

TASTE OF THE CARIBBEAN

JERK CHICKEN

25 pieces chicken
Walkerswoods Jerk seasoning
1/2 cup soy sauce
3 garlic cloves
1 bunch of thyme
1 white Onion

1. Preheat oven to 350 degrees
2. Cut onions vertically
3. Wash chicken and remove the skin
4. Place chicken into zip lock bags with the rest of ingredients and marinate
5. Place contents on a baking sheet and cover with foil. Bake for 45 minutes.
6. Uncover and bake for an additional 15 minutes to brown

FRIED SWEET PLANTAINS -- PLÁTANOS MADUROS

4 over-ripe large plantains (**plantains need to be very black**)
vegetable oil
brown sugar (optional)

Peel the plantains and bias cut into 1/2- 1-inch thick slices.

Heat the oil until medium hot -- a drop of water will sizzle (about 3 minutes)

Fry the pieces briefly, about a minute or two per side. Reduce heat to low and continue cooking, turning occasionally until they are brown and caramelized.

VARIATION: Some people like to lightly roll the plantains in white or brown sugar before frying.

Recipe from: https://icuban.com/food/platanos_maduros.html

RICE AND BEANS

Uncle Ben's long grain rice
diced onion
minced garlic
vegetable oil
salt
coconut milk
vegetable stock
2 or 3 cans of kidney beans

1. Sauté diced onion and garlic in vegetable oil
2. Add rice and stir
3. Follow directions for how much coconut milk and vegetable stock to add based on how much water per serving
4. Cook rice and stir
5. When rice is almost done stir in canned beans.
6. Salt to taste

FRUIT PUNCH

oranges
strawberries
pineapples
pineapple juice
orange juice
lemonade

1. Cut up fruits neatly to float in drink
2. Mix juices together
3. Add fruits to the juice and stir
4. Serve with ice