

TOP CLUB CHEF

Menu

Rasta Pasta

Ingredients:

- 2 boxes - Penne pasta (Tri-color)
- 2 cans - Coconut milk
- ¼ cup - Jerk Sauce
- Powdered Seasonings
- ½ Onion julienne style
- ½ Carrot
- ½ each - Bell Pepper (Red, green, yellow)
- One bag - Cheese (shredded)



Method:

Step one

- Boil water with salt and oil
- Add pasta cook for about 7-10 mins till al dente
- Strain off water

Step two

- Boil two can of coconut milk
- Add jerk and powdered seasoning
- Bring to a boil
- Add pasta after about 2-3 mins
- Add ground seasoning
- Add cheese to thicken it up



Rice and Peas

Ingredients:

- 2 cans - Red kidney peas (Canned)
- 1 can - Coconut milk
- Powdered seasoning
- ½ Onion (mince)
- 3 clove – Garlic (mince)
- 2 spoons of paprika
- 5 cups - Rice (parboil or brown)
- 1 Hot Pepper (Scotch bonnet)
- 1 stalk Scallion (green onion)
- sprig of Thyme
- Butter/oil

BBQ/Jerk Tofu

Ingredients:

- 2 packs – Super or extra firm Tofu
- All-purpose seasoning/Dry rub
- Jerk/BBQ sauce
- ½ Onion tick julienne

Method:

- Cut each pack of tofu into about 16 pieces
- Add seasoning or dry rub (rub it in)
- Add Jerk or BBQ sauce, onions and mix it up
- Let it sit for about an hour to marinate

Put on baking sheet and bake in oven for about 45 mins on broil

Method:

- Boil 7 cups of water with a pinch of salt and a ¼ cup of oil or butter
- Add 1 can of coconut milk and bring to a boil
- Add 2 cans of red kidney peas
- Add onion, garlic and Season to taste
- Add paprika for color and taste
- Wash rice and add it to boiling water
- Stir in order for it not to stick
- Add hot pepper, scallion and thyme

Steam on medium to low heat until water is all dried out



Kale Salad

Ingredients:

- 1 bunch - Kale
- $\frac{3}{4}$ cup - Olive oil
- 1 TSP - Salt
- $\frac{3}{4}$ small - Cabbage (purple and green) Julienne
- $\frac{1}{2}$ Carrot (shredded)
- 1 Shallot (Julienne)
- $\frac{1}{2}$ Bell pepper (Red and yellow) Julienne

Method:

- Chuck kale to get the stem out
- Wash with cold water
- Place in the refrigerator in some cold salt water (30 mins)
- Drain off water add oil and salt
- Massage till tender
- Add cabbage, carrot, shallot and peppers
- Taste if all together

Place in refrigerator to chill for 30 mins.

Recipes Serve 4-6 people

