

VINCENTIAN LOCAL DISH by Gordon 'Don' Sutherland

Yo eat it once, yo go want it twice
Yo eat it once, yo go want it twice

Verse 1

Crayfish an callaloo, bobas yam an manicou
Real delicious menu, sweeter than stew
Wid fresh fish an banana, boil dumpling an iguana
So holiday in dis place, tek a bit ah we local taste

Chorus

Vincentian local dish, is de bess in de Caribbean
Its something you can relish, come visit we island
Yo eat it once yo go want it twice
Yo eat it once yo go want it twice

Verse 2

Coconut boileen, corn pork an dasheen
Energetic an satisfying, use it hot in de evening
Roast breadfruit an buljow, salt fish cake an dough boy
Try some ah dis slush anytime fo yo breakfast

Verse 3

Rice wid pigtail an bhajee, ferrine an cocoa tea
Raise up yo stamina fo wuk in any wedder
Mackral an sweet potato, fresh beef and blow-go
Mek yo lick yo finger, when tekking it for dinner

Verse 4

Chokee bam bam an mint tea, Tumalay sauce an starch fungi
Are food of special class, mek baby grow real fas
Dry peas an cattle skin, roast black fish an plantain
Gee yo plenty vim an increase yo living

Verse 5

Fresh sprat an tannia, pork fat an chichira
Have plenty vitamin more dan fruit in de tin
Madongo flops an eddo, smoke herring an okra
Bring yo whole family, an try these delicacy