

Carribbean Nights

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Fried Plantains

Ingredients

- 2 cups water
- 3 cloves garlic, smashed
- 2 teaspoons kosher salt, plus extra for seasoning
- 1 1/2 cups vegetable or canola oil
- 2 green plantains

Directions

Combine water, garlic and salt in medium size glass bowl and set aside.

In a large (12-inch) saute pan, heat oil to 325 degrees F. Peel plantains and slice crosswise into 1-inch pieces. Carefully add plantains to oil and fry until golden yellow in color, about 1 to 1 1/2 minutes per side. (The oil should come halfway up the side of the plantain). With a spider or slotted spoon, remove the plantains from the pan and place them on a cookie sheet lined with parchment paper, standing them on their ends. With the back of a wide, wooden spatula, press each piece of plantain down to half its original size. Then place the plantains in the water and let soak for 1 minute. Remove and pat dry with a tea towel to remove excess water.

Bring oil back up to 325 degrees F and return plantains to pan and cook until golden brown, approximately 2 to 4 minutes per side. Remove to a dish lined with paper towels, and sprinkle with salt, if desired. Serve immediately.

Escovitch Fried Fish

Serves 4

Ingredients

- 4 8oz red snapper filets, or firm white fish
- ½ cup vegetable oil or more as needed
- 1 teaspoon minced garlic about 2 garlic cloves
- ½ teaspoon ground ginger
- 2 sprigs thyme
- 1 bayleaf
- ½ red bell pepper thinly sliced
- ½ yellow bell pepper thinly sliced
- 1 red onion thinly sliced
- 1 medium carrot Julienne
- 1 tablespoon sugar
- ½ teaspoon Jamaican allspice
- 1 teaspoon Worcestershire sauce
- 1 Scotch bonnet pepper pierced or replace with ½ teaspoon cayenne pepper
- 1 lime
- 1/4 cup white wine vinegar
- Freshly ground white pepper

Directions

Rinse fish; rub with lemon or lime, seasoned with salt and pepper, set aside. In a large skillet, heat oil over medium heat, until hot, add the fish, cook each side- for about 5-7 minutes until cooked through and crispy on both sides. Remove fish to a serving plate and set aside. Drain oil and leave about 2-3 tablespoons of oil.

Add, bay leaf, garlic and ginger, stir for about a minute making sure the garlic does not burn Then add onion, bell peppers, thyme, scotch bonnet, sugar, allspice-continue stirring for about 2-3 minutes. Add vinegar, mix and adjust salt and pepper according to preference. Let it simmer for about 2 more minutes. Discard bay leaf, thyme sprig pour sauce over the hot fish and serve.

Caribbean Coleslaw

Ingredients

- 1 mango, peeled and cubed
- 1 (6 ounce) can crushed pineapple, drained
- $\frac{2}{3}$ cup mayonnaise
- 2 tablespoons apple cider vinegar
- 2 tablespoons cilantro leaves, chopped
- 2 tablespoons red bell pepper (about $\frac{1}{4}$ pepper), chopped
- 1 small scotch bonnet peppers (wear gloves) or 1 small jalapeno pepper, seeded and minced (wear gloves)
- 4 cups coleslaw mix, with carrots
- 1 tablespoon Jamaican jerk spice

Directions

Toss all the ingredients in a bowl, chill, and serve.