

Caribbean Recipes

Caribbean food has become very popular in the UK thanks to the large amount of immigration that we have seen over the past seventy years. It is a delicious combination of sweet and spicy flavours - perfect for livening up a plate and tantalising your taste buds. The famous jerk seasoned meat may spring to mind, but hearty stews, tropical puds and refreshing smoothies are just a few other delights this sunny place has to offer. Chillies, pineapples, mangoes and plantains all go to make up this delicious diet.

Chicken, Pepper and Squash curry

Serves 4

1 tbsp oil
2 onions, sliced
1 red pepper, deseeded and sliced
1 green pepper, deseeded and sliced
a little chilli powder (to taste)
2cm fresh root ginger
4 tsp curry powder
1 tsp ground coriander
2 tsp ground turmeric
325ml canned coconut cream
1½ tbsp soft light brown sugar
1 bay leaf
8 bone-in chicken thighs, skin removed
600g squash, peeled, deseeded, and cut into 3-4cm cubes
Salt and black pepper
Fresh coriander leaves

Heat the oil in a large pan and cook onions and peppers over a medium heat for 10-15 mins until the onion is soft and pale golden. Add the chilli, ginger and spices and cook for another minute, stirring a little.

Add the coconut cream plus 160ml water, the sugar and bay leaf. Add the chicken to the stew and bring to just under the boil, then reduce the heat to medium and cook for 15 minutes without a lid.

Add the squash and cook for another 12 minutes or until the chicken is cooked through and the squash is soft.

To thicken the stew press some of the squash with the back of a wooden spoon, so that it breaks up. Season to taste and serve sprinkled with coriander leaves. Serves 4-6

Warm Salad of avocado, roast pepper & sweet potato – [V]

Serves 4

2 red peppers, deseeded and quartered
1½ tbsp olive oil
Salt and black pepper
2 sweet potatoes, peeled
A ripe avocado
Squeeze of lemon juice
225g baby spinach, rocket or watercress

For the dressing:

1 tbsp sherry vinegar
½ tsp Dijon mustard
½ small red chilli, deseeded and finely sliced
½ tsp caster sugar
4 tbsp extra-virgin olive oil

Preheat the oven to 190C and put the peppers in a roasting tin. Drizzle with oil, season and roast for 30 mins. Wrap the sweet potatoes in foil and place them in the oven. Roast until only just tender. Place the peppers in a sealed bag to cool.

Make the dressing by whisking all the ingredients together. Add salt and pepper to taste.

Halve the avocados, remove the stones, and cut the flesh into slices lengthways with the skin still attached. Carefully peel the skin from each slice. Squeeze a little lemon juice over the avocado pieces to prevent them from discolouring, then season.

Remove the peppers from the plastic bag, peel and discard the skins. Slice the potatoes into rounds about the thickness of your little finger. Brush these with oil and season all over. Heat a ridged pan and cook the potatoes on both sides so that they take on lovely scorch marks.

Gently toss the potatoes, pepper strips, avocado slices and leaves together with the dressing. Serve immediately.

Jerk salmon with mango coleslaw

Serves 4

2 heaped tsp Jerk paste
2 tbsp clear honey
4 salmon fillets
2 limes, juiced
½ a red cabbage, cored and thinly sliced
1 mango, peeled and thinly sliced
1 red pepper, thinly sliced
6 spring onions, thinly sliced
Small bunch coriander, leaves picked

Mix the jerk paste with 1 tbsp of the honey. Add the salmon to this and coat well. Heat a griddle pan on a medium heat, then add a little oil and the salmon. Cook, turning occasionally, until the salmon is cooked through.

While the salmon is cooking, put the remaining honey in a large bowl with the lime juice and a little seasoning. Stir in the prepared cabbage, mango, pepper, onions and coriander. When the fish is cooked serve it on a pile of the coleslaw