



Super J makes traditional cuisine workshop possible

The smells, sounds and sights of some of the island's traditional cuisine engulfed the air of the SALCC Home Economics Room last Sunday, kicking off a series of four exciting culinary workshops. Organized by the Folk Research Centre, the workshops entitled Annou Apwann Kwizin Kweyol is a novel idea to ensure that some of the island's rich cooking traditions are passed on. The 'Kwizin Kweyol' workshops are sponsored in part by Super J Supermarkets.

Over sixteen persons, most of them hotel chefs participated in Sunday's workshop, where they were taught how to prepare Saint Lucia's authentic traditional dishes. Local culinary experts Mrs. Ginette Dariah and Mrs. Carmen Charles put the participants through a very easy to follow menu featuring stewed local fowl, bwapen pilé, akwa, flot, bakes, babawèz and sorrel. Throughout the very lively sessions, participants were provided with detailed instructions on the art involved in cooking local, the rich cultural heritage in traditional cuisine, while the importance of using fresh local ingredients in all preparations was emphasized.

Lindy Ann Alexander, Project Coordinator of Annou Apwann Kwizin Kweyol expressed the FRC's gratitude to the chain noting Super J's support of local tradition and traditional cultural activities. She pointed to the chain's promotion of local products and its annual sponsorship of FRC Jounen Kweyol activities as well as Super J's in-store displays and competitions during that period. She also encouraged all participants especially those involved in the hospitality sector to appreciate and learn about the local food and traditions and to use them to create a niche for the sector.

The next workshop which is scheduled for February 7 in Mon Repos at Marylene Gaston's 'Ti Pak Kwéyol', will feature a Saint Lucian Indian menu. The third session will be held at the SALCC on Sunday, Feb 15, then with a grand finale at the Mon Repos venue on Saturday, Feb 21st. Persons interested in registering for these mouth-watering workshops can do so at the Central Library or at the Folk Research Centre.

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