



Barbadian Avocado Salad

Dressing

Juice and Zest from 1 Orange
1 Tsp Dijon Mustard
¼ Tsp Ground Ginger
1 Tsp Honey
2 TB Extra Virgin Olive Oil
1 Clove of Garlic, Grated

3 Large Avocados

Baby Lettuce (Bibb or Butter)
Sliced Green Onions
2 Pieces Crystallized Ginger, finely chopped

Step One

Place the dressing ingredients in a jar and shake well.

Step Two

Cut the avocados into slices. Toss with the dressing. Place the avocado slices on the lettuce and sprinkle the green onions and ginger on top



Caribbean Wine Cooler

- ½ of a Fresh Pineapple in chunks
- ½ Cup Lime Juice
- 2 TB Coconut Sugar
- 1 bottle of White Wine (I like Riesling for this recipe)
- Ice Cubes
- Lime Wheels

Add the pineapple, lime juice and coconut sugar to the blender along with the ice cubes, blend to desired consistency. Pour into a glass and top up with the white wine. Garnish with lime wheels.



Jamaican Jerk* Roasted Fish

- 4 Cloves Garlic
- 1 Large Yellow Onion, Chopped
- 2 Habanero OR 1 Large Jalapeño, Seeded and Ribbed
- 1 Cup Sliced Green Onions, plus more for garnish
- 1 TB Dried Thyme
- 1 ½ Tsp Ground Allspice
- 1" Piece Fresh Ginger
- 1 Tsp Each Sea Salt and Black Pepper
- 1 TB Dark Rum
- 3 TB Molasses
- 4 Limes, Zested and Juiced
- 1 - 2 Lbs Fish
- 3 Cups Coarsely Chopped Fresh Spinach
- Lime Wedges
- Roasted Sweet Potatoes

Step One

Place garlic, onion, peppers, green onions, thyme, allspice, ginger, salt and pepper into a food processor; blend until smooth. Stir in rum, molasses, lime zest and juice. Place fish in a ziplock bag add the marinade and set aside for 30 minutes, up to an hour

Step Two

Preheat the oven to 400F. Remove the fish from the marinade, pat dry with a paper towel and place on a parchment lined sheet tray. Season with salt and pepper and slide into the oven. Roast for 10 to 12

minutes or until fish is opaque and flakes easily with a fork. Serve on a bed of chopped spinach with lime wedges and roasted sweet potatoes.

*Jerk is a style of cooking native to Jamaica in which meats or fish are dry-rubbed with a tangy spice mixture. Three things are included in every jerk rub, chile peppers, allspice and thyme, along with the cook's choice of onions, citrus, herbs and other spices. To kick up the "heat" in this recipe, use habaneros or scotch bonnet peppers. If you want the meat to be flavorful without the burn, stick to the jalapeños.

Roasted Sweet Potatoes

Cut 2 Sweet Potatoes, (no need to peel if the skin is smooth and clean), into rounds, season with salt and pepper and spray with olive oil. Slide into a 400F oven and roast for 30 minutes or until soft.