

British Hills Knowledge Base: Trinidad and Tobago cuisine

Which description matches which recipe?

Pelau

Doubles

Bake and Shark

Crab and Dumplings

Made like a sandwich with the meat between two pieces of flatbread.

Served with yams or sweet potatoes.

Similar to French pilaf and Spanish paella.

A sweet and savoury flavour.

A kind of curry "street food."

The dough is called bara.

Made with marinated shark.

Stewed in caramelised sugar and coconut milk.

Made from crabs washed in lemon or lime.

First made in Maracas Bay.

