



# 2016 Cookbook

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**A Caribbean Food Delights &  
Royal Caribbean Bakery  
Cookbook**

*What's for Dinner?*

Caribbean Food Delights extends to you our sincere thanks because it is good customers, employees and friends like you that make our organization and philanthropic efforts thrive. There is nothing that pulls us even closer together than preparing and sharing some of our great tasting recipes. These recipes are compiled just for you in our exciting cookbook. So, from our family to yours, Bon Appétit!

Thank you,  
Management and Staff of  
Caribbean Food Delights,  
Royal Caribbean Bakery  
JerkQ'zine Caribbean Grille and  
The Vincent HoSang Family Foundation

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## *Pulled Pork*

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10 Lbs Pork Shoulder, Bone-In  
15 Large Garlic Cloves, Minced  
1/4 Cup Fresh Oregano  
1/2 tsp Black Pepper  
2 Tbsp Kosher Salt  
1/4 Cup White Vinegar  
1/4 Cup Olive Oil

Put garlic, oregano and black pepper in a mortar and pestle or food chopper. Crush spice mixture until fine. Add salt, olive oil and vinegar.

Cut slits into pork shoulder. Put some of the spice mixture into the slits. Rub the rest of the mixture all over the pork. Marinate for at least 8 hours in the refrigerator. Place pork shoulder, skin side up, in slow cooker and set to low for 10 hours or put in 325°F preheated oven for 8 hours, then 375°F for another hour until skin is crispy.

Serve with steamed yucca, tostones and yellow rice.



# Coconut Shrimp

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24 Large Frozen Shrimp  
1/4 Cup Rice Flour  
1/4 Cup Corn Starch  
1/4 tsp Cayenne Pepper  
1 Egg  
1/3 Cup Cold Water

1/2 Cup Unsweetened Coconut,  
Shredded  
1 Cup Coconut Oil

Heat coconut oil in shallow frying pan. In a bowl, mix flour, corn starch, cayenne pepper. Add egg and cold water. Stir to make a batter. Place shredded coconut in another bowl. Hold shrimp by tails and dip into batter, then coat with shredded coconut. Fry the shrimp on each side for 20 seconds or until golden brown.

Serve with Thai Chili Sauce.



## Three Bean Chili

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1 Tbsp Vegetable Oil	1 Green Bell Pepper
1 Medium Onion, diced	1-15.5 Oz. Can Black Beans
4 Cloves of Garlic, minced	1-15.5 Oz. Can Pink Beans
3 Tbsp Ground Cumin	1-15.5 Oz. Can Garbanzo Beans
2 Tbsp Chili Powder	28 Oz. Can Crushed Tomatoes
1/4 tsp Smoked Paprika	1 tsp Kosher Salt
1 Jalapeño Pepper, Seeded, Minced	1/3 Cup Cilantro, Chopped
1 Red Bell Pepper	3 Scallions, Thinly Sliced

Heat oil in large pan. Saute onion until translucent. Saute garlic, cumin, chili powder, smoked paprika and jalapenos until fragrant. Dice bell peppers and add to pot. Add the rest of ingredients except scallions and half of the cilantro to the pot. Simmer for at least an hour.

Serve in a large bowl, garnished with scallions and cilantro along with rice, tortilla chips, sour cream and shredded, cheddar cheese.



## *Clams Oreganata*

---

16 Littleneck Clams  
Soaked and Cleaned  
1 Cup Plain Bread Crumbs  
3 Cloves Garlic, Minced

1/4 Cup Fresh Oregano, Chopped  
1 Tbsp Fresh Parsley, Chopped  
1/4 Cup Olive Oil  
2/3 Cup Chicken Stock

Preheat oven to 450° F. Place clams on baking tray and cook for 3 minutes until clams open slightly. Pry shells open and discard top. Loosen clam completely and leave in bottom shell.

Preheat broiler. Mix the bread crumbs, garlic, oregano, parsley in a bowl. Add olive oil. Add chicken stock until mixture is wet. Add salt to taste if necessary.

Pack each clam shell with the bread crumb mixture and seal the edges. Place on baking sheet with 1/2 cup of water to keep clams moist. Broil for 5 minutes until bread crumbs are golden brown.

Serve with linguine and butter.



## *Curried Goat*

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|---|-------------------------------|
| 3 Lbs of Goat Meat                          | 1 Sprig of Thyme              |
| 2 Tbsp Vegetable Oil                        | 1 Scotch Bonnet Pepper, Whole |
| 3 Tbsp Caribbean Food Delights Curry Powder | 1-2 Large Potatoes, Diced     |
| 1 Medium Onion, Sliced                      | 1 Cup Water                   |
| 1 Tbsp Ginger Powder                        |                               |
| 3 Garlic Cloves, Minced                     |                               |
| 2 tsp Kosher Salt                           |                               |

Mix Caribbean Food Delights Curry Powder, onions, ginger powder, garlic and salt together. Rub into goat meat and marinate overnight.

Heat oil in large pot over medium heat. Put marinated goat into pot with sprig of thyme and one whole scotch bonnet pepper. Stir 1 cup of water in bowl the goat was marinating and reserve. Cover, reduce heat and simmer for 3 hours, stirring occasionally, or pressure cook for 30 minutes. If necessary, add reserved water. Add diced potatoes the last 15 minutes of cooking. Serve with rice and vegetables.





# *Jerk Pork Chops*

---

4 Lbs Pork Chops, Bone-In, Cut into 1 inch slabs  
2 Tbsp Jerk Seasoning  
1 tsp Granulated Garlic  
2 Tbsp Soy Sauce

Chop pork shoulder into chunks. Mix all the ingredients together and marinate overnight.

Heat charcoal grill to 300°F. Grill marinated pork for 15 minutes on each side until internal temperature reaches 155°F. If desired, cut pork chops into chunks.

Serve with grilled corn on the cob, rice and peas, macaroni and cheese and kale or collard greens.



## Cherry Quinoa Rice Pilaf

---

2 Cups Basmati Rice

1/2 Cup Quinoa

4 Cups Water

1/2 Cup Oil, Butter or Ghee

3 tsp Kosher Salt

1 Medium Onion, Thinly Sliced

1 Inch Fresh Ginger, Grated

1 - 4 Inch Cinnamon Stick

2 Cups Dried Tart Cherries, 10 oz

1/4 Cup Water

1/4 Cup Sugar

1/2 tsp Turmeric or Saffron Threads  
dissolved in hot water

Dash of Cayenne Pepper

1/2 Cup Blanched Almonds

1/2 Cup Unsalted Pistachios

Put rice, quinoa, 4 cups water, 2 tablespoons of oil and 2 teaspoons salt in rice cooker or medium size non stick pot, covered. Bring to boil then reduce heat and simmer for 17-20 minutes.

While rice is cooking, heat remaining oil in separate pan. Fry onions, 1 teaspoon salt, ginger, cinnamon stick for 15 minutes. Add dried or fresh cherries, 1/4 cup water, sugar, saffron and cayenne.

Remove shells from pistachios and toast with almonds. Combine cooked rice with tart cherry mix. Top with nuts.



## Oxtail Stew

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- |   |                               |
|---|-------------------------------|
| 4 Lbs Oxtails, Cut                                      | 1 Sprig of Thyme              |
| 2 Heaping Tbsp Caribbean Food Delights Oxtail Seasoning | 1 Medium Onion, Sliced        |
| 2 Tbsp Tomato Paste                                     | 2 Tbsp Vegetable Oil          |
| 1/4 Cup Soy Sauce                                       | 1 Scotch Bonnet Pepper, Whole |
|   | 1 Can Butter Beans            |

Rub Caribbean Food Delights Oxtail Seasoning on oxtails. Stir tomato paste, soy sauce, thyme and onion. Marinate overnight.

Heat oil on medium heat in pressure cooker or dutch pot. Separate onions from marinated oxtails. Brown each side of the oxtails in oil. Add onions and cook for 7 minutes until translucent. Place scotch bonnet pepper on top of oxtails and cover. Reduced heat and pressure cook for 30 minutes or slow cook for 3 hours until meat is tender. Gently stir in butter beans the last ten minutes of cooking.



## *Kofta Kebabs*

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4 Cloves of Garlic, Minced  
1/2 Medium Onion, Minced  
1/4 Cup Parsley, Chopped  
1 Tbsp Ground Coriander  
1 tsp Kosher Salt  
1 tsp Ground Cumin  
1/2 tsp Ground Cinnamon  
1/2 tsp Ground Allspice

1/4 tsp Ground Ginger  
1/4 tsp Black Pepper  
Dash of Cayenne Pepper  
1 Lb Ground Lamb or Chicken

14 Bamboo Skewers, soaked in  
water for 30 minutes

Blend the garlic, onion, parsley, coriander, salt, cumin, cinnamon, allspice, ginger, black pepper and cayenne pepper together. Add the spices to the ground lamb, mix well.

Make 28 balls and place two on each skewer. Refrigerate for a minimum of 30 minutes up to 12 hours. Heat grill and lightly oil. Grill each kabob for about 3 minutes on each side. Serve with mint yogurt.



## *Pelau*

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3 Lbs Chicken Leg Quarters  
3/4 Lb Ham Hocks or Pigtails  
2 Tbsp Green Seasoning  
2 Garlic Cloves, Minced  
2 Tbsp Soy Sauce  
2 Tbsp Ketchup  
Salt and Pepper to Taste  
2 Tbsp Vegetable or Canola oil

3 Tbsp Dark Brown Sugar  
2 Cups Parboiled Rice  
1 Medium Onion, Chopped  
1 Can Pigeon Peas, Drained  
1 Cup Coconut Milk  
1 Whole Scotch Bonnet Pepper  
1 Stalk Scallions, Chopped

Cut up leg quarters and ham hocks into large pieces. Marinate in green seasoning, garlic, soy sauce, ketchup, salt and pepper for at least one hour.

Heat oil in large pot. Melt sugar until slightly burns. Add marinated chicken and coat with melted sugar. Cook for 10 minutes. Stir in rice and onion and cook for 3 minutes. Add peas, coconut milk and scotch bonnet pepper. Cover, bring to a boil and simmer for 25-30 minutes until liquid has evaporated. Fold in scallions.



## *Jerk Turkey Breast*

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### **Brine:**

1/2 Cup Kosher Salt  
1/4 Cup Brown Sugar  
8 Cups Chicken Stock  
1 1/2 tsp Black Peppercorns  
1 tsp Allspice Berries  
1/2 tsp Ginger, Grated  
1/2 Onion, Sliced  
1 Cinnamon Stick

1/2 Cup Water  
2 Sprigs Fresh Thyme  
1/2 tsp Ground Sage  
4 Cups Ice Water

### **Marinade:**

3 Tbsp Jerk Seasoning  
1/4 Cup Soy Sauce  
6 Cloves Garlic, Minced  
7 Lb Turkey Breast

Boil brine ingredients, except ice water in large pot, cool. Brine thawed, turkey breast (breast side down) with ice water overnight in refrigerator. Discard brine and marinate turkey breast in jerk seasoning, soy sauce and garlic. Preheat oven to 450°F. Roast turkey breast, breast side up, for 30 minutes, then set oven to 350°F. Cover with foil. Roast for 1 hour and 30 minutes or until internal temperature is 165°F.



## *Baked Snapper*

---

3 Snapper, Whole  
1 Yellow Onion, Sliced  
3 tsp Caribbean Food Delights  
Seasoning Salt

3 Tbsp Fresh Thyme  
1 Cup Okra, Sliced  
3 Tbsp Butter  
1 Scotch Bonnet Pepper

Preheat oven to 350°F.

Scale, gut and clean snapper. Peel and slice onion. Rub 1 tsp Caribbean Food Delights Seasoning Salt and 1 Tbsp Fresh Thyme on and inside each snapper. Place 1/3 cup of okra and 1/4 of the sliced onions in the gut of each snapper.

Put the seasoned snapper in a baking pan. Add a Tbsp of butter on each snapper, spread the remaining onions over the snapper and place one whole scotch bonnet pepper on top. Cover and bake for 20 minutes.

Serve with rice.



*Compliments of:*

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