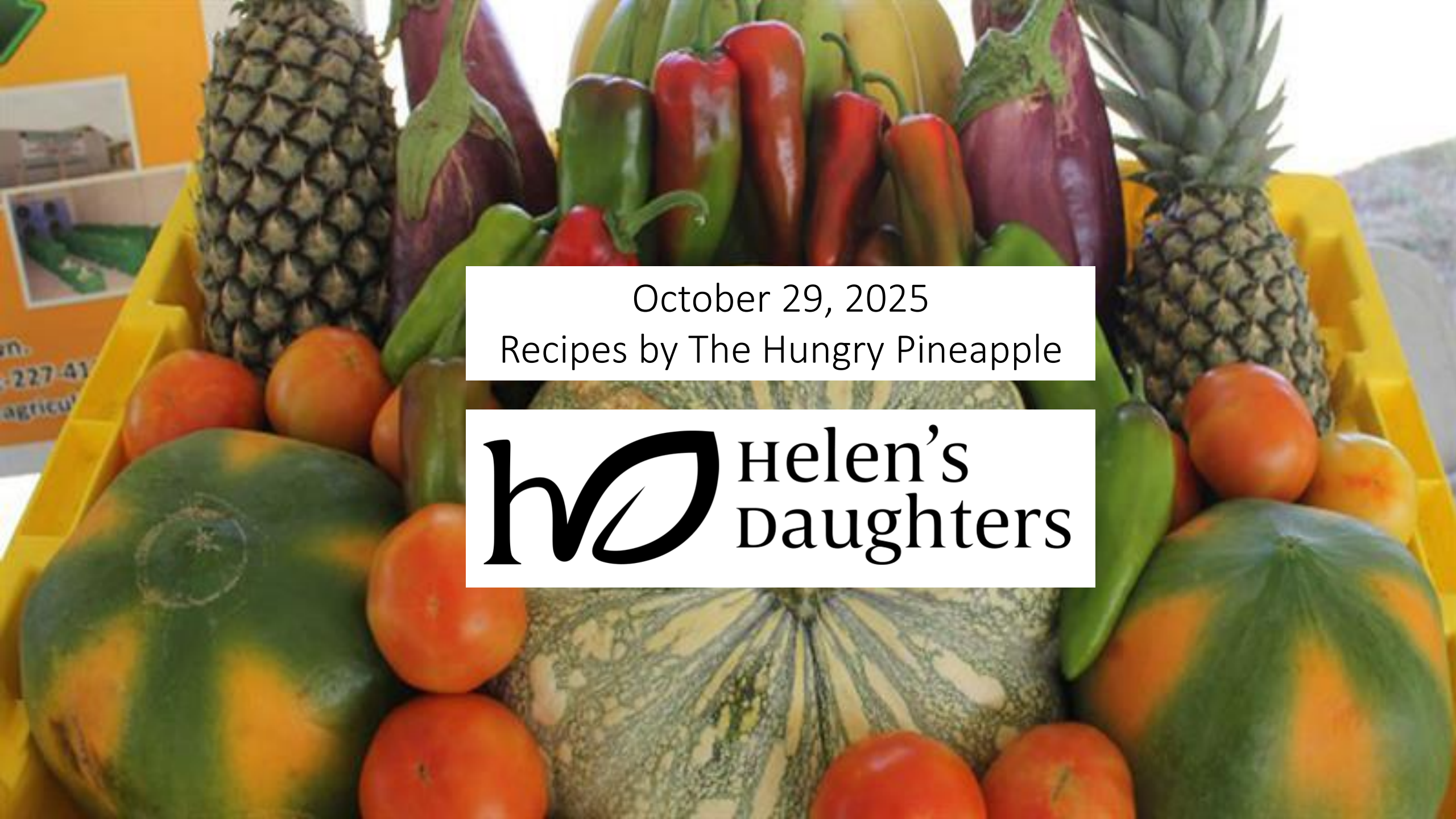


October 29, 2025

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.*

** Nominated in 2024 for "Peoples Choice Award"*



Farine Fried Breadfruit balls

- 1 small onion chopped
- 2 – 3 seasoning pepper chopped
- 2 cloves garlic finely chopped
- 2 springs green onion chopped
- 2 tablespoons parsley finely chopped
- 1 tablespoon lime juice
- Salt and pepper to taste
- 1 grated carrot
- oil for frying
- 2 cups boiled coarsely mashed breadfruit
- ¾ cup farine

1. In a skillet, heat oil. Add seasonings and sauté until vegetables are softened.
2. Add parsley, lime juice and a pinch of salt. Mix and cook until thoroughly combined.
3. In a bowl, mash the breadfruit, until semi mashed.
4. Add sauteed vegetables and salt and pepper and mix
5. Heat a pot with enough oil for deep frying.
6. Shape “batter” into balls, and roll in farine evenly.
7. Place breadfruit balls in the hot coconut oil and fry until golden brown on all sides.



Fried Plantain with Coconut milk syrup

1 cup condensed coconut milk
4 ripe plantains
2 tablespoons coconut oil
1 teaspoon ground allspice
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
1 vanilla pod
Crushed cocoa nibs



1. Slice the plantains into pieces. Heat the oil in a skillet and add the sliced plantains. Fry about 5 minutes until the plantains are golden brown.
2. Add condensed coconut milk, spices and vanilla to a pot. Bring to a slow simmer for about 3-5 minutes or until the mixture has thickened.
3. When the coconut milk has thickened as desired, remove from the heat and transfer to a serving dish
4. Sprinkle with cocoa nibs serve immediately.

Enjoy!

