

# Definitions starting with C: Cooking

Traditionally, Bahamian methods of cooking were determined not only by the raw material available (see [FISHING](#), [CONCH](#), [AGRICULTURE](#)), but also by the means available to prepare it (see [HOUSEHOLD ARTICLES](#)). Even today, cooking is not easy on the outer islands, where stores are few and irregularly supplied by the MALL. Supplies like sugar, flour, and rice have to be shipped in, but people can grow some of their staple foods, like beans and corn. [INDIAN CORN](#) or [GUINEA CORN](#) has to be [TRASHED](#), [FANNED](#) to remove the [HUCKS](#), then pounded with a [MAUL](#) to make grits, [HOMINY](#), [PEAS AND GRITS](#) or [HOE-CAKE](#). Rice can be eaten [SO SO](#) as [BAREFOOT RICE](#), or added to other ingredients to make [PEAS AND RICE](#), [RICE BELOW](#), [HOPPING JOHN](#), or [FIRE ENGINE](#). In any case rice must be [SOAKED](#) so the grains will be [ONE ONE](#), nobody likes [SOBBY RICE](#), but most people love [BUN-BUN](#) (also called [POTCAKE](#) or [SWINGE](#)). Flour can be prepared many ways; the simplest is [FLOUR PAP](#) (or [GRIVEL](#) or [DIPNER](#)) or [FLOUR TEA](#) ([BOUFOO](#)). Quick breads include [JOHNNY CAKE](#), [MOON BREAD](#), [BREAD BISCUITS](#) (also called [FLOUR BISCUITS](#)), [PANNY-CAKES](#) or [GRIDDLE CAKES](#), and an entire range of [DOUGH BOYS](#) (Or [DOBIES](#) or [DOUGHS](#)) including [DROPLETS](#), [DROPPERS](#), [SINKERS](#), [SLIDERS](#), [SLIPPERIES](#) and [STICK-TO-THE-RIBS](#). Without leavening, bread will be [DUMB](#); to make [LIGHT-BREAD](#) or [RISE BREAD](#), one must use the [FLESHMAN](#) or an [EAS' CAKE](#) from a previous batch. One must put the dough to [LIGHT](#) before it can be [LOAFED OFF](#) and allowed to [SPONGE](#) again before baking.

The [RELISH](#) of a meal may just be [FLAVOURING MEAT](#) or a more substantial portion of meat that might be [ROASTED](#), [BAKED](#), [DUNNED](#), [BROILED](#) or [STEWED DOWN](#) with [POT GRAVY](#) and [MIX HERBS](#). Favorite main dishes also include [BOIL FISH](#), [STEW FISH](#), and [STEAM FISH](#), as well as [CRAB-AND-DOUGH](#) and [SOUSE](#). Dessert may be a [FLOUR CAKE](#) with [ICENING](#) or some other [BAKE-THING](#) such as [BAKER'S CAKE](#), [ROUND-THE-WORLD](#), [SWEET-POTATO PONE](#), [GUAVA DUFF](#), or one of the many coconut wonders: [COCONUT BOMB](#), [COCONUT CAKE](#), [COCONUT CREAM](#), [COCONUT DOUGHBY](#), [COCONUT DUFF](#), [COCONUT JIMMY](#), [COCONUT RUSH](#), [COCONUT TART](#), or [COCONUT TRIFLE](#). Candies include [TUFFY](#), [JAW-BONE BREAKERS](#), [BENNY CAKE](#), and [GRANNY CAKE](#) (or [PEANUT CAKE](#)). Beyond the many ice creams made from tropical fruits and [STIFFEREEN](#), ices include [BAGGY](#), [CUP](#), and [ICICLE](#). Beverages may be nourishing drinks like [BANANA WATER](#) or [FISH TEA](#); hot drinks like [COFFEE TEA](#), [GREEN TEA](#) (or [LIPTON TEA](#)), [COCOA TEA](#) or [CHOCOLATE TEA](#), [CANE TEA](#) or [PEAR-LEAF TEA](#) or [SPICE TEA](#); [COOL DRINKS](#) like [JEBIM](#) or [SWITCHER](#). Drinks like [GIN-AND-COCONUT-WATER](#), [MALAFEE](#) or [TAFFIA](#) can leave one [HALF-HOT](#), [HOT](#), or totally [PIFLICATED](#).

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Author: Holm and Shilling, DBE, 1982

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