



Nanny of the Maroons

Nanny of the Maroons (also known as Queen Nanny or Granny Nanny) was the leader of the Jamaican Maroons in the 18th century. Very little is documented about Nanny in historical books. Most of what is known about Nanny has been passed down through oral tradition. Even Nanny's birth and death dates remain guess work; though it is assumed she was born sometime in the 1680's and died during the 1730's.

Nanny was born in what is now Ghana in western Africa, a member of the Ashanti tribe, and she was brought to Jamaica as a slave. After she was brought over, she and her brothers were determined to flee with other slaves, escaping into the Blue Mountains. There she led in the development of a community of free women, men and children – the Windward Maroons.

Nanny was a small, wiry woman, with piercing eyes. It is said that she had an

extensive knowledge of herbs, and was trusted as both a physician and spiritual leader. Nanny's influence over the Maroons was so strong that it seemed supernatural; therefore, it was said to be connected to her powers of obeah (a term used in the West Indies to refer to folk magic, sorcery and religious practices from African origins).

Around 1720, the land that the Maroons inhabited became known as Nanny Town. The town was led by Nanny and her brother Quai, and was organized to resemble a typical Ashanti tribe in Africa. Nanny Town overlooked the Stony River, sitting on top of a ridge some 300 metres high. It was virtually impossible for the British to attack the town without being seen long before they reached the town. Nanny was a master of guerilla warfare and is credited with being the military leader of the Windward Maroons. She taught the Maroons some very clever tactics to win battles against the British.

The Windward Maroons survived in the

mountains by sending traders to the cities to exchange food for weapons. They were also known for raiding British plantations for weapons and food, burning the plantations, and leading slaves back to Nanny Town. Nanny was credited with organizing plans to free hundreds of slaves.

Between 1728 and 1734, the British repeatedly attacked Nanny Town. Sometime after Nanny's death, the remaining Windward Maroons of Nanny Town travelled across the island to unite with the Leeward Maroons. In 1734, a Captain Stoddart attacked the remains of Nanny Town, which he described as being "situated on one of the highest mountains in the island," via "the only path" available. "He found it steep, rocky, and difficult, and not wide enough to admit the passage of two persons abreast".

The site of the old Nanny Town has remained largely untouched for over 250 years. In fact, it has returned to nature and is no longer distinguishable from the

Introducing the iPad.



By: S. Lally

Before Apple's official introduction of its latest must-have device, the Apple iPad, it was difficult to think of another electronic gadget that had created such a buzz, with wild speculation and rumours flying about it before its very existence was even confirmed. In fact, the last device to create such immense pre-release hype and speculation was probably the Apple iPhone; before that, the original iPod, and even earlier, the original MacBook. These Apple products were all major buzz-generators before anyone knew the details of what the devices were capable of doing.

So, what is it about Apple products that gets people so excited, while scaring other companies enough to rush their products to store shelves, in many cases before they are even fully tested and bug-free? A closer look at the iPad

shows why Apple continues to lead the way in portable consumer electronics, managing to bring real substance to go with the overwhelming cool-factor of just about everything they make.

What is the iPad? On the surface, think of it as a very large iPod Touch, with a few significant extras. Hardcore techies may see this as a bad thing, but users and fans of the iPod will understand immediately why this could be a groundbreaking product. The iPad has the following key features.

Key Features:

- Gorgeous 9.7" touchscreen display with a resolution of 1024 x 768 pixels
- Wi-Fi connectivity to connect to wireless internet hotspots

- Optional 3G connectivity, allowing Internet connectivity via cell network (although models with this capability will cost more, and data charges will apply through your cellphone company)
- 1 GHz Apple A4 CPU
- iPhone OS 3.2
- 16/32/64 GB of onboard storage
- Very light weight of 680 grams (730 grams for the 3G version)
- A skinny 12.7mm depth (about the thickness of a DVD case)
- Bluetooth Capable
- 10 hours continuous battery life

Cold Sores

are a pain in the...

LIP!



By: M. Udovc

As I sit and write this article, I have a monstrous cold sore inhabiting my upper lip. Yuck!! Are you one of those unlucky people who get cold sores? You know those annoying little blisters that usually appear on your lip at the most inopportune time and seem to last forever!

Cold sores are caused by a virus known as herpes simplex virus 1 (HSV-1). Generally, we become infected with HSV-1 as children. In most cases, this initial infection does not cause any symptoms. The virus usually infects the mouth and may cause sore gums or sore throat in children. Once you have the virus in your body you can never get rid of it. About 20-40% of infected people will suffer future outbreaks throughout their lives.

The virus will move from the mouth and remain inactive in your central nervous system until it is reactivated. When this occurs, the virus travels down the nerves to the skin where it causes cold sores / blisters around the lips, or in some people, on the nose, chin or cheeks.

People who get cold sores often know in advance that a cold sore is about to surface because they can feel a tingling, itching or burning sensation around their lips. The outbreaks may be caused by stress, sunlight, sunburn,

illness (fever), hormonal changes or even skin trauma on or near the lips. Cold sores can appear one at a time or in little bunches. They can initially look like little blisters filled with fluid. As they heal, they usually crust over and form a scab before they go away. Typically, cold sores last about a week or two and usually don't require any special treatment.

There is no cure for cold sores. There are medicines available that can help treat the cold sores once they have formed. If you suffer from frequent cold sores, then you could benefit from a trip to the doctor to confirm the diagnosis and get a prescription medication (acyclovir cream is quite effective). Without a prescription, you could try a cream called *Abreva*® available at your pharmacy or drug store.

Things to remember if you have a cold sore:

- Wash your hands often to reduce your risk of transferring the virus to other areas of your face or body;
- Try not to pick at the cold sore once a scab has formed, as this is part of the healing process;
- Avoid kissing another person or sharing a drinking glass, utensils, or toothbrush (any items that may come in contact with the cold sore).

KITCHEN

KORNER

Jerk Chicken by M. Udovc

The word jerk refers to the seasoning mix, the cooking method, and to the meat that has been treated to the jerk seasoning. Jerk was first created by the original natives of Jamaica, called the Arawak Indians. The jerk spices and the hot peppers actually helped to preserve their meats in the island heat, as did drying them over an open fire. It is thought that the term jerk may have come from the Spanish word “*charqui*”, meaning ‘dried meat’.

True Jamaican jerk must be barbequed. The traditional way is to slow roast the meat at a low temperature for several hours over a fire using allspice branches, which give a sweet and spicy smoke flavour to the meat.

There are many recipes for jerk seasoning, but Jamaican food lovers agree that there are three jerk spice ingredients that are key to the recipe:

- Allspice,
- Scotch bonnet peppers, and
- Thyme.

The Allspice berry, also known as “Jamaica pepper”, is native to the island. It is a dark-brown, pea-size berry from the evergreen pimento tree with a sweet mixture of cinnamon, clove and nutmeg flavours.

Scotch bonnet peppers are small, orange, wrinkly and extremely hot. They are one of the hottest of the habanero chile peppers available. DO NOT handle Scotch bonnet peppers without wearing plastic or latex gloves because the oils can cause serious irritation and burning to your hands. If you’re concerned about eating something that hot, you can substitute a milder pepper, like a Jalapeño pepper.

Thyme is widely used in Caribbean cooking. It is a member of the mint family with an aromatic, minty, tea-like flavour.



JAMAICAN JERK SEASONING PASTE



SPICY-HOT ALERT!! Be warned, if you cannot handle spicy-hot foods, then jerk may not be for you. Removal of the hot peppers really changes the end product, and it's just not real jerk without the heat!

INGREDIENTS:

- 2 - 4 hot peppers (scotch bonnet or Jalapeno peppers), seeded and diced
- 3 Tablespoons ground allspice berries
- 2 bunches of green onions, finely chopped
- 5 cloves garlic, chopped
- 2 inch piece of fresh ginger root, peeled and chopped
- 1/3 cup fresh thyme leaves
- 1/2 teaspoon grated nutmeg
- 1 teaspoon ground cinnamon
- 1/2 Tablespoon ground black pepper
- 2 Tablespoons lemon juice
- 1/4 cup vegetable oil
- 4 chicken breasts or any chicken pieces that you like to eat. You can use skin-on or skinless chicken; bone-in or boneless.

PROCEDURE:

1. Combine all ingredients, except the chicken, into a blender or food processor and mix into a smooth paste.
2. It's a good idea to wear plastic or latex gloves while handling the seasoning.
3. Rub about 1 teaspoon of the seasoning paste all over each piece of chicken.
4. Put the meat into a shallow dish, cover with plastic wrap and place in the refrigerator to marinate for at least 1 hour; or you can leave it in the refrigerator overnight to allow the spices to permeate the meat.



5. If you are using the barbeque, please ask an adult to help with the grilling
6. Preheat the grill to 350°F to 400°F.
7. Remove the chicken from the marinade dish and place chicken on the grill.
8. Cook approximately 7 to 10 minutes per side until done, for boneless chicken. It will take slightly longer for bone-in chicken.
9. To bake, preheat the oven to 350°F. Place chicken in a baking dish and bake 20 to 25 minutes.
10. You can serve the chicken with another Jamaican favourite – Rice and Peas. Search the web for a tasty rice recipe.

BTW - Chicken and pork are the two most traditional meats to jerk, but the seasoning is great on beef, lamb and fish, as well.

Editor's Note: There are many brands of jerk seasoning available in Caribbean grocery stores. We like Walkerswood Jamaican Jerk Seasoning 10oz jar.



Fried French Matching Game

By Maude Stephany

Interested in a career in hospitality? Test your French to see if you can figure out the role of each individual in a full service restaurant. Match their French title (Numbered 1 to 12) to their English title (Letters A to L). For an added challenge, match them to the items that they prepare in the kitchen or services they offer the client (Roman numerals I to XIII).

Be careful – some positions have more than one job, and some jobs have more than one Chef!

(Answers on pg 61)



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|--------------------|-------------------|
| 1. Garde-manger | A. Roast Chef |
| 2. Poissonier | B. Executive Chef |
| 3. Grillardin | C. Pastry Chef |
| 4. Rotisseur | D. Host/Hostess |
| 5. Pâtisseries | E. Sauce Chef |
| 6. Tournant | F. Assistant Chef |
| 7. Saucier | G. Relief cook |
| 8. Entremetier | H. Broiler Chef |
| 9. Sous-Chef | I. Fish Chef |
| 10. Chef | J. Pantry Chef |
| 11. Maitre d'hotel | K. Wine Steward |
| 12. Sommelier | L. Vegetable Chef |
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| I. | Greets and seats clients in restaurant |
| II. | Prepares salads and dressings |
| III. | Prepares broiled meats and sauces |
| IV. | Answers questions about wines |
| V. | Chef that all brigade Chefs report to |
| VI. | Prepares vegetables, soups, starches and eggs |
| VII. | Runs the kitchen |
| VIII. | Prepares sauces, stews and hot hors d'oeuvres |
| IX. | Prepares pastries and desserts |
| X. | Prepares roasted and braised meats and sauces |
| XI. | Prepares and keeps buffet items, and cold hors d'oeuvres |
| XII. | Prepares fish dishes |
| XIII. | Works all brigade stations depending on where they are needed most |
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