



Triple Citrus Lemon Bars

makes 16 bars (or 25 small bars)

for the crust:

1 stick butter, melted
1/4 cup sugar
3/4 tsp vanilla extract
1/4 tsp salt
1 cup flour

for the filling:

1 cup plus 2 tbl sugar
3 tbl flour
3 large eggs
1 lime, zested
1 grapefruit, zested
1/2 cup fresh lemon juice, strained
powdered sugar, for dusting

— preparation —

For the filling:

Preheat oven to 350 degrees.

Line a 8-inch baking pan with parchment, allowing it to come up over the sides.

In a bowl, combine the melted butter, sugar, vanilla and salt. Stir in the flour and mix until just incorporated. Press mixture evenly into the bottom of the pan.

Bake for 25-30 minutes, or until the crust is fully baked and golden.

For the filling:

Stir together the sugar and flour in a large bowl. Whisk in the eggs. Stir in the zests and lemon juice.

When crust is baked, remove from oven and turn oven down to 300 degrees. Pour the filling over the hot crust and bake for 20-25 minutes or until filling is set. Remove from oven and set on rack to cool completely.

To serve, gently blot any moist foam from the top of the bars and cut into 16 or 25 bars. Sprinkle generously with powdered sugar just before serving.



Jamaican Jerk Pork Subs with Mango Slaw

makes 4-6 subs

for the pork:

2 tbl fresh thyme leaves
1/2 tsp ground allspice
1/2 tsp ground cloves
4 garlic cloves, peeled
2 green onions, roughly chopped
1 habanero chilies, (or 1 jalapeno)
1/4 c soy sauce
1/4 c brown sugar
2 tbl vegetable oil
2 tbl apple cider vinegar
1 tbl salt
2 pork tenderloin, trimmed of silver skin and fat

for the slaw:

2 mango, shredded
2 cups shredded white cabbage
1/4 red onion, shredded
1/4 cup chopped cilantro
fresh lime juice
2 tbl olive oil
2 tsp sugar
salt and pepper, as needed

for the sandwiches:

4-6 soft sub rolls
1 cup mayonnaise
1/2 lime, juiced

— preparation —

For the pork:

In a blender or food processor, combine all of the jerk marinade ingredients. Blend until smooth. Pour over the pork tenderloins and allow to sit for 30 minutes. Preheat a grill pan. Preheat oven to 400 degrees.

Remove the pork from the marinade, shaking off excess and place onto the hot grill pan. Grill on all sides until well-marked. Remove into a baking dish. Pour the remaining marinade over the pork and place into the oven. Roast for about 15 minutes or until the pork temperature is 165 degrees. Remove from oven and let sit 10 minutes.



For the slaw:

In a large bowl, toss together the shredded mango, cabbage, onion, cilantro, lime juice, olive oil and sugar. Toss to combine and season as needed with salt and pepper. Set aside at room temperature for 30 minutes-1 hour before serving.

To assemble:

To serve, warm the rolls in the hot oven for 5 minutes to heat up. Mix together the mayo with the lime juice. Thinly slice the pork. Cut each roll in half and spread each with some of the mayo. Fill each roll with plenty of sliced pork and a big mound of the slaw. Cut in half of thirds to serve.

Hearty Cuban Black Bean Soup with Cilantro Cream

serves 6-8

for the soup:

2 tbl butter
1 white onion, diced small
5 garlic cloves, peeled and chopped
2 stalks celery, cleaned and finely chopped
1 jalapeno, finely chopped (seeded if desired)
2 each carrots, peeled and finely chopped
1/4 cup tomato paste
2 tbl ground cumin
2 tsp chili powder
3 15-oz cans black beans, rinsed and drained very well
1 bottle beer
1/3 cup dark rum
chicken stock, as needed
2-3 limes, juiced

for the cream:

1 1/2 cups sour cream
1 lime, zested and juices
1/4 cup chopped cilantro
salt and pepper, as needed

— preparation —

For the soup:

Heat a soup pot over medium-high heat. Add the butter. When melted, add the onions. Cook until translucent. Add the garlic, celery, jalapeno and carrots. Cook for about 5 minutes until vegetables are beginning to softened. Add the tomato paste and stir to coat the vegetables. Add the cumin, chili powder, black beans, beer, rum and enough chicken stock to bring the liquid about 1 inch over the beans and vegetables. Bring to a boil. Reduce heat, cover and cook for about 20 minutes or until vegetables are very soft.

Remove from heat. Blend about half of the soup and return to soup pot. Add the juice of 2 limes and season with salt and pepper as needed. Taste and add hot sauce or more lime juice as desired. Do not continue to cook after adding the lime juice. (If serving leftovers, add more fresh lime juice before serving.)

For the cream:

In a small bowl, stir together the sour cream, lime zest and juice, cilantro and salt and pepper to taste. Serve the soup warm topped with a dollop of the cream.



Grilled Pineapple Salsa with Chips

makes about 4-6 cups salsa

Type in name..

1 each pineapple, peeled and cut into 1/2-inch rounds

5 scallions, cleaned

1 jalapeno, halved and seeded

olive oil

sugar, as needed

1/4 cup chopped cilantro

1-2 tbl fresh lime juice

salt and pepper

tortilla chips, for serving

— preparation

Heat a grill pan over high heat.

Toss the pineapple slices and scallions and jalapeno in olive oil to lightly coat. Grill until everything is well-marked on both sides. Remove from grill and let cool enough to handle.

Finely chop the grilled ingredients and combine in a bowl. Add the cilantro and about 1 tsp of sugar and 1 tbl of lime juice. Season well with salt and pepper. Stir and taste. Add more sugar and/or lime juice as needed.

Let salsa sit for 30 minutes at room temperature before serving with your favorite tortilla chips.