



COOKING CARIBBEAN

FOR THE FAMILY

Steak Skewers
with Rice &
Beans

Brings the tropics to the dinner table with new flavors, ingredients, and combinations that everyone in the family will love. Here, chefs from Fine Cooking and Celebrity Cruises share favorite dishes, inspired by travelling in the Caribbean. Try the recipes on the pages that follow—you'll be adding a delicious dash of travel and family fun to the menu.



"Caribbean cooking is an amazing confluence of cuisines like Cajun, Creole, Latin American, African, Indian and Chinese. Many of the dishes from the Caribbean have contrasting flavors and textures, which means their food is never boring. The dishes are put together in a very humble and approachable way. Their cooking is a direct reflection of the people who live there, beautiful and full of life."

Cornelius Gallagher | Associate VP, Food & Beverage
Celebrity Cruises

Celebrity X **Cruises**®

SAIL BEYOND BORDERS



CALLALOO SOUP

Serves 4

- 2 Tbs. extra virgin olive oil
- 2 onions, diced
- 5 garlic cloves, peeled and smashed
- ¼ cup parsley leaves with stems
- 1 Tbs. thyme
- 4 jalapeño
- 8 cups Jamaican callaloo
- 3 medium size potatoes, medium-sized dice
- 1 cup sweet potato, medium-sized dice
- 5 cups chicken broth
- 2 cups canned red beans

½ cup coconut milk

- 2 scallions, finely chopped
- Salt and fresh ground black peppercorn to taste

Heat the oil in a heavy soup pot on medium heat, then add the diced onion, garlic, parsley, thyme and jalapeño.

Turn the heat down to low and let that gently cook for about 3 to 5 minutes.

Meanwhile, wash, drain, and trim the callaloo and cut into smaller pieces. Remove the stems, keeping the small and tender ones.

Add the chopped callaloo to the pot and give it a good stir. It will wilt down as it cooks.

Add all of the other ingredients to the pot. Bring to a boil, and then reduce the heat to low and cook for about 25 minutes.

Wash and rinse the beans with cold water. Drain well and add to the pot. Cook for 5 more minutes over low heat.

Taste your soup for salt and adjust accordingly.

Take out 1 cup of the soup with vegetables included, place it in a blender, and give it a couple pulses. Add the pureed mix back to the pot and stir well.

-CELEBRITY CRUISES CHEF RECARDO JAMES FROM JAMAICA

STEAK & PEPPER SKEWERS

A Caribbean-accented spice rub and glaze boost the flavor of quick-cooking beef tenderloin. Rice and beans add to the tropical feel of the dish. **Serves 4**

- $\frac{1}{3}$ cup dark rum
- 3 Tbs. packed dark brown sugar
- 4 Tbs. fresh lime juice
- 2 Tbs. butter
- Kosher salt
- 2 Tbs. vegetable oil; more as needed
- 1 tsp. ground allspice
- $\frac{1}{8}$ tsp. ground cayenne
- Freshly ground black pepper
- 1 1- to 1½-lb. beef tenderloin, cut into 1-inch cubes
- 1 medium orange bell pepper, cut into 1-inch squares
- 1 red onion, cut into 1-inch pieces
- Lime wedges for serving (optional)

Combine the rum, brown sugar, 2 Tbs. of the lime juice, and butter in a 1-quart saucepan. Bring to a simmer over medium heat and cook until syrupy, about 5 minutes. Stir in $\frac{1}{8}$ tsp. salt and remove from the heat.

In a medium bowl, combine the remaining 2 Tbs. lime juice with the oil, allspice, cayenne, $1\frac{1}{2}$ tsp. salt, and $\frac{1}{2}$ tsp. black pepper. Add the beef and toss to coat. Thread the beef, bell pepper, and onions onto four 12-inch metal skewers, alternating the meat and vegetables.

Prepare a medium-high (400°F) gas or charcoal grill fire or heat a large grill pan over medium-high heat. Oil the grate or pan. Grill the skewers until seared on all sides. Brush the skewers with the glaze and continue cooking until grill marks form on the other side, about 2 minutes more. Continue to cook, flipping occasionally, until cooked to your liking, about 2 minutes more for medium rare (130°F to 135°F).

-EDITORS OF FINE COOKING

CARIBBEAN RICE & BEANS

Serves 4

- $\frac{3}{4}$ cup long-grain white rice
- Kosher salt
- 2 Tbs. canola oil
- 1 small yellow onion, cut into small dice
- $\frac{1}{2}$ medium red bell pepper, seeded and cut into small dice
- 2 large cloves garlic, minced
- $\frac{1}{2}$ tsp. ground cumin
- $\frac{1}{4}$ cup canned tomato sauce
- 1 (15½-oz.) can kidney beans, drained and rinsed

Put the rice, a big pinch of salt, and $1\frac{1}{2}$ cups of water in a 3-quart saucepan. Bring to a boil over medium-high heat, reduce the heat to low, cover, and cook until the rice has absorbed the water and is tender, about 15 minutes. Remove from the heat and set aside with the lid on.

Heat 1 Tbs. of the oil in a 4-quart saucepan over medium heat. Add the onion, bell pepper, garlic, and a pinch of salt; cook, stirring occasionally, until softened, about 3 minutes. Add the cumin and cook until fragrant, about 30 seconds. Add the tomato sauce and stir for 1 minute. Add the beans and 1 cup of water and simmer until the liquid reduces to the level of the beans, about 4 minutes. Combine the beans with the rice. Serve with the steak skewers.

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LOBSTER AND COCONUT CEVICHE

Serves 4

- ¾ lb. poached whole lobster, cut into chunky pieces (around ¾ inch)**
- 1 cup fresh lime juice**
- 2 Tbs. extra virgin olive oil**
- 1 avocado, peeled and cut in cubes**
- ⅓ cup palm hearts, sliced**
- 1 garlic clove, grated**
- ¾ cup heirloom cherry tomatoes, cut in quarters**
- ½ cup red onions, finely chopped**
- 2 Tbs. cilantro, finely chopped**
- 1 jalapeño, seeded and finely chopped**
- Salt and freshly ground black peppercorns to taste**
- ⅓ cup coconut milk**

Mix the lobster meat with the citrus juice and refrigerate for 30 minutes.

Add the rest of the ingredients, except for the coconut milk, and mix well.

Keep marinating for 20 more minutes.

Just before serving, add the coconut milk, mix to combine and serve as you like, individual portions or family style.

Poached Whole Lobster

Serves 4

- 1 white onion, peeled and cut in quarters**
- 2 bay leaves**
- 1 tsp. black peppercorn**
- Salt**
- 1 whole lobster (approx. 1.2 lbs.)**

First, bring a very large pot of water to a boil together with the onion, bay leaves, peppercorns, and salt. Quickly add the lobster, cover, and blanch for 6 minutes.

Immediately take the lobster out of the boiling water and cool in a large bowl filled with ice water and coarse salt.

The meat should not be cooked all the way, only about 75 percent done.

When the lobster is completely cold, hold it firmly with your left hand where the tail meets the head. With your right hand, pull



the tail out from the heat.

Twist off the claws where they join the body. To extract the lobster meat, twist apart the 2 sections of each claw. Hit the larger part of each claw against a work surface a few times then stand one on its side, with the jagged underside facing up. Strike the side of the claw with a large, heavy knife to crack it, then twist sideways with the knife until the shell splits open. Pull out the meat. Repeat with the other claw.

Use heavy kitchen shears to cut open and extract the meat from the smaller section of the claw. Cut off and discard the pink, fatty tip of the claws.

Press firmly on the back of the tail until you hear it crack. Cut through the shell on the underside of the tail and pull it apart to release the meat.

Cut the lobster tail and claws into chunky pieces, place them in a large container and cover with plastic wrap.

Reserve in the refrigerator until needed.

PLANTAIN CHIPS

Serves 4

Vegetable oil, for frying

- 1 large green plantain**
- Salt to taste**

Heat a deep fat fryer with vegetable oil to 270°F.

Cut the ends off of the plantain, and then score the length with about three evenly spaced cuts. Don't cut too far into the flesh, you just want to cut through the skin.

Peel the plantain then slice it on a diagonal as thinly as you can consistently manage.

Deep fry the plantain chips until lightly golden color and crispy. Transfer to a paper-towel-lined plate. Sprinkle with the salt.

-CELEBRITY CRUISES CHEF JORGE CLIFFORD FROM HONDURAS



COD WITH PINEAPPLE, MANGO, AND RED PEPPER SALSA

Serves 4

- ½ to ¾ medium-size fresh pineapple, peeled, quartered, cored, and cut into small dice (about 2 cups)
- ½ medium red or orange bell pepper, cut into small dice (about ⅔ cup)
- ½ small red onion, cut into small dice
- 1 small jalapeno, cut into small dice
- 3 Tbs. chopped fresh cilantro
- 2 Tbs. fresh lime juice; more to taste
- Kosher salt and freshly ground black pepper
- 1½ tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- Kosher salt
- 4 skinless cod fillets
- 2 Tbs. canola or vegetable oil

In a medium bowl, mix the pineapple, bell pepper, onion, jalapeno, cilantro, lime juice, and ¼ tsp. each kosher salt and pepper. Set aside.

Mix ¼ teaspoon black pepper with the chili powder, cumin, oregano, and 1 teaspoon salt. Rub both sides of the cod fillets with the mixture. In a large (12-inch) nonstick skillet, heat the oil over medium-high heat until hot. Cook two of the cod fillets until lightly browned and the flesh is opaque and cooked through, about 2 minutes on each side. Transfer the fish to the platter in the oven to keep warm while you cook the remaining two fillets.

Serve with the salsa spooned alongside or over the fish.

—EDITORS OF FINE COOKING



JAMAICAN JERK CHICKEN DRUMSTICKS

Serves 4

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| 8 | tsp. ground all spice | 3 | Tbs. brown sugar |
| 6 | tsp. sea salt | ½ | cup vegetable oil |
| 1 | Tbs. ground black peppercorn | 10 | fresh scallions, finely chopped |
| 1 | tsp. cardamom | 16 | chicken drumsticks |
| 10 | bay leaves | | |
| 6 | tsp. cinnamon powder | | |
| | Juice from 3 limes | | |
| 3 | tsp. ground nutmeg | | |
| 1 | Tbs. fresh ginger, grated | | |
| 3 | Tbs. fresh thyme leaves | | |
| 2 | onions, coarsely chopped | | |
| 6 | jalapenos, stem removed | | |
| 10 | garlic cloves, crushed | | |

Combine all of the ingredients, minus the chicken, in a blender.

Puree until the mixture turns into a smooth sauce.

Place the chicken into an oven-safe pan and coat it evenly with the sauce.

Cover and let marinate in the refrigerator overnight.

Position a rack in the center of the oven and heat the oven to 300°F.

Put the chicken on a grill pan and grill on the skin side.

Then, roast in the oven at 300°F for 40 to 45 minutes. Remove from the oven, let the chicken rest for few minutes, and serve.

-CELEBRITY CRUISES CHEF PHELISIANO DRYSDALE
FROM JAMAICA



SPICY SHRIMP WITH GARLIC WITH MOJO DIPPING SAUCE

For a quick, easy, and fresh-tasting dinner, you can always count on shrimp. Using easy-peel shrimp will speed prep because the shells are slit open and they've been deveined. You'll want to use your fingers to dig in, so keep lots of napkins on hand. **Serves 4**

- ½ cup extra-virgin olive oil**
- ¼ cup (about 8 cloves) plus 1 clove finely chopped garlic**
- ¼ cup finely chopped red onion**
- ¼ cup fresh lemon juice**
- Kosher salt**
- 2 Tbs. cornstarch**
- 1 tsp. granulated sugar**
- Freshly ground black pepper**
- 4 large scallions (green parts only), sliced ¼ inch thick**
- 1½ lb. large shrimp (26 to 30 per lb.), peeled and deveined, tails left on**

- ¾ Tbs. peanut or canola oil**
- 1 small lime, cut into 4 wedges**

Combine the olive oil, the ¼ cup garlic, onion, lemon juice, and 2 tsp. salt in a 1-quart saucepan and set aside.

In a large bowl, mix the cornstarch, sugar, 1 tsp. salt, and 1 tsp. pepper.

In a small bowl, mix the remaining 1 clove garlic and scallions; set aside.

Pat the shrimp dry with paper towels. Line a small baking sheet or large plate with a double layer of paper towels. Add the shrimp to the cornstarch mixture and toss until evenly and thoroughly coated.

In a heavy-duty 12-inch nonstick skillet, heat 1½ Tbs. of the oil over medium-high heat until very hot. Add half of the shrimp in a single layer. Cook without disturbing until deep golden and spotty brown on one side, about 2 minutes. Using tongs, quickly flip each shrimp and continue to cook until the second sides are spotty golden brown, about 1 minute longer.

(The shrimp may not be cooked through at this point.) Transfer the shrimp to the prepared sheet. Add another 1 Tbs. of the oil to the skillet and repeat with the remaining shrimp, transferring them to the sheet when done.

Reduce the heat to medium and add the remaining 1 Tbs. oil to the skillet. Add the garlic and scallion mixture and cook, stirring constantly, until the scallions are softened and the garlic is golden and smells toasted, about 1 minute. Return the shrimp to the pan and stir to combine.

Meanwhile, heat the olive oil dipping sauce mixture over medium heat, whisking occasionally, until fragrant and the garlic and onion are soft, about 4 minutes.

Serve the shrimp with the dipping sauce and lime wedges.

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COCONUT-MANGO ICE CREAM

Even when fully frozen remains soft in texture. **Yields about 1¼ quarts**

- 1 cup sugar**
- 2½ tsp. cornstarch**
- Pinch salt**
- 1 cup whole milk**
- ¾ cup whipping or heavy cream**
- 2 large egg yolks**
- ½ cup chilled evaporated milk**
- 1 cup chilled unsweetened canned coconut milk**
- 4 cups chopped, peeled, and puréed very ripe mango (from about 3 large)**
- ¼ cup sweetened coconut flakes, toasted; more for garnish**

In a medium saucepan, combine the sugar, cornstarch, and salt. Gradually stir or whisk in the milk and cream, bring to a boil, and then reduce the heat to a simmer for 1 minute. Remove the pan from the heat.

In a large bowl, beat the egg yolks until blended, about 30 seconds. Whisk about ½ cup of the hot milk-cream mixture into the yolks and then beat in another ½ cup. Slowly whisk in the remaining hot liquid and then pour the mixture back into the pan. Heat the mixture over medium to medium-high heat until it reaches 180°F and begins to thicken, stirring constantly; it will look like it's about to boil. Remove the pan from the heat and whisk in the evaporated milk and coconut milk,

whisking until the mixture begins to cool. Strain to remove any cooked pieces of egg and refrigerate until it's colder than about 60°F, at least 2 hours or as long as 24 hours, stirring occasionally.

Add ¼ cup of the coconut flakes and the mango purée, and freeze the mixture in an ice-cream machine (following the maker's instructions) until the ice cream is very thick and cold. Transfer to a resealable plastic or stainless-steel container and freeze until it's firm enough to scoop, at least 3 hours. Serve with more toasted coconut flakes sprinkled on top, if you like.

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PINEAPPLE AND RUM UPSIDE DOWN CAKE

Yields one 12-inch Cake, around 12 portions

- ½ lb. butter, cut in cubes
- 2 cups brown sugar
- 7 canned pineapple slices
- 7 maraschino cherry
- 6 eggs
- 2 cups granulated sugar
- 10 Tbs. pineapple juice
- 2 cups flour
- 2 tsp. baking powder
- 8 oz. pineapple juice (for soaking)
- 1 cup rum (for soaking)

Melt the butter and brown sugar in a medium size pan.

Place in the sliced pineapple and cook until it becomes lightly brown color.

Place the cooked pineapple slices into to a round cake pan with the bottom covered with aluminum foil.

Then place the cherries into the pineapple hole.

Pour the caramel over the pineapple.

In a large bowl, beat the egg yolks and 1 cup granulated sugar. Add the pineapple juice. Then, sift the flour with the baking powder. Add to the bowl and beat to combine.

In a medium bowl, beat the remaining sugar together with the egg white and fold into the rest of the batter until well combined.

Pour mixture into the cake pan over the caramelized pineapple and bake in a 350°F oven for 20 to 24 minutes, or until the cake is golden brown and springs back when pressed lightly in the center with a fingertip.

Transfer the cake to a rack.

In a small bowl, combine the pineapple juice with the rum, and then soak the cake with it.

Allow the cake to cool to room temperature.

-CELEBRITY CRUISES CHEF
JUAN JULIA FROM PHILIPPINES

