

Guyanese Cuisine - Tastes like Home By Cynthia Nelson



Hello!!

Welcome to Tastes Like Home, my virtual dining table! I'm Cynthia.

I was born and raised in the only English-speaking country in South America – [Guyana](#). Guyana is a multi-cultural society and you will see that reflected in the food I make. Guyanese trace their heritage to every corner of the world, but especially Africa, India, China, Portugal, and to the indigenous populations for whom the region has always been home.

I've been living in Barbados now for more than a decade and so when I speak of home these days, I do not only refer to [Guyana](#) as home but also [Barbados](#) as both places contribute in different and significant ways to who I am.

I am a trained media practitioner and teach Broadcast Journalism. As a food writer, I write a weekly newspaper column, Tastes Like Home which is published in print and online at Guyana's leading newspaper, <http://www.stabroeknews.com/>.

Apart from my column, I also write freelance for a variety of publications regionally and internationally. I am a regular contributor to [Caribbean Belle](#) (Trinidad) and [City Style & Living](#) (Canada). I also contribute to **U Magazine** (a new Health Magazine produced and published in Trinidad & Tobago).

My Blog - <http://www.tasteslikehome.org/>

The food scene in Guyana is diverse and very different from that in Barbados and food was the main thing that I missed about being away from home. Sure I missed my family but I did not separate the two because the food was very much a part of my daily familial gathering. For me, food is more than what is on my plate; it is about the atmosphere, the people...

My weekly newspaper column was created with the focus of chronicling the tastes of home that I missed. I started the blog to tie-in with my column and to give readers an opportunity for interaction. I also see it as a way to introduce people to Caribbean food and to emphasize that we are more than a garnish – some of you know what I mean, more than the slice of pineapple that sits on the rim of a glass, the slivers of mango that adorn a plate or the shreds of coconut sprinkled over something.

Over the years, **Tastes Like Home** has evolved and grown as I too have evolved and grown; so too has the food scene here in Barbados. Today, I can find 90-percent of the ingredients and produce that can create a taste of Guyana that I was missing 12 years ago. I have incorporated the tastes of Barbados as a part of my tastes like home.

Thanks also to phenomenal food bloggers who cook and write tirelessly, my cooking repertoire has and continues to grow exponentially. Today, Tastes Like Home has become the food I make and serve in my home, from various cuisines and influences. It's homemade, it tastes like home.

Please visit my Blog at <http://www.tasteslikehome.org/> for my columns, Readable Feasts and Albums which have pictures and links to various slide shows like this one below :-

Check out this slide show: - [Fruits of the Caribbean](#)

Please note that all content featured here and on my blog – text and photography are copyright protected with all rights reserved. Please ask my permission before using any of my material. My E-mail is cynthia@tasteslikehome.org



Guyanese vegetables, fruits and condiments in the marketplace



Picture and demo Albums on my Blog

- [Barbados Agricultural Festival – Agrofest](#)
- [Caribbean Fruits](#)
- [Food scenes from Guyana](#)
- [Making Butterflaps](#)
- [Plucking & Roasting Chicken for Curry](#)
- [Roasting Breadfruit](#)
- [Scenes of Barbados & Guyana](#)

Here you will find links to my recent columns.

1. [A mental adjustment to cooking and eating](#)
2. [In Defence of All-Purpose Flour](#)
3. [Of Sponge Cakes & Pound Cakes](#)
4. [Homemade Granola](#)
5. [Conquer Your Oven](#)
6. [A Bountiful Opportunity](#)
7. [Cornmeal Cou-Cou in 10 minutes!](#)
8. [Pau takes me back...](#)
9. [What is Wheat Germ](#)
10. [No flipping pancakes for me](#)
11. [In touch with my senses... eating with my hands](#)
12. [So you want to make a Trini Pelau?](#)

Go to the blog for previous columns and more albums. **My Blog - <http://www.tasteslikehome.org/>**

Carnegie marks 77th year with health fair

April 30, 2010 (SN) - **The Carnegie School of Home Economics and Craft Production and Design Division** held a one day health fair on April 29, as part of the celebrations to mark its 77 years in existence.

The fair, which was held at the school's compound, D'Urban and High streets, was declared open by Yvette De Freitas a public health nutritionist from the Food Policy Division of the Ministry of Health. De Freitas who was a former teacher of the school said the health fair is an indication of the school's effectiveness to provide education that is right and relevant.

She urged the students as they go through the sessions to ask questions and pay attention to their bodies since teenagers usually do not see the need to take care of their health.

Meanwhile, Avril Boston, clothing and specialist teacher at the school said that this was the second year the school has held a health fair which is aimed at educating students and visitors about a variety of subject areas so that they have an all-rounded health education.....

Read full article here: [Carnegie marks 77th year ...](#)