



TRINI CARNIVAL STARTER KIT

From the kitchen of Kenneth Aguilera

"I never leave my home without my Pepper Sauce."

Whether you're on the road or repping from abroad — this kit is your jumpstart into Trini flavor, memory, and mas. Dive into these recipes and celebrate home in every bite.

Sorrel Punch with Clove & Cinnamon



Sweet, tart, and spiced just right. Sorrel is Carnival in a cup. Steep dried hibiscus with cinnamon, cloves, and orange peel, then chill and serve over ice with lime slices. Refreshing and bold.



Pelau with a Citrus Twist



A one-pot legend. This stewed chicken, rice, and pigeon peas dish gets its depth from coconut milk and burnt sugar. Add a squeeze of orange juice near the end for a bright Carnival upgrade.



Corn Soup (for After the Fete)



Savory, spicy, and soul-soothing. Corn soup is how Trinis recover after a night on the road. With chunks of corn, split peas, dumplings, and pepper — it's a hug in a bowl.



Ready for more?

The Carnival Starter Kit is just the beginning. The full cookbook features stories, culture, and heritage-rich dishes from across Trinidad and Tobago — all wrapped in flavor and love.

■ Buy the book:

<https://www.amazon.com/Trinidad-Tobago-love-Kenneth-Aguillera/dp/B0FFMJYJWW>

■ ■ Explore the collection: <https://www.trinidadtobagowithlove.com/>

