

Caribbean



Griots

All Ingredients should be prepared before you start cooking. This will save time and make cooking the dish easier and more enjoyable.

Ingredients:

3 lbs shoulder of pork, cut into 1 to 2 inch cubes
finely chopped large onion
half cup of chopped shallots
one cup of bitter orange juice
one chopped hot green pepper
half cup of vegetable oil
salt, pepper and
a little thyme

Directions:

Put all ingredients except the oil in a large pot and marinate overnight in the refrigerator.
Place the marinated pork on the stove,
Add water to cover all ingredients and simmer for 90 minutes.
Once cooked, drain the mixture, add oil and fry the pork in the pot until brown and crusty on the outside but tender on the inside.

Callaloo

Ingredients:

1 bunch fresh spinach, chopped
2 ounces salt pork, chopped
8 ounces coconut milk
5 cups water
1 lg. onion, finely chopped
3 cloves garlic, minced
8 ounces chopped okra
8 ounces crab meat

Directions:

Place first 6 ingredients in a large stew pot and simmer until the salt pork is tender. Then add the okra and crab meat. Simmer for 5 minutes and season with salt and pepper.

Jerk Chicken

Ingredients:

- 2 tb Ground allspice
- 2 tb Dried thyme
- 3 ts Cayenne pepper
- 3 ts Freshly ground black pepper
- 3 ts Ground sage
- 1 1/2 ts Ground nutmeg
- 1 1/2 ts Ground cinnamon
- 2 tb Seasoned Salt
- 3 tb Garlic powder
- 2 tb Sugar
- 1/4 c Olive oil
- 1/4 c Soy sauce
- 3/4 c White vinegar
- 1/2 c Orange juice
- 1 Juice of 1 lime
- 1 ea Scotch bonnet pepper - Seeded and finely chopped
- 1 c Chopped white onion
- 3 ea Green onions, finely chopped
- 4 ea Chicken breasts

Directions:

In a large bowl, combine the allspice, thyme, cayenne pepper, black pepper, sage, nutmeg, cinnamon, salt, garlic powder and sugar.

With a wire whisk, slowly add the olive oil, soy sauce, vinegar, orange juice, And lime juice.

Add the Scotch bonnet pepper, onion, and green onions and mix well.

Add the chicken breasts, cover and marinate for at least 1 hour, longer if possible.

Preheat an outdoor grill.

Remove the breasts from the marinade and grill for 6 minutes on each side or until fully cooked.

While grilling, baste with the marinade.

Heat the leftover marinade and serve on the side for dipping.

Roasted Chicken with a Papaya Glaze

GLAZE

c.1997, M.S. Milliken & S. Feniger, all rights reserved

1 (3 1/2 pound) chicken, preferably freerange

1/2 teaspoon salt

1 cup orange juice

1/4 cup olive oil

1/4 cup light brown sugar, packed

2 shallots, halved

1 bay leaf

1/2 cup water

1 tablespoon Dijonstyle mustard

2 cloves garlic, sliced

1 ripe papaya, halved, peeled and seeded, 1 half thinly sliced and reserved for garnish

1 tablespoon finely chopped fresh thyme

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

1 bunch flatleaf parsley, coarse stems removed

1 bunch watercress, coarse stems removed

Directions:

Rinse and pat the chicken dry with paper towels.

Rub it with the salt and place it in a baking dish just large enough to hold it.

In a blender or a food processor, combine the orange juice, olive oil, brown sugar, and shallots.

Process until the shallots are finely minced.

Pour the orange juice mixture over the chicken, crumble the bay leaf over the top, and cover the whole dish tightly with plastic wrap.

Marinate in the refrigerator for at least 3 hours, preferably overnight, spooning the marinade over the chicken occasionally.

Preheat the oven to 375 degrees.

Transfer the chicken to a rack in a roasting pan, breast side down and reserve the marinade and add 1/2 cup water.

Roast the chicken for 40 minutes, then turn to the other side and roast for 40 minutes more.

As soon as you put the chicken in to roast, prepare the papaya glaze: strain the orange juice marinade into a food processor, discarding the solids, and add the mustard, garlic, halved papaya, thyme, salt, and pepper.

Process the mixture for 10 to 20 seconds, scraping down the sides of the bowl as necessary, until smooth.

Divide the glaze into halves and use half of it to baste the chicken as it roasts, basting thoroughly every 20 minutes or so.

When the chicken is cooked through with no trace of pink remaining, remove it to a warmed serving platter and set aside at the back of the stove.

Discard all the fat from the roasting pan, saving the pan drippings.

Scrape the drippings into a small saucepan and place it over medium heat. Whisk in the butter, then add the remaining half of the papaya glaze and simmer the sauce for 4 minutes. Garnish the platter with the parsley and watercress sprigs and the remaining half papaya, cut into long strips. Drizzle a little of the sauce over the top. Serve at once, passing the remaining sauce.

Yield: 4 servings