

Recipes from Sunday Supper on May 28, 2023

Head Chef Louann Metzger, unit 8403

Chicken Carribean

- 1 to 2 chickens

Herb Butter:

- 1 c butter, melted
- 1/3 c lemon juice
- 2 ½ t salt
- 2 cloves garlic, crushed
- ¾ t dry mustard
- ¼ t coarse black pepper

Marmalade Mix:

Melt together

- 1 ½ orange marmalade
- 3 T lemon
- 3 T butter

1. Grill chicken 4-5" from medium coals for 1 hour, basting with herb butter and turning frequently.
2. Baste with marmalade last few minutes.

Caribbean Corn Bread

Serves 9

- 1 c all-purpose flour
- 1 c cornmeal
- 2 T baking powder
- 1 t salt
- 1 c butter (room temperature)
- $\frac{3}{4}$ c sugar
- 4 eggs
- 1 $\frac{1}{2}$ c canned cream-style corn
- $\frac{1}{2}$ c canned crushed pineapple, drained
- 1 c shredded Monterey jack cheese or mild white cheddar cheese

1. Preheat oven to 325 degrees.
2. Butter and flour a 9-inch square glass cake pan (you can use a metal pan but the recipe states that glass works better).
3. In medium bowl, whisk together flour, cornmeal, baking powder, and salt; set aside.
4. Using an electric mixer, cream butter and sugar.
5. While mixer is running, add eggs, one at a time, beating well after each addition.
6. Add corn, pineapple and cheese, mix to blend.
7. At low speed, add flour mixture and mix until well blended.
8. Pour batter into pan and bake until golden brown around edges and a tester inserted in the center comes out clean, about 1 hour.

Caribbean Cole Slaw

Serves 4

- 1-2 T Dijon mustard or to taste
- 2-4 T honey and/or brown sugar
- ½ jalapeno pepper, minced (about 1 T+), adjust to taste
- 2 tablespoons red wine vinegar, or freshly squeezed lemon juice
- 1 t minced garlic
- 1 t Caribbean hot sauce, adjust to taste
- 2 T olive oil
- 6 c scored and shredded Napa, savoy, green and/or red cabbage
- 1 large ripe mango, peeled, sliced or Julienne
- 1 cup shredded carrots
- 2-3 diced scallions
- White pepper to taste
- ¼ c minced parsley leaves
- ½ c nuts, almonds, sunflower seeds more or less
- Salt to taste

Dressing

1. Combine all the dressing ingredients in a jar or bowl: honey, hot sauce, mustard, white pepper, garlic, vinegar, lemon, Jalapeños pepper, and olive oil. Shake like crazy - to emulsify for about 2 minutes. Set aside. Be sure to shake it before each use.
2. Arrange cabbage coleslaw, carrots, scallions, and mango in a bowl.
3. Add dressing to salad and toss to coat right before serving. Sprinkle with parsley and almonds.
4. You may chill at this point. Serve when ready.

Jamaican Rice and Peas

Serves 8

- 1 c kidney beans, dry beans, rinsed and drained
 - 6 ½ c chicken stock, low-sodium
 - 2 c rice, rinsed and drained uncooked parboiled
 - ¼ cup coconut, grated Grace Pure Creamed
 - 3 fresh springs thyme
 - 1 habanero pepper (leave whole)
 - ½ t kosher salt
 - ¼ t allspice
1. Put beans and 4 cups of the stock in a medium dutch oven or saucepan and soak, covered, overnight.
 2. Bring the beans and stock to a full boil and boil for 15 minutes. Reduce the heat to medium-low and simmer the beans until tender, about 1 hr.
 3. Add the remaining 2 ½ c stock and bring to a boil. Using a fork, stir in the rice, grated creamed coconut, thyme, habanero, salt and allspice and cover the pot with a tight-fitting lid. Reduce the heat to low and cook until the rice is tender, about 20 minutes. Turn off the heat and let stand, covered, for 5 minutes. Remove the thyme and habanero. Fluff the rice, separate the grains with a fork, and serve.

Tip: You must use parboiled rice for this recipe. Other rice grains just won't work.