



The Culinary Institute of America's
Food & Beverage Institute

prochefSM Menu Solutions

**LATIN AMERICAN SEAFOOD COOKING:
FROM MEXICO TO THE CARIBBEAN**

prochefSM Menu Solutions - Latin American Seafood Cooking has been designed to give you an introduction to some of the diverse flavors and dishes of Latin American cultures, and the inspiration to evolve your own menu concepts by applying select principles. This introduction to Latin American seafood cookery will help you meet the increasing demand for some of the latest bold and exciting culinary traditions in your own operations by:

- **Exploring a sampling of diverse menu items from areas within Latin America.**
- **Implementing the seasonal ingredients and flavor concepts of authentic Latin American cuisine.**
- **Applying cooking techniques found in Latin American cuisine that result in the proper development of flavors in dishes from this magnificent region.**

We believe our sampling of recipes presented in *prochefSM Menu Solutions - Latin American Seafood Cooking* will provide an effective foundation for ideas that will inspire further innovation of your recipe database and the kind of customer enthusiasm that will keep your clients coming back for more.

LATIN AMERICAN SEAFOOD COOKING: FROM MEXICO TO THE CARIBBEAN

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The recent growth and increased awareness of multicultural influences in the food service industry has brought Latin American cuisine to the forefront of today's latest cooking trends. Latin American cuisine showcases bold and exciting flavors and is sure to inspire interest and enthusiasm in the development of new menu concepts.

This lush region of tropical and sub-tropical climates, ranging from Mexico to the Caribbean is both intriguing and diverse with its myriad of races and cultures. A wide spectrum of languages, traditions, music, and politics comprise this mysterious and colorful area of the world.

About 500 years ago, waves of outsiders began to inhabit parts of this region, particularly the islands of the Caribbean. Native foods evolved, adopting the culinary influences of Spain, Holland, Denmark, France, Italy, Britain, Africa, China, and India. The Latin American cuisine of today is a *mélange* of foods and traditions, with inspiration from each of these cultures; a lively, often spicy, naturally healthful cuisine with an abundance of satisfying flavors.

This is one of the many reasons why the cuisines of Latin America appeal to such a variety of diners. Customers want the option of selecting foods and dishes beyond the familiar ethnic fare. To satisfy this interest, we, as culinary professionals must constantly be looking for new ideas, recipes, and flavorings from lesser-known, more exotic and global cuisines. The cuisines of Latin America are among the latest contemporary culinary trends and draw some of the greatest customer enthusiasm from dining patrons.

A list of the most common ingredients that appear in Latin American cuisine includes:

- Fruits such as avocado, banana, lemon, papaya, plantain, pineapple, and yuca.
- Vegetables such as pumpkin, potato, spinach, onion, hearts of palm, papa seca, and manioc.
- Meat and seafood such as beef, chicken, pork, squid, clams, and shrimp.
- Legumes such as beans, peanuts, and peas.
- Nuts such as almonds, cashews, and pine nuts.
- Spices such as cardamom, cloves, cumin, and mace.
- Herbs such as cilantro, marjoram, oregano, bay leaf, palillo, and parsley.

APPETIZERS

SHRIMP EMPANADAS

Yield: 10 Portions



Ingredients	Amounts
Dough	
Flour, all purpose	2 ¼ lb.
Salt	1 tsp.
Butter, cubed	4 oz.
Lard	5 oz.
Beer, cold	6-8 oz.
Egg white, to seal	1 ea.
Shrimp Filling	
Butter	1 ½ oz.
Onion, minced	8 oz.
Garlic clove, minced	3 ea.
Cumin	½ tsp.
Cloves	1/8 tsp.
Tomato concassé	8 oz.
Hearts of palm, minced	4 oz.
<i>(continued)</i>	

SHRIMP EMPANADAS (CONTINUED)

Parsley, chopped	½ cup
Shrimp, 21/25, chopped fine	1 lb.
Salt	to taste
Ground black pepper	to taste

Method

1. To make dough, combine flour, salt, butter and lard.
2. Add beer and knead for 5 minutes. Let rest 15 minutes.
3. To make filling, sweat onion and garlic in butter. Add cumin and cloves.
4. Add tomato, hearts of palm, and parsley. Cook until tomatoes are soft. Add shrimp and season.
5. To form empanadas, roll dough on a floured surface and cut into 4-6-inch rounds. Coat with egg wash and fill with shrimp mixture.
6. Bake in 350°F oven for 20 minutes.

OCTOPUS CEVICHE

Yield: 10 Portions

Ingredients	Amounts
Octopus	2 lb. 8 oz.
Water	2 qt.
Salt	1 Tbsp.
Pickling spices	3 Tbsp.
Papaya, green, cut in quarters	1 ea.

Marinade

Oil, olive, extra virgin	12 oz.
Vinegar, sherry wine	3 oz.
Garlic clove, chopped	4 ea.
Cilantro, chopped	¼ bu.
Lime, juice of	4 ea.
Lemon, juice of	4 ea.
Thyme, fresh chopped	¼ bu.
Chile, jalapeño, small dice	4 ea.
Pepper, red bell, small dice	1 ea.
Pepper, yellow bell, small dice	1 ea.
Salt	2 tsp.
Ground black pepper	1 tsp.

Method

1. Simmer octopus in water with seasonings and papaya for about 1 ½ hours or until tender.
2. Drain octopus and shock in cold water.
3. Peel away the skin of the octopus and cut in fine bias.
4. Combine all ingredients for marinade and mix with octopus. Marinate for 30 minutes. Serve chilled.

CONCH FRITTERS

Yield: 24, 2-oz. fritters

Ingredients	Amounts
Conch, ground 1/8-inch	2 lb.
Onion, small, ground	1 ea.
Celery, ground	4 ea.
Pepper, red bell, ground	1 ea.
Pepper, yellow bell, ground	1 ea.
Egg	2 ea.
Cornmeal	¼ cup
Flour, all purpose	½ cup
Baking powder	1 Tbsp.
Milk	4 oz.
Hot sauce	2 tsp.
Parsley, chopped	½ cup
Salt	to taste
Ground black pepper	to taste
Lime, sliced in wedges	as needed
Creole Sauce	1 recipe

Method

1. Combine all ingredients together and mix well. Form into 2-oz. balls and deep-fry.
2. Serve with fresh lime wedges and Creole Sauce.

CRACKED CONCH WITH CREOLE SAUCE

Yield: 10 Portions

Ingredients	Amounts
Conch	10 ea.
Standard breading procedure	as needed
Oil, vegetable	8 oz.
Salt	to taste
Ground black pepper	to taste

Method

1. Pressure cook conch until tender. Butterfly.
2. To prepare conch, bread using standard breading procedure. Pan-fry. Season with salt and pepper.
3. Serve with Creole Sauce.

Note: See Creole Sauce recipe Page 29

SALT FISH BALLS

Yield: 10 Portions

Ingredients	Amounts
Salt cod	1 lb.
Squash, calabaza or Hubbard	1 lb.
Butter, softened	1 Tbsp.
Salt	to taste
Ground black pepper	to taste
Bread crumb, fresh	2 cup
Egg, beaten	2 ea.
Oil, vegetable, to pan fry	as needed

Method

1. De-salt cod by soaking it in cold water overnight or by boiling it in water for a total of three times or until it is not salty.
2. Cook squash. Pass squash through ricer or food mill.
3. Combine squash, butter, cod, salt, pepper and half of the breadcrumbs.
4. Portion into 1 ½ oz. balls. Dip in beaten eggs and then dredge in remaining breadcrumbs. Pan-fry.

FRIED SWEET PLANTAINS WITH SAUCE TI-MALICE

Yield: 10 Portions

Ingredients	Amounts
<i>Sauce Ti-Malice</i>	
Onion, julienne	8 oz.
Garlic clove, chopped	3 ea.
Shallot, chopped	4 oz.
Lime juice, fresh	4 oz.
Oil, olive, extra virgin	2 oz.
Chive, chopped	1 bu.
Plantain, sweet, peeled, cut 1-inch bias	5 ea.

Method

1. Marinate onions, garlic, and shallots in limejuice for 1 ½ hours.
2. Add olive oil to mixture and bring to boil. Remove from heat and allow to come to room temperature.
3. Add chives and mix well.
4. In batches, remove from oil and drain on absorbent paper. Deep-fry plantains in 350°F oil until golden brown.

SAUTÉED GULF WHITE SHRIMP WITH TAMARIND RAISIN CHUTNEY

Yield: 8 portions

Ingredients	Amounts
Tamarind block	1 ea.
Raisins	½ cup
Sugar	¼ cup
Jaggery* (available at Indian markets)	¾ cup
Serrano chilies, finely chopped	2 ea.
Kosher salt	1 tsp.
Water	2 cups
Shrimp (15-20 count), shelled and de-veined, shells reserved	32 ea.
Canola oil	¼ cup
Salt and freshly ground black pepper to taste	
Cilantro, chopped, for garnish	¼ cup

Method

1. Place the tamarind, raisins, sugars and spices in a pot and cover with cold water. Bring to a boil and simmer for 15 minutes. Remove pan from heat and allow to soak for another 15 minutes.
2. Cool to room temperature.
3. Break the softened tamarind into small pieces and put into a colander. Using a ladle or spatula, push the mixture back on the stove and bring to a simmer. Continue simmering until the chutney is thick and smooth.
4. Remove to a glass bowl and cool. Store in the refrigerator.
5. Season the shrimp with salt and pepper. Heat the oil in a large sauté pan until hot. Add shrimp one by one and cook for one minute on each side. Remove from the pan and drain on paper towels.
6. Serve with sauce.

Note: Jaggery is a tan, unrefined sugar that is common in India. It's made from the sap of palm trees or sugar cane and is much more flavorful than granulated sugar. It's often sold in solid cakes, but it should crumble when you squeeze it. Look for it in Indian markets. Substitute: Mix 1 C dark brown sugar + 2 teaspoons molasses OR palm sugar OR piloncillo OR brown sugar OR maple sugar OR date sugar. www.foodsubs.com

ENTRÉES

CONCH CURRY

Yield: 10 Portions



Ingredients	Amounts
Conch, ground 1/8-inch	3 lb.
Oil, vegetable	12 oz.
Onion, small, chopped	2 ea.
Garlic clove, chopped	8 ea.
Chile, habanero, minced	½ ea.
Trinidadian Herb Seasoning	2 Tbsp.
Trinidadian Curry Paste	½ cup
Stock, fish	3 - 4 cup
Salt	to taste
Ground black pepper	to taste

Method

1. Sweat onions, garlic, and chile in oil.
2. Add conch, herb seasoning, curry paste, and stock. Cook several minutes and remove conch.
3. Reduce liquid to sauce consistency and season to taste.
4. Serve with Roti and Dried Plum and Mango Chutney.

SNAPPER FILLET BAKED IN BANANA LEAF

Yield: 10 Portions

Ingredients	Amounts
Snapper fillet, 5 oz. each	10 ea.
Salt	1 tsp.
Ground black pepper	½ tsp.
Worcestershire sauce	2 Tbsp.
Mayonnaise	3 cup
Wine, white	4 oz.
Cilantro, chopped	3 Tbsp.
Tarragon, dry	1 tsp.
Pernod	2 Tbsp.
Lime, juice of	1 ea.
Banana leaf	10 ea.
Onion, red, julienne	8 oz.
Tomato, sliced thin	2 ea.
Olive, green, pitted	20 ea.

Method

1. Season fillets with salt, pepper, and half of Worcestershire sauce. Refrigerate for 15 minutes.
2. Combine mayonnaise, wine, cilantro, tarragon, Pernod, limejuice, and remaining half of Worcestershire sauce. Mix well. Reserve.
3. Cut banana leaves to measure 8 by 10-inches. Coat each leaf with 1-Tbsp. of mayonnaise mixture. Place 1 fish fillet leaf on each leaf and cover lightly with additional mayonnaise mixture. Top each fillet with 1/10 of the onions, 2 slices of tomato, and 2 olives. Fold banana leaf to form an envelope and fold the ends. To secure, tie with narrow strips of leaf.
4. Place packets in baking pan and bake in 350°F oven for 10 minutes.

FISH WITH ALMOND-MUSTARD SAUCE

Yield: 10 Portions

Ingredients	Amounts
Grouper, fillet, 6 oz. each	10 ea.
Water	8 oz.
<i>Almond-Mustard Sauce</i>	
Almond, blanched, ground	2 ½ cup
Cinnamon, ground	1 ½ tsp.
Mustard, dry	2 ½ Tbsp.
Cloves, ground	½ tsp.
Ground black pepper	1 ½ Tbsp.
Vinegar, red wine	4 oz.
Oil, olive	6 oz.
Capers	½ cup
Olive, green	1 ½ cup
Chile, jalapeños, pickled, minced	3 ea.
Salt	to taste
Ground black pepper	to taste

Method

1. To make sauce, combine almonds, cinnamon, mustard, cloves, and pepper.
2. Mix in vinegar and oil to form a paste. Add capers, olives and jalapeños; season to taste with salt and pepper.
3. Spread paste over seasoned grouper fillet and place in baking dish with water. Bake in 400°F oven until fish reaches an internal temperature of 145°F.
4. Serve with tortillas.

GARLIC SHRIMP

Yield: 10 Portions



Ingredients	Amounts
Shrimp, 21/25	3 lb.
Oil, olive	8 oz.
Garlic clove, chopped	15 ea.
Lime, juice of	4 ea.
Salt	to taste
Ground black pepper	to taste
Oregano, dried	1 tsp.
Parsley, chopped	½ cup
Hot sauce	to taste

Method:

1. Sauté garlic in olive oil.
2. Add shrimp and sauté until done. Add lime juice, salt, pepper, oregano, parsley, and hot sauce.
3. Serve with toasted French bread.

BAKED FISH WITH ONIONS AND ALMONDS

Yield: 10 Portions

Ingredients	Amounts
Snapper, 2-3 lb. each, head removed	3 ea.
Oil, olive	4 oz.
Onion, chopped	1 lb.
Garlic clove, chopped	3 ea.
Almond, blanched, toasted, ground	2 cup
Parsley, chopped	½ cup
Stock, fish	24 oz.
Salt	to taste
Ground black pepper	to taste
Onion, small, sliced thin	2 ea.
Bay leaf	2 ea.
Thyme	1 tsp.
Lime juice	5 oz.

Method

1. In olive oil, sweat chopped onions and garlic. Add almonds, parsley, and half of the fish stock. Season.
2. Spread mixture over fish.
3. Place sliced onions, bay leaf, thyme and lime juice in bottom of baking dish and lay fish on top. Bake in 400°F oven until fish reaches 145°F internal temperature.

MINCED FISH "HASH" CUBAN-STYLE

Yield: 10 Portions

Ingredients	Amounts
Grouper fillets, 6-8 oz each, cubed	10 ea.
Bread slices, white, crusts removed, cubed	12 ea.
Milk	8 oz.
Onion, minced	8 oz.
Oil, olive	8 oz.
Nutmeg	½ tsp.
Lime juice	4 oz.
Salt	to taste
Ground black pepper	to taste
Parsley, chopped	½ cup
Hot sauce	to taste
Eggs, hard-boiled, chopped	4 ea.

Method

1. Soak bread in milk until milk is absorbed. Then squeeze out milk.
2. Sweat onions in oil. Add fish cubes and cook until flaked. Add bread, nutmeg, limejuice, salt, pepper, parsley and hot sauce. Cook about 5 minutes.
3. Add chopped eggs. Season and serve with fried sweet plantains.

SHRIMP CURRY

Yield: 10 Portions



Ingredients	Amounts
Shrimp, 16/20, peeled and de-veined	3 ½ lb.
Oil, vegetable	2 oz.
Onion, chopped	8 oz.
Garlic, minced	1 Tbsp.
Ginger, chopped	2 Tbsp.
Cumin	1 Tbsp.
Coriander	1 Tbsp.
Mustard seed	1 Tbsp.
Peppercorn, black	1 Tbsp.
Turmeric	1 Tbsp.
Red pepper flakes	½ tsp.
Tomato concassé	12 ea.
Stock, fish or chicken	4 oz.
Lime juice	2 oz.
Salt	to taste
Ground black pepper	to taste

Method

1. In oil, sweat onions, garlic, and ginger. Add ground spices and cook several minutes.
2. Add tomatoes and stock. Reduce to sauce consistency.
3. Add fish and cook briefly. Finish with limejuice, salt and pepper.
4. Serve with Mango Chutney and Rice with Kidney Beans.

JAMAICAN JERK-SEASONED MAHI MAHI

Yield: 10 Portions



Ingredients

Amounts

Mahi mahi, 6 oz. fillet

10 ea.

Jerk Seasoning

Allspice

2 Tbsp.

Thyme, dried

1 Tbsp.

Garlic clove, peeled

10 ea.

Gingerroot, chopped

4 Tbsp.

Plum, dried, chopped

1/4 cup

Cinnamon, ground

2 tsp.

Chile, Scotch bonnet, seeded

1-3 ea.

Salt

3 Tbsp.

Oil, olive

4 oz.

Scallion, sliced

1 cup

Vinegar, red wine

4 oz.

Lime juice

4 Tbsp.

Method

1. To make jerk seasoning, combine all ingredients in food processor and purée.
2. Marinate fish in jerk seasoning for at least 1 hour.
3. Grill fish, basting with jerk seasoning.

LOBSTER ENCHILADA

Yield: 10 Portions

Ingredients	Amounts
Lobster, 1 ½ lb. each	5 ea.
Oil, olive	2 oz.
Stock, fish	40 oz.
Oil, olive, extra virgin	2 oz.
Onion, small dice	8 oz.
Garlic clove, chopped	4 ea.
Pepper, green bell, small dice	1 ea.
Pepper, red bell, small dice	1 ea.
Pepper, yellow bell, small dice	2 ea.
Chile, jalapeño, small dice	1 ea.
Tomato paste	1 Tbsp.
Sofrito	3 oz.
Tomato sauce	1 ½ cup
Cilantro, chopped	½ bu.
Salt	1 ½ tsp.
Ground black pepper	½ tsp.

Method

1. Remove lobster meat from shells and cut into large dice. Reserve.
2. Heat olive oil and sauté shells until pink in color.
3. Add shells to fish stock and reduce to 1 cup.
4. Heat extra virgin olive oil. Sauté onions, garlic, peppers and chile until soft.
5. Add tomato paste and brown lightly.
6. Add remaining ingredients and 1 cup of lobster-shell stock.
7. Simmer for 15 minutes.
8. Add lobster meat. Cook until firm.

RED SNAPPER WITH SHRIMP AND AVOCADO TOSTADA

HUACHINANGO A LA TALLA

Yield: 10 Portions

Ingredients	Amounts
Red snapper fillet, skin on	10 ea.
<i>Marinade</i>	
Mayonnaise	1 cup
Lime juice	3 oz.
Salt	2 Tbsp.
Ground black pepper	1 Tbsp.
<i>Guajillo-Ancho Sauce</i>	
Chile, ancho	8 ea.
Chile, guajillo	4 ea.
Water, hot	1 pint
Garlic clove, chopped	2 ea.
Onion, chopped	½ lb.
Oil, vegetable	2 oz.
Tomato concassé	1 ½ lb.
Vinegar, white	½ oz.
Cloves, whole	2 ea.
Oregano, dried	2 tsp.
Thyme, dried	1 tsp.
Cumin, ground	1 tsp.
Salt	to taste
Ground black pepper	to taste
<i>Shrimp and Avocado Tostadas</i>	
Tortilla, corn	10 ea.
Shrimp, 31/35, poached	1 lb.
Pico de Gallo	1 recipe
Avocados, ripe	2 ea.
Queso fresco, crumbled	½ lb.

Method

1. Marinate fish in mayonnaise, limejuice, salt and pepper.
2. To prepare sauce, soak chiles in hot water until soft; reserve.
3. Sweat onions and garlic in oil. Add tomatoes, vinegar, and spices.
4. Purée sauce. Season with salt and pepper and blend; reserve.
5. Grill fish to order and finish in 350°F oven.

RED SNAPPER WITH SHRIMP AND AVOCADO TOSTADA ***(CONTINUED)***

6. For the tostadas, cut a 3" round from the corn tortillas and deep-fry.
7. Prepare Pico de Gallo.
8. Peel and slice avocados.
9. Assemble tostadas with Pico de Gallo, shrimp, avocados, and crumbled cheese.
10. Top fish with Guajillo-Ancho Sauce.

CONDIMENTS

TRINIDADIAN HERB SEASONING

Yield: 2 Cups

Ingredients	Amounts
Shallots	5 ea.
Scallion	1 bu.
Thyme	1 bu.
Parsley	1 bu.
Cilantro	2 Tbsp.
Garlic clove	4 ea.
Onion, small	1 ea.
Salt	to taste
Ground black pepper	to taste
Vinegar, white	3 Tbsp.

Method: Combine all ingredients in food processor and purée to a paste.

TRINIDADIAN CURRY PASTE

Yield: 1 ½ Cups

Ingredients	Amounts
Coriander seed	1 cup
Aniseed	1 Tbsp.
Cloves	1 Tbsp.
Turmeric	1 Tbsp.
Cumin	1 Tbsp.
Fenugreek	1 Tbsp.
Peppercorn, black	1 Tbsp.
Mustard seed	1 Tbsp.
Garlic clove, chopped	6 ea.
Onion, chopped	¾ lb.
Chile, habanero, minced	1 ea.
Water	as needed

Method

1. Roast all the spices and grind.
2. Combine all ingredients in food processor and purée to a paste.

DRIED PLUM AND MANGO CHUTNEY

Yield: 3 Cups

Ingredients	Amounts
Green mango, minced	3 cup
Sugar, brown	1 cup
Vinegar, white	12 oz.
Ginger, grated	2 Tbsp.
Onion, small, chopped	3 ea.
Chile, habanero, minced	½ ea.
Garlic clove, chopped	1 ea.
Salt	1 tsp.
Plum, dried	½ cup
Tamarind paste	¼ cup

Method: Combine all ingredients and cook until consistency of marmalade.

CREOLE SAUCE

Yield: 10 Portions

Ingredients	Amounts
<i>Annato Oil</i>	
Oil, vegetable	2 oz.
Annato seed	3 Tbsp.
Onion, chopped	1 lb.
Celery, chopped	1 lb.
Garlic clove, chopped	8 ea.
Chile, Scotch Bonnet, minced	1 ½ tsp.
Bay leaf	2 ea.
Flour, all purpose	2 Tbsp.
Tomato, canned	5 cup
Parsley	3 Tbsp.
Sugar	2 tsp.
Salt	to taste
Ground black pepper	to taste

Method

1. To make the annato oil, combine oil and annato seeds and cook on low heat for five minutes. Remove seeds from oil.
2. Sweat onions, celery, garlic, chiles, and bay leaf in annato oil. Add flour and cook 5 minutes.
3. Add tomatoes and reduce to sauce consistency. Finish with parsley, sugar, salt and pepper.

MANGO CHUTNEY

Yield: 3 cups

Ingredients	Amounts
Mangoes, green	2 lb.
Tamarind paste	1 oz.
Vinegar, malt	8 oz.
Sugar, granulated	2 Tbsp.
Plum, dried	¼ cup
Gingerroot, minced	¼ cup
Garlic, chopped	½ tsp.
Chile, Scotch bonnet, minced	½ tsp.
Allspice	1/16 tsp.
Salt	1 Tbsp.

Method

1. Simmer mangoes, tamarind, and vinegar for 10 minutes.
2. Stir in sugar, dried plums, ginger, garlic, chiles, allspice and salt.
3. Reduce heat and cook 30 - 45 minutes.

SOFRITO

Yield: 2 Cups

Ingredients	Amounts
Oil, annatto	2 oz.
Onion, chopped	8 oz.
Garlic clove, chopped	3 ea.
Pepper, green bell, chopped	1 ea.
Chile, cachucha, seeded, chopped	5 ea.
Tomato, seeded, chopped	1 lb.
Oregano, dried	1 tsp.
Cilantro, chopped	¼ bu.
Salt	1 tsp.
Ground black pepper	½ tsp.

Method

1. Heat annatto oil and sauté onions, garlic, pepper and chile until soft.
2. Add remaining ingredients and cook over low heat until liquid from tomatoes has almost completely evaporated.
3. Process sofrito in blender. Reserve.

PICO DE GALLO

Yield: 10 Portions

Ingredients	Amounts
Tomato, chopped	4 ea.
Onion, red, small, minced	1 ea.
Chile, jalapeño, seeded, minced	½ ea.
Cilantro, chopped	2 Tbsp.
Lime, juice of	to taste
Salt	to taste

Method: Combine all ingredients and season to taste.

SIDES

MARTINIQUE RICE

Yield: 10 Portions

Ingredients	Amounts
Oil, olive	2 oz.
Onion, chopped	6 oz.
Shallot, minced	4 oz.
Garlic clove, minced	4 ea.
Pepper, red bell, minced	3 ea.
Rice, basmati	2 cup
Stock, vegetable	48 oz.
Bay leaf	3 ea.
Thyme, fresh, sprig	4 ea.
Salt	2 tsp.
Ground black pepper	1 tsp.
Parsley, chopped	¼ bu.
Chives, chopped	¼ bu.
Lime, juice of	2 ea.

Method

1. Heat olive oil and sauté onions, shallots, garlic, and peppers until soft. Cook for 5 minutes.
2. Add rice and stir with onion mixture. Cook for 3 minutes.
3. Add vegetable stock, bay leaf, thyme, salt and pepper. Bring to boil and reduce heat to low. Cover and simmer until all liquid has been absorbed and rice is tender.
4. Stir in parsley, chives, and limejuice.

CALLALOO

Yield: 10 Portions

Ingredients	Amounts
Oil, olive, extra virgin	3 Tbsp.
Bacon, slab, ¼-inch dice	5 oz.
Onion, chopped	9 oz.
Garlic clove, minced	3 ea.
Callaloo greens or mustard greens	2 lb.
Okra, washed, stemmed, sliced	1 lb.
Thyme, fresh, chopped	2 ea.
Stock, chicken	1 ¾ qt.
Milk, coconut	8 oz.
Salt	1 tsp.
Ground black pepper	½ tsp.
Chile, Scotch bonnet, in sachet	½ ea.
Lime, juice of	3 ea.

Method

1. Brown bacon in olive oil. In same pan, sauté onions and garlic.
2. Wilt greens in fat rendered from bacon. Add okra and thyme. Cover with stock and coconut milk. Season with salt and pepper. Cook for 20 minutes stirring regularly.
3. Add chile. Cook for 15 minutes more, stirring occasionally.
4. Add limejuice; whisk to combine thoroughly.

Note: Remove the Scotch bonnet chile before serving.

FRIED SWEET PLANTAINS

Yield: 10 Portions

Ingredients	Amounts
Plantains, very ripe, ½-inch slices	6 ea.
Oil, vegetable	as needed

Method

1. Pan-fry sliced plantains in vegetable oil until heated through.
2. Drain on paper towels and serve with fish hash.

CASSAVA WITH WARM ONION GARLIC SAUCE

Yield: 10 Portions

Ingredients	Amounts
Oil, olive, extra virgin	4 oz.
Butter, salted	3 oz.
Garlic clove, minced	10 ea.
Onion, julienne	6 oz.
Lime juice	2 oz.
Orange juice	4 oz.
Cilantro	¼ bu.
Salt	1 Tbsp.
Ground black pepper	½ tsp.
Cassava (yucca) peeled, core removed, cut in 2-inch sticks	3 lb.

Method

1. Heat oil and butter. Sweat garlic and onions. Remove from heat and let flavor of vegetables infuse with oil for 15 minutes.
2. Mix remaining ingredients together. Reserve separately from garlic-onion mixture.
3. Cover cassava with cold water and bring to boil. Lower heat and continue simmering until fork tender. Drain. Pat dry with paper toweling.
4. Blanch cassava in 300°F oil. Pat dry with paper toweling.
5. Deep-fry cassava in 350°F oil until golden brown.
6. Mix together garlic-onion mixture with reserved lime-orange juice mixture. Toss cassava in sauce.

RICE WITH KIDNEY BEANS

Yield: 10 Portions

Ingredients	Amounts
Bean, kidney	12 oz.
Stock, chicken	2 qt.
Ham hock, smoked	1 ea.
Butter, salted	4 oz.
Onion, small dice	6 oz.
Shallot, chopped	4 oz.
Chile, jalapeño, small dice	2 ea.
Rice, white, long grain	2 cup
Salt	1 ½ tsp.
Ground black pepper	¼ tsp.

Method

1. Cook beans in chicken stock with ham hock until tender.
2. Drain and reserve liquid (3 cups) and beans separately.
3. Small dice ham hock. Reserve.
4. Heat butter and sauté onions, shallots, and chiles until soft.
5. Add rice and toss with onion mixture. Make sure to fully coat rice with butter.
6. Add reserved stock, beans, and ham hock.
7. Season with salt and pepper.
8. Bring to boil, cover and cook until rice is tender.

BLACK-EYED PEAS AND RICE WITH COCONUT CREAM

Yield: 10 Portions

Ingredients	Amounts
Peas, black-eyed	12 oz.
Ham hocks, smoked	2 ea.
Stock, chicken	24 oz.
Oil	1 oz.
Onion, chopped	8 oz.
Rice, white, short grain	1 ½ cup
Coconut cream	2 oz.

Method

1. Cook peas and ham hocks in chicken stock until almost done. Drain and reserve broth and ham hocks. Cut ham hocks in small dice.
2. In separate pan, heat oil and sauté onions until soft.
3. Add peas, rice and meat from ham hocks. Stir.
4. Add coconut cream.
5. Mix reserved broth with water until volume reaches 3 cups.
6. Add liquid to pan and bring to boil then reduce to simmer.
7. Cook for 18 minutes or until rice is tender.

RICE WITH BLACK BEANS

Yield: 10 Portions

Ingredients	Amounts
Beans, black	12 oz.
Stock, chicken	2 ½ qt.
Ham hock, smoked	1 ea.
Pepper, green bell	½ ea.
Bay leaf, dry	2 ea.
Oregano, dry	2 tsp.
Oil, olive, extra virgin	1 oz.
Salt pork, small dice	1 oz.
Onion, small dice	4 oz.
Garlic clove, chopped	2 ea.
Pepper, green bell, small dice	½ ea.
Pepper, red bell, small dice	1 ea.
Chile, jalapeño, small dice	1 ea.
Rice, white, long grain	3 cup
Salt	1 Tbsp.
Ground black pepper	¼ tsp.

Method

1. Combine beans, ham hock, green pepper, bay leaves and oregano in chicken stock. Cook until beans are tender.
2. Drain and reserve the liquid (5 cups) and the beans separately.
3. Small dice ham hock. Reserve.
4. Sauté salt pork in olive oil until crispy.
5. Add remaining ingredients except for rice, salt, and pepper. Sauté until soft. Stir in rice.
6. Add reserved liquid, beans, and diced ham hock.
7. Season with salt and pepper. Bring to boil, cover and cook until rice is tender.

DOMINICAN SUN RICE

Yield: 10 Portions

Ingredients	Amounts
Oil, corn	2 Tbsp.
Salt	1 tsp.
Carrot, grated	1 ea.
Stock, chicken	3 cup
Rice, white, long grain, washed with water	2 cup
Corn, frozen	8 oz.
Butter, cold	1 Tbsp.

Method

1. In sauce pan or deep-frying pan, place oil, salt and grated carrot. Sauté over medium heat until carrots' color loses intensity.
2. Add chicken stock. Bring to boil. Add rice. Cover and simmer for approximately 10 minutes. Add corn. Cover and simmer for an additional 18 minutes.
3. Add butter and mix together.

BREADS

ROTI

Yield: approximately 20 Roti

Ingredients	Amounts
Dough	
Flour, all purpose	2 ½ lb.
Salt	1 Tbsp.
Baking powder	2 oz.
Shortening	½ lb.
Water	28 oz.
Shortening, to spread on dough	4 oz.
Oil, vegetable to cook roti	4 oz.

Method

1. Combine flour, salt and baking powder. Cut shortening into flour mixture until mealy texture forms.
2. Add water and knead about 5 minutes, adding more flour if needed.
3. Cover dough and rest 20 minutes. Scale into 3-oz balls.
4. Flatten each ball and spread with shortening. Fold ends over and reshape into balls, let rest again.
5. Roll into circles 1/16-inch thick and cook on griddle or sauté pan.

CORN TORTILLAS

Yield: 10 Portions

Ingredients	Amounts
Masa harina (Maseca brand)	2 cup
Flour, all purpose	1/3 cup
Salt	1/2 tsp.
Water, warm	12 - 14 oz.

Method:

1. Combine masa, flour and salt. Add water and knead to form a smooth dough.
2. Let dough rest. Divide dough evenly into 10 pieces. Shape into balls.
3. Flatten dough in tortilla press. Cook on comal or sauté pan.

DESSERTS

FLAN

Yield: 21 4-oz Portions

Ingredients	Amounts
<i>Caramel</i>	
Sugar	12 oz.
Lemon juice, fresh	6 drops
Water	3 ½ oz.
<i>Custard</i>	
Milk, heated	1 ½ qt.
Sugar	12 oz.
Vanilla bean, split	3 oz.
Egg	18 oz.
Egg yolk	3 ¾ oz.

Method

1. To make caramel, combine sugar and lemon juice and caramelize to a rich golden brown. Then carefully pour caramel into ramekins.
2. To make custard, warm milk, half of the sugar and vanilla. Remove from heat.
3. Combine eggs and egg yolks and remaining half of sugar and stir immediately.
4. Temper together egg mixture and warm milk mixture. Do **not** return mixture to the heat.
5. Divide custard mixture between ramekins.
6. Bake in a water bath at 300°F for approximately 35 minutes or until custard has set.
7. Refrigerate overnight before turning out and serving.

MEXICAN CHOCOLATE RUM RAISIN BREAD PUDDING

Yield: 20 Portions

Ingredients	Amounts
Egg, large	4 ea.
Heavy cream	2 cup
Half-and-half	1 cup
Sugar	$\frac{3}{4}$ cup
Sugar, brown	$\frac{1}{2}$ cup
Cinnamon	1 tsp.
Vanilla extract	1 Tbsp.
Salt	$\frac{1}{2}$ tsp.
Cocoa powder	$\frac{1}{4}$ cup
Rum, dark	$\frac{1}{4}$ cup
Bread, cut into 1-inch cubes	8 cup
Chocolate, bittersweet, chopped	$\frac{1}{2}$ cup
California golden raisins, soaked in $\frac{1}{4}$ cup dark rum	1 cup

Method

1. Preheat oven to 350°F. Butter an 11 x 9 x 1 $\frac{1}{2}$ -inch baking pan.
2. In large mixing bowl, whisk together first 10 ingredients. Combine bread, raisins and chocolate. Mix to distribute ingredients evenly and add to pan. Pour egg mixture over bread. Let mixture sit for about 5 minutes.
3. Cook pudding in water bath. Bake, uncovered, for about 40 minutes or until center of mixture is just set.

Cut into 20 squares and serve warm.