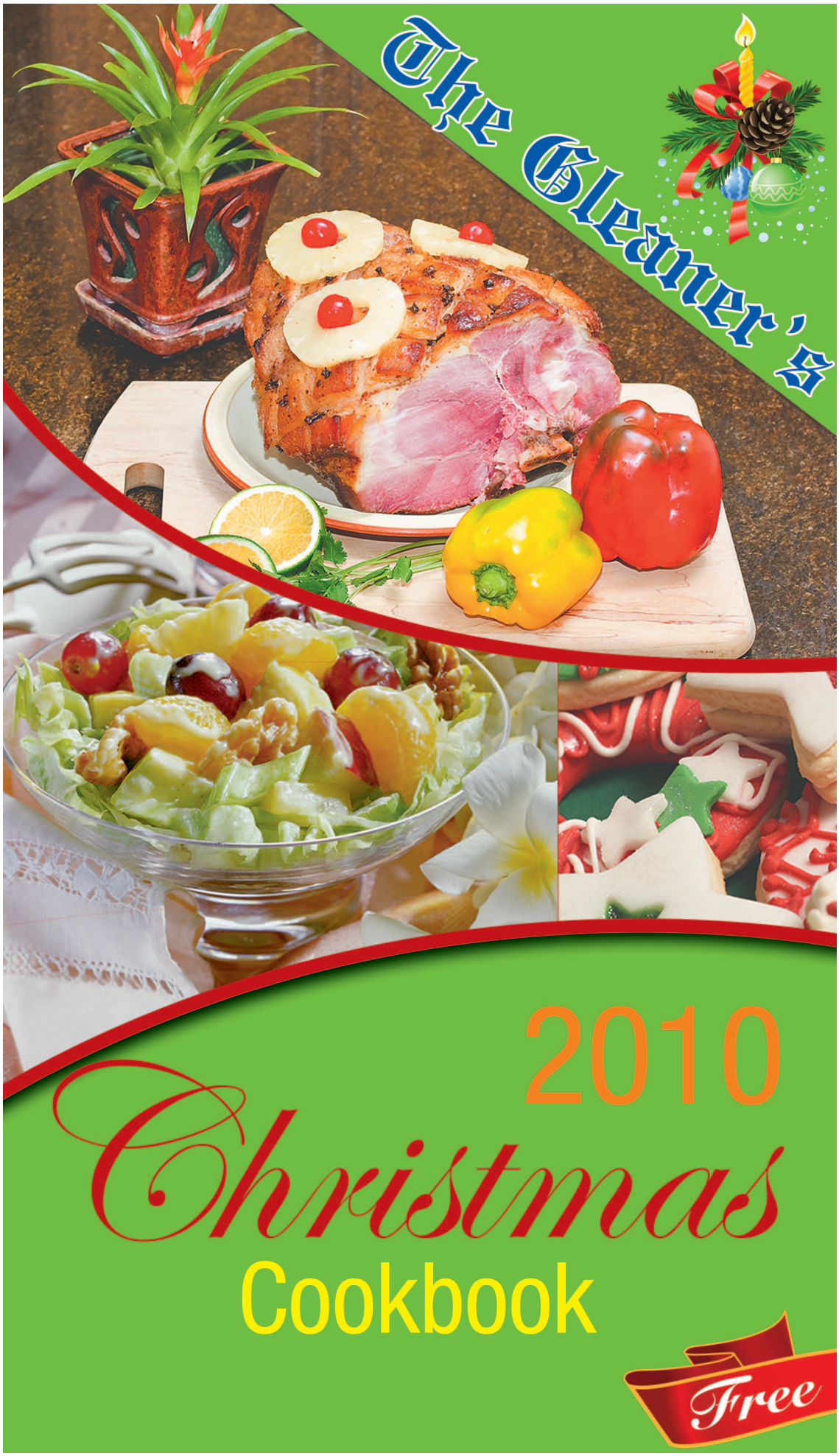
The Cleaner's
2010
Christmas
Cookbook
Free

Dine differently this Christmas



Throughout the festive season families come together at the family table, not just for a feast, but to share themselves with each other.

Karen Blair
Features Writer

LIKE YOU, I too am counting down the days to Christmas. What we don't have in common, however, is the eagerness of preparing and eating traditional Christmas dishes.

The gastronomical delight of fruitcakes, gungo peas and rice with slices of ham is unbecoming to me this year, as I have more than had my fair share of the same meals repeatedly.

As such, I have decided to face the kitchen with a much more open mind and create dishes that are different, with the same Yuletide flair.

Why don't you join me? You don't have to the world's greatest cook, but challenge your Epicurean nature by jazzing up old dishes.

For rice, replace the traditional gungo with beans from another country, or use herbs and spices to make plain rice an extraordinary dish.

There are too many ways to cook chicken to simply leave it in the oven with the ham. Why not be bold and try a delicious chicken recipe from this book? As for that 'good old ham', who says it has to be whole and covered with pineapples? Again, turn the pages to find how delightful ham can be in other ways.

It's the close of the year, let's go out with a bang and meals worth remembering.

Swiss PASTAZONE

Seafood Pasta



Ingredients

8 ounces **Swiss Tri-Colour Swirls**
1 ½ stalks celery
1 pound medium cooked shrimp
½ cup frozen green peas
½ cup **Swiss Mayonnaise**
2 ¼ teaspoons white sugar
1 tablespoon white vinegar
1 ½ tablespoons milk
½ teaspoon salt
⅛ teaspoon ground black pepper

Pastas • Condiments • Peanut Butter

Swiss

Where cooking comes to life.

Preparation

Bring a large pot of lightly salted water to a boil. Add **Swiss Tri-colour Swirls** and cook for 8 to 10 minutes or until al dente; rinse under cold water until cool and drain.

While pasta is cooking, chop celery.

Run hot water over peas to defrost.

In a large bowl, whisk together the **Swiss Mayonnaise**, sugar, vinegar, milk, salt and pepper.

Add the pasta, celery, and shrimp and stir until evenly coated.

Adjust the salt, sugar, or **Swiss Mayonnaise** to suit your taste.

Chill several hours before serving.

Servings: 4

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Ham and Pasta with Mushroom-Cheese Sauce

6oz RONZONI SMART TASTE SPAGHETTI
2 medium carrots, cut into 1/2-inch pieces (1 cup)
1 cup broccoli flowerets
1 cup sliced fresh mushrooms
2 tbsps margarine or butter
2 tbsps all-purpose flour
1 tbsp parsley
1/2 tsp dried basil, crushed
1 1/4 cups milk
6oz sliced fully cooked ham, cut into bite-size strips
1/2 cup shredded cheddar cheese

METHOD

In a large saucepan cook pasta and carrots in a large amount of boiling salted water for 7 minutes, stirring occasionally. Add broccoli flowerets.

Return to boiling and cook for 3 to 5 minutes more, or until pasta is tender but slightly firm and vegetables are crisp-tender. Drain; keep warm.

Meanwhile, for sauce, cook mushrooms in margarine or butter until tender.

Stir in flour, parsley and basil. Add milk all at once. Cook and stir until thickened and bubbly. Add ham and cheddar cheese, stirring until cheese melts. Pour sauce over pasta and vegetables; toss to coat.





See more Rotini recipe on page 18



Oven-Fried Chicken

INGREDIENTS

2 cups cornflakes, crushed
1 tbsp garlic powder
1 tsp seasoning salt (1/2 tsp for hypertensive patients)
1 tsp paprika
4 lb boneless skinless chicken breast
2 cups skim milk

METHOD

Preheat oven to 400 degrees. Line baking pan with foil. Mix dry ingredients in a plastic bag.

Dip chicken in milk then place in bag and shake until chicken is coated.
Place on prepared pan.
Cook chicken for 20-25 minutes.
Makes 20 3-oz servings
Calories: 161
Fat: 3g
Fibre: 0g
Carbohydrates: 3g
Sodium: 408mg (204mg with reduced salt)

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Pina Colada Shrimp

1 1/4 lb shrimp
1/4 cup coconut rum
1/2 cup coconut cream
2 tsps cinnamon powder
1/2 cup pineapple juice
2 tsps honey
2 oz ginger minced
4 clove garlic minced
2 tsps olive oil
Salt and pepper to taste

METHOD

Cooking time: 10 min
Serves: four persons

Devein and clean shrimp. Season with salt and pepper to taste. In a large skillet, add olive oil. Add garlic and ginger, and stir for few seconds. Add shrimp, stir for additional five minutes. Add all the other ingredients, stir well for five minutes. Turn flame off.

– Lendon Deslandes





Festive Stir-fried Chicken Breasts with Multicoloured Vegetables

2lb deboned chicken breast, cubed
2 tsps oregano
1 tsp thyme leaves
1 tsp basil
2 tsps salt
2 tsps black pepper
1 tsp ginger, chopped finely
4 cloves garlic, grated
1 capful sherry 3 tbsps olive oil
1 large eggplant, cut in cubes
2 med zucchini, cut in wedges
4 cloves garlic, chopped
4 sweet peppers, yellow and orange, diced
2 tbsps olive oil
6 firm ripe tomatoes, cut in wedges
1/4 cup chopped fresh parsley
3 tbsps Parmesan cheese (optional)

METHOD

Season chicken breast with first eight ingredients and set aside. Prepare all vegetables.

Add the first three tablespoons olive oil to frying pan. Sauté chicken until it loses its pink colour, remove and set aside.

Heat remaining oil. Add garlic and vegetables, except tomato and parsley. Sauté until crisp tender. Return chicken and toss until properly combined. Add tomatoes and parsley and sprinkle with Parmesan cheese (if used).

Serve immediately.

Serving suggestion: Serve with garlic breads or rolls.

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Fruitcake

1lb butter or margarine, softened
1lb dark brown sugar
1 doz eggs
1lb flour
2 tsps vanilla extract
2 tsps baking powder
2 tsps baking soda
2 tsps burnt sugar
Cinnamon and nutmeg to taste
1/3 cup rum
2 fruit mixture
1lb prunes
1lb raisins
1lb currants
1lb cherries

METHOD

In a large bowl, cream butter and sugar together until pale yellow. Add two eggs at a time, mixing well after each addition. Add vanilla and burnt sugar. In a medium bowl, sift together all dry ingredients. Add slowly to the large bowl, mixing well. Add about two cups of the fruit mixture. Mix well. Pour into well-greased and floured cake tins. Bake at 350°F for about an one hour, or until a knife inserted in the middle comes out clean.

Once the cake is cooled (do not remove it from the tin), pour approximately 1/4 cup of rum over it. Cover tightly with aluminium foil.

Rotini with Chicken

1 pkg Ronzoni Garden Delight Rotini
1 each: sweet pepper, onion and garlic clove, chopped
2 tbsp olive oil
1 jar Ronzoni pasta sauce (your favourite flavour)
3 grilled or cooked boneless, skinless chicken breasts, sliced
2 tbsps chopped fresh parsley or basil

Cook Ronzoni Garden Delight Rotini according to package directions. Sauté pepper, onion and garlic in oil until tender. Stir in pasta sauce, chicken and parsley. Simmer for two to three minutes. Serve sauce over Ronzoni Garden Delight Rotini.



Macaroni & Cheese

12 ounces Swiss macaroni
1/4 cup all-purpose flour
2 eggs (optional)
2 1/2 grated cheddar cheese
2 cups evaporated milk
1 tsp salt
1 tsp white pepper
4 tbsps butter
1 cup soft bread crumbs, tossed with 1 1/2 tbsps melted butter

METHOD

Boil Swiss macaroni in salted water until tender, drain.

Beat eggs until fluffy.

Melt butter over medium heat and stir in flour until smooth and bubbly.

Combine Swiss macaroni, eggs, 2 cups cheese, milk, salt and pepper.

Pour into greased baking dish and top with remaining half-cup of cheese.

Scatter the buttered bread crumbs evenly over the cheese layer.

Bake in preheated 350°F oven until golden brown.

Servings: six persons

J.F. Mills

Christmas Cake



INGREDIENTS

1 pack J.F. Mills white Cake Mix (500g)
1 Cup J.F. Mills All-purpose Flour
1/4 tsp Nutmeg
1/4 tsp Cinnamon
1/4 tsp Allspice
3 Eggs
1/8 Cup Browning
1/4 tsp Almond Extract
1/4 tsp Vanilla
1/3 Cup Oil
1/4 tsp Rose Water
1/2 Cup Wine (Red Label)
1-2 Cups Pre-Soaked Mixed Fruits

METHOD

1. Preheat oven to 150^0 C (350^0 F)
   line base & sides of a 9" round pan with waxed/grease paper.
2. Combine 500g cake mix, 1 cup J.F. Mills all purpose flour, spices, 3 eggs, 1/3-cup oil, 1/2 cup wine into medium size bowl and mix for 3 minutes. On medium speed.
3. Scrape the sides of the bowl, add 1/8 cup browning, mix for another 2 minutes.
4. Add pre-soaked fruits and combine well.
5. Pour batter into prepared 9" round pan and bake for approximately 50-60 minutes.
6. Brush with extra rum & wine cover with foil paper and leave to cool in pan.

Enjoy!!



Gungo Rice and Peas

1 cup gungo peas
1 ½ cups coconut milk
2 cups rice
3 sprigs thyme
2 stalks escallion
3 cloves garlic
1 Scotch bonnet pepper
5-10 pimento seeds
A small piece of ginger
1oz margarine
Salt to taste

METHOD

1. Wash gungo peas and drain.
2. Place gungo and garlic in a large pot then cover with water. Bring to boil until tender, topping up water as necessary.
3. Add coconut milk, thyme, escallion, pimento seeds, garlic, salt and let boil for about five minutes.
4. Then add rice, margarine and whole pepper, cover pot, turn down the heat and let rice simmer slowly for about 25-30 minutes.
5. Do not open or stir rice during this process or it will become sticky.
6. Serve hot.



NO BAKE HAM AND CHEESE ROTINI

INGREDIENTS

1 pkg RONZONI GARDEN DELIGHT ROTINI
Or any RONZONI pasta of your choice
5 tablespoons butter or margerine, divided
2 tablespoons dried seasoned breadcrumbs
3 tablespoons all-purpose flour
3 cups milk
2 cups shredded Cheddar cheese, divided
1 1/2 cups cubed fully cooked ham

DIRECTIONS

Cook pasta according to package directions. Meanwhile, in a large skillet over medium heat, melt 1 tablespoon of butter. Add bread crumbs; cook until browned. Remove from skillet; reserve. In same skillet over medium heat, melt remaining butter. Stir in flour and cook, stirring for 1 minute. Add milk all at once. Cook and stir until mixture boils. Cook 2 minutes more. Stir in 1 1/2 cups cheese and ham. Add hot pasta to skillet; toss to coat. Top with remaining cheese and buttered breadcrumbs.

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Lily's Stew Peas

1 pt red peas
½ -1 lb salted Lily's pig's tail, cut up
½ lb salt beef stew, cut up
2 cloves garlic, minced
½ tsp grated fresh ginger
6-8 whole pimento berries
1 whole green Scotch bonnet pepper
2 stalks escallion
Sprig of thyme
2 cups coconut milk
Salt and pepper to taste
3 tsp tomato ketchup
Hearty portion of tender loving care

METHOD

1. Soak peas in water to soften, (preferably overnight)

2. Soak Lily's pig's tail in enough water to cover up to three inches above meat, (preferably overnight)

3. Place pig's tails and peas together in a large saucepan with enough water to cover, add coconut milk and simmer for about two hours or until soft.

4. Add thyme, escallion, whole Scotch bonnet pepper, pimento berries, ginger, garlic, tomato ketchup.

(Spinners may be added at this time.)

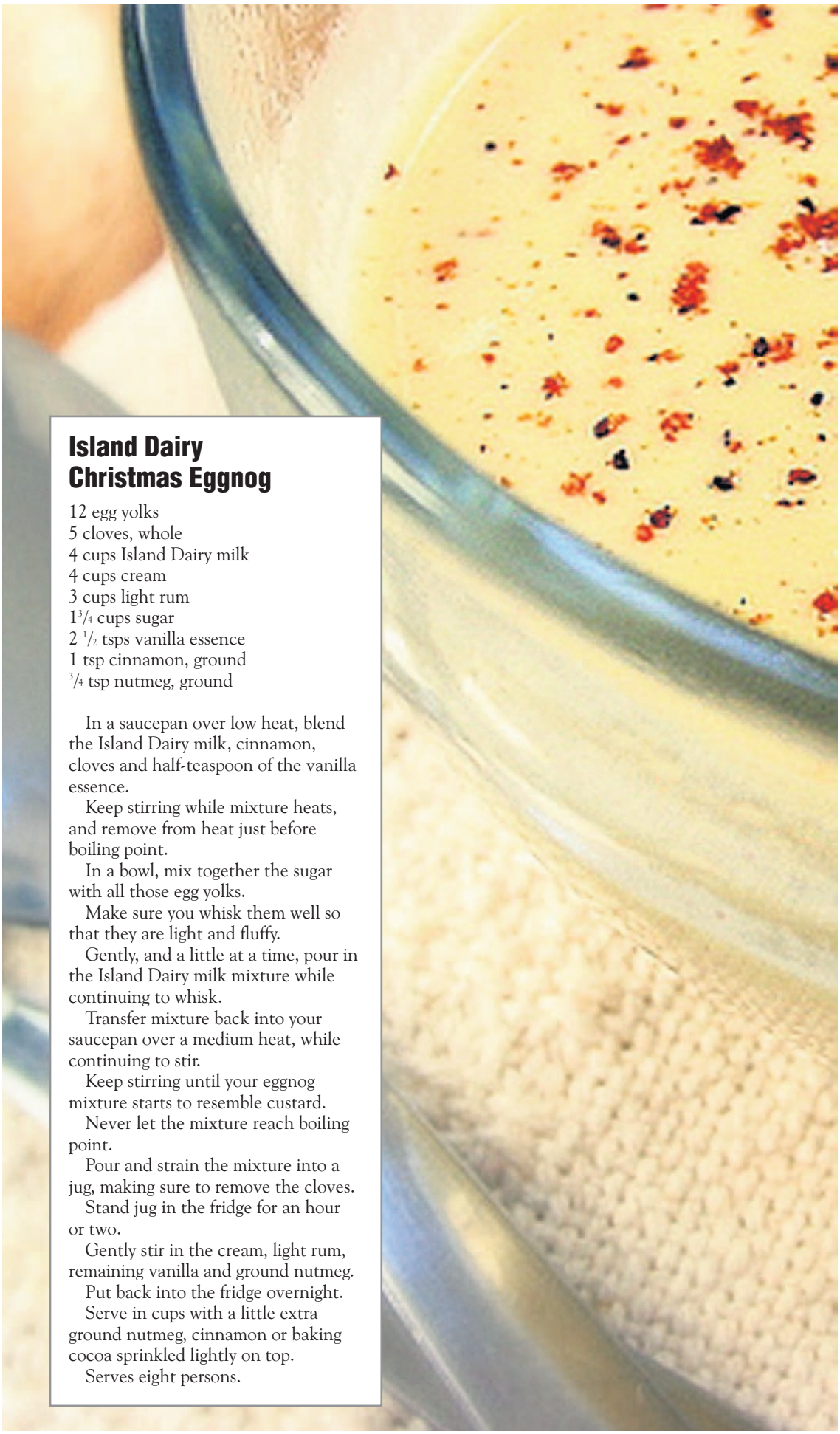
5. Cook until flavours are mixed for approximately 30 minutes. Serve hot with plain rice, freshly sliced tomatoes, fried ripe plantain, and a slice of avocado to get the perfect meal.

Note of interest, red peas may be interchanged with fresh gungo peas when in season.

Enjoy!

Courtesy of Lillan Ltd., 960-4422





Island Dairy Christmas Eggnog

12 egg yolks
5 cloves, whole
4 cups Island Dairy milk
4 cups cream
3 cups light rum
1 3/4 cups sugar
2 1/2 tsps vanilla essence
1 tsp cinnamon, ground
3/4 tsp nutmeg, ground

In a saucepan over low heat, blend the Island Dairy milk, cinnamon, cloves and half-teaspoon of the vanilla essence.

Keep stirring while mixture heats, and remove from heat just before boiling point.

In a bowl, mix together the sugar with all those egg yolks.

Make sure you whisk them well so that they are light and fluffy.

Gently, and a little at a time, pour in the Island Dairy milk mixture while continuing to whisk.

Transfer mixture back into your saucepan over a medium heat, while continuing to stir.

Keep stirring until your eggnog mixture starts to resemble custard.

Never let the mixture reach boiling point.

Pour and strain the mixture into a jug, making sure to remove the cloves.

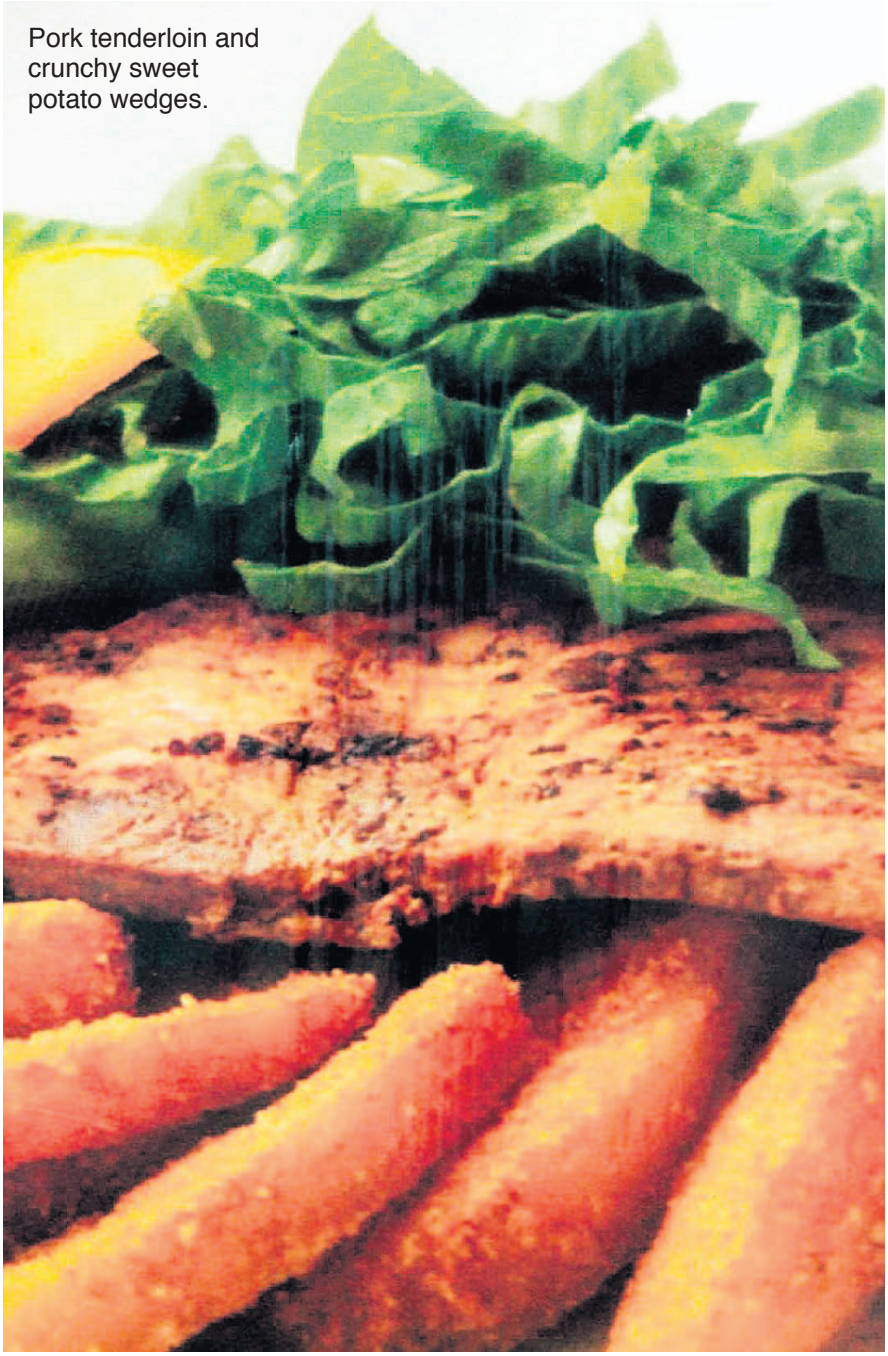
Stand jug in the fridge for an hour or two.

Gently stir in the cream, light rum, remaining vanilla and ground nutmeg.

Put back into the fridge overnight.

Serve in cups with a little extra ground nutmeg, cinnamon or baking cocoa sprinkled lightly on top.

Serves eight persons.



Pork tenderloin and crunchy sweet potato wedges.

Crunchy Sweet Potato Wedges

4 small sweet potatoes
1/2 cup bread crumbs
1 tsp paprika
1 tbsp extra virgin olive oil
No-stick spray

METHOD

Wash, peel and parboil potatoes. Cool. Cut each potato into eight wedges.

Combine the bread crumbs and paprika.

Toss potato wedges in a bowl with the oil until coated. Add bread crumb mixture and toss again.

Spray baking sheet with no-stick spray Spread wedges on sheet. Bake at 475°F for 25-30 minutes or until crisp and golden brown. Turn occasionally.

Makes four servings

EACH SERVING:

Calories: 142
Saturated fat: 1g
Carbohydrates: 25g
Fibre: 4g
Sodium: 60mg
Note: leave the skin on for extra fibre.

Pork Tenderloin with Orange Sauce

(Heart-healthy recipes)
1lb pork tenderloin
1 medium carrot, peeled
4 escallion stalks
1/4 cup water
1tsp grated ginger root
1/2 tsp minced garlic
1 cup orange juice
1/2 tsp grated orange rind
1 tbsp cornstarch
Pinch red pepper flakes
Pinch salt and pepper

METHOD

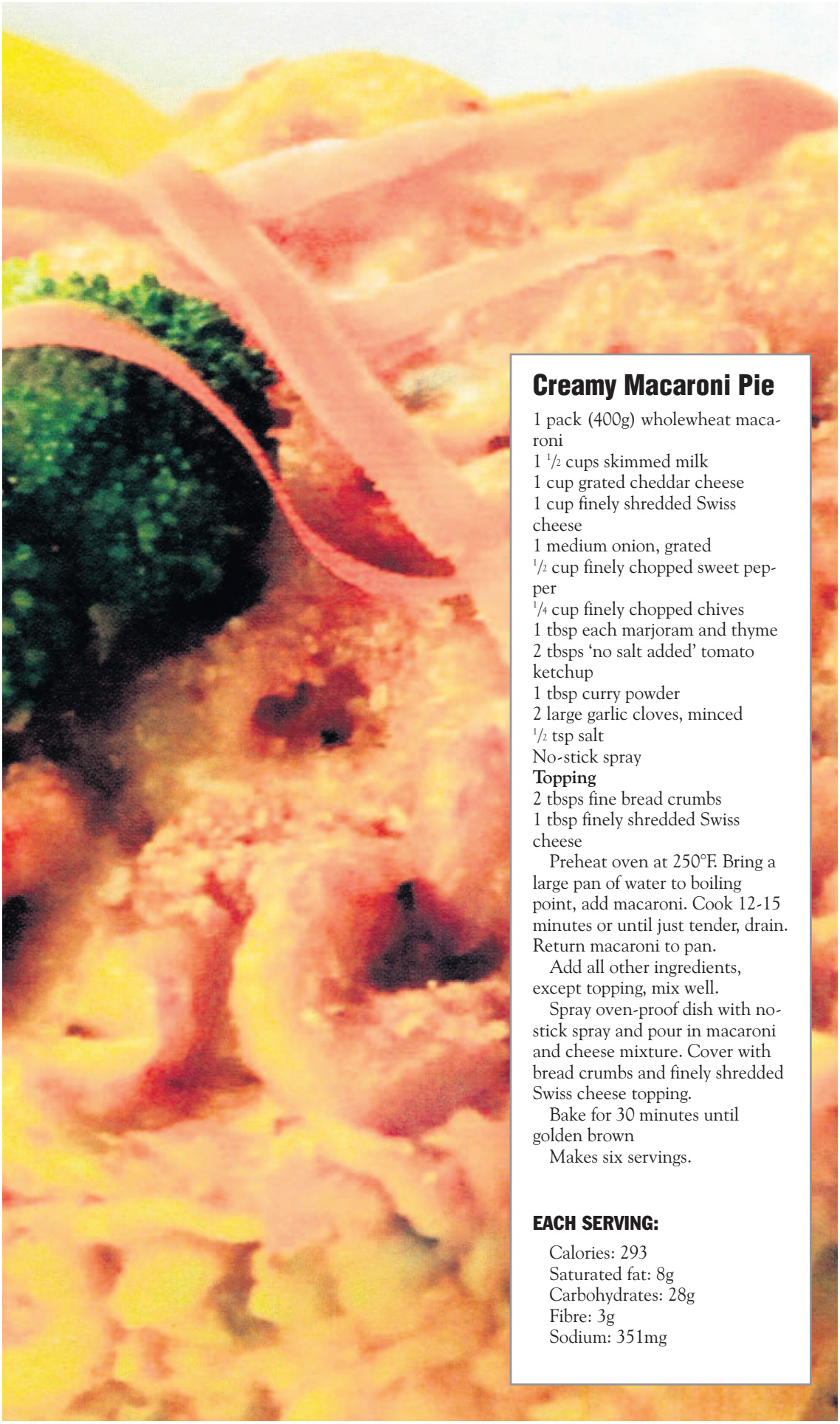
Rub salt, pepper, gingerroot, escallion and garlic on pork and place in a roasting pan. Roast pork in 350°F (180°C) oven for 50 minutes.

About 15 minutes before serving, prepare sauce. In heavy saucepan bring carrot and water to simmer; cover and cook for five minutes longer. Combine orange juice and rind, cornstarch and red pepper flakes; mix well. Pour over carrot mixture and bring to boil, stirring constantly. Season with salt and pepper to taste.

Cut pork into thin, round slices and arrange on dinner plates; spoon sauce over slices.

EACH SERVING:

Calories: 196
Total fat: 4g
Saturated fat: 1g
Carbohydrate: 11g
Fibre: 1g
Sodium: 73mg



Creamy Macaroni Pie

1 pack (400g) wholewheat macaroni
1 1/2 cups skimmed milk
1 cup grated cheddar cheese
1 cup finely shredded Swiss cheese
1 medium onion, grated
1/2 cup finely chopped sweet pepper
1/4 cup finely chopped chives
1 tbsp each marjoram and thyme
2 tbsps 'no salt added' tomato ketchup
1 tbsp curry powder
2 large garlic cloves, minced
1/2 tsp salt
No-stick spray

Topping

2 tbsps fine bread crumbs
1 tbsp finely shredded Swiss cheese

Preheat oven at 250°F. Bring a large pan of water to boiling point, add macaroni. Cook 12-15 minutes or until just tender, drain. Return macaroni to pan.

Add all other ingredients, except topping, mix well.

Spray oven-proof dish with no-stick spray and pour in macaroni and cheese mixture. Cover with bread crumbs and finely shredded Swiss cheese topping.

Bake for 30 minutes until golden brown

Makes six servings.

EACH SERVING:

Calories: 293
Saturated fat: 8g
Carbohydrates: 28g
Fibre: 3g
Sodium: 351mg



Shrimp Salad

Prep and Cook Time: 15 minutes

1lb large shrimp
3 tsps fresh lemon juice
2 tsps extra virgin olive oil
4 medium cloves garlic, pressed
3 tsps fresh chopped parsley
1 large firm ripe tomato, chopped, seeds and excess pulp removed
Salt and fresh-cracked black pepper to taste
Pinch red pepper flakes

METHOD

1. Press garlic and let sit for at least five minutes to enhance its health-promoting properties.
2. Use a three-quart saucepan filled halfway with water. Add salt to taste and three teaspoons of lemon juice and bring to a boil.
3. While water is coming to a boil, peel shrimp. Make a slight slit down the back of each shrimp and rinse out black vein. Add to boiling water and cook just until they are pink, about one to two minutes.
4. Dry shrimp with paper towels to remove excess water. If not, it will dilute the flavour. Make sure shrimp is well-dried. Toss with rest of ingredients. If you can let them marinate in refrigerator for an hour they will be more flavourful.

Serves four.



Fried Rice with Ham, Shrimp and Bacon

5 cups cooked steamed rice
4 strips bacon, chopped ham, diced (to taste)
1/2 cup shrimp
3 cloves garlic
1/2 onion, finely chopped
2 sticks celery, chopped
2 small carrots, chopped
1/2 cup green peas
1/4 cup oyster sauce
2 stalks scallion
1 scrambled egg

METHOD

1. Brown bacon and sauté garlic until golden brown.
2. Mix ham, onion, all vegetables and shrimp together in skillet.
3. Pour oyster sauce over vegetables and cook until vegetables are half-cooked.
4. Mix in steamed rice and stir all together over low heat.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Mackerel Rundown or Lily's Dip & Fall Back

Buy pickled mackerel that is firm to the touch. Allow one medium size, very dry coconut for each pound of fish.

2lb salted mackerel
3pt coconut milk
1 large onion, finely chopped
1 tsp vinegar
1 tomato, chopped
3 tbsps ketchup
6-8 pried pimento berries
1 stalk scallion, chopped
1 sprig thyme
2 cloves garlic, minced
1 Scotch bonnet pepper
Lime juice
Hearty serving of tender loving care

METHOD

1. Having selected firm, fairly large mackerel, remove heads and wash in plenty of cold water. Use lime or lemon to help clean and flavour fish.

2. Soak in hot water for two to three hours, changing once or twice to remove surplus salt. Fish, however, must not to be too fresh or it will be unpalatable.

3. When fish is about half-soaked, prepare coconut milk in the usual method, extracting rich milk, about 1 1/2 pints for each 1lb of fish.

4. Boil milk in a thick-bottomed Dutch pot, or in a pressure cooker, the same way you would to make coconut oil, but the sauce is used just before the milk turns to oil, when a sweetish custard is formed. Add vinegar, chopped onions, tomatoes, Scotch bonnet pepper and other ingredients to the custard. Flake the flesh of the mackerel and add to liquid. Dumplings made of flour, or flour and grated green bananas, can be cooked in the gravy.

5. Serve with all the gravy and garnish with green sweet pepper or as desired.

Serves six persons.

Enjoy



Oxtail and Beans

2lb oxtail
1 onion, minced
6-8 grains whole pimento
1/2 cup scallion chopped
1/2 pint broad beans (dried) or 1 tin
Thyme to taste (about 1 tsp dried or 2 tsp fresh)
1/2 tsp salt
2 tbsps cooking oil
2 cloves garlic
2 tbsps ketchup
Dash of soy sauce

METHOD

Season oxtail and allow to marinate for at least one hour in a covered container in the refrigerator.

Use a heavy saucepan (or pressure cooker), heat oil and brown well. Pour off oil and add water a little at a time; also add broad beans.

Cover and cook on a low simmer until meat and beans are very tender. (If using pressure cooker, put enough water to cover meat and beans and cook for 30 minutes or until tender).

Carrots, spinners (long dumplings), onions or any vegetable of your choice may be added to gravy. Do not pressure the spice (pimento) or vegetables.

Serve with enough gravy to cover meat.

Serves four persons.

Courtesy of Lillan Ltd., 960-4422

Smoked Pork Chops in Hennessey and Cranberry Sauce

1/2 cup Ocean Spray jellied cranberry sauce
1 1/2 cup balsamic vinegar
1/2 tsp salt
6 centre-cut smoked pork rib chops
3 tbsps Hennessey
4 garlic cloves, peeled
3 tbsps extra virgin olive oil
2 large onions
1 large bell pepper
Ginger

METHOD

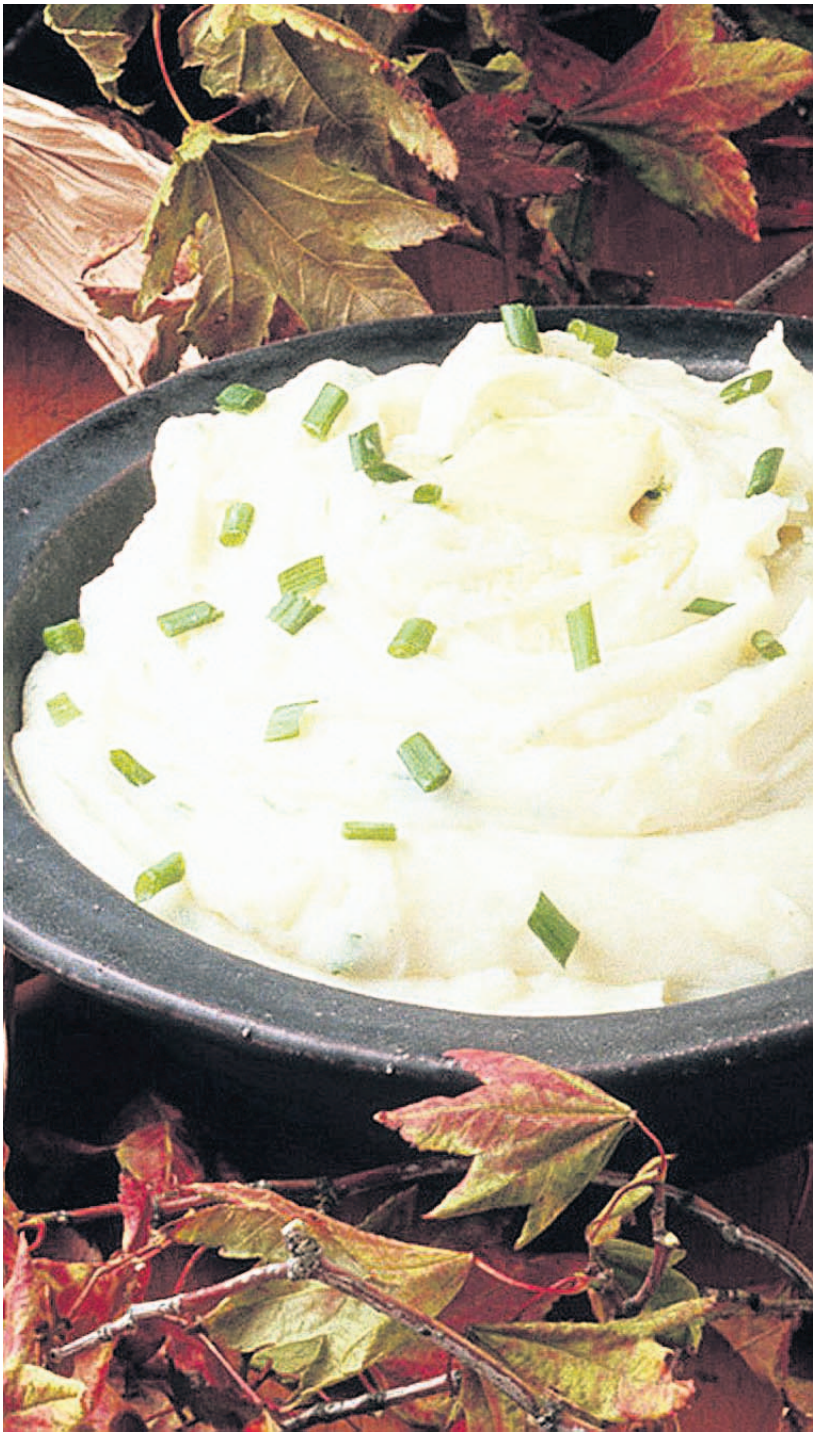
In a small saucepan, bring balsamic vinegar to boil over low heat, add onions, ginger, pepper, garlic cloves and salt until mixture is syrupy. Set aside.

Preheat oven to 420°F. Heat oil in large skillet. Put pork chops in and cook until both sides are browned.

Add cranberry sauce and Hennessey into mixture, stir to prevent thickening, pour some onto pork chops and place skillet in the oven to roast for 15 minutes, turn and pour in remaining sauce. Leave until chops are tender and juicy. Remove skillet from oven and place chops in the centre of a plate. Garnish with sliced carrots, broccoli and sprigs of fresh parsley.

Serving suggestions: Baked potatoes, Spanish rice or gungo rice.

Courtesy of Alison Davis and Suzette Brown



A little garlic goes a long way to make ordinary mashed potatoes into something special. It not only adds extra flavour but extra nutrition, your healthiest way of eating. Enjoy!

Smashed Potatoes with Garlic

Prep and Cook Time: 10 minutes

2 potatoes
3 tbsps extra virgin olive oil
3 medium cloves garlic, pressed
3 tbsps low-fat milk or dairy-free milk beverage (such as soy or rice milk)
Sea salt and pepper to taste

METHOD

1. Fill the bottom of the steamer with two inches of water.
2. While steam is building up in steamer, press garlic and let sit for at least five minutes to enhance its health-promoting properties.
3. Cut potatoes into $^1/_2$-inch cubes, leaving skin on.
4. Steam potatoes for 10 minutes.
5. Mash potatoes with olive oil, garlic, and milk. Add salt and pepper to taste.

Serves two.

Cassava Pudding

2 cups grated sweet cassava
1½ cups grated coconut
2 cups granulated sugar
1 tbsp McLas vanilla
1 tsp McLas almond flavouring
2 tsp McLas rose water
1 tsp cinnamon powder
1 tsp salt
½ cups raisin
1 tsp marmalade

METHOD

Mix all ingredients together.
Pour mixture in a 10-inch buttered baking dish.
Bake at 370°F for 50 minutes, or until inserted knife comes out clean.
Serve warm or cold.

Festive Water Cracker Pudding with Brandy Sauce

1 large pack (350 grams) Excelsior Water Crackers
4 cups milk
4 cups coconut milk
¼ cup brandy
1 cup granulated sugar
4 eggs, beaten
1 tbsp cinnamon powder
1 tbsp nutmeg
1 tsp salt
2 cups prunes, chopped
1 tbsp orange rind, grated
1 tsp almond flavouring
1 tbsp vanilla

METHOD

1. Coarsely crumble water crackers and place in a bowl.
2. In another bowl, combine milk and other ingredients.



3. Pour liquid mixture over water crackers and let stand for forty minutes.
4. Bake at 350°F for (180°C) for two hours.
5. Serve warm with brandy orange sauce.
Yields 14 slices

Coleslaw with a difference

Preparation time: 10 minutes
Yield: 10 servings
Ingredients
450g (1lb) green cabbage, cut into thin chiffonade
149g (50z) red cabbage, cut into chiffonade
50g (1¾ oz) carrots, cut into julienne
50g (1¾ oz) red and yellow peppers, cut into julienne
50g (1¾ oz) red onions, cut into julienne

Dressing
14g (½ oz) sugar
10ml (2 tsps) dry mustard, optional
5ml (1 tsp) celery seed
100ml (3 fl oz) Grace mayonnaise
100ml (3 fl oz) Grace tomato ketchup
30ml (1 fl oz) Grace vinegar
⅛ tsp salt
⅛ tsp ground white pepper

METHOD

1. Combine the cabbages, carrots, peppers and onions. Set aside.
2. Stir together the sugar, mustard and celery seed to work out lumps. Add the remaining dressing ingredients and mix to combine.
3. Fold the cabbages, carrots, peppers, and onions into the dressing. Serve immediately, or cover and refrigerate until ready for serving.

Ingredient Note:
To julienne means to cut vegetables into thin matchstick pieces.
To chiffonade means to cut vegetables into thin strips or shreds.
Chef's note:
A mixture of cabbages, peppers, carrots and onions makes a colourful variation on the classic coleslaw. For a more traditional slaw, omit peppers and onions.

Brandy Orange Sauce

1/4 cup brandy,
2 cups of orange juice, (cup orange segments, optional)
1 tbsp granulated sugar, cornstarch to thicken.

METHOD:

1. Mix ingredients in a saucepan.
2. Simmer slowly for five minutes.
3. Dissolve cornstarch in water and add to mixture to thicken, stirring constantly over low flame.
4. Allow to cool and drizzle over Festive Water Cracker Pudding.



Rainforest Seafoods Coconut-Crusted Caribbean Snapper Fillet ...

... with Baked Sweet Potato and Sautéed Pak Choi finished with Annatto Sauce

2lb Rainforest Seafoods Caribbean snapper fillet
3oz toasted coconut flakes
12oz pak choi, cut
24oz baked sweet potato, medium-diced
4oz coconut milk
½ each green, red and yellow bell peppers
½ cup vegetable oil
1 large onion
Salt and pepper to taste

METHOD

Season snapper fillet with salt and pepper.

In a non-stick pan, shallow-fry snapper fillet placing skin side down.

Bake sweet potato and remove skin, then cut into one-inch cubes.

Sauté pak choi and place on top of sweet potato on a plate.

Place seared snapper fillet on top of pak choi and crust with coconut flakes.

Reduce coconut milk with annatto seeds for sauce.

Serves four.

Oven-braised Pork Chops with Red Onions and Pears

2 cups balsamic vinegar
3 tbsps extra-virgin olive oil
6 garlic cloves, peeled
4 centre-cut pork rib chops, each about 12oz and 1 1/4 inch thick
1 large red onion, cut into 8 wedges
Salt
Freshly grounded pepper
2 ripe but firm Bosc pears, peeled, cored and each cut into 8 wedges
1/4 cup red wine vinegar
2 tbsps honey

METHOD

1. In a small saucepan, bring balsamic vinegar to a boil over high heat. Adjust the heat to a gentle boil until the vinegar is syrupy and reduced to about 1/3 cup. Set aside.

2. Preheat oven to 425ºF. Heat the oil in a large, heavy skillet with a flame-proof handle over medium-high heat. Whack garlic cloves with the flat side of a knife and scatter over oil.

3. Cook, shaking the skillet, until brown, about two minutes. Lay the pork chops in and cook until the underside is browned, about six minutes. Remove and reserve the garlic cloves if they become more than deep golden brown before the chops are fully browned.

4. Turn the chops, tuck the onion wedges into the pan and continue cooking until the second side of the chops is browned, about six minutes. Season with salt and pepper. About halfway through browning the second side, tuck the pear wedges in between the chops.

5. Stir the red wine, vinegar and honey together in a small bowl, until the honey is dissolved. Pour the mixture into the skillet and bring to a vigorous boil. Return the garlic cloves to the skillet if you have removed them.

6. Place the skillet in the oven and roast until onions and pears are tender and the juices from the pork are a rich, syrupy dark brown, about 30 minutes. Once or twice during roasting, turn the chops and redistribute the onions and pears. Handle the skillet carefully – it will be extremely hot.

7. Remove skillet from the oven. Place a chop in the centre of each warmed serving plate. Check the seasoning of the onion-pear mixture, adding salt and pepper if necessary. Spoon the pears, onion and pan juices around the chops. Drizzle the balsamic vinegar reduction around the edge of the plate.

Makes 4 servings.





Sorrel and Grape Juice

(Full of heart-healthy antioxidants)

2 lb sorrel
1/2 lb ginger root
6 whole cloves
4 dried grains of pimento
5 pints boiling water
3 cinnamon leaves
1/2 gallon Welch's grape juice

METHOD

Cut sorrel sepals from seeds and wash well.

Put sepals in crock jar with ginger cloves, pimento and cinnamon leaves.

Pour on boiling water and cover with a cloth. Set aside for 24 hours.

Strain and add Welch's grape juice at the end.

Add a little lime and/or rum if desired.

Bottle and chill.

(0) calories.



Heart-Healthy Chocolate Cake

3/4 cup granulated sugar
1/2 cup water
4oz bittersweet chocolate, chopped
2 tbsps refrigerated or frozen egg product, thawed or 2 egg yolks, slightly beaten
1 tsp vanilla
1/3 cup all-purpose flour
1/4 cup unsweetened cocoa powder
1/4 cup ground flax seed
1/4 tsp baking powder
5 egg whites
1/4 cup guava jelly
2 tbsps toasted sliced almonds coarsely, chopped
Powdered sugar (optional)
Toasted sliced almonds (optional)
Fresh mint leaves (optional)
Orange segments (optional)

METHOD

Preheat oven to 350°F. Grease and flour a nine-inch square baking pan; set aside. In a medium saucepan, stir together granulated sugar and water. Cook and stir over medium heat until the sugar dissolves and mixture almost boils. Remove from heat. Add chocolate; stir until melted (mixture may appear slightly grainy). Place egg product in a large bowl. Gradually stir the chocolate mixture into egg product; stir in vanilla (mixture may appear slightly grainy). Set aside.

In a small bowl, stir together the flour, cocoa powder, flax seed, and baking powder. Add flour mixture to egg-product mixture, whisking until smooth. In a medium bowl, beat egg whites with an electric mixer on medium speed until stiff peaks form (tips stand straight). Stir a small amount of the beaten egg whites into the chocolate mixture to lighten. Fold remaining egg whites into chocolate mixture. Spread in the prepared pan.

Bake for 30 minutes. Cool cake in pan on a wire rack for 10 minutes. Remove cake from pan. Cool completely on wire rack.

Transfer cake to a cutting board. Using a 3-inch heart-shape cutter, cut six heart-shape pieces from cake. In a small bowl, stir guava fruit jelly and the two tablespoons almonds. Spread fruit-jelly mixture atop three heart-shape cakes. Top with remaining heart-shape cakes. If desired, sprinkle tops with powdered sugar, toasted almonds, orange segments and mint leaves.

Calories: 202
Fat: 7g
Saturated fat: 2g
Cholesterol: 0
Sodium: 41mg
Carbohydrates: 35g
Fibre: 2g



Christmas Veggie 'Tun' Cornmeal

7 cups of water (reserve a cup)
2 sachets Miracle coconut milk, (mixed according to package)
1/2 lb cubed pumpkin
1 packet cock soup
2 stalks of scallion, chopped
1 onion, chopped
1 small cabbage, shredded
1 can Miracle mixed vegetables
6 okras, cut into rounds
1lb Miracle refined cornmeal

METHOD

Bring water to boil in a medium-sized heavy-bottom pot. Add coconut milk, pumpkin and seasonings. Cook for approximately three minutes.

Mix in cornmeal with the 1 cup of reserved water and add the coconut milk liquid. Stir rapidly, in a circular motion until cornmeal is cooked, about 10 to 15 minutes, or until cornmeal is a pale yellow.

Stir in vegetables and allow to steam.

Serves three to four persons.

Shirley Temple

8 tsps Miracle strawberry syrup
16 oz chilled ginger ale or ginger beer
4 maraschino cherries with stems
4 strips lemon zest
4 wedges fresh orange

METHOD

In six-ounce cocktail or saucer-style champagne glasses, spoon two teaspoons of Miracle strawberry syrup and fill to the rim with the ginger ale.

Stir, then drop one cherry and one strip of lemon zest into each glass. Cut a small slit in the centre of each orange wedge and place on the rim of each glass.

Makes four.



Blueberry Muffins

Makes: 10 portions
Preparation Time: 15 minutes
Time to Bake & Chill: 40 minutes

2 cups common flour
2 tsps baking powder
¾ tsp salt, reduced in sodium
½ cup softened margarine, reduced fat
1 cup Splenda No-Calorie Sweetener, Granulated
¼ cup honey
2 large eggs
1 tsp vanilla
½ cup milk, low-fat
1 cup blueberries, fresh or frozen

METHOD

Preheat oven to 350°F. Place the muffin in baking papers and in a baking pan of 10 buns.

Blend the flour with the baking powder and the salt. Put aside.

With an electric blender, mix the margarine with the Splenda No-Calorie Sweetener (granulated), add the honey until obtaining a foamy yet light mixture.

Add the eggs one by one, beating each time. Add the vanilla.

Randomly, beginning and finishing with the flour, add the flour, the milk, and the blueberries.

With a spoon, serve the mixture to the baking papers and bake for 25-30 minutes until browning. Insert a toothpick and remove; if it's clean the muffins are done.

Let them cool for 10 minutes. Remove from the pan and let them chill completely.

Ripe Plantains

Makes: Four servings
Preparation Time: 15 minutes

3 tbsps fat-free margarine
1 ½ tbsp Splenda Granular
1 ripe plantain, sliced

PREPARATION

Melt margarine in a deep pan over medium heat. Add Splenda Granular and cook to a smooth caramel.

Add plantain slices to caramel and cook completely eight-12 minutes.



Lemon Chicken

Makes: Four portions
Time of preparation: 20-25 minutes

2 tsps cornstarch
1 tsp low-sodium soy sauce
12 ounces chicken breast tenders, cut in thirds
¼ cup fresh lemon juice
¼ cup fat-free chicken broth
1 tsp fresh ginger, crushed
2 cloves garlic, crushed
1 tbsp Splenda No-Calorie Sweetener, Granulated
1 tsp vegetable oil
¼ cup red bell pepper, sliced into 2-inch strips
¼ cup green bell pepper, sliced into 2-inch strips

METHOD

Mix one teaspoon cornstarch and one tablespoon soy sauce in a small mixing bowl. Add sliced chicken tenders. Place in refrigerator and marinate for 10 minutes.

Stir the lemon juice, 1/4 cup soy sauce, chicken broth, ginger, garlic, Splenda No-Calorie Sweetener, Granulated and one teaspoon cornstarch together in a medium-sized mixing bowl.

Heat oil in a medium frying pan. Add chicken and cook over medium-high heat for three-four minutes, or until just done. Add sauce and sliced peppers. Cook one to two minutes more, or until sauce thickens and peppers are slightly tender.



Sorrel Drink

1/8 tsp ground allspice (pimento) or about 12 whole allspice (optional)
6 oz dried sorrel
2 rounded tbsps dry ginger
8 cups water
2 1/2 cups water for redraft
1 1/2 cups white sugar
Yields 8 1/2 cups of drink

METHOD

1. Spread the sorrel on aluminum foil or a white cloth, which will make it easy to spot and remove any debris or unfit sorrel pieces.
2. After you have cleaned the sorrel, pour it into a large cooking pot with eight cups of water. Add the two rounded tablespoons of ginger.
3. Boil the mixture for 10 minutes after it begins to boil. Remove immediately and pour through a strainer into a suitable container.
4. Return the remains from the strainer to the cooking pot and add two and a half cups of water. Bring to a rapid boil again and remove after 10 minutes.
5. Strain the mixture and discard the residue.
6. Sweeten with one and a half cups of white sugar, or to taste.
7. Cool then serve over ice.

Refrigerate the remainder.



Sorrel Fruit Cake

8 oz margarine
8 oz sugar
6 eggs
3 cups flour
1 cup breadcrumbs
1 tsp baking powder
1 1/2 mixed fruits
6 cups sorrel wine
2 tsps vanilla
1 tsp mixed spice
2 tsps rose water
2 tsps almond flavouring
3/4 cup browning

METHOD

1. Soak mixed fruits in four cups of sorrel wine, then blend.
2. Cream together margarine and sugar until light and fluffy.
3. Add eggs one at a time and blend well.
4. Add blended fruits and mix. Mix all dry ingredients in a bowl. Fold into mixture alternately with remaining wine.
5. Mix in browning, pour batter into greased baking pan and bake until done.
6. Serve with a sorrel sauce (optional).

Courtesy of Lorna Wilson

Have a LASCO® Christmas



LASCO RICE & PEAS



INGREDIENTS

1 can	LASCO Red Kidney Beans or Gungo Peas
3 cups	Water
1 can	LASCO Coconut Milk
2 ½ cups	Rice
2 tsps	Salt or to taste
1 tbsps	Sugar
2 stalks	Escallion
1 sprig	Thyme
1 clove	Garlic
6 grains	Pimento berries
2 tsps	LASCO Jerk Seasoning
2 tsps	LASCO Crushed Scotch Bonnet Pepper Sauce

METHOD

1. Empty red kidney beans or gungo peas in pot and add 3 cups water.
2. Mix LASCO coconut milk and add to pot; add sugar, scallion, thyme, garlic, pimento berries, LASCO crushed scotch bonnet pepper sauce and LASCO jerk seasoning. Bring to boiling point. Boil rapidly for 7- 8 minutes.
3. Add rice to beans, stir well, cover, reduce flame and allow to cook until rice grains are tender and liquid has been absorbed.
4. Serve hot.

Note: If rice grains are not fully cooked sprinkle ½ cup water over rice; cover with tight fitting lid and heat until grains are softer.

Makes 6 servings.



LASCO TROPICAL CHICKEN SURPRISE

INGREDIENTS

2 chicken breast	Skinned and cubed
3 tsps	LASCO Curry Sauce
1 tsp	LASCO Crushed Pepper Sauce.
2-3 tsps	LASCO Vegetable Oil
¼ cup	LASCO Tomato Ketchup
½ cup	Cranberry Apple Juice Cocktail
1-2 tsps	Cornstarch
3 tbsps	Cashew
3 tbsps	Raisins
1 large each	Sweet Pepper, Tomatoes, Onions; cut in strips

METHOD

1. Combine chicken, curry sauce and crushed pepper sauce. Marinate for 20 minutes.
2. Heat pan with oil. Add chicken and sauté for 2-3 minutes. Meanwhile, combine tomato ketchup, cranberry and cornstarch. Pour over chicken.
3. Sprinkle on raisins, nuts, onions, tomatoes and sweet pepper. Heat through for 1 minute.

Serves 4



LASCO ENERGIZER

Here is a tasty "spirited" beverage which will definitely inject some excitement in your holiday celebrations.



INGREDIENTS

1 packet	LASCO Milky Soy
1 cup	LASCO Irish Moss
¼- ½ cup	LASCO Oats
1 cup	Water
½ cup	Cracked Ice
3 tbsp	White Rum
1 bottle	Stout (optional)

METHOD

Combine all ingredients in a blender. Mix until smooth. Pour in decorated stem glasses and serve immediately.

Serves 2-3



LASCO GREEN PLANTAIN PUDDING



INGREDIENTS

4 cups	Grated Green Plantain
1 ¼ cup	Brown Sugar
¼ tsp	Salt
¼ cup	Raisins
½ tsp	Grated Nutmeg
¼ cup	All Purpose Flour
1/3 cup	LASCO Coconut Cream Powder
3 cups	LASCO Vanilla Food Drink
2	Eggs
¼ cup	LASCO Soft Margarine; melted
2 tsp	LASCO Browning
1 can	LASCO Pineapple Slices

METHOD

1. Combine green plantain, sugar, salt, raisins, nutmeg, flour, and coconut cream powder. Stir well.
2. In a separate container, combine the food drink, eggs, margarine and browning. Beat gently then add to plantain mixture.
3. Pour into a greased 8 inch baking pan. Place in a heated oven at 350 degrees Fahrenheit for 1- 1 ¼ hour or until a skewer inserted comes out clean. Cool completely.
4. Decorate with LASCO pineapple slices, cherries and mint leaves. Serve with your favourite sauce.

Yield 10 slices

POSITIVE ON LASCO QUALITY

www.lascojamaica.com



Roasted Pork

Serves eight-10 persons
This recipe needs to be started the day before serving. (Trim all visible fat.)

Pork loin roast (3-4 pounds)
3 cloves of garlic
1/4 cup light soy sauce – omit soy sauce if you are hypertensive and use more garlic, thyme and onion
Scotch bonnet pepper (minced)
2 sprigs of fresh thyme
1/2 tsp Jamaican allspice
1 small onion

METHOD

Place all ingredients together and blend.

Using a knife, pierce the pork all over and rub the spice mixture into the pork. Cover and refrigerate overnight.

Preheat oven to 350°F. Place pork in roasting pan and loosely cover with foil.

Roast for one hour and then uncover and roast for another 10-40 minutes (20-25 minutes per pound).

After cooking, let pork stand for 10 minutes before carving.

(165) calories approx per serving (3-4 ounces)



Roast Chicken with a Bread Stuffing

1 whole chicken, about 5 1/2 pounds
6 cups toasted bread cubes
3 tbsps chopped celery
1/4 cup finely chopped onion
1/4 cup finely chopped celery
1 tsp salt
1/2 tsp pepper
1 1/2 tsps dried poultry seasoning
1/2 cup milk
1 egg, beaten

METHOD

Wash chicken and pat dry. Cook chicken giblets in water until tender; reserve 3/4 cup of the stock. In a mixing bowl combine bread cubes, parsley, onion, celery and seasonings. Add milk, beaten egg, chopped giblets, and stock. Stuff chicken. Roast, uncovered, at 350°F for about 22 minutes per pound, to about 175°F on meat thermometer. Remove stuffing to a serving dish for serving. Store in a tightly covered container – do not store stuffing in chicken.

Salada Coco-chino

4 tsps Salada Mountain Peak instant coffee
3 tsps Salada cocoa mix
3 tsps French vanilla non- dairy creamer
2 tsps of brown sugar
½ cup crushed ice
1 cup water

METHOD

Blend
Top with whipped cream.
Garnish with crushed Oreo cookies or chocolate syrup.
(Serves two persons)

Coconut-Coffee Smoothie

4 tsps Salada Mountain Peak instant coffee
½ tin of condensed milk
½ cup coconut milk
1 cup crushed ice
½ cup water
1 shot amaretto liqueur
2 shots of white rum

METHOD

Blend.
(Serves two to three persons)

Coffee-Banana Smoothie

4 tsps Mountain Peak Instant Coffee
1 large banana
6 tsps of condensed milk
½ cup vanilla soy milk
2 tsps of vanilla extract
1½ cups of crushed ice

METHOD

Blend.
Serve immediately.
(Serves three to four persons)





Rice and Peas

1 medium-sized can red kidney beans
1 can coconut milk
2 cups of rice
1 small onion, chopped
1 clove garlic, chopped
1/4 tsp dried thyme
1 tbsp oil
1 Scotch bonnet pepper (whole, do not chop up)
water

METHOD

Drain the liquid from the can of beans into a measuring cup and add the can of coconut milk and enough water to make four cups of liquid. Place liquids in a pot with beans, onions, garlic, thyme and oil, bring to a boil. Add rice and stir for a minute. Reduce heat to medium-low. Place Scotch bonnet pepper on top of liquid and cover tightly for 30 minutes, or until rice is cooked. Remove Scotch bonnet pepper before serving.

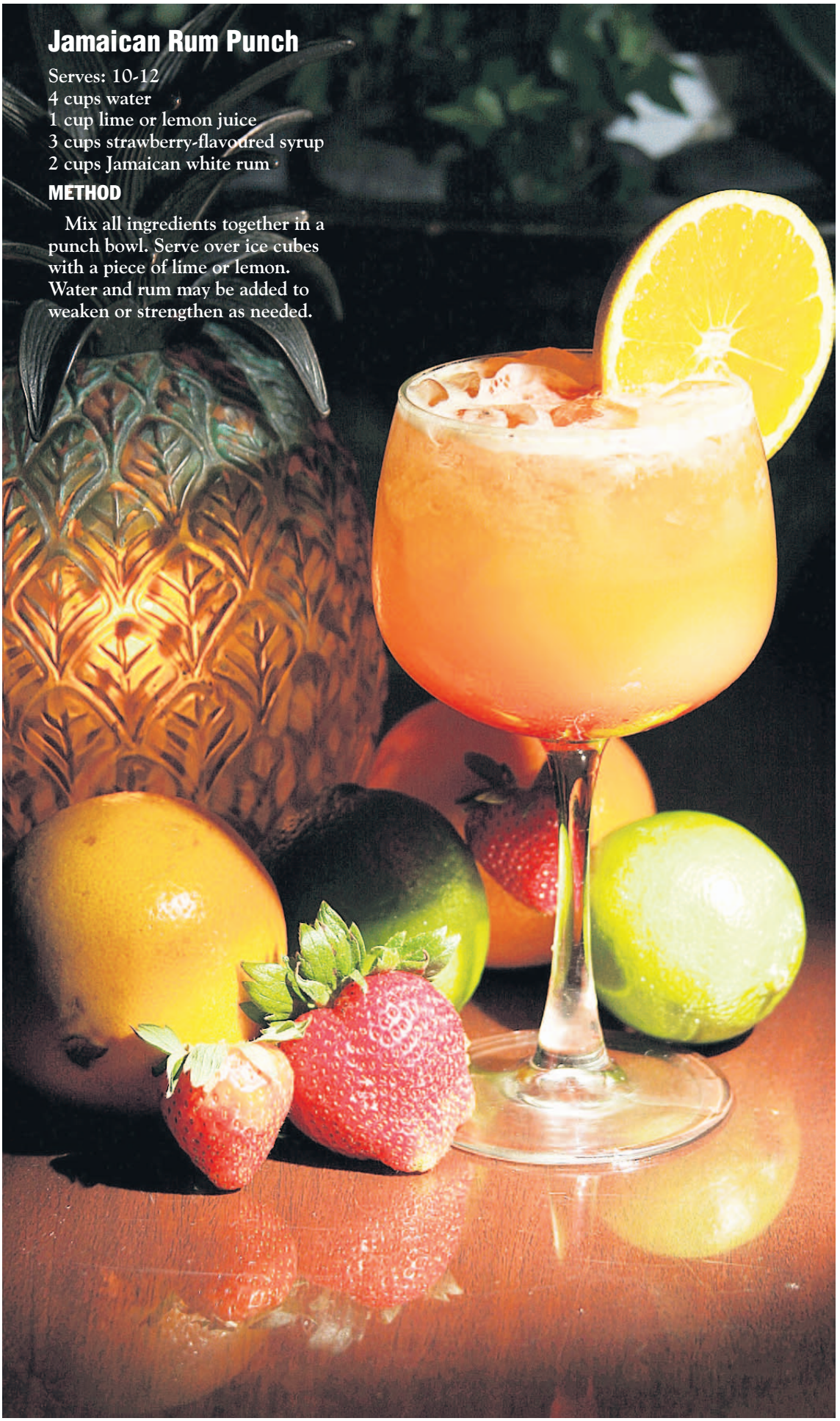
Serves: Four to five

Jamaican Rum Punch

Serves: 10-12
4 cups water
1 cup lime or lemon juice
3 cups strawberry-flavoured syrup
2 cups Jamaican white rum

METHOD

Mix all ingredients together in a punch bowl. Serve over ice cubes with a piece of lime or lemon. Water and rum may be added to weaken or strengthen as needed.



Johnny Cake Mix



1. Combine 1/3 pack J.F. Mills Johnny Cake Mix with 1½- 2 cups milk or water, using hands to knead until smooth.
2. Leave dough in bowl covered for approximately 10 minutes.
3. Portion dough into equal pieces, form into a ball then flatten.
4. Preheat oil for frying.
5. Fry until golden brown.



Petcom safety tips

Did you know . . .

When you smell gas, DO NOT PANIC. Also, **DO NOT**:

■ Ignore it because you think you are using the stove and it is normal. IT IS NOT NORMAL.

■ Dial a phone or turn on anything electrical, as their circuits may cause a spark.

■ Strike a match or allow a naked flame in the area.

YOU SHOULD

■ Immediately open all windows and doors to allow for adequate ventilation.

■ Turn off stove and check for leaks using soapy water at suspected area(s).

■ Remove cooking gas cylinder (20-30lb) to a safe and well-ventilated area. If you are using 100lb (45kg) cylinder(s), go outside and turn off valve(s).

■ Call the Petcom dealer within your area immediately.

MORE PETCOM SAFETY TIPS

■ Check the bottom of your cylinder for corrosion.

■ Store 100lb (45kg) cylinders on concrete padding, eg concrete blocks.

■ Use On/Off lever on regulators, rather than removing regulators when not cooking for an extended period.

■ Transport and store cylinders in an upright position at all times.

DOs

■ Check the bottom of your cylinder for corrosion.

■ Check for test dates on the cylinder collar. Ensure they are current.

■ Transport and store cylinders in an upright position at all times.

DON'Ts

■ Do not accept cylinders with dents or deep gouges, or any other obvious physical defects.

■ Do not accept badly corroded cylinders.

■ Do not accept cylinders with expired test dates as seen on the cylinder collar.

MORE PETCOM SAFETY TIPS

DOs

■ Use only Petcom recommended rubber hose to connect portable cylinder to stoves. Check flexible tube connections for leaks on a regular basis using soapy water.

■ Use soapy water to check ALL joints for leaks immediately after installation. A bubble indicates a leak.

■ Ensure that all leaks are repaired by a certified LPG technician before continuing the use of your stove.

DON'Ts

■ Do not use transparent plastic hose. Heat or cracking due to ageing will cause gas leak.

■ Do not disconnect regulators after each use. Instead, use the On/Off switch to turn off the regulators.

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Petcom
Cookie Gas

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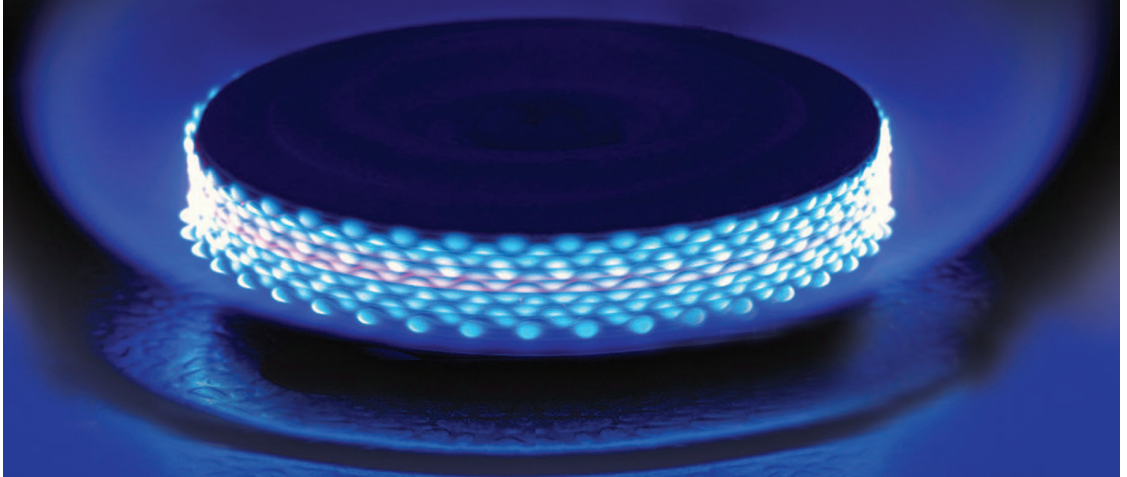
The Front Burner!



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