



Cooking with Claire @TVInfants

Filling and fun Caribbean **food...**





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Caribbean Recipes, Do you know your countries?

Meat Patties

Ingredients

drizzle of oil
 One small onion finely chopped
 Two garlic cloves, crushed
 250g beef mince
 potato cut into 1cm/½ in cubes
 2 tsp turmeric
 2 tbsp tomato purée
 few thyme sprigs (dried ½ tsp)
 2 tbsp hot pepper sauce
 500g block short
 crust pastry
 1 egg



Method:

Heat the oil in a pan, add the onion and cook for 5 mins.
 Add the garlic and beef, turn up the heat and cook until the meat is browned.
 Add the potato, half the turmeric and the purée and thyme, plus 200ml water.
 Cover and simmer for 15 mins, then remove the lid and cook for 5 mins more.
 Add the hot pepper sauce and leave to cool.
 Heat oven to 220C/200C fan/gas 7.
 Roll out the pastry to the thickness of a £1 coin. Cut out 6 x 15cm circles, using a small plate as a guide.
 Divide the mince between the circles, piling it up on one side.
 Mix the egg with the remaining turmeric, brush around the edge of each circle, then fold over and use a fork to seal the edges.
 Arrange on a baking tray lined with baking parchment, brush with a little more egg and bake for 20-25 mins.

Caribbean Coleslaw

Ingredients

1-2 tablespoons Dijon mustard or to taste
 2-4 Tablespoons Combination Honey and/or Brown Sugar
 ½ Chilli pepper of your choice minced
 2 tablespoons red wine vinegar, or freshly squeezed lemon juice
 1 teaspoon minced garlic
 1 teaspoon Caribbean hot sauce adjust to taste
 2 Tablespoons extra-virgin olive oil
 6 cups cored and shredded cabbage, white or red
 1 Large Ripe Mango peeled, sliced or Julienne
 1 cup shredded carrots
 2-3 diced spring onions
 White pepper to taste
 1/4 cup minced parsley/coriander leaves

Instructions

Dressing

Combine all the dressing ingredients in a jar or bowl; the hot sauce, mustard, white pepper, garlic, vinegar, lemon, Jalapeños pepper, and olive oil : Shake like crazy -to emulsify for about 2 minutes. Set aside. Be sure to shake it before each use.



Arrange Cabbage, Coleslaw, Carrots, spring onions, mango in a bowl.

Add dressing to salad and toss to coat right before serving. Sprinkle with parsley and almonds

You may chill at this point. Serve when ready

Jamaican Ginger Cake

Ingredients

250g butter
275g dark brown soft sugar
4 eggs
4 tablespoons grated fresh root ginger
1 teaspoon vanilla extract
250ml milk
320g plain flour
4 teaspoons baking powder
4 teaspoons ground ginger
1 1/2 teaspoons ground cinnamon
1/2 teaspoon salt
2 tablespoons icing sugar for dusting

If you use self-raising flour you don't need baking powder!



Method:

Preheat oven to 180 C / Gas 4. Grease and flour a 23cm tube cake tin.

Sift together the flour, baking powder, ground ginger, cinnamon and salt. Set aside.

In a large bowl, cream together the butter and brown sugar until light and fluffy.

Beat in the eggs one at a time, then stir in the grated root ginger and vanilla.

Beat in the flour mixture alternately with the milk, mixing just until incorporated.

Pour batter into prepared pan.

Bake in the preheated oven for 45 to 50 minutes, or until a skewer inserted into the centre of the cake comes out clean.

Let cool in tin for 10 minutes, then turn out onto a serving plate. Dust lightly with icing sugar before serving.

Mango chicken, bean & rice bake

Ingredients

small bunch spring onions
Spring onions, chopped
thumb-sized piece ginger, chopped
3 garlic cloves
1 red chilli, seeds removed if you don't like it too hot
small handful coriander, stalks roughly chopped and leaves picked
1 tbsp thyme leaf
zest and juice 1 lime, plus 1 lime cut into wedges to serve
1½ tsp ground allspice
2 tbsp sunflower oil
8 chicken drumsticks
300g long grain rice
400g can kidney bean, rinsed and drained
500ml chicken stock
1 ripe mango, peeled, stoned and cut into bite-sized chunks
200g mango chutney, plus extra to serve (optional)

Method:

Put the spring onions, ginger, garlic, chilli, coriander stalks, thyme, lime zest and juice, allspice and oil in a food

processor, then blend to a paste. Pour over the chicken drumsticks and leave to marinate for at least 1 hr, or preferably up to 1 day.

Heat oven to 180C/160C fan/gas 4. Tip the rice and beans into a large roasting tin with deep sides. Remove the chicken from the marinade and set aside. Mix the stock into the marinade in the bowl and stir well. Pour the stock over the rice and beans, then put the chicken drumsticks and the mango pieces on top. Cover the tray tightly with foil and bake for 30 mins.

Take the tray out of the oven and remove the foil. Increase the temperature to 220C/200C fan/gas 7. Spoon the mango chutney over the drumsticks and return to the oven, uncovered, for 35-40 mins, to brown the chicken pieces and allow the rice to absorb all the liquid. Before serving, fluff up the rice a little with a fork and scatter with the coriander leaves. Serve with lime wedges and extra mango



Jerk Chicken with Rice and Peas

12 chicken thighs, bone in
1 lime halved (bake on the tray and serve)
hot sauce, to serve (optional)

For the jerk marinade

1 big bunch spring onions roughly chopped
thumb-sized piece ginger, roughly chopped
3 garlic cloves
½ a small onion
3 scotch bonnet chillies, deseeded if you want less heat **(to taste, you don't have to have 3)**
½ tsp dried thyme, or 1 tbsp thyme leaves
juice 1 lime
2 tbsp soy sauce
2 tbsp vegetable oil
3 tbsp brown sugar
1 tbsp ground allspice

For the rice & peas

200g basmati rice or long grain rice
400g can coconut milk
1 bunch spring onions, chopped
2 large thyme sprigs (½ tsp dried)
2 garlic cloves, finely chopped
1 tsp ground allspice
2 x 410g cans kidney beans



Method:

To make the jerk marinade, combine all the ingredients in a food processor along with 1 **tsp salt, and blend to a purée. If you're** having trouble getting it to blend, just keep turning off the blender, stirring the mixture, and trying again. Eventually it will start to blend up – **don't be tempted to add water**, as you want a thick paste.

Taste the jerk mixture for seasoning – it should taste pretty salty, but not unpleasantly, puckering salty. You can now throw in more **chillies if it's not spicy enough for you. If it** tastes too salty and sour, try adding in a bit more brown sugar until the mixture tastes well balanced.

Make a few slashes in the chicken thighs and pour the marinade over the meat, rubbing it into all the crevices. Cover and leave to marinate overnight in the fridge. If you want to barbecue your chicken, get the **coals burning 1 hr or so before you're ready** to cook. Authentic jerked meats are not exactly grilled as we think of grilling, but sort of smoke-grilled. To get a more authentic jerk experience, add some wood chips to your barbecue, and cook your chicken over slow, indirect heat for 30 mins. To cook in the oven, heat to 180C/160C fan/gas 4. Put the chicken pieces in a roasting tin with the lime halves and cook for 45 mins until tender and cooked through.

While the chicken is cooking, prepare the rice & peas. Rinse the rice in plenty of cold water, then tip it into a large saucepan with all the remaining ingredients except the kidney beans. Season with salt, add 300ml cold water and set over a high heat. Once the rice begins to boil, turn it down to a medium heat, cover and cook for 10 mins.

Add the beans to the rice, then cover with a lid. Leave off the heat for 5 mins until all the liquid is absorbed. Squeeze the roasted lime over the chicken and serve with the rice & peas, and some hot sauce if you like it really spicy.

For the plantain fritters

75g/3oz self-Raising flour
1 free-range egg
75ml/3fl oz lager/sparkling water or just water!
Salt and freshly ground black pepper
1 tbsp fresh coriander, roughly chopped
vegetable oil, for deep frying
2 plantains, peeled, grated



Method:

Place the flour and egg into a bowl and whisk in enough lager/sparkling water to form a batter the consistency of double cream.
Season with salt and freshly ground black pepper and stir in the coriander.
Place the grated plantain into a bowl. Add enough batter until the plantain is lightly coated and mix well.
Two-thirds fill a large, heavy-based saucepan with vegetable oil. Heat until a breadcrumb sizzles and turns golden-brown.
Alternatively you can shallow fry these too.
Carefully drop spoonfuls of the batter into the hot oil and fry until golden-brown. Remove with a slotted spoon and drain onto kitchen paper. Repeat until all the plantain mixture is used up.

For the fried plantain

30g/1½oz butter
1-2 tbsp vegetable oil
1 large ripe plantain, skin removed, cut on the diagonal into slices 2cm/¾in thick



Method:

For the plantain, heat the butter and oil in a pan over a medium heat, add the plantain and cook for 4-5 minutes on each side until golden-brown. Remove from the pan and drain on kitchen paper.

For the salsa

1 small red onion, peeled and finely chopped
1 red chilli, finely chopped (to your own taste)
½ small ripe pineapple, peeled and finely chopped (can use tinned)
1 pepper, any colour you like (not green)
1 lime, juice only
1 tbsp sugar
2.5cm/1in piece fresh ginger, grated (optional)
2 tbsp chopped fresh coriander
2 tbsp chopped fresh mint

Method:

For the salsa, place the onion, chilli, pineapple, pepper, lime juice, sugar and ginger, if using, into a pan and heat gently for 2-3 minutes. Remove from the heat, cool, then stir in the coriander and mint.



Most of these recipes have lots of chilli, scotch bonnets are used in Caribbean cooking in general but you can use a milder chilli. Remember, use as much or as little as you like, start with a bit, taste and add rather than use the stated amount and regret it. No matter what anyone says, yoghurt does not cool the **chilli! I haven't found anything that does!**



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What would you add?

How would you change it?

Ideas and recipes that you've shared or thought of...



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Making a list and checking it twice!

www.mysupermarket.co.uk

Shopping List: @tesco *this week...*

When planning the cooking session and shopping list I generally assume that you have some ingredients in the cupboard, like oil, salt, pepper, plain flour, stock cubes, eggs and some herbs and spices.

Remember search the world food aisle for cheaper versions of the same branded items, Paprika, something most people don't use everyday, is 35p a packet in the European section of the world food aisle, 80p a packet in the Asian Section and £1 a pot (own brand) in the Herbs and Spice section of Sainsbury's. Which would you rather pay? It's all Paprika, made of the same pepper!

Yellow stickers (reduced due to damage, about to go "out of date", if it looks ok, if you need it, buy it. Don't be put off by dates. They seem to be there

<i>Item/Recipe:</i>	<i>Cost for the recipe:</i>
<i>Meat Patties</i>	<i>£3.88</i>
<i>Caribbean Coleslaw</i>	<i>£2.40</i>
<i>Jamaican Ginger Cake</i>	<i>£2.44</i>
<i>Mango Chicken, bean and Rice bake</i>	<i>£6.78</i>
<i>Jerk Chicken with Rice and Peas</i>	<i>£9.08</i>
<i>Plantain fritters</i>	<i>£1.52</i>
<i>Fried Plantain</i>	<i>93p</i>
<i>Salsa</i>	<i>£2.06</i>

Costs are approximate and based on prices at the time of shopping and represent the cost of the recipe, not the cost of buying all the ingredients which is generally less than £5 per recipe.

Please note that most of these recipes will serve 4 people depending on your portion size.