

## INGREDIENTS

- **Vegetable** of your choice. In addition to the ones featured here Guyanese use ochro, squash, cabbage, seim, corrilla.
- **Fresh herbs** (onion, garlic, scallions, thyme are must haves in a Guyanese kitchen) and/or [herb blend](#)
- Salt and black pepper
- **Curry powder** (some recipes)
- **Tomatoes** (some recipes)
- **Coconut milk** (some recipes)
- **Meat/seafood** of your choice, cleaned and well seasoned (marinated)
- **Oil** for sauteing
- **Rice** of your choice
- **Ripe plantains** as a side dish (optional/treat)
- **Fresh fruit drinks** (guava, lime, five finger, cherry etc)

## PREPARATION

- **Clean meat/seafood** with limes/lemons or white vinegar.
- **Thoroughly season meat with blended fresh herbs** and set aside to marinate for at least 1 hour and up to several days before cooking.
- Finely chop generous amounts of onion, garlic, and scallions. Thyme is optional. Set aside.
- **Dice or slice tomatoes** if using them for example, with bora and bolounger (eggplant).
- **Cut up vegetables** and set aside. Some vegetables are cubed, some cut in rings etc depending on the veggie in question.
- **Chicken:** saute until browned and partially cooked
- **Beef, pork, lamb:** brown nicely in 2-3 tablespoons of oil then put into a pressure cooker with a little water until almost tender.
- **Shrimp:** season and set aside.
- **Fish:** lightly flour and deep fry. Set aside.

## BRING IT TOGETHER: Meat or Chicken

- **Heat 2 tablespoons** of vegetable oil in a good sized pot (like a Dutch oven)
- **Saute 1/3 of the fresh herbs** until the onions are translucent.
- **Add the prepared meat/chicken** (see “preparation” above) and cook on medium flame until well mixed. Stir frequently. Add tomatoes now if you are using them. Cook until the tomatoes break down and the meat is approaching doneness and tender. Add a little water or wine to reduce.
- **Add the vegetable** of your choice and the rest of the herbs along with salt and pepper to taste. Mix well, Lower the flame. Cover the pot and let cook.
- **Serve hot with rice or roti.**

## BRING IT TOGETHER: Fish or Shrimp

- **Heat 2 tablespoons** of vegetable oil in a good sized pot (like a Dutch oven)
- **Saute 1/3 of the fresh herbs** until the onions are translucent.
- **Add the vegetable** along with salt and pepper to taste. Cook adjusting the flame between medium and low until tender and flavorful.
- **SHRIMP:** Add the shrimp. Mix well and cover to cook for 3 minutes. Turn off the flame and let stand for 10 minutes or so. Serve hot with rice or roti.

- **FISH:** Make a single layer of fish on top of the fully cooked vegetables. Cover the pot and let steam for 2-3 minutes. Turn off the flame and let stand for 10 minutes or so. Serve hot with rice or roti. **ALTERNATIVELY:** Serve the fried fish alongside the cooked vegetables and rice.