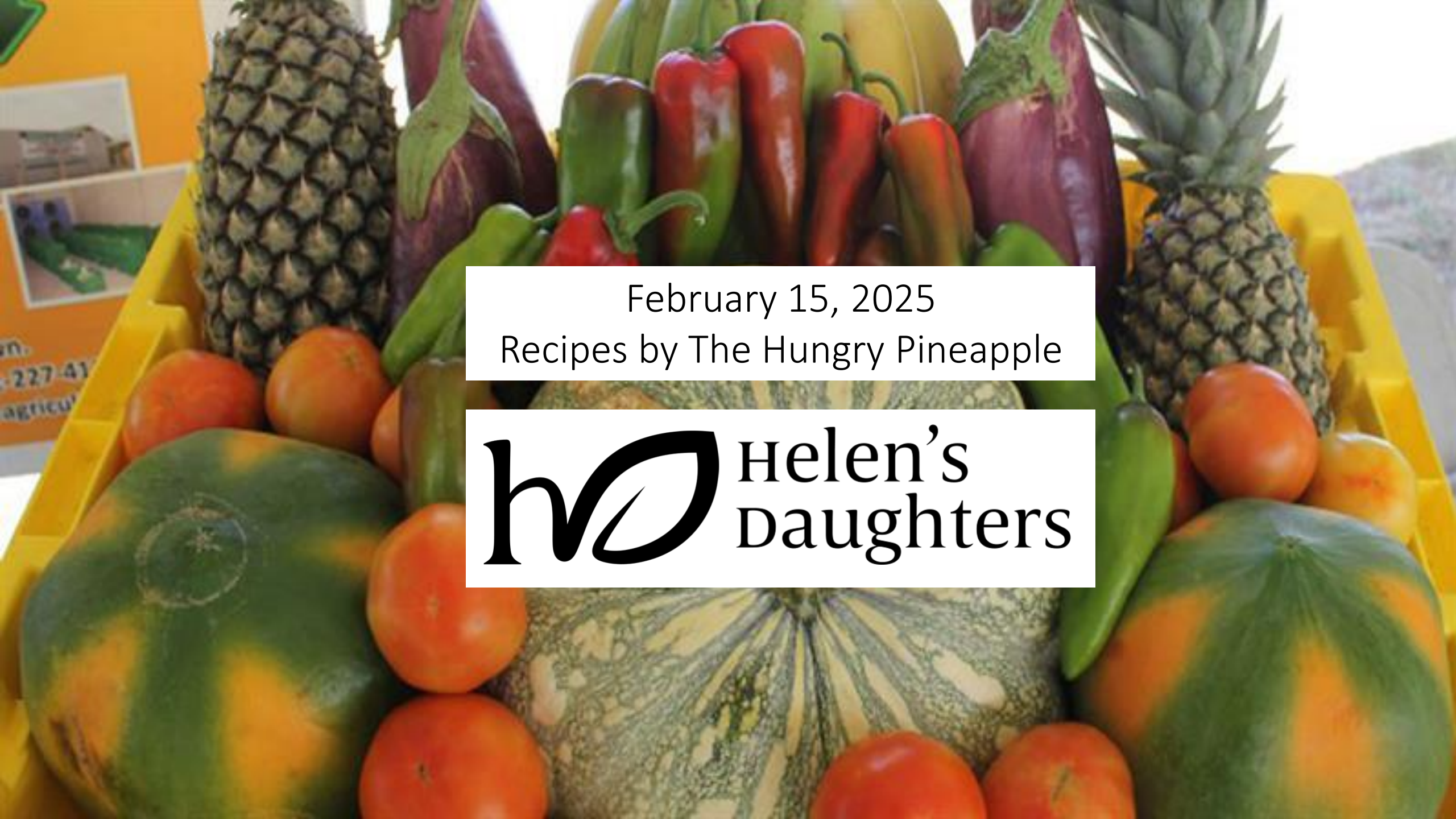


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Recipes by The Hungry Pineapple

Helen's Daughters



My name is Jasmine – a born and raised Saint Lucian and an experienced Hospitality Professional. I have worked in many hotels and restaurants in Saint Lucia as well as various destinations, and I can't ever deny MY LOVE FOR FOOD!

While using my chopping knife daily at VOILA By @TheHungryPineapple (a personally curated, private, culinary adventure), I started the first and only walking food & culture tour in Rodney Bay and the Castries Market. The tour is designed for the curious foodie traveler, looking to explore Saint Lucias history and culture – through food.
**Recognized in 2023 as Saint Lucias best independent tour guide of the year by the GIMIES - the Saint Lucian Tourism Awards.*



Creamy Pumpkin & Ginger Soup

- 1/4 cup coconut oil
- 1 small yellow onion (chopped)
- 6 cloves garlic (minced)
- Chopped pumpkin
- 1/2 teaspoon salt (plus more to taste)
- 1 cup coconut milk
- A few leaves of Tarragon
- 1/2 teaspoon ground black pepper
- 1 Tblespoon of fresh crushed ginger
- ½ cup of coconut milk
- 3 cups Vegetable Broth

1. In a large, heavy pot, heat coconut oil over medium heat. Add onion and garlic. Cook, stirring often, until onion is soft, about 3 minutes. Stir in fresh ginger, broth, pumpkin, black pepper and salt. Bring to simmer and cover. Simmer gently 10 minutes. Reduce heat, as needed.

2. Stir in coconut milk. Return to simmer and cook 30 minutes. Adjust seasonings, to taste. Turn off the fire, and add tarragon. Wait until soup is cooled, and remove the tarragon. Finally, blend and Serve Hot!



Golden Apple Souskaye

- ½ cup chopped semi ripe and green golden apples
- 4 springs of parsley, chopped
- 2 garlic cloves
- 3 pimento (seasoning peppers) peppers
- ½ an onion chopped
- 1 clove of garlic
- 1/2 tsp salt
- 1/4 cup oil
- 1 tablespoon of white vinegar
- 2 tablespoons of honey



1. Just on step - finely chop all ingredients and mix together! ☺
Use as a dressing, or a sauce for pork, chicken or fish.

Plantain Pancakes

- 1 Plantain
- 1 egg
- 1 tsp vanilla extract
- ¼ cup coconut milk
- ½ cup flour
- 1 tsp baking powder
- Coconut oil for pan



1. Cut and peel the plantain and place it in a bowl. Mash with a fork until you have a paste (it doesn't have to be smooth).
2. Add egg, vanilla extract and coconut milk, then whisk together.
3. Now add the flour and baking powder. Whisk until it's all mixed.
4. Place a pan over medium-high heat, pour a tablespoon of coconut oil.
5. Using a ladle, scoop out some of the pancake batter and pour into the pan. Cook until a few bubbles pop up on top of the pancake and you can see the edges of the bottom are slightly brown, then flip the pancake to the other side and cook until it's golden brown (1-2 min per side).

Thank you!

