



:: Zoom Cooking Club ::

- January 2026 -

Baba Ganoush

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Heart Warming Trinidadian Lamb Stew

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Caribbean Spiced Pecan Tarts

P L E A S E R A T E U S !

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Baba Ganoush

Note: When we first moved to Baltimore, Adam and I used to go to a diner called The Paper Moon which had the BEST Baba Ganoush. Now, after living here in Antigua for the past 20 years, our go-to restaurant for Baba Ganoush is Ali Baba. We have a lot of Syrians and Lebanese in Antigua, with both cultures celebrating their variations of Baba Ganoush. What follows below is my approximation of the dish.

3 Medium eggplants
½ Cup tahini
1 ¼ Teaspoons salt
3 Tablespoons lemon juice
3 Cloves garlic
1/8 Teaspoon chile powder
1 Tablespoon olive oil
Handful of flat-leaf parsley
sprig of thyme

Preheat the oven to 375°F (190°C).

Prick the eggplant a few times, place the eggplants on a lightly greased baking sheet and roast for 30 minutes. Until the eggplant is soft and collapsed. Remove from the oven and let cool.

When cool enough to handle, split the eggplant in half and swoop the pulp into a sieve to drain for a few minutes.

Place all the ingredients into the bowl of the food processor and blend. This dip can be pureed into a smooth paste or roughly chopped. Taste, and season with more lemon juice, salt or pepper if desired.

Spoon the baba ganoush into a bowl, drizzle with additional olive oil and serve with warm pita bread.

** If you want your baba ganoush to have a smokey flavor, roast the eggplant on the stove top, or on a barbeque until they are soft and collapsed. Yum! 🍴

Heatwarming Trinidadian Styled Lamb Stew

I grabbed a Trinidadian style lamb stew since the rich mixed culture of Trinidad gives most of their recipes an added twist, which I appreciate. In addition, I love green seasoning so I couldn't pass up an opportunity to cook the stew with it!

The Stew...

- 3 Lbs bone-in lamb stew meat or boneless lamb cut into 2 inch pieces
- 1 Potato peeled, sliced lengthwise and cubed
- 1 Onion, chopped
- 1 Tomato chopped
- 1 Carrot, sliced
- 2 Celery stalks, chopped
- 2 Tsp salt
- 1 Tsp black pepper
- 3 Tbsp extra virgin olive oil
- 5 Tbsp brown sugar
- 3 Cups hot water

Green Seasoning...

- 8 Large cloves of wonderful life-giving garlic 🍷
- 4-5 Scallions spring onions/1 cup when chopped
- ½ Cup chopped parsley
- 1 Tbsp fresh thyme leaves

Prepping the Lamb...

Clean the lamb by washing it with lemon juice, then rinse thoroughly. Drain well or pat dry using paper towels. Peel, wash, and cut the potato, carrot, and onion. Chop all herbs and set aside.

Making the Green Seasoning...

Place the scallions, parsley, garlic, and thyme into a food processor. Pulse until finely minced, yielding about ½ cup of tightly packed seasoning.

Making the Stew...

Rub the lamb with the green seasoning, salt, and black pepper. If time allows, cover and marinate in the refrigerator for several hours or overnight for deeper flavor.

In a large, heavy-bottomed pot set over medium heat, warm the olive oil and add the brown sugar. Allow the sugar to melt, bubble, and darken evenly without stirring the caramel.

Add the lamb to the burned sugar(reserving any leftover marinade), increase the heat to high, and stir frequently to coat the meat with the burned sugar. Cook for 3–5 minutes, stirring constantly. Lower the heat, cover the pot, and let the lamb cook for 30–45 minutes until it begins to soften.

Add the potato, carrot, celery, onion, and tomato. Continue cooking uncovered, allowing the meat to release its juices. Stir occasionally. Once the mixture starts sticking to the bottom of the pot, add a little bit of water to the pot, and scrape up any browned bits incorporating them into the stew.

Next, pour in the hot water, ensuring the liquid covers the meat. Stir well, bring to a boil, then cover and reduce the heat to low.

Simmer until the lamb is tender, about 30 minutes or longer, if needed.

DIY Garlic Bread

Yes, you can just go ahead and buy some garlic bread for the class, but if you want to whip up your own garlic bread, then give this recipe a try! The only thing we're missing is making the bread from scratch. 🧑🍳

- 1 (14 to 16-ounce) loaf Italian or French bread (not a thin baguette)
- ½ Cup (1 stick) unsalted butter, softened (Ideally grab some English butter)
- 4-6 Large cloves garlic, finely minced (about 2 Tbsps)
- 1 Tbsp finely chopped fresh parsley
- ¼ Tsp sea salt
- ½ Cup shredded mozzarella or ¼ cup grated good quality Parmesan cheese (Optional)

Preheat your oven to 400°F / 200°C. Line a large baking sheet with parchment paper, or aluminum foil, for easy cleanup. Parchment paper is best.

In a medium bowl, combine the softened butter, minced garlic, parsley, and salt. Mash and mix with a fork until all ingredients are well combined. If using cheese, mix it in now or save it for the final step.

Slice the bread in half lengthwise. Place the halves, cut-side up, on the prepared baking sheet. Spread the garlic butter mixture evenly and generously over the cut sides of the bread.

Bake for 10-15 minutes, or until the edges are golden brown and the butter is melted and bubbly.

If you are adding cheese on top, sprinkle it over the bread during the last 2 minutes of baking until melted.

To serve, remove from the oven, let it cool for a minute, then slice into hearty pieces using a serrated knife. Serve warm, perfect for dipping into your lamb stew.

Herby Citrus Garden Salad

Here's a fresh Herby Salad that pairs beautifully with rich lamb stew—bright, citrusy, and full of Caribbean-friendly herbs without overpowering the main dish.

The Salad...

- 3 Cups mixed greens (arugula, baby spinach, or romaine)
- ½ Cup fresh parsley leaves, roughly chopped
- ¼ Cup fresh cilantro leaves
- 2 Tbsps fresh mint, thinly sliced
- 1 Scallion (spring onion), finely sliced
- ½ Cucumber, thinly sliced or diced
- ½ Small red onion, very thinly sliced
- Zest of 1 lime or lemon

The Dressing...

- 3 Tbsps extra virgin olive oil
- 1 ½ Tbsps fresh lime or lemon juice
- 1 Tsp honey or cane sugar
- ¼ Tsp salt
- Freshly ground black pepper, to taste

In a large bowl, combine the mixed greens, parsley, cilantro, mint, scallion, cucumber, and red onion.

In a small bowl or jar, whisk together the olive oil, citrus juice, honey, salt, and black pepper until well emulsified. Pour the dressing over the salad, and toss gently to coat.

Finish with the citrus zest just before serving for a fresh, aromatic lift. Taste and adjust seasoning as needed.

Serve this salad lightly dressed and chilled. Its herbal freshness and citrus notes cut through the richness of the lamb stew perfectly, while still complementing the herbs used in the dish.

Caribbean-Spiced Pecan Pie Tartlets

You may already know that I love a good shortbread crust for my tarts. This tart recipe gives a twist to my usual tarts that many of you have already tried. I hope that you like this new version!

Making the Shortbread Crust...

- 1 Cup (2 sticks) unsalted butter, softened
- ½ Cup powdered sugar
- 2 Cups all-purpose flour
- ¼ Tsp salt
- 1 Tsp vanilla extract

Preheat the oven to 350°F / 175°C. In a mixing bowl, cream the butter and powdered sugar until smooth. Mix in the vanilla extract and then add flour and salt, mixing just until a soft dough forms.

Divide dough evenly and press into the bottoms and sides of a greased muffin tin.

Chill the crusts for 10–15 minutes to help them hold their shape.

Bake for 10–12 minutes, just until lightly golden. Remove from the oven and set aside.

Making the Pecan Filling...

- 1 Cup pecans, chopped (plus extra halves for topping, optional)
- ½ Cup light corn syrup
- ½ Cup brown sugar
- 2 Tbsps unsalted butter, melted
- 1 Large egg
- 1 Tsp vanilla extract
- ½ Tsp ground cinnamon
- ¼ Tsp ground nutmeg
- ⅛ Tsp ground allspice
- Pinch of ground ginger

- Pinch of salt
- 1 Tbsp dark rum (optional, but recommended)
- Zest of ½ an orange or lime

In a mixing bowl, whisk together the corn syrup, brown sugar, melted butter, egg, vanilla, cinnamon, nutmeg, allspice, ginger, salt, rum, and citrus zest until smooth. Fold in the chopped pecans.

Spoon the filling into the pre-baked shortbread crusts, filling each about three-quarters full. Garnish with pecan halves if desired.

Bake at 350°F / 175°C for 18–22 minutes, until the filling is set but still slightly soft in the center.

Remove from the oven and allow the tarts to cool in the pan for 10 minutes before transferring to a wire rack.

Serving Notes...

Serve warm, or at room temperature. It's excellent with lightly sweetened whipped cream, coconut whipped cream, or vanilla ice cream, so feel free to experiment with your taste buds.

Makes 12 tasty tarts.

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