

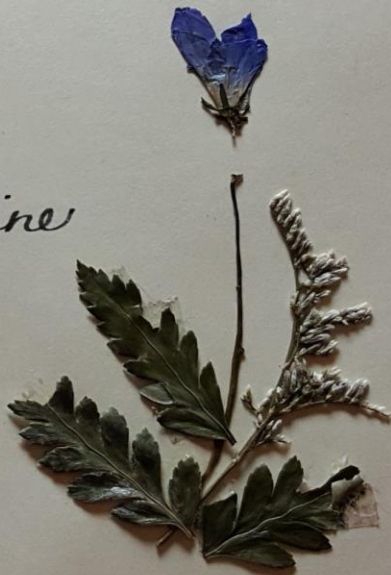


Mary Hanford Lachois

Collected Recipes

for my

Daughter Delphine



main dishes

vegetables

soups

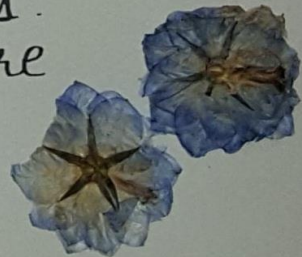
Desserts

Curried Rice with Corn and Cheese

1/2 cup of rice
1 cup of cheese
1 cup of corn

1/4 cup fat
1/4 cup flour
1 tsp salt

Melt all fat until brown. Add flour and seasoning. Heat until brown. Add milk gradually. Cook until boiling point and add other ingredients. Place in a baking dish. Then bake for 1 hour.



main dishes

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Desserts

Toolum

1 cup of grated coconut
3 tsp of molasses
1½ tsp fresh ground ginger
1 tps dried orange peel
4 cups of sugar



Grate the ginger and break the orange
peel into tiny pieces. Place sugar in
the pot and let liquify. Add and mix
all the ingredients. So delicious!

vegetables soups Desserts

Tomatoes Choka



8 medium tomatoes
1 medium onion
1 tsp cilantro

2 cloves of garlic
1 hot pepper
salt to taste

let the tomatoes slowly roast. The slower the better! monitor the tomatoes as you go. Roast until the tomatoes are nice and tender.



vegetables

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Desserts

Lentils with Rice and Tomatoes

$\frac{3}{4}$ cup lentils
1 cup of rice
 $\frac{1}{4}$ tomatoes

2 tsp salt
 $\frac{1}{4}$ tsp cayenne
 $\frac{1}{4}$ tsp bay leaves

Soak lentils overnight, drain and add $\frac{1}{4}$ of cold water and tps of salt. Cook slowly until tender. Add other ingredients. Steam or bake for 1 hour.



vegetables soups Desserts

Callaloo

2 cups of coconut milk
5 cloves of garlic
2 pounds of spinach
1½ pounds of ochro

1½ onion
2 green habanero
3 spring of thyme
1 tsp. of salt

Pour the coconut milk in a medium pot. When it boils add the spinach. Make sure you wash the spinach before. Trim the ochro, you must cut the stems. Slice the onion, garlic, ochre and hot peppers. After 1 hour add the crab and some green seasoning. The last step is to break everything down and serve it. Enjoy this delicious dish!

vegetables soups desserts

Veal Loaf

3 pounds of veal
1 tsp of milk
1 tsp of salt

1 cup of onion soup
1 cup of lemon juice

Slice and grind all the ingredients
mix together until you create a loaf.
Bake at low temperature for
3 hours.



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Pholounie

- 3 cups of flour
- 3 tps turmeric powder
- 1 tps baking powder
- 1 tps green seasoning
- 1 tps salt

Mix all the ingredients together. Add water and mix until the dough is a very soft paste. Cover with a damp cloth and let the batter sit for 1 hour. Heat oil in high heat, drop the pholounie mixture. Fry until golden brown. Serve with tamarind.



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Fish Chouder

1/4 pound of salt
1 onion
2 cups of fish

2 tsp of salt
1/8 tsp pepper
2 cups potatoes

Cook slowly, covered, for 1/2 hour.
Add 1 cup of boiling milk. Serve
with crackers.



vegetables soups Desserts

Creole Codfish

1 cup of cod fish
2 cups of boiled potatoes
 $\frac{1}{3}$ cup pimento
2 cups of bread crumbs
1 cup of tomato sauce

Place codfish and potatoe and pimento in a baking dish. Cover with the tomato sauce, then the breadcrumbs. Bake until brown.

vegetables soups Desserts



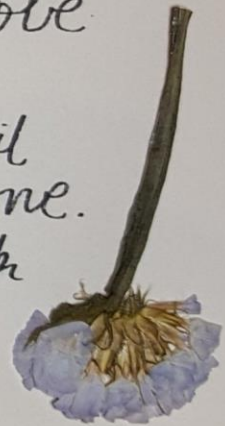
Scalloped Potatoes



6 medium potatoes
1/4 cup of butter
1/3 cup of onions
4 cups of milk

2 tsp of flour
2 tsp of salt
1 1/2 tsp dried leaf thyme
1/2 tsp pepper

Slice potatoes, placed in a casserole with oil. In a medium saucepan melt butter, add onion and cook until tender. Blend in flour, salt and thyme. Remove from heat and stir in milk. Pour over potatoes in casserole.



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Desserts



Green Seasoning



3 cups cilantro washed
1 1/2 cups of chives - both green and white
1 head of garlic peeled
1/2 cup of water

Chop all ingredients quite finely
and store the rest in cold room.



soups

Desserts

cream of carrot juice

2 cup of carrot juice

2 cup of water

2 cup of milk

$\frac{1}{8}$ tsp pepper

2 tsp flour

1 tsp salt

Cook the carrots in the water until tender. Melt the fat add dry ingredients and add water. When at boiling point, serve with a little grated raw carrot sprinkle over the top of the soup.

soups

Desserts

Legume Soup

1 $\frac{1}{2}$ tomatoe
2 cups cold water
1 teaspoon celery
2 teaspoon salt

2 tsp flour
1 onion
1 cup milk
 $\frac{1}{4}$ cup of fat

Wash legume over night. Add water, ham bone and cook on low heat until tender. Add all the other ingredients. Cook for half an hour.



Desserts