

## Vincent Webbe

*Vincent originates from the island of Nevis in the Caribbean, and he and his family have lived in Queen's Park for over 41 years.*

We like it here in Queen's Park, and know and get on very well with our neighbours. We still eat a lot of the traditional foods and the local shops sell a lot of the ingredients from back home, so this is very easy to do. Our grandchildren love the different dishes, such as soups, rice and peas, stewed chicken, fish, etc, and I think it would be a shame if lots of our eating traditions were allowed to die out. Good food went with good drink in the olden days, and a lot of rum was consumed by some to remind them of home.



### Caribbean Rum Punch

(There are several different versions!)



*Two shots light rum  
One shot dark rum  
One shot orange liqueur  
One shot sweet and sour mix (buy from Asian shops in Queen's Park)  
One shot cream of coconut  
Two splashes of grenadine syrup  
Pineapple juice*

Fill a tall glass with plenty of ice, add first five ingredients then top with pineapple juice. Shake thoroughly, add grenadine and stir gently. Then sit back and listen for the sound of the warm Caribbean breeze flowing through the palm trees as you sip slowly.

### Coconut Pudding (Angola) by Rita Contreiras

This recipe is very important for me because my husband likes it so much.

*1 can of condensed milk  
1 can of water (use can from above)  
1 can of dried coconut  
3 eggs  
4 1/2 cans of sugar (for syrup)*



Put the sugar in a pudding tin and heat it on the hob to melt it. Stir constantly until it becomes caramel (syrup). In a separate bowl, mix all the other ingredients, leave for 15 minutes and put it inside the caramelised tin. Put the tin in a saucepan of water and boil for 40 minutes. Get it out and let it cool down. Turn out the pudding into a bowl. Always serve it cold.