

Fried Plantains

Serves 4

Ingredients:

2 green plantains, peeled and sliced into 1 inch pieces
½ cup canola oil
Sea salt for seasoning

Directions:

1. Heat a large shallow pan with the canola oil on medium and line a plate or cutting board with paper towels.
2. Carefully place the plantain slices in the hot oil and fry until they turn a light golden brown, turning halfway through. Place each slice on the prepared plate/cutting board and use the back of the wooden spoon to lightly smash the plantain slice.
3. Return the plantain slices back to the hot oil and fry for another 2-4 minutes, flipping halfway through, until they become crispy. Remove from the oil and place on prepared cutting board and season with salt immediately.

Avocado Cilantro Dipping Sauce

Ingredients:

1 ripe avocado
3 tablespoons of mayonnaise or greek yogurt
1 lime
Handful of cilantro
1 teaspoon salt

Directions:

1. Combine all ingredients in a blender and process until combined

Chocolate Coffee Dipping Sauce

Ingredients:

¼ cup unsweetened cocoa powder
½ cup sugar
⅛ cup sea salt
¼ cup of chilled espresso or coffee OR cold water
1 teaspoon vanilla extract

1. In a small pot combine the cocoa and sugar. Mix until there are no cocoa clumps.
2. Add the cold espresso/coffee or water and mix. Place on low heat until it begins to simmer. Pour into a glass container and chill in the refrigerator.

Jollof Inspired Rice

Recipe adapted from Tunda Wey via NYT

Ingredients

14 ounce can crushed tomatoes
1 small hot pepper (scotch bonnet, habanero, jalapeno), seeds removed
1 small onion, large dice
2 red bell peppers, roughly chopped
¼ cup vegetable oil
1 ½ teaspoons salt
2 tablespoons tomato paste
Seasonings (see below)
2 cups white basmati rice
4 cups of water or vegetable/chicken stock

Suggested seasonings

1 teaspoon curry powder
1 teaspoon cayenne
2 bay leaves
½ teaspoon ground ginger
1 teaspoon garlic powder
1 tablespoon onion powder
2 teaspoons dried thyme

Directions:

1. In a blender, combine the tomatoes, hot pepper, and onion. Blend until it becomes a puree. Add the red bell peppers and blend until the mixture is smooth.
2. In a medium pot, heat the oil on medium heat, add the tomato paste, salt, and seasonings and stir until it darkens in color and the seasonings become aromatic.
3. Add the water/stock and bring it to a boil. Stir in the rice and reduce the heat to low.
4. Cook the rice, covered, and check after 10 minutes.

COOKING SUPPLIES:

For the cooking portion of class, you will need:

A blender
Cutting board
Chefs Knife
Small Pot
Medium-Large Pot
Frying Pan or Cast Iron Skillet
Wooden Spoon
Paper towels

14 ounce can crushed tomatoes
1 small hot pepper (scotch bonnet, habanero, jalapeno)
1 small onion
2 red bell peppers
¼ cup vegetable oil
1 ½ teaspoons salt
2 tablespoons tomato paste
Seasonings (see below)
2 cups white basmati rice
4 cups of water or vegetable/chicken
4 plantains
½ cup canola oil
¼ cup unsweetened cocoa powder
½ cup sugar
⅛ cup sea salt
¼ cup of chilled espresso or coffee OR cold water
1 teaspoon vanilla extract
1 ripe avocado
3 tablespoons of mayonnaise or greek yogurt
1 lime
Handful of cilantro
1 teaspoon salt

Suggested seasonings

1 teaspoon curry powder
1 teaspoon cayenne
2 bay leaves
½ teaspoon ground ginger
1 teaspoon garlic powder
1 tablespoon onion powder
2 teaspoons dried thyme

COCKTAIL MENU:

Sobolo Sunset

1 oz (2 tbsp) Havana Club Rum
.5 oz (1 tbsp) Hibiscus-ginger-clove syrup*
.25 oz (.5 tbsp or 1.5 tsp) lime juice
5 oz boiling water
4 dashes Angostura bitters
orange zest garnish

*Bring 1 cup of water to a boil. While it heats up, peel and dice a small finger of ginger. Once boiling, add 1 cup of sugar, 1 tbsp dried hibiscus flower, diced ginger, 10 whole cloves, and a pinch of salt. Simmer for 10 minutes. Strain.

Midnight Market

1.5 oz (3 tbsp) Flor de Caña Rum
1.5 oz (3 tbsp) Carpano Antica Sweet Vermouth
1.5 oz (3 tbsp) Nicaragua cold-brew coffee**
.5 oz Taste-inspired syrup***
2 dashes Angostura bitters
1/4 tsp rose water (or less)

Shake all ingredients and strain over ice. Top with ground cinnamon and cocoa powder

**Nicaragua cold-brew coffee: Grind a half cup of whole coffee beans coarsely. Add to a wide mouth mason jar and cover with 2 cups of water. Let sit for at least six hours, no more than 10. Then strain through a coffee filter. There are lots of good cold brew coffees available at grocery stores these days if you don't want to make your own. It is simple! Just takes time :)

***Taste-inspired syrup: Bring 1 cup of water to a boil. Meanwhile, toast 1/2 cup cacao nibs for 2 minutes. Once the water boils, add toasted cacao nibs, 1 splintered cinnamon stick, 8 cloves, 1.5 cups sugar, and a good pinch of salt. Simmer for 10 minutes. Strain and allow to chill.

COCKTAIL SUPPLY LIST

FOR COCKTAIL PORTION OF CLASS:

Liquor:

Flor de Caña rum (or any clear rum)

Carpano Antica Sweet Vermouth (or any sweet vermouth)

Angostura bitters

Other

Dried Hibiscus Flowers (or hibiscus tea)

Ginger root (1 small finger or ground ginger)

Whole cloves (or ground cloves)

cinnamon sticks (2 or ground cinnamon)

Cacao nibs (1/2 cup or cacao powder or cocoa powder)

Lime (1)

Orange (1)

Nicaragua whole-coffee beans (or store-bought cold brew coffee)

Rose Water

Sugar