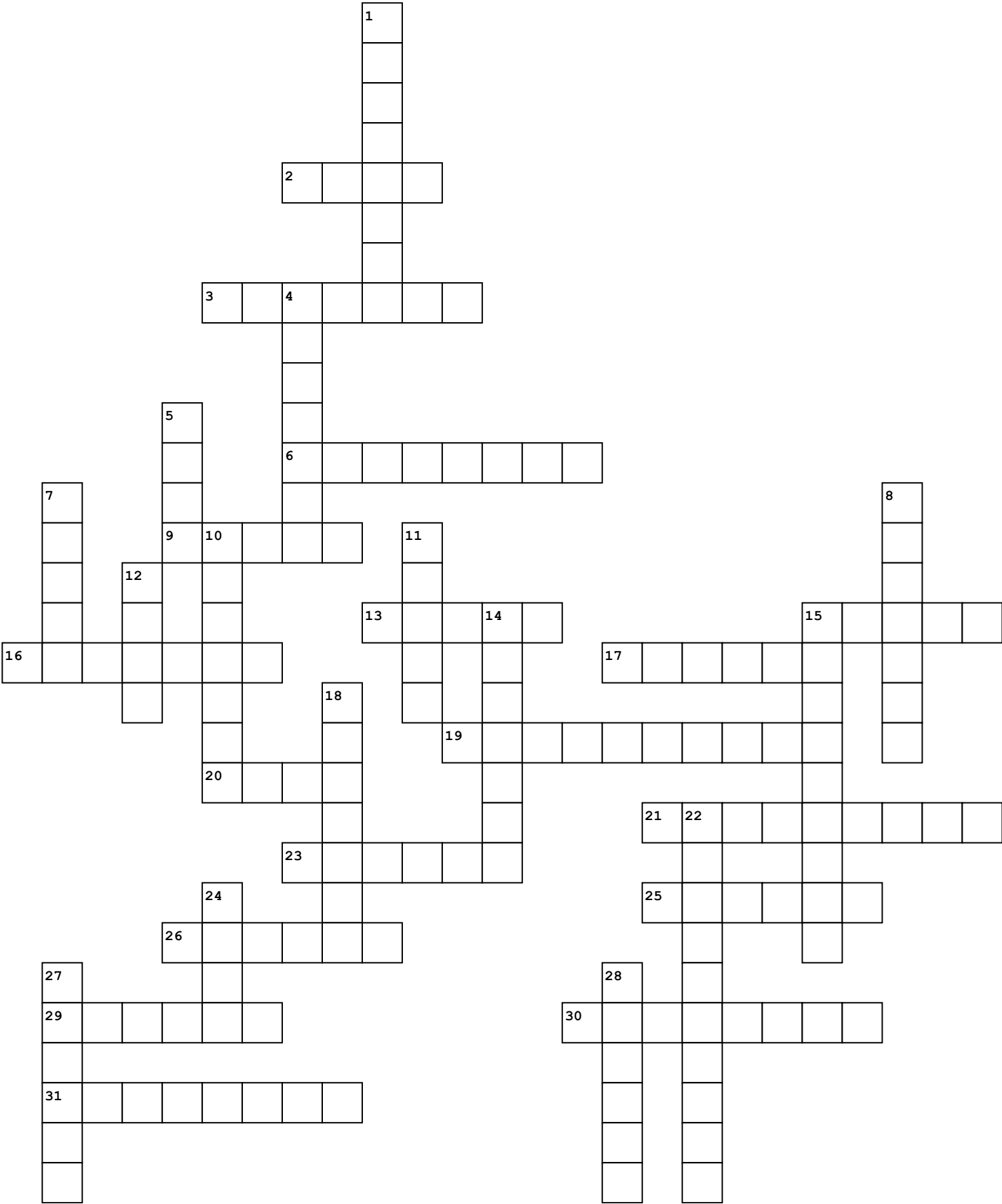


Caribbean Terms



Across

2. Indian cuisine that begins with a round, Indian flat bread wrapped around a big dollop of curried goat, chicken, shrimp, pork or vegetables.
3. A fresh fruit that has liquid inside, so shake it before you buy it! To open a coconut, puncture two of its “eyes”
6. A sweet, pumpkin-like squash, somewhat like butternut squash. It is often used in the Caribbean as the base for pumpkin soups and in vegetable dishes.
9. This reddish-yellow fruit of an evergreen tree was introduced into Jamaica from West Africa.
13. the bark of a tropical tree. It is boiled with spices to make a Caribbean drink of the same name
15. highly seasoned gravy-based dishes originating from India.
16. The basic components of this seasoning mixture are cilantro, bell peppers, onion, garlic, tomato, and sometimes chilies,
17. A root vegetable that looks like a large brown turnip with white sweet crisp flesh.
19. Sauce A mango-tamarind based spicy pepper sauce from Jamaica.
20. Also known as cassava, or manioc, it can be eaten boiled, baked or fried. It is a long, slim tuber (like a long potato) with bark-like skin and very starchy flesh
21. Also called Escovitch by the Jamaicans. Seafood that has been pan fried or poached, then marinated in citrus and herbs.
23. Cuban cocktail made with rum, lime and soda water.
25. Of Spanish origin, paella generally consists of rice topped with chicken, pork, chorizo sausage, shrimp, clams, mussels, and peas in a chicken saffron stock.
26. A tropical flower grown throughout the islands, it is boiled with other ingredients such as cloves, orange zest, and ginger, and then sweetened to make drinks, jams and jellies.
29. Means “soupy” in Spanish. Very popular in Puerto Rico, asopao is a soupy stew which contains chicken, meat or seafood and rice
30. The fruit of a very large tree, it is a brown pod about 3-4 inches long which grows in bunches.
31. Saltwater fish which is salted and dried. Most often it is made with cod, but can be made with

Down

1. are a staple across the Caribbean. They must be cooked to be edible;
4. Seafood “cooked” by the acids of citrus juices, seasoned with onions and fresh herbs.
5. This green pod-like fruit was introduced to the Caribbean region by African slaves, and is cooked as a vegetable on the islands. Often used as a thickening agent in soups and stews.
7. A tropical fruit with thick skin varying in color from green to bright red. Its flesh is yellow, firm and sweet.
8. A large, dark green heart-shaped fruit covered with soft spines. Widely grown on the islands for its refreshing sour juice used in drinks, sorbets and ice creams.
10. A blend of cooked tropical fruits and vegetables flavored with peppers and spices.
11. A bright orange to red tropical fruit about the size of a small lemon. Used in compotes, pastes and jellies.
12. The words “Jerk” and “jerky” originally referred to the process of rubbing spices and acidic hot peppers onto strips of meat in order to tenderize and preserve them.
14. A white semi-sweet potato.
15. Known as the “star fruit” because of its shape when cut cross-ways. It is crisp, juicy and golden in color, and is used in desserts or salads.
18. A member of the squash and melon families, It is a green pear-shaped fruit used as a vegetable in salads or cooked in a variety of ways.
22. Codfish patties fried in heavy batter which has been flavored with onions, annatto, and chiles.
24. Vieja Shredded beef in a spicy sauce.
27. Intensely flavored “little dishes” halfway between a condiment and a side dish. These varied combinations of fruits, vegetables, spices, herbs and chili peppers add an intense flavor “kick” to any meal,
28. Also known as PawPaw, this is a large melon with sweet yellow-orange flesh and ranges in shape from round to pear-like to long and thin. Very popular ingredient in drinks, salads, and desserts.

mackerel, herring or haddock.