



The
**Caribbean Food Delights &
Royal Caribbean Bakery**
COOKBOOK

*Featuring Family Favorite Recipes
from Jamaica and the U.S.A.!*

We wish to thank all of our customers, employees, and friends who have been supporting us over the years. The support we receive allows us to continue helping the less fortunate and fund educational programs for the youth.

Thank you from the Management and Staff of Royal Caribbean Bakery, Caribbean Food Delights and JerkQ'zine Caribbean Grille.

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Banana Fritters

These little fritters are a much loved breakfast favorite, and also make for a great dessert! So easy to make and amazingly tasty - why not try them for breakfast on New Year's?

INGREDIENTS

4 bananas
3 tablespoons sugar
1 ½ teaspoons baking powder
1/3 cup milk
6 tablespoons flour
½ grated nutmeg
Confectioners' sugar

DIRECTIONS

In a large bowl, crush bananas until they are creamed. Combine flour, baking powder, sugar and nutmeg. Add milk and bananas, then mix. Spoon scoop batter into frying pan. Deep fry in a frying pan until brown and crisp on the edges.

Drain excess oil on paper towel. Sprinkle confectioner's sugar on top and serve.

Yield: 3 to 4 servings

TIP: *Make sure that the oil is hot before placing the batter into the frying pan.*



Red Velvet Cake

This tasty, remarkable cake is a popular and stylish new twist on traditional devil's food cake, perfect for Valentine's. Flavorful without being too rich and dense, satisfy your chocolate cravings without overwhelming them.

Try them as cupcakes, too - an excellent treat to bring to any party!

INGREDIENTS

Cake:

2 cups sugar
1/2 pound (2 sticks) butter,
at room temperature
2 eggs
2 tablespoons
cocoa powder
2 ounces red food coloring
2 1/2 cups cake flour
1 teaspoon salt
1 cup buttermilk
1 teaspoon vanilla extract

1/2 teaspoon baking soda
1 tablespoon vinegar

Red Velvet Frosting:

1 (8-ounce) package
cream cheese
1 stick butter, softened
1 cup melted
marshmallows
1 (1-pound) box
confectioners' sugar
1 cup shredded coconut

DIRECTIONS

Preheat oven to 350 degrees F.

In a mixing bowl, cream the sugar and butter, beat until light and fluffy. Add the eggs one at a time and mix well after each addition. Mix cocoa and food coloring together and then add to sugar mixture; mix well. Sift together flour and salt. Add flour mixture to the creamed mixture alternately with buttermilk. Blend in vanilla. In a small bowl, combine baking soda and vinegar and add to mixture. Pour batter into 3 (8-inch) round greased and floured pans. Bake for 20 to 25 minutes, or until a toothpick inserted into the center comes out clean. Remove from heat and cool completely before frosting.

Frosting:

Blend cream cheese and butter together in a mixing bowl. Add marshmallows and sugar and blend. Fold in coconut. Spread between layers and on top and sides of cooled cake.



Cheesy Macaroni & Cheese

The absolute ultimate in comfort food and always a family favorite 365 days a year! Try it for a fast and fun lunch on that next rainy afternoon.

INGREDIENTS

1/2 pound elbow macaroni, uncooked
3 tablespoons butter
3 tablespoons flour
1 tablespoon powdered mustard
3 cups milk
1/2 cup yellow onion, finely diced

1 bay leaf
1/2 teaspoon paprika
1 large egg
12 ounces sharp cheddar, shredded
1 teaspoon salt

Topping :

3 tablespoons butter
1 cup panko bread crumbs

DIRECTIONS

Preheat oven to 350 degrees F.

In a large pot of boiling, salted water cook the pasta to al dente. While the pasta is cooking, in a separate pot, melt the butter. Whisk in the flour and mustard and keep stirring for about five minutes. Make sure there are no lumps. Stir in the milk, onion, bay leaf, and paprika. Simmer for ten minutes and remove the bay leaf.

Temper in the egg. Stir in 3/4 of the cheese. Season with salt and pepper. Fold the macaroni into the mix and pour into a 2-quart casserole dish. Top with remaining cheese.

Melt the butter in a sauté pan and toss the bread crumbs to coat. Top the macaroni with the bread crumbs. Bake for 30 minutes. Remove from oven and rest for five minutes before serving.



Escoveitch Fish

A tangy Jamaican variation on ceviche, the raw fish in lime juice popular in Latin American cuisine. A unique taste of the island. And don't forget to order your traditional Easter Bun from Royal Caribbean Bakery!

INGREDIENTS

1 large red onion, sliced and rings separated	1 teaspoon kosher salt
1 cup olive oil	1/4 teaspoon freshly ground black pepper
1 cup vinegar	6 whole allspice or pimiento
1 habanero or Scotch Bonnet pepper	2 pounds pink snapper skin
2 tablespoons sugar	

DIRECTIONS

For the sauce :

Combine the oil, vinegar, sugar, salt, pepper, and pimiento in a small saucepan and sauté. Remove from the heat, let cool slightly then pour the mixture over the onions.

For the fish :

Heat 2-inches of oil in a medium high-sided sauté pan over high heat until it begins to shimmer. Season the fish with salt and pepper. Fry until golden brown. Drain on paper towels. Transfer to a platter, top with sauce.



Coconut Cream Cake

A dream of a cake! Moist and delicious, with the taste and texture of a coconut cream pie inside! Ideal for that coconut lover in your life - yes, even if that coconut lover is you.

INGREDIENTS

For batter :

2 cups sugar
1/2 cup butter,
at room temperature
1/2 cup vegetable oil
5 eggs, separated
2 cups flour
1 teaspoon baking soda
1/2 cup ground pecans
1 cup buttermilk
1 cup freshly grated coconut

For frosting :

1/2 cup butter,
at room temperature
8 oz. cream cheese,
at room temperature
1 1/2 pounds powdered sugar
1 teaspoon pure vanilla extract
2 tablespoons milk
1 cup pecan pieces
1 cup freshly grated coconut

DIRECTIONS

Preheat the oven to 350 degrees.

Lightly grease and flour three 8-inch cake pans. Using an electric mixer, cream the sugar and butter. With the mixer running, add the oil and incorporate thoroughly. Add the egg yolks, one at a time, beating well after each yolk. In a separate bowl, sift the flour and baking soda together. Add the ground pecans to the flour mixture. Alternately add the flour mixture and buttermilk to the egg mixture. Mix thoroughly. Fold in the coconut. Using an electric mixer, in a separate bowl, beat the egg whites until stiff. Fold the egg whites into the batter. Pour the batter into the prepared pans. Bake the cakes for about 25 to 30 minutes or until the center of each cake is set. Remove the cakes from the oven and cool on a wire rack. After the cakes have cooled, invert each cake onto a piece of parchment paper. Set the cakes aside. To make the frosting, use an electric mixer to cream the butter and cream cheese. Add the powdered sugar, vanilla and milk. Mix well. Fold in the pecan pieces. Spread a thin layer of the frosting on top of each cake. Place the layers of cake on top of each other. Ice the sides of the cake with the remaining frosting. Sprinkle the top of the cake with the coconut.



Going Green Smoothie

Cool, tasty and healthy - all in one tall glass. Whip up a batch for you and your loved ones, set up the hammock, and sip one in the shade to celebrate the arrival of Summer.

INGREDIENTS

3 cups kale	1 tablespoon green barley grass (optional)*
2 cups water	1 teaspoon psyllium husks seeds (optional)*
cup ice cubes	1 teaspoon spirulina (optional)*
2 bananas, medium	1-3 tablespoons raw blue agave, sweeten to taste*
1 apple, pear or mango	
1 inch sliced fresh ginger	
3 tablespoons flaxseeds*	

DIRECTIONS

Mix all ingredients in a blender. Serve in a glass.

**Can be found at your local health food store*



Curry Chicken Salad Wraps

The ultimate for your summer picnic - light, tasty and with a tang of curry to make any outing a special occasion.

INGREDIENTS

3 pounds boneless, skinless breast, cut into 1 inch cubes
1 1/2 teaspoons curry powder
1/4 cup vegetable oil
1/2 cup chopped celery
1 (8-ounce) can sliced or chopped water chestnuts, drained
2 cups seedless red grapes, halved

1 (2-ounce) package slivered almonds

Dressing:

1 cup mayonnaise
1 tablespoon soy sauce
1 tablespoon fresh lemon juice
1 tablespoon prepared mango chutney
Salt

DIRECTIONS

Heat oil and curry powder for 3 minutes in frying pan. Add chicken and cook. Gently combine the celery, water chestnuts, grapes, and almonds in a large glass bowl. Combine the dressing ingredients and mix well. Add to the chicken mixture and stir gently to combine.

Season with salt, to taste.

Serve with flour tortillas



Jerk BBQ Ribs

Close out summer with this ultimate barbecue treat - Jamaican ribs with the genuine jerk bbq flavor of the island as only Caribbean Food Delights can bring you, with our special blend Jerk Hickory BBQ Sauce.

INGREDIENTS

2 racks baby back ribs	1 tablespoon onion powder
1 bottle (19 oz.) Caribbean Food Delights Jerk Hickory BBQ Sauce	2 tablespoons soy sauce, less sodium
2 tablespoons Caribbean Food Delights Jerk Seasoning	
2 tablespoons garlic powder	

DIRECTIONS

Preheat the oven to 300° F and line a large baking sheet with a piece of aluminum foil large enough to cover the pan twice (you will be folding this over the ribs and sealing.)

Place the ribs on the prepared baking sheet in 1 layer. In a small bowl, combine the sauce and seasonings and stir to combine. Divide the seasoning evenly among both slabs of ribs, coating well on both sides. Fold the sides of the foil over the ribs and seal tightly on all sides. Place the ribs in the oven and bake, undisturbed, for 2 1/2 to 3 hours, or until ribs are very tender.

Remove the ribs from the oven and peel back the foil so that the ribs are exposed. Using a pastry brush or the back of a spoon, coat the racks lightly on the meaty sides with barbecue sauce. Return to the oven until sauce is thickened and lightly browned, about 20 minutes longer. Remove the ribs from the oven and set aside to cool briefly before cutting between the ribs and serving. Serve with more barbecue sauce, if desired.



Jerk Burger Sliders

A savory Jamaican twist on these snack favorites - make a batch for the next game night, but be sure you've made enough, because these are going to be very popular.

INGREDIENTS

3 pounds ground beef
2-3 tablespoons
Caribbean Food Delights Jerk Seasoning
1 tablespoon soy sauce
1 teaspoon onion powder
Dinner rolls, party size

DIRECTIONS

Combine the beef, jerk seasoning, soy sauce and onion powder in a large bowl. Form the meat into 1-ounce patties.

Heat a cast iron skillet or griddle over medium-high heat for 2 to 3 minutes. Place the hamburger patties in the pan. For medium-rare burgers, cook the patties for 4 minutes on each side. For medium burgers, cook the patties for 5 minutes on each side. Flip the burgers only once during cooking. Serve with dinner rolls.



Sweet Potato Cheesecake

Sweet potatoes are a delectable addition to your basic cheesecake. The melding of the rich buttery flavor of the sweet potato and the smooth texture of the cream cheese are perfect together! Try this excellent seasonal dessert.

INGREDIENTS

Crust:

1 3/4 cups graham cracker crumbs
3 tablespoons light brown sugar
1/2 teaspoon ground cinnamon
1 stick melted salted butter

Filling:

3 (8-ounce) packages cream cheese, at room temperature
15-ounce canned sweet yam
3 eggs plus 1 egg yolk
1/4 cup sour cream
1 1/2 cups sugar
1/2 teaspoon ground cinnamon
1/8 teaspoon fresh ground nutmeg
2 tablespoon all-purpose flour
2 teaspoons vanilla extract

DIRECTIONS

Preheat oven to 350 degrees F.

For crust:

In medium bowl, combine crumbs, sugar and cinnamon. Add melted butter. Press down flat into a 9-inch spring form pan. Set aside.

For filling:

Beat cream cheese until smooth. Add sweet yam, eggs, egg yolk, sour cream, sugar and the spices. Add flour and vanilla. Beat together until well combined.

Pour into crust. Spread out evenly and place in oven for 1 hour. Remove from the oven and let sit for 15 minutes. Cover with plastic wrap and refrigerate for 4 hours.



Carrot Cake with Cream Cheese Frosting

A yummy, heavenly, homespun dessert, perfect for a party or as a special treat for your family. Serve this after Thanksgiving Dinner and it's guaranteed to become a holiday tradition.

INGREDIENTS

Unsalted butter, for the pan
 12 oz. (approx. 2 1/2 cups)
 all-purpose flour, plus extra for pan
 12 oz. grated carrots (approx.
 6 medium) medium grate
 1 teaspoon baking powder
 1 teaspoon baking soda
 1/4 teaspoon ground allspice
 1/4 teaspoon ground cinnamon
 1/4 teaspoon freshly
 ground nutmeg
 1/2 teaspoon salt
 10 ounces sugar
 (approx. 1 1/3 cups)

2 oz. dark brown sugar
 (approx. 1/4 cup firmly packed)
 3 large eggs
 6 oz. plain yogurt
 6 oz. vegetable oil

Frosting:

8 oz. cream cheese
 2 oz. unsalted butter,
 room temperature
 1 teaspoon vanilla extract
 9 oz. powdered sugar, sifted
 (approx. 2 cups)

DIRECTIONS

Preheat oven to 350 degrees F.

Butter and flour a 9-inch round and 3-inch deep cake pan. Line the bottom with parchment paper. Set aside. Put the carrots into a large mixing bowl and set aside. Put the flour, baking powder, baking soda, spices, and salt in the bowl of a food processor and process for 5 seconds. Add this mixture to the carrots and toss until they are well-coated with the flour. In the bowl of the food processor combine the sugar, brown sugar, eggs, and yogurt.

With the processor still running drizzle in the vegetable oil. Pour this mixture into the carrot mixture and stir until just combined. Pour into the prepared cake pan and bake on the middle rack of the oven for 45 minutes. Reduce the heat to 325 degrees F and bake for another 20 minutes or until the cake reaches 205 to 210 degrees F in the center.

Remove the pan from the oven and allow cake to cool 15 minutes in the pan. After 15 minutes, turn the cake out onto a rack and allow cake to cool completely. Frost with cream cheese frosting after cake has cooled completely.

Frosting:

In the bowl of a stand mixer with paddle attachment, combine the cream cheese and butter on medium just until blended. Add the vanilla and beat until combined. With the speed on low, add the powdered sugar in 4 batches and beat until smooth between each addition. Place the frosting in the refrigerator for 5 to 10 minutes before using. Yield: approximately 2 cups.



Rum Raisin Bread Pudding

Christmas Eve, Christmas Day, or any family day that you feel like celebrating, this rich, warm dish also falls into the ultimate comfort food category!

You'll never have any leftovers... not even one crumb

INGREDIENTS

3 cups milk	3 tablespoons rum
3 tablespoons butter	3/4 cup raisins
2 teaspoons vanilla extract	7 slices Royal
1 teaspoons ground	Caribbean Bakery Hard
cinnamon	Dough Bread, cubed
3/4 cup packed brown	4 eggs, beaten
sugar	

DIRECTIONS

Preheat oven to 350 degrees F.

In a large saucepan, add milk, butter, vanilla, cinnamon, brown sugar, rum and raisins and heat until warm. Simmer and stir until sugar dissolves.

Into a large bowl add the cubed bread and pour in the hot milk mixture. Let sit for 30 minutes so the bread absorbs the milk.

Add the beaten eggs to the bread and milk mixture and stir. Pour bread pudding into a buttered 1 1/2-quart baking dish and bake for 50 minutes.

Compliments of:

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