
Bakes

(Trinidad & Tobago)

From the Manassas Gourmet Club dinner
Caribbean Cruise
Makes 2 Dozen

Quantity	Ingredients	Preparation Notes
2 C	Flour	• Sift dry ingredients into a large bowl.
1/2 tsp	Salt	• Rub margarine into dry ingredients until you have a mixture with a cornmeal-like texture.
2 tsp	Baking Powder	• Dissolve the sugar in the water and add to dry ingredients
2 Tbsp	Margarine	• Mix until you have a soft dough
2 tsp	Light Brown Sugar	• Knead dough lightly for 5 minutes
1/2 C	Water	• Cut into 1 1/2" pieces
1 C	Vegetable Oil for Frying	• Heat oil in heavy cast iron pot until it smokes
		• Roll pieces into balls, then flatten to 1/4" thick
		• Drop into oil a few at a time and cook about 1 minute or until browned
		• <i>Alternate - May cook these on a hot greased griddle instead of frying. Will take longer and need turning to brown all sides.</i>