

# Caribbean Fusion Cooking Class

With Jasmine Drake and SOCA

## JAMAICAN RICE AND PEAS (Serving-12 people)

### Ingredients:

1 large onion  
2 bunches of scallions  
1 tablespoon grated fresh ginger  
6-7 garlic cloves  
2 teaspoons black pepper  
2-3 tablespoons fresh thyme  
2 teaspoons whole allspice berries  
12 oz washed and soaked dark red kidney beans  
2-3 tablespoons brown sugar  
3.5 cups coconut milk  
3 cups chicken broth or water  
1 un-opened scotch bonnet pepper  
1/2 teaspoon coconut extract  
3 cups parboiled rice  
4 cups of water  
5 tablespoons butter  
2 tablespoons olive oil  
1 teaspoon salt

1. Dice onions, scallions, garlic, ginger, complete seasoning, black pepper in food processor to make seasoning paste.
2. In a large pot, add 2 tablespoons of olive oil and the seasoning paste for 5 minutes.
3. Add beans, coconut milk, thyme, chicken broth (or water), whole scotch bonnet pepper, and cook beans until tender about 1.5 hours.
4. When beans are tender and liquid has reduced to about 2 cups, remove scotch bonnet pepper and discard.
5. Add rice and water. Taste/ adjust flavor with salt/ sugar. Cover pot with a tight fitting lid and simmer on low heat for about 20 minutes or until rice is fluffy.



## **CURRY CHICKEN (Serving-4 people)**

### **Ingredients:**

- 1 lb chicken (whole chicken or chicken breast)
- 2 tablespoons curry powder
- 2 teaspoons salt
- 1 tablespoon garlic powder
- ¼ cup cooking oil
- ¼ cup vinegar
- ½ cup water

1. Cut chicken into eighths, then cut each breast into three, thighs into two, wings into three. Remove outer skin and excess fat. Rinse chicken with cold water and drain. Add ¼ cup lemon juice and vinegar to chicken in a bowl. Let it sit for 30 minutes. Drain and rinse again in cold water, then drain thoroughly.
2. Marinate chicken with salt and garlic powder. Let chicken refrigerate overnight.

Next day:

1. Combine chicken with all ingredients (curry powder, and rub together until curry powder is wet and sticks to the chicken.
2. Turn your heat on high, heat the cooking oil in a large iron skillet with 2 tablespoon of curry powder until the oil is hot and curry powder changes color.
3. Add chicken to the hot oil, then turn down the heat to medium, add the water immediately.
4. Add the 1 sprig of thyme to the pot.
5. Allow to simmer on medium heat until chicken is moist and tender (30 minutes).
6. Remove the chicken from the skillet and place in a bowl.

## **TRINIDADIAN MACARONI PIE (Serving-8 people)**

### **Ingredients:**

- 1 box elbow macaroni
- 2 large eggs
- 2 1/4 cups grated cheddar cheese
- 1 can evaporated milk (12 oz can)
- 1/4 scotch bonnet pepper diced fine (optional)
- 1/2 medium onion diced very small.
- Fresh cracked black pepper
- 1/4 teaspoon salt
- 2 tablespoon butter
- Paprika (dust onto pie before baking)
- 1/3 teaspoon dry mustard powder

1. In a medium-large sized pot, add 3 cups of water and put the heat on high.
2. Add the box of macaroni to the pot and lower heat to medium-high.
3. Let it boil for 15-20 minutes.
4. Remove and drain the macaroni with a strainer.
5. Preheat oven to 350 degrees Fahrenheit.
6. In a 9 x 13 pan, butter the pan, including the sides.
7. Add the macaroni, eggs, grated cheddar cheese (2 cups), onion, butter, mustard powder, bonnet pepper, and salt to the pan.
8. Mix all the ingredients together until the grated cheese looks melted.



9. Add ¼ cup grated cheese and paprika to the top of the macaroni.
10. Bake the macaroni for 30-40 minutes (When the top is golden brown, take it out the oven).

## **SWEET PLANTAINS (Bake or fry) (Serving-8-12 people)**

### **Ingredients:**

- 2 to 3 ripe black plantains
- 4 tablespoons unsalted butter, divided (or ¼ cup vegetable oil)
- 1 teaspoon ground cinnamon
- 1 teaspoon natural vanilla extract
- 2 tablespoons brown sugar

1. To peel the plantains, cut off ends and discard. With a paring knife, make 3 shallow slits lengthwise along the seams of the skin and peel away. Split the plantains lengthwise.
2. Heat 4 tablespoons butter (or vegetable oil) in a large skillet and place over medium low heat.
3. Fry the plantains in a single layer, until golden on the bottom then turn over with a spatula. Add the cinnamon, vanilla, and sugar and let cook a few more seconds, just to begin caramelizing the sugar. (If you bake this recipe, preheat oven to 350 degrees Fahrenheit and bake the plantains for 15-20 minutes)
4. Let plantains cool off and serve.

## **Banana Fritters (Serves 8-10 people)**

### **Ingredients:**

- 3 ripe bananas
- 1 egg
- 1 teaspoon of vanilla extract
- 1/2 teaspoon of ground cinnamon
- 1/2 cup of sugar
- 2 cups of all-purpose flour
- 1 tablespoon of baking powder
- 3 cups of vegetable oil for frying
- confectioner sugar (optional, but nice finishing touch)

1. In a fairly large bowl, peel and cut the ripe banana into chunks, then mash using a fork or potato masher into a smooth consistency.
2. Whip and add the sugar, vanilla and cinnamon in a separate bowl.
3. Continuously whip until the sugar breaks down.
4. Add mixture to the bowl of bananas and whisk consistently.
5. Slowly add the flour and baking powder into the large bowl.
6. Mix until you have a smooth batter, without any lumps.
7. Heat the oil on a medium-high temperature/flame in a medium-large skillet.
8. Add a tablespoon of the batter into the hot oil. It will take about 1 minute to get golden brown, then flip and cook for another minute until that side is also golden brown.
9. Once cooked you will notice that it will start floating in the oil. Remove and drain on paper towels.
10. Let the fritters dry. Dust confectioner's sugar onto the fritters. Serve.

