

 COOKING SHOW #116 - CARIBBEAN FLAVORS

Pepper Pot Soup

INGREDIENTS

- 1 yellow onion, chopped
- 1 bell pepper, diced
- 5 garlic cloves, minced
- 1" nub fresh ginger, peeled and minced
- 2 carrots, diced
- 2 celery ribs, diced

- 1 habanero, whole or halved
- 1 teaspoon cinnamon
- 2" piece of orange peel
- 2 russet potatoes, peeled and diced
- 1 sweet potato, peeled and diced
- 1 teaspoon dried thyme
- 2 teaspoon dried oregano
- 1 teaspoon cumin
- 1 teaspoon paprika
- 5 cups veggie stock
- black pepper to taste

- 1 cup soy milk + 1 tablespoon coconut shreds blended together
- 1 15 oz. can kidney beans, drained and rinsed
- 2 cups spinach, chopped

METHOD

In a large stock pot or Dutch oven, sauté the onion, bell pepper, garlic, ginger, carrots, and celery over medium-high heat for a few minutes, adding a little water or veggie broth as needed to keep from sticking.

Once everything is nice and tender, add the habanero (leave whole for less heat), cinnamon, orange peel, potatoes, thyme, oregano, cumin, paprika, veggie stock, and black pepper. Stir everything together, bring to a boil, reduce the heat to medium-low, and simmer for about 10 minutes or until the potatoes are cooked through.

Next, add the soy milk blend, kidney beans, and spinach, mix well and simmer for a few more minutes. Enjoy!

You can leave this on the stove for hours on low to enjoy throughout the day.



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Grits & Greens

INGREDIENTS

Greens

- 1 red onion, diced
- 4 garlic cloves, minced
- 1/2" nub fresh ginger, minced
- 1 red bell pepper, diced
- 1 jalapeño, seeded and diced
- 1/2 teaspoon chili powder or cayenne
- 1 cup veggie stock
- 1 lb. collard greens, stems removed and diced

Grits

- 4 cups veggie broth or water
- 1 handful flat leaf parsley, chopped
- black pepper to taste
- 3/4 cup yellow corn meal/grits
- 1/4 cup cashews blended with 1 cup of soy milk

METHOD

To prepare the greens, add the onion, garlic, ginger, red bell pepper, jalapeño, and chili pepper to a skillet and sauté over medium-high heat for a few minutes, adding veggie stock or water as needed to keep from sticking. After about 5 minutes, stir in the greens a handful at a time, along with the rest of the veggie stock, and simmer over medium-low, covered, for 10 minutes or more. Collard greens are tougher and require a little more cook time to soften, but it's well worth it!

Meanwhile, to prepare the grits, add the veggie broth or water to a pot and bring to a boil, then reduce the heat and simmer. Stir in the parsley and black pepper. Slowly whisk in the corn meal or grits and keep stirring for 3-5 minutes while it thickens up. You will have to gradually reduce the heat to low as the grits thicken to avoid splattering. Add that the cashew cream and continue cooking for 10-20 minutes until reaching your desired smooth texture.

Add a portion of grits to a bowl and top with the greens!



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Jerk Tempeh Lettuce Cups

INGREDIENTS

Jerk Marinade

- 1 small white onion, quartered
- 4 green onions, roughly chopped
- 1 habanero pepper (optional)
- 3 garlic cloves
- 1 tablespoon ground allspice
- 1 teaspoon dried thyme
- 1 teaspoon ground nutmeg
- 1/2 cup veggie stock
- 1 tablespoon soy sauce or tamari (optional)

- 2 tablespoons Date Powder
or
- 4 deglet dates

- 2-3 limes, juiced
- 1/4" nub fresh ginger

Lettuce Cups

- 8 oz. block tempeh
- batch Jerk Marinade
- lettuce cups
- Pineapple Pico

METHOD

Prepare the Jerk Marinade by adding all of the ingredients to a high-speed blender and blend until smooth. Add the marinade to a large mixing bowl or a freezer bag.

Quarter the block of tempeh and boil it for 10 minutes, then strain out the water, let cool, and slice into 1/4" thick pieces. Then add to the mixing bowl/bag with the marinade. Mix well then let marinate on the counter for a short time or in the fridge overnight.

Add the marinated tempeh to a saucepan with some of the marinade and sauté over medium-high heat until heated through. You can also try air frying for a dryer texture. This marinade works well with extra firm tofu too.

To make the lettuce cups, add some tempeh and Pineapple Pico to top!



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Jerk Rubbed Grilled Eggplant

INGREDIENTS

Jerk Rub

- 2** **teaspoon allspice**
- 2** **teaspoon cumin**
- 1** **teaspoon sage**
- 1** **teaspoon thyme**
- 1/2** **teaspoon nutmeg**
- 1/4** **teaspoon cayenne**
- 1** **tablespoon date powder**
- 1/2** **teaspoon cinnamon**
- 1** **teaspoon paprika**
- 1** **teaspoon garlic powder**
- 1** **teaspoon onion powder**

Eggplant

- **eggplant**
- **batch Jerk Rub**

METHOD

To prepare the Jerk Rub, add all of the ingredients to a mixing bowl and whisk together. Add the rub to a shallow container like a Pyrex baking dish and shake to even it out.

To prepare the eggplant, slice lengthwise into 1/4" thick slices. Take one slice, place it into the dish with the rub, and flip. Use your hands to make sure the rub is coated evenly.

Add the eggplant to a panini press or grill pan, and allow them to cook for a few minutes, then check for doneness. These thin slices of eggplant will not take long to soften.

Enjoy on it's own, chopped in a nourish bowl, as a sandwich, or with the Tempeh Lettuce Cups.



 COOKING SHOW #116 - CARIBBEAN FLAVORS

Pineapple Pico

INGREDIENTS

- 1/2** pineapple, cored and diced
- 1/4** red onion, diced
- 1/3** cucumber, diced
- 1** handful fresh cilantro, chopped
- 1/4** habanero pepper, minced
- 2-3** limes, juiced

METHOD

Add all the ingredients to a large mixing bowl and stir to combine.

Pineapple thawed from frozen will also work great here! Feel free to experiment with a mild pepper if you would rather avoid the heat of the habanero.

Enjoy on top of the Jerk Tempeh Lettuce Cups or almost anything else!

