

Show 9: **CARIBBEAN COOKING**

Caribbean Jerk Chicken with Tropical Fruit Salsa

4 boneless, skinless chicken breasts (1 pound)
1 cup & 2 t. Lawry's Caribbean Jerk marinade divided
1 can (15 ¼ oz.) Tropical Fruit Salad, drained

Place chicken and ¾ cup marinade in a resealable plastic bag. Marinate refrigerator at least 30 minutes or up to 3 hours. Discard used marinade. Grill or broil* chicken to 5 to 7 minutes per side until no longer pink, brushing frequently with additional ¼ cup marinade. Do not brush marinade on during last 5 minutes of cooking time. Meanwhile, combine remaining 2 tablespoons Marinade and Tropical Fruit Salad. Serve over cooked chicken breasts. Serve chicken and salsa with warm black beans and white rice.

*Chicken may also be baked in 350 degrees F oven to 20 to 25 minutes until no longer pink.

Fried Yam Cakes

Frituras de Name (Dominican Republic)

Make about 20 inch round cakes

1 pound fresh yams, not sweet potatoes peeled and finely grated
1 t butter, melted and cooled
1 t finely grated onion
1 t finely chopped fresh parsley
1 ½ teaspoons salt
Freshly ground black pepper
1 egg yolks
¼ cup vegetable oil

In a deep bowl, combine the yams, butter, onion, parsley, salt and liberal grinding of pepper and mix well. Drop in the egg yolks and beat vigorously with a large spoon until mixture is fairly smooth and thick enough to come away from the sides of the bowl in an almost solid mass. Line a large shallow baking dish with paper towels and place it in the oven. Preheat the oven to the lowest setting. In a heavy 10 to 12 inch skillet, heat the oil over moderate heat until a light haze forms above it. For each cake, drop about tablespoon of yam mixture into the hot oil. Cook 4 or 5 at a time, leaving space between them so that they can spread into 2 to 2 ½ inch rounds. Fry the cakes for about 4 minutes on each side, or until golden and crisp around the edges. As they brown, transfer the *fried yam cakes* to the lined dish to drain and keep warm. Serve at once.

*Chicken may also be baked in 350 degrees F oven to 20 to 25 minutes until no longer pink.

Main Idea: Serve chicken and salsa with warm black beans and white rice.

Sautéed Rice with Dried Black Mushrooms

Riz au Djon Djon (Haiti)

Serves 6

1 cup dried Haitian *djon djon* mushrooms with stems removed, or dried black European mushrooms
2 cups boiling water
1 t vegetable oil
1 ounce salt pork, cut into ¼-inch dice (1/4 cup)
¼ cup finely chopped green pepper
1 cup finely chopped fresh parsley
1 t finely chopped scallions, including 1 inch of the green tops
1 t finely chopped garlic
1 cup long grained white rice
¼ t crumbled dried thyme
1 t salt
A pinch of ground cloves

Place the mushrooms in a small enameled, stainless-steel or glass saucepan and pour in 2 cups of boiling water. Let the mushrooms soak for 30-minutes, then bring them to a boil over high heat. Reduce the heat to low and simmer uncovered for 15 minutes. Drain the mushrooms in a sieve set over a bowl, and measure and reserve the cooking liquid. If you are using European mushrooms chop them coarsely; leave the Haitian mushrooms whole. In a heavy 3 to 4 quart saucepan, heat the oil over moderate heat until a light haze forms above it. Fry the pork in the oil, turning the pieces about with a spoon until they are crisp and brown and have rendered all of their fat. With a slotted spoon, transfer the pork to paper towels to drain. Add the green pepper, parsley, scallions and garlic to the fat remaining in the pan and stir for about 2 minutes, until the vegetables are soft not brown. Add the rice and stir constantly for 2 to 3 minutes, until the grains turn somewhat milky and opaque. Do not let them brown. Combine the reserved mushroom cooking liquid with enough boiling water to make 2 cups and pour the mixture over rice. Stir in the mushrooms, pork, thyme, cloves and salt, and bring to a

boil over high heat. Reduce the heat low, cover tightly, and simmer for about 20 minutes, or until the rice has absorbed all the liquid in the pan and become a rich walnut-brown color. Taste for seasoning, fluff the rice with a fork, serve at once.

Black Bean Soup
Sopa de Frijol Negro (Cuba)

Serves 6 to 8

2 cups (1 pound) dried black beans
Salt
2 to 4 cups chicken stock, fresh or canned
2 t annatto oil
1 cup finely chopped onions
2 t finely chopped garlic
8 ounces finely chopped lean cooked ham (about 2 cups)
1 large firm ripe tomato, peeled seeded and finely chopped, or ½ cup
chopped drained canned tomatoes
2 t malt vinegar
½ t ground cumin
Freshly ground black pepper

In a large sieve or colander, wash the beans under the cold running water until the draining water runs clear. Transfer the beans to a heavy 3 to 4 quart casserole, and 1 tablespoon of salt, and pour in enough water to cover the beans by at least 2 inches. Bring to a boil over heat, reduce the heat to a low, cover partially and simmer for 2 to 3 hours, or until the beans are tender enough to be mashed against the sides of the pan with a spoon. Drain the beans through a large sieve or colander set over a bowl and put them aside to a cool room temperature. Add enough chicken stock to the bean-cooking liquid to make 6 cups. When the beans have cooled, combine 1 cup of beans and 1 cup of liquid at a time in the jar of an electric blender. Blend at high speed until the beans are pulverized, but do not puree them to finely. As you proceed, scrape the mixture into a large bowl or pan with a rubber spatula. (To puree the beans by hand, rub them through a food mill into a deep bowl or press them through a fine sieve with a spoon. Stir the liquid into the puree.) In a heavy 4 to 5 quart casserole, heat the annatto oil over moderate heat until a light haze forms above it. Add the onions and garlic and, stirring frequently, cook for 5 minutes, until they are soft and transparent but not brown. Stir the ham, tomatoes, vinegar, cumin and a few grindings of pepper. Bring to a boil and stirring frequently, cook briskly until the mixture thickens enough to coat the spoon heavily. Add the bean puree and simmer over low heat for 15 minutes, or until the soup is heated through. Taste for seasoning. Ladle the soup into a large tureen or individual soup plates and serve at once.

Rum Cake
Boli di Rom (Curacao)

Makes one 8-inch round cake

9 t butter, softened
2 t plus 1 ½ cups flour
1 cup sugar
4 eggs
¼ cup dark rum
3 t strained fresh lime juice
1 t finely grated fresh lime rind
½ cup yellow cornmeal
2 t double-acting baking powder

Preheat the oven to 350 degrees. With a pastry brush, spread 1 tablespoon of softened butter evenly over the bottom and sides of an 8-inch springform cake pan. Sprinkle 2 tablespoons of the flour into the pan and tip it from side to side to spread the flour evenly. Then invert the pan and rap it sharply on the bottom to remove any excess flour. In a deep bowl, cream the remaining 8 tablespoons of butter with the sugar, beating and mashing them against the sides of the bowl with a large spoon until the mixture is light and fluffy. Beat in the eggs one at a time, then add the rum, limejuice and lime rind, and continue beating until the batter is smooth. Combine the remaining 1½ cups of flour, the cornmeal and baking powder, and sift the mixture into a bowl about ½ cup at a time, beating well after each addition. Pour the batter into the floured pan and bake in the middle of the oven for 1 hour, or until a cake tester or toothpick inserted in the center comes out clean. Cool the cake completely before removing the sides of the pan. *Rum cake* is traditionally served unfrosted, but you may sift a light coating of confectioners' sugar over the top of the cooled cake if you prefer or serve it sliced with *coquimol* sauce.

Green Plantain Chips (Jamaica)

Makes 2 cups

1 large green plantain (about 1 pound)
Salt

Vegetable oil or shortening for deep frying

Fill a deep fryer or large, heavy saucepan with vegetable oil or shortening to depth of 2 or 3 inches and heat to a temperature of 375 degrees on a deep-frying thermometer. With a small, sharp knife, trim off the ends of the plantain and cut it in half crosswise. Cut four evenly spaced slits lengthwise in each half. With your fingers pull the skin away from the white banana like fruit inside and pull or cut off the fibrous strings. Slice the plantain crosswise into paper-thin rounds. Deep-fry the plantain slices, a dozen or so at a time, for a 3 or 4 minutes, turning them with a slotted spoon until they are golden brown on both sides. As they brown, transfer them to paper towels to drain. Sprinkle with salt and serve the chips warm or at a room temperature.