

**TRINIDAD RECIPES COOKBOOK: MOST WANTED  
TRINIDAD COOKING RECIPES (CARIBBEAN RECIPES)**

Leanne H. Arbaugh

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You can get it at the supermarket. This pigeon peas recipe is the answer. LookingforwardtomakingDoublessoon! This is a re-do of a recipe I shared a few years back, but with closer attention you'll notice that the technique is a bit different. Eating it comes to be a ritual: bend forward slightly to avoid the filling getting on your clothes; hold doubles opened in one hand while the other picks up the bara filled with the channa and condiments... Or if you find that too messy you can enjoy it like I do... unwrap one side and munch away like a veggie wrap or burrito.

Vividlyphotographed,LivingCoastalfusesartandfoodinawaythatwillcha

taste decide.