

African Heritage Through Food - Afro-Caribbean



Throughout history, colonialism and trade led to several regions of the world influencing Caribbean food, with roots of African Heritage in the Caribbean stemming from the 1600s. Though multiple influences contribute to modern-day Caribbean cuisine, resilience of protecting Black identity can be seen in the cooking practices and foods originating from Africa.

Ingredients Commonly Used in Cooking:

- Ackee
- Avocado
- Cabbage
- Callaloo
- Cassava
- Coconut
- Guava
- Jicama
- Leafy greens
- Mango
- Okra
- Papaya
- Pigeon peas
- Pineapple
- Plantains
- Red beans
- Rice (varieties)
- Scotch bonnet pepper
- Sweet peppers
- Soursop
- Tamarind
- Tomatoes
- Yams

Spices Commonly Used in Cooking:

- Annatto
- Allspice
- Cilantro
- Cinnamon
- Chiles
 - Ancho
 - Cayenne
 - Poblano
 - Scotch Bonnet
- Cloves
- Cumin
- Curry powder
- Garlic
- Ginger
- Nutmeg
- Smoked paprika
- Thyme
- Turmeric

Traditional Dishes:

- Mangú
- Poulet Creole
- Coconut rice
- Jerk chicken
- Pwason boukannen
- Doubles
- Cornmeal porridge
- Ackee and saltfish
- Goat curry
- Yam rissoles
- Pelau
- Legim

Spice Blend Examples:

Jerk - garlic powder, onion powder, cayenne, black pepper, dried thyme, allspice, smoked paprika, cinnamon, nutmeg, cumin, dried parsley, dried scotch bonnet or red pepper flakes, brown sugar

