

Extraordinary Chefs

"Come, cook with us!"



2025 Calendar



Drink Recipes

You'll want to try!

Ginger-Lime Mocktail

1 Serving

Ingredients

- 1 fresh ginger
- 1 fresh mint sprig
- ½ oz lime juice
- ½ tsp honey
- soda water

Method

1. Muddle ingredients except soda water.
2. Sweeten mixture, to taste.
3. Top up with soda water.
4. Garnish with mint and enjoy.

By Seon Athill – Mixologist



JavaDrag Drink

1 Serving

Ingredients

- 2 cups of Java berries
- 2 medium dragon fruit
- 1-2 tsp lemon juice
- 1-2 tbsp honey
- 1-2 cups of water

Method

1. Wash the Java berries in a bowl, then smash them up in a cheese cloth to get the juice.
2. In a separate bowl, peel the dragon fruits; take the back of a big spoon and crush them, or use a fork to get the juice out.
3. Combine both juices; add lemon juice and honey.
4. Pour into a glass container and place in the refrigerator to chill.
5. Serve and enjoy.

By Angela France – 2nd Placed, MBS Healthy Drink Competition



Coconut and Soursop Smoothie

1 Serving

Ingredients

- 3 oz deseeded soursop pulp
- 2 oz coconut water
- 1 oz honey
- 1 scoop of ice

Method

1. Blend the deseeded soursop pulp, coconut water, honey, and ice.
2. Serve and enjoy.

By Altino Spencer – Mixologist



The H2O Mojitos

1 Serving

Ingredients

- 1 cucumber
- ¼ – ½ watermelon
- 4 or more mangoes

Garnish:

- Mint leaves
- raw agave

Method

1. Slice & dice watermelon, cucumber, and mangoes into pieces.
2. Add ingredients to blender; blend until fruits reach a liquid consistency.
3. Strain your mixture.
4. Stir and it is ready to serve!

By Tarissa Francis – 1st Placed, MBS Healthy Drink Competition



Meet the Judges



Samantha Moitt

Samantha is a Registered Dietitian and the Chief Nutrition Officer at the Ministry of Health. With over 20 years experience in health and wellness, she's worn many hats — hospital dietitian, food service manager, yoga and fitness instructor, and consultant. Samantha's passion for nutrition and helping others shines through in everything she does, making her a trusted guide on the path to better health.



Valarie Williams

Nurse Valarie is a dedicated healthcare professional known for her hard work, reliability, and self-motivation. For the last 10 years, she has been serving as the Non Communicable Diseases Coordinator in the Ministry of Health. Task-oriented and embracing challenges, she is committed to making a positive impact in healthcare. Valarie enjoys spending time outdoors, values moments with family and friends, and has a passion for exploring the world.



Matara Murphy

Matara began as a Concierge Agent at Sandals Grande Antigua and went on to win awards like the Tourism Management Award and Young Hotelier of the Year. She has represented Antigua & Barbuda in regional competitions, including the Caribbean BBQ in Puerto Rico, netball, and debate. With training from Jumby Bay Rosewood Resorts, and the Ministry of (Cruise) Tourism, she also coordinated the 2012 Tourism Awards. Ms. Murphy has worked across the Bahamas, Barbados, Grenada, St. Lucia, and Curacao, driven by her passion for hospitality and pride in her country.



5-6 Servings

- 1 pack salted cod
- 1 ripe avocado
- 4 heads plantain
- 8 garlic cloves
- 1 red onion
- 1 green bell pepper
- 1 red bell pepper
- 1 cucumber
- 1 tomato
- 1 head cilantro for garnishing
- 2 lemons
- 4 pinches kosher salt
- 2 pinches grounded black pepper
- ¼ cup olive oil
- 2 loaves baguette bread

1. Place the cod in a pot of boiling water to remove most of the salt. In the meantime, start finely chopping up your fresh seasonings to include onion, garlic, green bell pepper, red bell pepper, cucumber, and tomato.
2. Prepare your avocado to make a basic guacamole spread. This requires ripe avocado, lemon juice, salt, and pepper. Whisk all the ingredients together to form a silky paste.
3. Now it's time for the magic... get a few cloves of garlic and place in a saucepan over medium heat in olive oil. Roast until the garlic starts changing to a light brown colour. Let sit and cool then remove the garlic cloves and chop finely.
4. Take a baguette bread and slice up diagonally, then give it a slight toast. Also fry some diagonally cut slices of ripe plantain. (Optional: boil an egg).
5. Get your desalted salt fish and break up into pieces. Add all your fresh chopped seasoning to the salt fish. Drizzle your garlic infused olive oil over it and add the chopped roasted garlic.
6. For plating, place your baguette first, coat it on top with your guacamole spread, top with a cut of fried plantain, then cover with your salt fish mixture. Garnish with a sprig of cilantro. Pick up, take a bite, and don't forget a napkin.

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			New Year's Day 1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

***R3AS AND CONTRIBUTIONS
FOR PRIOR MONTH NOW DUE**

Shari Sweeney
Junior Sous Chef - The Reef
Restaurant, Mill Reef Club



**Pumpkin Spiced Stew
paired with Pan Seared
Tuna**

2 Servings

Ingredients

- 4 oz diced pumpkin, peeled (optional)
- 4 oz green banana, peeled and diced

- 3 oz green cabbage, chopped
- 1 cup baby spinach
- 1 large carrot, peeled and diced
- 1 large onion, diced
- 3 garlic cloves, sliced
- 1 tablespoon tomato paste
- 4 tbsp olive oil
- 1 star anise
- 4 oz broccoli
- 2 oz small diced sweet potatoes
- 1 cup coconut milk
- ½ bunch thyme
- ¼ bunch cilantro
- 2 4 oz fillet tuna (or any other fish of choice)
- 1 lemon zest (optional)
- 1 ½ tablespoons curry powder
- 1 tablespoon garam masala

- salt and pepper to taste

Method

1. Put aside together diced onion, sliced garlic, and chopped thyme. Dice pumpkin, carrots, sweet potatoes, carrots, cabbage, and green banana, and put aside together for stew. Toss half the portion of the diced sweet potatoes, pumpkin, and carrots in ½ olive oil, salt, pepper, and thyme; roast in oven for 20 minutes at 350°F.
2. Cut off the flowers of the broccoli and dice the stem; add stems to the pumpkin batch for stew.
3. Season tuna (or fillet fish of choice) with salt, pepper, thyme, lemon zest, and 1 tbsp of olive oil.
4. Sauté onions, garlic, and thyme until onions are slightly translucent in 1 tbsp of olive oil. Add curry powder and sauté for a minute then add tomato paste halfway through sautéing the curry powder.
5. Add the pumpkin and cabbage batch that was put aside with 2 cups of water and 1 star anise. Simmer until the water is reduced by half.
6. Add coconut milk, garam masala, cilantro, and spinach. Simmer for 5 minutes or until veggies are soft to your liking. Add a little water if necessary. Season with salt and pepper to your liking.
7. Sear fish to your preferred taste in medium hot pan with 1 tbsp olive oil.
8. Plating: place stew on plate, add roasted veggies on top for texture difference, place fish next to or on top of stew, and, if desired, drizzle ½ tsp of oil. Enjoy.

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

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Regena Graham

Private Chef



Creamy Red Fillet Snapper

2 Servings

Snapper Ingredients

- 2 red snapper fillets
- 1 tbsp olive oil
- salt and pepper, to taste

Method

1. Season both sides of the red snapper fillets with salt and pepper.
2. Heat olive oil in a skillet over medium-high heat.
3. Sear the red snapper fillets for about 3-4 minutes on each side, until they are golden brown and cooked through. Remove from the skillet and set aside.

Creamy Sauce Ingredients

- ½ cup diced tomatoes
- ½ cup diced bell peppers (red or green)
- ¼ cup diced onions
- 2 cloves garlic, minced
- 1 cup half and half
- ½ cup low-sodium chicken broth
- 1 chopped parsley for garnish
- ½ bunch thyme

Method

1. In the same skillet, add a little more olive oil if needed. Sauté the diced onions, bell peppers, and garlic until they are soft and fragrant.
2. Add the diced tomatoes and cook for another 2 minutes.
3. Pour in the low sodium chicken broth, and half and half. Stir well and let the mixture simmer for about 5-7 minutes until it thickens.
4. Add salt and pepper to taste.
5. Return the cooked red snapper fillets to the skillet.
6. Let the fish warm through for a minute or 2.
7. Garnish with chopped parsley; serve hot (with rice/mashed potatoes) and enjoy.

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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2 Servings
Ingredients

- 1 large eggplant
- 1 cup mushrooms
- 1 large tomato
- 1 tbsp vegetable oil
- 1 tbsp truffle oil
- 1 cup breadcrumbs
- 2 tbsp flour
- ½ cup water
- ¼ cup balsamic vinegar
- 2 tbsp white sugar
- 1 cup vegetable oil
- 2 oz feta cheese
- 1 egg

1. Slice eggplant 1-inch-thick, wash, and soak in salt water and lime juice to prevent oxidation.
2. Chop and sauté mushrooms, add salt and pepper to taste, and set aside.
3. Slice and roast tomatoes and set aside.
4. Drain and dry eggplants, then add flour, egg wash, and breadcrumbs; set aside.
5. Make balsamic reduction: bring balsamic vinegar and sugar to a boil until thickened and set aside.
6. Fry each eggplant on both sides until golden brown, then set to cool.
7. Assemble bruschetta with eggplant, roasted tomato, sautéed mushrooms, crumbled feta cheese and balsamic drizzle.

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	Good Friday 18	19
20	Easter Monday 21	22	23	24	25	26
27	28	29	30			

***R3AS AND CONTRIBUTIONS
FOR PRIOR MONTH NOW DUE**

**4 Servings**

Ingredients

- 1 SCOBY (symbiotic culture of bacteria and yeast - available from local brewers)
- 1 cup of starter tea (previously brewed kombucha drink)
- 4 black tea bags
- 1 cup of sugar
- 4 cups water
- 1 glass jar
- 1 cloth or paper towel
- 1 rubber band

Method

1. Boil 4 cups of water in a pot. Once boiling, remove from heat and add the tea bags and sugar. Stir until the sugar dissolves, then let the tea steep for about 10-15 minutes.
2. Remove the tea bags and let the sweetened tea cool to room temperature. It's important that the tea is not hot when you add the SCOBY, as high temperatures can harm it.
3. Once the tea has cooled, pour it into your glass jar. Add the starter tea and place the SCOBY on top.
4. Cover the jar with a cloth or paper towel and secure it with a rubber band. This will allow the kombucha to breathe while keeping out bugs and debris.
5. Store the jar in a warm, dark place, away from direct sunlight. Let it ferment for 7-10 days, depending on your taste preference. The longer it ferments, the tangier it will become.
6. After the fermentation period, taste the kombucha. If it's to your liking, you can bottle it. If you want it to be more carbonated, you can do a second fermentation in sealed bottles for 2-3 days.
7. Store the bottled kombucha in the refrigerator to slow down fermentation and enjoy it cold.
8. Remember to save some of the kombucha from this batch to use as the starter tea for your next batch. Enjoy your homemade kombucha!

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	Labour Day 5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

***R3AS AND CONTRIBUTIONS
FOR PRIOR MONTH NOW DUE**

Colleen Simpson
Executive Chef - National
School Meals Program



**Sweet Potato and
Grilled Pineapple
Casserole**

6 Servings

Ingredients

- 2 lbs sweet potatoes
- 1 large local pineapple
- 1 onion
- 2 cloves garlic
- 2 tbsp olive oil
- 3 tbsp curry powder
- 1 tbsp chopped basil
- 1 tbsp chopped parsley
- 1 cup water
- 2 tbsp cornstarch
- salt and pepper (optional)

Method

1. Heat oven to 350°F.
2. Wash potatoes and boil until tender. Drain and set aside.
3. Peel and slice pineapple; chop onion and garlic.
4. Grill pineapples in a heavy frill pan over high heat.
5. In a medium saucepan, heat oil and cook onion and garlic until tender. Add curry powder and stir constantly to avoid burning.
6. Add water and boil for 15 minutes over medium heat.
7. In the meantime, peel and slice potatoes.
8. Dissolve cornstarch in quarter cup cold water and add to curry sauce, stirring constantly. Add chopped parsley, basil and salt (optional).
9. Layer sweet potatoes in a round, glass, ovenproof dish.
10. Pour sauce over the potatoes. Cover with grilled pineapple slices. Place in the oven and bake for 20 minutes at 350°F.
11. Remove from the oven and allow to rest for 10 minutes. Can be served with grilled chicken breast and steamed vegetables.

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	Whit Monday 9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

*R3AS AND CONTRIBUTIONS
FOR PRIOR MONTH NOW DUE

Ashema Willock
Private Chef & Owner - Shem'z Palette



Eggplant Parmesan

9 Servings

Ingredients

- 3 large eggplants
- 2½ cups cold water or egg whites
- 2 cups of cornstarch
- 2 cups cornflakes, blended

- 2 cups homemade marinara sauce
- 1 cup grated Parmesan cheese
- 2 cups fresh shredded mozzarella cheese
- 4 big basil leaves (chiffonade) for garnish

Method

1. Preheat oven to 375°F.
2. Wash eggplant slices in salt water (helps to remove excess moisture, bitterness, and let's not forget parasites) then pat dry with paper towels.
3. Coat eggplants thoroughly in the cornstarch then immerse in the cold water or beaten egg whites, then dip into the cornflakes crumbs and grated Parmesan cheese mixture.
4. Place coated eggplants on a

sheet pan lined with parchment paper. Bake for 25-30 minutes flipping periodically to ensure that both sides are crispy and golden brown.

5. In a baking dish, layer the marinara sauce at the bottom, then layer the eggplant and shredded mozzarella cheese. Repeat.
6. Wheeeew! Lastly, add remaining marinara sauce and mozzarella cheese to the top and bake for another 25-30 minutes until cheese is lightly golden and the cheese is bubbling.
7. Add chiffonade basil to garnish (optional).

Marinara Sauce Ingredients

- 6 ripe tomatoes, roughly chopped
- 3 garlic cloves, chopped
- ½ of a yellow onion, diced
- 3 basil leaves, minced
- a pinch of oregano
- 1 tbsp olive oil
- 1 tsp sea salt
- 1 tsp pepper
- 1 tsp brown sugar (optional)

Method

1. Place your saucepan on medium heat; add olive oil, garlic, onion, and sauté until translucent.
2. Add tomatoes, oregano, sea salt, and pepper to taste.
3. Cover partially to simmer for 15 minutes on medium to low heat. Add a pinch of sugar to enhance flavour (optional).

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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**2 Servings**

- 50g rice vinegar
- 11.3g granulated sugar
- salt to taste

1. Add all ingredients to a pot and heat until the sugar and salt dissolve. Do not boil.
2. Set aside to cool. Store covered in the fridge or at room temperature.

- 37g water
- 37g low sodium soya sauce
- 37g sugar
- 6g cornstarch into 3g of water

1. Place water, low sodium soya sauce, and sugar in a pot on low fire until the sugar is dissolved.
2. Add cornstarch and 3g water mixed to the pot to thicken.
3. Set aside to cool.

- 1 cup sushi rice
- 1 cup water

- ½ ripe plantain
- 1 nori sheets
- ½ ripe avocado
- 1 bunch chives

- 100g cucumber
- 2 oz fresh salmon

- bamboo sushi mat
- film wrap (plastic wrap)

1. Wash your rice until the water becomes clear, strain and leave to drain for 10 minutes. Add rice and water to a pot with a lid. Set to boil until you see steam coming from the pot. Reduce the heat and set a 10-minute timer. Do not lift the lid. After 10 minutes, set aside for 20 minutes do not lift the lid.
2. Marinate the cooked rice with sushi vinegar while hot and set to cool.
3. Cut and prepare avocado, cucumber, and chive, set aside; cut your plantain slices and set to fry in an air fryer.
4. Cut your salmon to finger sizes and set aside in a bowl.
5. Wrap sushi mat with film wrap.
6. Place the nori sheet on the mat – shine side down and rough side up.
7. Slightly wet your fingers and apply the marinated rice on the rough side of the nori sheet. Use your thumb to spread the rice upwards and your other eight fingers to spread the rice downwards.
8. Flip the nori sheet so that the rice is facing down and the shine side is now up. Add your fillings and prepare to roll.
9. Keep your nori sheet at least 1 inch away from the bottom of the sushi mat. Place your thumbs under the 1 inch of mat you left and the rest of your fingers to hold the filling. Roll the sushi mat along with the nori sheet until all your filling is wrapped with the nori sheet.
10. Place your fried plantain on the top of your roll so that they lap each other. Add film wrap over the roll and compress gently. Do not squeeze the roll because you want the rice to stay fluffy.
11. Cut your roll into 8 or 10 pieces, remove film wrap and plate to your desired presentation.
12. Add your sauces for garnish.

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	Carnival Monday	Carnival Tuesday	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



Owner & Head Chef – Dadli Nyamings from Scratch

**6 Servings**

Oven Roasted Cinnamon Butternut Squash

Ingredients

- 3 plate-size butternuts
- 2 pinches black pepper
- 2 pinches salt

- 2 tbs olive oil
- ½ tbs cinnamon
- 1 bunch thyme

Method

1. Wash the butternut thoroughly then cut in half and deseed.
2. Use paper towel to pat dry.
3. Carve triangle designs around the edge of the butternut with a paring knife.
4. In a large bowl, season the butternut squash by drizzling 2 tbs of olive oil, 2 pinches of salt, 2 pinches of black pepper, ½ tsp cinnamon, and finely chopped thyme.
5. Massage all the ingredients until the entire squash is coated evenly.
6. Place on a baking sheet and cover with foil, bake for 15 minutes at 375°F, remove the foil and bake for another 5 minutes, then remove and set aside.

Thai Curry Chickpeas Ingredients

- 1 cup chickpeas
- 4 white potatoes
- 2 yellow onions
- 1 red bell pepper
- 1 corn on the cob
- Thai basil
- 1 clove garlic
- 3 tbsp. curry powder
- ½ tbsp turmeric
- ½ tbsp cumin
- 3 pimento leaves
- salt to taste
- ½ tsp black pepper
- 4 cups water

Method

1. Wash your chickpeas to get rid of any impurities.
2. Roughly chop all your seasonings (aromatics).
3. Place the chickpeas in a pressure cooker along with all the aromatics and spices; add 4 cups of water and pressure for 30 minutes.
4. Check the tenderness of the peas; once tender enough, transfer to a Dutch oven and continue cooking.
5. Peel the white potatoes and cut into medium dice; wash and add to the pot.
6. Remove the corn from the cob and add to the pot.
7. After 15 minutes, taste and add seasoning.
8. Finely dice some red bell pepper and add to the stew.
9. After 1 hour of cooking, your chickpeas will be ready.

Stem Broccoli Ingredients

- 1 lb broccoli
- 1 clove fresh garlic
- ½ salt
- ½ cup water

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SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
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28	29	30				

***R3AS AND CONTRIBUTIONS
FOR PRIOR MONTH NOW DUE**



8 Servings

Ingredients

- 7 oz pumpkin
- 7 oz butternut
- 6 tbsp of freshly grated Parmesan

- 6 oz butter
- 2 ½ oz olive oil
- 9 oz “00” flour or all-purpose flour
- 2 egg yolks
- 1 cob of corn
- 1 shallot or ½ red onion
- 1 season pepper or ½ scotch bonnet pepper (optional)
- 1 chicken breast (optional)
- 8 sage leaves
- 6 oz coconut milk
- salt and pepper, to taste

Method

1. Preheat your oven to 350°F.
2. Slice and weigh your pumpkin and butternut. If already sliced, weigh and cut to remove skin and remove insides.
3. Cut into 1.5 oz chunks equally and place on/in a baking tray or pan

- using parchment paper.
4. Bake for 45 minutes and leave to cool for 5 minutes when finished.
5. While they're baking, clean your corn by removing the husk and silk/hair. Once finished, take your corn facing upright and gently, but thoroughly, guide your knife on the cob removing the kernels. Place in a bowl and put aside or in the fridge.
6. Finely dice your shallot or red onion and set aside as well. Repeat with season pepper or scotch bonnet if using.
7. If you're using chicken, butterfly your chicken; guiding your knife through the highest part of the breast and cut into equal halves. Proceed by dicing the chicken into cubes. (If you're not using chicken skip this step).
8. If you don't have pre-shredded cheese, grate your cheese.
9. At this time the pumpkin and butternut should be cooled and ready. Once ready use a potato ricer/masher to press or mash these ingredients.
10. Ensure you have a clean surface or a wide bowl for this step. Make a space in the centre of the mixture, add the egg yolks, 4 tbsp of cheese and 2 oz of flour at a time until fully incorporated. Leave 1 oz of flour for rolling.
11. Knead gently.
12. Once formed into a ball, cover with a cloth or kitchen towel for 5-10 minutes.
13. Grab a large pot and fill with water, add salt and cover until it comes to a boil.

Continued on last page

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
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19	20	21	22	23	24	25
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***R3AS AND CONTRIBUTIONS
FOR PRIOR MONTH NOW DUE**

Kervin Francis

Chef de Partie - Curtain Bluff



Coconut Ginger crusted

Mahi with Curried Pumpkin

Risotto

2 Servings

Coconut and Ginger Crust

Ingredients

- 1 oz of ginger, ground
- 2/3 cup toasted, shredded coconut, unsweetened
- 1/3 cup panko breadcrumbs

NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
						Independence Day 1
2	Independence Day 3 Observed	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Method

- Combine the coconut, breadcrumbs, and ginger on a large plate or sheet tray.
- Set aside.

Mahi-Mahi

Ingredients

- 1 medium lemon
- 2 4 oz mahi mahi fillets
- ½ teaspoons kosher salt, plus more as needed
- freshly ground black pepper, to taste
- 2 tablespoons olive oil

Method

- Preheat oven to 350°F.
- Pat the mahi-mahi dry with paper towels.
- Season all over with 1 teaspoon

of the salt and a few grounds of black pepper and lime juice.

- Gently press the coconut and breadcrumbs into the fish to make it adhere better.
- To pan sear the coated mahi-mahi, heat the oil in a large cast iron skillet or nonstick frying pan over medium-high heat until it just starts to smoke, 3 to 5 minutes.
- Add the mahi-mahi and sear undisturbed until well browned on the bottom and the sides are cooked just past halfway up the fillets, about 2 minutes.
- Flip the fillets and continue to sear until the flesh flakes easily, 1 to 2 minutes more depending on the thickness of the fillets.
- Finish the mahi for 2 minutes in the oven.

Mango Chutney

Ingredients

- 1 tablespoon cooking oil, neutral tasting
- 2 teaspoons fresh ginger, finely minced
- 2 cloves garlic, finely minced
- 2 tablespoon onion, finely minced
- 3 tablespoon raisins
- 1 red chilli, sliced (optional: remove seeds and membrane for less heat)
- ½ teaspoon ground cumin
- ¼ teaspoon ground cloves
- ¼ teaspoon ground cinnamon
- ¼ teaspoon salt
- 3-4 large mangoes (about 150-200 grams each), peeled and diced
- ½ cup white granulated sugar
- 1 cup white vinegar

Continued on last page

Omar Nicholas

Executive Chef - Weatherills

Rekindled



Pepper Tuna

Steak with

Market Vegetable

Ratatouille Basil

Oil

4 Servings

Tuna Marinade

Ingredients

- 2 4 oz fillets of tuna
- 8g coriander
- 5g fresh thyme
- zest of 1 lime
- 4 cups canola oil (only for marinade, not for cooking)
- 10g seasoning peppers
- 2 cloves garlic
- 3 leaves Christmas bush

Method

1. In a dry skillet over medium-high heat, toast the coriander, thyme, lime zest, seasoning peppers, Christmas bush, and garlic until fragrant, stirring frequently to prevent burning.
2. Place the toasted spices in the canola oil and let it sit for 30 minutes.
3. Place the tuna fillets in the marinating oil and let it sit for at least 1 hour. For best results, marinate overnight.

Pepper Rub for Tuna

Ingredients

- 20g mélange peppercorns, coarsely grounded
- 8g kosher salt

Method

1. Mix all ingredients thoroughly and set aside in a large flat container.

Tuna Preparation

Ingredients

- 2 oz butter, unsalted
- 3 sprigs thyme
- 3 sprigs rosemary
- 3 cloves garlic
- lime for zesting

Method

1. Preheat oven to 400°F.
2. Remove the tuna from the marinade and pat dry.
3. Roll the tuna in the peppercorn mixture ensuring it is fully covered.
4. Sear the tuna on each side over medium heat in a saucepan.
5. Remove the pan from heat; add 1 oz of butter, thyme, rosemary, and garlic to the warm pan, and place it in the oven.

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Continued from September

Kimberly White

Dadli Ital Squash

Method

1. In a saucepan, bring half cup of water to boil; add one clove of grated garlic and salt.
2. Cut your broccoli to the desired size, wash, and add to your saucepan.
3. After 5 minutes, turn the heat off and allow the steam to cook your broccoli. Remember your broccoli should be cooked al dente, a balance between tenderness and firmness.
4. Remove the hot water then serve with your butternut, and chickpeas dish.



Continued from October

Ethan D E Hodge

Pumpkin Butternut Gnocchi

14. Uncover your dough and section into 4 pieces. Make into 4 balls; set aside 3 pieces. Sprinkle flour on top and under the dough. The piece not set aside, roll gently with only your fingers expanding inwards and outwards to stretch the dough like a rope. Repeat with the other 3.
15. Next, use your knife and cut into size of the segments on your finger. Place onto a baking sheet and sprinkle with flour.
16. Prepare an ice bath: get a bowl big enough to hold all your gnocchi, half it with ice, and add water to just cover the ice.
17. If the pot of water has begun boiling add a quarter of the gnocchi at a time. The gnocchi are ready when they float to the top.
18. Remove any floaters and add to the ice bath, repeat until all are cooked.
19. Strain the gnocchi from the ice bath and place in the fridge for at least 15-20 minutes or until dry.
20. Heat two pans on the stove top. Use 1.5 oz of olive oil in one pan and 1 oz in the other. In one pan, sauté the gnocchi.
21. In the other, sauté the chicken until cooked. Remove from heat and set aside. (Skip if you're not using chicken).
22. In the same pan used for gnocchi, add the last oz of olive oil and sauté the corn, shallots, sage, and peppers.
23. Combine all ingredients from both pans together.
24. Heat the coconut milk with salt and pepper to taste. Once it starts bubbling, add to the gnocchi mixture.
25. Turn off the heat and place into a baking pan or Pyrex dish and bake for 10-12 minutes or until golden brown on top.
26. Serve and enjoy!

Continued from November

Kervin Francis

Coconut Ginger crusted Mahi with Curried Pumpkin Risotto

Method

1. Heat the oil over medium-high in a medium stock pot. Sauté the ginger, garlic, and red chillies for a minute. Add the spices and sauté for another minute. Add the diced mangoes, sugar, salt, and vinegar and stir to combine. Bring it to a rapid boil and

reduce to medium-low. Steady simmer for 1 hour. Remove from heat and allow it to cool. If you prefer smaller chunks, use a potato masher to achieve the desired consistency.

2. For storage, chutney will keep for a while because of its high acidity. A conservative time frame would be up to 2 months in the fridge (in a sealed jar) or for several months in the freezer. This makes roughly 1 ½ pints of mango chutney.

Pumpkin Curry Risotto

Ingredients

- ½ tsp olive oil
- 1 cup white onion, diced
- 2 cloves garlic, minced
- 1½ cup diced pumpkin
- 2 ½ cup water or vegetable broth
- 1 cup non-dairy milk (option: unsweetened coconut milk)
- 2 tbsp curry powder
- 1/4 tsp ground cinnamon
- 1/4 tsp nutmeg
- ¼ tsp all spice
- ¼ tsp cumin
- ¼ tsp coriander
- 1 cup Arborio rice
- salt and pepper, to taste
- optional: arugula for plating

Method

1. In a large pan (this is necessary!), warm the olive oil over medium heat. Once it is hot, add the onions to the oil and sauté until they turn slightly clear (approximately 3-4 minutes.)
2. Next, add the garlic and sauté for an additional minute over low-medium heat. Add the rice and sauté for about 2 more minutes.
3. Pour the vegetable broth and non-dairy milk into the pan, and follow them with the curry powder and all other spices. Stir together.
4. Bring the mixture to a simmer, stirring occasionally so that it does not stick to the bottom of the pan.
5. Keep the heat at low-medium and continue to stir occasionally until the rice is cooked through and most of the liquid is absorbed. This will take roughly 10-15 minutes, and you may need to add vegetable broth/water.
6. Add the olive-oil-sautéed diced pumpkin.
7. Add the salt and pepper, to taste; serve warm.

Sweet Potato Chips

Ingredients

- ½-pound sweet potatoes, peeled and thinly sliced
- 4 cups oil for deep-fat frying
- salt to taste

Method

1. Soak thinly sliced potatoes in 2-qt of ice water for 1 hour; drain and pat dry.
2. In an electric skillet or deep fryer, heat oil to 375°F. Fry potatoes, seven or eight slices at a time, 1-2 minutes or until golden brown on both sides, turning once. Drain on paper towels, sprinkle with salt.

Plate the Mahi-Mahi and artistically incorporate the remaining dishes.

Garnish

Depending on the season and availability of the micro greens or the seasonal salad, you can use a combination of radish, popcorn shoots, micro broccoli, micro mesclun, micro sweet pea shoots, Mustard mini greens, rainbow mix, and micro beets.



Continued on reverse side



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Continued from December

Omar Nicholas

Pepper Tuna Steak with Market Vegetable Ratatouille Basil Oil

6. Cook for 6 minutes for medium-rare. Cook longer for a more thorough outcome.
7. Remove the tuna from the oven and place on a cooling rack. Let it rest for 3 minutes.
8. Grate fresh lime zest over tuna.

Bell Pepper Coulis Ingredients

- 300g red bell peppers, roasted, peeled, and seeded
- 30g shallot, thinly sliced
- 5g garlic clove, minced
- 15g olive oil
- 120g water
- 15g lemon juice
- salt and black pepper, to taste

Method

1. Preheat your oven to 400°F. Place the bell peppers on a baking sheet and roast for about 20 minutes, turning occasionally until the skins are charred and blistered. Alternatively, you can char them over an open flame.
2. Once charred, the peppers should be transferred to a bowl and covered with plastic wrap or placed in a sealed plastic bag. Let them steam for 10-15 minutes until the skin loosens. Peel the skin off, remove the seeds, and roughly chop the flesh.
3. In a medium skillet, heat the butter over medium heat. Add the chopped shallot and sauté for 2-3 minutes until soft and translucent. Add the minced garlic and sauté for another 30 seconds until fragrant.
4. Add the roasted peppers to the skillet and cook for 2 minutes to let the flavours meld. Transfer the mixture to a blender, add the water, and blend until smooth.
5. Strain the coulis into a mixing bowl and add the lemon juice. Taste and adjust seasoning with salt, pepper, and a pinch of sugar, if desired. Store in an airtight container.

Basil Oil Ingredients

- 100g fresh basil leaves, washed and dried
- 200g olive oil
- 1g salt

Method

1. Bring a pot of water to a boil. Prepare an ice bath by filling a bowl with cold water and ice cubes. Once the water is boiling, add the basil leaves and blanch them for 10 seconds. Immediately transfer the basil leaves to the ice bath to stop the cooking process. This helps retain the bright green colour of the basil.
2. Drain the basil leaves and pat them dry with a clean kitchen towel or paper towels to remove excess water.
3. In a blender or food processor, combine the blanched basil leaves and olive oil. Blend on high speed until smooth, for 1 minute. Add a pinch of salt, if desired.
4. To achieve a smooth, clear basil oil, strain the mixture through a fine mesh sieve or cheesecloth into a bowl. Press or squeeze to extract as much oil as possible.
5. Transfer the basil oil to a clean, airtight container or bottle.

Summer Vegetable Ratatouille Ingredients

- 10g zucchini, cut into obliques
- 8g cherry tomatoes, cut in half
- 8g eggplant, cut into obliques
- 12g red bell pepper coulis
- 3g canola oil
- salt and black pepper, to taste

Method

1. Place the vegetables in a cold skillet flesh-side down, then place the skillet on the stove over medium-high heat.
2. When the vegetables have browned on the flesh side, add the canola oil and sauté until the vegetables are al dente (cooked with a slight bite).
3. Add the coulis to the vegetables and toss until fully coated.
4. Serve next to the tuna, garnishing with fresh basil, tarragon, and basil oil.

BONUS!

MBS Chef Sheila Carty

Pan Seared Salmon with Plantain and Butternut Mash

4 Servings

Salmon Ingredients

- 4 4 oz salmon fillet
- 1 tbsp freshly grated ginger
- 2 tsps smoked paprika
- 2 tsps olive oil
- salt to taste
- 1 ½ tsps pepper, or to taste

Plantain and Butternut Mash Ingredients

- 2 ripe plantains
- 1 lb butternut squash
- 1 small onion, finely chopped and sautéed
- 2 tsps flour
- 1 cup of low fat milk
- ½ tsp paprika
- salt and pepper to taste
- 1-inch piece of rosemary

Method

1. Combine all ingredients for the salmon in a bowl, thoroughly mix. Cover and leave in refrigerator to marinate for about 1 hour or overnight.
2. Prepare mash by washing plantain and butternut, cutting in chunks, adding just enough water to cover them, and boiling until soft. Reserve a bit of the boiling water just in case mash is too thick.
3. Add plantain, butternut, and sautéed onion to a bowl and mash until fine, or, for a smoother texture, a blender or food processor can be used. Add salt and pepper to taste. Set aside until time to plate.
4. Heat pan, preferably something non-stick, until it just starts to smoke, not burn. Add salmon and cook until it just starts to get brown, this may take approximately 1 minute on each side. Do Not overcook. Place salmon in a pan covered with foil or parchment-lined pan. The salmon will continue to cook but this method should also ensure the moisture stays in.
5. With the bits left in the pan from cooking the salmon and the heat on low, add 2 tsps flour, 1 cup of whole milk, ½ tsp paprika, salt and pepper to taste. Using a wooden spoon, stir until sauce ingredients are fully combined. Let sauce continue to simmer on low heat until slightly thickened. Add a 1-inch piece of rosemary and cook for 1 more minute while constantly stirring before removing from heat and discarding rosemary.
6. Serve salmon with mash and steamed vegetables of choice with the rosemary infused cream sauce and enjoy!



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