Easter in St. Lucia

(Pâques à Sainte Lucie)



WHEN?

- In Saint Lucia, Easter is in April (like the rest of the world)
- This year, Easter is on Sunday, April 17th, 2022

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What is Easter?

What do we do?



- Easter is one of the most awaited Christian festivals and every nation has its own way of celebrating this particular time.
- We go to church on Good Friday. This the Friday before Easter Sunday.
- We stay home and watch movies.
- This year, Good Friday in Saint Lucia is on April, 15th , 2022.
- Good Friday is a holiday in Saint Lucia. This means that there is no school, and no work. Everyone is at home.

WHAT DO WE EAT?

 We eat FISH CAKES (traditional appetizers on Good Friday)

It is a mixture of flour, salt, shredded saltfish, ground pepper, parsley, chives, hot pepper, baking powder and water

• We eat **PENEPIS**



Fish cakes

PENEPIS

Ingredients

- 2 lbs flour
- 2 lbs brown sugar
- 2-4 ozs grated ginger
- 2 cups water

<u>Method</u>

- 1. In a pot, boil the water sugar and ginger into a thick syrup.
- 2. Mix the syrup with flour and grated ginger.
- 3. Cut the dough in pieces and roll out thinly unto a floured surface.
- 4. Bake in 325 degree oven until dry and brown.



Examples of meals on Good Friday



Ground provisions

Vegetables and fish



Makrel and ground provision



Easter Sunday: What do we cook?

Easter Sunday is celebration day: we cook large meal with a variety of meat: strew, grilled or baked and lots more.



Macaroni pie





WHAT DO WE EAT?

• We also eat Easter chocolate



• We eat Jelly beans



Easter Sunday : what do we do?



Family time



Kite flying

EASTER MONDAY: what do we do?





We go to the beach



We watch fireworks

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We have a picnic with the family

At school, we do activities with the students

• They wear Easter costumes

- They decorate Easter eggs
- They organize Easter Eggs Hunts with Easter Bunny





