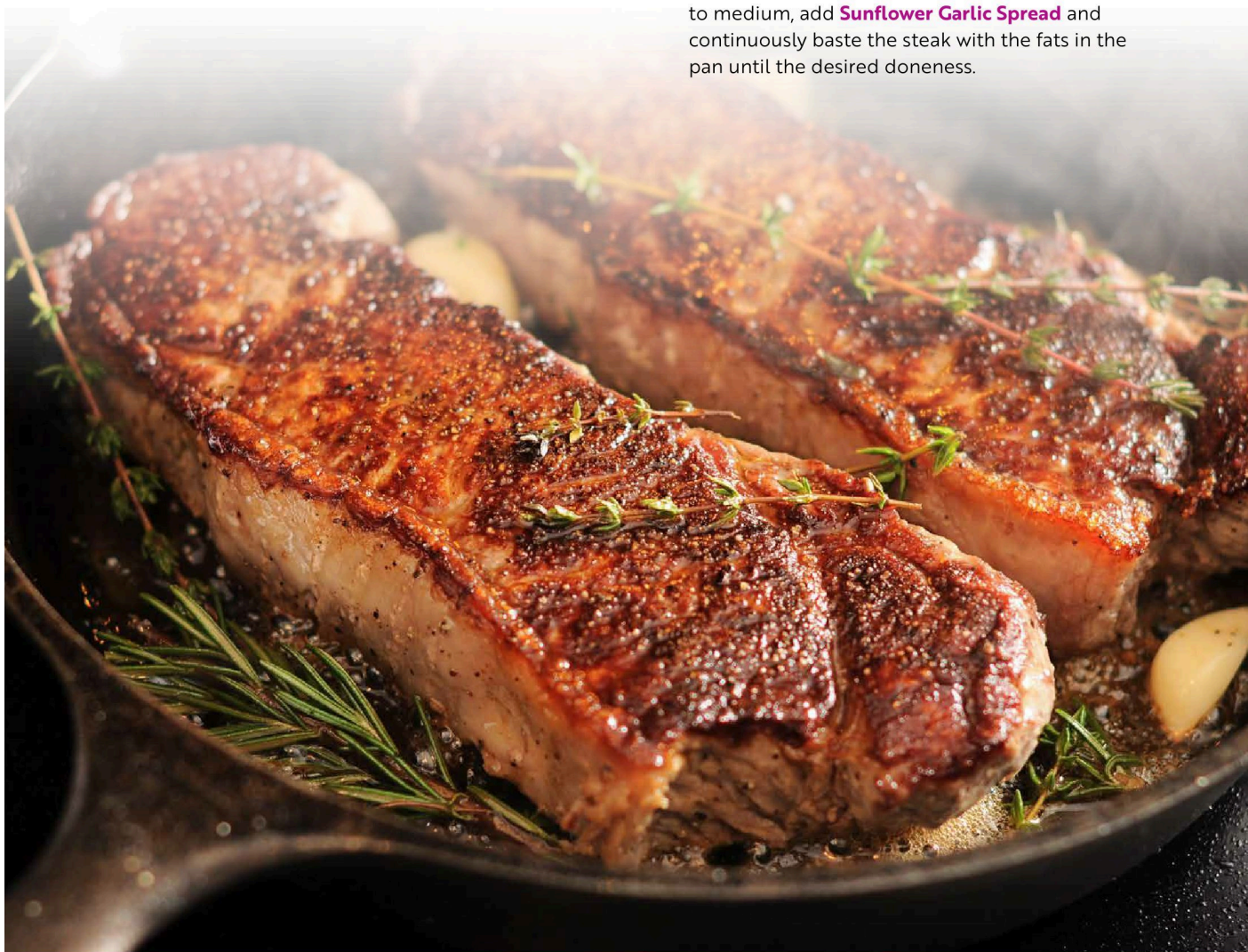


INGREDIENTS

2 tbsp Sunflower Garlic Spread
3 tbsp Roberts Soybean Cooking Oil
110oz Ribeye Steak
3 sprigs rosemary
5 pods garlic, peeled and crushed
Salt and black pepper

INSTRUCTIONS

1. Combine salt and black pepper for a salt and pepper mix of desired ratio.
2. Sprinkle salt and pepper mix evenly on both sides of the steak.
3. Put 3 tbsp of **Roberts Soybean Cooking Oil** in frying pan and allow to heat up. Once heated but not smoking hot, add steak, garlic and rosemary. Sear on high heat for 2 -3 minutes before lowering the heat to low to medium.
4. Once you have turned the heat down to low to medium, add **Sunflower Garlic Spread** and continuously baste the steak with the fats in the pan until the desired doneness.



100 | OTHER MEATS

Garlic and Herb Baked Ham



INGREDIENTS

Sunflower Garlic Spread

Cured smoked ham of choice

Whole cloves

2 bulbs garlic, peeled

3 sprigs rosemary

6 sprigs thyme

INSTRUCTIONS

1. Slightly slice skin of ham. Diamond design with the slashes is optional.
2. Completely rub the ham right around with **Sunflower Garlic Spread**.
3. Stick cloves into the ham all around.
4. Place ham in deep food pan and add ½ inch of water into the pan.
5. Add garlic, cloves, rosemary and thyme into the pan. Preheat oven to 350 °F. Wrap tightly with foil and bake in the oven for 60 minutes wrapped.
6. Unwrap the ham and bake for a further 30 minutes.

FOODIE TIP:

Our Ham Glaze recipe is sure to add flavour to your Baked Ham. Try the recipe now in our Sauces & Gravy section!



OTHER MEATS | 101

Herb Crusted Roast Beef



INGREDIENTS

2 tbsp Mello-Kreem Spread
½ cup plus 2 tbsp Buyer's Choice Soybean Cooking Oil
2 tbsp mustard powder
1 3lb boneless beef eye round roast
1 bunch fresh parsley
½ bunch fresh thyme
5 cloves garlic
2 sprigs fresh rosemary
8 sprigs fresh oregano
 Salt and freshly ground black pepper to taste

INSTRUCTIONS

1. Preheat oven to 350 °F.
2. Season roast well with salt and pepper.
3. In a medium sauté pan over medium to high heat, add 2 tbsp **Buyer's Choice Soybean Cooking Oil**.
4. When hot, sear roast on all sides, until nicely caramelized, about 8 - 10 minutes.
5. Remove roast to a sheet tray lined with a wire rack.
6. Meanwhile, place **Mello-Kreem Spread**, garlic, parsley, thyme, oregano, rosemary, mustard powder, ½ cup **Buyer's Choice Soybean Cooking Oil**, salt and pepper to taste, in a food processor and pulse until mixture forms a paste.
7. Rub paste all over roast.
8. Bake in the oven until the roast is cooked about 45 - 60 minutes.
9. Let roast rest 10 minutes before slicing and serve.



Lamb Curry



INGREDIENTS

Sunflower Coconut Spread

½ tsp turmeric
 1 tsp chili powder
 1 tbsp ground coriander
 1 tbsp Garam masala
 3 tbsp ginger powder
 3 tbsp curry powder of choice
 1 lb onion
 3 lb lamb stew
 2 bay leaves
 5 gloves of garlic
 6 whole cardamom
 8oz coconut milk
 Sugar (optional)



INSTRUCTIONS - PREPARATION

1. Chop onion and garlic.
2. Combine all spices to make a spice mix.
3. Crush whole cardamom, take out middle and add to spice mix.

INSTRUCTIONS - COOKING

1. In a pot, heat **Sunflower Coconut Spread** until hot but not smoking, lower heat to low to medium.
2. Add half of spices to the **Sunflower Coconut Spread** and let cook out for 1 and a half minutes.
3. Add lamb and remaining spices and sauté and let cook for a further 3 minutes.
4. Add onion and garlic and sauté for a further 2 minutes.
5. Add water to completely cover the meat and be about 1 inch above the meat in the pot.
6. Add bay leaves.
7. Raise to high heat and bring to a boil. Once it comes to a boil, lower the heat to low to medium and let simmer for 60 – 90 minutes covered.
8. Once lamb is cooked and tender, taste the curry. Add salt to taste. **You can add a bit of sugar but that is optional**
9. Stir in coconut milk for texture and let simmer for a further 10 minutes.

FOODIE TIP:

Coconut Oil is a main ingredient in **Sunflower Coconut Spread**. Coconut Oil has been linked to improved cognitive function, metabolism and hair and skin health.



Pepperpot (Guyana)



INGREDIENTS

2 tbsp Glow-Spread Margarine
1 tbsp colouring
½ cup cassareep
3 lb fresh pork
 Oxtail, with the skin on
2 large onions, sliced
2 bonny peppers, slightly bruised and tied up in a muslin or net bag
 Salt and pepper to taste



FUN FACT:

Pepperpot - Rich in flavour, rich in history. While looking for methods to preserve their meat, the indigenous Amerindians of Guyana, created this hearty meal.



NOTES:

This is a dish that can be kept going indefinitely and can be added to from time to time, provided it is warmed up each day. A pepperpot is also a useful way of using left overs, and, in particular, old laying hens, or tough pork..

INSTRUCTIONS

1. Start off a pepperpot with an oxtail (purchased from a butcher with the skin on) and 3 lb of fresh pork.
2. Place pork in a dish, salt well and leave overnight in the fridge.
3. Cook the oxtail thoroughly and retain the stock.
4. The following morning, wash the salt off the pork and put it on to boil. When cooked, throw off the stock and set it aside, and then cut the meat into neat pieces.
5. Cut up the oxtail, add to the pork and place all in a large pot. To this meat, add 2 large onions sliced, 2 bonny peppers, slightly bruised and tied up in a muslin or net bag, ½ cup of cassareep, 1 tbsp of colouring and 2 tbsp of **Glow-Spread Margarine**.
6. Boil up the stock which has been reserved and add, allowing the stock just to cover the meat. Simmer until all the meat is absolutely tender.
7. With the exception of mutton, any cold cooked meat - chicken, veal, tongue etc. - may be added provided it is not seasoned.
8. When adding to the pepperpot, use boiling stock or water, sliced onion, cassareep, **Glow-Spread Margarine** and colouring as necessary.



Recipe provided by Massy Distribution Guyana Inc.

pudding & Souse



INGREDIENTS - PUDDING

2 tbsp Glow-Spread Margarine, melted or **Roberts Soybean Cooking Oil**
1 tsp clove
1 tsp paprika
1 tsp cinnamon (optional)
1 lb sweet potatoes, grated
 Thyme and sweet marjoram, minced
 Browning
 Sugar to taste
 Salt and pepper to taste

INGREDIENTS- SOUSE

1 lb pork – the cuts of the pork are optional, however, pork belly, loin and chops are recommended.
2 tbsp marjoram, chopped
3 tbsp coriander
4 tbsp parsley, chopped
1 scotch bonnet pepper, chopped
1 orange, juiced
2 cucumbers, grated one and slice one thinly
2 red onions, chipped
2 lemons, juiced
4 limes, juiced
 Salt to taste

INSTRUCTIONS - PUDDING

1. Mix all ingredients in a bowl.
2. Once mixed, place in pan greased with melted **Glow-Spread Margarine** or **Roberts Soybean Cooking Oil**, cover with foil and bake for 45 minutes or until mixture is soft at 350 °F. The texture and look of the mixture will change to a well-binded pudding texture.
3. Alternatively, the pudding can also be steamed in a bowl over a pot of boiling water.

INSTRUCTIONS - SOUSE

1. Wash and clean pork and boil in salted water with lime until meat is tender. Let cool.
2. Cut meat down into manageable pieces.
3. In a bowl, put pork and add cucumber, onion, herbs, scotch bonnet pepper, then add lemon, lime and orange juice. Combine well.
4. Season with salt to taste. The flavour should be high in acidity, high in salt but not salty; with a hint of spice. The acidity and saltiness should go hand in hand to balance each other out with the cucumber and herbs, providing that neutral flavour to balance it all and bring it together.



FUN FACT:

Pudding and Souse - Traditionally, pudding was served in a casing of pig intestines (similar to sausages).



Pulled Pork Sandwich



INGREDIENTS

1 tsp Roberts Soybean Cooking Oil
2 tbsp Sunflower Soft Luxury Spread, or as needed
1½ tsp thyme, dried
1 tbsp yellow mustard
1 tbsp Worcestershire sauce
1 tbsp ground cayenne pepper
4 lb pork shoulder roast
¼ cup brown sugar
½ cup apple cider vinegar
½ cup chicken broth
1 cup barbeque sauce
1 extra large onion, chopped
2 large cloves garlic, crushed
8 hamburger buns, split

INSTRUCTIONS

1. Pour the **Roberts Soybean Cooking Oil** into the bottom of a slow cooker.
2. Place the pork roast into the slow cooker and pour in the barbeque sauce, vinegar and broth.
3. Stir in sugar, mustard and Worcestershire sauce, pepper, onion, garlic and thyme.
4. Cover and cook on high until the roast shreds easily with a fork for 5 – 6 hours.
5. Remove the roast from the slow cooker and shred the meat using two forks.
6. Return the shredded pork to the slow cooker and stir meat into the juices.
7. Spread the insides of both halves of hamburger buns with **Sunflower Soft Luxury Spread**.
8. Toast the buns, spread side down, in a skillet over medium heat until golden brown.
9. Spoon pork into the toasted buns.



106 | OTHER MEATS

Rabbit Stew

**mello-
kream**
Spread



INGREDIENTS

Mello-Kreem Spread or Dove Margarine Spread

1 lb rabbit meat
1 can of diced tomatoes
1 Chicken Bouillon cube
1 scotch bonnet pepper
1 large onion
3 Idaho potatoes
3 stalks of celery
3 sprigs rosemary
6 sprigs thyme
4 carrots
8 pods of garlic
1 tbsp ground ginger
1 tbsp ground cumin
1 tbsp ground coriander
1 tbsp curry powder
1 tbsp onion powder
1 tbsp garlic powder
3 tbsp Bajan seasoning of choice
 Salt to taste

INSTRUCTIONS - PREPARATION

1. Peel and dice onions, carrots and potatoes.
2. Chop celery and herbs. Mince garlic.
3. Combine spices to make spice mix.
4. In a bowl, season rabbit using spice mix, Bajan seasoning and salt to taste. Keep back half of the spice mix.

INSTRUCTIONS - COOKING

1. Sauté onions, ginger, celery and garlic with **Mello-Kreem Spread** or **Dove Margarine Spread**.
2. Add rabbit meat.
3. Add remaining spice mix and sauté further for another 2 – 3 minutes.
4. Add canned tomatoes and water to completely cover rabbit meat and submerge by approximately 2 inches.
5. Bring to a boil.
6. Add scotch bonnet pepper and Chicken Bouillon cube.
7. Add potatoes, herbs and vegetables. Cover and allow to come to a boil and cook on low to medium heat for 45 - 60 minutes.
8. Once meat is cooked and soft, taste liquid and season to taste with salt and pepper.



FOODIE TIP:

Mello-Kreem is sure to add that distinctive flavour to your stew!



OTHER MEATS | 107

Low and Slow Barbecue Ribs



INGREDIENTS

Roberts Soybean Cooking Oil

Spare ribs
Canned tomatoes
¼ lb rosemary
¼ lb thyme
¼ lb ginger, chopped
4 bulbs of garlic, chopped
4 large onions, chopped
Granulated sugar
Barbecue sauce of choice
Salt and black pepper to taste

INSTRUCTIONS - PREPARATION

1. Mix canned tomatoes with water and season with salt and black pepper. Add some sugar to taste.

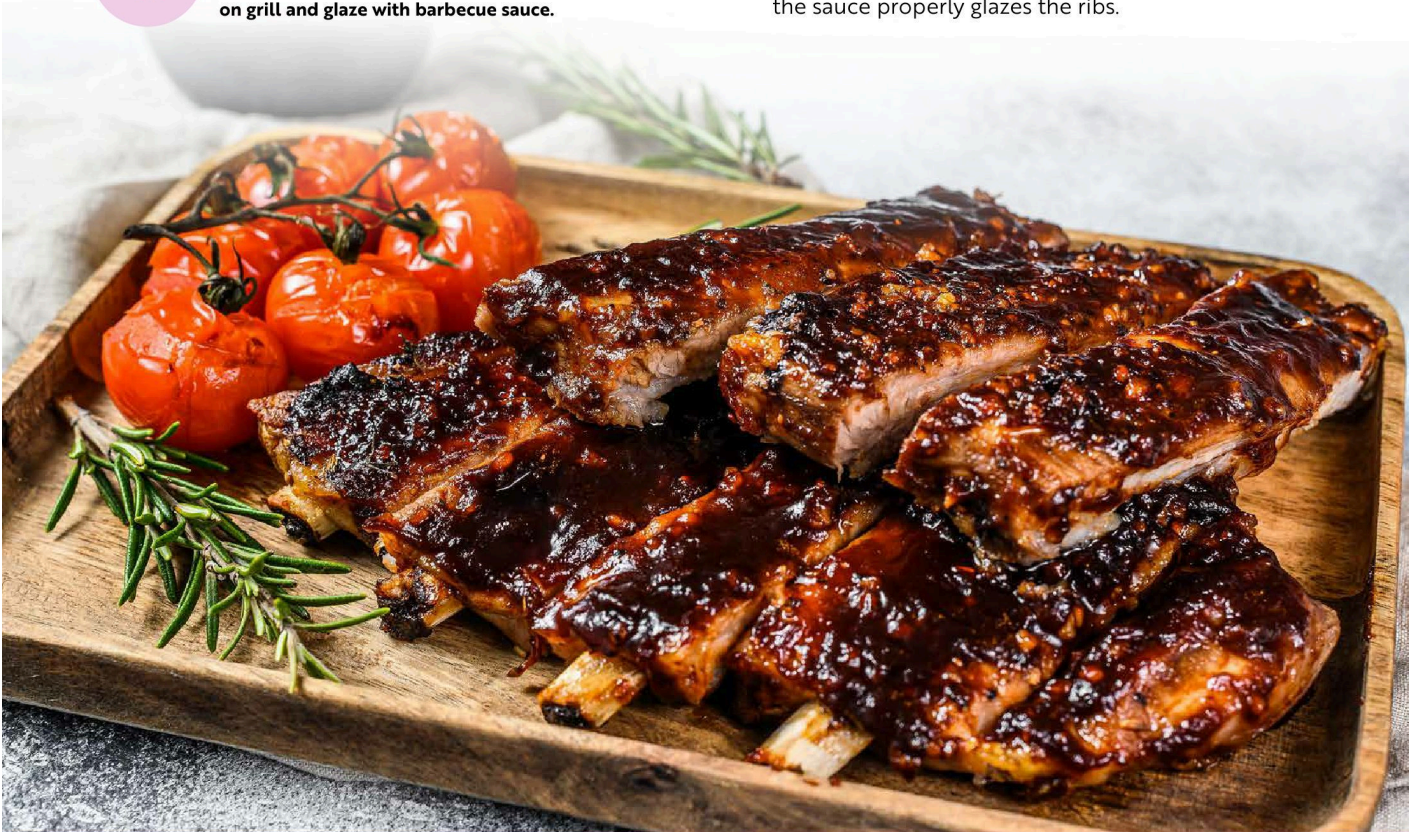
INSTRUCTIONS - COOKING

1. Season ribs with salt and pepper.
2. Sear ribs with **Roberts Soybean Cooking Oil** in a frying pan on both sides for 2 – 3 minutes on each side to seal seasoning and put a slight colour on the outside.
3. Place ribs in deep food pan and completely cover with blended tomatoes liquid, add onions, garlic, herbs and ginger.
4. Wrap pan tightly so no heat and steam can escape and cook in oven at 350 °F for 4 hours.
5. Remove ribs from cooking liquid and baste generously with barbecue sauce and place back in oven on a pan at 450 °F for a few minutes so the sauce properly glazes the ribs.



NOTES:

If BBQ grill is available, when ribs come from cooking liquid, allow to cool and then place on grill and glaze with barbecue sauce.



Stuffed Pork Tenderloin



INGREDIENTS

1 tbsp Roberts Soybean Cooking Oil
2 tbsp Mello-Kreem Spread
1 lb pork tenderloin
¼ tsp browning
2 tsp fresh thyme
2 tsp parsley
2 tsp dried rosemary
1 cup bread crumbs
1 small onion, peeled and chopped
2 celery ribs, chopped
 Ground black pepper and salt to taste

INSTRUCTIONS

1. Preheat oven to 350 °F.
2. Cut a lengthwise slit $\frac{3}{4}$ of the way through the pork tenderloin and spread open.
3. Pound the meat flat to $\frac{1}{4}$ inch thickness with a meat mallet.
4. Heat **Roberts Soybean Cooking Oil** in a large skillet, cook celery and onion in oil until tender then stir in dry ingredients.
5. Spread the mixture over the meat to within $\frac{1}{2}$ inch of the edge and fold the tenderloin over the stuffing.
6. Tie firmly and baste with **Mello-Kreem Spread** mixed with browning.
7. Place in shallow roasting pan and bake for 50 – 60 minutes, remove from oven and allow to cool before untying.
8. Slice and serve.



OTHER MEATS | 109

Coconut Sweet Potato Mash with Seared New York Strip Steak & Market Veg

by 2024 Junior Chef Winner Omari Layne



INGREDIENTS - FOR THE MASH

200 g Sunflower Coconut Spread
900 g sweet potatoes, cubed
30 ml maple syrup
200 ml heavy cream
½ tsp cinnamon
½ tsp allspice
 Salt and pepper to taste

INGREDIENTS - FOR THE CHIMICHURRI

120 ml Roberts Soybean Oil
30 ml red wine vinegar
30 ml maple syrup
30 g garlic, minced
80 g parsley, chopped
¼ tsp chili flakes
 Salt and pepper to taste

INGREDIENTS - FOR THE VEG

2 tbps Sunflower Soft Luxury Spread
2 tbps Sunflower Garlic Spread
100 g broccoli florets, blanched
100 g carrots, cut diagonally, blanched
8 stalks of asparagus, blanched
 Salt and pepper to taste

INGREDIENTS - FOR THE STEAK

4 tbps Sunflower Soft Luxury Spread
60 ml Roberts Soybean Oil
Two (2) 12oz New York Strip Steaks
30 ml rosemary, chopped
40 g garlic
4 sprigs of thyme
 Salt and pepper to taste

INSTRUCTIONS - FOR THE MASH

1. Boil potatoes in salted water until soft.
2. Drain, rice potatoes and reserve.
3. In a saucepan, combine **Sunflower Coconut Spread**, heavy cream, maple syrup, cinnamon and allspice. Stir until thoroughly combined.
4. Fold the **Sunflower Coconut Spread** and heavy cream mixture into the riced potatoes.
5. Season to taste.

INSTRUCTIONS - FOR THE CHIMICHURRI

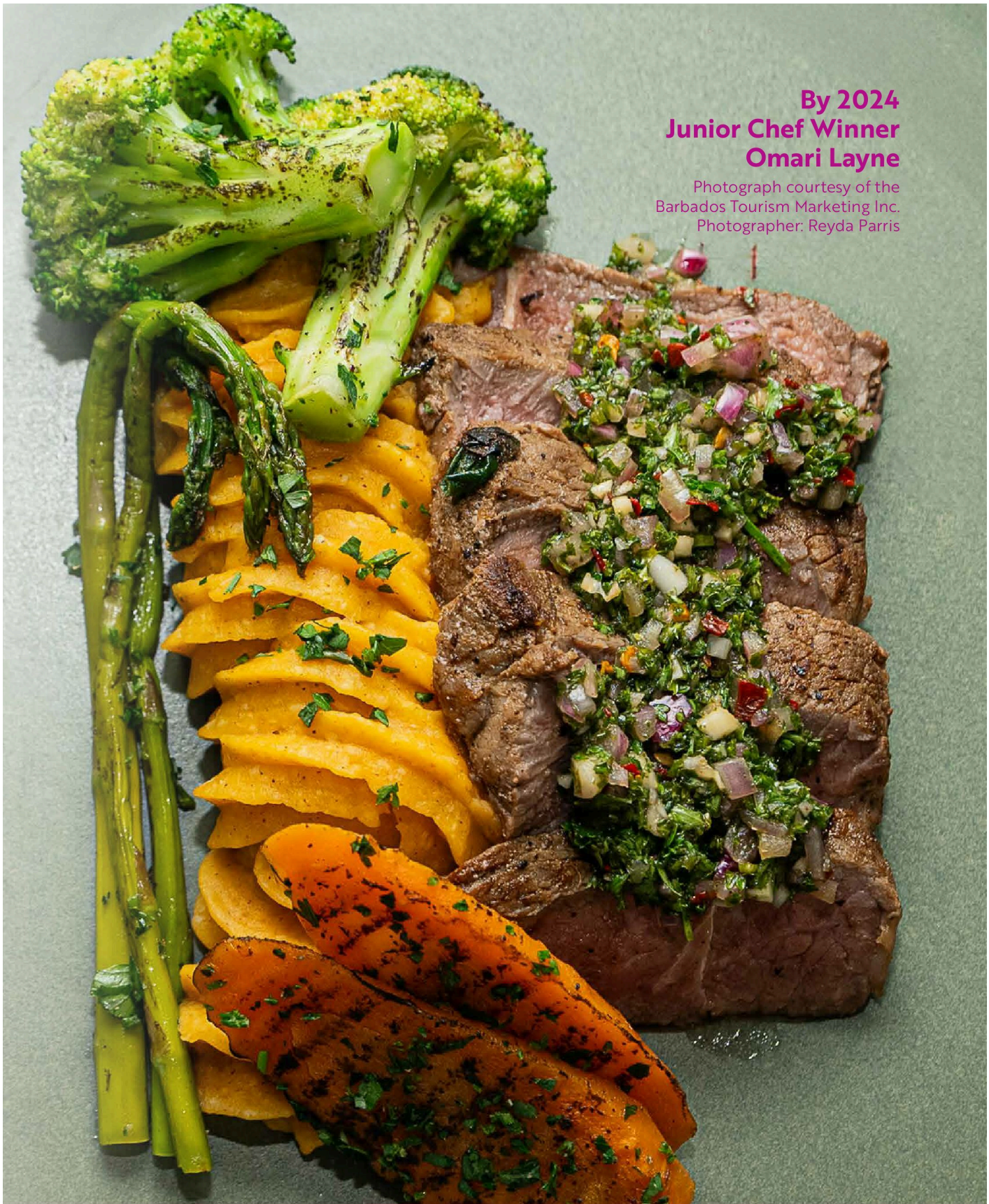
1. In a mixing bowl, combine all ingredients.
2. Gently stir and season to taste.
3. Reserve in refrigerator prior to use.

INSTRUCTIONS - FOR THE VEG

1. In a large saucepan melt both **Sunflower spreads**.
2. Add vegetables and toss until evenly coated.
3. Season to taste.

INSTRUCTIONS - FOR THE STEAK

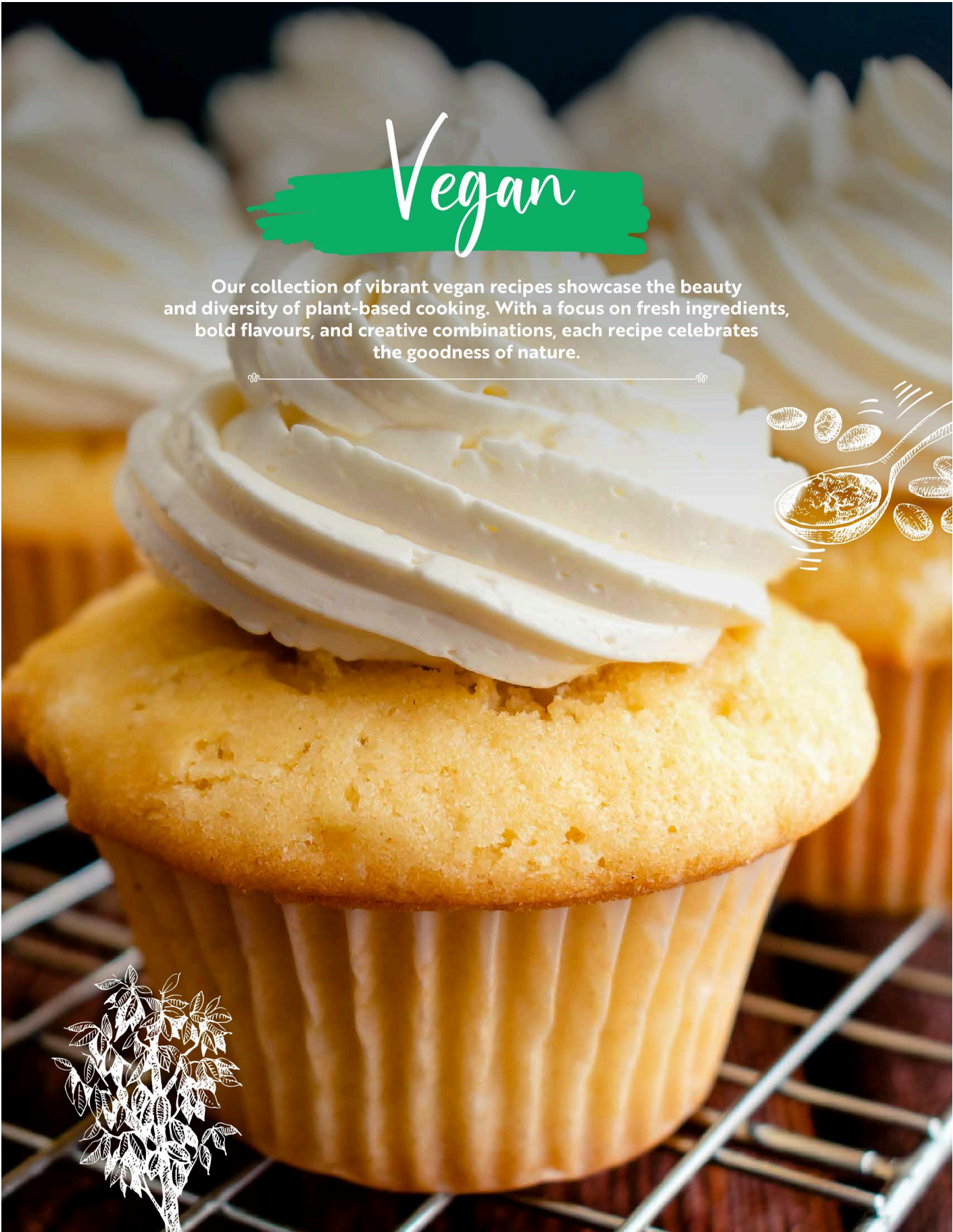
1. Season steaks with salt and pepper. Allow to rest for 30 minutes.
2. In a cast iron pan, heat 30 ml of **Roberts Soybean Cooking Oil** until hot.
3. Sear steak for 2 – 3 minutes on each side.
4. On a lower heat, add **Sunflower Soft Luxury Spread**, rosemary, garlic and thyme, and baste the steak.
5. Cook to a medium temperature of 250 °F or desired doneness.
6. Repeat these steps with the second steak.
7. Allow both steaks to rest before serving.



**By 2024
Junior Chef Winner
Omari Layne**

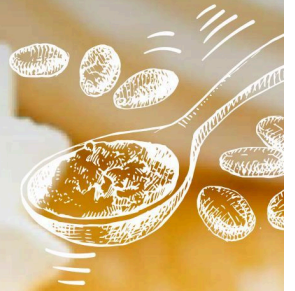
Photograph courtesy of the
Barbados Tourism Marketing Inc.
Photographer: Reyda Parris

OTHER MEATS | III



Vegan

Our collection of vibrant vegan recipes showcase the beauty and diversity of plant-based cooking. With a focus on fresh ingredients, bold flavours, and creative combinations, each recipe celebrates the goodness of nature.



Chickpea and Spinach Stew

**mello-
kream**
Spread

INGREDIENTS

2 tbsp Mello-Kream Spread
2 cups cooked chickpeas
¼ cup red onion, medium chop
1 small, sweet potato, peeled and chopped small
2 cloves garlic, minced
2 tsp salt
1 tsp black pepper
1 tsp cumin
1 tsp smoked paprika
2 tbsp tomato paste
1 tbsp brown sugar
½ cup raisins
 Handful of spinach, roughly chopped

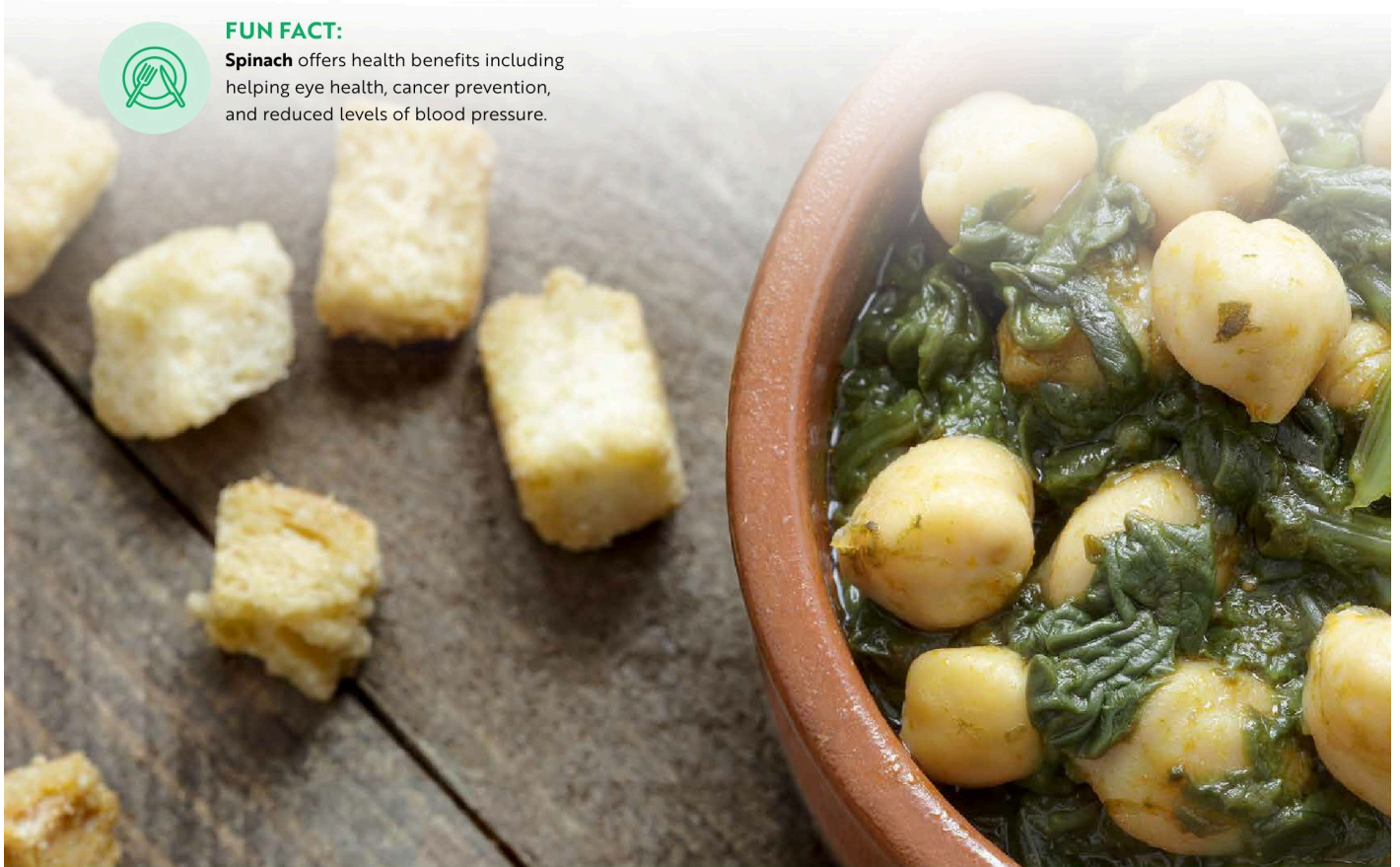
INSTRUCTIONS

1. In a shallow saucepan, add the **Mello-Kream Spread** and melt on medium heat. Add the onion and garlic and sauté for about 5 minutes.
2. Turn the heat to low and add the cumin and smoked paprika, followed by the tomato paste and sweet potato. Stir until all the ingredients are evenly coated.
3. Add the chickpeas, raisins, sugar and enough water to just cover the chickpeas.
4. Simmer for 15 minutes or until sweet potato has cooked through and stew has thickened. Season with salt and pepper.
5. Turn off the heat and stir in chopped spinach.
6. Serve with white rice and enjoy.



FUN FACT:

Spinach offers health benefits including helping eye health, cancer prevention, and reduced levels of blood pressure.



VEGAN | 113

Coconut and Lentil Quinoa Pelau



INGREDIENTS

¼ cup Sunflower Coconut Spread
1 cup quinoa, rinsed and strained
1 cup lentils
2 medium-sized carrots, peeled and chopped into bite-size pieces
1 cup spinach, washed and sliced into ribbons
1 thumb-sized piece of ginger, grated
1 small red onion, chopped
½ cup red sweet pepper, chopped
1 cup coconut milk
¼ cup sweetened coconut cream
 Fresh cilantro to garnish, chopped
 Fresh chives to garnish, chopped
1 tsp pepper sauce
1 tsp black pepper
1 tsp paprika
2 tsp curry powder
 Salt to taste



INSTRUCTIONS

1. In a medium sized saucepan on medium heat, add **Sunflower Coconut Spread** and melt. Add the paprika, curry powder and black pepper, stirring until fragrant.
2. Add the lentils, followed by three (3) cups water, the chopped onion, ginger, salt and coconut cream. Cook lentils, partially covered for 20 minutes before lowering the heat and adding coconut milk.
3. Stir gently and add the quinoa, red sweet pepper and carrots and continue to cook for 10 – 15 minutes or until all the liquid is absorbed.
4. Once the liquid is absorbed, add in the spinach and mix in gently, fluffing up your pelau using a fork.
5. Garnish with chopped cilantro and chives and serve immediately with a side of coleslaw and garden salad.



DID YOU KNOW?

Quinoa provides all nine essential amino acids and is completely gluten-free? What a protein powerhouse!

Creamy White Bean and Pumpkin Soup



INGREDIENTS

2 tbsp Glow-Spread Margarine
1 (14 oz.) can white cannellini beans, strained
1 medium white onion, medium chop
2 tbsp tomato paste
¼ cup nutritional yeast
2 cups chopped pumpkin, peeled
1 stalk marjoram, leaves removed
1 medium sweet potato, peeled and chopped
Salt and pepper to taste

INSTRUCTIONS

1. Heat a large saucepan on medium heat, add **Glow-Spread Margarine** and melt. Chop the marjoram and set aside.
2. Add the onion to the saucepan and sauté until translucent. Add the tomato paste, marjoram, sweet potato and pumpkin and top off with 1 litre water.
3. Bring to a boil and simmer for 20 minutes until the vegetables are soft.
4. Add the white beans and nutritional yeast and mix.
5. Remove two cups of the soup and when cooled slightly, add to blender with 1 cup of liquid from the canned beans and blend until smooth.
6. Add back into the pot and season with salt and pepper.
7. Serve immediately and enjoy!



Crispy Garlic and Herb Chickpeas



INGREDIENTS

¼ cup Sunflower Garlic Spread, melted
2 cups chickpeas, washed and dried on a paper towel
2 tsp onion powder
2 tsp dried dill
1 tsp garlic powder
1 tsp salt
1 tsp black pepper
Handful of fresh parsley, chopped finely

INSTRUCTIONS

1. Preheat oven to 375 °F.
2. In a medium-sized mixing bowl, add the melted **Sunflower Garlic Spread** along with the onion powder, garlic powder, salt, black pepper, dried dill and chopped fresh parsley.
3. Add the chickpeas and mix thoroughly ensuring all the mixture coats them.
4. On a baking tray lined with parchment, spread chickpeas evenly and bake in preheated oven for 30 minutes at 375 °F or until crispy.
5. These chickpeas can be used with a salad to add texture, and on soups! Excellent source of protein, fibre and now flavour!



FUN FACT:

Chickpeas are rich in protein, fibre, and essential vitamins!

Gran' Gran' Mashed Potatoes

**mello-
kream**
Spread

Sunflower
Low Calorie
Spread

INGREDIENTS

2 heaping tablespoons **Mello-Kream Spread**
½ cup Sunflower Low Calorie Spread
2 cups plant based milk (Recommended: Oat milk)
10 large English potatoes, washed and peeled
 (about 2.5 lb)
2 tbsp onion powder
2 tsp garlic powder
 Salt and black pepper to taste
 Handful of chopped fresh parsley for garnish



INSTRUCTIONS

1. Chop your potatoes into medium sized pieces and place in a large saucepan and cover with water. Add 3 tbsp salt and bring to a boil. Cook until tender.
2. In the meantime, add the milk, **Sunflower Low Calorie Spread**, salt, pepper, onion and garlic powder to a small saucepan and heat gently.
3. Strain your potatoes, reserving about ¼ cup of the liquid in the pot. Mash (dry) with potato masher before slowly pouring in the milk mixture.
4. Mash until smooth and creamy. Place mashed potatoes in desired serving dish before scooping tablespoons of **Mello-Kream Spread** and allowing it to melt into the potato.
5. Garnish with chopped fresh parsley and serve immediately.



VEGAN | 117

Green Goddess Avocado Pasta Salad



INGREDIENTS

¼ cup Sunflower Coconut Spread
2 cups of your favourite pasta
1 cup white cabbage, washed and shredded
1 cup arugula, washed
 1 medium avocado, cut into medium-sized chunks
 2 stalks chives, washed and chopped
¼ cup toasted pumpkin seeds
¼ cup basil, washed and chopped finely
½ cup celery, washed and chopped
¼ cup nutritional yeast
¼ cup coconut milk
 2 cloves garlic
 Juice of 1 lemon
 Salt and Pepper to taste

INSTRUCTIONS

1. In a medium saucepan, cook pasta to manufacturer's instructions.
2. Strain and mix with **Sunflower Coconut Spread**. Set aside.
3. Put your greens in a large bowl - arugula, celery and cabbage. Add in pasta.
4. In a blender, add your avocado, chives, nutritional yeast, salt and pepper, garlic, basil and lemon juice.
5. Add ½ cup coconut milk and blend until smooth.
6. Pour sauce over pasta and greens and mix until everything is coated.
7. To serve, chill for 1 hour and sprinkle with toasted pumpkin seeds.



FUN FACT:

Did you know **avocados** are great for cardiovascular health?



118 | VEGAN

Coconut Bread Pudding



INGREDIENTS

8 oz Sunflower Soft Luxury Spread
 1 small loaf of packaged white sliced bread
 1 ½ litre coconut milk or plant-based milk of choice
 1 **tbsp** coconut essence
 2 **oz** cornstarch
 8 **oz** brown sugar
 8 **oz** desiccated coconut (divided in half)
 1 **tsp** nutmeg
 2 **tsp** cinnamon



INSTRUCTIONS

1. Preheat oven to 350 °F.
2. Slice the bread (including the crust) into small pieces. Place in a medium-sized bowl and set aside.
3. In a medium pot, add the milk, essence, **Sunflower Soft Luxury Spread**, spices and brown sugar and bring to a simmer.
4. In a small bowl, add the cornstarch and pour ½ cup heated milk mixture, whisking in gently.
5. Pour the cornstarch mixture into the pot and on a low heat stir until slightly thickened and coating the back of the spoon.
6. Pour this custard over the sliced bread pieces, followed by 4 oz. coconut and mix thoroughly until the custard is absorbed.
7. Let sit for 10 - 15 minutes and place in an appropriate baking dish.
8. Sprinkle with remaining coconut and bake for 30 minutes or until golden brown and fragrant. Keeps refrigerated for 5 days.

Coconut Rum Sauce



INGREDIENTS

2 tbsp Sunflower Coconut Spread
 6 **oz** strong Bajan brown rum
 1 (14 **oz**) can coconut milk
 3 heaping **tbsp** cornstarch
 ¼ **cup** toasted desiccated coconut

INSTRUCTIONS

1. In a medium saucepan, heat coconut milk and sugar.
2. In a small bowl, whisk cornstarch and rum. Pour heated milk into mixture and stir slowly on low heat until the custard has thickened and coats the back of a spoon.
3. Stir in **Sunflower Coconut Spread**.
4. Serve with warm bread pudding and store in the refrigerator up to a week.

Dark Chocolate Walnut Brownies



INGREDIENTS

½ cup **Velvo Kris Shortening**, melted
 ½ cup **Glow-Spread Margarine**, melted
 1 ½ cups coconut milk
 1 tbs white vinegar
 1 cup apple sauce
 Zest of 1 orange
 2 ½ cups cassava flour
 1 ½ cup brown sugar
 1 cup unsweetened pure cocoa powder
 2 tsp baking soda
 ½ tsp baking powder
 ½ tsp salt
 1 cup walnuts, chopped into small pieces

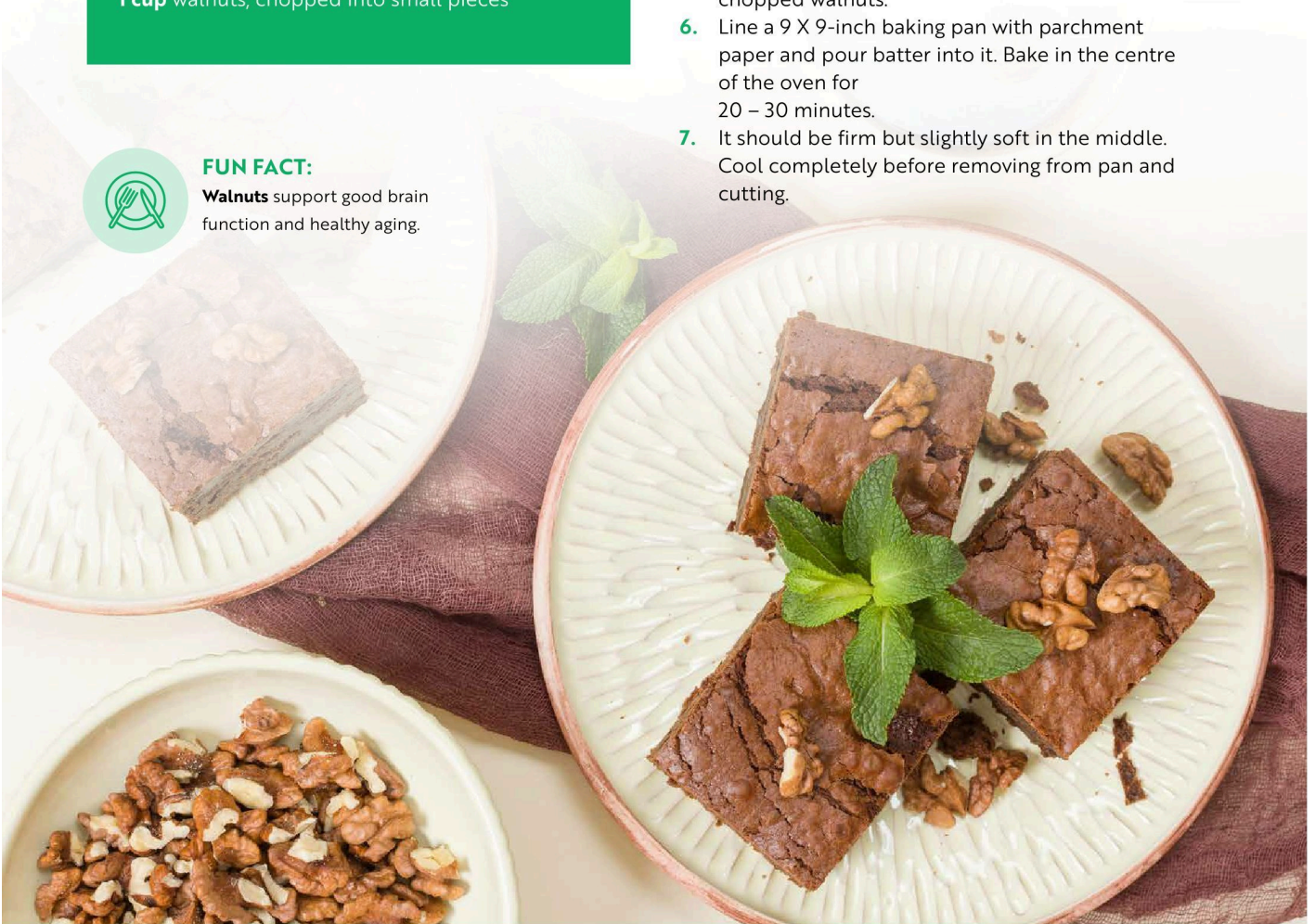
INSTRUCTIONS

1. Preheat oven to 350 °F.
2. In a standing mixer, add dry ingredients to the bowl and orange zest.
3. Add vinegar to coconut milk and set aside. In a separate bowl mix together the melted **Velvo Kris Shortening** and **Glow-Spread Margarine**, followed by the apple sauce.
4. With the standing mixer on low to medium speed, mix your dry ingredients. Add your apple sauce mixture followed by the coconut and vinegar mixture.
5. Mix until well combined and lastly add your chopped walnuts.
6. Line a 9 X 9-inch baking pan with parchment paper and pour batter into it. Bake in the centre of the oven for 20 – 30 minutes.
7. It should be firm but slightly soft in the middle. Cool completely before removing from pan and cutting.



FUN FACT:

Walnuts support good brain function and healthy aging.



Kale and Plantain Crackers



INGREDIENTS

50 g Sunflower Health Spread, melted
250 g chickpea flour plus extra for dusting
1 tsp baking powder
½ tsp salt
¼ cup nutritional yeast
2 ripe plantains, mashed
½ cup kale, chopped finely
3 tbsp water

INSTRUCTIONS

1. Preheat oven to 350 °F.
2. In a bowl combine all ingredients except for water and mashed plantains.
3. Mix well until and then slowly add in your plantains and water until a dough is formed.
4. Sprinkle parchment paper with chickpea flour and dump dough on top. Sprinkle with more chickpea flour and flatten slightly before placing another piece of parchment paper on top.
5. Roll out evenly between the two sheets of paper until roughly ⅛ inch thick.
6. Remove top sheet of parchment and with a pizza cutter or knife cut dough into squares.
7. Prick the dough with a wet fork and sprinkle with flaky sea salt. Bake for 20 minutes at 350 °F until edges are slightly browned.
8. Cool completely before storing in an airtight container. Keeps at room temperature for 3 days or in the refrigerator for 5 days.
9. Enjoy the crackers with hummus or on its own as a healthy crunchy snack!



NOTES:

Kale has culinary versatility and is useful in smoothies, salads, and even cocktails.



Mixed Berry Chocolate Chunk Cookie



INGREDIENTS

½ cup Sunflower Health Spread
½ cup frozen mixed berries (thawed) mixed with **1 tbsp** cornstarch
½ cup apple sauce
¼ cup oat milk
1 cup dark chocolate, chopped into chunks
1¼ cup brown sugar
1½ cup cassava flour
1 cup oat flour
1 tsp baking powder
2 tsp vanilla extract
 Zest of 1 orange



INSTRUCTIONS

1. In a bowl, add dry ingredients (oat flour, cassava flour, baking powder) and zest. Set aside.
2. Mix the thawed berries and cornstarch until you can't see any cornstarch. Set aside.
3. In a standing mixer with bowl, cream **Sunflower Health Spread** with brown sugar and vanilla for 5 minutes. Add in the berry mixture, apple sauce and dry ingredients and mix until combined but still a bit streaky with bits of berries visible.
4. Fold in chocolate chips and refrigerate dough for 30 minutes until firm but scoopable.
5. Place 12 even balls of cookie dough, 2 inches apart on baking tray and bake for 20 - 25 minutes at 350 °F.
6. Cool completely and enjoy!



Orange and Nut Cake



INGREDIENTS

1 cup Sunflower Health Spread, room temperature
2 cups almond flour
1 cup all-purpose flour
1 tsp baking powder
1 tsp baking soda
2 tsp cinnamon
1 tsp nutmeg
½ tsp salt
2 tbsp ground flaxseeds mixed with 6 tbsp water
 Zest and juice of 2 oranges (about ½ cup)
½ cup toasted, finely chopped peanuts
1 ½ cup brown sugar
1 tsp vinegar

INSTRUCTIONS

1. Preheat your oven to 350 °F and line an eight (8) inch cake pan with parchment paper.
2. In a bowl, sift all of the dry ingredients together - almond flour, all-purpose flour, spices, baking soda and powder, salt. Add the zest and set aside.
3. Mix the juice of the oranges, the vinegar and flaxseed mixture. Set aside.
4. In a medium bowl, with a whisk, cream **Sunflower Health Spread** and brown sugar until pale and creamy (about 5 minutes).
5. Slowly add in your flour mixture and juice mixture, alternating until everything is combined.
6. Lastly fold in your chopped peanuts and pour batter into cake.
7. Bake at 350 °F for 20 minutes or until cake is fragrant and your knife comes out clean.
8. Cool completely before slicing and serve with your favourite vegan vanilla ice cream.



VEGAN | 123

Quick Vanilla Cupcakes



INGREDIENTS

½ cup Glow-Spread Margarine
1 ½ cup all-purpose flour
2 tsp baking powder
 ½ salt
1 cup granulated sugar
¾ cup vanilla plant-based milk
2 tsp lemon juice
2 tsp clear vanilla essence

INSTRUCTIONS

1. Preheat oven to 350 °F.
2. In a small bowl, add your milk and lemon juice. Set aside.
3. In a medium size bowl, whisk the **Glow-Spread Margarine**, salt and granulated sugar until creamy and pale in colour. Add the vanilla extract.
4. Sift the flour and baking powder together in a separate bowl and slowly add the flour mixture and milk mixture alternatively, while mixing into the margarine mixture.
5. Scoop mixture into lined muffin tin and bake in preheated oven for 10 - 15 minutes.
6. Cool completely before icing with Quick Vanilla Frosting and enjoy!

Quick Vanilla Frosting



INGREDIENTS

1 cup Velvo Kris Shortening
2 kg icing sugar
½ cup vanilla plant based milk
1 tbsp clear vanilla essence
 ½ tsp salt

INSTRUCTIONS

1. In a standing mixer, with paddle attachment add the icing sugar, salt, essence and coconut milk. Mix on low to medium speed until smooth.
2. Stop the mixer momentarily and add **Velvo Kris Shortening**. Secure mixer and mix on highest speed for 5 minutes until frosting is fluffy and doubled in size.



124 | VEGAN

Spiced Banana Bread



INGREDIENTS

¾ cup Glow-Spread Margarine
Sunflower Soft Luxury Spread (optional)
3 tbsp flaxseed meal mixed with
6 tbsp water and set aside
6 large bananas, mashed
 ¼ coconut milk
 ½ **cup** brown sugar
1 ¾ cup whole wheat flour
1 tbsp cinnamon
1 ½ tsp nutmeg
 ½ **tsp** clove
1 ½ tsp baking powder
1 tsp baking soda
 ½ **tsp** salt

INSTRUCTIONS

1. Line and grease a medium-sized loaf tin and preheat oven to 350 °F.
2. Sift flour, spices, baking powder and baking soda. Set aside.
3. In a standing mixer bowl, add **Glow-Spread Margarine**, salt and brown sugar.
4. Cream for 5 minutes.
5. Add bananas and flaxseed gel and mix until combined. Gently add in flour mixture until combined and finish off by adding coconut milk.
6. Pour into lined loaf tin and bake until golden brown.
7. Cool completely before slicing and enjoy with some **Sunflower Soft Luxury Spread**.



VEGAN | 125



Desserts & Treats

Treat yourself to our delightful dessert recipes. Indulge in the sweet bliss of our collection of desserts and treats, carefully crafted to satisfy your cravings and bring your meal to a sweet crescendo.



Apple Crumble



INGREDIENTS

½ cup Glow-Spread Margarine
¾ cup castor sugar
¾ cup flour
1 tsp baking powder
1 large tin apple pie filling

INSTRUCTIONS

1. Sift flour and baking powder together.
2. Add sugar and mix well.
3. Cut in **Glow-Spread Margarine** until mixture is crumbly.
4. Place apple filling in shallow baking dish then sprinkle the crumbs over it and bake at 350 °F for 30 to 35 minutes.



Banana Bread



INGREDIENTS

½ cup Glow-Spread Margarine
 ½ cup sugar
 1 ½ cups all-purpose flour
 ¼ tsp salt
 ½ tsp ground nutmeg
 1 tsp ground cinnamon
 1½ tsp baking soda
 1 tbsp vanilla extract
 1 egg
 2 large very ripe bananas

INSTRUCTIONS

1. In a mixing bowl, cream together **Glow-Spread Margarine** and ½ cup of sugar until pale in colour.
2. Preheat the oven to 350 °F . Grease a loaf pan.
3. In a bowl, mash the bananas, egg and vanilla extract; when completely mixed together, add to margarine mixture.
4. Whisk flour, baking soda, salt, cinnamon, and nutmeg together in a bowl. Fold flour mixture into banana mixture until all ingredients are moistened; pour into greased pan.
5. Bake in the preheated oven for 45 minutes or until a toothpick inserted near the centre comes out clean.



FUN FACT:

Bananas - Bananas help prevent constipation, improve digestive and gut health, and promote recovery from intense activity.



Blueberry Muffins



INGREDIENTS

½ cup **Glow-Spread Margarine**, room temperature
½ cup sour cream or plain yogurt room temperature
½ cup granulated sugar
¼ cup milk, room temperature
¼ cup brown sugar
1½ cups fresh or frozen blueberries
1¾ cups all-purpose flour, spooned and leveled
½ tsp salt
1 tsp baking soda
1 tsp baking powder
2 tsp pure vanilla essence
2 large eggs, room temperature

INSTRUCTIONS

1. Preheat oven to 325°F. Spray a 12-count muffin pan with non-stick spray or use cupcake liners. Grease/line a second pan with 2 liners because this recipe yields about 14 muffins. Set aside.
2. Whisk the flour, baking soda, baking powder and salt together in a large bowl. Set aside.
3. Using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the **Glow-Spread Margarine**, granulated sugar, and brown sugar until smooth and creamy for about 2 minutes. On medium speed, add the eggs one at a time, beating well after each. Beat in the sour cream or plain yogurt and vanilla essence on medium speed until combined. With the mixer running on low speed, add the dry ingredients and milk into the wet ingredients and beat until no flour pockets remain. Fold in the blueberries.
4. Spoon the batter into liners, filling them all the way to the top.
5. Bake at 350 °F for 18– 20 minutes or until a toothpick inserted in the middle comes out clean.



Bread Pudding



INGREDIENTS

¼ cup Sunflower Soft Luxury Spread
½ cup dried fruit (e.g. raisins, optional)
¾ cup brown sugar
2 cups milk
¼ tsp lemon zest (optional)
1 tsp vanilla essence
1 tsp cinnamon
2 eggs
8 slices of bread

INSTRUCTIONS

1. Preheat oven to 350 °F.
2. Spread **Sunflower Soft Luxury Spread** on bread slices then cut into cubes.
3. Grease pudding dish with **Sunflower Soft Luxury Spread** and spread bread evenly into the dish.
4. In a large mixing bowl, whisk together milk, sugar, eggs, essence and cinnamon.
5. Pour egg mixture evenly over the bread until all the mixture is soaked up.
6. Sprinkle dried fruit over top if desired.
7. Bake for 30 - 45 minutes or until bread pudding is jiggly and the centre has risen.



FOODIE TIP:

For the perfect complement to your Bread Pudding, add our Rum Sauce! Recipe available in the Sauces & Gravy section of this book!



Butterscotch Budino Custard

**mello-
kream**
Spread

**GLOW-
SPREAD**
MARGARINE

INGREDIENTS – BUDINO

3 tbsp Mello-Kream Spread
¼ cup cornstarch
1 cup brown sugar
1 cup heavy cream
2 cups whole milk
2 tsp vanilla essence
3 egg yolks

INGREDIENTS - RUM CARAMEL

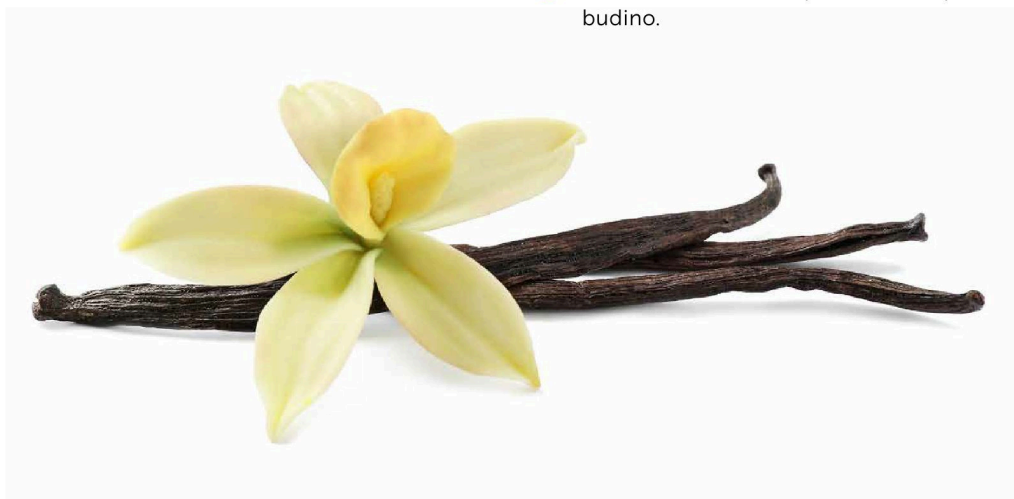
¼ cup Glow-Spread Margarine
¼ cup brown rum
½ cup water
½ cup heavy cream
1 cup sugar
¼ tsp salt
1 tsp vanilla essence

INSTRUCTIONS – BUDINO

1. In a pot, melt **Mello-Kream Spread** over medium heat, add brown sugar and keep stirring until both are completely melted.
2. Stir in cornstarch, add heavy cream and milk.
3. Bring to a slow boil and allow to thicken, continue to cook until coats back of spoon or spatula.
4. While the milk mixture is cooking, place egg yolks in small bowl. Temper egg yolks by spooning small amount of hot milk into bowl. Use a whisk and keep stirring. Pour mixture back into pot.
5. Bring it back to boil for 1 minute.
6. Add vanilla essence. Strain mixture, then pour mixture into desired dish or ramekin and let cool completely in refrigerator.

INSTRUCTIONS – RUM CARAMEL

1. Combine sugar and water in a heavy saucepan over medium heat until sugar is dissolved.
2. Bring to a boil stirring occasionally. Let cook until sugar turns golden brown caramel colour.
3. Remove from heat immediately and carefully stir in **Glow-Spread Margarine**.
4. After the **Glow-Spread Margarine** is mixed in, add cream, stirring until completely incorporated. Stir in rum, vanilla, and salt.
5. Let cool to a safe temperature and pour over budino.



Cake Pops

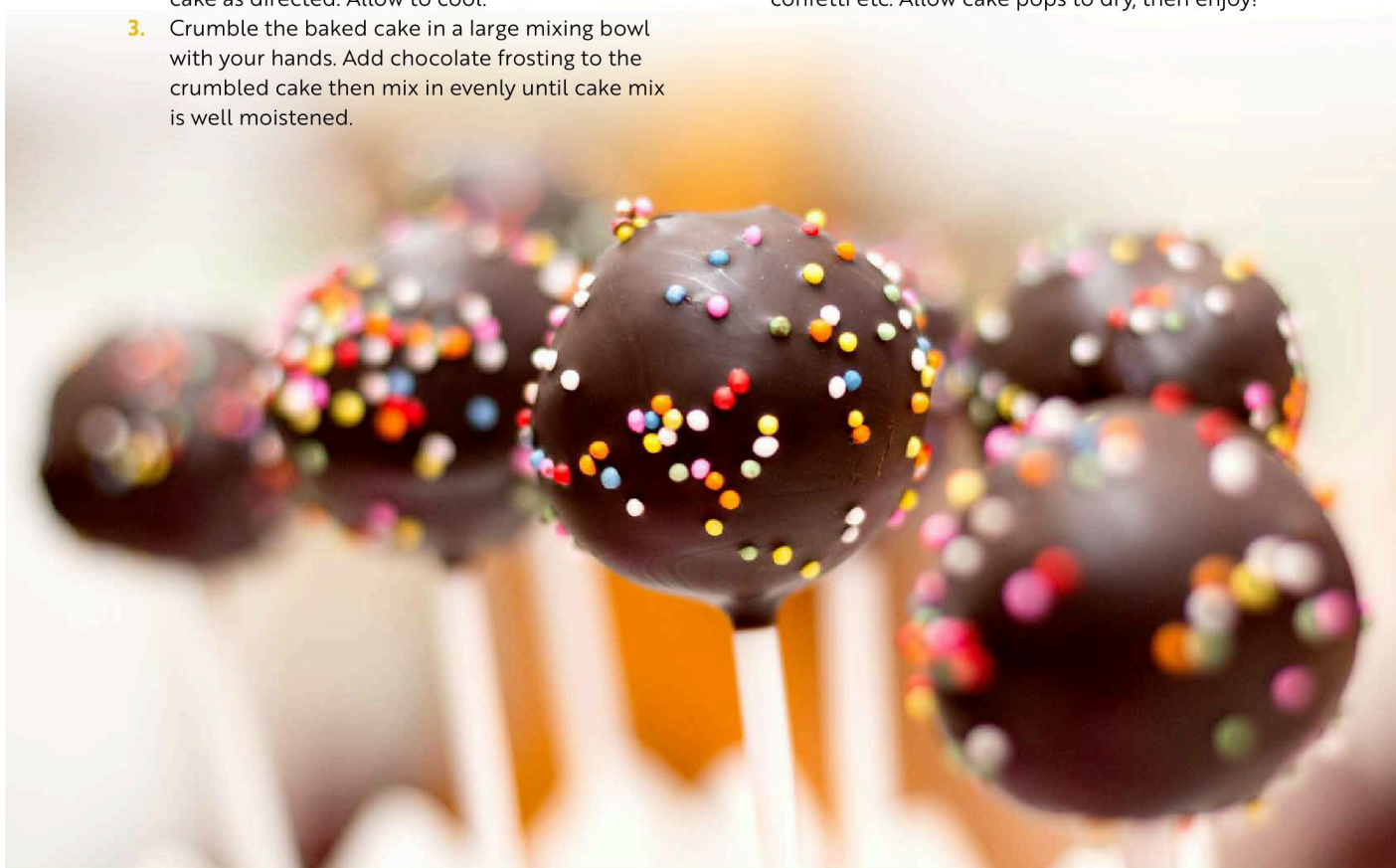


INGREDIENTS

1 tbsp Velvo Kris Shortening
2 tbsp Roberts Soybean Cooking Oil
 ½ package chocolate frosting
 1 package Devil's food cake mix
 2 bags white chocolate candy melts
 Gel food colouring in colours of your choice
 Lollipop sticks

INSTRUCTIONS

- Line a large cake pan with foil and grease with **Roberts Soybean Cooking Oil**.
- Follow the recipe on your cake mix box and bake cake as directed. Allow to cool.
- Crumble the baked cake in a large mixing bowl with your hands. Add chocolate frosting to the crumbled cake then mix in evenly until cake mix is well moistened.
- Roll the cake mix into 1" balls using the palm of your hands.
- Pour white chocolate candy melts into a microwave safe bowl and follow melting instructions on the package.
- Heat as directed, then add chosen food colouring and stir thoroughly with spoon until completely smooth and until the mixture reaches your desired shade.
- Add **Velvo Kris Shortening** to the white chocolate to thin the consistency and stir thoroughly.
- Take a lollipop stick and dip into the coloured chocolate mixture about one inch, then insert into centre of cake ball.
- Place your cake pop stick into Styrofoam to harden then coat cake pop evenly by dipping into coloured chocolate mixture.
- Decorate as desired with sprinkles, edible confetti etc. Allow cake pops to dry, then enjoy!

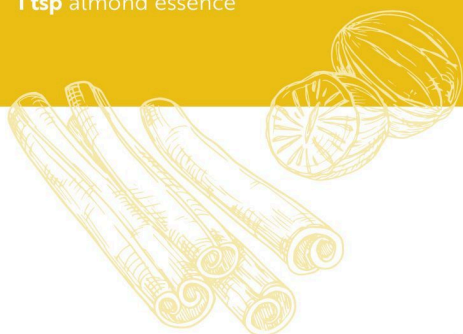


Cassava Pone



INGREDIENTS

2 oz. **Glow-Spread Margarine**
1½ cups coconut grated
1¼ cups brown sugar
2 cups water (warm)
3 cups grated cassava
½ tsp salt
1 tsp ground cinnamon
1 tsp ground nutmeg
1 tsp vanilla essence
1 tsp almond essence



INSTRUCTIONS

1. Mix dry ingredients together.
2. Add melted **Glow-Spread Margarine**, water and essences and mix well.
3. Pour mixture in a shallow, greased baking tin.
4. Glaze over top with sugar and water and bake in a moderate oven at 325 °F for about 1½ hours.
5. Remove from pan and allow cooling on a rack.
6. Slice and serve.



Chocolate Cake



INGREDIENTS

2 tbsp Roberts or Sunrise Soybean Cooking Oil
6 tbsp Glow-Spread Margarine
1 tsp vanilla essence
1 tsp salt
2 tsp baking powder
2 tsp baking soda
¼ cup cocoa powder
2 cups all-purpose flour
2 cups water
2 cups granulated sugar
2 large eggs
5 oz. dark chocolate, chopped

INSTRUCTIONS

1. Preheat oven to 350 °F. Grease with Glow-Spread Margarine and flour three 8 inch round cake pans or line the bottom with a round piece of parchment paper cut to fit the bottom of your cake pans.
2. In a medium bowl, whisk together flour, cocoa powder, baking powder, baking soda and salt.
3. In a medium saucepan over medium-high heat, combine the water and sugar. Bring to a boil, stirring until the sugar dissolves. Remove from heat and add the chocolate and **Glow-Spread Margarine**, stirring occasionally until melted.
4. Whisk in **Roberts Soybean Cooking Oil** and vanilla essence immediately. Add in eggs and whisk into the chocolate mixture until combined. Whisk in dry ingredients, until smooth.
5. Divide batter evenly between prepared pans and bake for 20 – 23 minutes or until a toothpick inserted in the centre comes out clean.
6. Let cakes cool in pans until cool to the touch.



Chocolate Fudge Cake



INGREDIENTS – CAKE

1 cup Roberts Soybean Cooking Oil
 ½ cup cocoa powder
 1 cup hot water
 1 cup milk
 2 cups flour
 2 cups sugar
 3 eggs
 ½ tsp salt
 1 tsp baking powder
 1½ tsp baking soda

INGREDIENTS - FROSTING

4 oz. **Glow-Spread Margarine**, melted
 ¼ cup milk
 ½ cup cocoa powder
 3 cups powdered sugar
 1 tsp vanilla essence

INSTRUCTIONS – CAKE

1. Whisk **Roberts Soybean Cooking Oil**, eggs and granulated sugar together until yellowish in colour.
2. Add dry ingredients alternately with milk.
3. Whisk in hot water.
4. Bake at 325 °F for 20 – 30 minutes.

INSTRUCTIONS - FROSTING

1. Melt **Glow-Spread Margarine**.
2. Whisk melted **Glow-Spread Margarine** and cocoa powder.
3. Whisk in the icing sugar and thin with milk.
4. Add in vanilla essence.



FOODIE TIP:

For the chocoholics, add **Chocolate Sauce** to your **Chocolate Fudge Cake** for a richer experience.

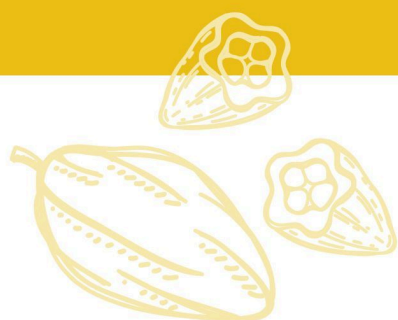


Chocolate Swirl Cheesecake



INGREDIENTS

¼ cup **Velvo Kris Shortening**
 ½ cup cocoa powder
 ½ cup Hershey's chocolate syrup
 (or any brand of chocolate syrup)
 1 cup white sugar
 1½ cups Oreo cookies, crushed
 1 tsp vanilla extract
 2 tbsp white sugar
 3 (8 oz.) packages cream cheese, softened
 3 eggs



INSTRUCTIONS

1. To make cheesecake crust, melt **Velvo Kris Shortening** and add to crushed Oreo cookies along with sugar. Mix until well combined. Press down mixture in a parchment-lined and greased 9" cheesecake spring form pan and allow to set in refrigerator.
2. Preheat oven to 275 °F.
3. To make chocolate filling, mix Hershey's chocolate syrup and cocoa powder together and set aside.
4. Beat cream cheese until smooth and gradually add in sugar. Add eggs one at a time scraping bowl after each egg. Add in vanilla essence and mix until combined.
5. Remove crust from refrigerator, pour cheesecake filling into pan, add chocolate mixture and swirl it into cheesecake batter. Place in a shallow pan filled with water. This allows the cheesecake to steam while baking.
6. Place in oven for about 40 – 60 minutes or until the edges are puffed and when shaken lightly the middle is firm yet jiggly.
7. Remove cheesecake from the oven and allow it to cool at room temperature.
8. Refrigerate for 4 hours or overnight. Serve.



DID YOU KNOW?

Velvo Kris is traditionally used for icing and in baking but can also be used for light frying?



Chocolate Chip Cookies

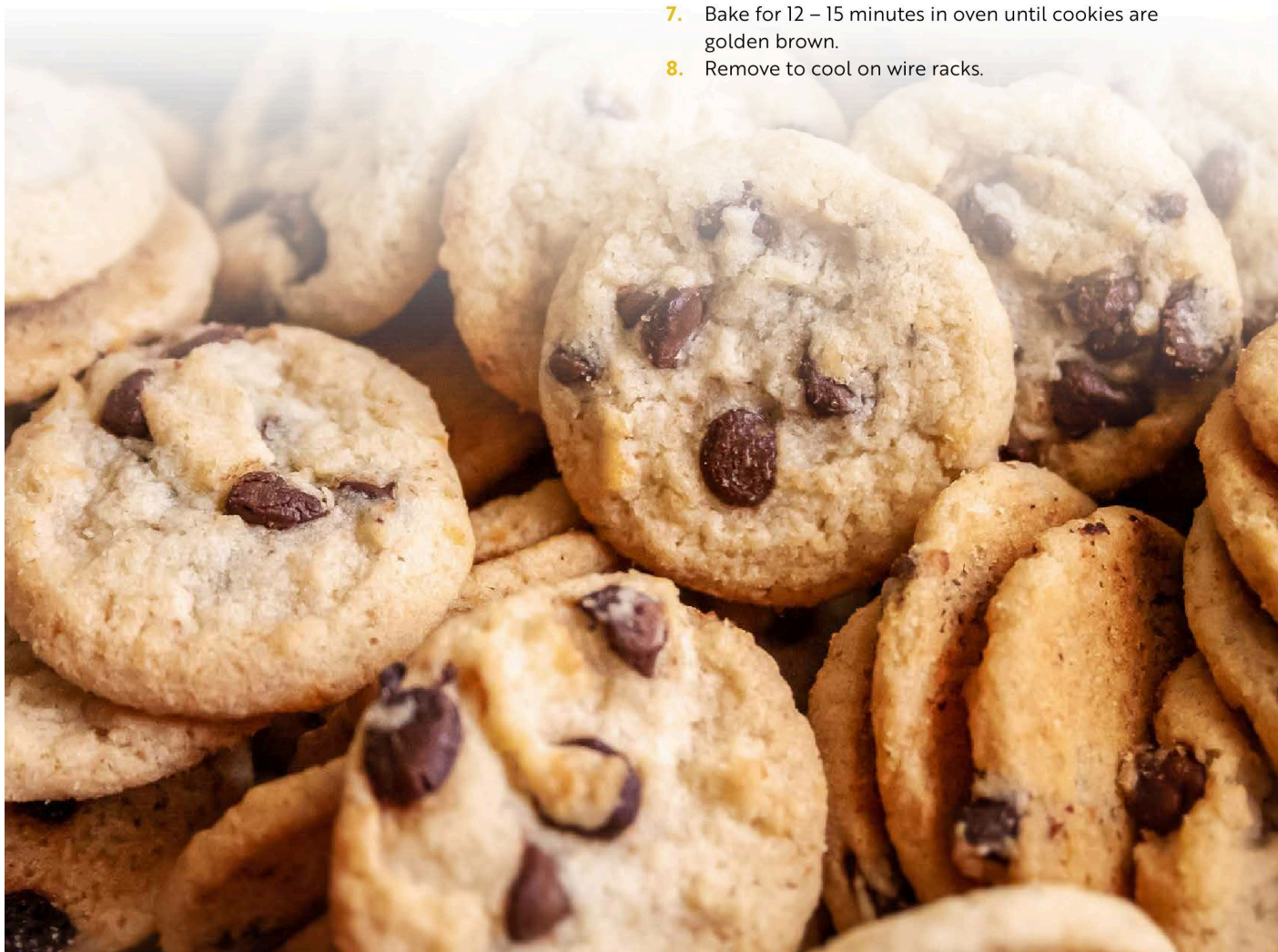


INGREDIENTS

1 cup Glow-Spread Margarine (cold)
1 cup semi-sweet chocolate chips
1 cup packed brown sugar
2 cups all-purpose flour
½ cup granulated sugar
1 tsp vanilla extract
1 tsp baking soda
1 tsp salt
2 eggs

INSTRUCTIONS

1. Preheat oven to 350 °F.
2. Sift together the flour, baking soda and salt, set aside.
3. In a medium bowl, cream together the **Glow-Spread Margarine**, brown sugar and granulated sugar. Stir in the eggs one at a time and add vanilla extract.
4. Add the sifted ingredients and mix well.
5. Stir in chocolate chips.
6. Drop heaped spoonfuls of the dough onto prepared cookie sheets.
7. Bake for 12 – 15 minutes in oven until cookies are golden brown.
8. Remove to cool on wire racks.



Coconut Sweet Bread

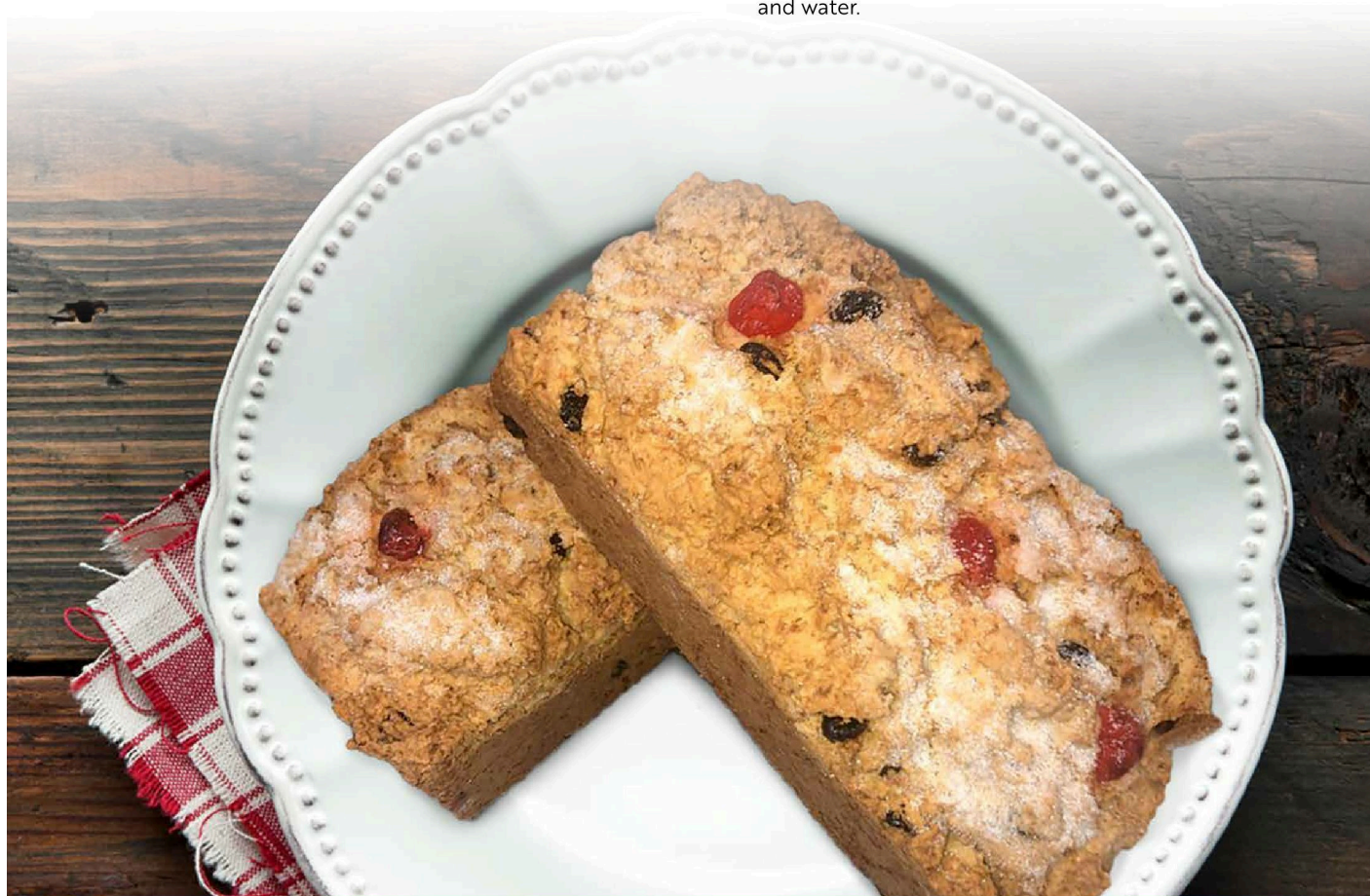


INGREDIENTS

4 oz. Glow-Spread Margarine (or Glow-Spread Margarine and Velvo Kris Shortening in equal parts)
 6 oz. raisins (optional)
 6 oz. sugar
 1 lb flour
 ¾ cup milk / water
 1 tsp vanilla essence
 3 tsp baking powder
 1 small coconut, grated
 1 egg
 Salt to taste

INSTRUCTIONS

1. Stir dry ingredients.
2. Add sugar, then beaten egg with milk, melted **Glow-Spread Margarine or Glow-Spread Margarine and Velvo Kris Shortening** in equal parts and essence.
3. Stir in grated coconut, raisins (floured if used). Blend ingredients well.
4. Knead slightly on a floured board. Shape into a loaf and put in a greased loaf pan full.
5. Dust with fine sugar. Bake in a moderate oven at 325 °F. The above quantity will make 2 loaves.
6. For a heavier coconut bread, use only 1 tsp baking powder and ½ cup milk. Knead well on board, using extra flour until dough is very firm. Shape into loaves. Score the tops, and brush with sugar and water.



Crispy Cream Donuts



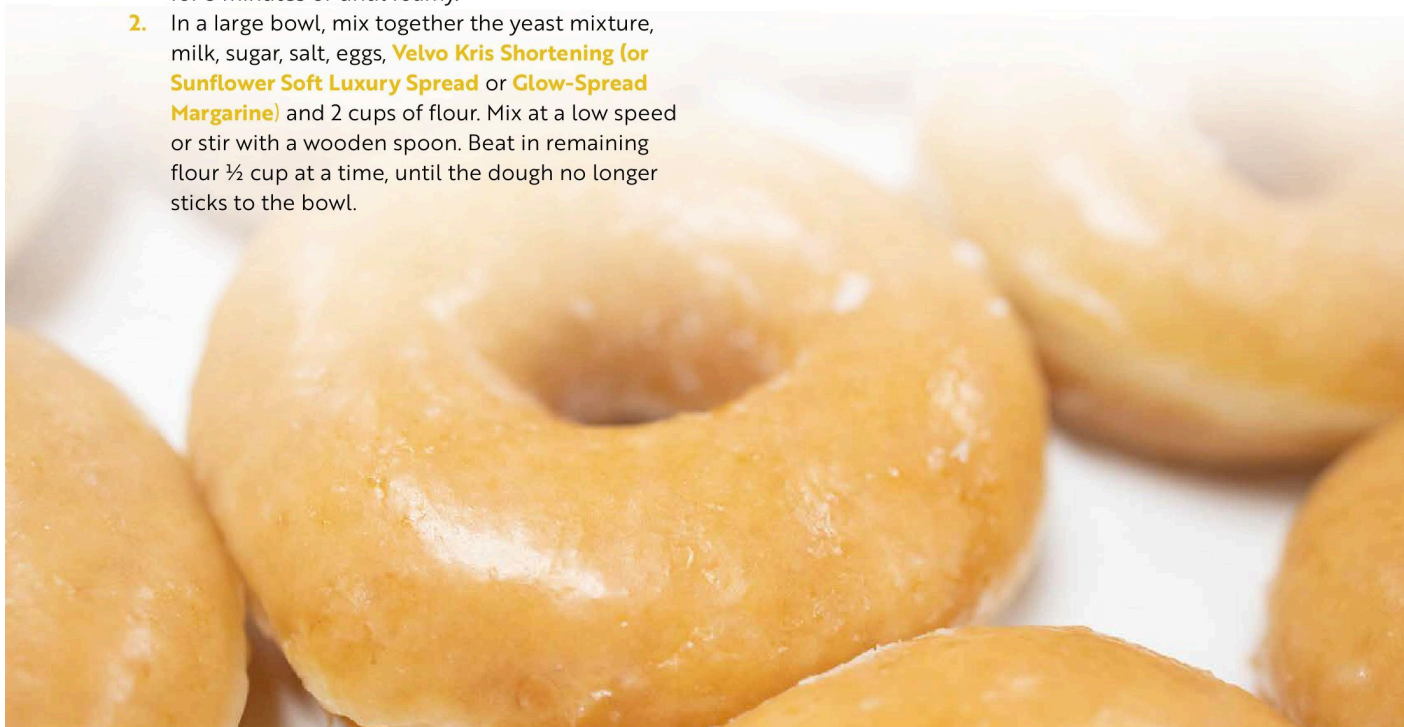
INGREDIENTS

½ cup **Velvo Kris Shortening**
 or ½ cup **Sunflower Soft Luxury Spread** or
Glow-Spread Margarine
 1 l **Buyer's Choice Soybean Cooking Oil** for frying
 ½ cup granulated sugar
 ¼ cup warm water (105 to 115 °C)
 1½ cups lukewarm milk
 2 cups confectioner's sugar
 5 cups all-purpose flour
 1 tsp salt
 1½ tsp vanilla
 4 tbsps hot water or as needed
 2¼ oz. envelopes active dry yeast
 2 eggs

INSTRUCTIONS

1. Sprinkle yeast over the warm water and let stand for 5 minutes or until foamy.
2. In a large bowl, mix together the yeast mixture, milk, sugar, salt, eggs, **Velvo Kris Shortening (or Sunflower Soft Luxury Spread or Glow-Spread Margarine)** and 2 cups of flour. Mix at a low speed or stir with a wooden spoon. Beat in remaining flour ½ cup at a time, until the dough no longer sticks to the bowl.

3. Knead for 5 minutes or until smooth and elastic. Place the dough into a greased bowl and cover. Set in a warm place to rise until double. Dough is ready if you touch it and the indentation remains. Turn the dough out onto a floured surface and gently roll out to ½ inch thickness.
4. Cut with a floured donut cutter. Let donuts sit out to rise again. Cover loosely with a cloth.
5. Melt **Sunflower Soft Luxury Spread** in a saucepan over medium heat and stir in confectioner's sugar and vanilla until smooth. Remove from heat and stir in hot water one tablespoon at a time until the icing is somewhat thin but not watery. Set aside.
6. Heat **Buyer's Choice Soybean Cooking Oil** in a deep fryer or large heavy skillet to 350 °F. Slide donuts into the hot oil using a wide spatula. Turn donuts over as they rise to the surface. Fry until golden brown. Remove from hot oil to drain on a wire rack.
7. Dip donuts into the glaze while still hot and set onto wire racks to drain off excess. Keep a cookie sheet or tray under racks for easier clean up.



Great Cake (Black Cake)



INGREDIENTS

500g Glow-Spread Margarine
450g chopped, dried mixed fruit soaked in rum and wine
1 tbsp lime juice
1 tbsp almond essence
½ tsp ground nutmeg
½ tsp ground allspice
½ tsp ground cinnamon
1 tsp vanilla essence
3 tsp baking powder
¼ cup dark rum
1 cup brown sugar
2 cups red wine
2 cups white sugar
2 ½ cups plain flour
1 pinch salt
8 eggs
 Zest of 1 lime

INSTRUCTIONS

1. Preheat oven to 350 °F. Grease and flour 2 x 23cm round cake pans.
2. In a large bowl, cream together **Glow-Spread Margarine** and white sugar until light and fluffy.
3. Beat in eggs then add rum, lime juice, vanilla essence, almond essence and lime zest.
4. Stir in mixed fruit mixture and brown sugar.
5. Sift together flour, baking powder, nutmeg, allspice, cinnamon and salt.
6. Fold into batter, being careful not to over-mix. Pour into prepared pans.
7. Bake in preheated oven for 80 to 90 minutes, or until a knife inserted into the centre comes out clean.
8. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely.
9. Pour extra rum over if desired.

NOTES:



Some persons prefer to substitute **Glow-Spread Margarine** for a combination of **Sunflower Soft Luxury Spread** and **Velvo Kris Shortening**.



Grenadian Sea Salt Dark Chocolate Cookies



INGREDIENTS

1 cup Glow-Spread Margarine, softened
1 cup granulated sugar
1 cup packed brown sugar
1 ½ cups dark sea salt chocolate broken into chunks (70% cocoa or higher)
2 large eggs
1 tsp vanilla extract
3 cups all-purpose flour
1 tsp baking powder
½ tsp ground cinnamon
½ tsp ground nutmeg
½ tsp salt
 Sea salt flakes, for sprinkling



INSTRUCTIONS

- 1. Preheat Oven:** Preheat your oven to 350 °F. Line baking sheets with parchment paper or dust lightly with flour.
- 2. Cream Glow-Spread Margarine and Sugars:** In a large bowl, cream together the softened margarine, granulated sugar, and brown sugar until light and fluffy.
- 3. Add Eggs and Vanilla:** Beat in the eggs one at a time, then mix in the vanilla extract until well combined.

- 4. Combine Dry Ingredients:** In a separate bowl, whisk together the flour, baking powder, ground cinnamon, ground nutmeg and salt.
- 5. Mix dry ingredients with wet ingredients:** Gradually add the dry ingredients to the margarine mixture, mixing just until combined.
- 6. Fold in chocolate:** Gently fold in the dark chocolate chips or chunks.
- 7. Scoop Dough:** Using a cookie scoop or tablespoon, drop rounded balls of dough onto the prepared baking sheets, spacing them about 2 inches apart.
- 8. Sprinkle with Sea Salt:** Lightly sprinkle a few sea salt flakes on top of each cookie dough ball.
- 9. Bake:** Bake in the preheated oven for 10 -12 minutes, or until the edges are golden brown but the centre is still soft.

Cool:

Allow the cookies to cool on the baking sheets for a few minutes before transferring them to wire racks to cool completely.

Serving:

Serve cookies with your choice of vanilla, chocolate, nutmeg or coconut ice cream.



Recipe contributed by: Bryden & Minors Ltd.
(Grenada)



Heavy Fruit Cake



INGREDIENTS

1 ½ cups Sunflower Soft Luxury Spread, softened
1 cup brown sugar
1 tsp vanilla essence
1 ½ cups all-purpose flour
1 tsp baking powder
1 tsp cinnamon powder
½ tsp allspice powder
½ tsp salt
4 eggs
½ cup mixed peel
½ cup cherries
½ cup mixed nuts
½ cup prunes, chopped
1 cup raisins
1 cup lemon zest

INSTRUCTIONS

1. Preheat oven to 325°F.
2. Grease a 9" cake pan with **Sunflower Soft Luxury Spread** and set aside.
3. In a mixing bowl, beat together **Sunflower Soft Luxury Spread**, sugar, vanilla and browning until soft and creamy.
4. In a separate bowl, sift together the dry ingredients.
5. In a third bowl, beat the eggs.
6. Add egg mixture to the Sunflower mixture and thoroughly combine then stir in zest, fruit and nuts.
7. Fold in flour mixture; do not overbeat.
8. Put batter into prepared pan and bake in preheated oven for approximately 90 minutes or until cake is finished.
9. Remove cake from pan when cool.



DID YOU KNOW?

The **Sunflower family of Spreads** can be used for baking, cooking and light frying?



Lemon Meringue Pie



INGREDIENTS

2 tsp Sunflower Soft Luxury Spread
1½ tsp lemon zest
½ tsp vanilla essence
¼ cup sugar
¾ cup water
2 tbs corn starch
2 tbs flour
3 tbs lemon juice
3 tbs powdered sugar
2 eggs, divided
9" pie shell

INSTRUCTIONS

1. Mix corn starch, flour and sugar thoroughly.
2. Boil water and add to mixture stirring constantly until thickened.
3. Beat yolks of the two eggs and add to the pot then cook two minutes longer.
4. Remove from heat and add **Sunflower Soft Luxury Spread**.
5. Remove from flame and allow to cool. Pour into pie shell.
6. Beat the whites of the two eggs until stiff in a separate bowl. Add powdered sugar and vanilla essence gradually and continue beating; then top off mixture in shell.
7. Brown meringue in oven or under grill. This takes just a few minutes then the pie is ready to serve.



Oatmeal Cookies



INGREDIENTS

1 cup Sunflower Soft Luxury Spread
1 cup brown sugar, packed
½ cup granulated sugar
2 cups all-purpose flour
3 cups quick cooking oats
1 tsp vanilla extract
1 tsp baking soda
½ tsp salt
1½ tsp ground cinnamon
2 eggs

INSTRUCTIONS

1. In a medium bowl, cream together **Sunflower Soft Luxury Spread**, white and brown sugar.
2. Beat in eggs one at a time then stir in extract.
3. Combine flour, baking soda, salt and cinnamon; stir into the creamed mixture. Mix in oats. Cover and chill dough for at least one hour.
4. Preheat the oven to 375 °F.
5. Grease cookie sheets with **Sunflower Soft Luxury Spread**.
6. Roll the dough into walnut sized balls and place two inches apart on cookie sheets. Flatten each cookie with a large fork dipped in sugar.
7. Bake for 8 – 10 minutes before transferring to a wire rack to cool completely.



Peach Cobbler



INGREDIENTS

104 g Glow-Spread Margarine
175 g cornmeal
220 g full cream milk / whole milk
20 g baking powder
5 oz. sugar
10 oz. flour
12 oz. pre-made peaches in cinnamon syrup
1 egg + $\frac{1}{4}$ tsp essence (egg wash)

INSTRUCTIONS

1. Mix all dry ingredients together until fully combined in a mixer with paddle attachment.
2. Add **Glow-Spread Margarine** until the mixture resembles fine bread crumbs.
3. Add milk until fully combined. If mixture is too sticky, add more flour.
4. Place peaches in small ramekins or 8" pie pan.
5. Scoop out cornmeal mixture (approximately 2 tbsp). Form a ball in your palm and lightly flatten.
6. Place flattened ball on top of the peaches until you cover the peaches. Gently brush the top with egg wash.
7. Place in oven at 350 °F for 30 minutes or until golden brown.



DESSERTS & TREATS | 145

Pineapple Upside Down Cake



INGREDIENTS

½ cup + 4 oz. **Glow-Spread Margarine**
½ cup milk
¼ cup pineapple juice
¾ cup granulated sugar
1 cup brown sugar
2 cups all-purpose flour
1 tsp vanilla extract
1½ tsp baking powder
1 can pineapple slices
3 eggs
Maraschino cherries

INSTRUCTIONS

1. Preheat oven to 350 °F.
2. In a skillet, melt ½ cup **Glow-Spread Margarine** and brown sugar.
3. Pour mixture into a greased 8-inch pan and arrange pineapple slices and cherries on top.
4. In a bowl, beat 4 oz. **Glow-Spread Margarine** and granulated sugar together until creamy.
5. Add eggs one at a time.
6. Mix baking powder and flour together, then add to the batter along with the milk and pineapple juice and vanilla extract until incorporated.
7. Pour batter over the brown sugar mixture.
8. Bake at 325 °F for 35 – 40 minutes until golden brown. Let cool and invert onto a plate to serve.



Salted Fudge Brownies

**mello-
kream**
Spread

INGREDIENTS

1 cup Mello-Kream Spread, melted
½ cup cocoa powder
¼ tsp baking soda
1 cup flour
1 cup white sugar
1 cup brown sugar
1 tsp vanilla
2 tbsp milk
2 eggs

INSTRUCTIONS

1. Preheat the oven to 350 °F. Grease an 8-inch square pan.
2. Mix all dry ingredients together.
3. Add eggs, vanilla and milk.
4. Add melted **Mello-Kream Spread** and mix all ingredients together. Do not over mix.
5. Spread batter into prepared pan.
6. Bake for 20 – 25 minutes or until top is dry and edges have started to pull away from the sides of the pan.
7. Let cool briefly before frosting.



DESSERTS & TREATS | 147

Salted Maple Pecan Vanilla Bundt Cake



INGREDIENTS

4 oz. Sunflower Soft Luxury Spread
4 oz. pre-made maple pecans in syrup
1 cup sugar
½ cup milk
1½ cups flour
1 tsp baking powder
1 tsp vanilla essence
2 eggs

INSTRUCTIONS

1. Cream sugar and **Sunflower Soft Luxury Spread** in a mixer with a paddle attachment.
2. Add eggs one at a time with essence and beat well.
3. Sift baking powder in flour and add to mixture alternately with milk.
4. Fold in pecans into mixture.
5. Place mixture into greased mini Bundt pans or one large Bundt pan.
6. Bake at 350 °F for 25 minutes or until completely baked (when toothpick inserted comes out clean).



FUN FACT:

Sunflower Soft Luxury Spread is versatile!
 It can be used as a spread on toast and can be incorporated into baking and light butter icing.

Sponge Cake



INGREDIENTS

1 tbsp Sunflower Soft Luxury Spread &
2 tbsp granulated sugar (For pan coating)
½ oz. Glow-Spread Margarine (melted)
4 oz. granulated sugar
4 oz. flour
2 tsp vanilla essence
4 eggs

INSTRUCTIONS

1. Prepare pan by greasing well with **Sunflower Soft Luxury Spread** and coating thickly with granulated sugar.
2. Whisk eggs, granulated sugar and vanilla essence together until light and fluffy.
3. Fold in the flour and add the melted **Glow-Spread Margarine** last.
4. Bake at 325 °F for 15 – 20 minutes.

DID YOU KNOW?

Glow-Spread makes cakes light and fluffy?



Strawberry Whoopie Pies



INGREDIENTS

½ cup **Glow-Spread Margarine**, room temperature
 ⅔ cup whole milk, room temperature
 1 cup granulated sugar
 1 cup whipped cream for filling
 1 cup fresh strawberries, sliced
 2½ cups flour
 ½ tsp salt
 2 tsp baking powder
 2 tsp strawberry essence
 4 **tbsp** strawberry powder
 2 large eggs
 Red or pink food dye

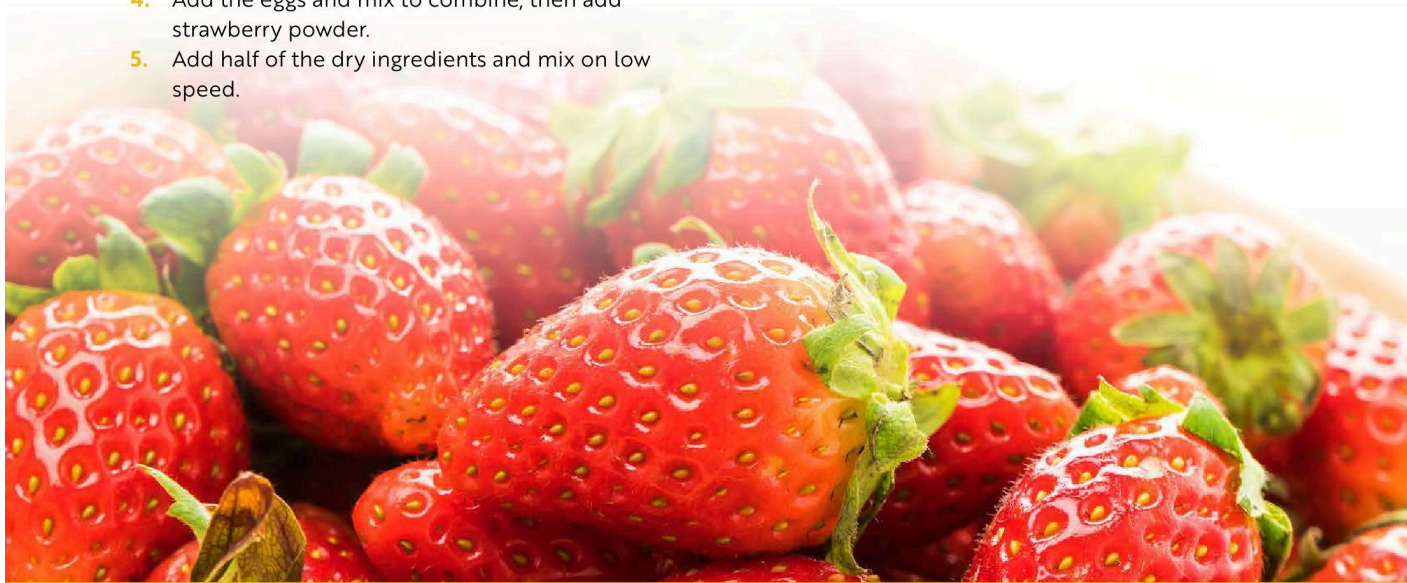
INSTRUCTIONS

1. Line 2 large baking sheets with parchment and preheat oven to 350F.
2. Sift together flour, baking powder and salt. Set aside.
3. In a bowl of a stand mixer fitted with a paddle attachment, beat together **Glow-Spread Margarine** and sugar on medium high speed for 2 - 3 minutes.
4. Add the eggs and mix to combine, then add strawberry powder.
5. Add half of the dry ingredients and mix on low speed.

6. Add a touch of food dye, then with the mixer on low, add in all of the milk and finally the rest of the flour. Mix until just combined.
7. Use a cookie scoop and scoop out mixture on sheet pan, approximately 6 dollops on each sheet. Flatten the tops of each scoop with wet fingers tips making sure the batter is smooth and round at the top.
8. Bake the whoopie pie shells for 9 - 11 minutes or until you see no moist batter on the very tops.
9. Allow the whoopie pies to cool completely on the pan.

INSTRUCTIONS – FILLING

1. Place whipped cream into a piping bag and cut the tip off.
2. Pipe the frosting in a circle around one of the cake bottoms leaving room for the frosting to move outwards once sandwiched.
3. Fill the inside of the whoopie pie with fresh strawberries then gently place a cake circle pressing it together to form a sandwich.
4. Repeat with the remainder of the pies.



Sugar Cookies



INGREDIENTS

1 cup Glow-Spread Margarine
1 cup sugar
2½ cups all-purpose flour
¼ cup cream cheese, softened
¼ tsp almond extract
¼ tsp baking soda
½ tsp vanilla extract
½ tsp salt
1 egg yolk



INSTRUCTIONS

1. In a bowl, cream **Glow-Spread Margarine**, cream cheese and sugar.
2. Beat in egg yolk and extracts then combine the flour, salt and baking soda gradually adding to the creamed mixture.
3. Cover and refrigerate for three hours or until easy to ply.
4. On a lightly floured surface, roll out dough to a thickness of $\frac{3}{8}$ inch.
5. Cut with a $2\frac{1}{2}$ inch cookie cutter dipped in flour.
6. Place an inch apart onto ungreased baking sheets then bake at 375 °F for 8 - 10 minutes or until edges begin to brown.
7. Cool for 2 minutes before removing from pan to wire racks and decorate as desired.



Sweet Potato Pie (Dessert)

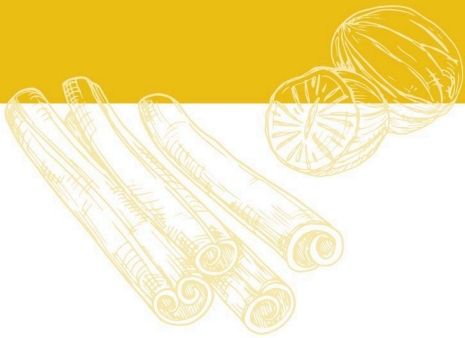


INGREDIENTS - FILLING

- 1 tbsp **Glow-Spread Margarine**, melted
- 1 medium sweet potato
- ½ tsp cinnamon powder
- ½ cup brown sugar
- ½ tsp nutmeg
- ½ cup milk
- 3 eggs, lightly beaten
- 2 oz. rum (optional)
- 1 unbaked pie crust

INGREDIENTS - PIE CRUST

- ¼ cup **Glow-Spread Margarine**
- ¼ cup **Velvo Kris Shortening**
- 1 cup flour
- 3 tbsp milk



INSTRUCTIONS - CRUST

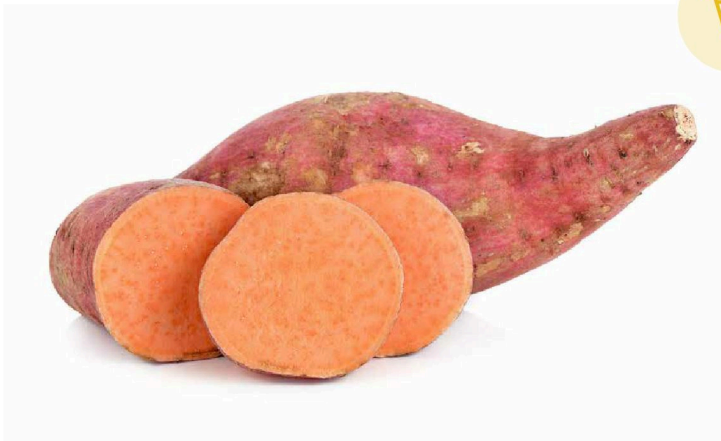
1. Sift the flour into a food processor bowl.
2. Add the **Glow-Spread Margarine** and **Velvo Kris Shortening**. Using the processor, pulse until the mixture resembles breadcrumbs.
3. Gradually add the liquid 1 tbsp at a time until mixture forms a dough.
4. On a flat surface, gently gather the mixture and shape it into a disk.
5. Chill in the fridge for 20 minutes. Then, roll the dough thinly and fit it into a pie dish, leaving about 2 cm hanging over the edges. Use a fork to prick the bottom of the dough to prevent bubbling of the pastry.

INSTRUCTIONS - FILLING

1. In a small pot, cover the sweet potato with water and cook until tender. Drain, peel, and mash the sweet potato until smooth.
2. Measure out 1½ cups of the mashed sweet potato. Add sugar, melted **Glow-Spread Margarine**, eggs, milk, rum, cinnamon, and nutmeg.
3. Mix thoroughly. Pour the mixture into the crust and bake in a preheated oven at 375 °F.
4. Insert a toothpick into the centre of the pie; if it comes out clean, the pie is done.
5. Set aside to cool before serving.

NOTES:

This Sweet Potato Pie is a dessert and should not be confused with its namesake Caribbean Sweet Potato Pie which is a savoury dish.





Vanilla Cake



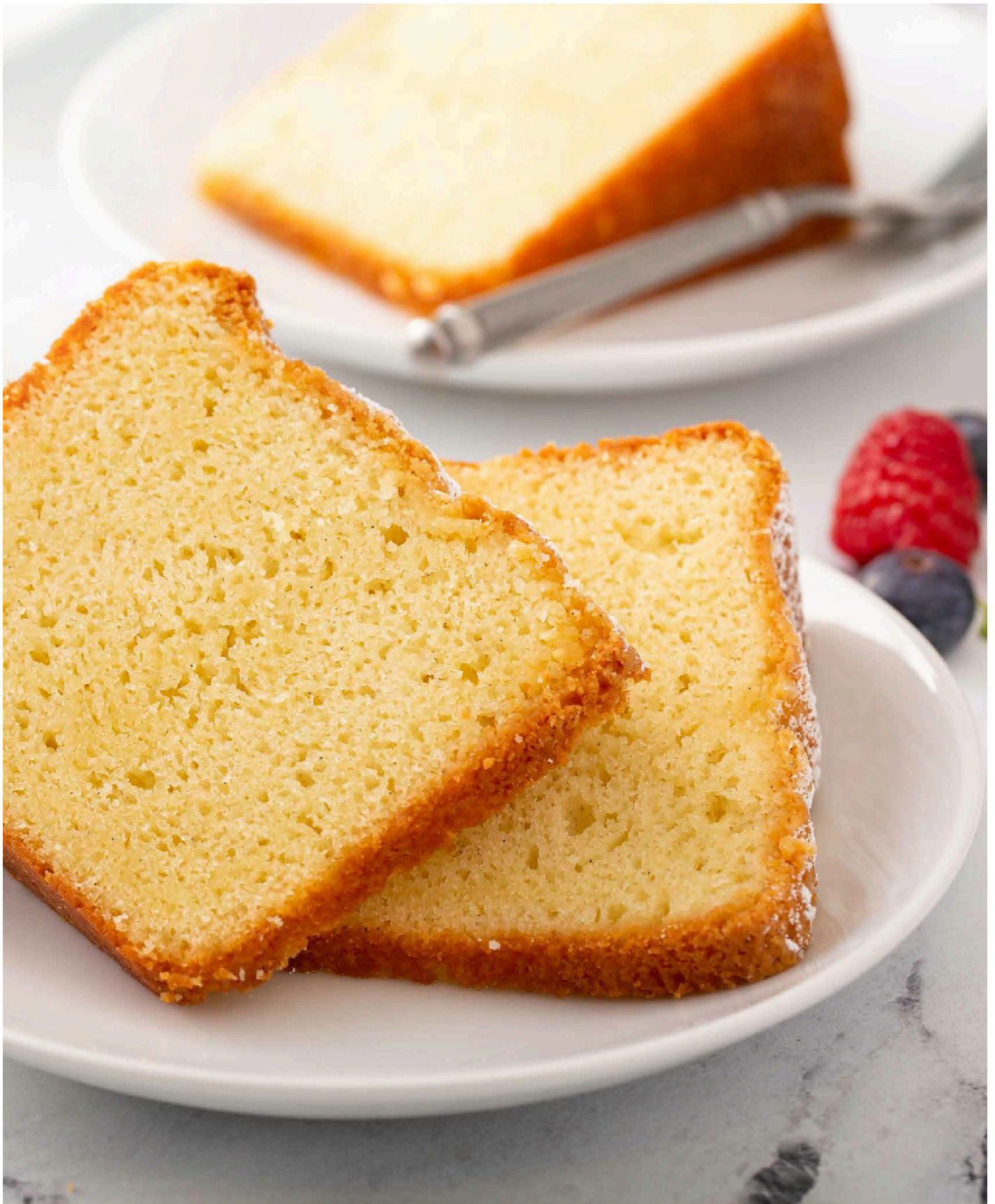
INGREDIENTS - FILLING

4 oz. Sunflower Soft Luxury Spread
½ cup milk
1 cup sugar
1½ cups flour
2 tsp baking powder
2 tsp vanilla essence
2 eggs

INSTRUCTIONS

1. Cream sugar and **Sunflower Soft Luxury Spread**.
2. Add eggs, one at a time and beat well.
3. Add vanilla essence..
4. Sift in baking powder with flour and add the mixture alternately with milk.
5. Place mixture in a greased, floured baking pan and bake at 350 °F until toothpick or knife inserted comes out clean.







Pastries

Delve into our delightful pastry section, where flaky and fluffy creations await. Whether you're a seasoned pastry chef or a curious beginner, you'll find inspiration to create irresistible treats that are perfect for any occasion.



Apple Pie Pockets



INGREDIENTS

12 oz. Sunflower Health Spread
12 oz. pre-made apple filling
4 oz. cinnamon sugar
½ lb icing sugar
1 ½ lb flour
1 tsp vanilla essence
1 egg & ¼ tsp essence (egg wash)
3 eggs

INSTRUCTIONS

1. Cream **Sunflower Health Spread** and icing sugar together in a mixer with paddle attachment.
2. Add 3 eggs one at a time along with essence, scraping down the bowl each time.
3. Slowly add flour until combined.
4. Place dough in refrigerator for an hour.
5. Remove dough from refrigerator, roll out dough on a floured surface and cut in 5 x 2 inch rectangles.
6. Place apple filling on top rectangle; egg wash all 4 sides. Place another rectangle on top and seal edges with a fork.
7. Egg wash pockets and sprinkle with cinnamon sugar on top.
8. Place on a lightly floured baking pan; bake at 350 °F for 25 minutes or until golden brown.



Cheese Straw (Guyana)




INGREDIENTS

¾ cups Glow-Spread Margarine
2 ¾ cups plus 1 tbsp flour
½ lb cheddar cheese
1 tsp spicy brown mustard
2 Wiri Wiri peppers

INSTRUCTIONS

1. Preheat oven to 325 °F.
2. Grate the cheese using the fine shred side on a box grater. Combine cheese, **Glow-Spread Margarine**, mustard, pepper and mash together with a fork until completely smooth. You may also use a hand mixer to mix it into a smooth paste.
3. Add the flour about ½ cup at a time and fold into the cheese paste until a smooth and spreadable dough forms.
4. Add the dough to a pastry bag with a star tip, then pipe onto a greased baking sheet into 3 – 6 inch strips.
5. Bake for 10 – 15 minutes, or as soon as it starts to brown then remove from the oven.

NOTES:


The consistency of the cheese straw dough is soft and smooth and easy to work with. If it is hard to get through the pastry tip, then it is too stiff. If it looks oily, your cheese straws will spread and be mushy.



Recipe contributed by: Massy Distribution (Guyana) Inc.



Chicken Puffs



INGREDIENTS

2 ½ lb chicken
1 tin condensed Cream of Mushroom Soup
Salt and pepper to taste
Sherry to taste

INGREDIENTS – CHOUX PASTRY CASES

4 oz. Glow-Spread Margarine
1 cup water
1 cup flour
4 Eggs
Pinch of salt



INSTRUCTIONS

1. Boil chicken, remove meat from bones and shred.
2. Add enough mushroom soup to bind chicken together.
3. Add sherry, salt and pepper to taste.

INSTRUCTIONS – CHOUX PASTRY CASES

1. Bring water and **Glow-Spread Margarine** to a boil.
2. Remove from flame and add flour. Return to flame.
3. Stir briskly until mixture is smooth and dough leaves the saucepan. Remove from fire and cool slightly.
4. Beat in the four eggs, one by one, until the mixture is "tight".
5. Drop into baking dish by the spoonful (a small teaspoonful will make a good size puff). Bake in oven at 350 °F for about 40 minutes. Slice puffs when hot and fill with chicken mixture. Serve warm.



Bakes & Salt Fish (St. Vincent)



INGREDIENTS - BAKES

2 tbsp Dove Margarine Spread (Room Temperature)
2 cups of Sunrise Soybean Cooking Oil
4 cups all-purpose flour
¼ cup plus **1 tsp** sugar
1 ½ cups water
½ tsp nutmeg
1 tsp salt
1 tbsp yeast
1 ¼ tsp baking powder



INGREDIENTS - SALT FISH

3 tbsp Sunrise Soybean Oil
1 lb salt fish
½ tsp of freshly chopped cilantro
1 tsp lemon juice
½ of an onion, finely chopped
½ of each pepper: red, green, yellow
1 garlic, finely chopped
1 small tomato
3 stems of scallions, finely chopped
 Creole seasoning to taste
 Black pepper to taste



DID YOU KNOW?

Vincy Bakes are revered as one of the most popular breakfast delights in St. Vincent.

1. Proof the yeast: Add 1 cup of lukewarm water, 1 tbsp sugar and yeast. Allow to sit for 5 minutes until a foam is formed.
2. In a bowl, add flour and and **Dove Margarine Spread**. Incorporate well by using your fingertips.
3. Add salt, nutmeg, baking powder and sugar. Mix well to incorporate all ingredients.
4. Add yeast and water then mix to form a dough ball.
5. Knead mixture for about 5 minutes into a smooth ball.

6. Cover bowl with plastic wrap or towel and leave to rise.
7. Using your hand or knife, section dough into as many parts as you need.
8. On a floured surface, use your hands to roll dough into balls.
9. Add **Sunrise Soybean Cooking Oil** to a large pot.
10. Heat your oil on high heat. Place the bake into the oil then reduce the heat to medium-high.
11. Take a large spoon and baste the top of the bake with oil for 15 seconds. Flip, then baste the new side for 15 seconds. Then allow bakes to cook for 1 - 2 minutes. Flip again and cook on opposite side for 1 - 2 minutes.
12. Remove the bakes from the oil and place into a small foil pan or bowl lined with parchment paper or paper towel to drain any excess oil.
13. Repeat the process for the remaining dough.

INSTRUCTIONS - SALT FISH

1. Boil the salt fish to eliminate the saltiness as you will be using seasoning during the frying process.
2. After boiling, wash the salt fish in water multiple times to get rid of any excess salt, (you can taste the fish for saltiness) then drain in a strainer. Add **½ cup of Sunrise Soybean Cooking Oil** to a skillet. Add garlic, onion, salt fish and lemon juice, then sauté for 3 minutes.
3. Add bell peppers, hot pepper, cilantro, tomatoes and scallions.
4. Add black pepper and creole seasoning to taste.
5. Fry the salt fish for 5 minutes, then remove from heat.
6. Serve with fried bakes and enjoy!



Recipe contributed by: **ACADO SVG**
(St. Vincent and the Grenadines)

Coconut Bakes



INGREDIENTS

1 **tblsp** Sunflower Coconut Spread
Roberts Soybean Cooking Oil for frying
1 **cup** flour
 $\frac{1}{4}$ **tsp** salt
 $\frac{1}{8}$ **tsp** nutmeg
 $\frac{1}{8}$ **tsp** cinnamon
1 **tsp** baking powder
1 $\frac{1}{2}$ **tsp** coconut essence
1 **tblsp** granulated sugar
2 **oz.** coconut flakes
2 **oz.** warm water

INSTRUCTIONS

1. In a large mixing bowl add all dry ingredients and whisk until combined.
2. Add warm water, **Sunflower Coconut Spread** and coconut essence to the dry ingredients and mix until a thick batter is formed.
3. Add **Roberts Soybean Cooking Oil** to the frying pan and bring to a gentle medium heat.
4. Use a large tablespoon to scoop the batter and place in oil. Fry until golden brown on both sides.



FUN FACT:

Bakes are doughy treats, also known as floats in various territories.



Coconut Waffles

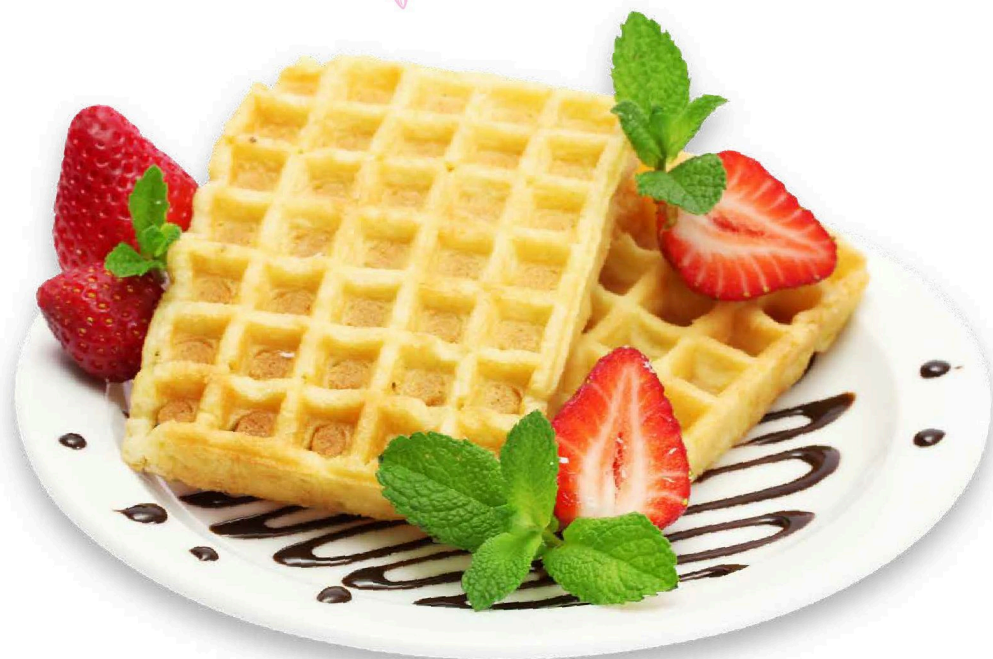


INGREDIENTS

6 **tbps** Sunflower Coconut Spread, melted
2 **tbps** granulated sugar
1½ **cups** milk
2 **cups** flour
½ **tsp** salt
2 **tsp** coconut essence
4 **tsp** baking powder
2 **eggs**

INSTRUCTIONS

1. Pre-heat waffle iron.
2. In a large bowl, combine the flour, sugar, baking powder and salt and whisk to combine.
3. Heat milk until slightly warm.
4. In a separate small bowl whisk the eggs and stir in the warm milk, melted **Sunflower Coconut Spread** and coconut essence.
5. Pour the wet ingredients into the dry and whisk until blended.
6. Scoop the batter into the preheated waffle iron and cook until the waffles are golden brown.



Conkies also known as Sweet Paine



INGREDIENTS

¼ cup Glow-Spread Margarine
 ½ cup raisins (optional)
 ½ cup brown sugar
 ¾ cup water
 2 cups cornmeal
 3 cups pumpkin, grated
 ¼ tsp salt
 1 tsp ground cinnamon
 1 tsp ground nutmeg
 1 tsp almond essence
 1 tsp vanilla essence
 1 coconut, grated

INSTRUCTIONS

1. Grate coconut and pumpkin, then add all dry ingredients, water and essences.
2. Melt **Glow-Spread Margarine** in a pan and add other ingredients. Mix well.
3. Cut banana leaves from stalk and wipe clean. Cut into 8" lengths and steam or singe over open flame until pliable.
4. Place a pot spoon of mixture into each cut banana leaf and fold carefully.
5. Steam conkies over boiling water until they are cooked and firm for about an hour making sure that no water gets into the conkies.
6. Unwrap from leaves and serve.

NOTES:



You may add ¼ cup grated sweet potato to the mixture to make a firmer conkie if you so desire.



Cornbread



INGREDIENTS

$\frac{1}{2}$ cup Sunflower Olive Oil Spread, melted
 $\frac{1}{2}$ cup flour
 $\frac{1}{3}$ cup sugar
 $\frac{3}{4}$ cup milk
 $1\frac{1}{2}$ cup cornmeal
1 tsp salt
2 tsp baking powder
1 egg

INSTRUCTIONS

1. In a medium mixing bowl, add the flour, cornmeal, sugar, salt, and baking powder. Whisk to combine well.
2. Make a well in the centre of your dry ingredients and add Sunflower Olive Oil Spread, milk and egg. Stir just until the mixture comes together and there are only a few lumps remaining.
3. Preheat the oven to 350 °F. Pour the batter into the prepared pan and bake for 20 – 25 minutes until the top is a deep golden brown and a toothpick inserted into the centre comes out clean.
4. Serve while hot.



Cream Puffs



INGREDIENTS

½ cup Glow-Spread Margarine
 ½ cup water
 ½ cup whole milk
 ¼ tsp salt
 1 tsp granulated sugar
 1 cup flour
 3 eggs
 1 can whipped cream

INSTRUCTIONS

1. Preheat oven to 400 °F.
2. Combine the margarine, milk, water, salt and sugar together in a saucepan over medium heat until the margarine has melted and is simmering.
3. Take the saucepan off the stove and stir in all the flour at once. Replace on the stove and cook until it forms a ball (about 3 – 5 minutes).
4. Remove from the stove and beat until cool in the mixer.
5. Add in eggs one at a time.
6. Mixture should be shiny and smooth with a pipable consistency.
7. Using a Wilton 1A piping tip, Pipe 2 inch mounds with about 3 inches apart from each other.
8. Bake for 20 minutes at 400 °F and then reduce to 350 °F for another 10 minutes until golden brown.
9. Remember when baking not to open the oven during this process.
10. Place on a cooling rack.
11. When cool, pipe cream inside.



Garlic Parmesan Bread



INGREDIENTS

½ cup Sunflower Garlic Spread
 ¼ cup freshly grated parmesan cheese
 ¼ cup chopped parsley
 1 loaf of Italian or French bread
 Salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Cut the bread horizontally to yield approximately 12 slices.
3. Smear **Sunflower Garlic Spread** over each slice along with salt and pepper.
4. Place onto a sturdy baking pan lined with parchment and place in the oven for 10 minutes.
5. Remove pan from oven and sprinkle parmesan and chopped parsley over bread.
6. Return to oven on the highest rack and broil on high heat for 2 – 3 minutes until the edges of the bread begin to toast and cheese bubbles.
7. Watch carefully while broiling as the bread slices can go easily from untoasted to burnt.
8. Remove from oven and allow to cool for 1 minute.



DID YOU KNOW?

Sunflower Garlic Spread is made with real bits of garlic and parsley flakes?



Homemade Biscuits



INGREDIENTS

½ cup **Velvo Kris Shortening** (chilled)
1 cup milk / margarinemilk
2 cups all-purpose flour
½ tsp salt
3 tsp baking powder

INSTRUCTIONS

1. In a large bowl sift all dry ingredients together.
2. Using a pastry blender or fork, cut in **Velvo Kris Shortening** until it resembles breadcrumbs.
3. Stirring with a fork, add enough milk (do not add all at once) until the mixture leaves the sides of bowl and forms a soft moist dough.
4. If using a food processor, combine flour, baking powder and salt. Process with 5 on/off pulses to mix. Add **Velvo Kris Shortening** to flour mixture. Process until mixture resembles coarse crumbs. Add ½ of the milk, process with on/off pulses just until ball starts to form. Add more milk if needed.
5. On a floured surface, gently knead dough until it is no longer sticky. Roll dough to desired thickness about 2 inches thick, cut with a round floured cutter.
6. Place biscuit circles on a lined cookie sheet. Bake at 450 °F for 10 – 15 minutes or until golden brown.

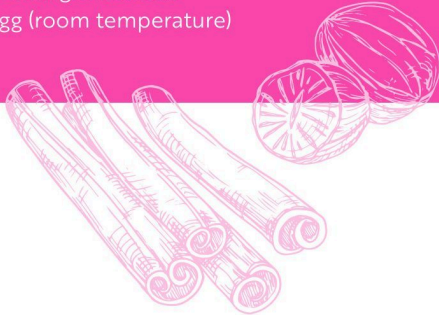


Hot Cross Buns



INGREDIENTS

- 3½ tbsp Glow-Spread Margarine**, melted and cooled
- 2 tbsp Roberts Soybean Cooking Oil**
- 3 tbsp** simple syrup or high fructose corn syrup (to glaze buns)
- ½ tsp** salt
- 2 tsp** cinnamon powder
- 2 tsp** allspice/mixed spice
- 3 tsp** instant or rapid rise yeast
- ½ cup** flour & 5 tbsp water (for the crosses)
- ¼ cup** flour (extra)
- ½ cup** granulated sugar
- 1 ½ cups** warm milk
- 1 ½ cups** raisins
- 4 ¾ cups** bread flour (plain / all purpose)
- 1-2** oranges (zested)
- 1** egg (room temperature)



INSTRUCTIONS

1. Mix flour, yeast, sugar, allspice, cinnamon, and salt in a large bowl. Mix with stand mixer fitted with a dough hook.
2. Add **Glow-Spread Margarine**, milk, egg, raisins and zest.
3. Mix for 5 minutes until a smooth elastic dough forms. Start on speed 2 then once the ingredients are combined, increase to speed 4. After 1 minute, add extra flour if required, just enough so dough comes away from side of the bowl when mixing and doesn't stick.
4. Dust a work surface with flour and knead by hand for 10 minutes.
5. Dough is kneaded enough when it's smooth and does not break when stretched.
6. Place dough in a mixing bowl, cover with plastic wrap and place in a warm place and allow it to rise until doubled in size.
7. Line 9 x 13 baking tray with baking paper with overhang.
8. Remove plastic wrap and punch dough to deflate.
9. Dust work surface with flour, place dough on work surface, shape into a log. Cut into 12 equal pieces.
10. Take one piece and press down with palm, then use your fingers to gather into a ball, then roll the dough briefly to form a ball. This stretches the dough on one side and that's how it gets a nice smooth surface.
11. Place the ball with the smooth side up on the tray. Repeat with remaining dough. Line them up 3 x 4.
12. Preheat oven to 350 °F
13. Oil a piece of plastic wrap, then gently cover buns.
14. Return tray to a warm place and leave for about 30 - 45 minutes, until the dough has risen but less than double in size.
15. To make the crosses, mix flour and water until a thick runny paste forms. Place mixture into piping or zip lock bag and snip corner/tip. Remove the plastic wrap from buns and pipe crosses onto the buns. Go slow so it hugs the curves.
16. Bake in preheated oven 350 °F for about 22 minutes or until the surface is a deep golden brown. The surface colour is the best test for this recipe.
17. Remove buns from oven. Use overhang to lift buns onto a cooling rack.
18. Brush with syrup while warm. Allow to cool before serving.



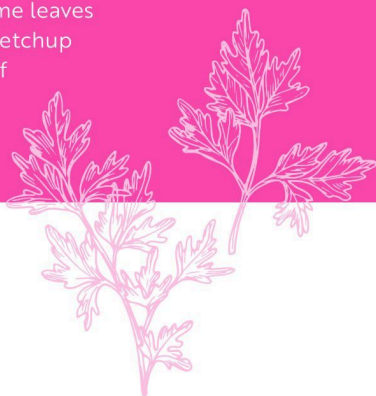


Jamaican Beef Patties



INGREDIENTS

2 tbsp Roberts/Sunrise Soybean Oil
1 ½ cups Velvo Kris Shortening, chilled
½ cup green onions, finely sliced
¾ cup plus 1 tbsp water
1 cup ice water (plus more on standby)
1 cup onions, diced
2 cups water
4 cups all-purpose flour
½ tsp ground black pepper
¼ tsp ground cayenne pepper
1 tsp salt
1 tsp ground turmeric
1 tsp allspice
2 tsp garlic, minced
1 tbsp fresh thyme leaves
2 tbsp tomato ketchup
2 lb ground beef
1 large egg
 Salt to taste



INSTRUCTIONS

1. Add flour, salt and turmeric to large bowl and mix thoroughly. Rub **Velvo Kris Shortening** into flour then pour ½ cup ice water and mix with your hand to bring dough together. Keep adding cold water a few tablespoons at a time.
2. Cut dough into two large pieces and refrigerate in plastic wrap for 30 minutes before use.
3. Mix beef, ground spices and salt together in a large bowl and set aside.
4. Heat **Roberts/Sunrise Soybean Cooking Oil** in a large frying pan and sauté onions until translucent, then add garlic and thyme continuing to cook for 1 minute.
5. Add seasoned beef, ketchup and 2 cups of water and cook until browned. Bring mixture to a boil then reduce heat and simmer until liquid resembles a thick sauce. Fold in green onions then remove from heat.
6. Preheat oven to 350 °F. Beat egg and water together to make an egg wash then set aside.
7. Flour work surface and rolling pin and roll one large piece of dough into a large circle.
8. Take a bowl with a 5" wide rim and cut out three circles. Place 3 heaped tablespoons of filling onto one half of each circle and moisten edges of pastry with water.
9. Fold over the other half and press to seal using a fork to crimp the edges. Cut off any extra dough as needed. Place on a parchment-lined baking sheet and repeat this process until all the dough is filled.
10. Brush all patties with egg wash then bake patties for 30 minutes or until golden brown. Cool slightly on wire racks. Serve warm.

Johnny Cakes (Belize)



INGREDIENTS

$\frac{3}{4}$ lb Glow-Spread Margarine
2 tsp salt
4 tbsp baking powder
2 lb flour
1 can coconut milk

INSTRUCTIONS

1. Place flour into a bowl, add **Glow-Spread Margarine**, baking powder and salt.
2. Mix together, gradually adding coconut milk.
3. Mix until dough is easy to handle.
4. Knead for 3 – 6 minutes or until dough is smooth.
5. Cut into small pieces and roll into balls. Grease baking sheet lightly.
6. Take each ball and flatten a bit on baking sheet.
7. Bake at 350 °F for approximately 20 minutes or until bottom is brown.



Kurma (Trinidad & Tobago)



INGREDIENTS

4 oz. Sunflower Soft Luxury Spread
 1 lb flour
 ½ tsp cinnamon powder
 1 tsp ginger powder
 1 tsp grated ginger
 1 ½ tsp cardamom powder
 8 oz. water
 1 cup granulated sugar

INSTRUCTIONS

1. Sift flour, cinnamon, ginger powder and cardamom together.
2. Cut in **Sunflower Soft Luxury Spread**.
3. Add water and mix until dough forms.
4. Divide into two balls.
5. Roll each ball out to ¼" thickness.
6. Cut into 2½ inch strips.
7. Fry strips until golden brown.
8. Set aside and let cool.
9. Add water, sugar and grated ginger to a medium sauté pan over medium heat.
10. Stir until sugar is fully dissolved.
11. Add Kurma to the pan and mix, ensuring the kurma is fully coated in the syrup.
12. Place on a grease proof sheet to dry and cool.



NOTES:

Kurma gets more "rugged" the longer it sits to cool.



Recipe contributed by: Alstons Marketing Company Ltd.
 (Trinidad)



Mello-Kreem Spread Stovetop Popcorn

**mello-
kreem**
Spread

INGREDIENTS

½ cup Mello-Kreem Spread
1 cup kernel popping corn
Salt to taste (optional)

INSTRUCTIONS

1. Place a large pot or saucepan over medium heat.
2. Add **Mello-Kreem Spread** to the hot pot.
3. Once **Mello-Kreem Spread** is almost melted, add the kernels to the pot and cover with a frying pan splash guard. This allows some of the steam to escape.
4. Once popping starts, shake the pot ever so often.
5. When popping slows down, remove from the heat.
6. After all popping ceases, pour the popcorn into a large bowl and serve.
7. Serve hot and sprinkle with salt to taste, if desired.



Olive Oil Fluffy Pancakes



INGREDIENTS

3 tbsp plus ½ cup Sunflower Olive Oil Spread
1 tbsp white sugar
1½ cups milk
1½ cups all-purpose flour
¼ tsp salt, or more to taste
3½ tsp baking powder
1 egg

INSTRUCTIONS

1. Melt **Sunflower Olive Oil Spread** in a saucepan.
2. Sift flour, baking powder, sugar, and salt together in a large bowl. Make a well in the centre and add milk, melted **Sunflower Olive Oil Spread** and egg. Mix until smooth.
3. Heat a griddle or pan over medium-high heat and add some **Sunflower Olive Oil Spread** and allow to melt.
4. Pour or scoop the batter onto the griddle, using approximately ¼ cup for each pancake; cook until bubbles form and the edges are dry, about 2 – 3 minutes.
5. Flip and cook until browned on the other side.
6. Repeat with remaining batter.



NOTES:

Sunflower Olive Oil Spread is infused with real Olive Oil to promote healthier cooking and eating?



Pastelles (Trinidad & Tobago)



INGREDIENTS

¼ cup Roberts/Sunrise Soybean Cooking Oil
1 tbsp Sunflower Soft Luxury Spread
 ½ cup raisins
3 cups green corn, grated
1 lb ground beef, cooked
1 lb minced pork, cooked
 ½ green bell pepper, diced
2 large tomatoes, chopped
2 medium onions, chopped
2 blades chives, chopped
 ½ **tsp** ground black pepper
1 tbsp vinegar
 Few capers or sweet pickles
 Plantain or banana leaves

INSTRUCTIONS

1. Mix all green seasonings with meat and brown in hot **Roberts/Sunrise Soybean Cooking Oil**.
2. Add tomatoes, raisins and sweet pepper. Blend well together.
3. Cut plantain leaves in 8" squares, clean them with a damp cloth and steam them over hot water to make them pliable.
4. Crush corn and dampen with a little salted water.
5. Rub **Sunflower Soft Luxury Spread** onto each leaf square, then spread the corn mixture on top. Place 2 tbsp of the meat mixture on each square leaving a 1" border.
6. Fold over and tie securely into a parcel using thread.
7. Steam for about one hour.



Pine Tarts



INGREDIENTS – FILLING

- ¼ **tsp** ground nutmeg
- ½ **tsp** ground cinnamon
- 1 **tsp** vanilla extract
- 2½ freshly crushed pineapple
- 2½ **tbsp** brown sugar
- 3 **tbsp** white sugar

INGREDIENTS – CRUST

- ½ **cup** Mello-Kreem Spread
- ½ **cup** Velvo Kris Shortening
- ¾ **cup** cold water
- 3 ½ **cups** all-purpose flour
- 2 **tsp** brown sugar
- 1 egg white
- Salt to taste

INSTRUCTIONS – TO MAKE THE FILLING

1. Place crushed pineapples into a medium size saucepan.
2. Add all spices and sugars and bring to a slow simmer for 45–50 minutes on low heat or until mixture looks thick and has a jam-like consistency.
3. Stir frequently to prevent it from burning.
4. When ready, remove from the heat and set aside to cool.

INSTRUCTIONS – TO MAKE THE CRUST

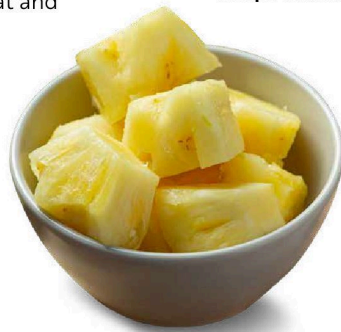
1. Place the flour, **Mello-Kreem Spread**, salt and sugar in a bowl and mix together until it forms a crumbly texture.
2. Little by little, add cold water until a dough is formed.
3. Knead the dough to a smooth log (about a foot long), wrap in plastic wrap and refrigerate for up to 4 hours before use.

FOR ASSEMBLY

1. Allow the dough to come to room temperature before use. Working with it cold will cause the edges to break when you roll the dough.
2. Cut the log into 1-inch-thick rounds. Flour your work surface and flatten with your palm then roll the dough. If you like a thicker crust, roll to about 6 inches diameter, about ¼ inch thick.
3. Place a heaping tablespoon of pineapple jam in the centre 1 inch from the edge.
4. Brush edges with egg whites.
5. Fold corners into the centre to form a triangle.
6. Brush the tops with egg wash then pierce with a fork.
7. Bake at 350 °F for about 25 – 30 minutes on the top rack in oven until golden brown.



Recipe contributed by: Massy Distribution (Guyana) Inc.



NOTES:

1. The dough and pineapple filling can be made a few days ahead and stored in the refrigerator until ready for use.
2. How thick or thin you want your crust will depend on how thin you roll the dough.

Pinwheels with Yeast

mello-kreem
Spread

Roberts
100% Soybean Oil

Sunrise

INGREDIENTS – DOUGH

¼ cup Mello-Kreem Spread
¼ cup brown sugar
1 cup milk
3 cups flour plus extra for dusting
1 tbsp dry active yeast/ rapid rising yeast
1 egg, whisked

INGREDIENTS – FILLING

1 tbsp Roberts/Sunrise Soybean Oil
½ lb extra sharp white cheddar cheese, shredded
1 lb lean ground mince beef
1 small onion, finely diced
4 cloves garlic, grated
1 tsp brown sugar
1 tsp dried thyme
1 tsp spicy brown mustard
1 tbsp cassareep (may be substituted with soy sauce)
¾ cup ketchup

INSTRUCTIONS – TO MAKE THE DOUGH

1. Warm milk, add sugar and mix until the sugar dissolves and then add the yeast, until it blooms.
2. Add flour and salt to a mixing bowl and mix together. Next, make a well in the centre of the dry ingredients, then add the yeast mixture, followed by the melted **Mello-Kreem Spread** and egg.
3. Mix to form a soft dough, then turn onto a floured surface and knead into a smooth ball. Place dough in a greased container, cover and let rest in a warm place.

INSTRUCTIONS – TO MAKE THE FILLING

1. Heat **Roberts/Sunrise Soybean Cooking Oil** in a pan on medium heat, then add the diced onions and cook until soft.
2. Add the ground beef, followed by the grated garlic, thyme, salt, ¼ cup of ketchup, brown sugar, and cassareep (or soy sauce).
3. Continue to stir until the ground beef is fully cooked, then remove from heat and allow to cool completely.

INSTRUCTIONS - MAKING THE PINWHEELS

1. Once dough has doubled in size, press down, then turn onto a floured surface and knead back into a smooth ball.
2. Roll dough out into a pizza crust shape, then spread the cooled, cooked beef filling evenly onto the middle of the dough.
3. Add shredded cheese evenly across the beef filling.
4. Brush along the edges of the dough with water, then roll dough into a log and seal ends by pinching them together.
5. Cut into pieces and place the cut side up on a greased baking sheet.
6. Top each piece of stuffed dough with a swirl of ketchup followed by a sprinkle of the remaining cheese, then cover with plastic wrap.
7. Let the pinwheels rest for another 45 minutes before baking.

INSTRUCTIONS - BAKING THE PINWHEELS

1. When ready to bake, preheat the oven to 350 °F.
2. Remove the plastic wrap and place baking sheet on the middle rack in the oven.
3. Bake for 25 - 30 minutes, then remove from the oven and allow to rest for 5 minutes before serving warm.

Recipe contributed by: Massy Distribution (Guyana) Inc.



Pumpkin Fritters



INGREDIENTS

6 **tbps** Roberts Soybean Cooking Oil (for frying)
½ **cup** brown sugar
¾ **cup** flour
3½ **cups** pumpkin, cooked and mashed
¼ **tsp** salt
½ **tsp** nutmeg
½ **tsp** baking powder
Confectioner's sugar (optional)

INSTRUCTIONS

1. Mix mashed pumpkin with dry ingredients.
2. Heat **Roberts Soybean Cooking Oil** in a large frying pan.
3. Drop the pumpkin mixture by the tablespoon into the hot oil and fry until both sides are golden brown.
4. Drain fritters on an absorbent paper towel and serve.



FOODIE TIP:

If you want a sweeter fritter, dust with confectioner's sugar next!



Quiche Lorraine



INGREDIENTS - PASTRY DOUGH

2 oz. Glow-Spread Margarine
 2 oz. Velvo Kris Shortening
 8 oz. flour
 ½ tsp baking powder
 4 tbsp ice-cold water

INGREDIENTS - FILLING

2 oz. ham, chopped
 1 oz. bacon, chopped
 1 oz. cheese, grated
 ½ pint soy milk
 3 eggs
 Salt and pepper to taste
 Chopped parsley

INSTRUCTIONS

1. Combine flour, baking powder, **Glow-Spread Margarine** and **Velvo Kris Shortening** together until sandy texture is achieved with tip of fingers or fork.
2. Make a well in the centre.
3. Add ice-cold water and combine.
4. Lightly grease pan or tartlet moulds.
5. Using a rolling pin, roll out pastry to about a ¼ inch thick, line pan thinly with pastry.
6. Prick the bottom of the pastry two or three times with a fork.
7. Bake in a hot oven 380 – 400 °F for 3 – 4 minutes or until pastry is lightly brown.
8. Remove from oven; press the pastry down if it has risen.
9. Add the chopped ham, bacon and grated cheese.
10. Mix eggs, milk, parsley and salt and pepper.
11. Straining is optional.
12. Return to oven and bake gently until brown.
13. You can also mix all ingredients together and add to pastry.

NOTES:

Handle dough as little as possible.
 All ingredients should be cold.
 A mixer can also be used.



Scones



INGREDIENTS

2 oz. Velvo Kris Shortening
2 oz. Sunflower Soft Luxury Spread
8 oz. flour
2 heaping tsp baking powder
½ cup milk
2 tsp sugar
1 egg

INSTRUCTIONS

1. Sift flour and baking powder together, then rub in **Sunflower Soft Luxury Spread** and **Velvo Kris Shortening**.
2. Beat egg, sugar and milk together and combine with flour mixture.
3. Roll out dough ½ inch thick on a floured board.
4. Cut out round scones using a pony size glass (the edges should be dipped in flour). Bake in a moderate oven.
5. When baked, slice in half while hot and spread with **Sunflower Soft Luxury Spread**. Serve warm.

NOTES:



Velvo Kris Shortening in this recipe can be substituted with additional **Sunflower Soft Luxury Spread**.
 An advantage of using **Velvo Kris Shortening** is that it will improve the flakiness of your scone.
 Try using **Sunflower Garlic Spread** for a savoury treat!



Turnovers



INGREDIENTS – DOUGH

1 oz. Glow-Spread Margarine
1 oz. Velvo Kris Shortening
 ½ oz. yeast
2 oz. granulated sugar
12 oz. flour
12 oz. water
 ½ **tsp** salt
 Brown sugar (for garnish)

INGREDIENTS – COCONUT FILLING

½ **cup** water
1½ cup grated coconut (fresh/frozen)
 *if frozen, thaw out first
 ½ **tsp** nutmeg
1 tsp cinnamon

INSTRUCTIONS

1. In a bowl, put all dry ingredients for the dough together. Add **Glow-Spread Margarine** and **Velvo Kris Shortening** and blend.
2. Stir in the water and mix until it comes together.
3. Knead dough for 5 minutes.
4. Let proof for 15 minutes or until slightly double in size.
5. When proofing is complete, separate dough into 30 gm pieces.
6. Mix coconut filling ingredients together and bring to a boil.
7. Let simmer for 10 – 15 minutes.
8. Place coconut filling into the centre of the dough, fold in the two sides and roll into a hotdog shape.
9. Brush with water and sprinkle with brown sugar.
10. Place in the oven at 350 °F and bake for 10 – 15 minutes until golden brown on top.



FUN FACT:

Velvo Kris Shortening is Cholesterol free, Lactose free, Gluten free and Vegan friendly.

Pizza

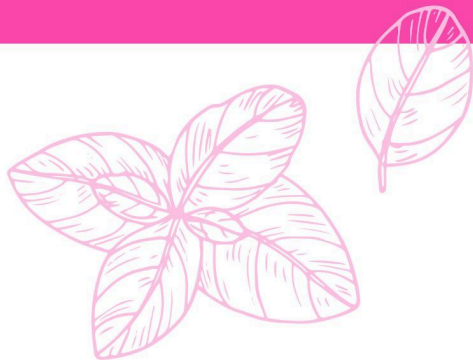


INGREDIENTS - PIZZA DOUGH

2 tbsp Roberts Soybean Cooking Oil
1 tsp sugar
2 tsp salt
1½ cup warm water
3¾ cup bread flour / all-purpose flour
1 package (2¼ tsp) active dry yeast

INGREDIENTS – PIZZA AND TOPPINGS

Sunflower Olive Oil Spread, melted
 Cornmeal
 Tomato sauce, smooth or puréed
 Cheddar and mozzarella cheese, grated
 Pepperoni (and any other toppings of your choice, for example pineapple, sweet peppers, corn, minced beef)



INSTRUCTIONS

1. Proof the yeast: Place the warm water in the large bowl of a heavy duty stand mixer. Sprinkle the yeast over the warm water and let it sit for 5 minutes until the yeast is dissolved.
2. After 5 minutes, stir if the yeast hasn't dissolved completely. The yeast should begin to foam or bloom.
3. If you are using "instant yeast" instead of "active yeast", no proofing is required. Just add to the flour in the next step.
4. Add the flour, salt, sugar and **Roberts Soybean Cooking Oil**. Using the mixing paddle attachment, mix. Then replace the mixing paddle with the dough hook attachment.
5. Knead the pizza dough on low to medium speed using the dough hook about 7 – 10 minutes.
6. If you don't have a mixer, you can mix the ingredients together and knead them by hand.
7. The dough should be a little sticky, or tacky to the touch. If it's too wet, sprinkle in a little more flour.
8. Lightly grease a large bowl with the **Roberts Soybean Cooking Oil**. Place the pizza dough in the bowl and turn it around so that it gets coated with the Oil.
9. Cover the dough with plastic wrap and allow to rise in a warm place for about 1½ hours or until doubled in size.
10. Preheat the oven to 475 °F.
11. Flatten the dough ball, and stretch out into a round shape. Take the dough and flatten it with your hands on a lightly floured work surface. Starting at the centre and working outwards, use your fingertips to press the dough to ½ inch thickness. Turn and stretch the dough until it will not stretch further. Let the dough relax for 5 minutes and then continue to stretch it until it reaches the desired size. You can also hold up the edges of the dough with your fingers, letting the dough hang and stretch, while working around the edges of the dough. If a hole appears in your dough, place the dough on a floured surface and push the dough back together to seal the hole. Use your palm to flatten the edge of the dough where it is thicker. Pinch the edges if you want to form a lip.
12. Using a fork, prick the dough to prevent bubbling. Sprinkle the pizza pan or baking pan with cornmeal, place dough on pan and start to build your pizza.
13. Spoon on the tomato sauce, sprinkle with cheese, and place your desired toppings on the pizza. Be careful not to overload the pizza with too many toppings, or your pizza will be soggy.
14. Bake pizza in 475 °F preheated oven, until the crust is browned and the cheese is golden, about 15 – 30 minutes.



Pastry 1 (Short Crust)



INGREDIENTS

2 oz. Velvo Kris Shortening
2 oz. Glow-Spread Margarine
8 oz. flour
4 - 8 **tbsp** ice-cold water
Salt or sugar to taste

INSTRUCTIONS

1. Cut **Velvo Kris Shortening** and **Glow-Spread Margarine** into flour sifted with salt or sugar until mixture is "grainy" and fine.
2. Add ice-cold water gradually and mix with a fork lightly or with finger tips until a ball of dough is formed.
3. Chill for ½ hour before use.
4. Roll out thinly on a floured board and cut to size required.



NOTES:

Short Crust Pastry is suitable for pies, tarts and quiche.



Pastry 2 (Puff Pastry)

mello-kreem
Spread

GLOW-SPREAD
MARGARINE

INGREDIENTS

1¼ cups very cold **Mello-Kreem Spread** (cut into cubes) OR

1¼ cups very cold **Glow-Spread Margarine** (cut into cubes) (The selection of margarine is contingent on the type of dish: Savoury - **Mello-Kreem Spread** or Sweet - **Glow-Spread Margarine**)

¼ tsp salt

½ cup ice-cold water

2 cups all-purpose flour

INSTRUCTIONS

1. Using a food processor, fitted with the metal blade, add flour and salt to the bowl, then add ¾ cup cold margarine cut in cubes and pulse until margarine is absorbed (about 10-12 one second pulses), then add the remaining cold (cubed) margarine and pulse 2 or 3 times (no more) to combine, add the cold water and pulse 4 or 5 times, just until the dough comes together to form a ball. It is really important not to over process.
2. The dough can be made in a stand mixer with the paddle attachment, beat on low just to bring the dough together and continue with the recipe.
3. On a lightly floured surface, place dough and knead lightly. With a lightly floured rolling-pin (lightly flour the dough so it doesn't stick) roll into a rectangle approximately 12 x 18 inches (30 x 45 cm).
4. To create flaky layers, fold the rectangle in half, then half again like an envelope. Fold it one more time in half, then wrap it in plastic wrap and chill for up to 2 hours.
5. Once the dough has been chilled, it is ready for use.



NOTES:

Puff Pastry is suitable for flaky pastries such as meat patties, meat rolls and jam puffs.



Sauces & Gravy

Elevate your dishes with our selection of sauces and gravy. Add that extra burst of flavour to your meals guaranteed to keep your guests coming back for more.



Caper Sauce



INGREDIENTS

2 tbsp Glow-Spread Margarine
2 tbsp flour
2 tbsp parsley, chipped
3-4 tbsp capers
1 tsp onion, minced
1 cup milk
Salt and black or white pepper to taste

INSTRUCTIONS

1. Melt **Glow-Spread Margarine** and add onions.
2. Remove from fire and gradually whisk in flour, salt and pepper. Whisk constantly for about 1 minute.
3. Increase the heat to medium high, add the milk and cook until the mixture thickens, about another minute.
4. Return to a low heat and add capers and parsley.



FOODIE TIP:

Try our Caper Sauce along with your Fried Flying Fish!



Cheese Sauce



INGREDIENTS

2 tbsp Glow-Spread Margarine
2 tbsp flour
1 tsp onion, minced
1 cup milk
8 oz. Cheddar cheese, grated
 Black or white pepper to taste
 Salt to taste

INSTRUCTIONS

1. Melt **Glow-Spread Margarine** and add onions.
2. Remove from fire and gradually whisk in flour, until it resembles breadcrumbs.
3. Return to a low heat.
4. Add milk and stir constantly until mixture thickens.
5. Slowly add cheese. Stir until cheese is melted and sauce is smooth.
6. Add salt and pepper to taste.



FOODIE TIP:

Enjoy pasta perfection with our perfectly paired Cheese Sauce.



Chocolate Sauce

INGREDIENTS

1 tsp Glow-Spread Margarine
1 tbsp corn starch
1 tbsp castor sugar
 $\frac{3}{4}$ **cup** water
 $\frac{3}{4}$ **cup** milk
2 oz. plain chocolate
2 - 4 drops vanilla essence

INSTRUCTIONS

1. Break up chocolate into small pieces, place in saucepan with the milk and dissolve over gentle heat.
2. Mix the corn starch and castor sugar with the water and add to the chocolate mixture.
3. Cook, stirring all the time, until the sauce thickens.
4. Lastly, add the **Glow-Spread Margarine** and cook for 2 minutes.
5. Flavour with vanilla essence.



FOODIE TIP:

For the chocoholics, add Chocolate Sauce to your favourite chocolate desserts and treats!



Dip for Fishcakes



INGREDIENTS

INGREDIENTS - FOR MAYONNAISE

1 cup Roberts Soybean Cooking Oil

1 egg

½ tsp lemon juice

¼ tsp Dijon mustard

¼ tsp salt

1 tsp white wine vinegar

INGREDIENTS - FOR FISHCAKE DIP

1 cup mayonnaise

1 tsp lime juice

2 tbsp Horseradish sauce

3 tbsp tomato ketchup

Hot sauce, cayenne and celery salt to taste

Salt and pepper to taste

INSTRUCTIONS - FOR MAYONNAISE

1. Add egg, lemon juice, white wine vinegar, Dijon mustard and salt in a blender.
2. At the lowest speed, slowly drizzle **Roberts Soybean Cooking Oil** into the mixture. Be sure not to over blend the mixture. Set aside.

INSTRUCTIONS - FOR FISHCAKE DIP

1. Stir in all ingredients.



FOODIE TIP:

The perfect match for the perfect catch. Try this Dip with your fishcakes!

French Dressing

INGREDIENTS

½ cup Roberts Soybean Cooking Oil

¼ cup vinegar or lemon juice

1 tbsp onion, finely minced or grated

½ tsp dry mustard

1 tsp honey

Salt and pepper to taste

INSTRUCTIONS

1. Place mustard, honey, salt and pepper in a jar or bottle with cover.
2. Add onion and vinegar, then **Roberts Soybean Cooking Oil** slowly.
3. Shake vigorously.
4. Store in refrigerator and shake each time before use.



FOODIE TIP:

Making salad? This dressing is a classic choice for salads, enhancing the flavours of lettuce, tomatoes, cucumbers, and other vegetables.

Grilled Meats Sauce



INGREDIENTS

1 oz. Glow-Spread Margarine
 ½ cup cream or yogurt
 ½ tsp beef flavoured bouillon (e.g. Maggi Cube)
 ½ tsp dry mustard
 2 tsp boiling water
 2 tsp Worcestershire sauce
 2 tsp French mustard
 1 clove garlic, crushed
 Dash of cayenne pepper
 Salt and pepper to taste

INSTRUCTIONS

1. Crush clove of garlic and sauté in **Glow-Spread Margarine** for two minutes.
2. Add all other ingredients except cream.
3. Once mixture is heated thoroughly, on a low heat, add cream until combined.
4. Serve hot.



FOODIE TIP:

Good BBQ is better with great sauce. Try out the Grilled Meats sauce on all your meats.



Plain Gravy

mello-kreem
Spread

DOVE
Margarine

Roberts
100% Soybean Oil

INGREDIENTS

2 tbsp Mello-Kreem Spread or Dove Margarine Spread
1 tbsp Roberts Soybean Cooking Oil
2 tbsp all-purpose flour
¼ cup heavy cream
½ cup dry wine
2 cups chicken stock
2 medium shallots, diced
Salt and ground black pepper to taste



INSTRUCTIONS

1. Melt **Mello-Kreem Spread** or **Dove Margarine Spread** and **Roberts Soybean Cooking Oil** in a large frying pan over medium heat until foaming.
2. Add the shallots, season with salt and pepper, and cook, stirring occasionally, until browned, about 15 minutes.
3. Add the flour and whisk constantly for about 1 minute. Increase the heat to medium high, add the dry wine and cook until the mixture thickens, about another minute.
4. Whisk in the chicken stock and heavy cream, then bring to a simmer.
5. Reduce the heat to medium and simmer, stirring occasionally, until slightly reduced and thick enough to coat the back of a spoon, about 10 minutes.
6. Strain through a fine-mesh strainer into a small saucepan or serving dish, taste, and season with salt and pepper as needed.



FOODIE TIP:

Mello-Kreem and **Dove Margarine** are ideal ingredients for your gravies. Add gravy to your rice dishes for additional flavour.



Ham Glaze



INGREDIENTS

2 tbsp Sunflower Soft Luxury or Low Calorie or Health Spread
1 tbsp mustard
¼ tsp whole clove
½ tsp cinnamon
1 tsp pepper sauce
1 cup pineapple juice or orange juice
6 oz. sugar

INSTRUCTIONS

1. Place all ingredients in a saucepan, bring to a boil, then lower to a medium heat.
2. Allow mix to reduce by half, or until it becomes sticky.
3. Cool and store in an airtight container in the refrigerator.



FOODIE TIP:

Our Ham Glaze recipe is sure to add flavour to your Baked Ham. Try it now!

Turkey Basting

INGREDIENTS

4 oz. Sunflower Soft Luxury or Low Calorie or Health Spread
1 oz. lemon juice
½ tsp thyme
1 tsp garlic, minced

INSTRUCTIONS

1. Combine ingredients in a saucepan.
2. Stir and allow **Sunflower Spread** to melt.
3. Remove from heat and let cool slightly.
4. Use a basting brush or baster to apply mixture to turkey every 30 – 45 minutes.



FOODIE TIP:

Baste your turkey for a juicier, more succulent bird. Try our Turkey Basting Recipe!



Caribbean Pepper Sauce



INGREDIENTS

½ cup **Velvo Kris Shortening**
 ¼ cup vinegar
 1 onion, chopped
 1 tsp salt
 1 tbsp sugar
 2 cloves garlic
 6 scotch bonnet peppers, seeded

INSTRUCTIONS

1. Blend all ingredients until smooth.
2. Pour into a saucepan and simmer for 10 minutes.
3. Cool and store in a jar.



Rum Sauce



INGREDIENTS

3 tbsp **Glow-Spread Margarine**
 3 tbsp brown rum
 2 tbsp flour
 ½ cup evaporated milk
 1 cup sugar

INSTRUCTIONS

1. In a heavy saucepan, combine flour and sugar.
2. Stir in milk. Cook over medium heat to gently boiling stage, stirring constantly for about 2 - 3 minutes.
3. Remove from heat, add **Glow-Spread Margarine** and rum.
4. Serve warm.



FOODIE TIP:

Add that extra kick to your Bread Pudding with our Rum Sauce recipe.

Index

A Journey through Our Cookbook	07
Alfredo Pasta	45
Apple Crumble	127
Apple Pie Pockets .	157
Bajan Chicken And Split Pea Soup With Pigtales	23
Baked Lobster	69
Baked Pork Chops	97
Bakes & Salt fish (St. Vincent)	160
Banana Bread	128
Beef Stew	98
Blueberry Muffins	129
Braised Chicken	83
Breadfruit Cheese Pie	46
Breadfruit Chips	47
Breadfruit Cou-Cou	48
Butterscotch Budino Custard	131
Cake Pops	132
Callaloo Soup with Crab (Dominican Style)	24
Caper Sauce	187
Caribbean Pepper Sauce	193
Cassava Pone	133
Cheese Sauce	188
Cheese Straw (Guyana)	158
Chicken and Potato Curry (Guyana)	84
Chicken Parmesan	85
Chicken Pelau	86
Chicken Puffs	159
Chili Garlic Chicken Salad	87
Chickpea and Spinach Stew	113
Chocolate Cake	134
Chocolate Chip Cookies	137
Chocolate Fudge Cake	135
Chocolate Sauce	188
Chocolate Swirl Cheesecake	136
Coconut "Sweet Bread"	138
Coconut and Lentil Quinoa Pelau	114
Coconut Bakes	161
Coconut Bread Pudding	130
Coconut Rice and Kidney Beans	50
Coconut Rum Sauce	119
Coconut Shrimp Kebabs	35
Coconut Waffles	162
Conkies also known as Sweet Paimé	163
Corn Pie	52

Index

Corn Soup	26
Cornbread	164
Cornmeal Cou-Cou	53
Crab Cakes	36
Cream of Onion Soup	27
Cream Puffs	165
Creamy White Bean and Pumpkin Soup	115
Crispy Chicken Tenders with a Molasses BBQ Sauce	37
Crispy Cream Donuts	139
Crispy Garlic and Herb Chickpeas	116
Dark Chocolate Walnut Brownies	120
Dhal Puri Roti	54
Dip for Fishcakes	189
Dumplings for Soup	27
Fish Cakes	38
Fish Head Soup	28
French Dressing	189
Fried Calamari with Garlic Oil	70
Fried Flying Fish	71
Frizzled Salt fish	72
Fungee & Pepperpot (Antigua & Barbuda)	99
Garlic and Herb Baked Ham	101
Garlic and Rosemary Seared Steak	100
Garlic Cheesy Mashed Potatoes	55
Garlic Parmesan Bread	166
General Cooking Notes	14-15
Gran' Gran' Mashed Potatoes	117
Great Cake (Black Cake)	140
Green Figs & Salt fish	73
Green Goddess Avocado Pasta Salad	118
Grenadian Sea Salt Dark Chocolate Cookies	141
Grilled Chicken Skewers	39
Grilled Mahi Mahi with Spicy Mango Salsa	74
Ham Glaze	192
Heavy Fruit Cake	142
Herb Crusted Roast Beef	102
Homemade Biscuits	167
Honey Glazed Pork Bites	40
Hot Cross Buns	168
Hot Fish Salad	41
Jamaican Beef Patties	170
Jamaican Jerk Stuffed Red Snapper	75
Johnny Cakes (Belize)	171
Jug-Jug	56

Index

Kale and Plantain Crackers	121
Kurma (Trinidad & Tobago)	172
Lamb Curry	103
Lemon Meringue Pie	143
Lentil Soup	29
Low and Slow Barbecue Ribs	108
Macaroni Pie	57
Meet the Contributor	18
Mello Kream Spread Stovetop Popcorn	173
Mixed Berry Chocolate Chunk Cookie	122
Oatmeal Cookies	144
Olive Oil Fluffy Pancakes	174
Orange and Nut Cake	123
Oven-Roasted Turkey	90
Pan Seared Coconut Spread Salmon & Veggies	77
Paratha Roti/ Buss Up Shut Roti	58
Pastelles	175
Pastry 1 (Short Crust)	184
Pastry 2 (Puff Pastry)	185
Peach Cobbler	145
Pepperpot (Guyana)	104
Pesto Fettuccine Pasta	59
Pine Tarts	176
Pineapple Upside Down Cake	146
Pinwheels with Yeast	177
Pizza	182
Plain Gravy	191
Plantain, Breadfruit and Smoked Herring Pie	76
Pudding & Souse	105
Pulled Pork Sandwich	106
Pumpkin & Ginger Soup	30
Pumpkin Fritters	178
Quiche Lorraine	179
Quick Vanilla Cupcakes	124
Quick Vanilla Frosting	124
Rabbit Stew	107
Roasted Breadfruit (with Tuna Gravy)	60
Rum Sauce	193
Salted Fudge Brownies (Chef Andre)	147
Salted Maple Pecan Vanilla Bundt Cake	148
Saltfish and Scotch Bonnet Sweet Potato Croquette	42
Sauce (Grilled Meats)	190
Savoury Rice	61

Index

Scalloped Potatoes with Bacon	62
Scones	180
Seafood Boil	78
Seafood Pasta	79
Shepherd's Pie	63
Spiced Banana Bread	125
Spicy-Crispy Buffalo Wings	91
Sponge Cake	149
Steamed Basmati Rice with a medley of Sautéed Seafood	80
Steamed Flying Fish	81
Stir-Fried Vegetables	64
Strawberry Whoopie Pies	150
Stuffed Pork Tenderloin	109
Stuffing	65
Sugar Cookies	151
Sweet and Sour Chicken	93
Sweet Potato and Sweet Corn Chowder (Vegan, Gluten Free)	31
Sweet Potato Pie (Dessert)	152
Tangy Grilled Chicken	94
The Meaning of the "Dots"	13
The Roberts Product Range: Why cook with the (not so) secret ingredient?	09
Tomato Soup	32
Turkey Basting	192
Turmeric Vegetable Rice	66
Turnovers	181
Understanding Our Product Labels	13
Yam or Sweet Potato Balls	43
Yam Soufflé	67

Notes



Thank You for Cooking with Us!

We hope you enjoy trying these recipes as
much as we enjoyed creating them.

