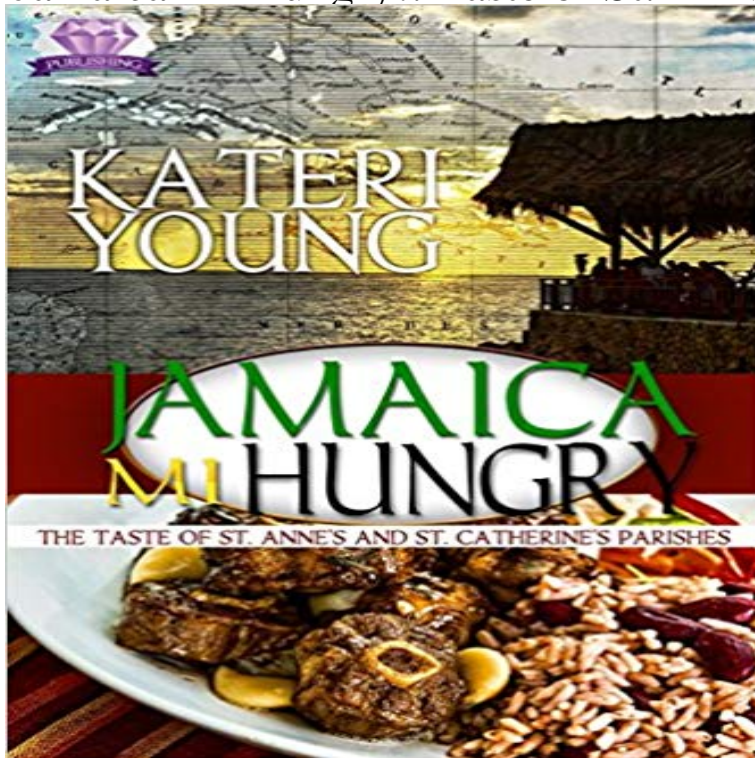


Jamaica Mi Hungry!: Taste of St. Anns and St. Catherine Parishes



As a child, my house was always filled with the smells of Jamaica. I lived with my mom and grandparents who were born in St. Annes. My grandfather would make breakfast for me four times a week. Fanny would make breakfast the other days. I always knew what was for breakfast by the music playing; I loved when I woke up to Bob Marley, an instant smile spread across my face. Why? Because that meant that, it was Cornmeal Porridge day or my Fannys famous oatmeal. That recipe was brought down by Nana, affectionately known in St. Annes as Aunt Mim. When we heard Garnett Silk, it was Ackee and Salt fish for breakfast. So much music, so much food!

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