



Ms. Patricia Sanford – Unique Need Aide Varying Exceptionality – Temple Terrace Elementary

My Heritage:

I am a Jamaican and the Jamaican motto is” **Out of Many One People.**”

Our country comprises of different nations and races, but we all come together to make One Jamaica, Beautiful and Bright.

Family Traditions

One of our main family traditions that we practice is SHARING.

Especially on Saturdays and Sundays when we prepare dinner, we usually make servings and deliver to our neighbours. This practice continues up to today.

Favourite Recipe

Here you can insert the Ackee & Saltfish recipe or your actual favourite Jamaican recipe. Boiled Yam and Salt mackerel or whatever.

Sweet Potato Pudding (Two Pans)

*Hell a top, Hell a bottom
Hallelujah in the middle!*

This is a Jamaican riddle and most people know that the answer is a delicious, sweet potato pudding, baked in an iron dutch pot or dutch oven with live coals in the bottom of the coal stove and also on the top of the dutch pot. The pudding cooks at the top and at the bottom at the same time. This delicious hallelujah is best liked when the top, called 'sof pon top', is softer than the rest of the pudding. Winnie Ridsen-Hunter, Breakfast Club regular, loves this pudding hot, but you may also serve it cold.

*2 lbs sweet potato, grated
¼ lb. yam grated
½ cup flour
¼ lb. raisins
1 tsp. baking powder
½ tin evaporated milk
5 cups coconut milk (2 coconuts)
1 cup brown sugar
2 tsp. vanilla
½ tsp. nutmeg
½ tsp. salt
¼ cup sherry
¼ cup rum
1 oz. butter*

- 1 Preheat oven to 350° F.
- 2 Mix grated potato, yam, flour, raisins and baking powder.
- 3 Mix evaporated milk, coconut milk, sugar, vanilla, nutmeg, salt, sherry, rum and butter.
- 4 Pour milk mixture into potato mixture and beat until smooth.
- 5 Pour into a greased 9 inch pan.
- 6 Rest mixture about ½ hour.
- 7 Bake at 350° F about 1 to 1½ hours until centre is set.
- 8 Serve hot or cold.

Serves 12-16

Tie-A-Leaf (see page 119) and Sweet Potato Pudding