

the Humming Bird

A white silhouette of a hummingbird in flight, positioned above the letter 'i' in the word 'Bird' of the main title.

COP 29

CARIBBEAN
PREVIEW

**THE CARE
SOCIETY**

ACTING TODAY
FOR A BETTER
FUTURE

**THE PROBLEM OF
URBAN SPRAWL**

IN JAMAICA AND
TRINIDAD & TOBAGO



UNITED NATIONS

ECLAC

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ABOUT US

Issued on a monthly basis, The Hummingbird offers insights into the latest projects, publications, technical assistance missions and research carried out by ECLAC Caribbean. In addition to these, sneak previews are provided of the most salient upcoming events, alongside enriching follow-ups to previously covered issues. With a view to featuring a variety of facets of Caribbean life and lifestyle, The Hummingbird also zooms in on cultural activities and landmark occurrences through an eye-opening regional round-up.

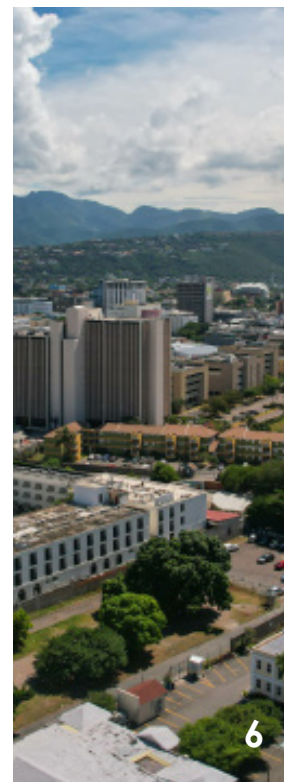
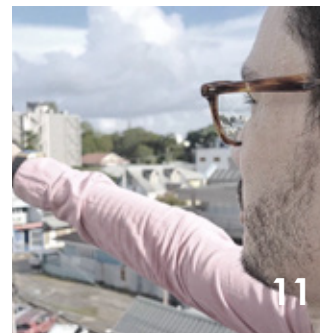
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Please see our contact details on the back cover of this magazine.



INTERNATIONAL DAYS

10 November

World Science Day for Peace and Development

14 November

World Diabetes Day

21 November

World Day of Remembrance for Road Traffic Victims

25 November

International Day for the Elimination of Violence against Women

UPCOMING MEETINGS

11 November 2024

Virtual Expert Group Meeting on Human Capital Formation in the Caribbean

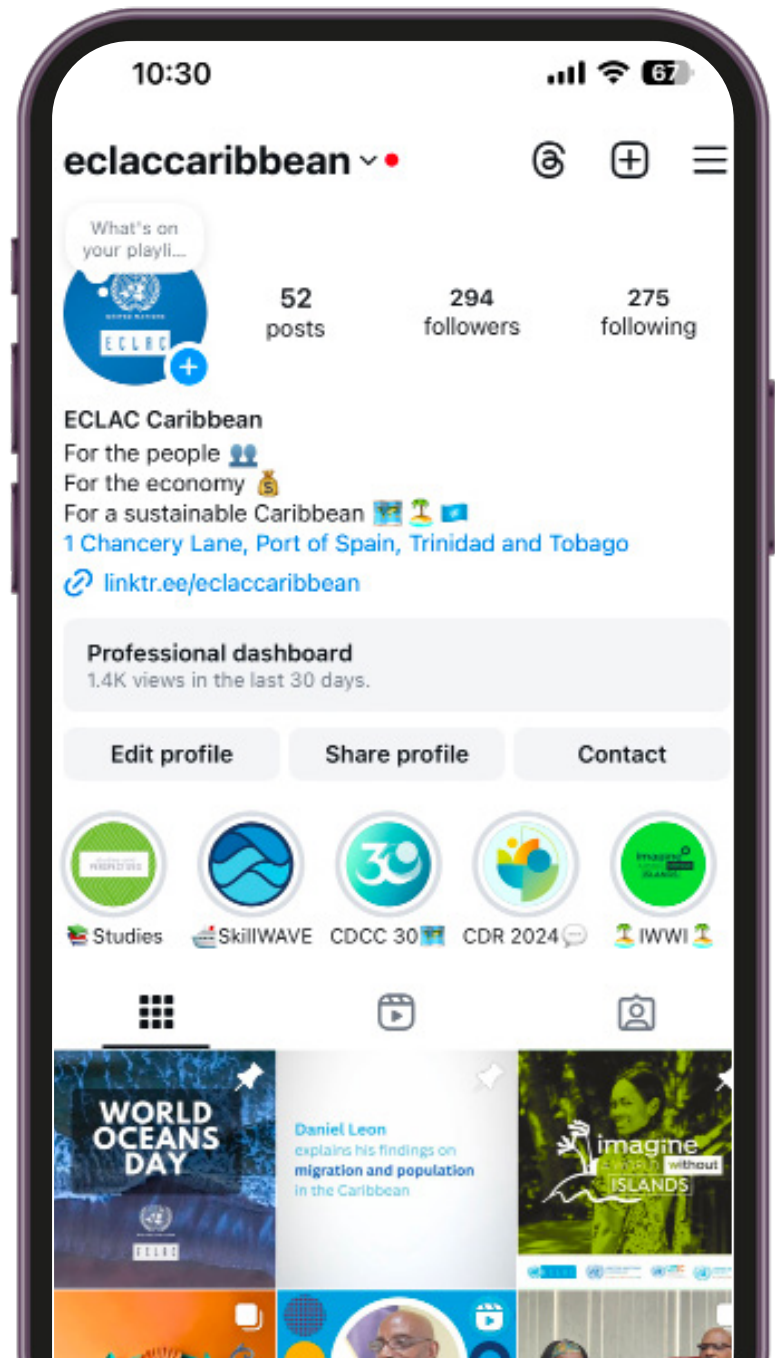
13 NOVEMBER 2024

Parliamentary Caucus: The Escazú Agreement as a tool for climate governance and environmental democracy in Trinidad and Tobago

18 NOVEMBER 2024

Regional training workshop on the use of REDATAM for the dissemination of census and survey microdata

NOW ON INSTAGRAM!





COP29

A CARIBBEAN PREVIEW

The 29th United Nations Climate Change Conference (COP 29) in Baku, Azerbaijan is being called the Climate Finance Cop where countries will try to negotiate a new annual climate financing target to replace the \$100 billion pledge set in 2009. The 2009 pledge expires at the end of 2024. This new fund will help countries finance urgent infrastructural actions focused on climate adaptation and loss and damage to avoid increasing the countries' debt levels. Caribbean countries and other small island developing states around the world are seeking to encourage industrialized countries to raise their climate ambition, fulfil their promises of 100 billion annually in climate action funding, operationalize the Loss and Damage Fund and to close the climate adaptation financing gap, estimated to be an ever-increasing amount between 187-359 billion per year.

While Caribbean countries are negotiating as individual nations, they are set to work together at COP29 are part of a larger bloc known as the Alliance of Small Islands States (AOSIS). This group of 39 small island and low-lying coastal developing states, including Caribbean nations, are working together to amplify their voices and negotiate for their survival at the UN Climate Change Conference. This approach has been successful in many different instances for the Caribbean and other SIDS, at the Paris COP21 in 2015, and at COP28 in Dubai, when the Loss and Damage Fund was agreed on.

The Caribbean Community's (CARICOM) Chairman, Grenada's Prime Minister, Dickon Mitchell, is expected to deliver an address on behalf of Grenada and Small Island Developing States (SIDS) during the World Leaders Summit.

At the Leaders' Summit of Small Island Developing States (SIDS) on Climate Change, CARICOM's Secretary-General, Dr. Carla Barnett, is scheduled to discuss how AI can analyze massive climate datasets to predict extreme weather events like hurricanes and wildfires in order to help the countries prepare for the disasters. AI can also track shoreline change, loss of territory and deforestation to monitor and protect ecosystems.

This is all part of CARICOM's Information and Communication Technology (ICT) for Development



Policy and Programme which will also create a regional AI policy guideline for use in sustainability and climate action.

At the CARICOM Pavilion, the Grenadian delegation will showcase its National Adaptation Plan, highlighting the damage from Hurricane Beryl and how climate related events can not only affect the infrastructure and livelihood of small islands, but the debt these events can incur. This will showcase resilience strategies and supporting conference goals on climate financing and adaptation for vulnerable regions.

CARICOM's ministerial champions for key negotiation include Trinidad and Tobago's Minister of Planning and Development, Penelope Beckles-Robinson. She will be negotiating on a just transition. Belize's Minister of Sustainable Development and Climate Change, Orlando Habet, will be discussing finance and the New Collective Quantified Goal (NCQG).

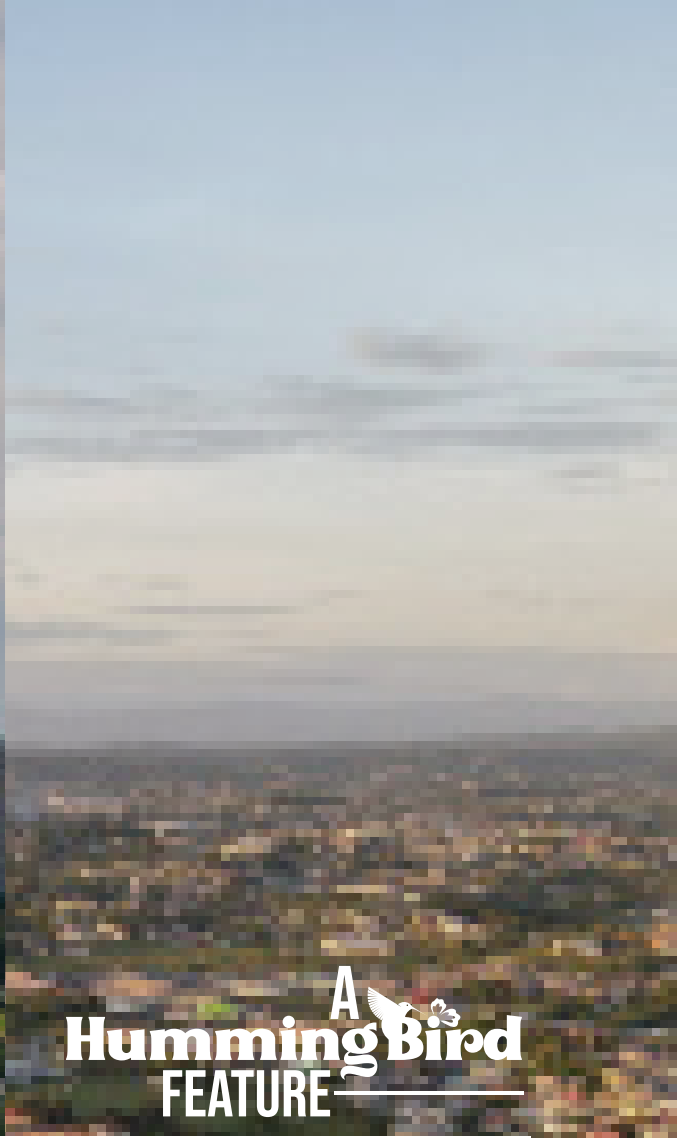
Barbados' Minister of State for Climate Resilience in the Office of the Prime Minister, Dr Shantal Munro-Knight, will be discussing loss and damage. St. Vincent and the Grenadines' Minister of Tourism, Civil Aviation, Sustainable Development and Culture, Carlos James, will provide support. Kerryne James, Minister of Climate Resilience, the Environment, and Renewable Energy Government of Grenada will discuss Global Stocktake. Dr. Marciano Dasai,

Minister of Spatial Planning and Environment for the Government of Suriname, will discuss markets, and Dominica's Minister for the Environment, Rural Modernisation and Kalinago Upliftment, Cozier Frederick, will discuss adaptation.

The Caribbean Export Development Agency (Caribbean Export), a regional trade and investment promotion agency based in Barbados, will host a panel discussion on 'Building Climate Resilience in the Caribbean Region – A Private Sector Approach' in the CARICOM Pavilion.

Caribbean Small Island Developing States will exchange experiences on overcoming challenges in Nationally Determined Contributions (NDC). That event will discuss the success stories from SIDS towards implementing a NDC. It will showcase what a robust support ecosystem the region has and provide practical guidelines on how to integrate diverse sectors in order to improve the effectiveness of the NDC. Partners in this presentation include the United Nations Framework Convention on Climate Change, Regional Coordination Centre (RCC) Caribbean, NDC Partnership and Climate Promise.

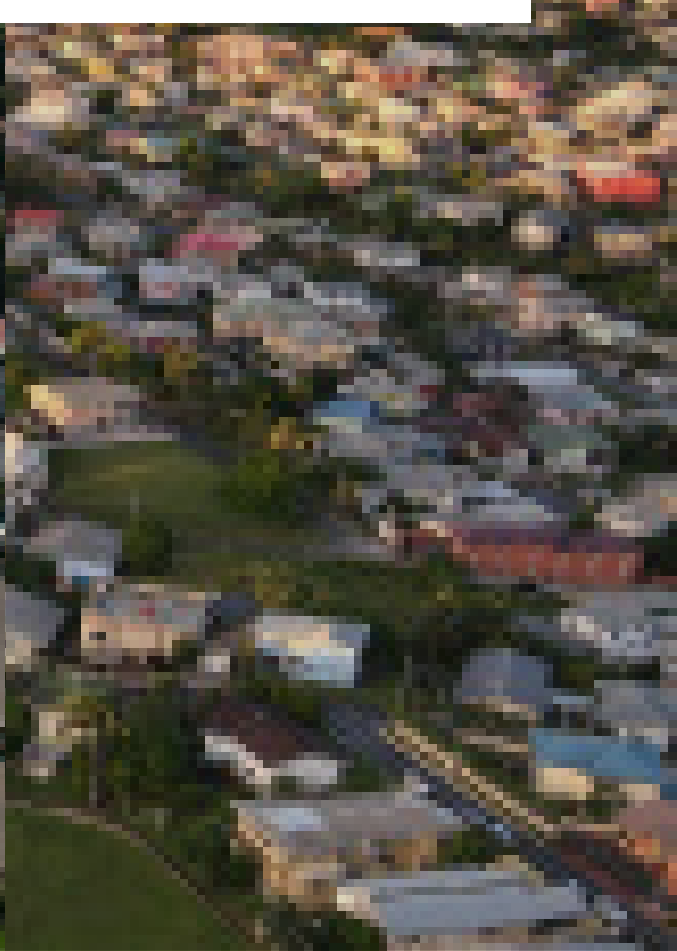
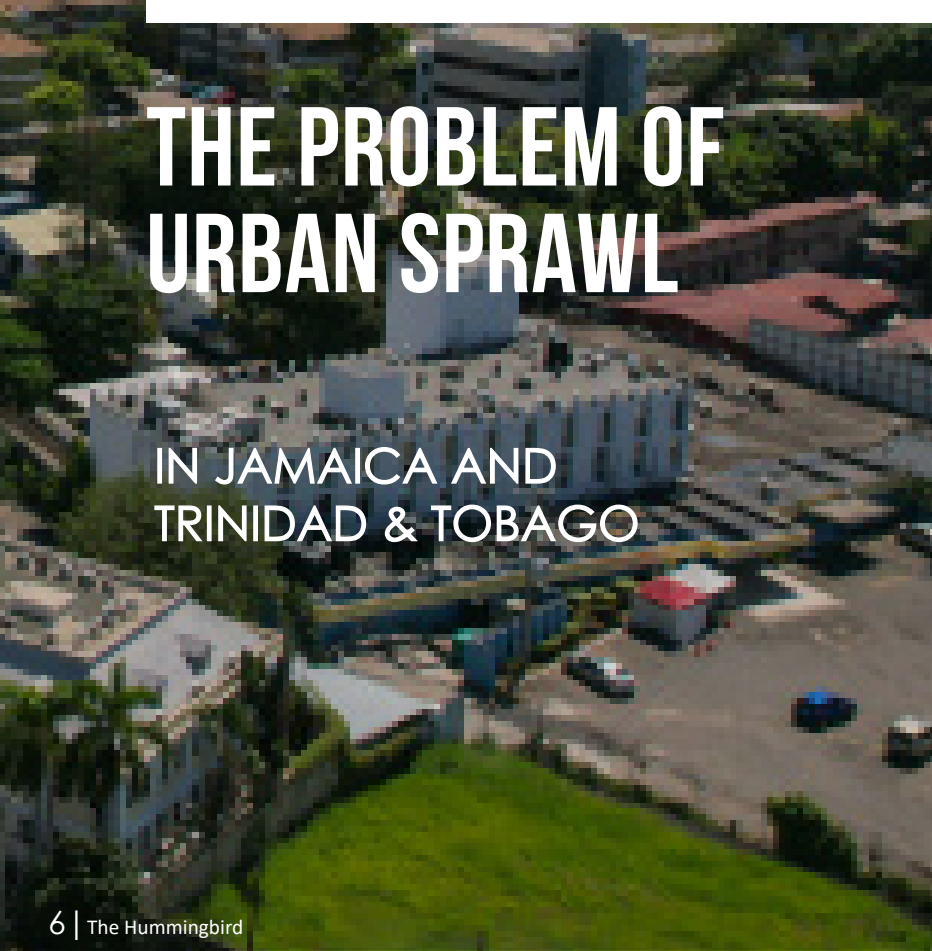
Among the issues the region faces with climate financing include middle and high income countries and associate member states being unable to access funding.



A  **Hummingbird**
FEATURE

THE PROBLEM OF URBAN SPRAWL

IN JAMAICA AND
TRINIDAD & TOBAGO





Urban centres in Jamaica and Trinidad and Tobago are increasing built-up surfaces at a faster rate than population growth, putting them at risk for a host of sustainable development challenges – including increased flooding and impacts of extreme weather events, higher vulnerability of critical infrastructure to climate disasters, environmental degradation and formation of informal settlements in risk-prone areas.

A new study Urban Sprawl in Jamaica and Trinidad and Tobago published by ECLAC Caribbean has analysed spatial data from both countries to make recommendations for slowing the rate of urban sprawl – the uncontrolled spread of built-up areas.



THE PROBLEM OF URBAN SPRAWL IN JAMAICA AND TRINIDAD & TOBAGO

The study examined spatial data from 2000 to 2020, focusing on Kingston, Portmore, Spanish Town and Montego Bay in Jamaica and the east-west corridor (Port of Spain to Arima), San Fernando and Chaguanas in Trinidad and Tobago.

The study concluded that the

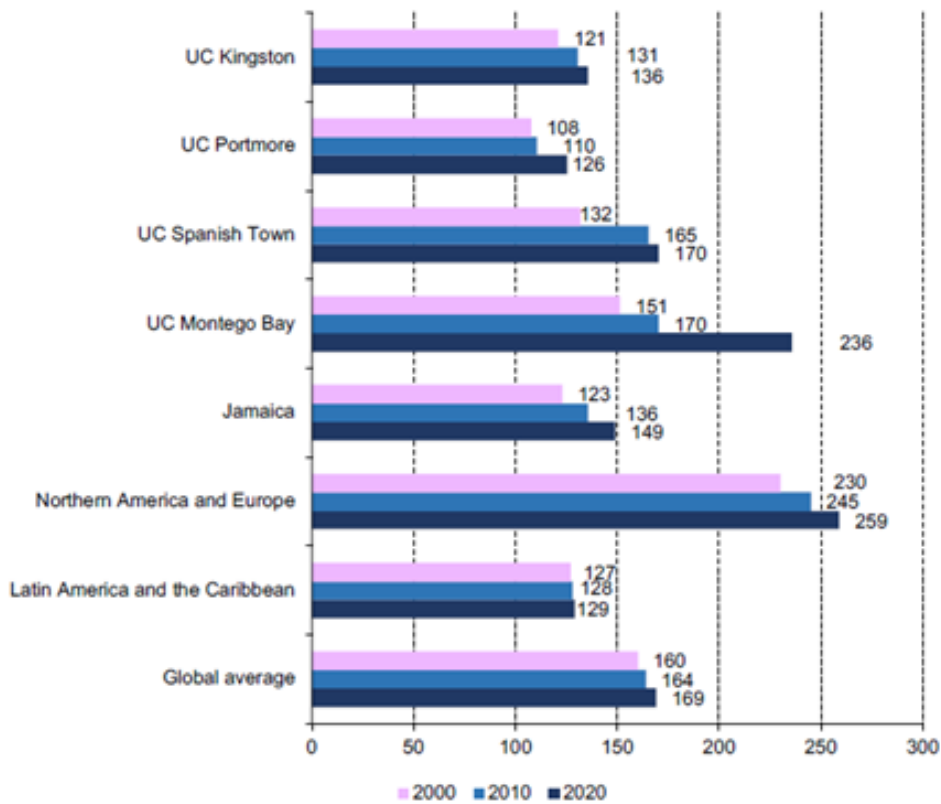
speed of urban change in both countries has outpaced the trends in the rest of the Caribbean, Latin America and globally.

“In the case of Trinidad and Tobago, the baseline year 2000 was already well above the average calculated in the region,” the study reported. “In 2020, it reached the

figures observed in North America and Europe.”

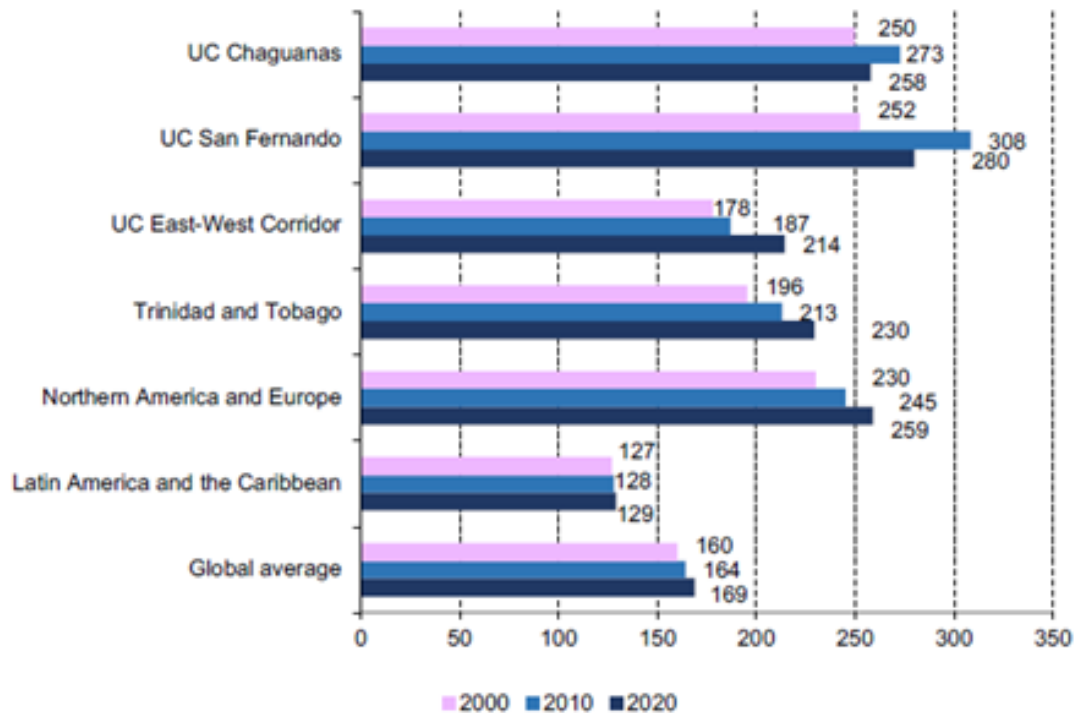
The report also noted that in Jamaica’s Montego Bay, built-up areas grew at a significantly faster rate than the global average in the years 2010 and 2020.

Figure 6
Built-up area per capita by region and in Urban Centres in Jamaica (M²)



Source: Author's compilation utilizing study data and data from UN-Habitat (2023).

Figure 7
Built-up area per capita by region and in Urban Centres in Trinidad and Tobago
(M²)



Source: Author's compilation utilizing study data and data from UN-Habitat (2023).

The ECLAC Caribbean study also found that “a more land-consuming development pattern” is evident in Jamaica and Trinidad and Tobago compared to other Caribbean SIDS.”

Cuba, Dominican Republic and Haiti – three Caribbean countries where populations have grown in the last two decades – were all used as comparisons in the study, but those countries had an increase in built-up areas that is more proportionate to their population increases.

Urban sprawl has implications for policymaking in many sectors. The expansion of impervious surfaces

likes roads and sidewalks in urban centres means climate change and adaptation policies have to address the impacts on freshwater availability, the replenishment of aquifers, rainwater drainage dynamics and flood patterns.

Land use and housing are also affected by urban sprawl, with the study cautioning against the reclamation of agricultural and environmentally-sensitive land for residential and urban development. Alternatively, the study recommends that vacant, underdeveloped and unused lots should be used. Additionally, areas that have been used

almost exclusively for commercial activities should be rejuvenated for mixed-use urban living with green public spaces and recreational facilities.

To better monitor impacts and ensure policies can be responsive to changing needs, the study recommends that countries produce timely geospatial information and statistics on land use and urban settlement. This should go hand-in-hand with expanding analytical capacity within the public service to improve planning and policy decisions.

RECOMMENDATIONS

Some of the urban development policies that the study recommends for more sustainable and compact cities:



Halting the spread of low-density urban settlements to adapt to climate change.



Protect agricultural land and natural habitats to support ecosystems and nature-based solutions.

Develop and enforce land use control in areas around existing urban settlements.



Focus on urban peripheral areas experiencing population growth and increased density.



Urban centers outside capitals that show dynamic boundary growth should require stricter controls.



Dynamic urban centers with boundary extensions need measures to prevent further expansion.



Identify suitable areas within existing urban settlements for development.



Promote the use of vacant, underdeveloped, and underutilized lots or properties.

Avoid reclaiming agricultural and environmentally sensitive areas for urban development.



Rejuvenate inner-city areas to attract residents and ensure safety.



Revise zoning and planning laws to encourage mixed-use development in urban centers.



Allocate green public spaces and recreational facilities.



Monitor land consumption at the urban settlement level.



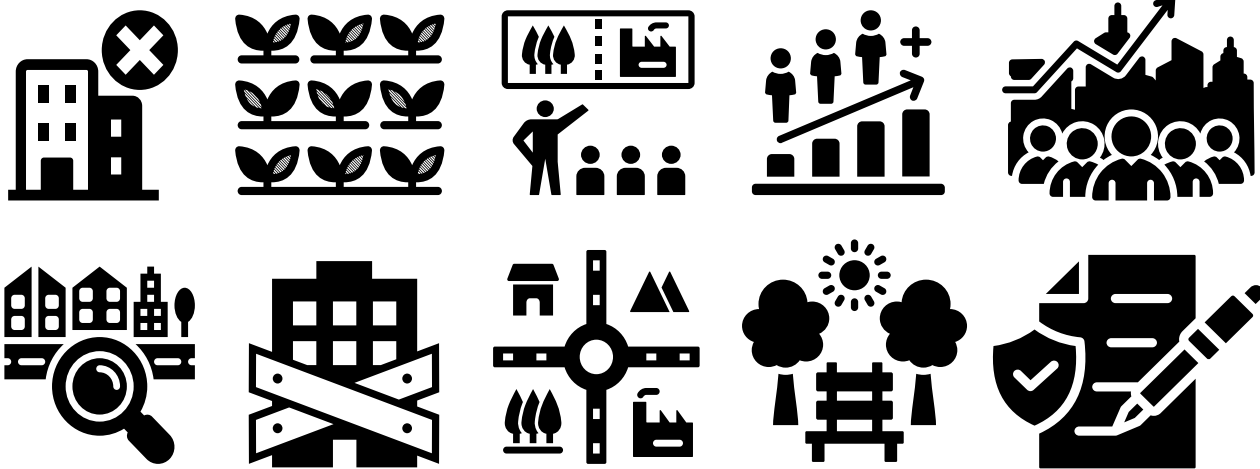
Strengthen mechanisms to produce and update urban data at sub-national levels.

Ensure evidence-based, location-specific climate adaptation policies incorporate urban land use dynamics.





A LOOK AT THE ECLAC CARIBBEAN SHORT FILM ON URBAN SPRAWL IN JAMAICA AND TRINIDAD & TOBAGO



WORLD CITIES DAY 2024

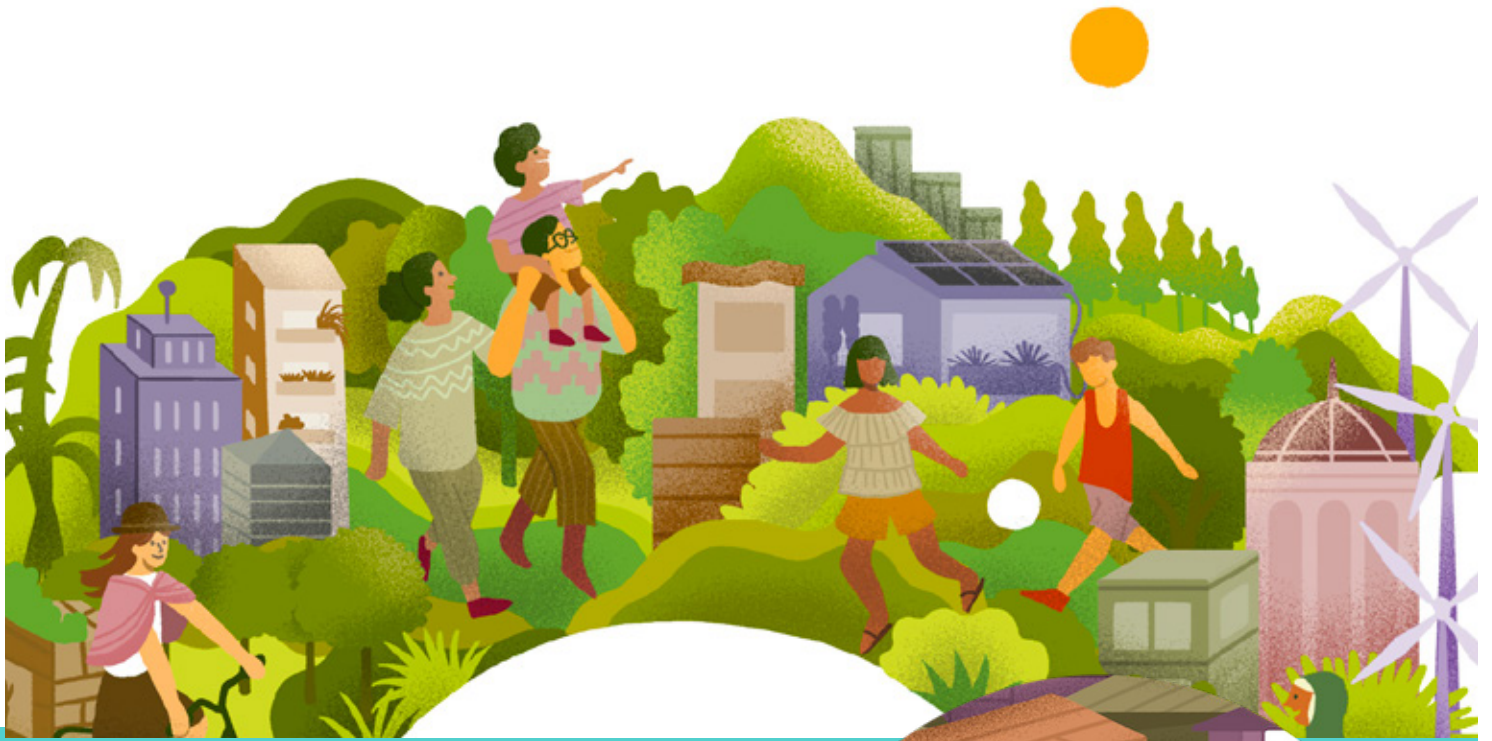
2024 THEME: YOUTH LEADING
CLIMATE AND LOCAL ACTION FOR
CITIES

Cities are projected to house 70% of the world's population by 2050, facing unprecedented challenges in the context of climate change. By 2030, an estimated 60% of people will live in urban areas, with up to 60% of urban dwellers under 18. Despite progress towards Sustainable Development Goals, cities, particularly in the Global South, continue to grapple with poverty, inequality, and environmental degradation, necessitating urgent action.

Experts emphasize the importance of involving youth in urban decision-making to harness their creativity and drive sustainable development. World Cities Day 2024, themed "Youth climate changemakers: Catalyzing local action for urban sustainability," aims to showcase the crucial role of local governments and young people in addressing urban climate challenges. The event will highlight youth-proposed innovative ideas and explore ways to transform these into concrete actions.

International initiatives like the Pact for the Future and the Declaration on Future Generations seek to





prioritize youth voices in shaping sustainable urban environments. The Summit of the Future was an opportunity to integrate youth perspectives into global policy and ensure the multilateral system responds to younger generations' needs.

Proposed actions include establishing youth councils, integrating youth representatives into local governments, and maintaining ongoing dialogue between young people and policymakers. These efforts aim to create cities that are not only sustainable and resilient but also reflective of all inhabitants' diverse voices and needs, both present and future.



THE CARE SOCIETY:

ACTING TODAY FOR A BETTER FUTURE

BY JOSÉ MANUEL SALAZAR-
XIRINACHS, EXECUTIVE SECRETARY
OF ECLAC

On October 29, International Day of Care and Support, we are called to reflect and take action towards building a society that prioritizes care for people and the planet. Latin America and the Caribbean currently faces a development crisis, trapped in three major challenges: low growth capacity, high inequality, and limited institutional capacity. In this context, ECLAC has documented a persistent care crisis, exacerbated by population aging and the effects of climate change.

In our region, women and girls bear a disproportionate burden of care work, both paid and unpaid. Additionally, we face a chronic lack of investment, infrastructure, and policies that recognize the importance of this work. One in four women in Latin America has no independent

income, almost three times the rate for men. Half of the women are outside the labour market, and among them, more than half do not engage in paid work due to family and care responsibilities. The sexual division of labour continues to relegate women to the domestic sphere. Women spend nearly three times as much time as men on unpaid domestic and care work.

Despite technological progress, the demand for care has not diminished. Currently, there are over 95 million people aged 60 and above living in our region (14.3% of the population), and this group is expected to account for 25% by 2050. This rapid aging increases the need for long-term care, particularly for those over 80 years old, many of whom lack adequate social protection.

It is urgent to design policies that address these growing care needs and improve the conditions for those providing care. Such policies must promote co-responsibility between men and women, as well as among households, the state, communities, and the private sector. Additionally, quality jobs in the care economy should be created, with a focus on enhancing long-term care services and reducing the burden of unpaid care work in households. This approach would not only stimulate the economy but also eliminate one of the primary barriers to women's labour force participation.

To ensure the creation of quality jobs in the care sector, it is essential to guarantee decent work with fair labour conditions, formalization, and social

29 OCTOBER

**INTERNATIONAL
DAY OF
CARE
AND
SUPPORT**



protection. This is particularly relevant for domestic workers and migrant workers, who often find themselves in more precarious employment situations.

Latin America and the Caribbean has made progress in care policies and systems over the past decade, with notable innovations in regulations and improvements in gender statistics, particularly in measuring time use.

Recognizing care as a right and as essential work has been key to consolidating this approach. At the regional level, the Regional Gender Agenda, adopted over nearly five decades at the Regional Conference on Women in Latin America and the Caribbean, has driven this shift. In the Brasilia Consensus (2010), the right to care was recognized for the first time, further

strengthened by the Buenos Aires Commitment adopted in 2022.

The focus on care has also gained relevance in other intergovernmental spaces within ECLAC, such as the Montevideo Consensus on Population and Development (2013), the Regional Conference on Ageing and the Rights of Older Persons (Asunción 2017 and Santiago 2022), and the Regional Conference on Social Development of Latin America and the Caribbean (2023). These meetings reflect a growing consensus on the need to address care as a pillar for sustainable development.

The care society is the horizon towards which we should strive. Overcoming development traps requires deep transformations that can only be achieved through intergenerational solidarity,

strategic investments, and regional cooperation. Promoting a care society calls on us to act and build a more inclusive, productive, and sustainable future, where the well-being of all people is at the centre of our policies.

This call is not only urgent, it is unavoidable. Acting today is to sow hope for future generations and ensure that care, in all its forms, is recognized as the foundation of a more just society.



WORLD MENTAL HEALTH DAY

In the Caribbean, 58.2 per cent of the population is employed. These people spend the majority of their time in the workplace. The Secretary-General's message for World Mental Health Day said the workplace is more than, "Just where we carry out our jobs. Safe, healthy workplaces can provide a sense of purpose, connection and stability, while oppressive or chaotic work environments can take a heavy toll on the mental health of those who work there."

People with optimal mental well-being are able to cope with stress, realize their abilities, and learn to work well enough to contribute to society. In the workplace, poor mental health leads to reduced productivity, staff absences and turnover. Mental health directly influences how a person thinks, feels and acts. It affects physical health and impacts loved ones and work colleagues.

The UN Workplace Mental Health and Well-Being Strategy Summary asserts that "Work, in fact, is one of the best things for protecting our mental health, but it can also adversely affect it." The United Nations Mental Health

and Well-Being Strategy is a five-year approach to address the mental health needs of UN staff.

The strategy recommends incorporating mental health and well-being considerations into people management policies such as recruitment and onboarding, and skill development that teaches managers how to create a healthy working environment. Promoting mental health in the workforce includes having stigma reduction activities such as mental health literacy programmes, well-being initiatives such as stress management classes, and encouraging physical activity and health promotion activities.

Workplaces can provide support to employees with mental health conditions by having policies and practices in place that allow reasonable accommodation to be made where needed for a staff member with a mental health condition including robust return-to-work policies that ensure that individuals and teams are supported.



INTERNATIONAL DAY FOR DISASTER RISK REDUCTION



INTERNATIONAL DAY OF

DISASTER RISK REDUCTION

This year's theme for International Day for Disaster Risk Reduction (IDDRR) focuses on the role of education in protecting and empowering youth for a disaster-free future. Children are vulnerable to climate impacts such as flooding, extreme heat and a loss of home and security.

Aside from the risk of death and injury, the aftermath of a climate related disaster can cause major disruptions in a child's life such as inconsistencies in schooling, nutrition, healthcare and protection issues. Educating children to protect themselves during a disaster and empowering them to become agents of change in their families and communities is essential to safeguard children from disaster risks.

Things that can be done to help safeguard children from disasters include having age-appropriate education to build their preparedness. This includes teaching them how to notice possible disastrous weather events and take action when they notice early warnings.

Institutionally, schools can be retrofitted and built to be resilient to disasters, school curricula should be designed to have disaster risk reduction and climate change adaptation discussions, and both schools and the home should organize disaster evacuation drills. Learning materials and activities, such as cartoons, comics, competitions, songs or films, can also be created to target children to educate them about disaster risks.

Children should always be involved in preparedness training as it not only teaches them what to do during and after a disaster, and it fosters a sense of agency and responsibility. Programs that educate children about disaster risks can enhance community resilience overall.

Programs providing mental health support are also essential for helping children cope with the emotional aftermath of disasters. Initiatives should focus on resilience-building activities tailored for young populations.

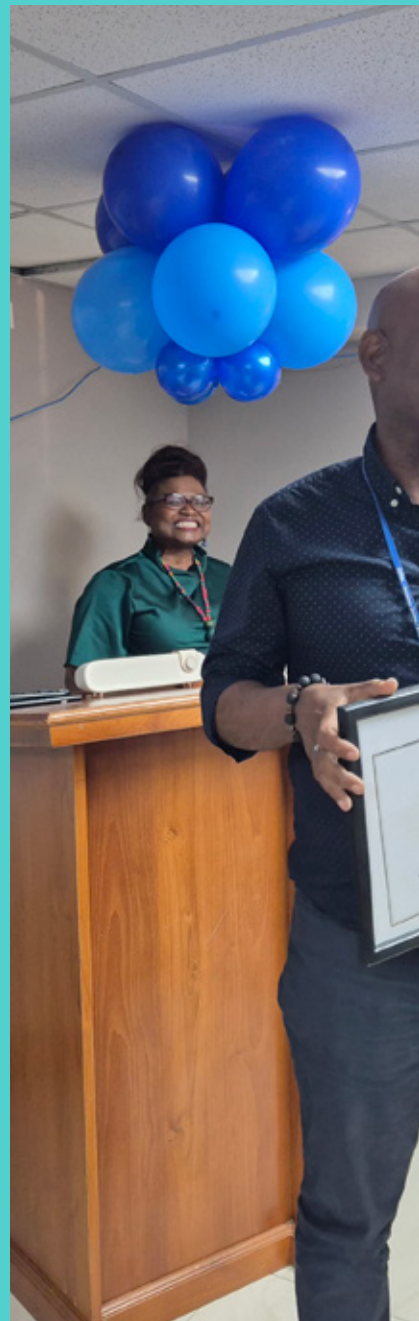
Economically, the Caribbean experiences significant setbacks from natural disasters. According to the World Bank, every year the region is estimated to experience over \$1.6 billion in damage triggered by natural disasters. Hurricanes, floods, and other extreme weather events cause damage to buildings, roads and other major infrastructure.

Climate change has increased the risks of weather hazards for the region, as the timing, frequency and intensity of storms and hurricanes has changed. This has exacerbated the financial burden of the region, as countries frequently have to grapple with collapsed infrastructure, loss of lives and livelihoods. These disasters cause GDP contractions and increase public spending on recovery efforts. Countries then have to divert funds from development projects to address disaster recovery, which leads to a cycle of increasing debt and reduced economic growth.



UN DAY CELEBRATIONS

AT ECLAC CARIBBEAN





In October, with a burst of colour, flavour and excitement, staff gathered to celebrate the contributions of long service awardees and junior professionals, who are rotating to other UN offices.

Officer in Charge Abdullahi Abdulkadri congratulated the Social Events Committee and said he was glad that ECLAC Caribbean staff were having the get-together. He congratulated the long-service awardees and said they have a lot to contribute. "We probably should be sitting around the lunch table and saying, 'Terry, tell us when this happened... we need to have this institutional knowledge, this wisdom from our colleagues who have been here for a considerable number of years.'"

LONG SERVICE AWARDEES

Curtis Pierre- 35 years
Procurement Assistant

Terry Boodram – 35 years
Senior Finance Assistant

Tricia Blackman – 15 years
Senior Library Assistant

Administrative Officer Jennifer Jones Morales reflected on their contributions too. "These events signify that there are people who give tirelessly to organisations, there are people who are very dedicated and committed to their work. There is something in between that... It signifies loyalty."

FAREWELL, GOOD LUCK!

Two staff members on the Young Professionals Programme – a United Nations recruitment initiative for talented, highly qualified professionals – are on the move from the ECLAC office in Port-of-Spain.

Machel Pantin
Associate Economic Affairs Officer, Economic Development Unit, ECLAC México

Jonatas De Paula
Associate Environmental Affairs Officer, Sustainable Development & Disaster Unit – ECLAC Santiago

Abdulkadri remarked on the usefulness of the P2 programme and the contribution of the staff members to the outputs and life of the office. "Machel and Jonatas are on their rotation for the P2 programme. They are actually the bosses. We are glad that we have two colleagues who are rotating out of the office, but luckily they are still within the ECLAC."

To Celebrate UN Day 2024, the Social Events Committee put on a "Taste the Goals, The SDG Challenge" a culinary competition among the Units. Judging criteria for Taste the Goals included the categories: taste, creativity and presentation, relevance to SDGs, teamwork and collaboration, and storytelling.

All units competed fiercely for the \$1000 prize, with colourful, tasty and unique dishes with relevant linkages to the Sustainable Development Goals. In the leadup to the food fiesta, all units put on their competitive best and tried to outdo the other with warnings about their flavourful and creative dishes!



1ST

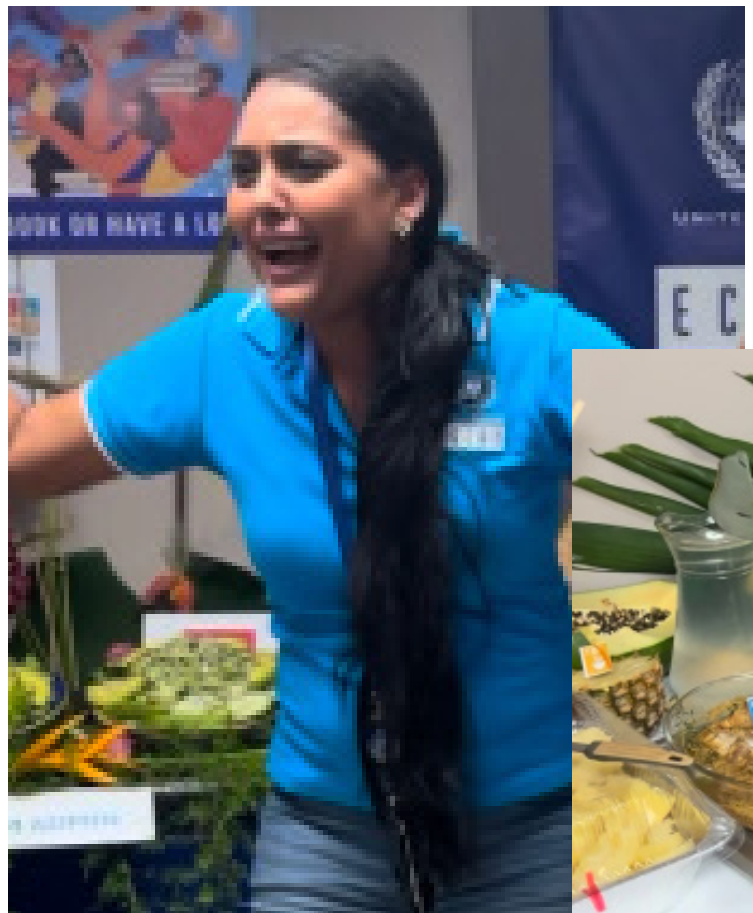
**Administration Unit
-Greening the Blue**

Sautéed herb dasheen (taro) covered with broccoli slaw with cranberries and creamy avocado, served on a bed of lettuce

2ND

**Strategic Planning & Outreach Unit and UNIC
- The SDG Drink Wheel**

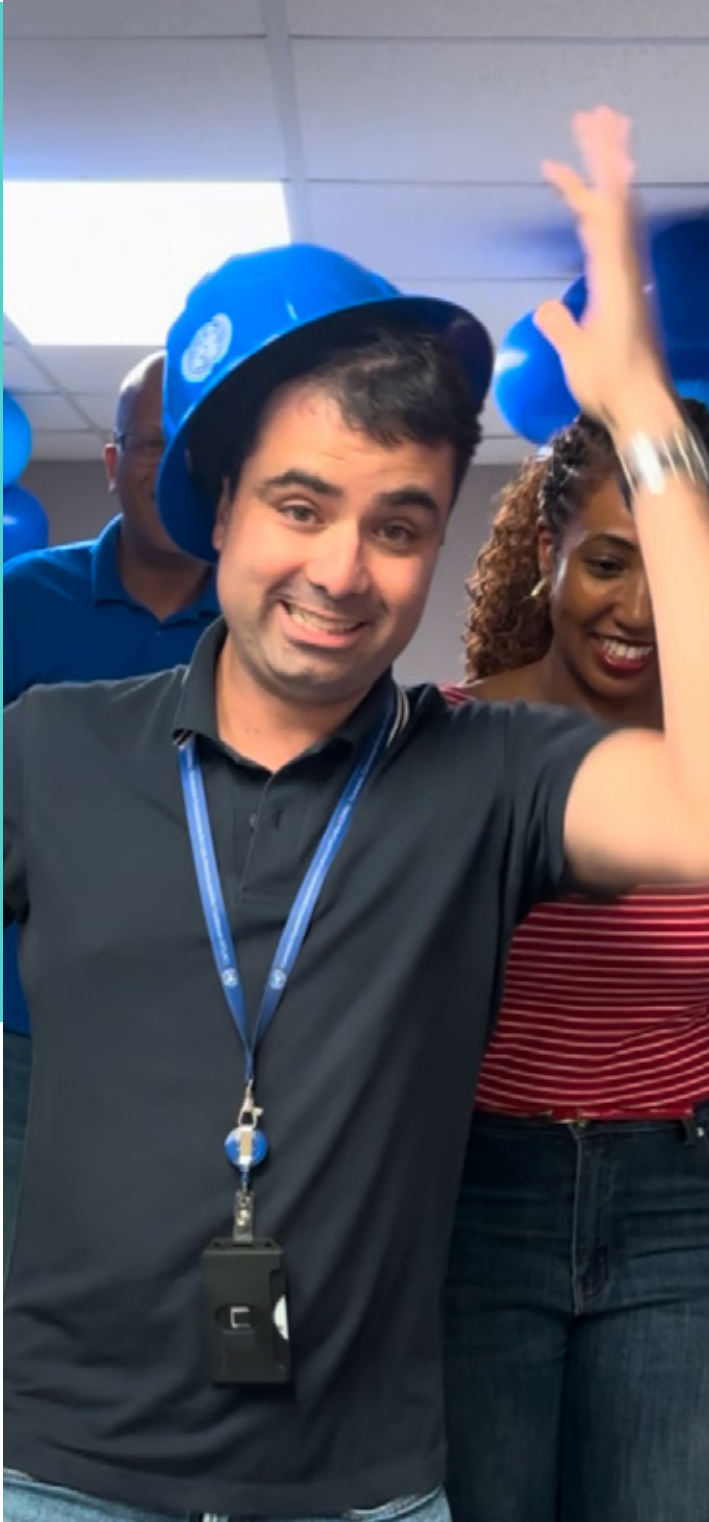
a refreshing and nourishing taste of 17 natural, no or low sugar drinks, blended with fresh fruit, flowers vegetables, seeds and nut milks. Each drink matching and representing one of the 17 SDG colours



3RD

Sustainable Development & Disaster Unit – The Sustainable Farm

freshly caught fish served with buttered cassava and refreshing coconut water



There were a couple special awards too!

Most "Vibesy" Unit
SSDU

Most Valuable Player
Daniel Leon aka "Dani Minaj"



REGIONAL ROUNDUP

In October, several vibrant cultural festivals take place across the Caribbean, showcasing the region's rich heritage and traditions. These festivals reflect the Caribbean's diverse cultural landscape and provide opportunities for locals and visitors to engage with the region's traditions and artistic expressions.

Moonsplash Music Festival (Anguilla):

This festival, held at the Dune Preserve on Rendezvous Bay, celebrates its legacy as the oldest independent music festival in the Caribbean. It features a weekend filled with reggae and international music performances, attracting both local and international artists.

Festival Del Mar (Anguilla):

Celebrating the sea, this festival includes boat racing, deep-sea fishing competitions, crab races, and live music. It highlights Anguilla's fishing heritage and local cuisine.



World Creole Music Festival (Dominica):

This renowned festival promotes Dominican music and culture, featuring a mix of local and international artists. It has become a significant event for both tourism and cultural expression in Dominica.





Photo by Government of St. Lucia

La Marguerite Flower Festival (Saint Lucia):

Celebrated on October 17th, this festival honors the Marguerite flower and involves vibrant displays, traditional songs, and dances. Participants dress in purple to celebrate their cultural heritage.



Photo by NALIS



First Peoples Heritage Celebrations (Trinidad and Tobago):

Taking place around October 14th, this week-long event pays homage to the First Peoples of Trinidad and Tobago. It includes traditional ceremonies, processions, and cultural performances that celebrate indigenous heritage.

THE Hummingbird KITCHEN



BREADFRUIT FISH PIE RECIPE

This tropical twist on a classic fish pie incorporates breadfruit, a starchy fruit with a creamy texture, for a Caribbean-inspired dish. Here's how to make it:

What you will need:

For the Breadfruit Base:

- 1 medium breadfruit
- 1/2 cup milk or coconut milk
- 2 tbsp butter
- Salt and pepper to taste

For the Topping:

- 1/2 cup grated cheese (e.g., cheddar, mozzarella, or a mix)
- 2 tbsp breadcrumbs (optional)
- 1 tbsp melted butter (optional)

For the Fish Filling:

- 1 lb fish fillets (e.g., kingfish, snapper, or cod), cooked and flaked
- 1 tbsp olive oil or butter
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup sweet bell peppers, diced
- 1/4 cup celery, finely chopped
- 1 tbsp parsley or thyme, chopped
- 1 cup coconut milk or heavy cream
- 1 tbsp all-purpose flour or cornstarch
- 1 tsp lemon or lime juice
- 1/2 tsp paprika or cayenne pepper (optional)
- Salt and black pepper to taste

How to Make it:

1. Prepare the Breadfruit Base:

Peel, core, and cut the breadfruit into chunks.

Boil the breadfruit in salted water until soft (about 20–30 minutes).

Drain and mash the breadfruit with milk, butter, salt, and pepper until smooth. Set aside.

2. Prepare the Fish Filling:

Heat olive oil or butter in a pan over medium heat.

Sauté onions, garlic, celery, and bell peppers until softened.

Stir in parsley or thyme, and cook for another minute.

Mix in the flaked fish and cook gently for 2–3 minutes.

Add the coconut milk or cream and bring to a simmer.

Sprinkle in the flour or cornstarch to thicken the mixture, stirring constantly.

Season with lemon juice, paprika (if using), salt, and pepper. Remove from heat and let cool slightly.

3. Assemble the Pie:

Preheat the oven to 375°F (190°C).

Spread half of the mashed breadfruit in an even layer at the bottom of a greased baking dish.

Pour the fish filling over the breadfruit layer.

Spread the remaining mashed breadfruit on top to cover the fish filling completely.

4. Add Topping:

Sprinkle grated cheese evenly over the top layer.

(Optional) Mix breadcrumbs with melted butter and sprinkle on top of the cheese for a crispy finish.

5. Bake the Pie:

Bake in the preheated oven for 25–30 minutes, or until the top is golden brown and bubbling.

6. Serve:

Let the pie cool slightly before serving. Garnish with fresh parsley or thyme for a touch of colour.

Enjoy your flavorful breadfruit fish pie—a comforting, tropical delight!



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