

THE CULINARY INSTITUTE OF AMERICA  
IN ASSOCIATION WITH UNILEVER FOOD SOLUTIONS  
PRESENTS



SAVORING THE BEST OF  
**WORLD FLAVORS**

**JAMAICA, PUERTO RICO, TRINIDAD AND TOBAGO**  
**DISC 1: RECIPES FROM IN-COUNTRY**  
**CHEFS AND PRESENTERS**



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## ACKEE AND SALT FISH MAC AND CHEESE

*Yield: 10 standard portions Standard serving size = 8 oz.*

<b>Ingredients</b>	<b>Amounts</b>
Salt cod	8 oz
Oil, for sauteeing	2 oz
Onions	4 oz
Tomatoes	4 oz
Thyme	1 teaspoon
Scotch Bonnet Sauce	1 teaspoon
Ackee, drained or cleaned	8 oz
Elbow macaroni, uncooked	4 oz
Mornay sauce	1 pint
Parmesan cheese, grated	8 oz
Egg roll wrappers	24
Oil, for deep frying	As needed

### **Method**

1. Soak the salt cod in sufficient cold water at least over night.
2. Change the water and bring the cod to the boil. Simmer for 30 minutes.
3. Remove cod from the water, cool and pick all the flesh form the bones. Discard bones and water.
4. Heat the oil in a heavy skillet.
5. Dice the tomatoes and add to the onions with the picked saltfish, thyme and garlic.
6. Continue to sweat until soft and the flavors are combined.
7. Add the ackee, pepper and scotch bonnet sauce, toss gently to combine and taste for seasoning. Set aside to cool.
8. Boil the macaroni, and drain.
9. Heat the mornay sauce.
10. Add the cheese and macaroni, stir, check seasoning and cool.
11. Take the egg roll wrapper and place it with a corner facing you, so that it is a diamond shape.
12. Place two tablespoons of mac and cheese in center and spread slightly.
13. Place one tablespoon of the ackee mixture in center on top of the mac and cheese.
14. Wet all four edges with water
15. Fold the left and right corners across the mix; roll up beginning with the corner nearest to you.
16. Dampen the final point again to close securely.
17. Heat the frying oil to 325 degrees F and deep fry for approximately 1 minute or until golden brown.

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# BAKES

*Yield: 15-16 standard portions*

*Standard serving size = 4 oz.*

<b>Ingredients</b>	<b>Amounts</b>
Bread flour	1.5 lbs
Baking powder	1 oz
Salt	1 tablespoon
Dried goat milk	1 tablespoon
Lard	4 oz
Iced water	1 pt
Coconut Oil	for frying

## **Method**

1. Sieve all dry ingredients together in a large mixing bowl.
2. Rub in the fat.
3. Add the ice water and mix to combine – take care to not over mix.
4. Allow to rest for 1 hour.
5. Divide into 8 oz pieces and roll each piece out into a 3" circle.
6. Cut a cross in the center and shallow fry until crispy brown on the outside and fluffy in the middle.

**Note:** Bakes make a good substitute for bread rolls during dinner service and can be served with dips, salsas and curries.

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## FESTIVAL DUMPLINGS

*Yield: 10 standard portions*

*Standard serving size = 2 oz.*

<b>Ingredients</b>	<b>Amounts</b>
All purpose flour	8 oz
Cornmeal	2 oz
Baking powder	1 teaspoon
Salt	1/2 teaspoon
Lard, frozen	2 oz
Brown sugar	1 oz
Vanilla extract	1/2 teaspoon
Lime juice	1 ea (1 teaspoon)
Chilled water	8 oz (approx)
Oil for frying	

### **Method**

1. Sift the flour, baking powder, salt, and cornmeal into a large mixing bowl and stir to combine.
2. Add the sugar and mix.
3. Grate the frozen lard and stir into the dry ingredients.
4. Add the vanilla and lime juice to the chilled water, and then add the mixture to the dry ingredients, mixing to form a soft dough.
5. Knead lightly and take care to not overwork. The dough should remain loose but stick together.
6. Leave the dough covered for about 30 minutes.
7. Place the oil in a deep pot and heat to 325°F.
8. Divide the dough into ten equal portions.
9. Knead lightly, then form each portion until about 6 inches long, 1 ½ inches wide, and 1/8 inch thick.
10. Dip the festival into hot oil until cooked through and golden brown.

**Note:** The oil must be at a sufficient temperature to allow the festival to rise quickly but cook through before browning too much. Grace Festival mix makes a good quick to make substitute

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# JERK CHICKEN SPRING ROLLS

WITH SWEET & SOUR PICKLED ONIONS AND A TRIO OF DIPPING SAUCES

*Yield: 4 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, boneless breast	8 oz
Black pepper	½ teaspoon
Jerk sauce	1 tablespoon
Black sesame seeds	1 tablespoon
Carrots, shredded	2 tablespoons
Green onions, chopped	½ tablespoon (green parts only)
Mixed baby greens	1 handful
Mint leaves	1 bunch
Rice paper	8 (6inch) round sheets
Lukewarm water	

## **Method:**

1. Marinate the chicken with pepper, jerk sauce and black sesame seeds overnight.
2. Cook chicken on a grill (7-8 minutes) or in an oven (8-10 minutes at 350°F). Once the chicken has been cooked, cut it into thin strips and set aside.
3. In a large bowl, add the lukewarm water, 3 oz rice wine vinegar and a pinch of sugar. Place rice paper inside the warm water, removing when soft and malleable. Lay wet rice paper on damp towel, wiping away any excess water.
4. Lay a single sheet of damp rice paper flat. In the centre, place a few leaves of baby greens, two or three mint leaves, shredded carrots, green onions, and the strips of jerk chicken. Fold one side of the rice paper over and roll.
5. Serve with sweet and sour pickled onions, tamarind ginger dipping sauce, spicy mango mint sauce, and lemongrass coconut sauce (recipes follow).

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# TAMARIND GINGER DIPPING SAUCE

*Yield: 10 standard portions*

*Standard serving size = 2 oz.*

<b>Ingredients</b>	<b>Amounts</b>	
Spicy Table Sauce	4	fl oz
Tamarind concentrate	1	oz
Cilantro, finely chopped	1	oz
Scotch bonnet pepper, deseeded and finely chopped	1	ea
Ginger, peeled and finely chopped	1	oz
Garlic, roasted and mashed	1	head
Orange, zested and juiced	1	ea
Sweet and sour sauce	8	oz
Oyster sauce	4	oz
Red rum	2	oz
Hoisin sauce	4	oz
Black sesame seeds	1	oz

## **Method**

1. Combine all ingredients in a glass or stainless steel bowl and allow to macerate.

**Note:** Spicy Table Sauce is a propriety sauce from Spur Tree.

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## SPICY MANGO & MINT DIPPING SAUCE

Ingredients	Amounts
Mango, peeled and diced	1 each
Pinch of salt	
Corn oil	4 tablespoons
Scotch bonnet pepper, minced	1 each
<i>Can be replaced with ½ teaspoon of dried chili flakes</i>	

### Method

1. Sauté diced fresh mango with a pinch of salt in a saucepan thinly coated in corn oil.
2. Cook on low heat for 8-10 minutes.
3. Puree mango in a blender.
4. Pass through a strainer before adding finely chopped scotch bonnet pepper (can be substitute with dried chili flakes) and julienne of mint.

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# LEMONGRASS & COCONUT DIPPING SAUCE

<b>Ingredients</b>	<b>Amounts</b>
Lemongrass	1 quart
Rice vinegar	3oz
Dried coconut flakes for garnish	4 teaspoons

## **Method**

1. Finely chop lemongrass and add to rice wine vinegar. Stir in dried coconut flakes and allow to sit for 20 minutes.

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# SWEET & SOUR PICKLED ONIONS

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Red onions, sliced	2 large
White sugar	½ cup
White vinegar	1 cup

## **Method**

1. In a saucepan add 1 tablespoon of corn oil, and bring up to medium-high heat.
2. Place onion and sugar in the pan and stir.
3. Add in vinegar and mix, and pour into a bowl and cover.
4. Sit aside for 2 hours before using.

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## “KOKONDA” TUNA AND COCONUT CEVICHE

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Fresh tuna	16 oz
Limes, juiced	12 large
Limes, zested	4 ea.
Coconut mayonnaise (recipe follows)	1 cup
Scotch bonnet, finely chopped	1 ea.
Scallion, chopped	1 cup
Tomatoes, diced	1 cup
Cilantro	Several sprigs
Sea salt	Pinch

### **Method:**

1. Cut fish into bite-sized pieces, approximately ½-inch cubes
2. Marinate for 12 hours in juice of ½ of the limes
3. Pour off the lime juices and continue marinating in the remaining lime juice and salt; when “cooked” pour off the lime juice.
4. Place the fish in a bowl and incorporate coconut mayonnaise, then fold in the pepper, scallion and tomato. Adjust seasoning with sea salt.
5. Serve in a ¼ of a jelly coconut that has been stripped of the husk or in a martini glass with wakame seaweed on the bottom.
6. Garnish with chopped cilantro and lime zest.

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# COCONUT MAYONNAISE

## Ingredients

Coconut milk  
Mayonnaise

## Amounts

16 oz. tin  
½ cup

## Method:

1. Slowly heat the coconut milk in a large flat pan, and reduce the by half while continuing to stir gently. Set aside.
2. When cooled add to the mayonnaise.

Note: if you refrigerate the Kokonda for too long after combining the ingredients, the coconut cream will solidify. Mix together as needed

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# SWEET POTATO PEPPERED SHRIMP GNOCCHI

*SERVED WITH CREAMY COCONUT CALLALOO SAUCE*

*Yield: 4 servings*

<b>Ingredients</b>	<b>Amount</b>
Sweet potatoes	1 lb.
Egg yolks	3 ea.
All-purpose flour	1 cup
Uncooked shrimp, minced	½ cup
Scotch bonnet pepper, finely minced	½ pepper
Salt	to taste

## **Method:**

1. Preheat oven to 425°F. Place potatoes in sheet pan and bake until soft.
2. Season the shrimp with salt, pepper and the scotch bonnet pepper.
3. Lightly dust the table with flour.
4. While still warm, cut the sweet potatoes in half, scoop out the flesh inside and discard skin. Immediately grate the potatoes onto the flour dusted table. Make a well in the center of the heap of grated potato.
5. Pour egg yolks and minced shrimp in the center (well) of the potato, sprinkle with salt and begin to combine potato with egg yolks.
6. Gradually dust flour into the mixture to incorporate and form gnocchi dough until dough begins to hold together.
7. Split the dough into a manageable amount and roll to form a long rope about ½ inch thick along the flour dusted table. Cut to form 1-inch wide pieces of gnocchi and transfer them on to a dust sheet pan later to be cooked.
8. To cook gnocchi, boil a pot of water and gently place gnocchi into the water, gently stirring once; the gnocchi will float to the surface when ready. Remove with slotted spoon for service.
9. Serve with creamy callaloo sauce (recipe follows)

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# CREAMY COCONUT CALLALOO SAUCE

<b>Ingredients</b>	<b>Amount</b>
Callaloo leaves, chopped	1 cup
Garlic cloves, minced	3
Onion, diced	1
Butter	4 tablespoons
Coconut milk	1 can
Heavy cream	¼ cup
Salt	To taste
Black Pepper	To taste

## **Method:**

1. Sauté onion and garlic in butter. Add callaloo and stir until slightly cooked and season with salt and pepper.
2. Whisk in coconut milk and heavy cream and simmer for 5 minutes. Remove from heat and blend until creamy. Move back on to heat and reheat until saucy consistency and right flavor is achieved.

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