



2025

The year of the
Carrot



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JAMAICA CULTURAL DEVELOPMENT COMMISSION (JCDC)

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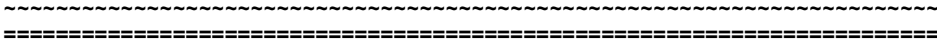
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THE JAMAICA CULINARY ARTS COMPETITION

Aim

The Jamaica Culinary Arts Competition aims at continuing the development of Jamaican Cuisine while preserving Jamaica's rich culinary heritage and promoting talents and creative abilities by stimulating an awareness of the many uses and versatility of local farm produce. This initiative is expected to generate interest and appreciation for the wide variety of Jamaican tropical agricultural products.

Objectives:

- To unearth, develop, preserve and promote the creative talents of Jamaicans who possess culinary arts skills.
- To promote wider usage of local farm produce by combining them in innovative, nutritious and attractive ways, using names descriptive of Jamaican Cuisine.
- To develop partnerships and provide opportunities for exploring the economic potential of local foods especially where these can improve the nation's food security.
- To promote healthy eating using creative ways to reduce the negative impact of non-communicable diseases.
- To identify and develop preserves, condiments, confectionary, wines, liqueurs and other value added products with export potential.
- To develop a data bank of Jamaicans who have specialized culinary arts skills.
- To document the authentic ways of Jamaican traditional food and beverage.

The Competition:

- The competition is organized by the Jamaica Cultural Development Commission's Culinary Arts Department, Parish and Regional Offices.
- The competition is open to children, adults, institutions and community groups.
- Entrants will compete mainly for medals of Gold, Silver, Bronze and Merit pins
- Entrants are required to participate based on the categories as stated in the handbook.
- The competition is staged at the regional level only.

General Rules:

- The competition is open to Jamaican citizens and persons residing in Jamaica for a period of not less than two (2) years at the closing date for entries.
- In all cases, the JCDC reserves the right to determine the appropriateness of the item to the class in which it is being entered and to accept or reject the item should it not fall within the standard of the JCDC.
- Competitors are expected to provide all cooking utensils and serving dishes to be used in the competition.
- An individual cannot enter more than one (1) item in each category except otherwise stated.
- Competitors are responsible for all costs incurred to enter the competition.
- Entries must have a completed recipe (see information on recipe writing).
- Dishes must be prepared according to the recipe and submitted by the competitor for the zoom platform/face to face. Competitors are encouraged to enhance their presentation with complimentary items e.g. serving utensils such as a cake knife and plate.
- Entries must be displayed within a designated area with a nametag.
- Competitors are encouraged to limit serving quantities to four (4) persons.
- A competitor will not be allowed to enter the same recipe that has been medaled in any previous JCDC competition.
- Failure to comply with the rules of the competition will result in disqualification.
- Registration will be done on-line.

Recipes for the Competition:

- Recipes should be original. Those taken from cookbooks will not be accepted.
- Only completed recipes with ingredients and methods will be accepted. Description only will not be allowed.
- Quantities must be clearly legibly written/typed either by kilograms, litres or measurements (cups). Pounds and ounces will not be accepted. List ingredients and quantities followed by a method stating the order in which the ingredients will be used.
- State the oven temperature in Celsius and not Fahrenheit. (See temperature guide).
- A copy of the recipe must be uploaded in word or pdf format with the entry ensuring that the name of the dish is also on a display label.
- If any of the original ingredients has to be substituted due to unavailability of the product, the recipe should reflect the change.
- All perishable items will be judged first. Competitors must notify organizers immediately after arriving at the venue regarding the perishable items.
- Sponsors will be allowed to utilize award-winning recipes for promotional purposes for a period of three (3) years. Creators of these recipes will be recognized during these promotions.
- **Entrants are encouraged to use CARROTS (special product 2025) in their preparation.**

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PROHIBITED ITEM: Until otherwise approved the use of **Marijuana/Ganja** in any shape in this competition is strictly prohibited. **No entry of food or beverage will be accepted if Ganja/Marijuana is in it.** *Do not use Ganja/Marijuana in this competition in any way or form.*

Focus for the Year Under Review

Please Take Note of the Following:

1. The following will be the focus for the year under review.
 - 2023----- Coconut
 - 2024----- Banana (Ripe & Green)
 - 2025-----Carrot
 - 2026-----Yam

Entry Form

The Syllabus and Entry Form will be made available at the Parish Offices and on the JCDC website, and at the Culinary Arts workshops. These documents will be thoroughly explained via zoom/face to face workshop.

CLASSES

Classes	Age Range	Category
Class 1	Ages 9 - 14	Category J only
Class 1b	Ages 12 – 14	Category A,C,E and H
Class 2	Ages 15 and over Age 15 and over solo	Group Category (three (3) participants) Category G Team Challenge Category D/A, D/B, A, E, H,K
Class 3	Ages 18 and over	Category A, C, D/A, D/B, E, F,G ,H , I, K
Class 4	Adults with recognized training eg. teachers, leaders, instructors and chefs	Category A, B, C, E, F, G, H,I, K

The competition will be held regionally for 2025

Table of Categories:

Category	Age Range	Classes
Category A - Batters & Doughs to include Sponsors products	Age range according to the classes	Class - 1b Class - 2 Class - 3 Class - 4
Category B - Wedding & Celebration Cakes	Adults with recognized training eg. teachers, leaders, instructors and chefs	Class 4 only
Category C - Traditional Jamaican Dishes	Age range according to the classes	Class - 1b Class - 2 Class - 3 Class - 4
Category D/A - Knife Skill Techniques	Ages 15 and over	Class - 2 Class - 3
Category D/B - Recipe Writing	Ages 15 and over	Class - 2 Class - 3
Category E - Preserves & Condiments	Ages 12 – 14 Ages 15 & over Ages 18 & over Adults	Class - 1b Class - 2 Class - 3 Class - 4
Category F - Wines & Liqueurs	Ages 18 & over Adults	Class - 3 Class - 4
Category G - (Group) Team Challenge From Production to Plate	Ages 15 & over Ages 18 and over	Class - 2 Class - 3

Table of Categories:

Category	Age Range	
Category H - Mystery Basket (Individuals)	Ages 12 – 14	Class - 1b
	Ages 15 & over	Class - 2
	Ages 18 & over	Class - 3
	Adults	Class - 4
Category I - Pan Chicken	Ages 18 & over Adults	Class - 3 Class - 4
Category J - Cupcake and Cookie	Ages 9 – 12	Class - 1
Category K - Street Food Ja	Ages 15 and over	Class - 2
		Class - 3
		Class - 4

ENTRIES ARE LISTED IN CATEGORIES

CATEGORY A BATTERS & DOUGHS TO INCLUDE SPONSOR'S PRODUCT (All Classes except class 1)

- Batters and Doughs include yeast breads, rolls, un-iced cakes, cookies, doughnuts, quick mix bun, biscuits and quick breads.
- Competitors are encouraged to utilize home-made flour such as, cassava, banana, dasheen, breadfruit and yam.
- Products must be baked and taken to the competition
- Recipe must be uploaded using word document or pdf.
- **OPEN TO ALL CLASSES**

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CATEGORY B WEDDING & CELEBRATION CAKES (Cakes can be dummies): (Class 4)

- Create and exhibit a decorated cake with a maximum area of 61cm x 61cm. No artificial decorations will be permitted.
- Competitors are encouraged to highlight National Symbols such as the Doctor Bird, National Flag, National Fruit, National Tree, National Flower and the Coat of Arms. Cake should not exceed three tiers.
- Participants will be asked to demonstrate any three techniques from the following list below:
- A 10" dummy may be used for this task.
 - a. Marbling
 - b. Paneling
 - c. Stenciling
 - d. String work
 - e. Brush Embroidery
- **OPEN TO CLASS 4 ONLY.**

A TOTAL OF 1 ½ HOURS WILL BE GIVEN TO COMPLETE THE TASK.

CATEGORY C TRADITIONAL JAMAICAN DISHES

(Open to All Classes except class 1)

- Jamaica has a very rich culinary heritage that is worthy of preservation. The Jamaica Cultural Development Commission has over the years maintained an interest in traditional Jamaican Cuisine.
- Popular dishes are Escoveitched Fish, Dip and Fall Back (Mackerel Run Down), Jerk Pork, Fricassee Chicken, Ackee and Saltfish, Stew Peas, Curried Mutton, Rice and Peas, Stamp and go, Fu Fu, Jackass Corn, Gizzada, Matrimony, Pepper Mint Candy, Grater Cake, Duckunnu, Coconut Drops, Bulla, Toto, Wangla, Tamarind Balls, Sweet Potato Pudding, Corn Pone, Ginger Beer, Busta and Hominy Porridge.
- Soups and porridges will not be accepted in this Category.
- Category C is open to all competitors.
- Gold award winning pastries and confectionery will be further developed and promoted locally and internationally.

CATEGORY D/A KNIFE SKILL TECHNIQUES

(Classes 2 & 3)

- Participants will need the following to complete the tasks below:
- 1 carrot
- 3 medium size irish potato
- 1 medium onion
- 3 stalks callaloo
- ½ chicken

TASKS

- 1 tourne using 1 medium irish potato
- ½ cup oblique carrots
- ½ cup chiffonade callaloo leaves
- 1 onion medium dice

- ¼ cup brunoise irish potatoes
- 2 oz. julienne irish potato
- 2 oz. batonnet irish potato
- Fabricate chicken and prepare carcass for stock
- Debone Leg and Thigh and do a Chicken Supreme

Participants will use ½ an hour for Mise en place.

Participants will be required to do the following techniques above in 40 minutes.

Participants should indicate how they will utilize the left over scraps, and the judges will inquiry about the scraps.

CATEGORY D/B RECIPE WRITING

(Classes 2 & 3)

- Participants will present a best original standardized recipe with yield.
- The recipe should be uploaded in word document or pdf.
- A finished product should be displayed on the day of the competition.

CATEGORY E PRESERVES & CONDIMENTS

(Open to All Classes except class 1)

- Preserves and condiments include Jams, Jellies, marmalades, pickles, chutney, sauces, dried fruits, asham, curry powder, home-made flour, dried seasonings, teas, honey and salad dressing.
- Two packages of uniform size and shape constitute an entry. Due to limited space solids should not exceed 350g/12oz; liquid 500ml/1pint.

- Award winning items will be sent to the Scientific Research Council for further testing. Thereafter the economical potential will be realized.

CATEGORY F WINES & LIQUEURS

(Classes 3 & 4)

- The age of a good wine is usually 9-12 months. Avoid submitting cloudy wines. Bottles should be of uniform size and shape and properly labeled.
- Two (2) bottles 350ml/2/3 pint constitute an entry.
- Competitors are allowed two (2) wines and two (2) liqueurs in this category as an entry.

CATEGORY G (GROUP) TEAM CHALLENGE - FROM PRODUCTION TO PLATE

(Class 2)

- An institution or group (three (3) persons) should execute the knife skill techniques category, prepare and present a balance entrée.

Tasks:

- One member to do the vegetable cuts.
- Second member to do the fabrication of chicken.
- Third member prepare the entrée using items from the vegetable cuts with chicken from above.
- Instead of a full recipe, a detailed description of the menu must be presented with the finished products.
- Only 10 teams per region will be accepted.
- This category will allow 80 minutes to complete the tasks.

Time Breakdown:

- 40 minutes - vegetable cuts
fabricate chicken
- 30 minutes - cooking of entrée
- 10 minutes - plating of entrée

CATEGORY H MYSTERY BASKET (Individual) **(Classes 1b – 4)**

- The first five (5) competitors from each parish will be given a basket with items that must be utilized.
- Individuals will be provided with a mystery collection of food items that should be used to prepare an entrée, accompaniment, and a dessert
- A common table with additional items will be available for competitors.
- Individual will be responsible for their chef jacket/apron, utensils and serving dishes.
- Two plated items must be served, one for the display table and the other for the judge to taste.
- This category will allow for 1 ½ hours to complete the tasks.

Time Breakdown:

- 20 minutes - Mise en Place
- Menu must be handed in before cooking

- 55 minutes - cooking
- 15 minutes - plating and presenting

CATEGORY I PAN CHICKEN **(Classes 3 & 4)**

- The competitor should incorporate the featured product for the respective year into the jerk chicken
 - prepare two side dishes and a sauce
 - Competitors should provide apron, tools and other equipment to execute the tasks.
 - 1 chicken must be used for this category. Competitors will be provided with jerk pan
 - This category will allow for 70 minutes to complete the tasks.

Time Breakdown:

- 15 minutes - Mise en Place
- 45 minutes - cooking
- 10 minutes - plating

CATEGORY J CUP CAKE AND COOKIE CHALLENGE

(Classes I only)

- Create and exhibit six (6) cupcakes and six (6) cookies using either Butter Cream, Royal Icing or Marzipan/Almond Paste.
- Four (4) cupcakes and four (4) cookies should be decorated and taken to the competition and one (1) each will be done before the judges.
- One cupcake and one cookie should be left undecorated for the judges to taste.
- Competitors are encouraged to use any One (1) of the National Symbols on the cupcake and one on the cookies. Symbols such as Doctor Bird, National Flag, National Fruit, National Tree, National Flower and the Coat of Arms.
- Competitors are allowed to use templates to assist with the symbols.
- Competitors will be given one (1 ¼) hour fifteen minutes to decorate and display the five cupcakes and five cookies.
- Recipes for cupcakes, cookies and icings must be uploaded with the entry.
- Competitors should bring their already prepared Icings, apron, hat, display dishes and other tools and equipment needed to execute this category.

Rubric

Recipe-----	10
Suitability-----	15
Presentation-----	25
Creativity-----	20
Taste-----	20
Time-----	10

CATEGORY K STREET FOOD JA

(Classes 2, 3 & 4)

- **Competitors will be asked to prepare and display their authentic Street Food.**
- **Competitors will be asked to select THREE items from the list provided to prepare their Street Food display.**

Chicken Neck	Yam	Shrimp
Breadfruit	Fried Dumpling	Soup
Crab	Corn	Festival
Fish	Bammy	

- **Competitors will be asked to prepare one serving for the Judges to taste and the rest for sale.**
- **Each competitor will be given 1 hour to prepare and present their display.**

RUBRIC IS THE SAME AS FOR PAN CHICKEN

ADJUDICATION:

- The Jamaica Cultural Development Commission reserves the right to appoint a panel of qualified judges. Judges are not eligible to submit entries in the competition or to judge entries of any family member, or any student attending the institution to which they are employed.
- Judges are required to confirm their availability in writing and provide the JCDC with all relevant information as requested.
- The decision of the judges shall be final.

CRITERIA FOR THE ADJUDICATION PROCESS:

Category	Criteria	Maximum Points
Category A	Recipe	20
	Suitability	20
	Presentation	15
	Creativity	20
	Taste	25
	TOTAL	100

Category	Criteria	Maximum Points
Category B	Creativity	15
	Proportion	20
	Presentation	20
	Skill	25
	Sanitation	10
	Time	10
	TOTAL	100

Category	Criteria	Maximum Points
Category C	Recipe	20
	Suitability	20
	Presentation	15
	Creativity	20
	Taste	25
	TOTAL	100

Category	Criteria	Maximum Points
Category D/A	Mise en place	10
	Accuracy in using the knife	20
	Accuracy in utilizing Ingredients	15
	Sanitation/Hygiene	15
	Time	30
	Use of Edible Time	10
	TOTAL	100

Category	Criteria	Maximum Points
Category D/B	Listing of Ingredients	20
	Method of Incorporating	20
	Yield from Recipe	15
	Balance of Ingredients	15
	Presentation of Recipe	10
	Taste	20
	TOTAL	100

Category	Criteria	Maximum Points
Category E	Recipe	20
	Suitability	20
	Presentation	15
	Creativity	20
	Taste	25
	TOTAL	100

Category	Criteria	Maximum Points
Category F	Recipe	20
	Suitability	20
	Presentation	15
	Creativity	20
	Taste	25
	TOTAL	100

Category	Criteria	Maximum Points
Category G	Recipe/Menu	15
	Presentation	20
	Taste	30
	Sanitation/Hygiene	15

	Time	20
	TOTAL	100

Category	Criteria	Maximum Points
Category H	Recipe/Menu	15
	Presentation	20
	Taste	30
	Sanitation/Hygiene	15
	Time	20
	TOTAL	100

Category	Criteria	Maximum Points
Category I	Recipe/Menu	15
	Presentation	20
	Taste	30
	Sanitation/Hygiene	15
	Time	20
	TOTAL	100

SPECIAL AWARDS

Special awards will be given as indicated below:

- Knife Skill Techniques - accuracy in vegetable cuts including time management.
- Recipe Writing - the most creative name of recipe with correct sequencing.

Recipe Writing:

- The recipe should be original.
- Quantities, ingredients should be listed
- Highlight any unique local farm produce
- Recipe should be written preferably in the order that these Ingredients will be incorporated in the preparation
- This is followed by a method
- The oven temperature should be stated for all baked items
- The number of persons that this recipe can serve should also be included.

Suitability:

- The entry should represent the class in which it is submitted eg: Is the entry an Entrée or a hot cooked vegetable?
- An Entrée is a protein dish with appropriate accompaniment.
- New ideas must be represented
- Is the recipe Jamaican, or is it representing other cultures?
- Is this an un-usual Jamaican creation?
- The name should reflect the entry.

Presentation:

When we think of presentation the first thing that comes to mind is appearance. Here are some examples:

- appropriate serving dish, harmonize meat with garnish (three pieces of pork chops should have three stuffed tomatoes),
- portion sizes should be practical, proper colour, texture and flavour combination, and present a natural appetizing look.
- garnish should be edible.
- avoid serving hot protein items on a bed of raw vegetables.

Creativity:

- Demonstrate the versatility of local farm produce in unique dishes.
- Use intricate garnishes to enhance presentations instead of the popular tomato rose.
- Show the commercial viability of entries especially wines, liqueurs, beverage, batters, doughs and desserts by creating items that have export potential.

Sanitation/Hygiene:

- All workstations and utensils must be sanitized before the start of the practical competitions/live cooking.
- Waste must be disposed in a manner that is regarded as acceptable standard.
- Vegetable cuttings and meat cuttings must not be disposed of in the same container.
- Different bags must be used.
- Reusable items must be identified and shown to the judges.
- These include meat cuttings for stocks and sauces.
- Workstations must be organized and clean, free from spills and dirty containers.
- Personal hygiene must be observed at all times.

Proportion:

- Proportion is in relation to design and composition as well as structural techniques.

Overall Assessment:

- The overall assessment covers the finished appearance.
- Areas to be considered are design and composition, creativity, artistic impression, attention to detail, technique and skill.

Time:

- This applies to the 'Live Competition only.

Medals Scale:

Medal	Award
Gold	91 - 100
Silver	81 - 90

Bronze	71 - 80
Badge of Merit	65 - 70
Low Score	Below 65

JCDC'S Regions:

Region	Parishes
Eastern Region	<ul style="list-style-type: none"> • Kingston & St. Andrew • St. Thomas • St. Catherine
Northern Region	<ul style="list-style-type: none"> • St. Mary • St. Ann • Portland
Central Region	<ul style="list-style-type: none"> • Clarendon • St. Elizabeth • Manchester
Western Region	<ul style="list-style-type: none"> • St. James • Trelawny • Westmoreland • Hanover

Legal Information:

- Any competitor, whose action is deemed disrespectful to the judges, the Jamaica Cultural Development Commission (JCDC), its representative, and/or other competitors, may be brought before a disciplinary committee appointed by the JCDC and may result in disqualification from the competition.
- Any competitor whose supporters behave disrespectfully/disruptively or conduct themselves in such a manner to jeopardize the performance of other competitors, the judges or the programme of the Jamaica Cultural Development Commission shall be issued with a warning about their supporters.

- Failure to respond to such a warning will lead to disciplinary action by the JCDC and may result in disqualification from the competition.

Assignment of Rights:

- The applicant hereby assigns to the Jamaica Cultural Development Commission the exclusive worldwide rights to make and commercially exploit publication of the applicant's entry.
- The assignment includes the right to make and distribute copies of the entry in printed and electronic format as well as the right to broadcast on radio, television and the internet.

Warranties:

- The applicant hereby warrants and represents that he/she is duly authorized to grant the rights abovementioned and hereby agrees to indemnify and hold the JCDC harmless from and against all claims that may arise from third parties as a consequence of the exercise of the rights granted to the JCDC.
- The applicant agrees to execute such other agreements as may be necessary to give effect to the undertakings herein mentioned.

Compensation to Applicant:

- In the event that JCDC shall receive cash remuneration from the commercial exploitation of a programme and/or recording and/or publication and/or any other media which includes the applicant's entry, the applicant shall be entitled to share equally with all other applicants included in the programme or recording or publication or other media, fifty percent (50%) of the net proceeds received by the JCDC.
- Net proceeds shall be determined after inference, recording, production, publication, packaging, promotional and distribution costs.

Useful Tips:

- Most sweet or savoury dishes can be improved in appearance and value by enhancing them with decorations or garnishes. The use of Imported cherries as decoration on sweet dishes is very popular In Jamaica.
- More points will be awarded for the use of a local substitute.
- While parsley may add colour to a dish, it is often overused.
- Thinly sliced lemon as a twist, tomatoes cut into water lilies or roses and carrot curls are options.
- Read the syllabus thoroughly and if in doubt contact the JCDC's Culinary Arts Unit. The Parish Workshops are very important to attend and teachers and group leaders are encouraged to involve students in these sessions.
- Select the category/categories that you feel confident will have the desired results.
- Do not submit too many entries which may decrease your ability to prepare and display on time.
- Prepare a budget to include transportation.
- Develop and print recipes at least three months before the competition; test several times for accuracy.
- Ask family members, neighbors and friends to partake in a tasting session and give feedback.
- Put recipes in a folder and label (JCDC's Culinary Arts Competition)
- Complete Entry Form at least two months prior to the competition.
- Involve family members, friends, students in the making of labels for your dishes. Students doing Information Technology can be of great help.
- Source transportation from neighbours, friends, family members, church family and voluntary organizations.
- Source ingredients, utensils and display items early.

The JCDC Standard of Recipe Writing is as Follows:

Spoon drop Codfish Fritters

Ingredients

1 cup flour
1 tsp. baking powder
½ tsp. salt
1/8 tsp. all-purpose seasoning
½ tsp. thyme leaves
4 tsp. chopped onion
½ tsp. chopped hot pepper
4 tsp. chopped sweet pepper
2 tsp. chopped escallion
½ cup salt fish (Flaked)
½-cup water
Oil for frying (Deep Frying)

Method

1. Sieve flour, baking powder, salt and all-purpose into a bowl.
2. Add thyme, onion, sweet pepper, hot pepper and salt fish to flour.
3. Make a well in the center of the flour mixture, add water and mix to make a dropping consistency
4. Drop by spoonful into hot oil, fry until golden brown on either side.
5. Drain on absorbent paper
6. Serve 6.

Incorrect Recipe Writing

Totoes Ingredients

12 ozs. Flour

$\frac{3}{4}$ -Cup milk

1 Cup Brown Sugar

1 Tbsp Baking Powder

5 ml baking soda

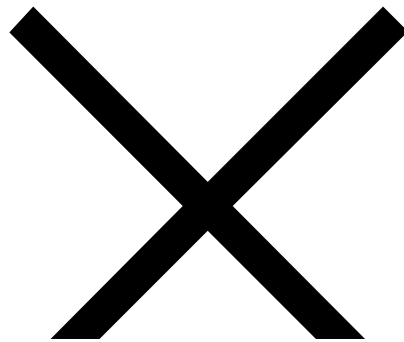
1 tsp. mix spice

8 ozs. Grated Coconut

2 eggs

$\frac{1}{2}$ Cup Melted Margarine

$\frac{1}{4}$ Cup Molasses



Method

1. Sieve flour, baking powder and soda into a bowl.
2. Add beaten eggs, sugar, molasses, mix spice, grated coconut and melted margarine.
3. Add milk and combine. Do not over mix.
4. Pour into greased loaf pan and bake at 180°C for 45 minutes or until done.
5. Makes 10 to 12 slices.

IMPERIAL METRIC CONVERSION

This conversion table is intended to provide guidance. These are not mathematical equivalents and are intended for use only in the kitchen with respect to recipes.

Liquid Conversion

1 pint	= 16 fluid ounces
1/4 pint	= 125 ml
1/3 pint	= 170 ml
1/2 pint	= 250 ml
2/3 pint	= 350 ml
3/4 pint	= 375 ml
1 pint	= 500 ml

Cups = Liquid

1/4 cup	= 60 ml
1/3 cup	= 80 ml
1/2 cup	= 125 ml
2/3 cup	= 170 ml
3/4 cup	= 190 ml
1 cup	= 250 ml

Spoons

1/8 tsp.	= 0.6 ml
1/4 tsp.	= 1.2 ml
1/2 tsp.	= 2.5 ml
1 tsp.	= 5.0 ml
1 tbsp.	= 15.0 ml
2 tbsp.	= 30.0 ml

Avoirdupois

1 oz.	= 30 g
2 oz.	= 55 g
3 oz.	= 85 g
4 oz.	= 120 g
5 oz.	= 150 g
6 oz.	= 175 g
7 oz.	= 200 g
8 oz.	= 225 g
9 oz.	= 250 g
10 oz.	= 275 g
11 oz.	= 315 g
12 oz.	= 350 g
13 oz.	= 375 g
14 oz.	= 400 g
15 oz.	= 425 g
16 oz.	= 455 g

Oven Temperature

	°F	°C
200° – 250°	110°	– 130°
250° – 300°	130°	– 150°
300° – 350°	150°	– 180°
350° – 370°	180°	– 190°
370° – 400°	190°	– 200°
400° – 425°	200°	– 220°
425° – 450°	220°	– 230°
450° – 500°	230°	– 240°

Definitions of Terms

Accompaniment:	Another item that is added to the entry to make it more appealing.
Avoirdupois:	A measurement system of weight, which uses pounds and ounces as units.
Bulla:	A flat round cake made from flour, molasses and baking soda.
Busta:	A tough confectionary made with grated coconut and cane sugar.
Condiments:	Condiments are used to add special flavour to food e.g. salad dressing, mustard, ketchup and chutney.
Data bank:	A well organized and maintained collection of data for easy consultation and use.
Dessert:	A dessert is a sweet course, which is eaten at the end of a meal.
Diabetes:	A condition resulting from failure of the pancreas to secrete an adequate amount of insulin and causing excessive amount of glucose in the blood.
Fu Fu:	A dish of pounded cooked yam or potato, which is served with a stew.
Hypertension:	Hypertension also known as high blood pressure is when the pressure of the blood being pumped through the arteries is higher than it should be.
Jackass Corn:	An extremely tough biscuit made with grated coconut, flour and sugar.
Mise en Place	Everything in place

The practice of having all ingredients and equipment organized and prepared before you start cooking.

Mousse: A dessert made with whipped cream, unflavoured gelatin, sweetened puree fruit then allowed to chill in a mould.

Non-Communicable Diseases: These diseases are not contagious or transferable from one human to another e.g. diabetes or hypertension.

Nutritious: Providing nourishment to the body.

Perishable: Foods that are likely to become unsafe to consume if not kept refrigerated.

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