Various groups of people have settled in the Caribbean region over the years. Initial population of the islands by indigenous peoples was followed by multiple waves of European colonisation (Spanish, French, Dutch, Portuguese and British) and imported human labour in the form of African slaves and later, Indian and Chinese indentured workers.

The delicious melange of flavours represented in tonight’s menu results from the mixing and adaptation of the cooking cultures of each of these groups.

**Starters**
- Chick pea pholourie with green salad (V)
- Salt cod accra with sweet mango chutney and crisp onions

*Chick pea pholourie*
Put down your knife and fork – this dish is a popular street food in Trinidad and Tobago and is always eaten with your fingers! Street vendors entertain waiting customers by rhythmically kneading and dropping the chickpea dough into pots of hot oil, to produce round fluffy pholourie balls ready to be dunked into chutney sauce.

*Salt cod accra*
Accra (fish fritters) is a very popular street food in Trinidad and Tobago, Guyana and Suriname.

**Mains**
- Jamaican chicken and sweet potato curry, steamed rice and lentil dhal
- Aubergine, okra and sweet potato hot pot with grilled plantains (V)

*Jamaican chicken*
The famous Jamaican jerk marinade originates from a hybrid of the cooking culture of escaped African slaves (maroons) and the indigenous peoples of Jamaica. Rumour has it that the famous smoky-jerk style of cooking meats was adapted by the maroons who cooked meat in pit-fires to produce as little smoke as possible in order to keep their hiding locations in the Jamaican mountains secret from their would-be capturers.

*Sweet potato curry*
Curry spices made their appearance in Caribbean dishes after a large influx of indentured Indian immigrants arrived in various islands to alleviate the labour shortage post-abolishment of the slave trade.

**Dessert**
Pineapple and ginger cake with mango sauce and rum ice cream

*Rum ice cream*
In the colonial era, most Caribbean islands thrived on the income from sugar cane plantations and related trades. Sugar cane was used to produce many goods for export, such as processed sugar, molasses and of course – rum! Rum finds its way into many Caribbean desserts such as tonight’s dessert.

With special thanks to Chef John McGeever and Sue McCarthy for facilitating this special Formal Hall.
We hope you enjoy your meal, and we’d love to hear your ideas for future diversity events at Teddy Hall!

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