"Hauks, Chip, Grate, and Squeeze": Recipes of the Honduran Bay Islands

Abstract
"Hauks, Chip, Grate and Squeeze" is an ethnographic cookbook based on field research Laura Herlihy completed in the late 1990s in the Honduran Bay Islands. Herlihy worked as part of the Honduras Subcomponent of Bi-Lingual Inter-cultural Education project to describe and promote Bay Island English (BIE). Her research assignment was to collect speech events on a specific theme – Island cuisine – and highlight language use in the traditional context of cooking. What resulted was a cookbook of recipes in BIE, collected from women (and some men) in Roatan, Guanaja, and Utila. The book also includes maps; pictures of the Bay Islands and of those she interviewed; a section on fieldwork and ethnographic methods; an index organized by food groups, and a glossary that provides translations of BIE terms to standard English.

Description
This is the second edition of the 1998 publication, ""Hauks, Chip, Grate, and Squeeze": Recipes of the Honduran Bay Islands." The original work was published through the Honduran Government’s Subcomponente de Educación Bilingüe y Intercultural as part of the Proyecto Mejoramiento de la Calidad de la Educación Basica (PROMEB).

Citation
A great pork chop marinade that will make your pork extra juicy with a terrific savoury flavour and a gorgeous caramelised crust without overpowering the natural flavour of pork. Even 1 hour of marinating makes a remarkable difference! You know when something hits the pan and it smells so great than even if it's the first time you've made that recipe, you know it's going to be a winner? This is one of those. Plus, the added bonus is that there is a very good chance that all the ingredients are already in your pantry. That’s courtesy of the soy sauce! I’m sharing this Pork Chop Marinade because I got all excited that I finally got a new BBQ. Living by the ocean means that anything that resides outdoors has a limited life and my current BBQ looks like an abandoned burnt out car. In the Bay Islands and all along the Caribbean coast, rum is the drink of choice. There are no major Honduran rum producers; however, Nicaragua’s excellent Flor de Caña can be found everywhere, and they have a distillery on this side of the border. Wine, while obviously not produced in Honduras, is becoming more and more common among the middle classes, and you'll find a growing number of wine bars and expanded wine lists at restaurants. Honduras's Favorite Snack: The Baleada. In El Salvador, there are pupusas.