

ONE POT
MANY
ISLANDS

A CARIBBEAN COOKBOOK

THE POTLUCK

Signature dishes from 24 islands, from Cuba to Trinidad and every island in between

WELCOMETOVI

24 RECIPES · PANTRY GUIDE · POTLUCK PLANNER

WELCOME TO THE TABLE

Everybody bring a dish.

Caribbean cooking was never meant to be eaten alone. It belongs on a long table at a christening, a boat race or a Sunday lime, where every family brings its pot and its pride. This book brings the whole region to that table.

Each island has a dish it calls its own: an official national dish, or the plate its people would carry to a potluck to represent home. We've gathered 24 of them, from Cuba's ropa vieja to Grenada's oil down and our own Virgin Islands fish and fungi.

Some islands have no official national dish, and on others the choice is hotly debated. Where that's the case, we chose the dish most often named and say so. Several islands share dishes, too: fungee, cou-cou, fungi and funchi are all cousins.

The recipes are written for home kitchens anywhere. Every ingredient has a substitute you can find in a mainland supermarket, and the heat scale tells you how fiery each dish is. You can always leave the Scotch bonnet whole.

> **ASK MOKO**
> Missing an ingredient? Ask Moko, our AI island guide, at **welcometovi.com/ai-guide**. It can suggest swaps and tell you where to find Caribbean groceries on island.

How to read a recipe

Label	"National dish" means officially named or widely recognised; "signature dish" means the island's best-known plate.
Heat	🌶 gentle → 🌶🌶🌶🌶🌶 fiery. Scotch bonnets left whole add aroma, not fire.
Page 7	Green seasoning, soaking saltfish and handling hot peppers. Several recipes rely on these.

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ANGUILLA

RECIPE 01

Pigeon Peas & Rice

Ingredients and method on recipe page 08.

AI-generated serving illustration



ANGUILLA

01

NATIONAL DISH

Pigeon Peas & Rice

SERVES **6** TIME **45 MIN** HEAT

On Anguilla, pigeon peas and rice is the dish on every Sunday table and at every boat-race picnic, the island's national sport. Cooked in coconut milk with a whole Scotch bonnet for perfume rather than fire, it is usually served with grilled fish or lobster.

YOU'LL NEED

- 2 tbsp butter (or 2 oz diced salt pork)
- 1 medium onion, diced
- 3 garlic cloves, minced
- 2 scallions, sliced
- 1 can (15 oz) pigeon peas, drained, or 2 cups fresh
- 4 sprigs fresh thyme
- 1 can (13.5 oz) coconut milk
- 1¾ cups water or chicken stock
- 1 tsp salt, ½ tsp black pepper
- 2 cups long-grain rice, rinsed until the water runs clear
- 1 whole Scotch bonnet pepper, left whole

METHOD

1. Melt the butter (or render the salt pork) in a heavy pot over medium heat. Add the onion, garlic and scallions and cook for 4 minutes until soft.
2. Stir in the pigeon peas and thyme, then add the coconut milk, water, salt and pepper. Bring to a boil.
3. Stir in the rice and lay the whole pepper on top. Do not let the pepper burst, or the dish will be fiery.
4. Cover tightly, turn the heat to low and cook for 20–25 minutes, until the liquid is absorbed and the rice is tender.
5. Remove the pepper and thyme stems, fluff with a fork and rest for 5 minutes before serving.

TIP Grill fish or lobster tails with lime, butter and garlic while the rice cooks.



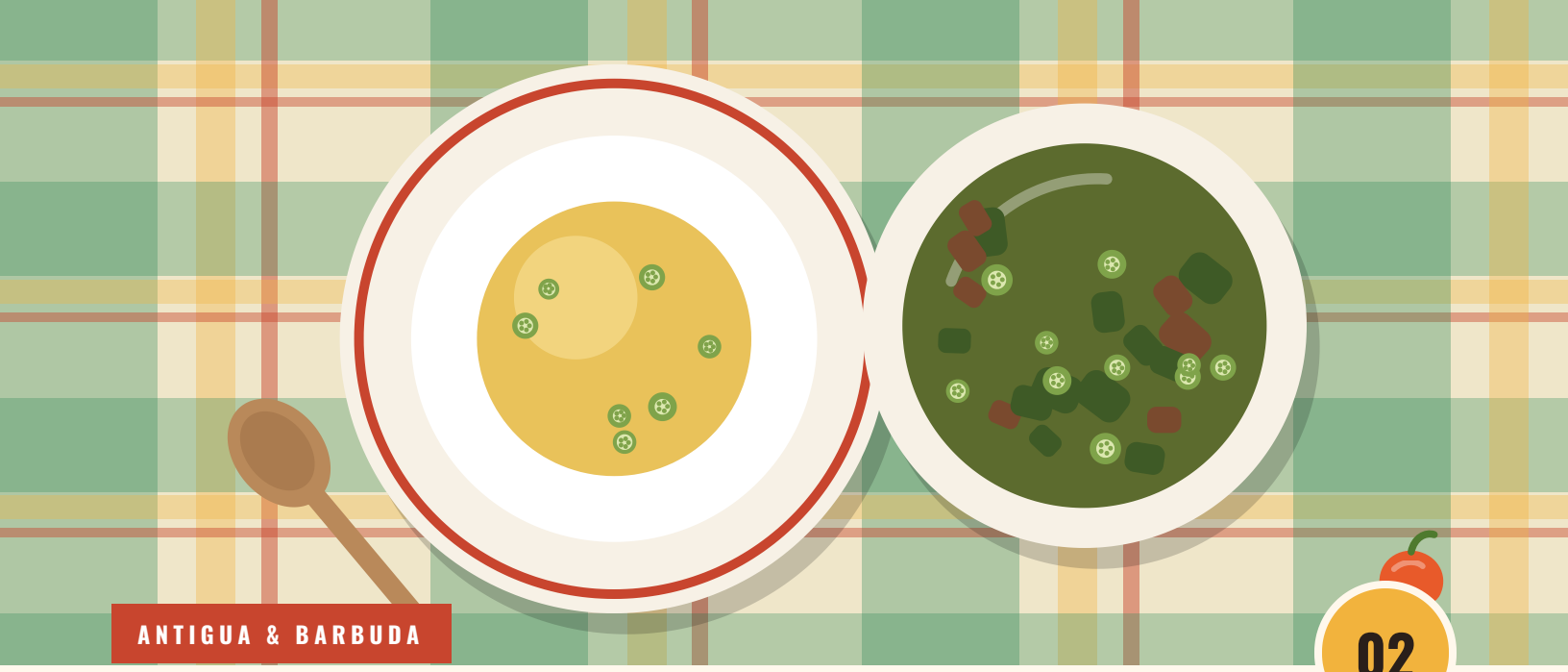
ANTIGUA & BARBUDA

RECIPE 02

Fungee & Pepperpot

Ingredients and method on recipe page 09.

AI-generated serving illustration



ANTIGUA & BARBUDA

02

NATIONAL DISH

Fungee & Pepperpot

SERVES 6 TIME 2 HRS HEAT

Fungee is a smooth cornmeal-and-okra mound, stirred hard with a fungee stick until it pulls away from the pot. Pepperpot is a thick stew of greens, vegetables and salted meats. Together they make Antigua's Saturday-lunch national dish.

YOU'LL NEED

PEPPERPOT

- ½ lb salt beef or pigtail, soaked overnight
- 1 lb stewing beef, cubed
- 1 onion, 3 garlic cloves, 2 scallions, chopped
- 1 small eggplant, 1 christophene (or zucchini), cubed
- 1 cup pumpkin, cubed
- 1 lb spinach or dasheen leaves, chopped
- 8 okra, sliced; 1 cup green peas
- 1 tomato, chopped; 3 sprigs thyme
- 1 whole Scotch bonnet; salt and pepper

FUNGEE

- 6 okra, thinly sliced
- 3 cups water, 1 tsp salt
- 1½ cups fine cornmeal mixed into 1 cup cold water
- 2 tbsp butter

METHOD

1. Boil the soaked salt meat for 20 minutes and drain. Brown the stewing beef in a little oil with the onion, garlic and scallions.
2. Add the salt meat and 5 cups of water. Simmer, covered, for 45 minutes.
3. Add the eggplant, christophene and pumpkin, and cook for 20 minutes. Then add the greens, okra, peas, tomato, thyme and the whole pepper and cook for 15 minutes more. Mash some of the vegetables against the pot to thicken. Season.
4. For the fungee, boil the okra in the salted water for 5 minutes. Pour in the cornmeal slurry and stir hard and constantly for 8–10 minutes, until the mixture is thick, smooth and pulls away from the sides. Stir in the butter.
5. Shape the fungee in a buttered bowl and turn it out onto plates. Spoon the pepperpot alongside.

TIP No fungee stick? A sturdy wooden spoon works. Keep stirring so no lumps form.