

**BAHAMIAN
RECIPE BOOK**



**BIMINI
BEACHWEAR**



GOOMBAY SMASH

The Goombay Smash is a tropical Caribbean cocktail believed to contain a combination of dark rum, coconut rum, apricot brandy, pineapple juice, and orange juice. In order to prepare it, all ingredients should be combined in a highball glass with ice, then shaken and garnished with an orange slice and a pineapple wedge.

The cocktail was invented by Emily Cooper at Miss Emily's Blue Bee Bar on Green Turtle Cay, and the recipe has remained a secret ever since its creation in the 1960s... until now!

1 oz Dark Rum

1 oz Coconut Rum

.5 oz Apricot Brandy

1 oz Pineapple Juice

1 oz Orange Juice

Combine all ingredients in a shaker, shake for 10 seconds and pour over ice in a Highball glass. Garnish with an orange slice and pineapple wedge.

No Driving After This One!



BAHAMA MAMMA

Bahama Mama is a fruity Tiki cocktail that consists of white rum, coconut rum, grenadine, cherry juice, lemon juice, orange juice, and pineapple juice. The cocktail is prepared by shaking or blending the ingredients with crushed ice until the consistency becomes slushy.

It is typically served at summer parties to invoke the atmosphere of a tropical beach, in a hurricane glass filled with cracked ice, with a cherry and an orange slice as garnishes.

1 oz White Rum
1 oz Coconut Rum
.5 oz Grenadine
.5 oz Fresh Lemon Juice
.5 oz Orange Juice
.5 oz Pineapple Juice

Add all ingredients with crushed ice, shake for 15-20 seconds, pour into Hurricane glass over cracked or crushed ice with a cherry and orange garnish.

Do Not Attempt To Fish After This One!



RUM PUNCH

Rum Punch is a classic Caribbean cocktail made with rum, fruit juice, sugar syrup, and water. To prepare it, all you need to do is remember this Caribbean saying: "One of sour, two of sweet, three of strong, and four of weak." A shot of fruit juice, two shots of sugar syrup, three shots of rum, and four shots of water are combined in a big glass or a jug, then poured into a glass over ice.

It is recommended to add a few drops of bitters or some freshly grated nutmeg to elevate the flavors even further. Garnish it with a pineapple wedge for the best possible experience.

1 oz Pineapple Juice
2 oz Simple Syrup
3 oz White Rum
4 oz Water

Add ingredients to a shaker, shake for 10-15 seconds, pour over ice in a rocks glass, garnish with pineapple wedge.

Don't get too Kerpunkled Up!



YELLOW BIRD

Yellow Bird is a tropical cocktail made with a combination of white rum, Galliano, triple sec, and fresh lime juice. In order to prepare it, all ingredients should be shaken and strained into a chilled cocktail glass. If desired, the cocktail can be garnished with a lime wheel.

The origins of Yellow Bird are still murky – some say the cocktail was named after the Haitian tune of the same name, while others say that it was named for its vibrant color, which is a result of adding Galliano, a golden, anise-flavored liqueur.

.5 oz Fresh Lime Juice
.5 oz Triple Sec
.5 oz Galliano
1 oz White Rum

Add all ingredients to a shaker with ice, shake for 10-15 seconds, strain into a martini glass and serve with a lime wheel.

ENJOY!



BIMINI BEACHWEAR

MANGO SALSA

Ingredients:

- 1/3 cup diced mango
- 1 1/2 tbsp lemon juice
- 1/2 diced red onion
- 1/4 cup chopped cilantro
- 1/2 diced roma tomato
- 2 tbsp minced red bell pepper
- 1/2 tsp white sugar
- 1/2 tsp table salt
- 1/2 tsp fresh ground pepper

Instructions:

Mix all items together in a bowl until well blended.

Let sit in the refrigerator for at least an hour before using.

Will store up to 7-10 days in an air-tight container.

Prepare your fish/seafood as you normally would and top with the salsa.



BIMINI BEACHWEAR

TROPICAL BBQ SAUCE

Ingredients:

- 16 oz prepared yellow mustard
- 4 oz apple cider vinegar
- 2 tbs brown sugar
- 1 tsp white sugar
- 2 tsp Worcestershire sauce
- ¼ tsp fresh cracked pepper
- ¼ tsp table salt
- 1 tsp garlic powder
- ¼ cup pureed pineapple

Instructions:

Combine all ingredients in a pot, mix well and simmer on low until it just begins to bubble. Stir thoroughly until well blended. Take off heat and allow to cool. Can be refrigerated for up to 4 weeks. Use as a BBQ sauce for ribs, pulled pork etc. Brush on raw pork, fish or chicken and grill/bake until done.

Brush on another coat just before pulling from the heat.



BIMINI BREAD

It should come as no surprise that Bimini Bread originated on the island of Bimini. It's a standard offering at both restaurants and in homes and the recipes vary widely. This is our favorite recipe that is sweet, rich and uses fruits. Bimini bread is great for any time of day and goes great with coffee or tea or do what we do...dunk it into your conch chowder...try not to eat the entire loaf in one sitting!

So good it serves a few people.

Ingredients:

3 Eggs
Canned goods such as fruits and nuts
1 cup Coconut milk
3 tbsp Honey
Baking & spices
4.5 cups All-purpose flour
1 tbsp Salt
1/3 cup Sugar
2 1/4 tbsp Yeast, instant dry
1/3 cup Vegetable oil
3 tbsp Butter
1 cup Nonfat dry milk, powder

Instructions:

Pre-heat the oven to 350 degrees.

Butter and flour the the bread pan.

Whisk together the baking soda, salt, and flour with canned nuts.

In a large bowl, beat eggs, butter, and sugar to make a fluffy and creamy texture.

Stir in shredded coconut, sweetened shredded coconut, macadamia nuts, walnuts, pecans, almonds, raisins, currants, dried cranberries, dried cherries, dried apricots, dried figs, dried dates, dried prunes, brandy, Malibu rum, pineapple juice, orange juice, apple juice and 1 cup water. Add the flour cream with this mixture and mix until completely incorporated. Pour batter into the bread pan and bake for 50-60 minutes.

This bread can be refrigerated for about 2 weeks and frozen for 4-6 months.



CONCH FRITTERS

Conch is a staple seafood of the Bahamas...especially Bimini. We remember going to Pricilla's Conch Fritter stand in the 1970's when we would go to the Bimini Big Game Marina. She would prepare the most amazing fritters ever created out of a shack no bigger than a few feet squared.

This recipe is one that we think comes very close to the heaven she created all those years ago.

Serves 8

Ingredients:

1 quart vegetable oil for frying
¾ cup all-purpose flour
1 tsp baking soda
1 egg
½ cup milk
Salt and pepper, to taste
1 cup chopped conch meat
½ medium white onion, minced
½ green pepper, minced
1 stalks celery, minced
2 cloves garlic, minced

Instructions:

In a large pot or deep fryer, heat oil to 365°F. Mix the flour, baking soda, egg, and milk in a large bowl. Season with salt and pepper. Mix in the chopped conch meat, onion, green pepper, celery, and garlic until well blended. Drop rounded table-spoons of the mixture into the hot oil and fry until golden brown. Drain on paper towels. Serve cocktail sauce and fresh lemon wedges on the side.



BAHAMIAN CONCH CHOWDER

Serves 12

Ingredients:

1/4 lb slab bacon, rind removed, diced

1/4 cup olive oil

6 cloves garlic, sliced

2 jalapeno, seeds and stems removed, minced

1 large Spanish onion, peeled and diced

4 celery stalks, cleaned and diced

1 large carrot, peeled and diced

1 bulb fennel, diced

1 yellow pepper, seeds and stem removed & diced

2 tbsp chopped fresh thyme

2 tbsp chopped fresh oregano

2 tbsp chopped fresh marjoram

2 tbsp chopped fresh basil

3 bay leaves

1 tbsp crushed red pepper

4 cups peeled plum tomatoes, thoroughly crushed

2 cups tomato sauce

10 cups shellfish or chicken stock

2 1/2 lb cleaned and ground conch meat

10 small new-boil potatoes, scrubbed, diced and cooked until tender, drained & reserved

Hot red pepper sauce, to taste

Instructions:

In a very large soup pot or Dutch oven, cook the bacon with olive oil over medium heat.

When bacon is almost cooked, add garlic and jalapenos and cook for 30 seconds.

Raise the heat to medium-high and add the onion, celery, carrots, fennel and yellow peppers. Add herbs, bay leaves and crushed red pepper.

Add the crushed tomatoes and tomato sauce. Bring to a simmer and reduce heat. Add the stock, stir in the ground conch and potatoes and bring to a simmer. Add hot red pepper sauce, to taste, and simmer for 10 minutes, then serve, or chill/freezer for later enjoyment.



PIGEON PEAS AND RICE

A side order of Peas n' Rice is as part of any true Bahamian meal as palm trees and Marlin fishing are to Bimini. Served with fish, meat or chicken, this staple food is thoroughly enjoyed by Bahamian locals for lunch or dinner or both. We think it's (at least it should be) required in order to properly complete a meal on the island.

Serves 6-8

Ingredients:

- 8 strips bacon, finely chopped
- $\frac{3}{4}$ cup yellow onion, chopped
- $\frac{1}{2}$ cup red bell pepper, finely diced
- 2 cups long grain white rice
- 2 tsp kosher salt
- 3 tbsp tomato paste
- 1 tsp oregano
- 1 tsp ground cumin
- 15 oz pigeon peas , drained and rinsed. Can substitute normal canned peas.
- 7 oz corn, $\frac{1}{2}$ a can
- 14.5 oz diced roasted tomatoes
- 2 cups chicken stock
- $\frac{1}{4}$ cup chopped cilantro
- $\frac{1}{4}$ cup scallions , chopped for garnish

Instructions:

Place a large pan on the stove over medium heat and add cut-up strips of bacon. stir occasionally until the bacon has cooked through completely. Remove the bacon from the pan and place on a paper towel lined plate...save the bacon fat. Set bacon aside. Place a large Dutch oven or pot over medium heat and add the bacon fat. Add the onions and red bell peppers, 2 cups rice, cumin and 2 tsp salt. Cook, stirring, for 5 minutes, until the onion is soft and the rice & cumin are lightly toasted. Add 3 tbsp tomato paste and cook for 2 to 3 minutes, stirring. Add the oregano, pigeon peas, corn, tomatoes, chicken / vegetable stock and 1 cup water. Bring to a boil, then reduce the heat to a simmer. Cover the pot with a lid and cook until the rice is tender (without stirring) about 25 to 30 minutes. Remove the lid and fluff the rice with a fork. Add the bacon back into the rice and stir. Garnish with cilantro and scallions. Serve and enjoy!



GROUPER AND GRITS

Serves 4

Ingredients:

4 portions Florida grouper filets of even thickness
½ cup chicken or seafood stock
¼ cup fresh parsley, minced (reserve some for garnish)
1 cup thick-cut bacon or prosciutto, diced
3 large tomatoes, diced small (reserve some for garnish)
3-4 cloves garlic, minced
¾ cup heavy cream
1 lemon, ½ juiced and ½ cut into wedges for garnish
4 scallions, sliced thin for garnish
Sea salt and fresh ground pepper, to taste

Instructions:

Place oven-safe plate in oven on lowest setting. Preheat a large sauté pan over medium-high heat and cook bacon/prosciutto until crispy. Remove bacon/prosciutto to a paper-towel-lined plate and reserve for later use all but 1 tablespoon of bacon/prosciutto grease; reduce heat to medium.

Lightly season the grouper filets with your favorite seafood seasoning (We prefer Old Bay Seasoning) and fresh parsley.

Cook each filet for 2½–3½ minutes on each side, depending on thickness. Fish should be golden brown delicious (GBD). Be careful not to overcook as the fish will continue to cook while the gravy is being prepared. Remove the filets to your warm plate and return to oven to keep warm.

Add the tomatoes and garlic to pan and cook the tomato mixture until the tomatoes start to wilt and release their juices. Add the heavy cream, lemon juice and ½ cup chicken/seafood stock.

Bring ingredients to a boil and reduce heat. Add in cooked bacon and season to taste with salt and pepper.

Serve the grouper over a bed of grits and top with the tomato gravy.

Garnish with the thin-sliced scallions, reserved parsley, tomato, and lemon wedge.



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

Instructions:

Preheat oven to 350°F. 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. In a large bowl, whisk together flour, baking powder, salt, baking soda, and 1 ½ cups sugar. In a separate bowl, whisk together melted butter,

buttermilk, rum, oil, vanilla, and yolks until combined.

In another bowl, beat egg whites at medium-high speed until foamy. Blend in the remaining ¼ cup sugar. Beat until stiff peaks form and set aside. Gradually pour butter mixture into flour mixture and mix on medium-low speed until just combined. Fold in the whipped egg whites until no streaks remain.

Pour the batter evenly into the Bundt pan and bake for 40-50 minutes, until a toothpick inserted in the middle of the cake comes out clean. Transfer to a cooling rack and let it cool for at least 15 minutes.

(continued)

RUM CAKE (continued)

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.

Once the cake has cooled slightly, poke holes all over its surface with a toothpick or skewer.

Pour about half of the butter rum sauce over the cake. Let it rest 5-10 minutes, until the sauce is absorbed. Carefully tip the cake onto a serving platter and drizzle the remaining sauce over the cake.

Serve immediately or cover until ready to serve...OK, maybe cut a small slice to taste...in the name of science.



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