



BAHAMA BITES

Bahamian Recipe Book



There's nothing like sampling delicious new flavors while you're on vacation. Whether you are counting down the days to your next vacation or dreaming about your last getaway to Nassau Paradise Island, why not enjoy a meal inspired by your favorite vacation destination? The Bahamas is known for its flavorful, nourishing dishes, made with fresh ingredients and a little Caribbean flair. Best of all, many of our signature meals can be easily replicated at home!

Grab your apron and spatula (or just a cocktail shaker and some ice), crank up the heat, and get ready to share the tastes of The Bahamas with your family and friends!

STARTERS & SIDES

Peas 'n Rice
Conch Fritters
Coconut Conch Chowder
Fried Plantains
Mac 'n Cheese
Johnny Cake

MAIN MEALS

Pan-fried Grouper
Cracked Conch
Lionfish Tacos

DRINKS

Bahama Mama
Bahama Breeze
Sky Juice
Goombay Smash

DESSERTS

Rum Cake
Coconut Cremes

PEAS 'N RICE

Serves 4

Ingredients:

- 1 cup pigeon peas (substitute black-eyed peas if pigeon peas are not available)
- 2 strips bacon
- 1 white or yellow onion, chopped
- 1 bell pepper, chopped
- 1 tomato, skinned, seeded, and chopped
- ½ teaspoon salt
- ½ teaspoon dried thyme
- Pinch of black pepper
- 2 cups water
- 1 cup uncooked rice

Directions:

1. Fry bacon, then crumble it into small pieces.
2. Use the bacon fat to fry the chopped onion until onion is soft and translucent.
3. Combine all of the remaining ingredients, except rice, in a large saucepan and bring to a boil.
4. Add rice and simmer until fully cooked.

CONCH FRITTERS

Serves 8



Ingredients:

- 1 quart oil for frying
- $\frac{3}{4}$ cup all-purpose flour
- 1 egg
- $\frac{1}{2}$ cup milk
- Salt and pepper, to taste
- Cayenne pepper, to taste
- 1 cup chopped conch meat (substitute lobster if conch is unavailable)
- $\frac{1}{2}$ medium white onion, chopped
- $\frac{1}{2}$ green pepper, chopped
- 2 stalks celery, chopped
- 2 cloves garlic, chopped

Directions:

1. In a large pot or deep fryer, heat oil to 365°F.
2. Mix the flour, egg, and milk in a large bowl. Season with salt, pepper, and cayenne pepper.
3. Mix in the chopped conch meat, onion, green pepper, celery, and garlic until well blended.
4. Drop rounded tablespoons of the mixture into the hot oil and fry until golden brown.
5. Drain on paper towels.
6. Serve with equal parts ketchup and mayonnaise mixed together with a dash of mustard, or your choice of dipping sauce.

COCONUT CONCH CHOWDER

Serves 8

Ingredients:

- 1 lb conch meat
- ¼ cup butter
- 2 green onions, chopped
- 1 carrot, diced
- 1 stalk celery, diced
- 1 small potato, peeled and diced
- 1 small red pepper, chopped
- ½ cup corn kernels, fresh or canned
- 2 tablespoons flour
- 1 quart half-and-half or cream
- 1 can coconut milk
- 2 cups fish stock
- 1 ½ tablespoons ginger
- Salt and pepper, to taste
- 1 ½ teaspoons hot sauce
- Cilantro for garnish

Directions:

1. Place conch meat in a large pot and add enough water to cover completely. Bring to a boil and cook 15 minutes.
2. Drain and discard water and chop cooked conch in a food processor.
3. Melt 2 tablespoons butter in a skillet over medium heat and add vegetables.
4. Cook, stirring frequently, for 5 minutes.
5. In another large pot, melt the remaining butter and whisk in flour to create a roux.
6. Add half-and-half or cream, coconut milk, and fish stock.
7. Mix in the ginger, salt, and pepper. Stir the conch and the vegetables into the pot.
8. Bring to a boil, then reduce heat to low and simmer 15 minutes.
9. Add hot sauce and cook for 15 minutes more.
10. Garnish bowls of chowder with fresh cilantro.

FRIED PLANTAINS

Serves 4

Ingredients:

- 4 ripe plantains
- 4 tablespoons oil

Directions:

1. Peel plantains and slice them into $\frac{3}{4}$ " thick rounds.
2. Drizzle oil in a nonstick skillet, using just enough oil to coat the bottom of the pan.
3. When the oil begins to shimmer, add plantains in batches, frying for $1\frac{1}{2}$ minutes.
4. Flip plantains and cook for 1 minute on other side.
5. Remove from heat and drain on paper towels.
6. If you like, sprinkle your plantains with a little sea salt for extra flavor.

BAHAMIAN-STYLE MAC 'N CHEESE

Serves 12-18

Ingredients:

- 1 pound uncooked elbow macaroni
- ½ cup butter
- 32 ounces shredded cheddar cheese
- ½ large green bell pepper, diced
- ½ large white onion, diced
- 4 eggs
- black pepper
- 2 pinches salt
- 2 teaspoons paprika
- 1 habanero pepper, diced (optional, if you like heat)
- 12 ounces evaporated milk

Directions:

1. Add 2 pinches of salt to a large pot of water. Bring water to a boil and add uncooked macaroni.
2. Boil until tender. Strain macaroni and return to pot.
3. Add butter and stir until butter is melted.
4. Slowly stir in most of the cheese evenly. Reserve 8 ounces for topping.
5. Add paprika, black pepper, onion, bell pepper, and ½ of a finely-diced habanero (if using).
6. Stir well until cheese is melted and blended.
7. Beat eggs lightly and stir into mixture.
8. Slowly add evaporated milk, pouring about half a cup at a time.
9. Stir well and spread the mixture evenly in a large prepared baking pan, about 13" x 9".
10. Top with remaining cheese and cover loosely with foil.
11. Bake at 375°F for 1 hour or until top is a golden color.
12. Allow macaroni to cool for 45-50 minutes until room temperature before serving.
13. Cut into squares to serve.

JOHNNY CAKE

Serves 9-12

Ingredients:

- 3 cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ cup cold butter, cut into small cubes
- $\frac{2}{3}$ cup milk

Directions:

1. Mix all the dry ingredients together in a large bowl.
2. Cut in butter using a pastry cutter or your hands, working the mixture until it resembles coarse meal.
3. Add milk and combine until you have a soft dough consistency.
4. Knead on a floured surface until smooth.
5. Let the dough rest for 10 minutes, then transfer it to a greased 9x9-inch pan.
6. Bake at 350°F for 20-25 minutes, until the edges of the cake begin to turn a light golden brown.
7. Let cool on a wire rack before serving.

PAN-FRIED GROUPEL

Serves 4

Ingredients:

- 2 lb grouper fillets, cut into strips (substitute bass or cod if grouper is not available)
- 1 cup buttermilk
- 1 cup flour
- ½ cup cornmeal
- Vegetable oil
- Salt, pepper, and additional seasonings of choice (lemon pepper or dill)
- 2 eggs, lightly beaten

Directions:

1. Pour vegetable oil in a large skillet so that oil covers the pan, about ½ inch deep, and heat on a stovetop to 375°F degrees.
2. Pour flour in one bowl. Mix eggs and buttermilk in a second bowl, and stir cornmeal and seasonings in a third bowl.
3. Dip grouper strips first in the flour, then in the egg and milk mixture, and finally dredge in the cornmeal mixture, so that they are well coated.
4. Fry grouper in the oil until cooked through, approximately 2 minutes per side.
5. Allow grouper to drain on paper towels to absorb excess oil.
6. Serve with tartar sauce or your favorite seafood dipping sauce.

CRACKED CONCH

Serves 4

Ingredients:

- 2-4 pieces conch per person
- Flour, for dusting
- 1 egg, beaten with 3 tablespoons water
- Panko crumbs
- Oil, for frying

Directions:

1. Dredge each piece of conch in flour, then egg wash, and lastly in Panko crumbs.
2. Heat oil in a large pan over medium heat.
3. Add conch pieces to hot oil and cook until the batter turns golden brown.
4. Remove from oil and drain on paper towels.
5. Serve with equal parts ketchup and mayonnaise mixed together with a dash of mustard, or your choice of dipping sauce.

LIONFISH TACOS

Serves 4-6

Ingredients:

For lionfish:

- 2 pounds lionfish (substitute Mahi Mahi or another white fish if you can't find lionfish)
- 2 cups flour
- 3 eggs, lightly beaten
- 2 cups panko breadcrumbs
- Salt and pepper
- Vegetable oil, for frying

For tacos:

- 12 small corn or flour tortillas
- Toppings of your choice: cilantro, cabbage, green onions

For chili lime sauce:

- ½ cup mayonnaise or plain Greek yogurt
- Juice of one lime
- 1 teaspoon chili powder
- ½ teaspoon garlic powder
- ½ teaspoon sea salt

Directions:

1. Slice the fish into strips.
2. Sprinkle salt and pepper into the flour.
3. Dredge each of the strips of fish in the flour, then the eggs, and finally the panko breadcrumbs.
4. Heat oil in a nonstick pan over medium-high heat. When it starts to shimmer, fry the fish until the coating is a light golden brown and fish is cooked through and opaque, about five minutes.
5. Remove from heat and drain on paper towels.
6. Place fish strips on tortillas and add your favorite taco toppings. To make the chili lime sauce, mix lime juice, chili powder, garlic powder, and sea salt into mayo or Greek yogurt and drizzle on top of tacos.

BAHAMA MAMA

Serves 1



Ingredients:

- ½ oz rum
- ½ oz coconut rum
- ½ oz grenadine syrup
- 1 oz orange juice
- 1 oz pineapple juice
- Cherry for garnish

Directions:

1. Pour all liquid ingredients into a cocktail shaker filled with ice.
2. Shake well.
3. Strain into a glass over ice and garnish with a cherry.

BAHAMAMA BREEZE

Serves 1



Ingredients:

- 1 oz dark rum
- ½ oz apricot brandy
- ½ oz banana liqueur
- ½ oz coconut rum
- ¼ oz grenadine syrup
- 2 oz juice of your choice (orange, pineapple, or a blend of the two)
- ½ oz lemon juice
- ¼ oz honey

Directions:

1. Combine all ingredients in a blender with 3 ice cubes.
2. Pour into a tall glass, then garnish with an orange or pineapple wedge.

SKY JUICE

Serves 4

Ingredients:

- 2 cups coconut water
- 1 cup sweetened condensed milk
- 1 cup gin
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg

Directions:

1. Mix all ingredients in a pitcher and chill in the fridge.
2. Serve over ice.

GOOMBAY SMASH

Serves 4



Ingredients:

- $\frac{3}{4}$ cup pineapple juice
- $\frac{1}{2}$ cup orange juice
- $\frac{1}{2}$ cup coconut rum
- 4 tablespoons light rum
- 4 tablespoons amber rum
- 4 tablespoons dark rum

Directions:

1. Mix all ingredients in a cocktail shaker filled with ice.
2. Strain and serve over ice.
3. Garnish with orange slices or pineapple wedges.

RUM CAKE

Serves 12-16

Ingredients:

- Cooking spray
- 2 ½ cups cake flour
- 1 ¼ teaspoon baking powder
- 1 teaspoon salt
- ¼ teaspoon baking soda
- 1 ¾ cups sugar
- 10 tablespoons unsalted butter, melted
- ½ cup buttermilk, room temperature
- ½ cup dark or light rum – not spiced
- 3 tablespoons vegetable oil
- 1 tablespoon vanilla extract
- 6 large egg yolks
- 3 large egg whites

For sauce:

- ½ cup butter
- ¼ cup water
- 1 cup white sugar
- ¼ cup rum

Directions:

1. Preheat oven to 350F.
2. Grease a bundt pan with cooking spray, then add a few tablespoons of white sugar to the inside of the pan, and gently tap and turn it around until the inside of the pan is coated in sugar.
3. In a large bowl, whisk together flour, baking powder, salt, baking soda, and 1 ½ cups sugar.
4. In a separate bowl, whisk together melted butter, buttermilk, rum, oil, vanilla, and yolks until combined.
5. In another bowl, beat egg whites at medium-high speed until foamy.
6. Blend in the remaining ¼ cup sugar. Beat until stiff peaks form and set aside.
7. Gradually pour butter mixture into flour mixture and mix on medium-low speed until just combined.
8. Fold in the whipped egg whites until no streaks remain.
9. Pour the batter evenly into the bundt pan and bake for 40-50 minutes, until toothpick inserted in the middle of the cake comes out clean.
10. Transfer to a cooling rack and let it cool for at least 15 minutes.
11. Make the butter rum sauce: Whisk together the sugar, butter, and water in a medium saucepan. Bring to a boil over medium-high heat and continue to boil for five minutes. Remove from heat and carefully stir in rum.
12. Once the cake has cooled slightly, poke holes all over its surface with a toothpick or skewer.
13. Pour about half of the butter rum sauce over the cake. Let it rest 5-10 minutes, until the sauce is absorbed.
14. Carefully tip the cake onto a serving platter and drizzle the remaining sauce over the cake.
15. Serve immediately or cover until ready to serve.

COCONUT CREMES

Serves 4

Ingredients:

- 1 cup water
- 4 cups shredded coconut
- 6 cups white sugar
- 2 tablespoons vanilla
- Pink or red food coloring

Directions:

1. In a heavy-bottomed saucepan, bring half a cup of water to a boil, then add half of the coconut, half of the sugar, and half of the vanilla and lower the heat to medium.
2. Continue to cook, stirring often, until the water has evaporated.
3. Remove the pot from heat and continue to stir with a wooden spoon until the mixture has hardened slightly and will hold together.
4. Press the mixture into a greased baking dish.
5. Repeat the process with the remainder of the ingredients, and this time, add a few drops of food coloring when you're stirring the mixture.
6. Press the pink layer over the first layer in the pan.
7. Chill to set, then cut into bite-size squares.



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