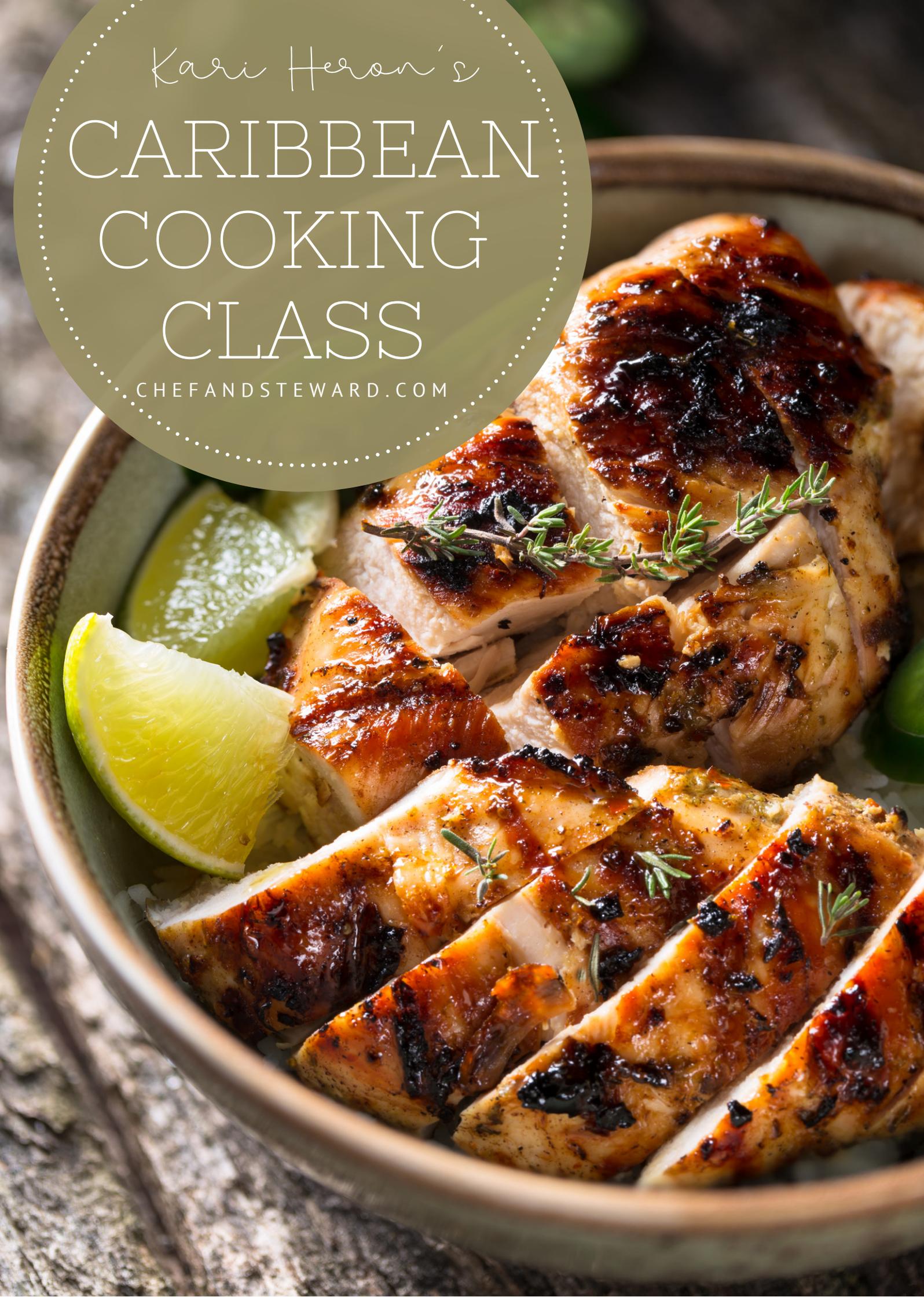


Kari Heron's

CARIBBEAN COOKING CLASS

CHEFANDSTEWARD.COM





Gratitude Recipe

ingredients

8 hours of sleep
Plenty of water
20 minutes prayer
20 minutes exercise routine
Meditate on the goodness of God
A gratitude journal

method

After liberally applying the first 5 ingredients, write 5 things you are grateful for in your gratitude journal.

Practice it all daily and expect instant results from day 1!

@chefandsteward



Vegetarian



Buss Up Shut Roti

CHEFANDSTEWARD.COM

6 ROTI

45 MINUTES



INGREDIENTS

3 cups all purpose flour
1 1/2 tsp baking powder
1/2 tsp salt
1 1/4 cup water
1/2 cup oil
1/4 cup ghee/butter or shortening
Yields: 6 Buss up Shut roti

DIRECTIONS

1. Mix flour, salt, baking powder with a whisk to distribute evenly.
2. Then add water to form a soft dough. Knead until smooth. Rest it for 15 mins.
3. Roll dough into a rectangular shape about 1/8 inch in thickness. Mix oil and ghee together in a bowl.
4. Pour oil and ghee mixture liberally over the dough, making sure entire surface of dough is oiled. Starting from the longer end, roll dough tightly (similar to the way roll the dough when making cinnamon rolls). Slice into six pieces. Tuck the loose end of dough in the top of each roll. so it doesn't open up and let sit for at least half hour.
5. Bring crepe pan, tawa, or large frying pan to medium heat. Roll out dough into thin rounds. Place dough on an ungreased pan and cook for 1 minute, then flip. Liberally brush the oil mixture on the roti the flip and brush other side. Flip another two times. Cooking for 4 minutes.
6. Remove roti from heat and place in a thick kitchen towel and clap the roti vigorously inside the towel. This will make the roti fluffy and should reveal the layers.
7. Keep rotis covered in the towel in a bowl and repeat for all the others.



Vegan



Curried Chickpeas

CHEFANDSTEWARD.COM

6 SERVINGS

60 MINUTES



INGREDIENTS

3 cups cooked chickpeas
2 vegetable bouillon cubes
1 onion diced
4 large garlic cloves
1 tablespoon [Betapac curry](#)
1 stalk scallions
2 stalks thyme
Scotch Bonnet pepper to taste (substitute with habanero or aji pepper)
Black pepper to taste
1 teaspoon whole allspice
3 tablespoons coconut oil

DIRECTIONS

1. Heat a medium stockpot, then add coconut oil. Add onion, thyme, scotch bonnet, garlic, thyme, scallions, allspice, black pepper, bouillon cubes and sauté. Do not let the herbs and spices burn.
2. Add the garlic and stir quickly then add the chickpeas and stir, then add boiling water until about 1 inch above the chickpeas. Once it starts to get to a rolling boil, reduce heat at simmer.
3. Check on it every 5-7 minutes and keep stirring. Add more water when necessary so that it doesn't burn. No more than 1 cup at a time after the initial amount.
4. After around 45 - 50 minutes of simmering, it will be done and sauce will be nice and thickened. Serve hot. If left to cool, simply add a little water and reheat on the stove.





Pumpkin & Saltfish

CHEFANDSTEWARD.COM

6-8 SERVINGS

45 MINUTES



INGREDIENTS

2 lbs peeled pumpkin/
kaboucha squash/
butternut squash 1/2 tsp
salt
2 TBSP coconut oil
250g Salted fish (pollock
or cod, rinsed and so
aked in water for an
hour)
1 sweet bell pepper,
julienned
1 tomato, diced
1 medium onion,sliced
thinly
3 cloves garlic
3 sprigs thyme
1/2 tsp allspice berries
blackperpper to taste
salt to taste

DIRECTIONS

- 1.Steam pumpkin in salted water
- 2.Remove from stove and drain when soft.
3. Bring sauté pan to Medium heat
- 4.Add oil and seasonings(spices, herbs) and sauté for 10 min
5. Add Salted fish and saute for 5 minutes
- 6.Add drained pumpkin am mix in with all the seasonings
7. Serve with roti





Curry Chicken Wings

CHEFANDSTEWARD.COM

6-8 SERVINGS

60 MINUTES



INGREDIENTS

2 kg chicken wings or bone-in thighs cut in 2-3 pieces each.
1 medium onion, diced
4 sprigs fresh thyme
5 cloves garlic, diced
1 teaspoon allspice (whole)
1 inch fresh ginger cut in half
1 tbsp of Maggi All Purpose Season Up
2 Tbsp Extra Virgin Coconut Oil
1 heaping tablespoon Betapac Curry
1/8 slivers of fresh scotch bonnet pepper, to taste.
salt, to taste

DIRECTIONS

1. Marinate chicken overnight or up to 36 hours ahead.
2. Marination:
3. In a bowl combine chicken and all the seasonings.
4. Before cooking:
5. Bring chicken to room temperature
6. When ready to cook:
7. Heat empty pot until hot
8. Add coconut oil
9. Add a few allspice berries and a sprig of thyme to infuse in hot oil
10. Using tongs, add chicken pieces individually and sear lightly on two sides (leaving the onions and other seasonings in bowl)
11. Once chicken is lightly seared, add all the marinade along with just enough water to braise (about 1.5 cups). Bring to a boil and reduce to a simmer and cook until tender for about 20-30 minutes. Taste and adjust seasoning if desired.





Jerk Butter Shrimp

CHEFANDSTEWARD.COM

6 SERVINGS

30 MINUTES



INGREDIENTS

500g raw, deveined , tail
off shrimp
1/4 cup ghee
1/2 cup of my [jerk
seasoning_ recipe](#)
salt to taste

DIRECTIONS

- 1.Part dry shrimp with paper towels.
2. Place shrimp in a bowl then add 3 TBSP of some of the jerk seasoning and allow to marinate fro about 15 minutes
- 3.Add ghee to large hot skillet
- 4.Add the rest of the jerk seasoning and sauté for about 5 minutes.Add the shrimp in a single layer, and sear. Be careful not to crowd the pan.
5. Its OK to too I in batches,
- 6.Cook shrimp for about 1 minut on each side for a maximum of 3 minutes in total,
- 7.Serve shrimp and jerk butter sauce in a bowl.





COMMUNITY + WITH + IMPACT

Impactreneurs

You are herby invited to join Impactreneurs Membership Club, Kari Heron's Private Members Only Platform.

- 1 NEW RECIPE POSTED PER WEEK
- MEAL PREP IDEAS
- 1 LIVE COOKING SESSION MONTHLY
- 2 COOKING WITH KIDS SESSION PER QUARTER
- ACCESS TO COMMUNITY TO SHARE YOUR FOOD PICS AND VIDEOS
- CONNECT WITH MEMBERS WORLDWIDE



Recipe for

NAME OF DISH

FROM THE KITCHEN OF

INGREDIENTS

SERVES

PREP TIME

TOTAL TIME

OVEN TEMP

DIRECTIONS



Recipe for

NAME OF DISH

FROM THE KITCHEN OF

INGREDIENTS

SERVES

PREP TIME

TOTAL TIME

OVEN TEMP

DIRECTIONS



Recipe for

NAME OF DISH

FROM THE KITCHEN OF

INGREDIENTS

SERVES

PREP TIME

TOTAL TIME

OVEN TEMP

DIRECTIONS

