



SANCOCHE

2lbs (1kg) beef/shin

6 oz (150 gm) salt meat

1½ lb (220 gm) mixed provision
(eddoes, sweet potato, yams)

1 stalk chive

10 okras

4 green figs

2 tbs butter

½ lb (220 gm) pumpkin

1 sprig thyme

3 ozs flour

1 pinch salt

Cut up beef and salt meat and season with chive and onion. Pressure cook for 15-20 minutes till tender add cut up okras all ground provision, pumpkin, green figs butter, salt and pepper to taste. Mix flour, pinch of salt and water and knead to a firm dough. Roll out into small pieces of dumplings, add and cook for further 10 minutes.

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