

GARDEN MUSEUM

Online Cooking Class Plant Based Caribbean with Annika Clinkett

INGREDIENTS LIST

All ingredients can be found in larger supermarket branches such as Morrisons and Tesco in the 'International aisle'. The plantain and other ingredients may be much more affordable at the local green grocers, African & Caribbean markets such as those in Brixton, East Street & Peckham Rye Lane.

Fruit & Veg

- 1 onion
- 2 garlic cloves
- 1 sprig spring onion
- 1 + ¼ scotch bonnet pepper
- 9 sprigs of fresh thyme
- 1 medium cabbage (e.g. white or savoy best, but any cabbage will work)
- 2 very ripe plantains (best when over-ripe)

Store cupboard

- Approx 180mls cooking oil (Nika likes sunflower oil or light olive oil for this)
- Salt & pepper
- 10 x allspice berries / pimento seeds (Pimento seeds are also known as allspice berries. In the Caribbean section, they are called pimento seeds, whilst in the general section they are called allspice berries)
- 1 ½ tbsp mild curry powder
- 2 tsp garlic granules
- ½ tsp onion powder / onion granules
- 1 bay leaf
- 1 x 400ml tin butterbeans
- 400g / 2 cups wholegrain coarse bulgur wheat*
- 250mls tinned coconut milk

*If you require a gluten free alternative you can use rice

