

The Islands of the **BAHAMAS**

RECIPE CARD

GUAVA DUFF

INGREDIENTS

- 12 guavas, peeled (or 14 oz canned guava shells)
- ½ cup sugar
- 1 tsp cinnamon
- 1 tsp allspice, ground
- 4 cups flour
- 3 tsp baking powder
- 1 tsp salt
- ¾ cup shortening
- ¾ cup milk
- 1 egg, beaten

Rum Butter Ingredients:

- 1 cup confectioners sugar
- ¼ cup butter
- 1 tsp boiling water; dash of salt
- 2 tbsp rum or brandy to taste



METHOD

- 1 Peel guavas, cut in half and remove seeds. Dice the guava and strain to remove juice, saving the juice to flavour sauce if desired. Place the guava in saucepan and cover with water. Add sugar, cinnamon and allspice, the simmer until fruit is soft.
- 2 In a separate bowl, combine flour, baking powder and salt. Cut in shortening. Stir in milk and egg to form a soft dough. Knead until smooth. Roll out like a jelly roll on a floured board. Place the guava pieces on the center of the dough and roll over until the dough is spiraled with guava. Seal edges carefully. Wrap dough in a cotton or linen bag, or foil and parchment paper, tie the top securely and put into a large pot of boiling water for 1 hour or more if necessary to set the duff.
- 3 **Rum Butter Directions:**
Cream butter until soft, but not melted. Beat confectioners sugar in gradually. Add boiling water, salt and rum or brandy. Beat until smooth and fluffy. Cut the guava duff into 1-2 inch slices with a 1-2 tablespoons of Rum Butter Glaze melted on top.



Credit: Tru Bahamian Food Tours