



COCONUT RICE AND PEAS

INGREDIENTS (SERVES 4)

Glug of vegetable oil

1 small onion, peeled and finely chopped

2 cloves garlic, peeled and crushed

1 sprig of thyme

½ tsp ground allspice

250g rice, rinsed

½ x 400ml tin coconut milk

300ml vegetable stock

1 scotch bonnet pepper, un-bruised and un-pierced

1 x 400g tin drained kidney beans

Sea salt and freshly ground pepper

EQUIPMENT LIST

Chef knives

Garlic crusher (optional)

Sieve

Measuring jug

Scales

Large saucepan

Wooden spoon/heatproof spoon

Forks


Teaspoons

Hob

Food Processor/Blender/Nutribullet



@ShiviRamoutar

 Caribbean Modern:
Recipes from the Rum
Islands

 The Ice Kitchen

www.shiviramoutar.com



JERK CHICKEN

Vegetarian alternative: Substitute chicken for sweet potato, corn on the cob or aubergine.

INGREDIENTS (SERVES 4)

Jerk Marinade

- 8 tsp allspice berries, toasted
- 1 cinnamon stick, broken into shards and toasted
- 2 tsp coriander seeds, toasted
- 4 tsp thyme leaves
- 8 spring onions, roughly chopped
- ½ to 1 scotch bonnet peppers, de-seeded, depending on how hot you want it...
- 5 garlic cloves
- 2 tsp grated nutmeg
- ½ thumb-sized piece of fresh ginger, peeled and roughly chopped
- 6 tbsp Demerara sugar
- Juice of 2 limes
- 1 tsp soy
- 4 tsp oil

Jerk Chicken

- 4 Chicken legs
- 4 tbsp jerk marinade

EQUIPMENT LIST

- Chef knives
- Small frying pan
- Tablespoons
- Teaspoons
- Lime juicer
- Resealable large ziplock bag
- Kitchen roll
- Baking tray
- Oven
- Grill



RUM PUNCH

5-minute preparation, 1 hour chilling

INGREDIENTS (SERVES 2)

175ml freshly squeezed orange juice

75ml freshly squeezed lime juice

150ml good-quality golden rum

50ml sugar syrup

Dash of grenadine syrup

Dash of Angostura bitters

Ice cubes, to serve

Generous pinch of freshly grated nutmeg

2 thick slices orange, to garnish

Maraschino cherries, to garnish

METHOD

STEP 1

Pour the juices, rum, sugar syrup, grenadine and Angostura bitters into a large jug and give it a good stir. Pop into the fridge to chill for 1 hr.

STEP 2

Serve over ice cubes, sprinkle over the nutmeg and garnish with an orange slice and a maraschino cherry, speared with a cocktail stick.