

## Fungee and Pepperpot



The name of the national dish of Antigua and Barbuda is one that totally misleads you. You may think you are getting a mushroom and pepper stew but in reality, it's quite different. Fungee and Pepperpot is the name of this national dish, consisting of a polenta type dough and a thick sticky stew.

### Pepperpot

#### Ingredients

- 1 lb. corned beef brisket, cut bite size pieces
- 1 1/2 lb. ham, cut bite size pieces
- 8 cups water
- 2 T. vegetable oil
- 1 lg. onion, chopped
- 4 green onions, chopped
- 3 garlic cloves, minced
- 1 habanero pepper, seeded and finely chopped
- 14 oz. can of whole tomatoes, drained
- 1/4 c. tomato paste
- 1 T. fresh chives, chopped
- 1/2 tsp. ground thyme
- 1 med. eggplant, cut bite size pieces
- 1 lb. acorn squash, peeled, seeded and cut bite size pieces
- 1/2 lb. yam, peeled and cut bite size pieces
- 1/4 lb. fresh baby spinach
- 16 oz can black-eyed peas, drained
- 1/4 tsp. freshly ground black pepper

#### Directions:

1. In a 4 qt. Dutch oven, bring the corned beef, ham, and water to a boil over high heat. Reduce heat to low and simmer until the meat is tender, about 1 1/2 hours. Drain the meat, reserving both the meat and the cooking liquid. Coarsely chop the ham.
2. While the meat is simmering, take the time to peel and cut all of the vegetables.
3. In the same 4 qt. Dutch oven, heat oil over medium heat. Add onion, green onions, garlic, and habanero pepper. Cook, stirring often, until the onion has softened, about 4 minutes.
4. Stir in the tomatoes, tomato paste, chives, and thyme, breaking up the tomatoes with a spoon. Bring to a boil, reduce heat to low and simmer 10 minutes.
5. Stir in the eggplant, squash, and yam. Cook for 5 minutes, stirring often. Stir in meat and reserved meat cooking liquid. Bring to a boil, reduce heat to low and simmer until vegetables are done, about 20 minutes.
6. Stir in the peas and spinach. Cook until the spinach has wilted, about 5 minutes.
7. Season with pepper.

## Fungee

### Ingredients

- 4 c. water
- 2 c. yellow cornmeal
- 1 tsp. salt
- 6 okras, sliced
- Butter

### Directions

1. Place water, okra, and salt in a medium saucepan; bring to a boil. Cook until okras are done, about 5 minutes.
2. Remove about 2 c. liquid from pan.
3. Meanwhile, add cold water to cornmeal a little bit at a time until the cornmeal reaches a pasty batter. (About 1 cup)
4. Add cornmeal mixture to okra water. Over low heat, stir continuously with a wooden spoon until mixture becomes fairly stiff. When the mixture breaks away clearly from the pan, the fungee is ready.
5. Butter a bowl. Turn the mixture into the bowl and shake it into the shape of the bowl. Turn it out onto a serving dish,
6. Serve with Pepperpot.