

Short Recipe Name:
Source:
Manager:
Day/Date:
Course Type
Full Recipe Name:

Prep Pan/Type:
Serving Pan:
Serving Dish:
Portion Size:
Cooking Time/Temp:

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
					Gather all ingredients and equipment.		

Appetizer Recipes

Short Recipe Name: Wings
 Source: Caribbean Breeze Restaurant
 Manager: B. Yodis
 Day/Date: 3/28/2010
 Course Type: Appetizer
 Full Recipe Name: **Jamaican Grilled Chicken Wings**


Prep Pan/Type: Large bowl, baking pan
 Serving Pan:
 Serving Dish: Appetizer plate
 Portion Size: 4 wings
 Cooking Time/Temp: see directions

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	6	servings	18	servings			
					Gather all ingredients and equipment.		
Jerk Marinade (House made)	3	cups	9	cups	*** Prepare 1 day ahead		
Garlic (chopped)	3	Tbs	1/2	cup	1. Add jerk marinade, garlic, thyme, allspice, water, and green onions to large bowl and mix well 2. Add wings to marinade 3. Cover with plastic wrap 4. Label with food name and date 5. Place in refrigerator	15 min	Large bowl Large mixing spoon
Thyme (fresh chopped)	1	Tbs	1/2	cup			
Allspice (ground)	1	tsp	1	Tbs			
Water (tap)	1	cup	3	cups			
Green Onions (chopped 1/8")	4	Tbs	3/4	cup			
Chicken Wings (whole, USDA Grade A)	5	lbs	15	lbs			
Jerk Seasoning (Walkerswood)	as needed		as needed				
Pinapple (Fresh , 3/8" slice with skin, cored)	6	each	18	each	*** Prep day of		
Mango Mayonnaise Dipping Sauce (House made)	1 1/2	cups	4 1/2	cups	1. Remove wings and drain marinade well 2. Lightly dust with dry jerk seasoning mix 3. Place on sheet pan with wing tips down 4. Cook in oven at 350°F 5. Remove from oven and cool to 40°F 6. Place in refrigerator until ready to use 7. Dispose of used marinade (wash down sink)	25 min	Large bowl Oven
					*** Production		
					1. Heat grill to medium heat 2. Placed wings for 2 1/2 to 3 minutes per side 3. Verify wings are cooked to 165°F 4. Place wings on rectangular serving plate 5. Add pineapple slice 6. Add 1/4 cup of Mango Mayonnaise Dipping Sauce	5-6 min	Grill



Short Recipe Name: Claws
 Source: Caribbean Breeze Restaurant
 Manager: B. Yodis
 Day/Date: 3/28/2010
 Course Type Appetizer
 Full Recipe Name: **St. Tomas Crab Claws**

Prep Pan/Type: Baking dish
 Serving Pan: n/a
 Serving Dish: Bowl and Plate
 Portion Size: 3/4 lb.
 Cooking Time/Temp: 4-5 minutes/500°F

Ingredients	Original		Extended		Preperation Method	TIME	EQUIPMENT
Blue Crab Claws Passion Fruit Butter (House made) French Baguette (sliced 3/4") 	1	serving	n/a		Gather all ingredients and equipment. 1. Preheat oven to 500°F 2. Place crab claws in backing dish 3. Place 1/2 cup butter on top of crab 4. Place crab claws and bread slices in oven 5. Cook for 4-5 minutes (bread should be golden and crab is bubbling hot) 6. Place crab claws and butter in serving bowl 7. Place bowl on serving plate along with toasted bread	5 min	Oven Baking dish

Short Recipe Name: Cbrit
 Source: AllRecipes.com
 Manager: B. Yodis
 Day/Date: 4/3/2010
 Course Type Appetizer
 Full Recipe Name: **Conch Fritters**

Prep Pan/Type: Mixing bowl
 Serving Pan:
 Serving Dish: Appetizer Serving Plate
 Portion Size: 12 Fritters
 Cooking Time/Temp: 5 minutes

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
Fritters:	3	servings	12	servings	Gather all ingredients and equipment.		
All Purpose Flour	3/4	cup	3	cups	1. Stir together flour, egg, and milk	10 min.	Mixing bowl
Egg (Large, white)	1	each	4	each	2. Season with ceyenne pepper, seasoned salt, salt, and pepper		
Milk (whole)	1/2	cup	2	cups	3. Mix in the conch meat, onion, bell pepper, celery, and garlic.		
Cayenne Pepper (ground)	to taste				4. Blend well		
Seasoned Salt	to taste				5. Set aside until ready for use.		
Salt	to taste				6. Drop batter by rounded table spoons into deep fryer	~5 min.	Deep fryer
Pepper (black, fresh ground)	to taste				7. Fry until golden brown		
Conch Meat (chopped)	1	cup	4	cups	8. Remove and drain		
Onion (medium, white)	1/2	each	2	each	9. Prepare sauce by mixing all ingredients together.		
Bell Pepper (Geen, chopped)	1/2	each	2	each	10. Place in dipping sauce cup and place on plate		
Celery Stalk (chopped)	2	each	4	cups	11. Add garnish to plate	1 min.	Small bowl
Garlic (cloves, chopped)	2	each	1/4	cups	12. Add fritters to plate		
Dipping Sauce:	1	serving					
Ketchup	2	Tbs					
Lime Juice	2	Tbs					
Mayonaise (real)	1	Tbs					
Hot Sauce (Baron's West Indian Red Hot Sauce)	1	Tbs					
Salt	to taste						
Pepper	to taste						
Garnish:	1	serving					
Lime slices	4	each					
Celery (ends with greens)	4	each					



Short Recipe Name: GCBake
 Source: Caribbean Breeze Restaurant
 Manager: B. Yodis
 Day/Date: 4/3/2010
 Course Type: Appetizer
 Full Recipe Name: **Creole Baked Goat Cheese**

Prep Pan/Type: Saute Pan
 Serving Pan:
 Serving Dish: Appetizer Plate
 Portion Size: 2 Pepper halves, 8 croutons
 Cooking Time/Temp: 15 min. total/350°F

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	1	serving	8	servings			
Filling:					Gather all ingredients and equipment.		
Olive oil (virgin)	1	Tbs	2	Tbs	1. Cup peppers in half, remove seeds, and trim stem	5 minutes	
Garlic (fresh, minced)	2	Tbs	1	cup	2. Rub insides with olive oil		
Sweet onion (1/4" dice)	1/2	cup	4	cup	3. Lightly salt and pepper insides		
Fresh Chevre Goat Cheese	4	oz. (wt)	2	lbs.	4. Place on baking sheet open side up		Baking sheets
Roma tomato (seeded, 1/4" dice)	1	each	8	each	5. Baked in 350°F oven for 5 minutes until slightly soft	5 minutes	Oven
Cilantro (fresh, chopped)	1	Tbs	1/2	cup	6. Remove and allow to cool while mixing filling		
Parsley (fresh, chopped)	1	Tbs	1/2	cup	7. Heat olive oil in saute pan on medium heat		Stovetop
Hot Sauce (Baron's West Indian Red Hot Sauce)	1/4	tsp	2	tsp	8. Saute onion and garlic until onion is just translucent		Saute pan
Salt	to taste				9. Transfer to mixing bowl and add rest of filling ingredients		Mixing bowl
Pepper (fresh ground)	to taste				10. Mix to blend thoroughly		
Pepper Cups:					11. Season with salt and pepper to taste		
Red Bell Pepper	1	each	8	each	12. Fill roasted red pepper halves with filling	10 min.	Oven
Olive Oil (virgin)	1	Tbs	1/2	cup	13. Bake in oven for 10 minutes at 350°F		
Salt	to taste				14. Remove from oven and place in warmer until use		
Pepper	to taste				Plating:		
Garlic Croutons (House made)	4	each			15. Place 2 pepper halves in center of plate		
					16. Place garlic crouton and them on the plate		



Short Recipe Name: Tostones

Source:

Manager: B. Yodis

Day/Date: 4/3/2010

Course Type Appetizer

Full Recipe Name: **Puerto Rican Tostones**

Prep Pan/Type: Deep Fryer

Serving Pan:

Serving Dish: Appetizer plate

Portion Size: 2 plantains

Cooking Time/Temp: 2+2 min/deep fryer

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	1	serving			Gather all ingredients and equipment.		
Plantains (Green)	2				1. Remove thick peel from plantains		
Sea Salt (fresh ground)	to taste				2. Cut plantains at an angle and make 1/4" slices		
					3. Deep fry for 2 minutes	2 min.	Deep Fryer
					4. Remove from oil and drain on paper towels		Heavy skillet
					5. Use heavy skillet to smash plantain slices to 1/8" thick		Deep Fryer
					6. Place back in deep fryer for 2 minutes (until crispy)	2 min.	
					7. Remove from oil and drain on paper towel		
					8. Sprinkle with salt		
					9. Place on serving dish and serve immediately		



Short Recipe Name: FishCake
 Source: Recipe Blogger
 Manager: B. Yodis
 Day/Date: 4/3/2010
 Course Type: Appetizer
 Full Recipe Name: **West Indian Salt Cod Fish Cake**

Prep Pan/Type: Mixing bowl/Deep Fryer
 Serving Pan:
 Serving Dish: Appetizer Plate
 Portion Size: 4 cakes (1/4 cup each)
 Cooking Time/Temp: Deep Fryer

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	4	servings	8	servings			
Fish Cakes:					Gather all ingredients and equipment.		
Salt Cod Fish (boiled, cleaned, and flaked)	2	cups	4	cups	1. Mix all ingredients for the fish cakes in mix bowl		Mixing bowl
All-Purpose Flour	1 1/2	cups	3	cups	2. Add water or flour to adjust consistency (should be consistency of pancake batter)		
Green Onion (chopped)	1/3	cup	2/3	cup	3. Cover and refrigerate until ready to use		
Garlic (minced)	2	Tbs	1/4	cup			
Eggs (large, chicken)	2	each	4	each	Production of single serving:		
Grayco Jamaican Curry Powder	1	tsp	2	tsp	4. Form 4 fish cakes about 1/2" thick (each one 1/4 cup of the mix)		
Cayenne powder	1/2	tsp	1	tsp	5. Place in deep fryer for 3 minutes (until golden, puffy, and firm)	3 min.	Deep fryer
Baking powder	1	Tbs	2	Tbs	6. Remove from fryer and drain on paper towels.		
Water (tap, cold)	1	cup	2	cups	7. Place 1/4 cup aioli on plate (in sauce cup)		
Garnish and Dipping Sauce (per serving):					8. Place 4 fish cakes on plate		
Lemon (1/8" slices)	4	slices			9. Garnish with 4 lemon slices		
Jamaican Curry Aioli (House made)	1/4	cup					

Short Recipe Name: BEmp
 Source: Hector Rodriguez, About.com
 Manager: B. Yodis
 Day/Date: 4/3/2010
 Course Type Appetizer
 Full Recipe Name: **Cuban Picadillo Empanadas**

Prep Pan/Type: Mixing bowl
 Serving Pan:
 Serving Dish: Appetizer plate
 Portion Size: 4 Empanadas
 Cooking Time/Temp:

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	18	each	36	each			
Filling:					Gather all ingredients and equipment.		
Ground beef (80/20)	1	lb.	2	lb.	1. In a mixing bowl, combine the ground beef, oregano, cumin, salt and pepper.	5 min	Mixing bowl
Oregano (dried)	1	tsp	2	tsp	2. In a frying pan, heat the olive oil.	10 min	Stove top
Cumin (ground)	1	tsp	2	tsp	3. Sauté the onions, green pepper, and garlic until soft.		
Garlic (sliced thin)	4	tsp	2 2/3	Tbs	4. Add the ground beef mixture, beef stock, tomato sauce.		
White onion (medium, chopped fine)	3/4	cup	1 1/2	cup	5. Cover and cook over medium-low heat for 15 minutes.	15 min	
Green bell pepper (small, chopped fine)	1	each	2	each	6. Add the diced potato. Cover and cook another 15 minutes, or until the potatoes are done.	15 min	
Beef stock	1/2	cup	1	cup	7. Remove the cover. Add the olives and cook uncovered 15 minutes or until the liquid is fully evaporated, but the meat is still moist.	15 min	
Tomato sauce (Del Monte)	3/4	cup	1 1/2	cup	8. Place 1/4 cup mixture in center of dough circle		
New potatoes (small, peeled and diced)	2	each	4	each	9. Slightly wet edge of dough with water		
Green olives (pitted, chopped)	8	each	16	each	10. Fold in half		
salt and pepper to taste	to taste				11. Pinch and curl edge all around half circle to seal		
Olive oil (virgin, for sautéing)	as needed				12. Place on baking sheet		
Empanada dough (Goya Discos Grande, 6" rounds)	18	each	36	each	13. Bake in 375°F oven for 25 minutes	25 min.	Baking sheet Oven Warmer
Habenero stuffed green olives (Gil's Gourmet)	18	each	36	each	14. Remove and place in warmer until ready for use		
					15. Place 4 on a plate and garnish with 4 Habenero stuffed green olives		

Soup and Salad Recipes

Short Recipe Name: Waldo
 Source:
 Manager: B. Yodis
 Day/Date: 4/4/2010
 Course Type Salad
 Full Recipe Name: **Tropical Waldorf Salad**

Prep Pan/Type: Mixing bowl
 Serving Pan:
 Serving Dish: Salad Plate
 Portion Size: 1 1/2 cup
 Cooking Time/Temp: n/a

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	6	cups			Gather all ingredients and equipment.		
Mayonnaise (real)	3/4	cup			1. Add mayonnaise, lime juice, and coconut milk to mixing bowl	15 min	Mixing bowl
Lime juice (fresh)	1 2/3	Tbs			2. Whisk together until well blended		
Coconut Milk (unsweetened)	1 2/3	Tbs			3. Add apples, celery, pecans, cranberries, and cococut		
Apples (Red Delicious, coarsely chopped)	3	cups			4. Fold into dressing until well coated.		
Celery (medium, chopped)	1 1/2	each			5. Place Red Lettuce leaves in center of plate,		
Pecans (coursely chopped)	1/2	cup			overlapping to form bed for salad		
Dried Cranberries (Oceanspray)	1/2	cup			6. Place 1 1/2 cups on of waldorf salad unto lettuce leaves		
Shredded Coconut (unsweetened)	1/2	cup			7. Sprinkle 1 Tbs. toasted coconut over top		
Red Leaf Lettuce (whole leaves)	12	each					
Shredded Coconut (toasted)	1/4	cup					
					*** Keep the rest chilled until use		

Short Recipe Name: PMAS
 Source: Caribbean Breeze
 Manager: B. Yodis
 Day/Date: 4/4/2010
 Course Type: Salad
 Full Recipe Name: **Papaya, Mango, and Avacado Salad**

Prep Pan/Type: Mixing Bowl
 Serving Pan:
 Serving Dish: Salad plate
 Portion Size: 1 serving
 Cooking Time/Temp: n/a

Ingredients	Original		Extended		Preperation Method	TIME	EQUIPMENT
	1	serving			Gather all ingredients and equipment.		
Mangoes (peeled, seeded, and sliced)	1/2	each			1. Peel, seed, and slice fruit as directed in ingredient list	5 min.	Mixing bowl
Avocados (Peeled and sliced)	1/2	each			2. Mix 1 Tbs vinaigrette with Mesclun in small bowl		
Papaya (large, peeled, seeded, and sliced)	1/4	each			3. Place dressed Mesclun in center of salad plate		
Mesclun spring greens (washed and dried)	1	cups			4. Place fruit (alternating) around mound of Mesclun		
Papaya seed vinaigrette (House made)	1 1/2	oz.			5. Drizzle rest of vinaigrette over fruit		
Cashews (toasted, chopped)	1	oz.			6. Topped with chopped cashews		
***Note: Reserve papaya seeds for dressing							

Short Recipe Name: TFS
 Source:
 Manager: B. Yodis
 Day/Date: 4/4/2010
 Course Type Salad
 Full Recipe Name: **Rum Soaked Tropical Fruit Salad**

Prep Pan/Type: Mixing bowl
 Serving Pan:
 Serving Dish: Salad bowl
 Portion Size: 1 1/2 cup
 Cooking Time/Temp: n/a

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
In season fruit (chopped into bite size pieces) Rum (Light, Bacardi) Coconut (unsweetened, shredded, and taoasted) Mint Sprigs (fresh)	6	servings			Gather all ingredients and equipment. 1. Place cut up fruit in mixing bowl 2. Add rum and stir with spoon to coat all the fruit 3. Place 1.5 cups of the fruit in serving bowl 4. Flambe to burn off alcohol 5. Sprinkle with 1 Tbs of toasted coconut 6. Garnish with mint sprig on top		
***Note: Fruit can include: mango, papaya, guava, pineapple, banana, star fruit, berries)	12	cups					
	3/4	cup					
	6	Tbs					
	6	each					

Short Recipe Name: BCC

Source:

Manager: B. Yodis

Day/Date:

Course Type Soup

Full Recipe Name: **Bahamian Conch Chowder**

Prep Pan/Type: Large stock pot

Serving Pan:

Serving Dish: Soup bowl

Portion Size: 1 1/2 cup

Cooking Time/Temp: 1 hour/stove top medium heat

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	3	qt.	12	qt.			
Olive Oil (Virgin)	2	Tbs	1/2	cup	Gather all ingredients and equipment. 1. Place the oil in a pot and heat until very hot. 2. Add the conch meat and sear for 1 to 2 minutes. 3. Add the garlic, onions, celery, carrots, and potatoes and sauté for 2 minutes. 4. Add all the remaining ingredients, mix well and bring to a boil. 5. Simmer until the potatoes are tender. 6. Adjust seasoning with salt and pepper to taste. 7. Pour into steam jacket kettle to hold for service Serving: 8. Place 1 1/2 cup in soup bowl 9. Add 1 house made garlic crouton to edge of bowl	3 min	Stock pot
Conch Meat (Chopped)	1	lb.	4	lb.		2 min	
Garlic (minced)	2	Tbs	1/2	cup		2 min	
Onions (sweet, diced)	1 1/2	cups	1 1/2	qt.		10 min.	
Celery (diced)	1/2	cup	2	cups			
Tomato paste	3	Tbs	3/4	cup		45 min	
Chicken Broth	1	qt.	1	gal.			
Thyme (fresh)	2	tsp	2 Tbs	tsp		Steam jacket	
Oregano (fresh)	1	tsp	2	tsp			
Carrots (1/2" dice)	1	cup	4	cup			
Clam juice	2	cups	1/2	gal.			
Potatoes (Russet, diced)	1 1/2	cup	6	cups			
Tomatoes (diced)	1	cup	4	cups			
Salt	to taste		to taste				
Pepper (black, fresh ground)	to taste		to taste				

Short Recipe Name: CTSoup
 Source: Caribbean Breeze
 Manager: B. Yodis
 Day/Date: 4/4/2010
 Course Type Soup
 Full Recipe Name: **Yucatan Chicken and Tortilla Soup**

Prep Pan/Type: Large stock pot
 Serving Pan:
 Serving Dish: Soup bowl
 Portion Size: 1 1/2 cup
 Cooking Time/Temp: 1 hour/stove top medium heat

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT	
	3	qt.	12	qt.				
					Gather all ingredients and equipment.			
Olive Oil (Virgin)	1	Tbs	4	Tbs	1. Heat the oil in a large pot until hot.	1 hour	Large stock pot	
Calabasa Squash (1/" diced)	1	cup	4	cup	2. Add the calabasa, onions, jalapenos and garlic, then sauté until they loose their raw appearance.			
Red Onion (1/2" diced)	1/2	cup	2	cup	3. Add the chicken broth, corn, jicama, and tomatoes			
Garlic (Chopped)	1	tsp	4	tsp	4. Bring to a boil.			
Jalapeno (sliced, remove seeds)	2	tsp	8	tsp	5. Reduce the heat and simmer until the calabasa is tender.			
Chicken Broth	1/2	gal.	2	gal.	6. Season to taste with salt, then add the lime juice, oregano and fully cooked sliced chicken breast.			
Corn Kernels (frozen, thawed)	1 1/2	cups	6	cups	7. Simmer for an additional 5 minutes and remove from heat.			
Tomatoes(1/2 " diced)	1	cup	4	cup	8. Pour into soup pot to hold for service			
Jicama (1/2" diced)	1	cup	4	cup				
Salt	to taste		to taste					Steam jacket
Lime Juice (fresh)	1/4	cup	1	cup	Serving:			
Oregano (Mexican, dried)	1	tsp	2	tsp	9. Place 1 1/2 cups in soup bowl			
Chicken Breast (fully cooked, rough cut)	1	lb.	4	lb.	10. Add 3 slices of avacodo fanned in the center			
Garnish Ingredients (per serving):					11. Sprinkle on tortilla chips			
Cilantro (fresh, chopped)	1	tsp			12. Top with cilantro			
Avocado (sliced)	3	slices			13. Add lime wedge to edge of bowl			
Blue Corn Tortilla Strips	1/8	cup						
White Corn Tortilla Strips	1/8	cup						
Lime (cut into 8 wedges)	1	wedge						



Entree Recipes

Short Recipe Name: FoDay
 Source: Caribbean Breeze
 Manager: B. Yodis
 Day/Date: 4/5/2010
 Course Type Entrée
 Full Recipe Name: **Pan Seared Fish of the Day**

Prep Pan/Type: Saute pan
 Serving Pan:
 Serving Dish: Entrée plate
 Portion Size: 6 oz filet
 Cooking Time/Temp: ~8 minutes (depending on fish)

Ingredients	Original		Extended		Preperation Method	TIME	EQUIPMENT
	1	serving			Gather all ingredients and equipment.		
Fish of the Day (preportioned filet)	6	oz. (wt)			1. Heat oil in saute pan on high heat	2. min	Stovetop
Olive oil (Virgin)	1	Tbs			2. Sprinkle fish with creole seasoning and rub in		
Creole Seasoning (House made)	1/2	tsp			3. Place fish in hot pan a sear until golden (2-3 minutes)	3 min.	
Reduced Balsamic Drizzle	1	Tbs			4. Flip fish over and finish cooking (2-3 minutes)	3 min.	
Sweet Potato Mash (House made - see Sides)	1/2	cup			Serving:		
Asparagus Spears (Sauted)	3	spears			1. Make 4 to 5 zig-zags across plate with balsamic reduction	2 min.	
Cucumber Jalapeno Slaw (House made - see Chained)	2	Tbs			2. Place hot sweet potato mash in mound in center of plate		
Fresh Cilantro sprig	1	sprig			3. Place 3 spears of asparagus radiating out from mash to the side.		
Lemon slice (1/8" slice)	1	slice			4. Place the fish on top of the sweet potatoes		
Lime slice (1/8" slice)	1	slice			5. Top the fish with the cucumber-jalapeno slaw		
					6. Lay a cilantro sprig atop the slaw		
					7. Garnish each plate with a lemon and lime slice		



Short Recipe Name: JPork
 Source:
 Manager: B. Yodis
 Day/Date:
 Course Type Entrée
 Full Recipe Name: **Jamaican Jerked Pork Loin**

Prep Pan/Type: Baking dish
 Serving Pan:
 Serving Dish: Entrée Plate
 Portion Size: 6 oz portion pork loin
 Cooking Time/Temp: 1 hr, 20 min./350-300°F

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	10	servings					
Boneless pork loin	4	lb			<p>Gather all ingredients and equipment.</p> <p>Marinating:</p> <ol style="list-style-type: none"> Place pork loin and marinade in ziplock bag Remove as much air as possible and seal bag Place in a second bag to prevent leakage Label with product name and date and time Place in refrigerator for 24 hours <p>Cooking:</p> <ol style="list-style-type: none"> Heat oven to 350°F Remove pork loin from refrigerator and ziplock bag Place in baking dish Sprinkle jerk seasoning over the entire pork loin Bake in the oven for 20 minutes Reduce heat to 300°F and bake for about 1 hour longer (or until thermometer in thickest part reads 145°F) Remove from oven and let rest for 10 minutes Place roasting pan on medium heat. Melt butter and stir into pan drippings Pour in wine and reduce to half Pour in small metal bin and keep warm <p>Serving:</p> <ol style="list-style-type: none"> Mound mashed potatoes in center of plate Cut 3 slices (6 oz) of pork loin and place on plate (fanned out and leaning on mashed potatoes) Fan out plantains and lean on other side of potatoes Garnish potatoes with chives Pour 1 Tbs. pan sauce over pork loin slices 	24 hour	Oven
Jerk Marinade (House made - see Chained)	1	cup				20 min	
Jerk Seasoning (Walkerswood)	2	Tbs				1 hour	
Garlic and Scallion Mashed Potatoes (see Sides)	3/4	cup				10 min.	
Plantains (see Sides)	1	plantain					
Butter	2	Tbs					
Red wine (Pinot Noir)	1	cup					
Chives (chopped)	1	tsp					

Short Recipe Name: CSPasta

Source:

Manager: B. Yodis

Day/Date:

Course Type Entrée

Full Recipe Name: **Calypso Shrimp Pasta**


Prep Pan/Type: Mixing bowl/Skillet

Serving Pan:

Serving Dish: Pasta Bowl

Portion Size: 1 serving

Cooking Time/Temp: 12 minutes/stovetop

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	1	serving			Gather all ingredients and equipment.		
Butter	1	oz			1. Prepare the broth first	2 min.	Mixing bowl
Shrimp (medium size, peeled and deveined)	4	oz			2. Place all ingredients in a bowl and mix well with a whisk		
Salt and Pepper	pinch				3. Keep chilled until use		
Green Onions, sliced thin	2	Tbs			4. Place butter in a skillet and melt on high heat	1 min.	Skillet/Stove top
Calypso Broth (see below)	1/4	cup			5. Season shrimp with salt and pepper		
Heavy Cream	1	oz			6. Add shrimp and green onions to skillet	3 min.	
Linguine (cooked)	3/4	cup			7. Cook until they turn opaque		
Tomatoes (Diced 1/4")	2	Tbs			8. Add Calypso broth and cream		
Calypso Broth Ingredients:	4	servings			9. Bring to a boil and reduce until sauce starts to thicken	4 min.	
Chicken broth	1/2	cup			10. Add the pasta and toss in skillet		
Clam juice	1/2	cup			11. Cook for an additional 2 minutes	2 min.	
Garlic (clove, chopped)	1	each			12. Pour pasta into a single serving pasta bowl	1 min.	
Blackening seasoning	2	Tbs			13. Garnish with diced tomatos in the center of the pasta		
Cayenne pepper	to taste				14. Add a slice of garlic bread		
Thyme (dried)	1	tsp					
							

Short Recipe Name: ChStew
 Source: Caribbean Pot
 Manager: B. Yodis
 Day/Date: 4/6/2010
 Course Type Entrée
 Full Recipe Name: **Trinbagonian Stew Chicken**

Prep Pan/Type: Mixing bowl
 Serving Pan:
 Serving Dish: Entrée plate
 Portion Size: 1 cup
 Cooking Time/Temp: 1.25 hours/Stovetop

Ingredients	Original		Extended		Preperation Method	TIME	EQUIPMENT
	6	servings					
Chicken Breast ((boneless, skinnless, serving size pieces)	2	lb.			<p>Gather all ingredients and equipment.</p> <p>Prep:</p> <ol style="list-style-type: none"> 1. Chop all ingredients as specified 2. Add all ingredients to a large mixing bowl except for the oil, sugar, and water 3. Mix until well mixed and meat and vegetables coated with spices and liquid ingredients 4. Place in container with lid 5. Label with product name, date, and time 6. Place in the refrigerator for minimum of 2 hours <p>Cooking:</p> <ol style="list-style-type: none"> 1. Get chicken from the frigerator 2. Place oil in heavy bottom pan large enough for chicken. 3. Heat the oil on medium-high heat 4. Add the brown sugar and saute until it becomes liquid 5. Add the chicken a few pieces at a time stirring constantly 6. After all the meat is added, reduce heat to medium-low 7. Cover and let simmer for 15 minutes (stirring every 5 min.) 8. Add the water to the container that the marinating chicken was stored in and swish around to pick up leftover spices 9. Remove the cover and turn up the heat to cook off any liquid (stirring constantly) 10. After all the liquid is gone, add the water from the marinating bowl. 11. Cover and cook for 20-25 minutes. 12. After 20 minutes remove cover and cook until sauce is a stew like consistency <p>Plating:</p> <ol style="list-style-type: none"> 1. Place 1 cup brown rice on the plate 2. Place 1 cup of stew chicken partially on the rice and partially on the plate 3. Place 1/2 cup of Water Cress salad on the plate 	15 min.	Stovetop
Chicken Thighs (boneless, skinless, serving size pieces)	1	lb.					
Salt	3/4	tsp					
Worcestershire sauce	1	tsp					
Ketchup (Del Monte)	1	Tbs					
Garlic (crushed)	1	Tbs					
Ginger (fresh, grated)	1	tsp					
Onion (chopped)	3/4	cup					
Tomato (chopped)	1	cup					
Cilantro (chopped)	3	Tbs					
Black pepper (fresh ground)	1/4	tsp					
Banana Pepper	2	tsp					
Green onion (chopped)	1	each					
Thyme (dried)	1	tsp					
Lime juice	2	Tbs					
Shallot (small)	1	each					
Vegetable oil (Vegetable-Canola Blend)	2	Tbs					
Brown sugar (golden)	1	Tbs					
Water (tap)	1 1/2	cup					
Sides:							
Brown Rice (cooked)	1	cup					
Watercress Salad	1/2	cup					



Short Recipe Name: RedSnap

Source: Recipe Blogger

Manager: B. Yodis

Day/Date: 4/6/2010

Course Type Entrée

Full Recipe Name: **St. Martin Red Snapper**

Prep Pan/Type: Saute pan, baking dish

Serving Pan:

Serving Dish: Entrée plate

Portion Size: 6 oz. filet

Cooking Time/Temp: 8 min./350°F

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
Flour coating:					Gather all ingredients and equipment.		
Flour	1	cup			1. Mix the flour, nutmeg, salt, and pepper.	3 min.	
Nutmeg	1	tsp			2. Pat the snapper filet dry		
Salt and Black pepper (fresh, round)	1	tsp			3. Coat evenly with the flour mixture		
Fish	1 serving				4. Heat the olive oil in a saute pan		Stovetop
Olive oil (virgin)	1	tsp			5. Saute the red snapper lightly on both sides (about 1 minute each side)		
Red snapper (6 oz pre-portioned filet, skinned, boned)	6	oz.			6. Remove from the pan and discard oil	7 min.	
Kiwi (sliced)	2	slices			7. Add orange juice, amaretto, and honey to the pan		
Banana (sliced at angle)	2	slices			8. Bring to a slow boil and lighten with slurry		
Sauce:					9. While cooking sauce, place snapper in a baking dish		
Honey	2	Tbs			10. Top with 2 slices each of banana and kiwi (alternating)		Oven
Amaretto	1/4	cup			11. Place in the oven for 6 minutes at 350°F		
Orange juice (no pulp)	1/2	cup					
Cilantro (fresh, chopped)	2	tsp			Plating:		
Corn starch slurry	2 Tbs	cup			1. Place rice in short mound in center of the plate		
Sides:					2. Place fish filet on the rice, overhanging the sides		
Caribbean rice and beans (see Sides)	1 1/2	cup			3. Top fish with the sauce		
					4. Sprinkle fish with fresh cilantro		

Short Recipe Name: MSRibs
 Source:
 Manager: B. Yodis
 Day/Date: 4/6/2010
 Course Type Entrée
 Full Recipe Name: **Mango BBQ Spare Ribs**

Prep Pan/Type: Baking sheet
 Serving Pan:
 Serving Dish: Entrée Plate
 Portion Size: 4 ribs
 Cooking Time/Temp: 4 hour/225°F

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	6	servings			Gather all ingredients and equipment.		
2 racks pork spare ribs – about 5 pounds each rack	2	racks			1. Rinse pork spare rib racks in water.	2 hr	
Spicy Dry Rub Seasoning (House made - see Chained)	1	cup			2. Pat pork spare rib racks dry with a paper towel.		
Mango Infused BBQ Sauce (House made - see Chained)					3. Hand rub both sides of pork spare rib racks with the rub mixture		
Sides (per serving):					4. Coat pork spare rib racks evenly and press rub firmly.		
Sweet Potato Mash (see Sies)	3/4	cup			5. Refrigerate pork spare rib racks for at least 2 hours.		
Plantains (see Sides)	1	plantain			Cooking:	4 hr	Oven
Chive (fresh, chopped)	1	Tbs			1. Place ribs on baking sheet (2 racks per sheet) – meat side up		
					2. Place ½ cup water in bottom of pan		
					3. Cover loosely with aluminum foil and seal all edges		
					4. Cook for approximately 3 1/2 hours at 225°F.		
					5. Remove ribs from oven and remove foil		
					6. Coat meat portion of ribs with BBQ sauce		
					7. Place back in oven (uncovered) for 15 minutes		
					8. Remove from oven		
					9. Keep in warmer until ready to serve.		
					Serving:		
					1. Place serving of sweet potato mash in top center of plate		
					2. Arrange 4 ribs with bone end leaning on potato mound		
					3. Fan out plantains in empty area of plate		
					4. Sprinkle chives on sweet potato mash		

Short Recipe Name: OX
 Source: Emiril Lagasse
 Manager: B. Yodis
 Day/Date: 4/6/2010
 Course Type Entrée
 Full Recipe Name: **Braised Oxtails**

Prep Pan/Type: Dutch oven
 Serving Pan:
 Serving Dish: Entrée plate
 Portion Size: 1 cup
 Cooking Time/Temp: 3 hours/stove top

Ingredients	Original		Extended		Preperation Method	TIME	EQUIPMENT
	6	servings					
					Gather all ingredients and equipment.		
Olive oil (virgin)	2	Tbs			1. Add the olive oil to a Dutch oven.	3 hour	stovetop
Oxtails	3	lbs.			2. Heat over medium flame until hot.		
Salt	2	tsp			3 Season the oxtails with the salt and pepper.		
Black pepper (fresh ground)	1	tsp			4. Add half of the oxtails to the pot		
Onion (yellow, diced)	1	cup			5. Cook until well browned on both sides (3-4 minutes per side)		
Carrot (disced)	1/2	cup			6. Set the seared oxtails on a platter once browned and repeat with the remaining oxtails.		
Celery (diced)	1/2	cup			7. Add the onions, carrots and celery to the pan.		
Leeks (diced)	1/4	cup			8. Saute the vegetables until softened, about 3 to 4 minutes.		
Garlic (minced)	1	Tbs			9. Add the leeks, garlic, green onions and ginger to the pan and saute for 1 minute, stirring often.		
Green onion (white part only, minced)	1	Tbs			10. Add the tomato paste and stir well to incorporate.		
Ginger (minced)	2	tsp			11. Sprinkle the flour over the vegetables and stir to combine.		
Tomato paste	2	tsp			12. Cook, stirring, for 3 minutes.		
All-purpose flour	2 1/2	Tbs			13. Add beer to the pot and increase the heat to medium-high.		
Beer (Guinness)	12	oz.			14. Bring the beer to a boil and cook for 5 minutes.		
Beef broth	1 1/2	cups			15. Add the stock and allspice, stir		
Ground allspice	1/2	tsp			16. return the oxtails to the pan.		
Parsley leaves (fresh, chopped)	1	Tbs			17. Return the pan to a boil and place the lid over the pan.		
Plating (per serving):					18. Once a steady stream of steam is emitted from the pan, lower the heat to a simmer		
Pinmento (diced)	1	Tbs			19. Cook the oxtails until tender (about 2 hours)		
Sugarcane Brandy	1	Tbs			20. Remove the lid, and stir the chopped parsley into the pan.		
Garlic and scallion mashed potatoes	3/4	cup			Plating:		
Roasted Vegetables	1/2	cup			1. Place the mashed potatos in the center and push down slightly		
					2. Place a 1 cup ladel of braised oxtails over the potatos		
					3. Place roasted vegetables around half of the plate		
					4. Garnish oxtails with pimentos		
					5. Pour brandy of oxtails		

Short Recipe Name: GSa1
 Source: Sugarcane Restaurant
 Manager: B. Yodis
 Day/Date: 3/29/2010
 Course Type Entrée
 Full Recipe Name: **Pan Seared Salmon with Guava BBQ Sauce**

Prep Pan/Type: Stainless steel pan (heavy)
 Serving Pan: n/a
 Serving Dish: Dinner plate
 Portion Size: 6 oz.
 Cooking Time/Temp: 6 minutes/medium heat

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	1	1 serving	n/a				
Salmon Fillet (preportioned)	6	oz			Gather all ingredients and equipment. 1. Preheat heavy stainless steel pan 2. Brush salmon fillet with oil 3. Season salmon with salt and pepper 4. Cook about 3 minutes on each side until just cooked through 5. Heat Guava BBQ Sauce while salmon is cooking 6. When salmon is done brush on bbq sauce 7. Place in oven for 30 seconds 8. Remove from oven Plating: 1. Place rice and beans in the center of plate 2. Place roasted vegetables around half of the rice 3. Rest the salmon on the side of the rice overlapping some of the vegetables	6 min	Heavy frying pan
Olive Oil (virgin)	1/2	tsp					
Salt	pinch						
Pepper	pinch						
Guava BBQ Sauce (House made)	1	Tbs					
Caribbean Rice and Beans (see Sides)	1	cup					
Roasted vegetables (see Sides)	3/4	cup					

Short Recipe Name: SREye
 Source:
 Manager: B. Yodis
 Day/Date: 4/6/2010
 Course Type Entrée
 Full Recipe Name: **Sofrito Ribeye Steak**

Prep Pan/Type: Grill
 Serving Pan:
 Serving Dish: Large Entrée Plate
 Portion Size: 12 oz Ribeye
 Cooking Time/Temp: 7-10 min./Grill on high

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
Bone-in Ribeye Steak (Prime grade, preportioned) Olive Oil (virgin) Salt and Pepper Sofrito (House made - see Chained) Caribbean Rice and Beans Plantains	12 1 1/2 1/4 1 1	oz. tsp tsp cup cup plantain			Gather all ingredients and equipment. Grill steak: 1. Pour olive oil on steak and rub all over. 2. Season both sides with salt and pepper 3. Place steak on hot grill (on high) 4. Cook for 2 minutes on 1 side 5. Turn steak 1/4 turn and grill 2 more minutes 6. Flip steak on to other side 7. Grill to specified doneness (3-6 minutes) Plating: 1. Place rice and beans on plate (mounded) 2. Place steak next to rice and beans flat on plate 3. Spread Sofrito over the steak 4. Add plantain slices to open area of plate (overlapping rice and steak)	7-10 min.	Grill

Short Recipe Name: VPPot

Source: Recipe Blogger

Manager: B. Yodis

Day/Date: 4/6/2010

Course Type Entrée

Full Recipe Name: **Caribbean Veggie Pepper Pot**

Prep Pan/Type: 4 qt. pot

Serving Pan:

Serving Dish: Large Entrée Plate

Portion Size: 1 cup

Cooking Time/Temp: 45 min/Medium-high heat

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	6	servings					
Canola oil	1	Tbs			Gather all ingredients and equipment. 1. Heat oil in a soup pot over medium-high heat. 2. Sauté the onion, garlic, ginger and jalapeño, stirring occasionally, until vegetables soften 3. Stir in allspice, sweet potato and carrots. 4. Add greens a handful at a time and stir until they wilt 5. Add broth and bring heat to high. 6. When broth comes to a boil, add thyme and bay leaf. 7. Reduce heat to low, cover and simmer for about 30 minutes, until vegetables are tender. 8. Squeeze in lime juice and season with salt and pepper. Serving: 1. Place 1 cup cooked brown rice in center of large large entrée plate. 2. Ladle 1 1/2 cups Pepper Pot over rice 3. Garnish with lime slice on the side 4. Sprinkle 1 Tbs. chives over top of pepper pot	2 min.	Stovetop
Onion (yellow, chopped)	3/4	cup				5 min.	
Garlic (chopped)	1/4	cup					
Ginger (chopped)	2	Tbs					
Jalapeño pepper (seeded, chopped)	1	each				3 min.	
Ground allspice	1 1/2	tsp				5 min.	
Sweet potato (peeled and chopped)	2 1/2	cups					
Carrots (peeled and chopped)	2 1/2	cups				30 min.	
Callaloo (sub.: collards or spinach) (chopped, loose packed)	4	cups					
Vegetable broth	1	qt.					
Thyme leaves (fresh)	1	tsp					
Bay leaf	1	each					
Lime Juice	2	Tbs					
Brown Rice (cooked)	4	cups					
Chives (chopped)	1/4	cup					
Lime (sliced)	4	slices					

Sides Recipes

Short Recipe Name: RandB
 Source: Better Homes and Garden
 Manager: B. Yodis
 Day/Date: 3/29/2010
 Course Type Side
 Full Recipe Name: **Caribbean Rice and Beans**

Prep Pan/Type: Stock pot
 Serving Pan:
 Serving Dish: Entrée plate
 Portion Size: 1/2 cup
 Cooking Time/Temp: 20 minutes

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	6	servings	36	servings			
					Gather all ingredients and equipment.		
Onion (sweet, medium, finely chopped)	1/2	cup	3	cup	1. In stock pot, melt butter	2 min	Stock pot, stovetop
Garlic clove (minced)	2	each	12	each	2. Cook onion and garlic in butter until onion is tender	6 min	
Butter	1	Tbs	4	oz. (wt)	3. Add rice; cook and stir constantly until golden	7 min	
Arborio rice (uncooked)	3/4	cup	4 1/2	cups	4. Add remaining ingredients except green onion		
Vegetable broth (no MSG)	2	cup	3	quarts	5. Cook, covered, over medium heat for 15 to 20 minutes	15-20 min	
Coconut milk (unsweetened)	1	cup	1 1/2	quarts	or until rice is tender and mixture is creamy.		
Small Red Beans (canned,rinsed and drained)	16	oz. (wt)	6	lbs	6. Remove from heat		
Jalapeno (fresh, seeded, chopped)	1	each	6	each			
Dried thyme (crushed)	1	tsp	2	Tbs	7. Sprinkle with green onion when serving		
Salt	1/4	tsp	1 1/2	tsp			
Ground allspice	1/4	tsp	1 1/2	tsp			
Green onions (thinly chopped)	2	each	12	each			

Short Recipe Name: GSMash
 Source: Desktop Cookbook
 Manager: B. Yodis
 Day/Date: 4/5/2010
 Course Type Side
 Full Recipe Name: **Garlic and Scallion Mashed Potatos**

Prep Pan/Type: Large pot/Ovenproof dish/Sauce pan
 Serving Pan:
 Serving Dish: Entrée plate
 Portion Size: 3/4 cup
 Cooking Time/Temp: 1 hour

Ingredients	Original		Extended		Preperation Method	TIME	EQUIPMENT
	9	cups			Gather all ingredients and equipment.		
Garlic bulb (unpeeled)	2	each			1. Place garlic bulbs in ovenproof dish and drizzle with olive oil		
Olive oil (virgin)	1	tsp			2. Bake in oven for 15-20 minutes at 350°F (until golden brown and soft)	20 min.	Oven
Potatoes (large, russet, peeled, quartered)	5	lb			3. Place potatoes in a pot and cover with cold water		
Vegetable stock	1 1/2	cups			4. Bring to a boil over high heat and simmer until potatoes are tender	30 min.	Stovetop
Scallions (thin sliced white and green parts)	1/2	cup			5. Drain potatoes		
Salt	2	tsp			6. Bring the stock to a boil in a sauce pan	5 min.	
Pepper (white, ground)	2	tsp			7. Remove garlic from oven and squeeze the roasted garlic clove to remove each of the cloves	10 min.	
***Note: For best results make in 5 lb. batches							
					8. Mash garlic cloves with a fork.		
					9. Add to the drained potatoes		
					10. Mash the potatoes with a potato masher untill smooth		
					11. Slowly add the stock (continue mashing) until the desired consistency is met.		
					12. Stir in the scallions and add salt and pepper		
					13. Keep warm in warmer for service		

Short Recipe Name: SwMash
 Source: Food TV (Robert Irvine)
 Manager: B. Yodis
 Day/Date: 4/5/2010
 Course Type Side
 Full Recipe Name: **Sweet Potato Mash**

Prep Pan/Type: Large steamer pot
 Serving Pan:
 Serving Dish: Entrée plate
 Portion Size: 3/4 cup
 Cooking Time/Temp: 1 hour

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	7	cups			Gather all ingredients and equipment.		
Sweet Potatoes (peeled, cut into 1" cubes)	4	lbs			1. Place sweet potatoes in large steamer and steam until fork tender		
Butter (cut into cubes)	3/4	lb.			2. Place sweet potatoes in large bowl and mash with a potato masher until smooth		
Brown sugar (light)	2	Tbs.			3. Using a beater, whip in butter, brown sugar, cinnamon, nutmeg, and maple syrup.		
Cinnamon (ground)	1/2	tsp			4. Blend thoroughly		
Nutmeg (fresh ground)	1/4	tsp			5. Using beater, whip in cream slowly until desired consistency is obtained		
Pure Maple Syrup	3	Tbs.			6. Season to taste with salt and pepper		
Cream (whipping)	1/2	cup			7. Keep warm in warmer for service		
Salt	to taste						
Black Pepper (fresh ground)	to taste						

Short Recipe Name: FP
 Source: Green Island Company
 Manager: B. Yodis
 Day/Date: 4/5/2010
 Course Type Side
 Full Recipe Name: **Fried Plantains**

Prep Pan/Type: Saute pan
 Serving Pan:
 Serving Dish: Entrée Plate
 Portion Size: 1 plantain
 Cooking Time/Temp: 7 minutes

Ingredients	Original		Extended		Preperation Method	TIME	EQUIPMENT
Plantain (ripe, peeled, sliced long ways, 1/8" thick) Olive Oil (Virgin) Salt Pepper Cinnamon Brown Sugar (golden)	1	serving			Gather all ingredients and equipment.		
	1	each			1. Heat olive oil in saute pan	1 min	Stovetop
	1	Tbs.			2. Sprinkle plantain slices with salt, pepper, cinnamon, and brown sugar		
	to taste				3. Saute on med-high heat for 6 minutes until browned	6 min.	
	to taste				4. Serve with entrée		
	pinch						
	1/4	tsp					

Short Recipe Name: RSV

Source:

Manager: B. Yodis

Day/Date: 4/5/2010

Course Type Side

Full Recipe Name: **Roasted Seasonal Vegetables**

Prep Pan/Type: Mixing bowl, Baking sheet

Serving Pan:

Serving Dish: Entrée plate


Portion Size: 1/2 cup

Cooking Time/Temp: 10 min./400°F

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	3 1/2	cups			Gather all ingredients and equipment.		
Seasonal vegetable #1 (sliced or cubed)	1	cup			1. Place vegetables and onion in mixing bowl	2 min	
Seasonal vegetable #2 (sliced or cubed)	1	cup			2. Add rest of ingredients		
Seasonal vegetable #3 (sliced or cubed)	1	cup			3. Toss until vegetables are well coated		
Medium White onion (cubed)	1	each			4. Place vegetable in single layer on baking sheet		
Olive oil (extra virgin)	2	Tbs			5. Roast in oven for about 10 min. at 400oF	10 min	Oven
Thyme (dried)	1	tsp			6. Remove from oven		
Garlic Powder	1	tsp					
Cayenne pepper	1/4	tsp			Serving:		
Salt	1	tsp			1. Place 1/2 cup on entrée plate		
Black Pepper (fresh ground)	1	tsp			2. Keep remaining vegetables warm		

Short Recipe Name: WCSalad
 Source: Caribbean Pot
 Manager: B. Yodis
 Day/Date: 4/5/2010
 Course Type Side
 Full Recipe Name: **Water Cress Salad**

Prep Pan/Type: Mixing bowl
 Serving Pan:
 Serving Dish: Entrée plate
 Portion Size: 1/2 cup
 Cooking Time/Temp:

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
1 bunch watercress Mango (still firm, cut in 1/8" x 1 1/2" strips) Salt Black pepper (fresh, ground) Red onion (sliced thin) Red bell pepper (julienned) Cilantro (fresh, chopped) Dressing (per serving): Papaya Seed Vinaigrette (House made)	1 1/2 to taste to taste 1/4 1/4 2 2	bunch cup cup cup Tbs tsp			Gather all ingredients and equipment. 1. Place all ingredients (except vinaigrette) in a bowl 2. Toss until well mixed 3. Keep cool until ready to serve Service with entrée: 1. Place 1/2 cup salad in small bowl 2. Toss with 2 tsp of vinaigrette 3. Place salad on entrée plate	3 min. 1 min.	
							

Short Recipe Name: Garlic Croutons
 Source: Caribbean Breeze Restaurant
 Manager: B. Yodis
 Day/Date: 4/3/2010
 Course Type Side
 Full Recipe Name: **Garlic Croutons Rounds**

Prep Pan/Type: Baking sheet
 Serving Pan:
 Serving Dish:
 Portion Size:
 Cooking Time/Temp: 5 min/350^{oF}

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	32	each	128	each	Gather all ingredients and equipment.		
French baguette (cut crosswise into 1/4" slices)	1	loaf	4	loaves	1. In mixing bowl, combine butter, garlic, and parsley		Mixing bowl
Butter (Softened to room temperature)	1/4	lb.	1	lb.	2. Spread top and bottom of each bread slice with mixture		
Garlic (minced)	1	Tbs	1/4	cup	3. Place on baking sheets		Baking sheets
Parsley (fresh, chopped)	2	2 Tbs	1/2	cup	4. Bake for 5 minutes or until golden brown		Oven
					5. Remove from oven		
					6. Remove from baking sheets and place in storage bin until use		

Chained Recipes

Short Recipe Name: Jerk
Source: Caribbean Breeze Restaurant
Manager: B. Yodis
Day/Date: 3/28/2010
Course Type: Sauce - Marinade
Full Recipe Name: Jerk Marinade

Prep Pan/Type: Bowl, whisk
Serving Pan: n/a
Serving Dish: n/a
Portion Size: 4 oz
Cooking Time/Temp: n/a

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	1 1/2	cups	6	gal.			
Olive Oil (Virgin)	1/4	cup	1	gal.	1. Add Jerk Seasoning to 6 gallon food grade bucket 2. Slowly whisk in olive oil 3. Juice the limes into the bowl 4. Seed the scotch Bonnets, mince, add to bowl 5. Remove skin from garlic cloves, mince, add to bowl 6. Chop red onion (fine), add to bowl 7. Chop green onions (1/8"), add to bowl 8. Whisk all ingredients together 9. Place lid on bucket and label with product name and date 10. Refrigerate until ready to use <div style="background-color: #00b050; color: white; text-align: center; padding: 2px;">***Discard after 7 days</div>	1 hour	Bowl Whisk Juicer Knife
Jamaican Jerk Seasoning (Walkerswood)	2	Tbs	8	cups			
Orange Juice	1/4	cup	1	gal.			
Soy Sauce (dark)	2	Tbs	1/2	gal.			
Rice Wine Vinegar	1/4	cup	1	gal.			
Rum (Dark, Jamaican)	1	Tbs	1	qt.			
Lime Juice	1 1/2	Tbs	6	cups			
Scotch Bonnet (seeded and minced)	1	each	64	each			
Garlic Clove (fresh, minced)	2	each	1 3/4	cups			
Red Onion (medium, chopped)	1/4	cup	16	cups			
Green Onion (chopped)	2	each	14	cups			
Creole Seasoning (House made)	1/2	tsp	3/4	cup			

Short Recipe Name: MMayo
 Source: Food Network TV
 Manager: B. Yodis
 Day/Date: 3/28/2010
 Course Type Sauce - Dipping
 Full Recipe Name: **Mango Mayonnaise Dipping Sauce**

Prep Pan/Type: Bowl
 Serving Pan: n/a
 Serving Dish: Sauce cup
 Portion Size: 1/4 cup
 Cooking Time/Temp: n/a

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	1 1/2	cups	4 1/2	cups			
Mayonnaise (Real)	1	cup	3	cups	Gather all ingredients and equipment. 1. Place all ingredients in bowl 2. Whisk thoroughly until combined well 3. Place in storage container with lid 4. Label with product name and date made 5. Refrigerate until use <div style="background-color: #00b0c0; color: white; text-align: center; padding: 2px;">***Discard after 3 days</div>	5 min	Bowl Whisk
Mango puree (frozen, thawed)	1/2	cup	1 1/2	cups			
Sour cream	1/4	cup	3/4	cup			
Fresh lime juice	2	Tbs	3	oz			
Salt	1/4	tsp	3/4	tsp			
Pepper	1/4	tsp	3/4	tsp			

Short Recipe Name: CAioli
 Source: Recipe Blogger
 Manager: B. Yodis
 Day/Date: 4/3/2010
 Course Type Dipping Sauce
 Full Recipe Name: **Jamaican Curry Aioli**

Prep Pan/Type: Blender
 Serving Pan:
 Serving Dish: Small dipping sauce cup
 Portion Size: 1/4 cup
 Cooking Time/Temp: n/a

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	1	cup	4	cup			
Mayonnaise (real)	1	cup	4	cups	Gather all ingredients and equipment. 1. Place all ingredients in a blender 2. Blend until smooth and creamy 3. Place in container with lid 4. Label with product name and date made 5. Refrigerate until ready to use ***Discard after 7 days		Blender 1 qt. lidded container
Cayenne Pepper	1/2	tsp	2	tsp			
Grayco Jamaican Curry Powder	2	tsp	3	Tbs			
Lemon Juice (fresh)	2	tsp	3	Tbs			
Garlic (minced)	2	Tbs	1/2	cup			

Short Recipe Name: GBBQ
 Source: Food and Wine
 Manager: B. Yodis
 Day/Date: 3/29/2010
 Course Type Sauce
 Full Recipe Name: **Guava BBQ Sauce**

Prep Pan/Type: Sauce pan
 Serving Pan: n/a
 Serving Dish: n/a
 Portion Size: 1 Tbs
 Cooking Time/Temp: 15 minutes.low heat

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	1 1/4	cup	2 1/2	cup			
Guava paste (canned, cut into 1/2-inch pieces)	1/2	lb.	1	lb.	Gather all ingredients and equipment. 1. Combine all ingredients (except salt and pepper) in a sauce pan. 2. Bring to a boil over high heat 3. Reduce to low heat and simmer until reduced to 2.5 cups 4. Add salt and pepper to taste 5. Cool 6. Place in storage container with lid 7. Label with product name and date made 8. Store in refrigerator until needed *** Discard after 5 days		Sauce pan
Cider vinegar	1/3	cup	2/3	cup			Stovetop
Dark rum	1/4	cup	1/2	cup			
Tomato paste	3	Tbs	3	oz.			
Lime juice (fresh, squeezed)	3	Tbs	3	oz.			
Soy sauce (Lite)	1	Tbs	2	Tbs			
Worcestershire sauce	1	Tbs	2	Tbs			Container w/lid
Ginger (fresh, minced)	2	tsp	3	tsp			
Green onion (sliced)	1	each	2	each			
Garlic clove (minced)	1	each	2	each			
Water (tap)	1/4	cup	1/4	cup			
Salt	to taste		to taste				
Black Pepper (fresh, ground)	to taste		to taste				

Short Recipe Name: MBBQ

Source: Food and Wine

Manager: B. Yodis

Day/Date: 4/5/2010

Course Type: Sauce

Full Recipe Name: **Mango BBQ Sauce**

Prep Pan/Type: Sauce pan

Serving Pan: n/a

Serving Dish: n/a

Portion Size:

Cooking Time/Temp: 6 minutes

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	1 1/4	cup	2 1/2	cups			
Garlic (minced)	1	Tbs	2	Tbs	Gather all ingredients and equipment. 1. Combine all ingredients in a sauce pan 2. Bring to a boil over high heat 3. Reduce heat and cook on low boil for 3 minutes 4. Remove from heat and set aside for spare ribs		Sauce pan Stovetop
Ketchup (Del Monte)	1/2	cup	1	cup			
Cider vinegar	1/4	cup	1/2	cup			
Worcestershire sauce	2	Tbs	1/4	cup			
Soy sauce (light)	2	Tbs	1/4	cup			
Tabasco sauce	1	tsp	2	tsp			
Prepared horseradish	1	Tbs	2	Tbs			
Prepared mustard (yellow)	1	Tbs	2	Tbs			
Paprika (sweet)	1	Tbs	2	Tbs			
Mango Nectar	1/2	cup	1	cup			
Ground ginger	1	tsp	2	tsp			
Honey	2	Tbs	4	Tbs			
Brown sugar (golden)	1	Tbs	2	Tbs			

Short Recipe Name: PFButter
 Source: Caribbean Breeze Restaurant
 Manager: B. Yodis
 Day/Date: 3/28/2010
 Course Type Sauce - Butter
 Full Recipe Name: **Passion Fruit Butter**

Prep Pan/Type: Mixing bowl
 Serving Pan: n/a
 Serving Dish: n/a
 Portion Size: 1/2 cup
 Cooking Time/Temp: 1 minute/microwave high

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	3/4	cup	3/4	gal.			
Butter (salted)	1/4	lb.	4	lb.	1. Soften butter in microwave in 10 second intervals (Do not melt butter) 2. Combine all ingredients in mixing bowl 3. Place in storage container with lid 4. Label with product name and date made 5. Refrigerate until ready to use ***Discard after 7 days	1 minute	Microwave
Passion fruit nectar (no seeds)	1/4	cup	4	cups		5 min	Mixing bowl Container w/lid
Sugar (white, granulated)	1	Tbs	1	cup			
Creole Seasoning (House made)	1/2	tsp	3	Tbs			

Short Recipe Name: Creole
 Source: Chef Emeril Lagasse
 Manager: B. Yodis
 Day/Date: 3/28/2010
 Course Type Spices
 Full Recipe Name: **Creole Seasoning Blend**

Prep Pan/Type: Bowl
 Serving Pan: n/a
 Serving Dish: n/a
 Portion Size: 1 tsp
 Cooking Time/Temp: n/a

Ingredients	Original		Extended		Preperation Method	TIME	EQUIPMENT
	12	Tbs	1 1/2	cups			
					Gather all ingredients and equipment.		
Paprika (sweet)	3	Tbs	3	oz.	1. Combine all ingredients thoroughly 2. Store in airtight container 3. Label as "Creole Seasoning" with date made	5 min	Mixing bowl Spoon Plastic container w/lid
Salt	2	Tbs	2	oz.			
Garlic Powder	2	Tbs	2	oz.			
Black Pepper (fresh ground)	1	Tbs	1	oz.			
Onion Powder	1	Tbs	1	oz.			
Cayenne	1	Tbs	1	oz.			
Dried Oregano	1	Tbs	1	oz.			
Dried Thyme	1	Tbs	1	oz.			
All ingredients in dry measurements							

Short Recipe Name: SDryRub

Source:

Manager: B. Yodis

Day/Date: 4/6/2010

Course Type Spices

Full Recipe Name: **Spicy Dry Rub Seasoning**

Prep Pan/Type: Bowl

Serving Pan: n/a

Serving Dish: n/a

Portion Size: 1 tsp

Cooking Time/Temp: n/a

Ingredients	Original		Extended		Preperation Method	TIME	EQUIPMENT
	2	cups	4	cups	Gather all ingredients and equipment.		
Paprika	4	Tbs	1/2	cup	1. Combine all ingredients thoroughly 2. Store in airtight container 3. Label as "Spicy Dry Rub" with date made	5 min	Mixing bowl Spoon Plastic container w/lid
Chili powder	2	Tbs	2	Tbs			
Red pepper flakes	1	Tbs	2	Tbs			
Garlic powder	2	Tbs	1/4	cup			
Onion powder	2	Tbs	1/4	cup			
Dry mustard	1	Tbs	2	Tbs			
Black pepper (fresh Ground)	2	Tbs	1/4	cup			
Sea salt	2	Tbs	2	Tbs			
All ingredients in dry measurements							

Short Recipe Name: PSVin

Source:

Manager: B. Yodis

Day/Date:

Course Type

Full Recipe Name: **Papaya Seed Vinaigrette**

Prep Pan/Type:

Serving Pan:

Serving Dish:

Portion Size: 2 Tbs

Cooking Time/Temp: n/a

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	3	cups			Gather all ingredients and equipment.		
Ppapaya seeds	1/2	cup			1. Place all ingredients in a food processor	10 min	Food processor
Papaya nectar	1	cup			2. Blend until well pureed		
Rice wine vinegar	1	cup			3. Place in quart container		
Dijon Mustard	1/4	cup			4. Label with product name and date		
Lime juice (fresh)	2	Tbs			5. Refrigerate until use		
Shallots (rough chop)	2	Tbs					
Creole Seasoning (house made)	1	tsp					
Salt (Kosher)	1/2	tsp					
Olive oil (Extra Virgin)	3	oz.					
					***Discard after 7 days		

Short Recipe Name: CJSlaw
 Source: Caribbean Breeze
 Manager: B. Yodis
 Day/Date: 4/5/2010
 Course Type Garnish
 Full Recipe Name: **Cucumber Jalapeno Slaw**

Prep Pan/Type: Mixing bowls
 Serving Pan:
 Serving Dish:
 Portion Size: 2 Tbs
 Cooking Time/Temp: 5 min.

Ingredients	Original		Extended		Preperation Method	TIME	EQUIPMENT
	5	cups			Gather all ingredients and equipment.		
Salad Cucumber (peeled, seeded and sliced)	4	cups			1. Place the sliced cucumbers, red and yellow bell peppers, jalapeno and red onions in a stainless mixing bowl.	2 min	
Red Pepper (sliced)	1	each			2. Combine the remaining ingredients in a small mixing bowl	3 min.	
Yellow Bell Pepper (sliced)	1	each			3. Mix with a wire whip until evenly blended.		
Jalapeno Peppers (seeded and cored, cut into 1/8 " rings)	2	each			4. Pour the vinaigrette over the vegetables and toss until evenly blended.		
Red Onion (small, thin sliced and separated into rings)	1	each			5. Adjust seasoning with additional kosher salt, if needed		
Rice Vinegar	1/2	cup			6. Cover and label with product name and date and time		
Extra virgin olive oil	1	Tbs			7. Chill in refrigerator for 4 hours before use		
Kosher salt	1/4	tsp					
Creole Seasoning (House made)	1/2	tsp					
1/4 tsp. Cumin, fresh ground	1/4	tsp					
Cilantro (fresh, chopped)	1/2	oz.			Serving:		
Hot Sauce (Baron's West Indian Red Hot Sauce)	1/2	tsp			1. Place 1/2 cup of salad on entrée plate		

Short Recipe Name: Sofrito
 Source: About.com
 Manager: B. Yodis
 Day/Date: 4/6/2010
 Course Type Sauce
 Full Recipe Name: **Sofrito**

Prep Pan/Type: Food processor
 Serving Pan:
 Serving Dish:
 Portion Size: 2 Tbs
 Cooking Time/Temp:

Ingredients	Original		Extended		Preperation Method	TIME	EQUIPMENT
	1	qt.			Gather all ingredients and equipment.		
Green bell peppers (seeded, chopped)	1 1/2	cup			1. Place all ingredients in a food processor	5 min.	Food processor
Red bell peppers (seeded, chopped)	3/4	cup			2. Process until well blended		
Tomatoes (seeded, chopped)	2	cups			3. Place in quart container with lid		
Onions (peeled, chopped)	1 1/2	cups			4. Label with product name and date made		
Garlic (1 head, peeled)	1	each			5. Place in refrigerator		
Cilantro leaves (loose pack)	1	cup					
Parsley leaves (loose pack)	1/2	cup					
					***Discard after 3 days		

Short Recipe Name: KLSauce
 Source: RecipeZaar
 Manager: B. Yodis
 Day/Date: 4/5/2010
 Course Type Dessert
 Full Recipe Name: **Key Lime Sauce**

Prep Pan/Type: Sauce pan
 Serving Pan:
 Serving Dish:
 Portion Size: Per recipe
 Cooking Time/Temp: 5 min./Stovetop medium heat

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	1/2	cups	2	cups			
Cornstarch	1	Tbs.	4	Tbs.	Gather all ingredients and equipment. 1. Dissolve the cornstarch in 3/4 cup of water 2. Place a non-aluminum sauce pan on medium heat 3. Stir in the lime juice, remaining water, and sugar 4. Bring to a boil to dissolve the sugar 5. Stir in the cornstarch mixture 6. Stir for about 30 seconds until sauce thickens 7. Pour into squeeze bottle 8. Label with product name and date made 9. Refrigerate until ready to use	10 min.	Sauce pan/Stove top
Sugar (granulated)	1/2	cup	2 1/4	cup			
Sugar (granulated)	1	Tbs.					
Key lime juice	1/2	cup	2	cup			
Water (tap)	1/4	cup	1 3/4	cup			
Water (tap)	3	Tbs.				5 min.	

Short Recipe Name: CCA
 Source: Caribbean Breeze
 Manager: B. Yodis
 Day/Date: 4/4/2010
 Course Type Dessert
 Full Recipe Name: **Coconut Crème Anglaise**


Prep Pan/Type: Sauce pan
 Serving Pan:
 Serving Dish:
 Portion Size: Per recipe
 Cooking Time/Temp: 10 min./Stove top medium heat

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	2	cups	4	cups	Gather all ingredients and equipment.		
Heavy Whipping Cream	1 1/2	cups	3	cups	1. Add the cream, egg yolks, and sugar in a small sauce pan on medium heat. 2. Stir constantly using a cooks spoon until the sauce starts to thicken; about 8 - 10 minutes. 3. Add the rum and stir to evenly mix. Place in a clean container and place in an ice water bath. 4. Label with product name and date made 5. Place in the refrigerator to chill to 40°F.	10 min.	Sauce pan/Stove top
Egg yolks	2	each	4	each			
Powdered Sugar	1/2	cup	1	cups			
Coconut Rum (Malibu)	1/4	cup	1/2	cups			
						5 min.	

Dessert Recipes

Short Recipe Name: KLPie
 Source:
 Manager: B. Yodis
 Day/Date: 4/5/2010
 Course Type Dessert
 Full Recipe Name: **Tangy Key Lime Pie**

Prep Pan/Type:
 Serving Pan:
 Serving Dish: Chilled Square Dessert Plate
 Portion Size: 1/8 pie
 Cooking Time/Temp: n/a

Ingredients	Original		Extended		Preperation Method	TIME	EQUIPMENT
	8	servings			Gather all ingredients and equipment.		
Key Lime Pie (outsourced or convenience)	1	each			1. Cut pie into 8 even slices	5 min.	
Key Lime Sauce (House made)	1	oz.			2. Get a chilled dessert plate		
Edible Orchid (Magenta Orchid)	1	each			3. Drizzle 1 oz. of Key Lime Sauce on bottom of plate (as shown in picture)		
					4. Place slice of pie on plate		
					5. Garnish with an edible Magenta Orchid		
							

Short Recipe Name: PCB Pud

Source:

Manager: B. Yodis

Day/Date:

Course Type Dessert

Full Recipe Name: **Pina Colada Bread Pudding**


Prep Pan/Type: Baking sheet/Casserole

Serving Pan:

Serving Dish: Small dessert plate

Portion Size: 1/8 of casserole

Cooking Time/Temp: 1 hour 10 min/300°F

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
Bread Pudding:	8	servings			Gather all ingredients and equipment.		
Butter (unsalted, melted)	1/4	cup			1. Toss 3 Tbsp of melted butter with the bread cubes	10 min.	Oven
French Bread Cubes (leftovers or day old)	3	qts.			2. Place on a sheet pan		
Eggs (Beaten, about 12 large eggs)	2 1/2	each			3. Bake in the oven at 300°F and toast until golden.		
Sugar (Granulated)	1 1/4	cups			4. Brush a 9"X13" casserole dish with one Tbsp of melted butter		
Milk (whole)	5	cups			5. Add the toasted bread cubes		
Vanilla Extract	1	Tbs			6. In a bowl, mix the remaining ingredients and pour over the bread cubes.		
Coconut Rum (Malibu)	1/2	cup			7. Press down on the bread cubes until they absorb most of the liquid.		
Shredded Coconut (unsweetened)	1/2	cup			8. Bake for 1 hour in a 300°F oven or until firm in the center	1 hour	Oven
Canned Pineapple (diced and drained)	1/2	cup			9. Cut into 8 square pieces		
Topping:					Serving:		
Coconut Crème Anglaise (House made)	1 1/2	cup			1. Place one piece of bread pudding in center of small dessert plate.		
Shredded Coconut (toasted, unsweetened)	1	Tbs.			2. Pour 1/4 cup Coconut Crème Anglaise over the piece of bread pudding		
					3. Sprinkle with toasted coconut		
 <p data-bbox="283 1068 577 1092">PINA COLADA BREAD PUDDING</p>							

Short Recipe Name: UpDown

Source:

Manager: B. Yodis

Day/Date: 4/5/2010

Course Type Dessert

Full Recipe Name: **Warm Chocolate Pineapple Upside Down Cake**


Prep Pan/Type: Sauec pan

Serving Pan:

Serving Dish: Soup bowl

Portion Size: 1 cake round

Cooking Time/Temp: 2 1/2 min.

Ingredients	Original		Extended		Preperation Method	TIME	EQUIPMENT
Pine Apple Upside Down Cake Round (convenience) Maraschino Cherry Whipped Cream (fresh) Mint Sprig Butterscotch Brandy Sauce (convenience) Raspberry Sauce (convenience)	1 1 2 1 1/4 1	Serving each Tbs. each cup tsp.			Gather all ingredients and equipment. 1. Heat butterscotch sauce in sauce pan over medium heat until it pours easily (about 2 minutes) 2. Heatcake in microwave for 30 seconds 3. Place cake round with pineapple facing up 4. Place maraschino cherry on top in center of pineapple 5. Add a sprig of mint under cherry stem 6. Pour butterscotch sauce in bottom of bowl around the cake 7. Add whip cream on top of sauce behind mint sprig 8. Place 7 dots of raspberry sauce around cake 9. Pull tip of knife through cherry sauce as shown in picture	2 min. 1/2 min. 2 min.	Stovetop Microwave
							

Short Recipe Name: TS

Source:

Manager: B. Yodis

Day/Date: 4/5/2010

Course Type Dessert

Full Recipe Name: **Tropical Sorbets**

Prep Pan/Type: n/a

Serving Pan:

Serving Dish: Chilled Dessert Bowl

Portion Size: 2 scoops

Cooking Time/Temp: n/a

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
Sorbet (Sorbet Vendor) Coconut Macaroon Cookie	1	serving			Gather all ingredients and equipment.		
	1/2	cup			1. Place 2 scoops of requested sorbet in chilled dessert bowl	2 min.	Sorbet freezer
	1	each			2. Garnish with coconut macaroon cookie		

Short Recipe Name: RumCK
 Source:
 Manager: B. Yodis
 Day/Date: 4/5/2010
 Course Type Dessert
 Full Recipe Name: **Tortuga Golden Rum Cake with Walnuts**

Prep Pan/Type:
 Serving Pan:
 Serving Dish: Dessert Plate
 Portion Size: 1 single serving cake
 Cooking Time/Temp:

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
	1	serving			Gather all ingredients and equipment.		
Tortuga Golden Rum Cake with Walnuts (single size)	1	each			1. Place rum cake on dessert palte	2 min.	
Dark Rum	1	Tbs			2. Drizzle dark rum over the top of the cake		
Whipped Cream (fresh)	2	Tbs			3. Place whipped cream in center hole of cake		
Shredded cocnut (toasted)	1	Tbs			4. Garnish with toasted coconut		

Short Recipe Name: CCof
 Source: Cook It Simply
 Manager: B. Yodis
 Day/Date: 4/6/2010
 Course Type Dessert
 Full Recipe Name: **Caribbean Coffee**

Prep Pan/Type:
 Serving Pan:
 Serving Dish: 6 oz. coffee cup
 Portion Size: 5.5 oz
 Cooking Time/Temp: n/a

Ingredients	Original		Extended		Preparation Method	TIME	EQUIPMENT
Rum (dark) Double-strength black coffee (hot) Brown sugar (golden) Thick double cream	1	serving			Gather all ingredients and equipment. 1. Warm a 6 ounce coffee cup 2. Add rum to coffee cup 3. Add brown sugar 4. Pour in 1/2 of coffee and stir to dissolve sugar 5. Pour in rest of hot coffee and stir to mix 6. Pour in cream and give one stir	5 min.	Coffee maker
	1	oz.					
	4	oz.					
	1	tsp					
	1	Tbs					