ENGLISH · 3E · A2+ / B1

Caribbean Kitchen

*A recipe book from **Jamaica** & **Trinidad and Tobago***







Jamaica

Jerk Chicken · Ackee and Saltfish · Bammy

Trinidad & Tobago

Doubles · Pig Tail Soup · Callaloo

Lydie Philbert

Collège Edmond Bambuck · Le Gosier, Guadeloupe

OBJECTIFS

OBJECTIF GÉNÉRAL

La cuisine, mémoire d'un peuple. À travers six plats de la Jamaïque et de Trinité-et-Tobago, l'élève découvre que ce que l'on mange raconte l'histoire de ceux qui l'ont cuisiné : les Taïnos, premiers habitants des îles ; les Africains réduits en esclavage et les Marrons ; les travailleurs engagés venus d'Inde. Il apprend à lire des documents variés (récit, dialogue, carte postale, recette, photographie), à repérer ce que chaque plat dit des origines des Caribéens, et à relier ces héritages au patrimoine culinaire de la Guadeloupe.

CULTURELS

- Les premiers habitants : les Taïnos et le bammy
- Esclavage, marronnage et résistance : jerk, ackee and saltfish, pig tail soup
- L'engagisme indien à Trinidad : les doubles
- Le métissage : *Out of Many, One People* ; le callaloo, image de la société
- Échos guadeloupéens : calalou, cassave, banane plantain

LEXICAUX

- Ingrédients : *cassava, okra, chickpeas, saltfish, Scotch bonnet pepper, coconut milk*
- Verbes de cuisine : *grate, squeeze, soak, marinate, grill, fry, simmer, stir*
- Quantités : *a tin of, a pinch of, a tablespoon of, 250 g of*
- Histoire : *enslaved Africans, Maroons, indentured workers, ancestors, inhabitants*
- Mots d'origine taïno : *barbecue, hammock, hurricane*

LINGUISTIQUES

- La voix passive : *was brought by, is made with, were salted*
- Le prétérit pour raconter les origines d'un plat
- L'impératif et les connecteurs chronologiques : *first, then, after that, finally*
- Le modal *must* : *it must only be eaten when…*

PHONOLOGIQUES

- Prononciation de la terminaison -ed : *grilled /d/, cooked /t/, salted /ɪd/*
- Le /h/ aspiré : *hot, heritage, history*
- L'accent de mot : *inGREdient, JaMAIcan, TObago*

PRAGMATIQUES

- Lire un dialogue à deux voix (stand de doubles) : intonation, expressivité
- Rédiger une recette et une carte postale de voyage

CYCLE 4 · 3E · NIVEAU A2+ / B1 THÈME : PATRIMOINE – RENCONTRES AVEC D'AUTRES CULTURES

Compétences

LIRE ET COMPRENDRE (activité dominante)

- Comprendre des documents écrits de natures variées : récit, questions-réponses, « then and now », dialogue, carte postale, recette
- Repérer des informations explicites et les justifier par une citation (vrai/faux justifiés)
- Reconstituer le sens : expliquer une phrase avec ses propres mots, relier un geste du passé à une étape de la recette
- Mettre en relation texte et image : nommer les aliments d'une photographie

ÉCRIRE

- Rédiger une recette : ingrédients, impératif, connecteurs
- Présenter l'histoire d'un plat en utilisant la voix passive
- Écrire une carte postale de voyage (40-50 mots)

PARLER EN INTERACTION

- Jouer le dialogue du stand de doubles
- Échanger sur ses goûts : quel plat aimerais-tu goûter, et pourquoi ?

PARLER EN CONTINU

- Présenter oralement sa page « Guadeloupe » : un plat, son histoire, son lien avec la Jamaïque ou Trinidad

Contenu du livret

6 recettes : **jerk chicken, ackee and saltfish, bammy** (Jamaïque) ; **doubles, pig tail soup, callaloo** (Trinité-et-Tobago). Chaque recette a son propre format (questions, récit, « then and now », dialogue, carte postale), une page de questions de compréhension, et plusieurs sont illustrées par des photos personnelles prises sur place. En fin de livret : une page de comparaison, une tâche d'écriture et le corrigé.

Autres pistes

- **Lecture en îlots (jigsaw)** : chaque élève devient expert d'une recette et la présente à son groupe.
- **Différenciation** : les recettes 3 et 6 sont plus accessibles, les recettes 1 et 4 plus denses. On peut n'utiliser que quelques recettes selon le temps disponible.
- **Prolongement oral** : présenter un plat sous la forme d'une émission culinaire.
- **Interdisciplinarité** : histoire-géographie (traite, esclavage et abolitions ; migrations de travail après l'abolition) ; éducation à la santé (alimentation).

NIVEAU	DURÉE INDICATIVE	ACTIVITÉ DOMINANTE	IMPRESSION
3e · A2+ / B1	3 à 4 séances	Compréhension écrite	Version élève : retirer les pages 2-3 et la page 19 (corrigé)

Welcome to the Caribbean Kitchen!

Jamaica and Trinidad and Tobago are two English-speaking islands in the Caribbean. Their food tells the story of their people: Africans, Indians, Europeans, Chinese and the first inhabitants of the islands all brought something to the pot.



Jamaica

CAPITAL	Kingston
INDEPENDENCE	6 August 1962
MOTTO	*Out of Many, One People*
FAMOUS FOR	Reggae, jerk, Bob Marley



Trinidad & Tobago

CAPITAL	Port of Spain
INDEPENDENCE	31 August 1962
MOTTO	*Together We Aspire, Together We Achieve*
FAMOUS FOR	Carnival, steelpan, calypso, doubles

HOW TO USE THIS RECIPE BOOK

1. **The story**
   Where the dish comes from.
2. **The recipe**
   Ingredients and method.
3. **Reading questions**
   Check your understanding.

KITCHEN WORDS

a teaspoon (tsp) une cuillère à café	**a tablespoon (tbsp)** une cuillère à soupe
a pinch une pincée	**to season** assaisonner
to stir remuer	**to simmer** mijoter
to soak faire tremper	**to drain** égoutter
to knead pétrir	**a tin** une boîte de conserve

Lydie Philbert · Collège Edmond Bambuck · Teachers' Lab – Académie de la Guadeloupe

JAMAICA

1 Jerk Chicken

Serves 4 | Marinate 4 h · Cook 45 min

JERK IN 3 QUESTIONS

1 Where does it come from?

Jerk was created by the Maroons, Africans who escaped from the plantations in the 17th and 18th centuries and hid in the mountains. To stay free, they had to cook without being seen. They dug holes in the ground, covered the meat with leaves and cooked it slowly, with very little smoke.

2 What's in it?

Two ingredients are essential: pimento (allspice) and Scotch bonnet peppers, which are very hot. The meat is marinated for hours, then grilled slowly.

3 Where can you eat it?

Almost everywhere in Jamaica. Jerk is sold at the side of the road, often cooked on old oil drums cut in half.

INGREDIENTS

- 8 chicken pieces
- 2 Scotch bonnet peppers (very hot!)
- 4 spring onions (scallions)
- 1 tbsp ground allspice (pimento)
- 1 tsp fresh thyme
- 3 cloves of garlic
- the juice of 1 lime
- 2 tbsp soy sauce, 1 tbsp brown sugar, salt and black pepper

METHOD

1. **First**, mix all the ingredients except the chicken in a blender to make the jerk marinade.
2. **Then**, cut a few slits in the chicken and rub the marinade into the meat. Wear gloves!
3. Leave the chicken in the fridge for at least 4 hours, or overnight.
4. **After that**, grill the chicken slowly on a barbecue for 40-45 minutes, turning it often.
5. **Finally**, serve it hot with rice and peas or festival (sweet fried dumplings).

FUN FACT Jerk pans are often made from old oil drums: the drum is cut in two, and the top half becomes the lid.

JAMAICA

Jerk Chicken · Reading questions

Name: .....

1 True or false? Justify with a quote.

Statement	T / F	Justification
The Maroons were free Europeans.		
They cooked in the mountains.		
Jerk is cooked quickly on a high heat.		
The chicken must marinate for at least 4 hours.		

2 Why did the Maroons cook with very little smoke?

3 Find in the text two spices and a word meaning "a mix of spices to soak meat in".

Spices: ..... / ..... Word: .....

4 Grammar spot – Find a sentence with *were / is + past participle* (the passive).

5 Your opinion – Why can we say that jerk is "the taste of freedom"?

Lydie Philbert · Collège Edmond Bambuck · Teachers' Lab – Académie de la Guadeloupe

JAMAICA

2 Ackee and Saltfish

Serves 4 · Soak overnight · Cook 30 min



My ackee and saltfish in Jamaica!

THE STORY

On Sunday mornings, many Jamaican families have the same breakfast: ackee and saltfish, the **national dish**. Ackee is a fruit from West Africa. It was probably brought to Jamaica on a slave ship in the 18th century. Cooked, it is yellow and soft, a bit like scrambled eggs. Saltfish is cod preserved in salt. It came from North America: it was cheap and it could be kept for months without a fridge, so plantation owners gave it to enslaved people. Today, Jamaicans are very proud of this dish, even if it was born in hard times.

INGREDIENTS

- 250 g saltfish (salted cod)
- 1 tin of ackee (540 g), drained
- 1 onion, 2 tomatoes, 1 sweet pepper
- 2 spring onions, 1 tsp thyme
- ½ Scotch bonnet pepper
- 2 tbsp vegetable oil, black pepper

METHOD

1. The night before, soak the saltfish in cold water to remove the salt.
2. Boil the fish for 15 minutes, then drain it and break it into small pieces.
3. Fry the onion, the pepper, the spring onions and the Scotch bonnet in the oil for 5 minutes.
4. Add the tomatoes, the thyme and the saltfish and cook for 5 more minutes.
5. Gently stir in the ackee – don't break it! Heat for 3 minutes and season with black pepper.
6. Serve with fried dumplings, boiled green bananas or breadfruit.

BE CAREFUL! Ackee must only be eaten when the fruit has opened naturally on the tree. Unripe ackee is poisonous. In Europe, it is usually sold in tins.

JAMAICA

Ackee and Saltfish · Reading questions

Name: .....

1 Complete the table.

Ingredient	Where did it come from?	Why was it brought to Jamaica?
Ackee		
Saltfish		

2 When do many Jamaicans eat this dish?

.....

3 Why must you be careful with ackee?

.....

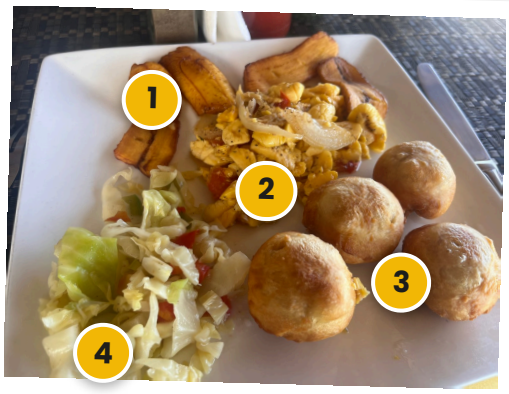
4 Find the opposite of these words in the text.

ripe → ..... fresh → ..... expensive → .....

5 Explain in your own words: *"Jamaicans are very proud of this dish, even if it was born in hard times."*

.....

6 Amy's Jamaican breakfast! Look at the photo and write the name of each food: *fried dumplings – fried plantain – steamed cabbage – ackee and saltfish*.



My Jamaican breakfast

1. .....

2. .....

3. .....

4. .....

Which food do we also eat in Guadeloupe?

.....

Lydie Philbert · Collège Edmond Bambuck · Teachers' Lab – Académie de la Guadeloupe

JAMAICA

3 Bammy

Makes 8 · Dry 2 h · Cook 30 min

THEN AND NOW

THEN

Long before Columbus, Jamaica was the home of the **Taíno**, the first inhabitants of the island. Their main food was cassava, a root they grew in their gardens. Cassava juice is poisonous, so they grated the root, squeezed out the juice and cooked the flour on hot stones to make a flat bread. After the Spanish arrived in 1494, most Taíno died of diseases and hard work.

NOW

The Taíno disappeared, but some of their food and words are still here. Bammy, a thick cassava cake, comes from their bread. Today, Jamaicans soak it in coconut milk and fry it, and they eat it at the beach with fried fish. Even some English words come from the Taíno language: *barbecue*, *hammock* and *hurricane*!

INGREDIENTS

- 700 g finely grated cassava (fresh or frozen)
- 1 tsp salt
- about 100 ml water
- 400 ml coconut milk
- oil for frying
- to serve: fried fish or escovitch fish

METHOD

1. Put the grated cassava in a clean cloth and squeeze hard to remove all the juice.
2. Spread it on a tray and leave it to dry for about 2 hours.
3. Mix it with the salt and a little water to make a thick dough.
4. Shape flat round cakes (about 10 cm wide) and fry them in a little oil for 3-4 minutes on each side.
5. Soak the cakes in coconut milk for 10 minutes, then fry them again until they are golden. Serve hot.

WORD BOX cassava = manioc ; to grate = râper ; to squeeze = presser ; to soak = faire tremper ; a root = une racine

JAMAICA

Bammy · Reading questions

Name: .....

1 True or false? Justify.

Statement	T / F	Justification
The Taíno were the first inhabitants of Jamaica.		
Bammy is made with wheat flour.		
Cassava juice can be dangerous.		
Bammy is often eaten with fish.		

2 Why did the Taíno squeeze the cassava? Find the same step in the recipe.

3 Complete the table: what changed and what stayed the same?

Then (the Taíno)	Now (Jamaica today)
They cooked the cassava bread on	Jamaicans soak bammy in ..... and fry it.
Cassava was their ..... food.	People eat bammy at the ..... with fried fish.

4 Find three English words that come from the Taíno language.

..... / ..... / .....

5 And in Guadeloupe? Do you know a food made with cassava (manioc)? Where does it come from?

Lydie Philbert · Collège Edmond Bambuck · Teachers' Lab – Académie de la Guadeloupe

TRINIDAD & TOBAGO

4 Doubles

Makes 10 · Rise 1 h · Cook 30 min

AT THE DOUBLES STAND

A doubles stand in Port of Spain, 7 o'clock in the morning. There is already a queue.

CUSTOMER Morning! Two doubles, please.

VENDOR Slight pepper or plenty pepper?

CUSTOMER Slight, please. I don't like it too hot!

VENDOR Here you go: two *bara* (fried bread), *channa* (curried chickpeas) in the middle, tamarind sauce and cucumber on top.

CUSTOMER Why do you call them "doubles"?

VENDOR Because there are two pieces of bara! Doubles were invented here by Indian families. My great-great-grandfather came from India to work on the sugar plantations. Indian workers arrived in Trinidad from 1845, after slavery was abolished.

CUSTOMER And who eats doubles?

VENDOR Everybody! Students, workers, businessmen... for breakfast, or as a snack at night.

INGREDIENTS

- **Bara:** 300 g flour, 1 tsp yeast, 1 tsp sugar
- 1 tsp turmeric, 1 tsp ground cumin, ½ tsp salt
- about 200 ml warm water, oil for frying
- **Channa:** 2 tins of chickpeas (2 × 400 g), drained
- 1 onion, 3 cloves of garlic
- 2 tbsp curry powder, 1 tsp cumin, 300 ml water, salt
- **To serve:** tamarind sauce, cucumber chutney, pepper sauce

METHOD

1. Mix the flour, yeast, sugar, spices and salt. Add the warm water slowly and knead to make a soft dough.
2. Cover the dough and leave it to rise for 1 hour.
3. Meanwhile, fry the onion and garlic, add the curry powder and cumin, then the chickpeas and water. Simmer for 20 minutes, until soft.
4. Make small balls of dough, flatten them with oily hands and fry them for 30 seconds on each side.
5. To serve, put some channa between two bara and add the sauces.

STREET WORDS "Slight pepper" = just a little hot sauce. "Plenty pepper" = a lot. Choose carefully!

TRINIDAD & TOBAGO

Doubles · Reading questions

Name: .....

1 True or false? Justify.

Statement	T / F	Justification
Doubles are a dessert.		
They are often eaten in the morning.		
Only Indian Trinidadians eat doubles.		
The bara is baked in the oven.		

2 Explain the name "doubles".

3 Who created this dish, and why did their ancestors come to Trinidad?

4 Match the Trinidadian words with their meaning.

bara	• curried chickpeas
channa	• not too spicy
slight pepper	• fried bread

5 Compare – Can you think of a street food in Guadeloupe that is eaten by everyone?

A POSTCARD FROM TRINIDAD

5 Pig Tail Soup

Serves 6 · Soak overnight · Cook 1 h 30



My pig tail soup in Trinidad!

Hello from Trinidad!

During my trip to Trinidad, I wanted to eat like the locals, so I bought a pig tail soup from a small food place. It was served very hot in a little white cup with a plastic spoon, and I ate it next to the window, looking at the roofs of the city. Delicious!

It is a thick soup made with yellow split peas, pumpkin, carrots, potatoes, small flour dumplings and, of course, salted pig tails. Many Trinidadians eat soup on Saturdays, so some people call it "Saturday soup".

The pig tail has a story too. During slavery, enslaved people often received the cheapest parts of the animal, like the tails and the feet. These parts were salted so they could be kept for a long time. With a lot of creativity, these "poor" ingredients became a comforting dish that people still love today.

See you soon! Amy

INGREDIENTS

- 500 g salted pig tails, cut in pieces
- 250 g yellow split peas
- 300 g pumpkin, 2 carrots, 2 potatoes (or dasheen)
- 1 onion, 3 cloves of garlic, thyme, chives
- 1 whole hot pepper
- **Dumplings:** 150 g flour, a pinch of salt, water

METHOD

1. The night before, soak the pig tails in water. Then boil them for 20 minutes and throw away the salty water.
2. Put the pig tails and the split peas in a big pot with 2 litres of water. Cook for 45 minutes.
3. Add the vegetables, the herbs and the whole pepper. Cook for 20 more minutes.
4. Mix the flour, the salt and a little water to make a dough. Roll small dumplings and add them for the last 15 minutes.
5. Remove the pepper and serve very hot!

TRINIDAD & TOBAGO

Pig Tail Soup · Reading questions

Name: .....

1 Read the postcard. Where did Amy eat the soup? How was it served? Did she like it?

2 Look at the photo. Which ingredients can you see?

3 Why do some people call it “Saturday soup”?

4 Why did enslaved people eat pig tails? Copy the passive sentence that explains how they were kept.

5 Your turn! You are on holiday in Jamaica or Trinidad. Write a postcard (40-50 words) to your English teacher about a dish you tasted.

STAMP

Lydie Philbert · Collège Edmond Bambuck · Teachers' Lab – Académie de la Guadeloupe

TRINIDAD & TOBAGO

6 Callaloo

Serves 6 · Prep 15 min · Cook 40 min

WHAT IS CALLALOO?

Callaloo is a thick green soup, and many people say it is the **national dish** of Trinidad and Tobago. It is made with dasheen leaves (the leaves of the taro plant), okra, pumpkin and coconut milk. In Tobago, families often add crab: "crab and callaloo" is a classic Sunday lunch. The recipe came from West Africa with enslaved Africans, who already cooked green leaves this way. In Trinidad, "callaloo" is also an expression: people use the word to describe their country, where many cultures are mixed together. And in Guadeloupe and Martinique? There is a cousin of this soup, called *calalou*.

INGREDIENTS

- 500 g dasheen leaves (or fresh spinach)
- 10 okras, sliced
- 250 g pumpkin, in cubes
- 1 onion, 3 cloves of garlic, 2 spring onions, thyme
- 400 ml coconut milk, 500 ml water
- 1 whole hot pepper, salt
- 2 crabs, cleaned (optional)

METHOD

1. Wash the leaves carefully and cut them into pieces.
2. Put all the ingredients in a big pot (with the crabs if you use them).
3. Bring to the boil, then simmer for 30-40 minutes, until everything is very soft.
4. Remove the pepper and the crabs.
5. "Swizzle" the callaloo with a whisk or a blender until it is smooth and green.
6. Serve with rice or macaroni pie, and put the crabs back on top.

IN GUADELOUPE TOO Calalou, the Guadeloupean cousin of callaloo, is also made with green leaves, okra and often crab.

TRINIDAD & TOBAGO

Callaloo · Reading questions

Name: .....

1 True or false? Justify.

Statement	T / F	Justification
Callaloo is a dessert made with fruit.		
It is traditionally eaten on Sundays in Tobago.		
The dish comes from India.		
A similar dish exists in Guadeloupe.		

2 List the four main ingredients of callaloo.

..... / ..... / ..... / .....

3 What does the word “callaloo” mean when Trinidadians talk about their society?

4 Find a sentence in the passive voice.

5 Your opinion – Is “callaloo” a good image for Caribbean societies? Why?

Compare the Two Islands

1 Complete the table with the recipe book.

Dish	Island	Main ingredients	Who brought / created it?	When is it eaten?
Jerk chicken				
Ackee and saltfish				
Bammy				
Doubles				
Pig tail soup				
Callaloo				

2 Find the connections.

1. Which dish comes from the Indian heritage?

2. Which dishes come from the African heritage?

3. Which dishes have a cousin in Guadeloupe?

4. Which ingredient is used in almost every recipe?

3 Jamaica's motto is *Out of Many, One People*. Choose one dish from each island and explain how it illustrates this motto (3-4 sentences).

Your Page in the Recipe Book

The Caribbean Kitchen recipe book needs a page about **Guadeloupe**! Choose a Guadeloupean dish (colombo, accras, bokit, calalou, court-bouillon…) and write its page (100-120 words).

☐ **The story**: where it comes from and who brought it (2 passive sentences: *it was brought by… / it is made with…*)
☐ **The ingredients**, with quantities
☐ **The method**: imperative + *first, then, after that, finally*
☐ **A link** with Jamaica or Trinidad (*It is similar to… / Like…*)

GUADELOUPE · Name of the dish: .....

THE STORY

INGREDIENTS

METHOD

LIKE IN JAMAICA / TRINIDAD…

Teacher's Answer Key (à retirer avant impression)

1 · Jerk chicken

1. F ("Africans who escaped") – T ("hid in the mountains") – F ("grilled slowly") – T ("at least 4 hours").
2. To stay free / not to be seen.
3. Pimento (allspice), Scotch bonnet peppers (+ thyme) ; a marinade.
4. *Jerk was created by the Maroons. / The meat is marinated… / Jerk is sold at the side of the road.*
5. Free answer: created by people who escaped slavery → symbol of resistance and freedom.

2 · Ackee and saltfish

1. Ackee: West Africa, probably on a slave ship (18th c.). Saltfish: North America, cheap food that could be kept without a fridge.
2. For breakfast, on Sundays.
3. Unripe ackee is poisonous.
4. unripe ; salted / preserved ; cheap.
5. Free answer.
6. 1 fried plantain, 2 ackee and saltfish, 3 fried dumplings, 4 steamed cabbage ; plantain (banane plantain).

3 · Bammy

1. T ("the first inhabitants") – F (cassava) – T ("Cassava juice is poisonous") – T ("at the beach with fried fish").
2. Because cassava juice is poisonous ; step 1: "squeeze hard to remove all the juice".
3. hot stones ; coconut milk ; main ; beach.
4. barbecue, hammock, hurricane.
5. Cassave (manioc), heritage of the first inhabitants (Amerindians).

4 · Doubles

1. F – T ("7 o'clock in the morning", "for breakfast") – F ("Everybody!") – F ("fry them").
2. Two pieces of bara.
3. Indian families in Trinidad ; their ancestors came from India from 1845 to work on sugar plantations after slavery was abolished.
4. bara = fried bread ; channa = curried chickpeas ; slight pepper = not too spicy.
5. Free answer (bokit, accras…).

5 · Pig tail soup

1. In Trinidad, in a small food place, next to a window ; very hot, in a little white cup with a plastic spoon ; yes, it was delicious.
2. Pig tail (meat), potatoes / dumplings, carrots, pumpkin, split peas.
3. Many Trinidadians eat soup on Saturdays.
4. They received the cheapest parts of the animal ; *These parts were salted so they could be kept for a long time.*
5. Free answer.

6 · Callaloo

1. F – T – F – T.
2. Dasheen leaves, okra, pumpkin, coconut milk.
3. A society where many people, colours and cultures are mixed.
4. *It is made with dasheen leaves…*
5. Free answer.

Compare

2. (1) Doubles (2) jerk, ackee and saltfish, callaloo (+ pig tail soup: food of enslaved people) (3) callaloo (calalou) and bammy (cassave) (4) hot pepper.