



CALLALOO

20 dasheen leaves
2 blades chives
2 cups coconut milk
1 sprig of thyme

100 G. (¼ lb) salted meat
2 tbs. butter
1 green pepper
salt & pepper to taste

1 large crab
10 okras
1 onion chopped

Wash dasheen leaves and okras and cut into fine pieces. Put into a large sauce pan, cut up salt meat, chopped onion, chive, dasheen leaves and okras, thyme, coconut milk, whole pepper and leave to boil about 15 minutes. Swizzle then add crab and butter to other ingredients and leave to simmer until smooth and seeds are pink. Be careful to remove the pepper before swizzling.

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