

How to make Trinidad Pastelle

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Prep Time

60 mins

Cook Time

25 mins

Total Time

85 mins

Serves

40

Ingredients

Cornmeal Skins

- 1 Kg [Corn Flour](#)
- 1100g Boiling Water
- 454g [Margarine](#)
- 12g [Salt](#)
- 10g [Brown Sugar](#)
- 12g Mixed green, yellow and red [pimentos finely chopped](#)
- 12g [Maggi Tastemaker](#)

Filling

- 2kg [Minced Chicken](#) (or beef or soya for vegetarian)
- 127g Finely [chopped onions](#)
- 53g [Finely chopped chives](#)
- 5g [Fresh Thyme](#)
- 18g [Minced Garlic](#)
- 3g ground [Black Pepper](#)
- 29g [Salt](#)
- 80g [Brown Sugar](#)
- 4g [Hot Peppers](#) finely chopped (optional)
- 53g [Culantro](#) chopped
- 128g [Ketchup](#)

- 2tsp [Worcestershire sauce](#)
- 110g Finely [Chopped Pimentos](#)
- 50g [Capers](#)
- 50g [Chopped Olives](#)
- 185g [Raisins](#)
- 75g [Vegetable Oil](#)
- 3 [Fresh Banana leaves](#) or [banana leaf alternative](#)

Instructions

Filling

1. Season meat with chive, onions, thyme, cilantro, garlic, hot pepper, black pepper, and salt
2. [Brown the sugar](#) in oil in a [pot](#), add seasoned meat. Add ketchup, Worcestershire Sauce, pimentos, and cook until tender and soft.
3. When meat is tender, remove from heat. Mix in capers as well as chopped olives and raisins and set aside.

Cornmeal Dough

1. In a [mixer](#), melt butter in hot water. Fitted with a paddle, add cornmeal, sugar, pimentos, Maggi, and salt. Run on slow speed for 2 minutes. You may need to add more hot water to keep the dough soft.
2. Make round balls 60g each and cover with plastic or a damp [cloth](#) (if necessary, slightly spritz with water to keep moist)

Cooking & Folding Pastelles

1. Cut the aluminum foil into 10" x 10" squares. Grease the foil very well with butter so that the dough does not stick to the foil.
2. In a [pastelle press](#), place the dough on the leaf on top of the foil and flatten it. Place one piece of the foil on the table and then place 2 pieces of the banana leaf alternative (or 1 big banana leaf) on top of this foil. The 2 leaves should be side by side. Then place the flattened dough in the center of the 2 leaves. Place 2 tablespoons of filling in the middle of the dough. Now fold over the foil onto itself. Keep folding over the edges as shown in the video at the top of this page or go directly to the video: [How to press and fold a Trinidad Pastelle](#)
3. Steam for 25 minutes.

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