

Trinidadian Callaloo by Allison Dehonney

Ingredients:

1 bunch of dasheen leaves – in the US we substitute 2 packages of chopped spinach
12 Okra cut into 1-inch pieces
2 stems of chives chopped coarsely
1 medium Spanish onion sliced
1 sprig thyme (stem and leaves)
2 stalks of celery roughly chopped
1 garlic clove crushed (remember to let sit 10 minutes before adding to heat)
1 whole hot pepper
A few pimentos chopped
1 whole hot pepper (scotch bonnet or habanero)
2-2 ½ cans of coconut milk
1lb salt pork boil for 20 minutes until tender (optional)
1 teaspoon of sugar
2 teaspoons of salt

Instructions:

If you are lucky enough to find a bunch of dasheen leaves thoroughly wash leaves and strip the stems.

Add all ingredients into a medium pot over medium heat.

Bring to a boil and then allow to simmer for 20 minutes or until okra seeds turn pink.

Taste and season with salt and pepper.

When the callaloo is done the okra should be tender and there should be enough liquid to blend the ingredients, if not add a little warm water to get a soup like consistency.

Remove from heat remove any smoked bone or salt pork, let cool for 15 mins.

Blend with an immersion blender or blender until ingredients are pureed.

Serve your “Callaloo Pot” with rice, stewed curry chicken or choice of other protein.