

# Turtle Festival 1973

To celebrate the return of 'Turtle'  
to the menus of leading hotels and restaurants  
and its availability to consumer markets,  
we offer you this opportunity of sampling a range of  
exciting turtle dishes. In addition,  
we offer you a selection of recipes to prepare  
in your own kitchen.

**Turtle Farmed in Grand Cayman by Mariculture Ltd.  
Turtle meat distributed in Jamaica by Brandon Hotel Supply Company Ltd.  
Turtle dishes for home and export markets by Jamaica Frozen Foods Ltd.**

## Turtle Festival Selection

A selection specially prepared by  
the executive Chef of the  
Sheraton Kingston Hotel

SOUP - TURTLE & BEEF PASTENTTAUS

TURTLESATE TURTLE ASPIC

TURTLE WELLINGTON TURTLE BURGER

TURTLE PATE TURTLE FRITTERS

TURTLE GALANTINE TURTLE PAPRICA

KESHI YENA OF TURTLE TURTLE JAMAICAN WAY

PATTI SHELLS WEISSWEIN

# Recipes recommended for Mariculture farmed Turtle Steak.

## TURTLE PARMESAN

- 4 large turtle steaks cut 1/2 inch thick and pounded
- 2 eggs  
 1/4 teaspoon salt  
 1/8 teaspoon pepper  
 1 cup bread crumbs  
 4 tablespoons grated Parmesan cheese  
 1/4 teaspoon oregano  
 1/4 cup olive oil  
 2 cups tomato sauce  
 4 slices mozzarella cheese

Beat eggs well. Add salt and pepper to taste. Mix bread crumbs with the grated parmesan cheese and oregano. Dip turtle steaks into the beaten eggs. Then roll in bread crumbs mixture. Fry the dipped and crumbed steaks in olive oil until golden brown on both sides. Remove browned cutlets from pan and place them into a greased baking dish. Pour the tomato sauce over the steaks. Place a thin slice of mozzarella cheese on top of each steak. Bake meat in a 375° oven for 30 minutes. Serves 4.

## TURTLE STEAK NO. 2 (ST. THOMAS)

- 2 sticks celery, chopped  
 1 onion minced  
 1 tomato minced  
 3 large mushrooms, chopped  
 1 clove garlic minced  
 1 small can tomato puree  
 2 sprigs parsley  
 1/2 pint dry white wine  
     dash brandy

Put first eight ingredients into a pan and blend well. Mix flour, salt, and herbs; stir into mixture and bring to a boil stirring from time to time. Add

turtle strips, blend and transfer all to a casserole. Bake for 1 1/4 hours in a 350° oven. Before removing from oven, stir in Brandy. Serves 4-6. From: **COOKING THE CARIBBEAN WAY.**

## TURTLE STEAK WITH SOUR CREAM

- 2 pounds turtle steak  
 1 clove garlic  
 3 anchovies, mashed  
 1/2 teaspoon thyme  
 3 tablespoons butter  
 1 cup dry white wine  
 1/2 teaspoon pepper  
 1 tablespoon flour  
 1/3 cup sherry  
 1/2 cup sour cream  
 1 tablespoon capers  
 1 teaspoon salt

Slice the turtle steaks thin and pound with a meat hammer. Cream together the garlic, anchovies, thyme and one half the butter. Spread over the meat, roll and tie in several places. Place the turtle in a glass or pottery bowl, pour the wine over it, and marinate for 3 hours or more, turning and basting occasionally. Drain and dry the meat, reserving the marinade. Rub the meat with salt and pepper. Heat the remaining butter in a dutch oven; brown the meat in it on all sides. Slip a rack under the meat and add the marinade. Cover and cook over low heat two hours. Transfer the meat to a hot serving platter. Blend the flour with the sherry, and stir into gravy until thickened. Then cook two minutes longer. Blend the sour cream and capers in, taste for seasoning, and heat, but do not boil. Slice the meat, pour some of the gravy over it, and serve the rest separately. Serves 6.

## TURTLE BIRDS

- 2 pounds turtle steak  
 salt  
 pepper  
 1/2 package stuffing mix  
 made up according to directions on package.
- 2 tablespoons minced parsley  
 4 tablespoons butter  
 1 cup chicken broth  
 1 cup dry white wine

- 3 tablespoons minced onion  
 1/2 pound mushrooms

Pound the turtle steak thinly as possible. Then cut into six pieces. Salt and pepper each piece lightly. Spread the stuffing mixture on the turtle pieces and roll them up. Tie securely with thread or fasten with toothpicks. Melt the butter in a deep skillet; brown the turtle rolls in it. Add the wine, onion, parsley, broth, and mushrooms. Cover and bake at 375° for 45 minutes or until tender. Serves 6.

## TURTLE STEAK FLORIDA KEYS

- Turtle steak  
 lime juice  
 garlic powder  
 beaten egg  
 seasoned bread crumbs  
 cooking oil

Slice the turtle into thin slices. Put a layer in a flat pan and pour lime over and sprinkle a little garlic powder on top of the lime juice. Keep adding layers until all turtle is used up. Let marinate 4 to 6 hours. Drain and dip in beaten egg and then into seasoned bread crumbs. Fry in hot cooking oil until just light brown.

## BARBEQUED TURTLE STEAK

Pound the desired amount of turtle steak until fairly thin to break the muscle tissue. Sprinkle garlic salt on both sides. Cook over a barbecue grill basting with your favourite sauce until done. (About 1/2 hour.)

## TURTLE STEAK GRAND CAYMAN

Rub six individual steaks with a damp cloth dipped in vinegar. Dip each steak into seasoned bread crumbs, flour, beaten egg, and finally in sieved bread crumbs. Heat 1/4 cup butter and stir in one tablespoon finely chopped shallots. Cook steaks in this to a delicate brown on both sides. Pour

over the browned steaks one cup Bordeaux and season with salt, pepper and a dash of nutmeg. Cover the pan and simmer gently for 15 to 20 minutes. Dress steaks and keep in hot platter.

Reduce sauce in pan over a hot flame to almost nothing. Stir in  $\frac{1}{2}$  cup rich beef stock,  $\frac{1}{2}$  cup sherry and one cup thinly sliced mushrooms, which have been cooked in a little butter. Taste for seasoning. Pour a little sauce over each steak and serve the rest in a sauceboat. Garnish with watercress. From: The Merren's Family.

### TURTLE STEAK HOLSTEIN

(Turtle Steak with Fried Eggs)

Combine 1 lb. of freshly ground prime turtle steak with two eggs, salt and pepper. Form into four balls, flatten slightly. Fry in hot butter until lightly browned on the outside, serve with a fried egg on the top and garnish with lettuce and tomato. From: Pat Spencer-Barnes.

### SAVOURY TURTLE AND ONION STEW

2 large, sliced onions  
1 oz. flour  
 $\frac{1}{2}$  lb. prime chopped steak  
Pickapepper sauce  
1 pint of meat stock

3 bay leaves  
5 cloves  
1 tbsp. vinegar  
salt and pepper  
 $1\frac{1}{2}$  oz. shortening

Brown the onions and flour in the shortening and gradually blend in the stock. Add the bay leaves and cloves and simmer for 7 min. with saucepan lid on. Take the diced turtle steak and vinegar and simmer for a further 30 min. Thicken if desired and garnish with sweet green and red peppers. From: Pat Spencer-Barnes.

### TURTLE STEAK a la LOBSTER POT

$\frac{1}{2}$  pint rich brown gravy 1 tsp. pickapepper sauce

3 oz. chopped mushrooms 2 oz. butter  
2 oz. chopped onions 1 sliced sweet pepper  
4 prime turtle steaks (6oz.) 1 tbsp. brandy

Heat the butter in a frying pan and seal the steaks, both sides, for one minute, remove from pan and place to one side. Brown the onions in the pan and add the gravy and other ingredients excepting the brandy.

Gently heat for five minutes, return the steaks to the pan, simmer gently for a further five minutes, pour over the brandy and flambe. Serve at once on hot plates with choice of vegetables.  
From: Pat Spencer-Barnes.

### PAPRIKA TURTLE GOULASH

1 lb. turtle meat onions  
garlic salt and pepper  
paprika flour

Cut the turtle meat, add chopped onions, salt, a little garlic, and pepper. Place everything in a roast pan with butter and roast it for several hours. Add water to keep meat moist; later add white wine to taste. From: Regency Room, Royal Palms Hotel.

### TURTLE ROULADE (Serves 4)

1 lb. turtle meat salt, pepper, paprika  
4 slices bacon butter  
1 onion 1 cup wine  
1 spiced pickle 2 cups water

Cut the turtle against the grain in 8 equal slices; pound the meat slightly, then cut the sliced bacon in half and lay  $\frac{1}{2}$  slice on each piece of turtle meat. Split the pickle in 8 wedges and put on the upper end of each slice of meat; cut the onion in half and slice, then lay one slice by each piece of pickle.

Then roll everything into one tight roll and fasten with a toothpick.

Now you season the roulade with salt, pepper, paprika. Then roll in flour and brown in a skillet with hot butter. In the meantime, chop the remaining half onion and add to the meat. If you wish, you can now add 2 cloves and one bay leaf and some thyme.

After the meat and the onions are well browned add one cup red wine and 2 cups water. Then cover the skillet and simmer everything for one hour and let the sauce reduce to a thick gravy. Serve hot. From: The Regency Room, Royal Palms.

### TURTLE SCHNITZEL

1 lb. turtle meat salt and pepper  
egg flour  
bread crumbs garnish

Cut turtle meat against the grain, salt and pepper, beat two eggs; flour each piece of meat, dip in eggs and then bread crumbs. Fry slowly in butter until cooked. Garnish with lemon and anchovies.  
From: Regency Room, Royal Palms.

### TURTLE RAGOUTFAIM

1 lb. cubed turtle meat dill pickles  
salt and pepper flour  
onions vinegar or lime  
garlic white wine

Boil cubed turtle in salt and pepper, onions, garlic until tender. Sauté in butter with diced onions; thicken with flour and use turtle stock for the sauce. Add dill pickles, vinegar or lime, white wine to sauce. Simmer cubed turtle meat and sauce for about 15 minutes. Serve on a bed of noodles.

#### TURTLE SCALLOPINI (for 2 persons)

½ lb. turtle meat      red and green peppers  
onions                    garlic  
white wine                flour

Slice turtle meat very thin. Salt and pepper each slice. Flour, then saute meat in butter with diced red and green peppers, onions and garlic. When ready to serve, add white wine.

From: Regency Room, Royal Palms.

#### TURTLE RAGOUT "PRINTANIERE"

2 lbs. turtle meat      2 tomatoes  
1 turtle flipper        salt, pepper, paprika  
1 onion                    2 bay leaves  
½ lb. carrots            2 cloves  
½ lb. potatoes            thyme  
¼ lb. celery                garlic

Dice the turtle meat, onions, carrots, celery and potatoes; season the meat and brown in a skillet with hot butter. (In the meantime you set up your turtle flipper with some hot water and let it boil for stock.) When the meat is properly browned, add the diced onions, carrots, potatoes and tomatoes and brown with the meat. Then add the turtle stock and simmer for 1½ hours. Serve on a bed of noodles.

From: The Regency Room, Royal Palms.

#### FOR FURTHER INFORMATION

##### CONTACT:

Mariculture Ltd.  
Box 645  
Grand Cayman Island  
British West Indies  
Tel. 9-3313

# 3 Good reasons for buying Farmed Turtle Steak from Mariculture Ltd.

## FOOD VALUE

These average food compositions need little comment.

	Protein		Fat		Calories per 100 grams
	%		%		
Beef Sirloin	19.0	19.0	19.0	247	
Chicken	21.0	2.0	2.0	109	
Turtle Steak	23.0	0.2	0.2	102	

As a health or dietary food, high protein Turtle Steak is the obvious answer. It has all the qualities of the other top class meats, but has the absolute minimum fat/calorie levels.

Optimum meat quality including flavour, tenderness, texture, and colour is obtained by adhering to a strictly controlled rearing and feeding program.

All Mariculture food products are prepared, packaged, frozen, and transported under the most stringent hygiene conditions.

## PRICE AND AVAILABILITY

Due to efficient management and the natural feed requirements of the green turtle, we are able to keep production costs to a minimum.

So, we can offer you a top quality steak at a sensible price.

A beef fillet quality, but not the price:

Remember our turtle steak is 100% top quality lean meat. There is no bone or surplus fat.

You can enjoy all you buy.

Mariculture is a sound farming enterprise so we can deliver regularly throughout the year.

## CONSERVATION

Mariculture is actively concerned with the Conservation of the Wild Green Turtle (Chelonia Mydas). Due to ruthless slaughtering and poaching the wild species has been in real danger of total extinction.

We are replenishing wild stock with Mariculture reared turtles in several locations throughout the world. We are also co-operating with research organizations in order to fully understand the life cycle of the green turtle.

So, by purchasing our farmed products you are easing the pressure on the wild population and assisting Mariculture's contribution to the conservation of the green turtle throughout the World.

Mariculture Ltd., Box 645, Grand Cayman Island, British West Indies.

