

## Local Events

**Kite Festival, Horseshoe Bay Beach, Good Friday (April 22, 2010).**

Festivities are held throughout the day, including the traditional annual kite competition, live entertainment, and various organized games.

Check local newspapers for listings of Church services, Easter sunrise services and other Easter activities.



## References in the Library

R 394.26 F *The folklore of world holidays* / Robert H. Griffin and Ann H. Shurgin, editors.

R 394.266703 G Gulevich, Tanya. *Encyclopedia of Easter, Carnival, and Lent.*

R.BDA 394.097299 W Wadson, Judith. *Bermuda : traditions and tastes.*

R.BDA 398.2 M Menne, Galen R. *Just out of reach.*

R BDA 641.5 M Ming, Fred. *Bermuda favourites.*

R BDA 796.15 W Watlington, Frank. *Bermuda kites.*

R BDA 823.914 B Butler, Dale. *The legend of codfish and potatoes.*

R BDA 972.99 B *Bermuda recollections* / edited and transcribed by Elizabeth J. Jones.

Plus numerous other reference and cook books in the Library and online resources such as [www.Bermuda-online.org](http://www.Bermuda-online.org) and as [www.Bermudatourism.com](http://www.Bermudatourism.com).

## Contacts in the Library

**For help with Bermuda research questions contact:**

Local Studies Librarian

Available: 8:30 a.m.-4:00 p.m. Monday to Friday

Call for appointment to avoid disappointment

Tel. (441) 296-1297 ext. 223 Fax. (441) 292-8443

e-mail: [ejhollis@gov.bm](mailto:ejhollis@gov.bm)

**For help with general research questions contact the Adult Services Information desk:**

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March 2011

BERMUDA NATIONAL LIBRARY

Bermuda Traditions ~

**Codfish Cakes,  
Hot Cross Buns,  
Kites & more**



*At your service, Bermuda*

## THE BERMUDA HEAD-STICK KITE

Each kite will require sticks for the frame, some kind of covering material, glue, nails, string and scissors. In additions some old material which can be cut into long strips will be needed for the tail. Old bed sheets or pillow cases are good for this job.

### The Frame

Four sticks - 2 x 24", 1 x 22" (head stick), 1 x 20" (cross stick), and a 9" bamboo or metal bow. The 22" stick should be tapered towards the bottom where it will be nailed in the center of the kite. If the sticks are too heavy the kite won't fly but if they are too light they will break. The best wood is strong and light. Spruce, cyprus and white pine are good types of wood to use. Make sure there are no knots in the wood. These days, pre-cut frames are readily available for those who don't want to cut their own sticks.

### Covering Material

Tissue paper is the material most often used for covering Bermuda kites. It is available in dozens of colours so each kite is a unique mix of shapes and colours reflecting the taste of the person who made it. Newspaper, brown paper, polythene sheets or even plastic bags can also be used.

### Glue, Nails, String and Scissors

Any paper glue or paste is suitable. People used to make their own glue with flour and water but this is not done much any more. If you do make your own glue, remember that cockroaches love it, so mix in a little cayenne pepper to keep them away!

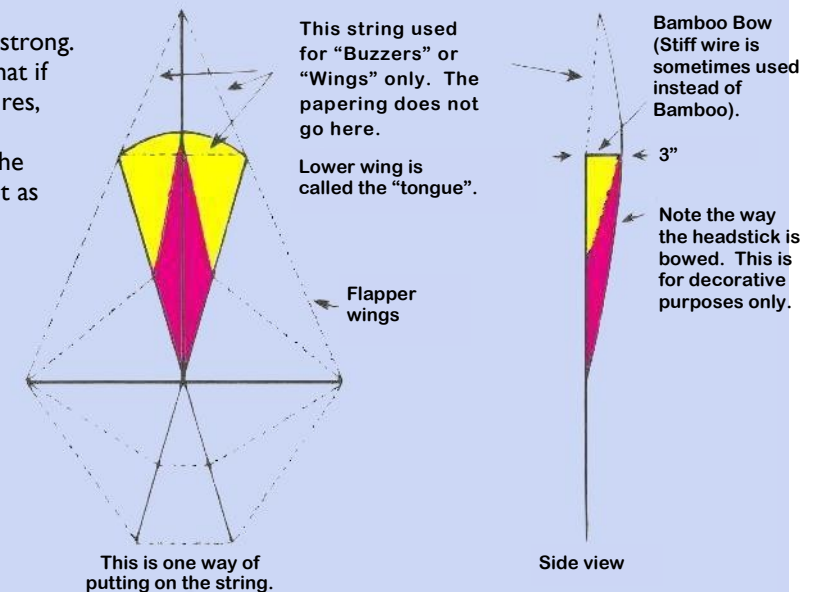
1" nails will make the kite strong.

A disadvantage to this is that if your kite gets caught in wires, metal could be dangerous.

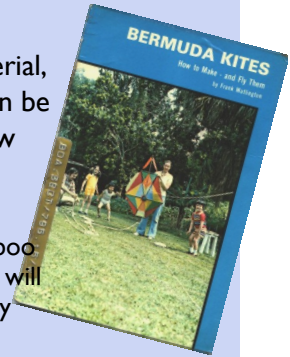
You can use string to tie the sticks together but it is not as strong or neat.

Any strong, light cord is good for stringing the frame. The cotton string know in Bermuda as "fishin' line" is particularly good.

Long straight sharp scissors are the best.



Adapted from an illustration in *Bermuda kites* by Frank Watlington which can be found in the Bermuda National Library.



## Good Friday in Bermuda

Good Friday in Bermuda is a time for family, Church, flying kites and eating fish cakes and hot cross buns. Kids (of all ages) spend weeks making the colourful kites and hope for good kite-flying weather for the Friday before Easter.

### Kites

Bermuda kites range from the very simple two-stick and brown-paper bag variety to very elaborate creations which use multiple sticks and intricate colour patterns.

Kite-flying probably started in the Orient or Greece thousands of years ago but little is written of it in Bermuda until after World War II. An important part of the "Bermuda Kite" is the sound it makes. On Good Friday you can often hear the sounds produced by the kites' "hummers" or "buzzers" before you see them. There are various stories surrounding kite-flying and Good Friday. It is said that a teacher used a kite to illustrate the crucifixion of Christ. The kite is said to represent Christ on the Cross. The sound of the hummers represents the moaning of Mary or the crowd shouting, "Crucify Him, Crucify Him" and the flying kite is Christ's ascension into Heaven.

Many people take their kites to Horseshoe Bay for the annual Bermuda Kite Festival. This festival attracts thousands of kite-makers and spectators each year. The day begins with a praise and song service, followed by a kite competition and organized games and entertainment. Prizes are awarded for different categories of kites in an atmosphere of good-will and humour. All this kite-flying can make a person hungry. Whether you are at Horseshoe Bay or just in your own back yard, an important part of Good Friday are the hot cross buns and fish cakes.

### Salt Cod

The Bermuda codfish and potato breakfast is rooted in our history. Bermuda's attachment to salt fish probably started in the 18th century when Bermudians raked salt in the Turks and Caicos, took it to Newfoundland in the fast Bermuda schooners, and exchanged it for salt fish, which was then brought back to Bermuda. It is known that codfish was used to feed slaves,

who ate it with locally grown produce. At some point it became the custom to eat codfish and potatoes on Sunday before going to church. Salt cod was also popular with the Portuguese who were originally brought to Bermuda from Madeira and the Azores to farm the land.

The codfish and potato leftovers were mixed together and fried, to become codfish cakes.

### Codfish Cakes

Every Bermudian family has its own recipe for codfish cakes. The basic ingredients are dried, salted codfish, potatoes, onion, herbs, eggs, salt and pepper. Some people add hot sauce, mayonnaise, garlic or curry powder and the ratio of potato to fish varies according to taste.

Codfish cakes are crispy on the outside. Inside they can be soft and creamy or firm and chunky depending on how finely the potatoes and fish are minced. They should always be moist. Herbs are the hidden ingredients for tasty codfish cakes.

This is a Bermudian tradition to make on Good Friday, but they are also served throughout the year. They are usually served for lunch or dinner but can be eaten at breakfast as well.

On Good Friday, the codfish cakes are usually eaten in a sweet hot cross bun with a little mayonnaise. A sprinkle of hot sauce can be added to the sandwich or put into the codfish mixture if desired.

### Recipe of Pamela Pitcher submitted by Jolie Barnes

#### Ingredients:

5 lbs potatoes, 2½-3 lbs codfish, egg, large onion, 4 tsp parsley, 1 tsp thyme, ¼ tsp ground black pepper, cooking oil, flour, salt

#### Instructions:

Do this the night before:

Soak codfish in enough water to cover generously.

Next day:

Change the water that the codfish is soaking in at least once.

Peel potatoes. Put codfish and potatoes in a large pot, cover with fresh water, bring to boil until potatoes are soft. Drain water from the pot.

Chop onions and parsley.

Mash the codfish and potatoes together.

Add chopped onions, parsley, thyme, ground pepper and the egg to the codfish and potatoes. Mix well.

Form mixture into patties and dust with flour and a little salt.

Fry in oil until golden brown.



### Hot Cross Buns

The ancient Egyptians, Greeks and Romans marked their bread with symbols to honour their gods and goddesses. In England, during the Middle Ages, the cross was stamped into Eucharist bread and on Good Friday this bread was placed in a special shrine so that worshipers could pray about Christ's sacrifice. Some research suggests that hot cross buns were distributed to the poor on Good Friday. In the 19th century there were many superstitions about bread baked on Good Friday and stamped with a cross. Some said that it would never mold or decay and that it had the power to heal disease and protect against misfortunes. Some in Bermuda believed that if a homeowner did not eat one on this day then the house would be burned, therefore, everyone ate buns on Good Friday to avoid this. Today, whatever the origin, hot cross buns can be found in Bermuda and other countries to which the English have immigrated.

### Raisin Bread or Hot Cross Buns by Sally Ann Parris submitted by Malika Sheeheed

#### Ingredients:

5 lbs flour, 2 cups sugar, 2 tsp salt, 2 boxes raisins, 3 pkgs. yeast, 3 sticks butter Crisco, 2 tbsp regular Crisco, 1 level tsp cloves, 4 heaping tbsp cinnamon, 2 level tsp nutmeg,

#### Instructions:

1. Put 1 cup of boiling hot water into a medium bowl with the raisins. Leave for 15 minutes. This helps to ensure that the raisins stay in the dough while baking, as well as, softening them.
2. Place the yeast into 1 cup of warm water adding ½ tsp. of sugar (if water is **too** hot the yeast will **not** rise). Mix until dissolved well. Cover with clean towel and let rise for 15 mins.
3. Mix dry ingredients in a large bowl.
4. Using a slotted spoon, remove raisins and sprinkle over dry mixture. Do not throw away raisin water, you will need it! Mix raisins into the dry mixture.
5. Make a hole in the center of the dry mixture and pour yeast mixture into it.
6. Add 2 cups of warm water to the raisin water. Make sure the water is warm not hot. Pour into the center along with the yeast mixture.
7. Mix together well with clean hands, forming dough into a ball. Once in a ball, cover and let rise for 1 hour.
8. Shape into rolls or loaves and place into baking pan and let rise for 1 hour.



9. Place baking pan(s) into pre-heated oven at 375° for 45 minutes. This generally produces 50-60 buns or 6 loaves. N.B. Oven temperatures vary.

### Story of the Passion Flower

Another symbol associated with Easter is the passion flower, a climbing vine, of which there is a Bermuda species. Known to botanists as *Passiflora*, this plant has been given many different meanings over the years to connect it to Easter. Spanish missionaries, who first discovered the flower in South America, thought that the ten petals represented the ten disciples who did not deny or betray Christ. Some say the double row of coloured filaments, known as the corona or crown, show the halo around the head of Christ and to others the crown of thorns. The three violet stamens show the nail wounds Christ endured or the Trinity of God, Jesus and the Holy Spirit. The tendrils resemble the whips used to scourge Him and more areas of the flower recall the hands of the soldiers.



### Bermuda Easter Lily

Since ancient times, lilies have played significant roles in allegorical tales concerning the sacrament of motherhood. In early Christian art, the white lily was a symbol of purity, beauty and holiness. Biblical legend tells us that the lily flower came from Eve's tears when she and Adam were banished from the Garden of Eden. For many, the beautiful trumpet-shaped white flowers have come to symbolize virtue, hope and life - the spiritual essence of Easter.

Easter lilies are native to the Ryukyu Islands of southern Japan, and the islands of Okinawa, Amami and Erabu. Commercial production of bulbs was initially started in Bermuda in 1853. At one time Bermuda enjoyed a lively business exporting lily bulbs. But in 1898, a virus and nematode infestation took its toll, and the trade stopped. Although never the commercial success of the past, an early blooming variety of Easter Lily called "Howardii" was reintroduced here in the 1920s.

