**CARIBBEAN STEW CHICKEN**

2 lbs chicken (skin + fat removed and wash with lime)

3 tablespoon cooking oil

3 tablespoon of brown sugar

3 scallion chopped

¼ cup parsley chopped

4 large cloves garlic, minced

1 medium onion, chopped

1 medium tomato, chopped

1 tablespoon grated ginger (optional)

2 tablespoons ketchup

3 springs fresh thyme sprigs

3 tablespoons green seasoning

1 Jalapeno pepper

1 habanero pepper

¼ cup water

¼ tsp salt

¼ black pepper

**TRINIDAD CALLALOO**

2 bunch Spinach

1 can coconut milk

½ lb pumpkin

½ lb ochro (okra)

1 medium carrot, chopped

1 medium onion, chopped

6 cloves garlic, minced

3 scallions, finely chopped

1 small bunch thyme (about 5 sprigs)

3 tablespoons green seasoning

1 habanero pepper

Salt and black pepper

**TRINIDAD FRIED RICE**

***To boil rice***

 3 cups parboiled rice uncooked

1 ½ tsp salt

***To fry rice***

6 tbs oil

1 tbs ginger minced

1 onion finely chopped

8 cloves garlic finely minced

1 Jalapeno pepper

2 tbs green seasoning

2 carrot diced

1 christophine or chayote finely diced

2 celery stalk finely chopped

1 large bell pepper diced

3 tbs dark soy sauce

3 tbs sesame oil

¼ cup parsley chopped

3 scallions chopped

Salt and black pepper

1 sweet potato