Breakfast Mix Granola

Honey-sweetened with a dash of cinnamon, roasted cacao nibs - these rich, chocolatey nibs are loaded with nutrients. Cacao nibs have the bitter, complex flavour of unsweetened dark chocolate, with a firm but chewy texture similar to roasted coffee beans. They are also a good source of fibre. Pumpkin seeds that are a good source of antioxidants, magnesium, zinc and fatty acids — all of which may help keep your heart healthy this is our clean take on traditional granola.



Cinnamon Chai Granola

This granola is handcrafted with a sunny blend of chai spice, rolled oats, grated coconut, chia seeds, coconut oil, and date syrup. Cinnamon is rich in antioxidants and other beneficial compounds. Some research suggests that it may help support blood sugar control, protect against heart disease, and reduce inflammation.



Coco Loco Granola

Your nutritious Chocolate Fix. 100% Trinitario cocoa powder, unsweetened shredded coconut, and masala chai spice blend bring back memories of your favourite hot chocolate drink—without the junk. —This delicious granola can satisfy the fussiest eater. This granola is handcrafted in small batches with flax meal, shredded coconut, sunflower seeds, almond nuts, dried cranberries, coconut oil, pure cocoa powder, masala chai blend (Cinnamon, ginger, nutmeg, and clove), and sea salt.



Chocolate Masala Chai or spiced tea

Saying chai tea is like saying 'tea tea' If you were to say this in India you would get 'the look' foreigner in our midst. Lol! That is why, one would say Masala Chai – or spiced tea. This homemade Chocolate Masala Chai is a big hit with my family. A jar of this comforting blend is always mixed and ready to brew. This spice blend is made from a variety of whole spices that I collected locally and from travels, which was then ground and mixed with pure cocoa powder from the Brasso Seco region. There are many varieties of this spiced tea available; however, this one is slightly different a joyous blend of Trinidad & Tobago cocoa powder, ground orange peel, and spices from around the world.





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Matcha Masala Chai or spiced tea

So, you have heard of Matcha, a type of green tea with an earthy-spinach-umami taste that is ground into a vibrant green powder. But did you know it is apparently very good for you? Especially when mixed with ginger and turmeric. Traditionally, you drink Matcha by adding boiling water and mixing it with a bamboo whisk until frothy. Matcha powder is like the protein powder of the tea world: You can add it to practically anything, we loved it so 'matcha' we added it to our homemade Masala Chai blend which is a big hit with my family. A jar of this comforting blend is always mixed and ready to brew. This spice blend is made from locally grown turmeric and ginger, which is dehydrated and then ground.



Sorrel Chocolate Spread with Peanut Butter

Sorrel, the most popular drink during the Christmas and New Year season in the Caribbean. Now, you can have Chef Marcelle spin on this super versatile flower paired with Trinidad & Tobago world-famous cocoa beans combined and a hint of peanut butter into a rich velvety spread on your favourite bread or pancake.

Hot Honey (Scorpion Honey)

Pure honey from the region of Sangre Grande, Trinidad infused with spice rum with notes of black cardamom, clove, cinnamon, and bay- leaf.

Or you can try our other version infused with cane sugar vinegar, raw garlic, and scorpion pepper flakes.

Hot honey or sweet heat is the fiery kick you did not know that you were missing on your pizza, sweet & sour fish, sticky wings, or chicken and waffles.





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Chocolate steak salt with mushrooms

This delectable blend of pure cocoa powder, dried button mushrooms, mint, and rosemary, turns fish, streak, fried eggs, or vegetables into a mouth-watering meal! Ingredients are dehydrated, then ground and bottled by hand.



Chocolate Steak sauce with tamarind

If you think that chocolate is only for indulgent desserts and tempting snacks think again. It does not always have to play the lead role in a dish, in savory cooking it works as an amazing supporting act. Cocoa is a great chef's weapon. Classically, in savoury cooking, you use 100% cocoa with no added sugar. This delectable sauce is a mix of tart and sweet with a subtle hint of orange as well as molasses from the muscovado sugar.



Peri-Peri sauce ft. tamarind, bird pepper, and scorpion pepper

This sauce can be used as a condiment or marinade, and key ingredients are pepper, tamarind, and garlic, with an oily or acidic base. Peri-Peri sauce has been around since the 15th century when the Portuguese settlers in Africa came across the ingredient – an African bird's eye chili – they made a marinade with garlic, red wine vinegar, paprika, and other European imports. Five hundred years on, the exact origins of this recipe are still debated as both Portuguese Angolans and Portuguese Mozambicans claim to have created the special mix. Regardless, the recipe remains a celebration of the cultural legacy and culinary fusions of the region.

How did the sauce that started in the former Portuguese empire in Southern Africa end up such a popular global condiment in Trinidad & Tobago? It speaks to the culinary, cultural, and economic crossroads that is Southern Africa. Like everything else, the movement of people from one region to the next saw the migration and integration of chili peppers. For example, the transatlantic slave trade brought the African bird's eye pepper to the Caribbean.





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Peri-Peri sauce

ft. coconut, pineapple, bird pepper and scorpion pepper

We Trinbagonians love to add our flair and mouth-watering fusions to everything; thus, this spicy Piña Colada that take your bake & shark up a few notches.

Peri-Peri Herb & Pepper spice mix

This amazing blend of local herbs, pepper and spices turns chicken, steak or vegetables into a mouth-watering meal! Herbs are dehydrated, then lightly toasted, grind and bottled by hand.

Peri-Peri Pineapple & Coconut spice mix

This delectable blend of dried coconut, pineapple, local herbs, pepper and spices turns fish, shrimp or vegetables into a mouth-watering meal! Ingredients are dehydrated, then lightly toasted, grind and bottled by hand.

Peri-Peri Scorpion Oil

Fiery and filled with texture, this chilli oil is one of the best condiments out there. This version is inspired by the original, but taken up a notch with Moruga Scorpion pepper. It is loaded with extra-large pieces of dried green onions, herbs, five spice powder and garlic chips, bonus aromatics for some delicate background noise. This Chilli oil is handcrafted in small-batches with virgin coconut oil.



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<u>The Chef</u> – Jeanette Roxanne Marlene Marcelle has been working in culinary/hospitality for over two decades. How I got my start in the industry is more or less the same way most of the greats start. From dishwasher to server, then to culinary school, and as they say "the rest is history" Lol!

Cook trainee to Chef de Cuisine - I did

my mandatory industry training at the Hilton Hotel and Conference Centre; as much as I loved it here, I knew I wanted more than just going to work and cooking the same thing over and over, so when the opportunity presented itself to work on Cruise ship, I dived in head first. After three years with a luxury cruise liner, it was time to return to Trinidad & Tobago and sharpen more than just my knife skills. While reading for my BA (Hons) in Human Resources Management I started my first official business – a catering company; which was very successful for a number of years. I also did my MBA in marketing with electives in Entrepreneurship.



After my business studies; another opportunity took me to Barbados as a kitchen manager, then to the platinum or the Riviera of the Caribbean as its fondly called working at the world's first and original luxury beach club. Then it was off to the French West Indies at a small gastronomy restaurant in the capital of Martinique as Chef de Cuisine.

<u>Chef to Agri-processor</u> – What do you do when a pandemic obviates your career as a traveling chef? First, you have yourself a good cry and then you dusk off your recipe book and get down to creating employment for yourself and your community while creating clean and unique products from indigenous ingredients such as cocoa, coconut, tamarind, Scorpion pepper, and West Indies herbs. My first product was the chocolate tamarind steak sauce, which placed third in the Cocoa Research Centre innovative chocolate cuisine challenge. Since I started with chocolate Trinidad & Tobago produces some of the world's finest grade of cocoa beans. "Trinitario is one of the most flavourful cocoa beans you will ever find; it was only natural that the main ingredient in most of my products feature the "food of the Gods."



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