

# Precooked Meals



We're always looking for new ways of improving 'the guest experience' and often think "what would we like" when we are staying somewhere else. Tropical Hideaway does not have a restaurant, but all our accommodations do have kitchens giving you the flexibility to prepare your own meals or to dine out at some of Bequia's fine restaurants. What if we could find some good recipes, prepare and cook the food ourselves and freeze the meals as soon as they are cooked. We already have a Vac Pac machine, so food preservation and freezing isn't a problem and the convenience to our guests of having ready prepared meals available with the minimum amount of work, has to be another great option. So here we are, several months later, with a range of ready prepared meals, all cooked by ourselves or our staff, using healthy, locally sourced ingredients wherever possible and always flavoured with a Caribbean twist that hopefully you will enjoy.

Fish & Shrimp Pie



Hearty Vegetable Soup



Chicken Curry



# Fish and Prawn Pie



Home cooked healthy food with locally sourced ingredients using prime cuts of fish from Cod, Tuna, Dorado and Blue Marlin with a generous helping of Prawns. This pie is one of our favourite dishes

**Serving suggestion :** Serve with peas or vegetables (*not Included*) or with our Caribbean Oil Down. Frozen peas are available in our shop.

## Ingredients

*3 species of fish, cod, mahi mahi, tuna, swordfish, or blue marlin*

*Smoked mackerel*

*Prawns*

*Mushrooms*

*Potatoes*

*Cheese*

*Milk*

*Butter*

*Flour*

*Capers, peppercorns, bay leaves,*

*thyme, parsley, nutmeg,*

*cayenne pepper and salt for*

*seasoning.*

*We use no preservatives or colourings in any of our meals*



## Heating Instructions.

Place in the fridge and when thawed remove any outer covering and place the glass dish in the microwave. On the microwave setting heat for 3 minutes. Rest for 2 minutes and if the centre of the pie is still cool microwave for another minute or until the temperature is to your liking. (*Do not leave any metal utensils in the microwave when heating*)

## From frozen

Use the defrost setting on the microwave oven and once thawed follow the instructions above.

*Please wash and return the dish after use.*

**\$80 EC**

**Contains 2 generous portions**

○ 1 white sticker indicates Fish and Prawn pie

# Chicken Curry with chickpeas and potatoes



Made using prime cuts of chicken breast this Caribbean style mild curry is wholesome and tasty.

Serving suggestion : Serve with rice (*not Included*). Rice is available in our shop.

## Ingredients

Chicken  
Chick peas  
Potatoes  
Tomatoes  
Curry powder  
Scotch bonnet pepper  
Green seasoning  
Garlic  
Onions  
Ginger  
Cilantro  
Vegetable oil  
Salt and pepper for seasoning

*We use no preservatives or colourings in any of our meals*



## Heating Instructions.

Place in the fridge and when thawed remove any outer covering and place the glass dish in the microwave. On the microwave setting heat for 3 minutes. Rest for 2 minutes and if the centre of the curry is still cool microwave for another minute or until the temperature is to your liking. (*Do not leave any metal utensils in the microwave when heating*)

## From frozen

Use the defrost setting on the microwave oven and once thawed follow the instructions above.

*Please wash and return the dish after use.*

**\$60 EC**

**Contains 2 generous portions**

● 1 yellow sticker indicates Chicken Curry

# Coconut Curry Fish



Made using prime fillets of fish this meal is nutritious and tasty and is one of our favourites. The broccoli is cooked with a small amount of melted cheese.

Serving suggestion : Serve by itself or with rice (*not Included*). Rice is available in our shop.

## Ingredients

*Around 1 lb of beautiful Mahi Mahi, Blue Marlin or Swordfish*

*Shredded carrots*

*Broccoli*

*Scallions*

*Bell pepper*

*Scotch bonnet pepper*

*Coconut milk*

*Garlic*

*Cheese*

*Curry powder*

*Basil*

*Lime juice, Olive oil*

*Salt and pepper for seasoning*

*We use no preservatives or colourings in any of our meals*



## Heating Instructions.

Place in the fridge and when thawed remove any outer covering and place the glass dish in the microwave. On the microwave setting heat for 3 minutes. Rest for 2 minutes and if the centre of the fish is still cool microwave for another minute or until the temperature is to your liking. (*Do not leave any metal utensils in the microwave when heating*)

## From frozen

Use the defrost setting on the microwave oven and once thawed follow the instructions above.

*Please wash and return the dish after use.*

**\$70 EC**

**Contains 2 generous portions**

○ ● 1 white & 1 orange sticker indicates fish Curry

# Cottage Pie



Made from ground beef using quality cuts of local lean beef. This lovely recipe has a few added ingredients to give it a Caribbean twist.

**Serving suggestion :** Serve with vegetables of your choice (*not Included*) or try our Caribbean Oil Down

## Ingredients

Ground Beef  
Potatoes  
Onions and Garlic  
Carrots and Peas  
Celery  
Tomato puree  
Beef Stock  
Scotch bonnet pepper  
Flour  
Red Wine  
Worcestershire Sauce  
Thyme, Bay leaves and Parsley  
Olive oil  
Milk  
Butter  
Cheddar Cheese  
Salt and pepper for seasoning  
*We use no preservatives or colourings in any of our meals*



## Heating Instructions.

Place in the fridge and when thawed remove any outer covering and place the glass dish in the microwave. On the microwave setting heat for 3 minutes. Rest for 2 minutes and if the centre of the Pie is still cool microwave for another minute or until the temperature is to your liking. (*Do not leave any metal utensils in the microwave when heating*)

## From frozen

Use the defrost setting on the microwave oven and once thawed follow the instructions above.

*Please wash and return the dish after use.*

**\$60 EC**

**Contains 2 generous portions**

● 1 red sticker indicates Cottage Pie

The World's best

# Lasagne



There's quite a lot of work in preparing this Lasagne but it's definitely worth it.

Serving suggestion : Serve with broccoli or salad of your choice. Garlic bread also goes well (not Included).

## Ingredients

Ground Beef  
Spicy Sausage  
Lasagne noodles  
Onions and Garlic  
Tomatoes  
Tomato paste and Sauce  
Ricotta cheese  
Mozzarella cheese  
Parmesan cheese  
Eggs  
Sugar  
Basil and Parsley  
Fennel seeds  
Italian seasoning  
Salt and pepper for seasoning  
*We use no preservatives or colourings in any of our meals*



## Heating Instructions.

Place in the fridge and when thawed remove any outer covering and place the glass dish in the microwave. On the microwave setting heat for 3 minutes. Rest for 2 minutes and if the centre of the Lasagne is still cool microwave for another minute or until the temperature is to your liking. (Do not leave any metal utensils in the microwave when heating)

## From frozen

Use the defrost setting on the microwave oven and once thawed follow the instructions above.

Please wash and return the dish after use.

**\$70 EC**

Contains at least 2 generous portions



1 blue sticker indicates Lasagne

# Beef Ale and Mushroom Pie



You can't beat a traditional home cooked pie and this beef, ale and mushroom recipe is outstanding.

**Serving suggestion** : Serve with broccoli or peas.

*Not included*) Peas are available in our shop

## Ingredients

Beef  
Bacon  
Carrots  
Mushrooms  
Onions  
Vegetable oil  
Guinness  
Beef Stock  
Thyme  
Bay leaves  
Parsley  
Flour  
Butter  
Egg yolks  
Caster sugar  
Salt and pepper for seasoning



*We use no preservatives or colourings in any of our meals*

## Heating Instructions.

Place in the fridge and when thawed remove any outer covering and place the glass dish in the microwave. On the microwave setting heat for 3 minutes. Rest for 2 minutes and if the centre of the Pie is still cool microwave for another minute or until the temperature is to your liking. *(Do not leave any metal utensils in the microwave when heating)*

## From frozen

Use the defrost setting on the microwave oven and once thawed follow the instructions above. *Please wash and return dish after use.*

**\$100 EC**

**Contains around 4 portions**

*Will do smaller portions when we get the dishes*

●● 1 red & 1 orange sticker indicates Beef pie

# Caribbean Oil Down



An authentic Caribbean dish packed with hearty ground provisions, breadfruit and fresh local vegetables. Wholesome, tasty and full of flavour, this dish is outstanding and is definitely worth trying. Have it as your main meal or serve the vegetarian option as a delicious side to your main course.

## Ingredients

Chicken Breast  
Breadfruit, Pumpkin  
Eddoes, Carrots  
Callaloo  
Cooking bananas  
Onions and Garlic  
Green seasoning  
Scallions  
Scotch bonnet pepper  
Pimento peppers  
Olive oil, Coconut milk  
Parsley, Thyme, Shado beni  
Curry powder, Turmeric  
Salt and pepper to taste

*We use no preservatives or colourings in any of our meals*



## Heating Instructions.

Place in the fridge and when thawed remove any outer covering and place the glass dish in the microwave. On the microwave setting heat for 3 minutes. Rest for 2 minutes and if the centre of the Oil Down is still cool microwave for another minute or until the temperature is to your liking. *(Do not leave any metal utensils in the microwave when heating)*

## From frozen

Use the defrost setting on the microwave oven and once thawed follow the instructions above. *Please wash and return dish after use.*

**\$70 EC**

Also available as a vegetarian option with no chicken.  
Contains 2 generous portions



Green sticker indicates Oil Down with chicken



Green & white sticker is vegetarian option

# Breadfruit Pie



The first time I tried this dish I just couldn't believe how tasty it was. The humble Breadfruit, brought to the Grenadines by Captain Bligh in 1798, is an outstanding and surprising vegetable.

**Serving suggestion** : Perfect to accompany fish or meat but can be served by itself.

## Ingredients

*Breadfruit*

*Onion*

*Cheddar cheese*

*Monterrey jack cheese*

*Scotch bonnet pepper*

*Evaporated milk*

*Butter*

*Flour*

*Parsley*

*Mustard*

*Nutmeg*

*Salt and pepper for seasoning*

*We use no preservatives or colourings in any of our meals*



## Heating Instructions.

Place in the fridge and when thawed remove any outer covering and place the glass dish in the microwave. On the microwave setting heat for 3 minutes. Rest for 2 minutes and if the centre of the curry is still cool microwave for another minute or until the temperature is to your liking. *(Do not leave any metal utensils in the microwave when heating)*

## From frozen

Use the defrost setting on the microwave oven and once thawed follow the instructions above.

*Please wash and return the dish after use.*

**\$60 EC**

**Contains 2 generous portions**

●● 2 yellow stickers indicates Breadfruit pie

# Hearty Vegetable Soup

After several years of testing and tasting new ingredients for a healthy, nutritious and flavoursome soup we have finally arrived at a recipe we think everyone will love. Packed with delicious locally sourced fresh vegetables this soup is not only nutritious and tasty, it's a healthy option as well.

## Ingredients

*Breadfruit*  
*Pumpkin*  
*Squash*  
*Carrots*  
*Onions*  
*Celery*  
*Lentils*  
*Garlic*  
*Green seasoning*  
*Vegetable stock*  
*Worcestershire sauce*  
*Salt and pepper for seasoning*

*We use no preservatives or colourings in any of our meals*



## Heating Instructions.

Place in the fridge and when thawed remove any outer covering. Place into 2 bowls and add a little water as required. Put one bowl in the microwave and under the microwave setting heat for 3 minutes. Rest for a minute and if required heat for another minute or until the temperature is to your liking. Repeat for the second bowl. *(Do not leave any metal utensils in the microwave when heating)*

## From frozen

Use the defrost setting on the microwave oven and once thawed follow the instructions above. *Please wash and return dish after use.*

**\$50 EC**

**Contains 2 generous bowls.  
You can add a little water if  
required**

●● Two green stickers indicate Vegetable Soup