

LAELIA'S RECIPES

BELIZEAN COCKTAILS

LIME JUICE (MONEY) MARGARITA

1 oz Each of blanco tequila, orange liqueur, and fresh lime juice
½ oz Agave nectar or simple syrup
Ice
Lime Wedge
Coarse salt for glass rim (optional)

Salt the rim of a margarita glass or martini glass (if served up) or lowball glass (if served on the rocks).

Pour the tequila, orange liqueur, lime juice, and agave nectar into a cocktail shaker with ice. Shake vigorously and strain into glass.

Garnish with lime wedge and serve.

(Makes one drink)



MOUNIA'S RUM PUNCH

1 oz White rum (or dark rum if preferred)
1 oz Orange liqueur
1 oz Orange bitters
1 oz Orange soda or OJ
Ice
Cut orange

In a cocktail mixing glass add one cup of ice, rum, orange liqueur, orange bitters, and orange soda (or OJ). Using a long-handled bar spoon stir the ingredients vigorously.

Strain in a highball glass filled with ice.

Rim the glass with a cut orange peel to impart the essence of orange oil, it's an elegant touch.

Add orange slices for garnish, and serve.

(Makes one drink)

LIME JUICE (MONEY) DAIQUIRI

1 1/2 oz White rum
1 oz Lime juice
½ oz sugar syrup
Ice
Lime wedge

Shake all ingredients in a cocktail shaker and strain into a glass.

Garnish with lime wedge and serve.

(Makes one drink)



LAELIA'S RECIPES

BELIZEAN BITES

BELIZEAN SALBUTES

A Salbutes is a fried corn tortilla with stewed chicken and a tangy slaw.

Ingredients:

- 2 cups masa harina (corn flour)
- 1 cup warm water
- ½ teaspoon salt
- Oil, for frying
- 2 cups cooked, shredded chicken
- 1 cup iceberg lettuce, shredded
- ½ cup diced tomatoes
- ¼ cup thinly sliced red onion
- ¼ cup chopped cilantro
- 1 avocado
- Belizean hot sauce e.g. Marie Sharp's for serving (optional)

Instructions:

In a large bowl, combine the masa harina (corn flour), warm water and salt. Mix until you make a soft dough. Add more water if necessary, a tablespoon at a time.

Divide the dough into 10-12 portions and roll into balls. Flatten each ball into a round, small tortilla about ¼ inch thick.

In a large skillet pan, heat oil over medium-high heat and fry tortillas one at a time until golden and puffed (approx 1-2 mins on each side). Transfer the tortillas to a paper towel to soak up excess oil.

To assemble, place a generous portion of shredded chicken on each tortilla and top with lettuce, tomatoes, red onion and cilantro. Add avocado if desired and some Belizean hot sauce for extra spiciness.



BELIZEAN POWDER COOKIE BUNS

Ingredients:

- 2 cups flour
- ⅔ cup sugar
- 1½ tsp baking powder
- pinch of salt
- ½ tsp grated nutmeg
- ½ tsp cinnamon
- 2 tablespoons of coconut oil or butter
- ⅔ cup raisins
- ¾ cup coconut milk or milk

Instructions:

Preheat oven to 185°C / 365°F.

In a large bowl, mix the flour, sugar, baking powder and salt. Add the nutmeg and cinnamon.

Add the coconut oil. Rub with fingertips into the flour mixture until it resembles breadcrumbs then add the raisins. Mix in ½ cup coconut milk. Slowly add more until you get a slightly sticky dough. Rub a little flour in your hands and make small balls. Place on a cookie sheet lined with baking paper and flatten them. Bake in the middle of the oven for 20 mins until lightly browned.



OTHER RESOURCES

BELIZEAN BITS

BOOKS

If you enjoyed *The Night Lagoon*, check out other novels set in Belize or written by Belizean authors...

- *Beka Lamb* by Zee Edgell
- *On Heroes, Lizards, and Passion: Seven Belizean Short Stories* by Zoila Ellis
- *Saltpickers and Other Belizean Stories* by Zoila Ellis
- *The Last Flight of the Scarlet Macaw: One Woman's Fight to Save the World's Most Beautiful Bird* by Bruce Barcott
- *How to Cook a Tapir: A Memoir of Belize (At Table)* by Joan Fry

THE NIGHT LAGOON SOUNDTRACK

Check out Jo Morey's playlist on Spotify that inspired many of the scenes in the novel. See if you can work out which moments relate to which bit of music...

<https://shorturl.at/RP3eN>

TRAVEL TO BELIZE

Check out travelbelize.org for Belize Tourist Board webpage.

