

10 – FOOD & IDENTITY



ROOTED IN CULTURE

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STORIES. IDENTITY. COMMUNITY.



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FROM INDIA TO THE CARIBBEAN.

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Indian culinary traditions were brought to the Caribbean by indentured laborers in the 1800s. Using local ingredients and adapting to new environments, these foods evolved creating the Indo-Caribbean flavors we know and love today.



CURRY

Indian curry traditions traveled to the Caribbean with indentured laborers. Indo-Caribbean curries developed their own flavors through local ingredients and cooking styles.



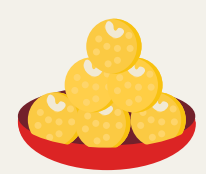
DHAL

Made from split peas and seasoned with ingredients like garlic, cumin and pepper, dhal became an everyday staple commonly eaten with rice or roti.



ROTI

Brought from India and made with simple ingredients flour, water and salt roti became a daily food that adapts to every meal and occasion.



SWEETS

Sweets like mithai and coconut drops continued across generations, becoming part of religious celebrations, holidays and family gatherings.

The ingredients tell a history. The recipes tell **our story.**



12 - SWEETS & TRADITION



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HAPPY
Diwali

HAPPY
Diwali

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