

TRY THESE
Delicious
RECIPES WITH



Homegrown and homemade by the Barbados Agricultural Development & Marketing Corporation, Carmeta's Fine Cassava Flour, Fine Sweet Potato Flour and Fine Breadfruit Flour are 100% organic and gluten-free. Enjoy our latest recipes and share your own Carmeta's dishes with us on Facebook at 'BADMC Barbados'.

CARMETA'S CASSAVA CHEESE BREAD (PAN DE YUCCA)

INGREDIENTS

- 2½ cups Carmeta's Fine Cassava Flour
- 3 cups grated mozzarella cheese or 1 cup cheddar cheese and 2 cups mozzarella
- 1 teaspoon baking powder
- 1 pinch salt
- 4 oz. butter, room temperature, cut into 8 pieces
- 2 large eggs
- 1-2 tablespoons water, if needed

METHOD

- ▶ Pre-heat the oven to 375o Fahrenheit. In food processor, combine Carmeta's Fine Cassava Flour, cheese, baking powder and salt. Blend to mix well. Add the butter and eggs.
- ▶ Mix until small dough balls begin to form. If mixture seems too dry add 1-2 tablespoons of water.
- ▶ Remove dough from food processor and roll into a ball. Using a rolling pin, roll dough to the desired thickness (no thicker than 1/2 inch).
- ▶ Using cookie cutters or a suitably sized drinking glass, cut dough into desired shapes, press out individual breads, then place breads on a cookie sheet lined with parchment paper.
- ▶ Bake for 7-10 minutes until the breads are golden brown.

*Carmeta's
Cooking Tip*

MAKE THE DOUGH AHEAD OF TIME AND STORE IN THE REFRIGERATOR FOR UP TO A DAY BEFORE BAKING.

CARMETA'S BREADFRUIT GREAT CAKE

INGREDIENTS

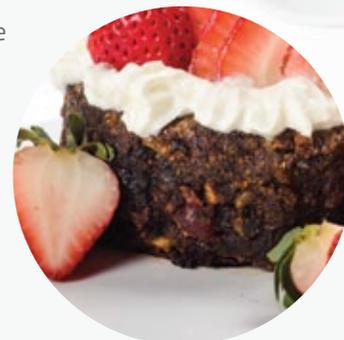
- 2 cups Carmeta's Fine Breadfruit Flour
- 1 lb. each - raisins, currants, dates and prunes
- ½ lb. each - cherries and mixed peel (optional)
- 3 eggs
- 2 teaspoons mixed essence
- ½ cup brown sugar
- ¼ lb. butter
- 1 stout/malt
- 1 cup rum
- ½ cup peanut butter

TO POUR OVER FINISHED CAKE:

- 1 cup each - rum and cherry brandy
- ½ cup falernum (optional)

METHOD

- ▶ Pre-heat oven to 350o Fahrenheit. Lightly butter one 12" or two 8" baking pans and coat with breadfruit flour.
- ▶ Grind raisins, currants, dates, prunes and mixed peel in food processor. Chop cherries and small amounts of other dried fruit (this depends on personal preference), using the rum to moisten.
- ▶ Cream butter and sugar together in a large bowl. When the butter and sugar mixture is smooth, add mixed essence, peanut butter and each egg gradually. Stir in all remaining ingredients.
- ▶ Pour mixture into pans and allow to bake until firm. Use a toothpick to poke holes in the hot cake. Pour rum, falernum and brandy mixture over cake. Allow cake to cool before removing it from the pan.



CARMETA'S SWEET POTATO COCONUT BREAD

INGREDIENTS

- 1 lb. Carmeta's Fine Sweet Potato Flour
- 1 lb. Carmeta's Fine Cassava Flour
- 2 lb. rice flour
- ½ cup corn starch
- 8 oz. butter
- 4 tablespoons baking powder
- 1 cup sugar
- ½ cup raisins
- ½ cup cherries
- 3 cups coconut (grated)
- 2 tablespoons mixed essence
- 2 cups water

METHOD

- ▶ Preheat oven to 350o Fahrenheit. Lightly butter loaf pans and then coat in flour mix of sweet potato, cassava and rice flours. Combine remaining flour mix, dry ingredients and coconut on a clean, dry counter top. Rub in butter, then add raisins and cherries. Make a ñewellí in middle of dry ingredients.
- ▶ Mix water and essence. Pour water mixture into well and mix using your fingertips. If dough seems too dry, add water, a few drops at a time, and mix further until dough holds together but is not wet and sticky to touch.
- ▶ Knead dough until its texture is even throughout. Do not knead excessively.
- ▶ Divide dough into 1 lb. rounds. Shape into loaves. Place in loaf pans and use a knife to carve a design into top of loaf (optional).
- ▶ Bake for 25 - 35 minutes, or until golden brown.

