

Cow Foot story

A black and white cow is the central focus, looking down towards a plate of food. The cow's face is partially visible, showing its eyes, ears, and a white blaze on its forehead. The background is a blurred green field. In the foreground, a white plate with a yellowish-brown stew containing chunks of meat and vegetables is visible. A person's hand is partially visible on the left side of the frame, holding the plate.

Chaa Mon!
Dem ah
like mi foot,
mon!

An insight into the
Rastafarian culture

Peter Spyros Goudas
transcribed by Bernadette Scott

Mr. Goodbar's



We suggest that you take a quick bathroom break before you read this hilarious comedy.

You will be laughing so much, you may have an accident.

We hope that you are aware that the the COW'S FOOT is not a strange phenomenon. It is simply a type of meat that has been enjoyed for centuries by Caribbean and other nationalities, and is actually considered a poor man's food.

However, back in the 1960's and 70's this item was prohibited for sale in Canada.

So then, let us go back to that time and imagine Peter Spyros Goudas, who had



just entered the ethnic business, and had a little store in "Jew-town" as it was called back then.

It is currently called Kensington

Market. Imagine further that he is trying to cope with the needs of the different nationalities entering the store.

If you visualize that time, then you can image Mr. Peter Goudas, who was the owner of that store, with his broken

Greek-accented English, trying to communicate with a Jamaican who speaks only Jamaican patois and asks for Cow Foot and Cow Cod...

(In Jamaican circles, it is rumoured that this soup enchances the man's physical ability). Jah man!

So Peter did not understand what exactly these two items were.

All the while during the conversation,

the Jamaican man eagerly tried to explain what Cow Cod is, by pulling his zipper down and explaining to him that it was the same thing but "quite bigger because it was from the bull!"

Now that we put you in the comedy mood, let us explain the pain and the effects after Mr. Goudas decided to fulfill the obligation and obtain these two items from the slaughter house.

The following week, he was quite happy to present to the gentleman with the Cow Foot and Cow Cod.

The gentleman was pleased to receive the cow cod the way it was. But when it came to the cow's foot, he told Peter that it was dirty, hairy, ugly and smelly. He said that it had to be clean, smooth, with its hooves removed, odourless, and also cut into cubes for cooking.

He also told Peter that back home in Jamaica, the hair was burnt off, but he would prefer if it were removed altogether.

Peter told the customer not to worry and that in the following week he would have it ready for him, only if he were to teach him some Jamaican words. Peter was promptly taught "Raas claat" which he thought meant "Good Morning".

Peter used this word as a welcome greeting to each customer for many years...

(If you have not laughed for the day, take this article to your Jamaican friend for an explanation, which you will get for sure!)

The customer left with the intention of returning the following week.

He left Peter behind still looking

at the hairy cow's foot.

The first thing he thought of was to give it a "bath" to make it look pretty, and dry it off with a blow dryer. After that, at least it appeared to look better! He then wrapped it up in a few sheets of newspaper, placed it beneath his arm, and went around the block to the nearest barbershop.

He waited until all the customers had left and then asked the barber to close the door and pull the curtains down so that no one could see inside, since he had to do a special assignment.

When the barber looked at it, he told Peter he only had a license to cut human hair. So Peter then told him "I will give you a certificate and a license if you pass the exam and shave this cow's foot"!

Needless to say, Peter and the barber tried for the next two hours with very little success, leaving spots of hair all over the place.

Even the razor broke a few times! Since the job was not complete, Peter thought it would be a good idea to take the next step and go to the pharmacy. He had heard of this new discovery in hair removal for the ladies called Neet.

When he asked the pharmacist where he stocked the Neet, the pharmacist asked "Who is it for?" Peter did not want to say it was for the cow's foot, so he said it was for himself.

The pharmacist obviously thought that maybe Peter was some kind of a sissy



Mr. Goudas around that time frame.

because he was good looking.

He asked him what hair he wanted to remove and Peter responded "my legs man", and lifted his pants to show

his hairy legs.

Once he presented him with a bottle of Neet, Peter realized that the Pharmacist was puzzled because he kept scratching and moving his head the whole time.

It was like he had doubts about the whole situation...

Peter took the Neet and went straight to his apartment to experiment with the new hair removal item. It worked somewhat, but Peter determined that it was not designed to remove hair from cow feet. So the idea failed.

The Neet was much more expensive than the cow's foot, and the barber had already cost him \$20. This was starting to become an expensive and time consuming venture!

Peter then remembered that the customer told him that the hair was removed sometimes by burning it.

So the other solution was to go to Hardware store and purchase a blow torch.

The salesman asked what he needed the torch for and the response he received was "welding".

So he was outfitted with a propane welding torch.

With his new equipment he started working to burn off the hair, which finally resulted in success, and some burnt spots.

The next assignment was to remove the hoof; so he took it to the nearest millwright shop. After a few hours of using a vice grip, hand saw, hammer and a chisel, he eventually was able to remove the hoof.

Mission accomplished! Now he had to wait for the customer.

When the customer came into the store, Peter presented him with the cow's foot. The customer was very happy and taught Peter a new word "Bom-bacloth"...Peter was ecstatic! He now knew, not only how to say Good Morning, but also how to say Good Night! Nevertheless, the following week Peter was presented with a big bowl of Cow Foot Soup from the customer. (After eating it, he felt the natural effects of the soup.

In today's terms he calls it a viagra-supplement). And by the way, it was simply delicious.

Well, we hope you had a great dose of laughter from this story, although it was difficult to put it down on paper. Mr. Goudas thinks we need a little laughter in our life!

With the complete satisfaction of this particular customer, and the endless possibilities for future customers, Peter Spyros Goudas felt it would be a good idea to apply to the Canadian Government, to make an exception of the ruling. This would allow

for the sale of the cow's feet on the open market provided they had been cleaned.

Finally, Mr. Goudas developed a technique to completely remove the hair without using the torch, scissors, hand saw, the barber and Neet. He opened a small additional business to clean a few hundred cows' feet per day.

The hair was successfully removed by inserting the leg into a specific temperature hot water, for a certain length of time (without the leg being cooked), and by scraping the leg with a knife. The hoof was detached from the leg by heating it in boiling water and striking it forcefully against the ground.

*So now you know
THE COW FOOT STORY,
and who is the pioneer
in the industry in Canada.*

This former "poor man's food", as it was initially referred to at the beginning of the article, we think will become a delicacy, since this article will be read by millions of people.

We think there might even be a shortage of cow's feet, in which case butchers will begin to wish if only cows didn't have just 4 feet, but 40 feet instead, like the centipede!

*As always, we hope you enjoy making this dish and reading the articles of the man, who, although he is not selling cow's feet anymore, is hoping that you will purchase the additional ingredients such as:
Lima Beans, Salt, Black Pepper,
Hot Sauce, and of course Rice,*

*under the Goudas label.
And we all know they are the best.*

*We suggest you do not use the above
mentioned Jamaican words without
consulting a Jamaican friend!*

*Although they may or may not mean
Good Morning and Good Night,
This is a small note that
we have to insert:*

*Just a reminder that this article
is not in any way a criticism of
the Jamaican culture, but it is a
real event that did happen. Please see
it for its own inherent humour.*

*People from the Caribbean, and
particularly from Jamaica have been
long-standing, loyal customers
and friends of Mr. Goudas.*

*They love him and they drink to
his health and happiness.*

*The circumstances under which
this article was written were
very spontaneous.*

*One day Mr. Goudas was in a very
talkative mood, and during the
general break of the employees, he
gathered everyone and started
to narrate an event that had happened
to him a long time ago.*

*His secretary immediately captured this
story in shorthand, as told by Mr. Goudas
himself, and created this article.*

*Obviously the ones who heard this story
facing the narrator in person, had the
privilege of seeing his facial expressions
and hearing his laughter.*

*However, we hope that like the readers
at the end of this book, you have enjoyed
the humor, pain, and surprises this story
reveals.*

*On a final note, this story gives you a
taste of the very beginning
of Mr. Goudas' journey towards
understanding the multicultural
society of Canada which he was
determined to capture.*

*The original book, The Cow Foot
Story, ended at the above paragraph
and 100,000 copies were printed and
distributed. In fact, we do not even have
one copy left.*

*Because of the demand, we are in the
reprinting process and Mr. Goudas
thought it would be a great idea to
incorporate along with the recipe for
the Cow Foot, a recipe for King Fish,
which is also a Jamaican favourite, plus
another short write-up involving this
culture.*

*It is important for one to understand
that this booklet has not been written for
Jamaicans only, but for other nationalites
to understand the Jamaican culture.*

*Should you scan the supermarket shelves,
you will see a variety of foods from every
part of the world. This is not a miracle.
It was a conscious effort on Mr. Goudas'
part to study, understand, sample, create
and then produce the foods of
the different cultures.*

*This book has been written 40 years
after his initiation into the food business
and he has not stopped working since.
He is a certified work-a-wholic.*

*He has never taken a day off, not even
even on the weekends. It is not unusual
to find him working through the night.
How else could he end up producing
over 1,200 products from all over the
world, or compiling over 1,000 recipes,*

a biography, 40 books, and voluntarily providing food (without charge) on a daily and year-round basis to senior citizens organizations and food banks, or disaster relief donations to misfortunes such as: Gilbert in Jamaica, Tsunami in Sri Lanka, earthquake in Haiti, flood relief in Pakistan, etc., etc. Reality wise, it will take a very long, long time to read all the Letters of Appreciation on the websites, www.goudasfoods.com, or www.mrgoudasbooks.com.

In fact, in one the books titled, *Miracles Still Do Happen*, his secretary states that he works 29 hours a day. How did she come up with that phrase?

For more than 25 years, no one really knew what Mr. Goudas looked like until *The Business Journal Magazine*, published his picture and an article, in 1992. In the article it stated that The Orientals thought he was Chinese, The East Indians thought he was Indian, and the Carribean people thought he was from the Caribbean, possibly Jamaica, or Trinidad.

How true this statement was!

Following *The Business Journal* article, *The Federal Business Development Bank* bestowed him with the *Entrepreneur of the Year Award* in 1993.

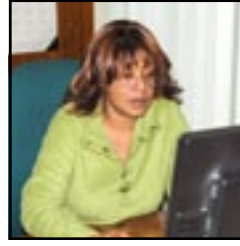
This prompted an explosion of Television, Newspaper and Magazine articles about him.

He was no longer unknown.

Nevertheless, up to now, there are people who have their own interpretation of his facial expression or his nationality. The following story is from his biography, *The Immigrant*, and demonstrates the accuracy of the above:

“Yah Monnnn” Jamaican Patois (funny story)

(recorded by Bernadette)



The following article may seem grammatically incorrect, because it was written in the Jamaican patois language.

Although it is full of errors to the normal English-speaking individual, this sounds very good and natural when spoken by a Jamaican, and since Mr. Goudas understands this patois, it is left in the original form.

“Yah Monnnn, I know Goudas from way back, before me come a foreign.

Goudas and I are brethren. The I and him was tight ina high school back a yard!”

One of my favorite things working for Goudas Foods is listening to some of the usually funny stories Mr. Goudas humours us with at the time we are busiest. He says, “Stop for a minute and listen to this!”

The following is one of them, (yes, another one, please remember he has a few years on us, so there are many, many anecdotes).

Mr. Goudas was telling us that almost thirty years ago, in the 1980’s, that he had this friend who happened to be the owner of a grocery store, Gus Tropical Foods at Eglinton and Oakwood Avenues.

Ironically, Gus is also from Greece. It was a regular thing for Peter to visit the store on Monday mornings, have coffee, socialize, discuss their homeland, review the sales of his products during the previous week, and to anticipate what the current week's order should be depending upon the customers' requests and preferences.

On this particular morning his friend decided to show Peter that he could make a Goudas Foods customer purchase another product with a little enticement.

Peter promptly situated himself behind the cash registers, sitting on a milk carton, and quietly sipping his first Greek coffee of the day. Finally, up comes this gentleman, and from the first glimpse of him, one could tell he was of Jamaican descent.

He selected a few items and placed his purchases (which included Mr. Goudas rice) on the counter.

Gus began his approach: "Why don't you buy (X) brand of rice, we have it on special this week?"

Customer: "Cheeeps!!"

That sound is very popular to the Caribbean, it is the sound that results from. "Kissing one's teeth", and it is a negative, or rude response to a question or comment.

Many kids have been punished for doing this, within earshot of a parent or adult. (But it is very funny when a Jamaican does it.)

Gus, the store owner, repeated the statement. And after a long silence and deep breath, the gentlemen looked at

him and said, all in one breath: "Man, wha you going on with? What you know about Goudas? Yah Mon, I know Goudas from way back before me come a foreign, Goudas and the I, are brethren, The I, and him was tight ina high school back a yard! Bombo, This is me, paying respect to ma brethren! Jah kno.. Total up meh purchase, mon. No other rice ah fer me. Selassi I, Rastafaari! Cha Monnn. Cha, You Rat. Rasscloth. The monn ah want me to sell out meh brethren! Chaa, Cheeeps! Bombacloth."

Needless to say, Peter could not contain himself and almost fell off the milk crate, nearly choking while sipping his coffee. This gentleman was so determined and forceful, even Peter began to wonder if he went to high school in Jamaica and forgot about it and could not even dare to reveal his identity at that moment.

Gus, on the other hand, after the customer left, turned to Peter and said, "What on earth he was talking about?"

The closest translation is as follows:

Man, why are you continually asking? What do you know about Goudas? Yes Man, I know Goudas from before coming to Canada. Him and I are friends. Myself and him were very close friends back in high school. Bombo (Bad word) I am paying respect to my friend. You know, just total up my purchases, man, there is no other rice for me. Hail to Selassi (King of Ethiopia), I am Rastafarian! Ok man. You rat, (bad word) You want me to betray by friend! Cheeeps, (sounds of lips smackng.)

If you did not laugh after reading this article, we do not blame you.

However, you may ask a Jamaican friend to read and explain it to you. Maybe then you will see the humor in its glory.

By the time the million copies of this biography are distributed and read, Mr. Goudas believes that everyone will be professional in pronouncing the "Cheeps" sound by consulting their Jamaican friends.

From now on we do not call the sound "Cheeps", we call it the Goudas sound.

We hope you enjoyed this article.

The words, Rastafari and Selassi, are mentioned. Mr. Goudas would like to explain them to you.

You may have seen some men with long locks of hair called dreadlocks or, as for example, Bob Marley look-a-likes. Mr. Goudas states that if you do not know who Bob Marley is, then he knows you are from a different planet!

They are Rastafarians and Mr. Goudas has been acquainted with them since the early 1970's through his famous 813 Club, or when he produced The Saturday Night Musical Recipe, on CHIR 790 AM Radio Station.

Bob Marley's Music was always a favourite with the listeners. This genre of music, referred to as Reggae Music, is in a class of its own.

Selassi, was the Emperor of Ethiopia from 1930 to 1974, and the proper way to address him is, His Royal Highness, Emperor, Haile Selassie I.

He is worshipped by the followers of the Rastafarian movement which emerged in Jamaica in the 1930's under Marcus Garvey.

The word Ras means head in Ethiopian and Tafari is the given name of Emperor Selassie. (He is also referred to as The Conquering Lion of the Tribe of Judah, King of Kings, Jah and Jah Rastafari.)

It should be clearly noted that not all Jamaicans are Rastafarians.

It is only a particular sector of the island's population that believe in this culture. To them it is a way of life and has been accepted, not only by fellow Jamaicans, but the mainstream, including the visitors to this wonderful Caribbean island.

Spyros Peter Goudas recalled during his DJ days at the 813 Club, that the Rastafarians enjoyed a particular type of tobacco which emitted a very distinct aroma. Since it was an upscale club with an international clientele, he asked them to smoke outside and let the whole world enjoy the aroma, not only the patrons of the club.

When Mr. Goudas donated to the Pakistan Flood Relief Organization in 2010, the head of this organization told Mr. Goudas that just in case St. Peter is not at the front of the Gates of Paradise and instead there is a guy in a turban, simply mention that you are Mr. Goudas, and they will let you in!

In this case, if I end at another door and the guy at the Gates has dreadlocks, I know, with my Jamaican patios, I will reveal my name and be pretty sure, he will let me in, too!

KING FISH

Go to your local fish store and ask the fish man for some fresh King Fish. Ask him to cut two slices for each person depending on the diameter of the fish.

Some of them are as big as six or seven inches in diameter. Referred to as the fatso king fish, therefore in this instance you only need one slice per person.

Preparation: Wash fish with fresh lime or lemon. Soak fish in a bowl of water for a minute or two. Discard water and pat dry. And, according to Mr. Goudas, give them the lemon treatment.

Fresh lemons are preferable. Even though he sells all the lemon juice in the world, he says fresh lemons taste better in cooking.

Lightly sprinkle each side with flour. The rest is very simple. In a large frying pan, place some oil and heat gently.

Fry for two minutes on either side. Transfer fish to casserole and place in the oven at 350 degrees for approximately 5 to 8 minutes until cooked. As you can see, it takes very little time to cook. Serve as is, or with French Fries, Baked Potatoes and salad of your choice.

You will notice that the King Fish has only one bone in the center so you do not have to fight with too many bones.



COW FOOT, Lima Beans and Rice

In the Caribbean, Cow Foot is referred to as "The poor man's food".

1 Cow's Foot (cut into pieces)

1 can of Mr. Goudas Lima Beans (Butter Beans) 2 – 3 cloves of garlic 2 large onions 1 – 2 pieces of fresh thyme (1 tsp thyme flakes) 1 green onion or scallion 2 tbsp Mr. Goudas Seasoning Sauce Salt and Black Pepper to taste 1 tbsp Mr. Goudas Trinidad Hot Sauce or Scotch Bonnet Sauce .



Cow foot may be purchased from your butcher or local Caribbean food outlet, which also sells meat.



This will ensure that the cow foot is clean (hooves removed), and cut into serving size pieces.

Wash the cow foot, exactly as you would wash any other meat (chicken, beef and pork, for example).

Drain water. Chop the onions, garlic,





scallion and thyme into pieces, and add to cow foot. Add seasoning sauce, salt and pepper to taste.

Cover bowl and shake vigorously to allow ingredients to penetrate the meat. Let it sit for approximately 1 hour, or overnight if time permits. This marinating of the meat is very important.



Place the cow foot in 6-7 cups of water and bring to a boil. Reduce heat to medium and cook until tender.

Approximately 2 to 3 hours.

Add butter beans in the last 5 minutes. Add hot sauce and additional salt and pepper, if necessary.



(If you want your Cow Foot Dish to taste not only good, but SUPERB, add 2 tablespoons of Mr. Goudas Tamarind Sauce!) Serve over a bed of rice.

We hope that you have had a wonderful time reading this book as the individuals shown in the photos.

Do not allow this book to collect dust sitting on the shelf. Share it with a friend.



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