

Chef Spotlight

Celebrating Foods of the World
TRINIDAD AND TOBAGO



Chicken Pelau

If using dried peas, soak them overnight in 3 cups of water. Drain. Bring 3 cups fresh water to a boil in a saucepan and add the peas. Simmer for 15 minutes, or until cooked almost completely through. Drain and set aside.

If using canned beans, drain and rinse with cold water. Drain again and set aside. Wash the rice by placing it in a colander or fine-mesh sieve and running cold water over it until the water runs clear. Drain well and set aside.

Heat in oil in a Dutch oven or other heavy, deep pot. Add the sugar and swirl in the pot, stirring constantly; allow it to caramelize to a dark brown color. Add the chicken and stir well to coat. Add the onion and garlic. Cook for 1 to 2 minutes, stirring constantly. Stir 2 cups of water, the coconut milk, bay leaf, green seasoning, parsley, thyme, carrots and scallions. Cover and simmer over medium-low heat for 10 minutes.

Stir the rice, squash, peas, hot pepper, ketchup and butter into the chicken. Reduce heat to medium-low, cover and cook for 20 minutes, or until the peas and vegetables are tender. Remove the lid and fluff the rice. The rice should be moist but not sticky.

From *Sweet Hands: Island Cooking from Trinidad and Tobago* by Ramin Ganeshram. Photo by John Paul Velotti.

Callaloo and Buss Up Shut, Mother-in-Law and Kuchela, Chip Chip and Doubles. The verbiage of Trinidad's cuisine is both lyrical and mysterious. Chef Ramin Ganeshram, who is also a distinguished food writer, shares her Caribbean heritage with readers as she explores the flavors of Trinidad and Tobago in her cookbook *Sweet Hands*.

Ingredients

Serves 4

- 1 cup dry or 1 (12 ounce) can pigeon peas, pinto beans, or black-eyed peas
- 2 cups long-grain rice
- 3 tablespoons canola oil
- 3/4 cup sugar, white or brown
- 3 pound chicken, cut into 8 pieces, skin removed
- 1 each small onion, chopped
- 1 each clove garlic, minced
- 1 cup coconut milk
- 1 each bay leaf
- 2 teaspoons green seasoning
- 1/2 cup chopped parsley
- 1 sprig fresh thyme
- 2 each carrots, peeled and chopped
- 5 each scallions, white and green parts, chopped
- 2 cups cubed calabaza or butternut squash
- 1 each small whole Scotch bonnet pepper
- 1/2 cup ketchup
- 1 tablespoon butter

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VEGAN IN THE CARIBBEAN

Long before the popularity of vegan dishes in the United States, folks around the Caribbean and most parts of Central and South America were intimately familiar with this hearty and healthy meal of rice and beans.

Ingredients

Serves 4

- 2 cups cooked white or yellow rice
- 2 cups cooked black beans
- 1/2 cup bean stock or vegetable stock
- 1/2 each onion, chopped
- 1 each bell pepper, chopped
- 2 each garlic cloves, chopped
- 2 tablespoons fresh coriander, chopped
- 2 tablespoons vegetable oil
- Heavy soy cream, as desired, for topping



El Gallo Pinto

Long before the popularity of vegan dishes in the United States, folks around the Caribbean and most parts of Central and South America were intimately familiar with this hearty and healthy meal of rice and beans.

Fry onion and bell pepper in the vegetable oil about 3 minutes. Add the garlic and sauté a bit more.

Pour in the beans and stock and bring to a simmer. Make sure to avoid the mixture drying up.

Add in the rice and stir thoroughly and gently in order to not mash the beans! Season to taste with salt and pepper.

Right before serving, stir in the coriander, and top with heavy soy cream if desired.

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A RECIPE FROM INDIAN HARVEST

Indian Harvest is country's premier provider of rice and rice blends, exotic grains, and legumes to many of the industry's top creative chefs and restaurants. Clean, high-quality, unique products, top-notch customer support and responsible sourcing are the foundation of its reputation.

Ingredients

Servings 5

- 3 cups chicken stock
- 1 1/2 cups white wine
- 2 tablespoons extra-virgin olive oil
- 1 pound boneless chicken thighs, diced
- 1 each small yellow onion, chopped
- 2 garlic cloves, finely chopped
- 1/2 each red pepper, seeded, ribbed and thinly sliced
- 1/2 each green pepper, seeded, ribbed and thinly sliced
- 1/2 teaspoon Spanish saffron
- 1 bay leaf
- 2 links Spanish dry-cured chorizo, sliced
- 8 ounces Indian Harvest Black Barley
- 10 ounce can diced tomatoes
- 3 tablespoons tomato paste
- 1/2 pound raw peeled shrimp
- 1/2 pound mussels
- 3/4 cup peas, fresh or frozen
- salt and pepper, to taste
- 1/3 cup Italian parsley leaves, chopped
- lemon wedges, for garnish



Shrimp and Chicken Paella with Black Barley

Heat the chicken stock and wine until boiling.

In a separate large saucepan or paella pan over medium-high heat, heat the oil and add the chicken, onion, garlic, peppers, saffron, bay leaves and the chorizo. Cook for 6 minutes or until vegetables are soft and chorizo is browned.

Stir in Indian Harvest Black Barley, tomatoes and tomato paste until well mixed and cook for 5 minutes.

Add the boiling chicken stock little by little, stirring each addition constantly until the stock is almost absorbed. Think risotto. Cover the paella pan with aluminum foil, and cook for 35 minutes, until barley is tender.

Add the shrimp and mussels let cook covered for 5 to 7 minutes more.

Garnish with chopped parsley and lemon wedges.

Recipe and Photo Courtesy of:



www.indianharvest.com

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AUSTIN GRILL EXPRESS

Austin Grill Express serves up a fast casual, convenient and appetizing alternative when it comes to satisfying your hunger for authentic Tex-Mex. Austin Grill Express is speeding into a neighborhood near you.

www.austingrill.com

Ingredients

Serves 1

- 2 each potato wedges
- 4 ounces salmon filet
- 4 cups greens mix
- 4 each tomato wedges
- 4 each grilled asparagus
- 1 ounce candied pecans
- 2 ounces corn relish
- 2 ounces honey lime vinaigrette



Grilled Salmon Salad

Place the grilled potato wedges on the grill for 3 minutes. Cook the salmon filet on the flattop until done. Then place the asparagus on the flattop and cook for about 2 minutes.

Place the greens mix in a stainless steel bowl and add the honey lime vinaigrette. Mix well. Place the coated greens mix in a large salad bowl, mounting high in the center.

Cut the grilled potato wedges and place them as shown in the picture. Place the grilled asparagus on the salad. Top with the salmon filet. Arrange the tomato slices around the salad as shown in the picture.

Sprinkle the candied pecans and corn relish on top of the salmon filet and serve.



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