

# RECIPE

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**TITLE:** Haitian Stewed Chicken

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## INGREDIENTS

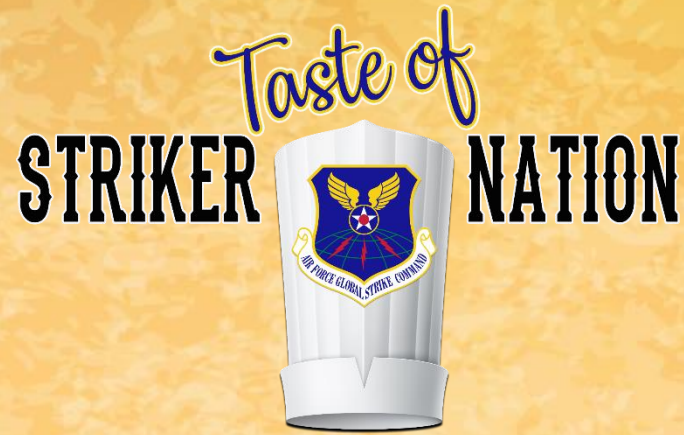
- 2 lbs of boneless, skinless chicken thighs
- Lime juice
- 1 quart of chicken stock (as needed)
- 1 small can of tomato paste
- ¼ cup of olive oil
- 1 small onion halved and diced

## MARINADE

- 1 small onion
- 1 bunch of parsley
- 1 bunch of scallions
- 1 habanero pepper
- 4 cloves of peeled garlic
- 10 whole cloves or 1 tbsp. of ground cloves
- 2 tsp of paprika
- 2 tbsp. of salt

# DIRECTIONS

- Rinse chicken, and place in a large mixing bowl and pour lime juice and salt over it. Mix to ensure chicken is fully coated, but not submerged in lime juice.
- In a blender add all marinade ingredients,  $\frac{1}{2}$  can of tomato paste and a small amount of chicken stock (enough to ensure smooth blending) Add small amount of chicken stock to thin the marinade enough to pour. Should still have a thick consistency.
- Drain lime juice off chicken and coat with marinade. Let sit for minimum 1 hour.
- Heat olive oil in large heavy bottom pot. Add remaining tomato paste and mix to cover bottom of pot and color the oil red. Add chicken and approximately 1 cup of chicken stock. Gently mix to cover all chicken with oil/tomato paste mixture. Cover tightly and let cook for 35 minutes. Check occasionally to ensure there is still liquid around the chicken and nothing is sticking to the bottom. Add very small amounts of stock to help reduce sticking as needed. Liquid should not submerge the chicken.
- Remove cover, add sliced onions and simmer for an additional 5 minutes, to reduce the gravy. Serve over white rice or rice and beans.



# RECIPE

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**TITLE:** Mediterranean Chicken

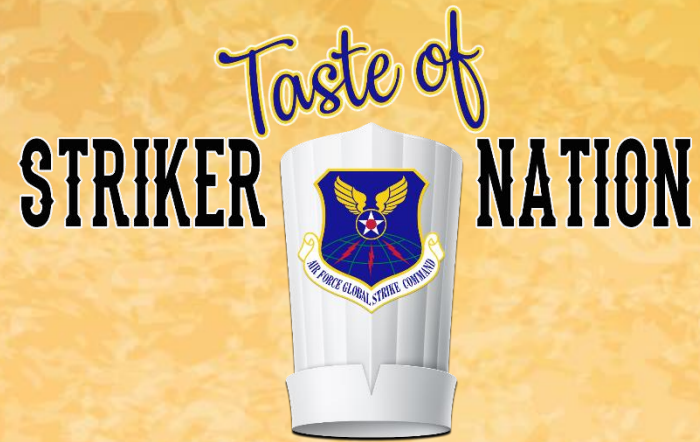
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## INGREDIENTS

- 1/3 cup of extra-virgin olive oil
- 5 medium sized garlic cloves finely minced
- 1 tbsp. of smoked paprika
- 1 ½ tsp of oregano
- 1 tsp of ground cumin
- 1 tsp ground coriander
- 1 tsp kosher salt
- 1/3 cup of finely chopped cilantro
- 2 lbs of boneless, skinless chicken thighs
- 2, 15 ounce cans of chickpeas well drained
- 1 pint of cherry tomatoes
- 3 cups of cubed bread
- ½ cup of Feta cheese

# DIRECTIONS

- Preheat oven to 400F. Line a sheet pan with foil for easy cleanup.
  - Mix first 7 ingredients in medium bowl. Stir well to combine. Add chicken, chickpeas, tomatoes, sourdough cubes and ½ cup cilantro. Toss to coat.
  - Transfer mixture to prepared pan and spread out to an even layer, exposing the chicken thighs. Sprinkle the thighs with freshly ground black pepper.
  - Bake in preheated oven until chicken is cooked through and bread is crisp about 20-30 minutes. Sprinkle with Feta and put it back in the oven for 5 minutes. When fully cooked, transfer chicken into bowls and serve.
- \* Optional sprinkle remaining cilantro and/or Feta as a garnish.



# RECIPE

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**TITLE:** Mini Jamaican Beef Patties

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## INGREDIENTS

### BEEF FILLING

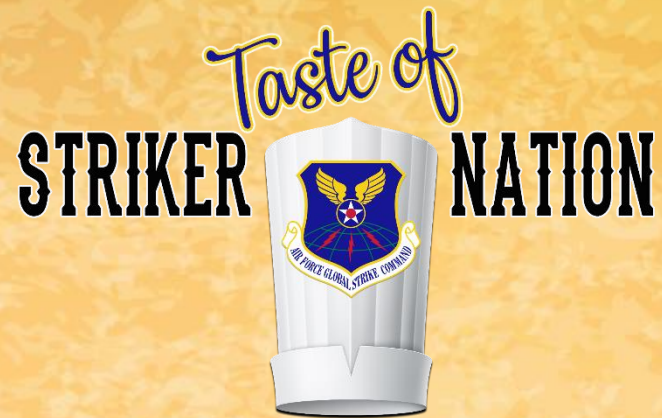
- 1 pound of ground beef
- 2 tsp of curry powder
- 2 cloves of chopped garlic
- 2 tbsp. of green onion
- 1 tsp of allspice
- 1 green bell pepper, chopped
- ½ tsp salt
- 1 tsp of sugar
- ¼ cup of soy sauce
- 3 slices of bread

### CRUST

- 1 pound of flour
- 2 sticks of butter
- ½ tbsp. of sugar
- ½ tsp of salt
- ½ cup of ice cold water
- 2 tbsp. of curry powder

# DIRECTIONS

- Put 3 slices of bread and a ½ cup of water in a blender. Make sure the mixture is smooth and then set aside (this is Panade).
- In a pot add a splash of oil and heat it up over medium heat before adding the ground beef. Once the ground beef changes color remove from the pot and set it aside.
- In the same pot the beef was in, add 1 tbsp. of oil and add the curry powder, garlic, onion, thyme, allspice, and bell pepper. Saute the ingredients on high heat for 2 to 3 minutes.
- Once the veggie mixture is cooked, add the beef, soy sauce, and Panade mixture to the pot. Taste and add salt and sugar as needed. After everything is mixed together, put the meat mixture in the blender to make it smooth. Set it aside to let it cool.
- For the crust mix together the flour, curry powder, and one stick of butter (keep the other stick of butter in the fridge to stay cold). Once mixed together, add 1 tbsp. of ice cold water at a time until a dough comes together. Chill the dough for 30 — 40 minutes.
- After the dough has chilled, lightly flour a rolling pin and counter to roll out the dough into a rectangle. Once the dough is rolled out take the second stick of butter and cut it in quarters. Then place one quarter stick of butter in the center of the dough. Fold the bottom third to the middle third and place another quarter stick of butter in the center. Then fold the top third of the dough and roll of the dough into another rectangle. Repeat these steps until the butter is gone. Once the butter is gone wrap tightly in plastic wrap and put it in the fridge for 30 — 40 minutes.
- Preheat the oven to 360F.
- Remove the dough from the fridge and roll it out into a thin rectangle. With a quarter cup measuring cup, measure out the now cooled meat mixture and place in regular intervals on the dough without getting too close to the edge. Fold over the excess dough on top of the meat mixture and pat out the excess air between the dough. Use a knife to cut out circle and place on a foil lined baking sheet. Cook for 20 - 25 minutes and enjoy.



# RECIPE

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**TITLE:** Mini Empanadas

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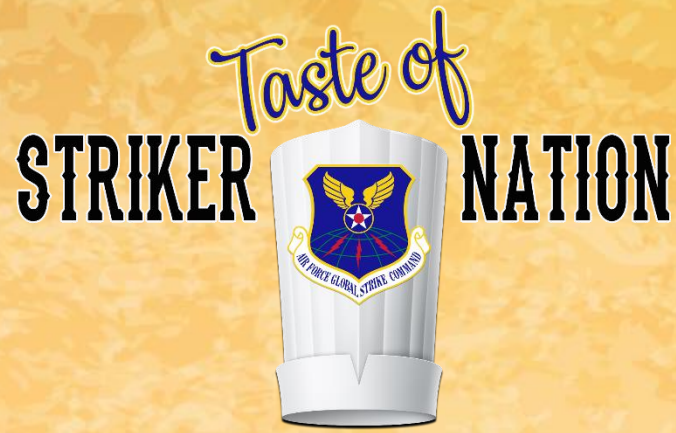
## INGREDIENTS

- Goya flour discs (30 count)
- Adobo
- ¼ cup of Sofrito
- 1 small envelope of Sazon
- 2 garlic cloves peeled and chopped
- ½ an onion diced
- ½ green pepper diced
- ½ red pepper diced
- 1 small potato diced
- 1 cup of tomato sauce

# DIRECTIONS

- Season veggies with Adobo to desired taste, add the chopped garlic and brown in a skillet. You may also use salt and pepper instead of Adobo if you prefer.
- Once veggies are cooked add Sofrito, Sazon, and tomato sauce. Let it simmer until potatoes are tender.
- Place a spoonful of the filling on the dough and fold it shut. My favorite method for sealing empanadas is to use a fork. Simply press on the edge with a fork on both sides and you're done.
- Fry each side of the empanada in hot oil. Simply remove when the empanada gets a light golden color.





# RECIPE

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**TITLE:** Cauliflower Rice Paella

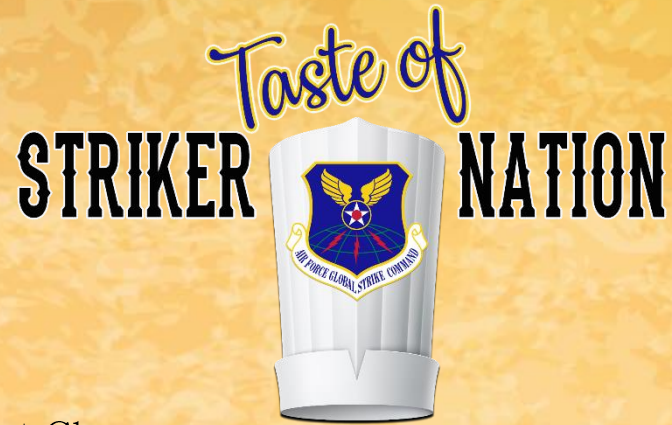
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## INGREDIENTS

- 1 large head of cauliflower
- 2 tbsp. of olive or avocado oil
- 1 medium yellow onion
- 3 cloves of garlic minced
- 1 red bell pepper
- 1 cup of Roma tomatoes
- 1 tsp of smoked paprika
- 1 tsp of saffron threads
- 1 tsp of salt
- 8 oz of chorizo sausage
- 12 oz of cooked chicken
- ½ cup of white wine
- 4 tbsp. of lemon juice
- 1 tbsp. of tomato paste
- 3 tbsp. of fresh parsley

# DIRECTIONS

- Place cauliflower florets into a food processor or blender. Pulse for about 10-20 seconds until cauliflower resembles a rice texture. Do not over pulse, or it will become mushy. Set the cauliflower aside.
- Heat a large skillet over medium heat. Add 1 tbsp. oil, then saut é minced garlic and onion for 3-4 minutes. If using raw chorizo, add it here and cook for 4-5 minutes. Now add bell pepper and cauliflower rice. Continue to saut é for 5-6 minutes, consistently stirring.
- Add tomatoes, paprika, saffron, salt, and chorizo. If using precooked sausage, slice into bite size pieces and toss into the mixture, then add the chicken.
- Place white wine, lemon juice, and tomato paste into the skillet. Increase heat to medium high and bring to a quick boil. Once boiling, reduce the heat to a simmer and let the flavors meld. Continue to stir and cook for another 8-10 minutes.
- Add the last 2 tbsp lemon juice and parsley (if using) for garnish and serve.



# RECIPE

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**TITLE:** Arugula Salad with Whipped Goat Cheese

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## INGREDIENTS

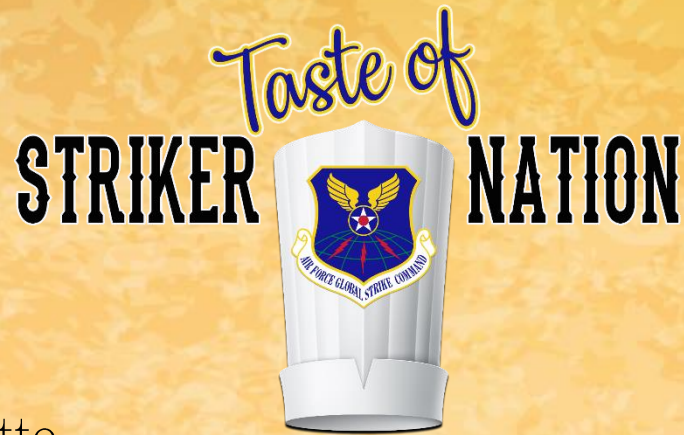
- 1 cup of Arugula
- ¼ cup of toasted walnuts
- ¼ cup of pomegranate seeds
- 1 oz of goat cheese
- 3 — 4 hand ripped mint leaves

## VINAIGRETTE

- 6 tbsp. of extra virgin olive oil
- 2 tbsp. of lemon juice
- 1 clove of garlic
- 1 pinch of salt
- 1 pinch of pepper
- 2 tsp of Dijon mustard

# DIRECTIONS

- Grab a small sauté pan and toast the walnuts over medium heat. The walnuts will be done toasting when you smell the nutty aroma, which will be about 2 — 5 minutes.
- In a bowl add the arugula, ripped mint leaves, cooled walnuts and crumbled goat cheese.
- In a different bowl add the lemon juice, Dijon mustard, salt, and pepper. Slowly whisk in the olive oil to emulsify the vinaigrette.
- Add your desired amount of vinaigrette to your salad then toss all together and enjoy.



# RECIPE

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**TITLE:** Salmon with Mushroom Risotto

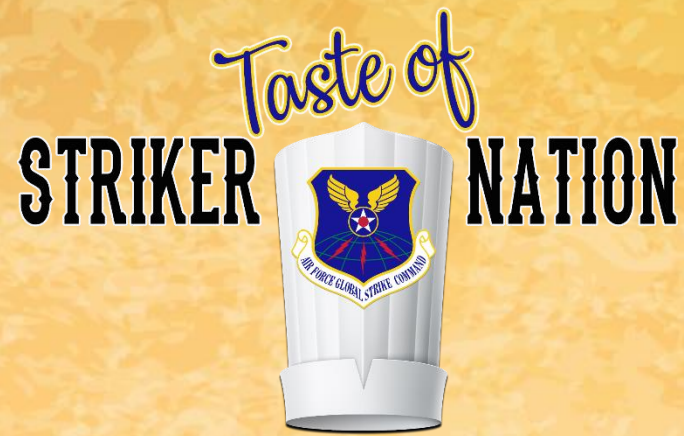
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## INGREDIENTS

- 2 — 4 fillets of salmon
- 1 tbsp. of olive oil
- 8 oz of sliced mushrooms
- ½ of a white onion, diced
- 3 cloves of garlic, minced
- 1 cup of frozen peas
- 4 cups of cauliflower rice
- 1 cup of vegetable broth
- ½ cup of parmesan cheese
- Salt
- Pepper
- Paprika

# DIRECTIONS

- Preheat oven to 450F. While the oven is preheating, season the salmon with salt, pepper, and paprika. Once the oven is preheated, cook the salmon for 15 minutes.
- Heat oil in a large pot over medium heat. Add in mushrooms and onion and saut é for 10 minutes until caramelized. Add in garlic and saut é for 30 seconds, until golden brown.
- Add in peas, cauliflower rice, and broth. Simmer for 10 minutes until vegetable broth reduces slightly.
- Turn off heat and stir in parmesan cheese. Serve cooked salmon over risotto.



# RECIPE

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**TITLE:** Moqueca

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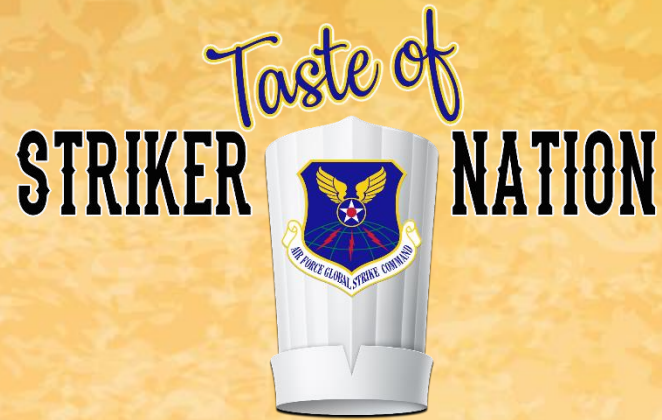
## INGREDIENTS

- 1 white onion
  - ½ diced
  - ½ thinly sliced
- 2 big tomatoes
  - ½ diced
  - ½ thinly sliced
- 6 cloves of garlic, minced
- ½ bunch of chopped cilantro
- ½ lime
- Sriracha
- 1, 15 oz can of coconut milk
- 1 pound of shrimp

# DIRECTIONS

- Season shrimp with salt, pepper, garlic, and lime juice.
- Rinse the rice and then add to a pot of boiling water. Stir the rice for 1 minute then put a lid on the pot and reduce the heat to a simmer. Let the rice cook for about 12 minutes.
- Saut é the diced onions and pepper in olive oil until soft. Then add diced tomatoes for another minute or two.
- Add in your shrimp and mix with veggies. Now add sliced veggies over the top of it all.
- Drizzle your coconut milk on and add Sriracha to your liking.
- Cover and simmer until the shrimp is cooked.
- Once finished add cilantro and taste. Add salt if needed, then serve with rice (optional).





# RECIPE

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**TITLE:** Butternut Squash Soup

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## INGREDIENTS

- 2 tbsp. of extra virgin olive oil
- 1 large yellow onion, chopped
- ½ tsp of sea salt
- 3 lbs of butternut squash (peeled, seeded, and cubed)
- 3 cloves of garlic, chopped
- 1 tbsp. of rosemary
- 1 tsp of grated ginger
- 3 — 4 cups of vegetable broth
- Freshly ground black pepper
- Croutons
- Dried parsley, minced

# DIRECTIONS

- Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of pepper and saute until the onions are soft. This will take about 5 — 8 minutes.
- Once the onions are soft, add in the butternut squash and cook for 8 — 10 minutes until they begin to soften. After the squash has softened, add the garlic, sage, rosemary, and ginger.
- When the spices become fragrant add the broth and bring to a boil. Once the broth is boiling, reduce the heat to a simmer and let the squash cook for about 20 — 30 minutes.
- After the squash is done cooking let the soup cool, then pour it into a blender, and blend until smooth. Work in batches if necessary. If your soup is too thick, add one more cup of broth.
- Once all the soup is blended, season to taste and serve in a bowl with parsley and croutons.