



Bajan Cou-Cou

The Heart of Barbados



*A true
Bajan classic –
simple, satisfying
and made
with love!*



INGREDIENTS

- 6 okras, sliced thinly
- 2 cups cornmeal
- 1 tbsp butter, plus extra for buttering dish
- 1 medium onion, chopped finely
- 2 large cloves garlic, minced
- 1 tbsp thyme, minced finely
- 1 tbsp oil
- 1 tsp salt
- 4 cups boiling water
- 2 cups tap water

EQUIPMENT

- Preferably, but not necessarily, a heavy-bottomed pot
- Wooden spoon
- Bowl for molding



METHOD

1. Soak cornmeal in 2 cups tap water 5 minutes before you are ready to start making the cou cou.
2. Heat oil in pot and sauté onions, garlic and thyme for 1–2 mins.
3. Add sliced okras and sauté for one minute.
4. Add 4 cups boiling water, cover pot and let boil for 10–12 minutes.
5. Using a slotted spoon, remove the okras and set aside and keep warm.
6. Pour out half of the liquid from the pot and set aside (reserve).
7. Turn the heat to very low, add the soaked cornmeal and salt.
8. Stir constantly with a wooden spoon to avoid lumps and scorching.
9. As the cornmeal begins to dry out, add the reserved liquid in stages until the cou cou is cooked.
10. When the mixture begins to break away clean from the sides of the pot, add back the okras and incorporate fully.
11. Let the cou cou continue to cook until firm but not stiff. When you insert the spoon in the center, it should stand and remove easily.
12. Pour cou cou into a generously buttered bowl and swirl/shake it around to form a mold.
13. Invert the bowl onto a platter.
14. To serve, create an indentation in the center of the cou cou and heap with stewed fish, meat or vegetables, letting the rich sauce spill over the sides.

BAJAN TIPS FOR PERFECT COU-COU

- ✓ Always use a wooden spoon – it gives you control.
- ✓ Stir constantly from start to finish.
- ✓ The mixture should be smooth, moist and lump-free.
- ✓ Do not stop stirring until it is done.



Bon Appétite – Bajan Style!

