



**Meals
for
Minds**
Eat-Learn-Grow

How to Fight Hunger

**Recipe
Challenge**

Coconut Candy / Kok Graje

Servings: 6

Ingredients:

- 2 cups packed light brown sugar
- 2 cinnamon sticks
- 1 tsp grated ginger
- 1 tsp grated nutmeg
- ½ tsp vanilla extract
- 2 cups grated coconut (unsweetened)
- 1 tsp lime juice

Directions:

1. In a saucepan, combine brown sugar and ½ cup water, cinnamon, ginger, nutmeg, vanilla extract.
2. Simmer gently until mixture forms thick syrup.
3. When the syrup is very thick, remove the saucepan from the heat.
4. Immediately mix coconut and lime juice with the syrup.
5. Mix until all the liquid has disappeared.
6. Spread to cool on parchment paper or a wet cutting board.
7. When cool break or cut into pieces.



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Peanut Brittle / Tablet Pistach

Servings: 6

Ingredients:

- ¾ cup packed light brown sugar
- ½ tsp teaspoon vanilla extract
- ¼ cup roasted peanuts
- 1 tsp grated ginger
- 2 cinnamon sticks
- Pinch of salt
- 1 tsp ground nutmeg

Directions:

1. In a saucepan, combine sugar, vanilla extract, ¼ cup water, peanuts, ginger, cinnamon, salt and nutmeg.
2. Let boil for 10 minutes or until a thick syrup is created.
3. Take off heat and stir until all the liquid has fully evaporated.
4. Spread thinly on parchment paper or a wet cutting board.
5. When cool break or cut into pieces.



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Challenge**

Molasses Cinnamon Gingerbread / Bonbon Siwo

Servings: 24 squares

Ingredients:

- 4 cups flour
- ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 2 tsp ground ginger
- 2 tsp ground cinnamon
- ½ tsp ground cloves

- ½ butter, softened
- ½ cup brown sugar
- 1 cup molasses
- ¾ cup hot water

Directions:

1. Preheat oven to 350 degrees.
2. Sift together flour, sugar, salt, baking powder, baking soda, and spices.
3. Stir in the butter and molasses.
4. Slowly pour half the hot water over the dough while stirring vigorously. Gradually add water until the dough is soft to the touch but not sticky like batter
5. Press the mixed dough evenly into a greased and floured 9"x13" cake pan.
6. Bake 30 to 40 minutes, until the cake springs back when lightly pressed with a finger.



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Recipe Challenge

Rice and Red Beans / Diri Kole Ak Pwa Rouj

Servings: 6

Ingredients:

- 1 cup dried kidney beans
- 3 tsp salt, or to taste
- 2 tbsp oil
- 4 garlic cloves, crushed and minced
- ½ onion, finely chopped
- ½ scallion, finely chopped
- ¼ tsp black pepper, or to taste
- 2 cups parboiled rice (do NOT use any type of sticky rice)
- 2 whole cloves
- 1 thyme sprig
- 1 parsley sprig
- 1 green Scotch bonnet pepper (optional, if you want heat)

To prepare and cook beans:

1. Place beans in bowl or pot and cover completely with water. Let stand overnight.
2. Wash beans and drain, reserving liquid.
3. Place beans in a saucepan with 6 cups water.
4. Bring beans and water to a boil.
5. Lower heat and boil on medium-low, uncovered 1 to ½ hours, until fork tender.
6. Drain, reserving liquid.

To prepare rice and beans:

1. Heat oil in pan or pot on medium heat.
2. Stir in garlic, onion, scallion, 2 tsps salt, and black pepper until soft and translucent.
3. Add and stir in the cooked beans and fry for 5 minutes until the beans are crisp.
4. Add 4 cups of the reserved liquid and bring to a boil.
5. Add rice and cloves and boil until the water evaporates.
6. Lower heat, stir rice, and place thyme, parsley and Scotch bonnet (if using) on top of rice.
7. Cover and let cook for 30 minutes.
8. Remove thyme, parsley and Scotch bonnet.
9. Stir before serving.