

Chef Moses Ruben Chef/ Owner of Mélange Restaurant

Savannah Liming

A seafood mélange

Ingredients:

2 Scallops
6 Clams (removed from their shells)
4 Large Mussels (removed from their shells)
4 Large Headless Shrimp (peeled and de-veined)
4 ozs Grouper (cubed)
1 cup Seafood mix

Fiery Cilantro Cocktail Sauce

1 cup Tomato Ketchup
½ cup Tamarind Paste
6 leaves of Cilantro (Chadon Beni)
4 Pimentos
1 Small Onion
4 Cloves of Garlic
1 Medium Hot Pepper

Method:

- Lightly poach the seafood in a light vegetable stock
- Cool and chop roughly
- Blend all cocktail sauce ingredients to a smooth consistency
- Place some mesclun in a glass and nestle some of the cooked seafood on the salad
- Pour some of the cocktail sauce on the seafood
- Garnish with wedges of lime and tomatoes
- Finish presentation with a sprig of thyme and a blade of chive

Note:

Mesclun is a green salad made from several types of young leaves, typically including arugula, dandelion, radicchio, and endive.

Cheryl Ann Thomas Pot Spoon Throw Down Winner

Corn Soup

Ingredients:

1 ½ lbs. split peas
1 lb. pumpkin
8-10 fresh full corns
½ lb. cooked channa
3-4 large carrots
2 cups coconut milk
1 bundle chive
1 bundle celery
6-8 cloves garlic
1 bunch fine thyme
1 bunch chadon beni
4 tbsp. Golden Ray margarine
2 packets Maggi Flavor 'd' Pot

Salt to taste

Black pepper

1 tbsp. sugar

Dumpling:

2 cups flour
1 cup corn meal
½ tsp. salt
1 tbsp. sugar
1 tbsp. oil

Method:

- Chop corn into 1" pieces
- Put to boil with water covering by 1" for 15-20 minutes in a large pot
- Cook peas, pumpkin and 3 cloves garlic until tender
- Blend peas and pumpkin mixture in blender until smooth and add to pot with corn
- Clean fresh seasonings (chives etc.) and blend to a smooth paste and add to soup pot
- Add coconut milk to pot
- Add all other ingredients except for dumplings and allow to simmer for 20-25 minutes
- Add water to dumpling ingredients and knead to the consistency of a medium soft dough
- Roll out dumplings in strips and cut into bite sized pieces
- Add to soup
- Reduce heat to medium and simmer for an additional 15 minutes

Serves 30

Marion Poochoon Pot Spoon Throw Down Winner

Oil Down

Ingredients:

- 7 Breadfruit, peeled, cleaned and sliced
- 1 Cup Sliced Onion
- 1 Cup Grated Garlic
- 1 Cup Chopped Cabbage
- ½ Cup Sweet Peppers
- 1 Cup Eggplant, cubed
- 1 Cup Carrots, cubed
- 1 Cup Pumpkin, cubed
- 1 Cup Pimentos, diced
- ½ Cup Ochroes
- 8 Dasheen leaves
- 7 Whole coconuts blended with the milk extracted OR
- 7 Packets Coconut Milk Powder
- 2 Hot peppers
- 2 Cups Blended Green Seasonings
- 6 Bouillon cubes
- Salt & Pepper to taste
- Parsley & Celery for garnish

Optional:

Either 3 lbs. Pigtail or 2 lbs. Salted Beef for added flavour, boiled to remove excessive salt.

Method:

- Arrange all vegetables at centre of the pot, with sliced breadfruit packed around them, until it makes a mould
- Prepare coconut milk powder according to instructions on package or blend and drain fresh coconuts
- Pour onto breadfruit, adding green seasoning, and salt and pepper to taste.
- Add bouillon cubes to pot
- Place dasheen leaves to cover the breadfruit and place whole hot pepper on top
- Cover and cook on medium heat for 1 hour or until most of the liquid has almost dried, leaving a thick sauce
- Garnish with parsley and celery

Serves 30

Judy Alleyne-Wilson Pot Spoon Throw Down Winner

Bake and Shark

Ingredients:

Bake:

- 8 cups flour
- 2 cups coconut milk
- 1 cup water
- 1 cup flour for kneading
- 2 tbsp. baking powder
- 2 tbsp. sugar
- 2 tsp. yeast
- 1 tsp. salt

Vegetable oil for frying

Shark:

- 2 lbs. boneless shark, cut into thin slices yielding 30 portions
- 3 cups flour (for frying)

Seasoning:

- 2 tbsp. salt
- ½ cup lemon juice
- 1 head garlic, cleaned
- 2 bundles chive
- 1 bunch French thyme

Marinade:

- 4 bundle chadon beni
- 2 head garlic, cleaned
- 2 cups water
- 1 cup brown sugar
- ½ cup malt vinegar
- 2 ozs. Fresh garlic
- 2 tbsp. honey
- 2 tbsp. salt
- 1 tsp. cornstarch

Garnish:

- 3 heads iceberg lettuce, washed and chopped
- 1 pineapples, cleaned and thinly sliced

Garlic sauce (crushed garlic, mayonnaise, vinegar, sugar and salt to taste, shaken)

Tomato and cucumber relish (cubed tomatoes/cucumbers with salt, white pepper and vinegar)

Method:

- Prepare shark by cutting into thin slices and washing in clean water
- Drain thoroughly

- Season with salt, lemon juice and freshly ground chive, thyme and garlic
- Add hot pepper
- Set aside for at least ½ hour
- Prepare the dough mixing all dry ingredients (except the flour for kneading)
- Add coconut milk and water, mixed together, to the dry ingredients; knead well to make a soft dough
- Allow to rest for 10-15 minutes then knead again to a smooth consistency
- Cut into 30 pieces and roll into balls
- Cover with a damp cloth and set aside for 15-20 minutes to allow to soften
- Prepare marinade by washing all herbs and together with the garlic and ginger put into blender with water and blend until smooth
- Add vinegar, sugar and salt
- Pour into a pot and bring to boil
- Add cornstarch dissolved in 2 tbsp. water just before boiling point
- Remove from heat immediately
- Fry shark by dusting in flour, shaking off excess flour before putting in hot vegetable oil
- Fry until golden brown on both sides
- Drain on paper towels and place in bowl
- Pour the prepared marinade over the shark, ensuring all pieces are coated with the sauce
- Prepare bake for frying by taking the prepared dough balls and generously dust with flour, then flatten and roll out to approx. 6-7" in diameter
- Place shark in centre of dough and fold in the edges to the centre
- Pull around the dough to reshape into a circle
- Fry bake in hot oil, turning both sides until golden brown
- Serve on a bed of chopped lettuce, garnished with sliced pineapple, salsa and garlic sauce
- Pepper is optional

Serves 30

Chef Sabrina Rosales of Battimamzelle Restaurant

Trini Coconut Seafood Medley

Ingredients:

7 Clams
7 Shrimp
2 Lobster Tail
1 lb Snapper
7 Mussels
1 cup Bouillabaisse (Stock)
1 cup Coconut Milk
1 pinch Sugar
1 tsp Pepper Sauce
1 large Sweet Pepper (Red)
1 tbsp Lime Juice
1 Onion
3 clove Garlic
2 leaves chopped Chadon Beni
4 Pimento (clean & Diced)
¼ tsp. Turmeric
Salt & Black pepper (to taste)

Method:

- Preheat a large saucepan, not too hot.
- Add seafood in cooking order (Fish, Shrimp, Lobster, Mussels and Clams)
- Add half of seasoning - Onion, Garlic, Pimento, Chadon Beni - and let cook for about 2 minutes
- Add Coconut Milk and Bouillabaisse, let simmer for about a minute then add Salt and Pepper to taste, Pepper Sauce, Lime Juice, pinch of Sugar, Sweet Peppers and remainder of seasoning
- Simmer for 2 minutes then serve

Chef Johnny Chow of Aloha caterers

Coco Loco Seafood Basket

Ingredients:

10 wonton skins
2 packs seafood mix
3 tbsp coconut milk powder
2 tbsp lime juice
1 finely chopped onion
½ tsp cayenne or chili pepper
1 tsp salt
2 tbsp sugar

Method:

Wet corners of the wonton skin with fingers and pinch edges to form a box
Deep fry in oil till golden brown
Remove and drain on paper towels
Boil seafood mix till tender (approximately one minute)
Drain and cool under running water
In a mixing bowl combine remaining ingredients and stir until smooth
Toss seafood mix into bowl and mix well
Fill crispy baskets with seafood mix and garnish
Enjoy

Serves 10