

WEST INDIAN DELICACIES.

As I have lived in Bermuda nearly all my life, and have also visited the West Indies, I shall endeavor to give a short description of the uncommon articles of food I have seen in the two places, which so far as I know are peculiar to the two peoples.

In the first place we will consider those articles which are peculiar to the people of the West Indies. These will be the pepper-pot, stuffed red peppers, bread fruit and sugar cane. To make the pepper-pot a couple of ducks are killed, cut up in small pieces and stewed for four or five hours in an iron pot. Just before the pot is removed from the fire some red peppers are thrown in and about a quart of cassareippè (a West Indian hot sauce containing some alcohol) is poured over the contents. The pot is then allowed to cool. It is encased in white linen, and is daily warmed and set on the dinner table. As the contents of the pepper-pot are supposed to be very rich food it is partaken of sparingly. Unserved odds and ends of meat or poultry which are left over from the daily meals are thrown into it, and from time to time more cassareippè is added. Thus the pepper-pot once started is not allowed to run out, sometimes for six months.

Another favorite dish for the West Indians is stuffed red peppers. The peppers used this are extra large, some being five inches long and two and a half inches across the stem end. They are cored, stuffed with bread crumbs, herbs and spices, and then baked.

The two articles, pepper-pot and baked peppers, are delicacies. There are, however, two unusual articles of food which are used by the masses, namely, sugar cane and bread fruit. The first of these, sugar cane,—strange as it may seem to us Northerners—is the principal food of the negro laborers during the harvesting season. The second, bread fruit, is a large green fruit with white, pulpy flesh. This fruit is baked and used by the laboring classes in the place of bread.