

Doubles from Trinidad

Makes 4 drinks

This recipe is from Black Food which is a collection of recipes related to the black experience in the U.S. This is a street food from Trinidad and Tobago. The recipe has four parts; the bread or Bara, a chickpea, potato, and squash filling, a tamarind sauce, and a cucumber chutney.



Ingredients: Bara

- 1/2 cup warm water
- 1/4 tsp. sugar
- 1 tsp. dry yeast
- 2 cups flour
- 1/2 tsp. salt
- 1 tsp. turmeric
- 1/2 tsp. ground cumin
- 1/2 tsp. black pepper
- Spray oil
- 3 cups vegetable oil (1" deep in a skillet)

Ingredients: Filling

- 2 cups dry chickpeas
- 1 Tbsp. vegetable oil
- 1 onion (1 cup diced)
- 3 garlic cloves
- 2 Tbsp. curry powder
- 1 Tbsp. ground cumin
- 1/2 lb. Yukon Gold potatoes
- 1 small butternut squash

Ingredients: Tamarind Sauce

- 1/4 cup tamarind paste
- 1/2 cup cane sugar
- 1 Tbsp. water

Ingredients: Cucumber Chutney

- 1 Tbsp. hot pepper sauce
- 1 cup diced or grated cucumber
- 4 sprigs of cilantro
- 1/2 tsp. cane (or rice) vinegar

Equipment

- Rolling pin
- Electric skillet
- Temperature probe
- Paper towel
- Vegetable peeler

Doubles:

☑	Description	Time (min)
	Bara	
	In a medium bowl, mix 1/2 cup water with 1/4 tsp. sugar and 1 tsp. dry yeast. Allow to sit and become bubbly	4
	In a separate bowl, whisk together 2 cups flour, 1/2 tsp. salt, 1 tsp. turmeric, 1/2 tsp. ground cumin, and 1/2 tsp. pepper	2
	Fold the flour mixture into the liquid. Add water, if necessary to moisten all the flour. Knead until the dough is soft and smooth	3
	Spray a bowl with oil, place the dough in the bowl and cover it. Allow to rise in a warm place until double in size.	90
	Separate dough into ten pieces. Flour a work surface. Roll each piece of dough to 1/4" thickness	10
	Heat oil in an electric skillet to 350 degrees	4
	Fry dough on one side for 1 minute on each side. Remove to paper towel to drain. Repeat. Check oil temperature between batches	10
	Filling	
	Rinse chickpeas and then soak overnight	12 hr
	Rinse chickpeas again. Add to a large pot, cover with water and bring to a boil.	4
	Simmer until tender	20
	Drain and reserve water. Add back enough water to just cover the peas.	2
	Peel and smash 3 cloves of garlic	2
	Peel and cube 1/2 lb. of Yukon Gold potatoes	5
	Split butternut squash. Remove seeds, peel, and cube	5
	In a large cast iron skillet, add 1 Tbsp. oil, 1 diced onion, garlic, 2 Tbsp. curry powder, 1 Tbsp. ground cumin.	2
	Heat until onion is softened and then turn off the heat	5
	Add the potatoes and squash. Stir to coat.	2
	Add reserved chickpea water to cover vegetables	1
	Simmer until tender	20
	Add chickpeas and stir to coat	2

☑	Description	Time (min)
	Season with 1/4 tsp. salt and 1/8 tsp. pepper	1
	Tamarind Sauce	
	In a saucepan combine 1/4 cup tamarind past with 1/4 cup sugar and 1 Tbsp. water. Heat and stir to dissolve sugar.	2
	Remove from heat and transfer to a closed container.	1
	Cucumber Chutney	
	Peel and dice a cucumber	3
	Mix 1 Tbsp. hot pepper sauce with diced cucumber and 1/2 tsp. vinegar	2
	Garnish with sprigs of cilantro	
	To Serve:	
	Place warm Bara on a plate. Spread tamarind sauce on the bread. Spoon chickpea mixture over it, and then top with chutney.	
	Total	