



## Sunshine & Sandals

February 2013

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## **Mango Pineapple Salsa**

Pioneer Woman Blog - <http://thepioneerwoman.com/cooking/2010/06/pineapple-mango-salsa/>

### **Ingredients:**

Whole Pineapple, Peeled and Diced  
1 whole Mango, Diced  
1/2 whole Medium Red Onion, Finely Diced  
1 whole Jalapeno, Seeded and Diced  
Fresh Cilantro, Chopped  
1 whole Lime, Juiced  
Dash Kosher Salt  
Dash Granulated Sugar (optional)

### **Directions:**

1. Combine diced pineapple, mango, red onion, jalapeno, and cilantro.
2. Squeeze in lime juice and add salt and sugar if needed. Stir to combine.
3. Serve within an hour with tortilla chips or on top of chicken or fish.

## **Shrimp Ceviche**

Mexico One Plate at a Time, Rick Bayless

### **Ingredients:**

1/2 cup plus 2 tablespoons fresh lime juice  
1 generous pound unpeeled smallish shrimp (I prefer the ones that are 41/50 count to a pound)  
1/2 medium white onion, chopped into 1/4 inch pieces  
1/3 cup chopped fresh cilantro, plus several sprigs for garnish  
1/2 cup ketchup  
1 to 2 tablespoons vinegary Mexican bottled hot sauce (such as Tamazula, Valentina or Búfalo, the latter being on the sweet side)  
About 2 tablespoons olive oil, preferably extra-virgin (optional, but recommended to smooth out sharpness)  
1 cup diced peeled cucumber or jícama (or 1/2 cup of each)  
1 small ripe avocado, peeled, pitted and cubed  
Salt  
Several lime slices for garnish  
Tostadas or tortilla chips, store-bought or homemade or saltine crackers for serving

### **Directions:**

1. **Cooking and Marinating the Shrimp.**  
Bring 1 quart salted water to a boil and add 2 tablespoons of the lime juice. Scoop in the shrimp, cover and let the water return to the boil. Immediately remove from the heat, set the lid askew and pour off all the liquid. Replace the cover and let the shrimp steam off the heat for 10 minutes. Spread out the shrimp in a large glass or stainless steel bowl to cool completely. Peel and devein the shrimp if you wish: One by one lay the shrimp on your work surface, make a shallow incision down the back and scrape out the (usually) dark intestinal tract. Toss the shrimp with the remaining 1/2 lime juice, cover and refrigerate for about an hour.
2. **The flavorings.**  
In a small strainer, rinse the onion under cold water, then shake off the excess liquid. Add to the

shrimp bowl along with the cilantro, ketchup, hot sauce, optional olive oil, cucumber and/or jícama and avocado. Taste and season with salt, usually about 1/2 teaspoon. Cover and refrigerate if not serving immediately.

3. Serving the ceviche.

Spoon the ceviche into sundae glasses, martini glasses, or small bowls: garnish with sprigs of cilantro and slices of lime. Serve with tostadas, tortilla chips or saltines to enjoy alongside.

\*Working Ahead: The ceviche is best made the day it is served. The flavorings can be added to the shrimp a few hours in advance.

## **Jerk Chicken**

Gourmet, May 2003

### **Ingredients:**

3 fresh Scotch bonnet or habanero chiles  
6 scallions, coarsely chopped  
1/4 pound shallots (3 medium), quartered  
3 garlic cloves, smashed  
1 (1-inch) piece fresh ginger, peeled and chopped  
3 tablespoons fresh thyme leaves  
2 teaspoons ground allspice  
1 1/2 teaspoons black pepper  
1 1/2 teaspoons salt  
1 teaspoon ground cinnamon  
1/2 teaspoon freshly grated nutmeg  
1/2 teaspoon ground cloves  
1/4 cup vegetable oil  
8 whole chicken legs (4 1/2 pounds), thighs and drumsticks separated

### **Directions:**

- a. Discard stems, seeds, and ribs from 2 chiles and coarsely chop. Coarsely chop remaining chile including seeds (for a less spicy dish, seed half of chile before chopping).
- b. Blend chiles with remaining ingredients except chicken in a food processor until a paste forms. Cut several 1-inch-long slits in each piece of chicken, then rub paste all over chicken, rubbing it into slits. Marinate, covered and chilled, at least 2 hours. \*Note, Chicken can marinate up to 1 day.

*To cook chicken using indirect heat on a 22 1/2-inch charcoal kettle grill:*

- a. Open vents on bottom of grill and on lid. Light a rounded chimney full of charcoal briquettes (about 100) and divide between 2 sides of grill, leaving a space down middle.
- b. When charcoal turns grayish white (15 to 20 minutes from lighting) and you can hold your hand 5 inches about top rack for 3 to 4 seconds, grill chicken, skin sides down first, on portion of lightly oiled grill rack with no coals underneath, turning occasionally, until cooked through, 20 to 30 minutes.

*To cook chicken using indirect heat on gas grill:*

- a. Preheat all burners on high (until thermostat registers 500°F). Turn off 1 burner and reduce heat on other burner (or burners) to medium. (Thermostat should register 350 to 375°F.) Grill chicken, skin sides down first, on portion of lightly oiled grill rack over unlit burner, covered, turning occasionally, until cooked through, 20 to 30 minutes.

*If you aren't able to grill (because it is February in Minnesota), you can roast jerk chicken:*

- a. Roast chicken, skin sides up, in 2 large shallow flameproof baking pans (1 inch deep) in upper and lower thirds of a preheated 450°F oven, switching position of pans halfway through roasting, until cooked through, 25 to 30 minutes. Then turn on broiler and broil chicken, about 4 inches from heat, until skin is browned and crisp, 2 to 3 minutes.

### **Mahi-Mahi with Blood Orange, Avocado and Red Onion Salsa**

Bon Appétit, February 2005

#### **Ingredients:**

1 blood orange, Cara Cara orange, or regular orange  
1/2 cup 1/3-inch cubes avocado  
1/3 cup chopped red onion  
2 teaspoons minced red jalapeño  
2 teaspoons fresh lime juice

2 teaspoons olive oil  
2 6-ounce mahi-mahi fillets

#### **Directions:**

1. Using small sharp knife, cut peel and white pith from orange. Working over small bowl, cut between membranes to release segments. Add avocado, onion, jalapeño, and lime juice to oranges in bowl; stir gently to blend. Season salsa to taste with salt.
2. Heat oil in heavy medium skillet over medium-high heat. Sprinkle fish with salt and pepper. Add fish to skillet and sauté until brown and cooked through, about 5 minutes per side.
3. Place 1 fillet on each of 2 plates. Spoon salsa atop fish and serve.

### **Hearts of Palm Salad**

Gourmet, August 2006

#### **Ingredients:**

1 (14-oz) can hearts of palm (not salad-cut), drained  
1/4 medium red onion, thinly sliced  
1/4 cup coarsely chopped fresh cilantro  
1 tablespoon fresh lime juice  
1 tablespoon olive oil  
1/4 teaspoon salt  
3/4 teaspoon black pepper

#### **Directions:**

1. Thinly slice hearts of palm on the diagonal and put in a colander along with sliced onion. Rinse well under cold water and pat dry. Transfer to a large bowl and toss together with remaining salad ingredients.

### **Tostones (Fried Green Plantains)**

Gourmet, September 2007

In many Latin American countries, crunchy tostones are as popular (and served as often) as french fries are here. A single bite of their salty crust and tender interior will tell you why they're so beloved.

#### **Ingredients:**

2 pound large unripe (green) plantains (about 3)  
About 2 cups vegetable oil  
2 cups warm water

**Directions:**

1. Cut ends from each plantain with a sharp small knife, then cut a lengthwise slit through peel. Cut plantains crosswise into 1-inch-thick pieces and, beginning at slit, pry off peel.
2. Heat 1/2 inch oil in a deep 10- to 12-inch heavy skillet over medium heat until just hot enough to sizzle when a piece of plantain is added. Fry plantains in 2 batches, turning occasionally with tongs, until tender and just golden, 5 to 7 minutes per batch. Transfer plantains to paper towels to drain, reserving oil in skillet.
3. Flatten each plantain to 1/4 inch thick with a tostone press or bottom of a heavy saucepan.
4. Stir together warm water and 1/2 teaspoon salt in a bowl. Heat reserved oil over medium heat until it shimmers. Dip a flattened plantain in salted water and gently place, without patting dry, in hot oil. (Plantains will not spatter.) Repeat with several more pieces and fry plantains (without crowding) in 4 or 5 batches, turning occasionally, until golden, about 3 minutes per batch. Transfer with tongs to clean paper towels to drain. Season with salt and serve immediately.

**Key Lime Pie**

Gourmet, May 2003

Key limes are also known as Mexican or West Indian limes. If you can't find them in your area, substitute bottled Key lime juice. This recipe is modified from the classic one found on many condensed milk and Key lime juice labels; it has additional lime juice for more tartness.

**Ingredients:**

For crust

1 1/4 cups graham cracker crumbs from 9 (2 1/4-inch by 4 3/4-inch) crackers  
2 tablespoons sugar  
5 tablespoons unsalted butter, melted

For filling

1 (14-ounce) can sweetened condensed milk  
4 large egg yolks  
1/2 cup plus 2 tablespoons fresh or bottled Key lime juice (if using bottled, preferably Manhattan brand)

For topping

3/4 cup chilled heavy cream

**Directions:**

Make crust:

1. Preheat oven to 350°F.
2. Stir together graham cracker crumbs, sugar, and butter in a bowl with a fork until combined well, then press mixture evenly onto bottom and up side of a 9-inch (4-cup) glass pie plate.
3. Bake crust in middle of oven 10 minutes and cool in pie plate on a rack. Leave oven on.

Make filling and bake pie:

1. Whisk together condensed milk and yolks in a bowl until combined well. Add juice and whisk until combined well (mixture will thicken slightly).
2. Pour filling into crust and bake in middle of oven 15 minutes. Cool pie completely on rack (filling will set as it cools), then chill, covered, at least 8 hours.

Make topping:

1. Just before serving, beat cream in a bowl with an electric mixer until it just holds stiff peaks. Serve pie topped with cream.

### **Coconut Rice Pudding Parfaits with Mango and Pineapple**

Bon Appétit, August 2002

Use any leftover macaroon crumble over ice cream or fresh fruit. \*Unsweetened coconut milk is available at Indian, Southeast Asian, and Latin American markets and many supermarkets.

#### **Ingredients:**

##### Coconut rice pudding

- 3 cups water
- 1 cup basmati rice
- 1 cup plus 2 tablespoons sugar
- 2 large eggs
- 2 large egg yolks
- 3 tablespoons cornstarch
- 4 teaspoons vanilla extract
- 1 1/2 cups whole milk
- 1 cup canned unsweetened coconut milk\*
- 1 teaspoon salt
- 1 cup shredded coconut, toasted
- 1 cup whipping cream

##### Macaroon crumble

- 1 1/2 cups sweetened flaked coconut
- 2/3 cup all purpose flour
- 1/2 cup (packed) golden brown sugar
- 1/4 cup sugar
- 3/4 teaspoon salt
- 4 1/2 tablespoons chilled unsalted butter, diced

- 2 cups chopped peeled fresh pineapple
- 1 cup chopped peeled pitted fresh mango

#### **Directions:**

For rice pudding:

1. Bring 3 cups water to boil in heavy medium saucepan. Add rice; reduce heat to medium and simmer uncovered until very tender, about 18 minutes. Drain if necessary.
2. Whisk 1/2 cup plus 1 tablespoon sugar, eggs, egg yolks, cornstarch, and vanilla in large bowl to combine.
3. Bring whole milk, coconut milk, remaining 1/2 cup plus 1 tablespoon sugar, and salt to boil in heavy medium saucepan.
4. Pour over sugar-egg mixture, whisking constantly.
5. Strain mixture back into saucepan and bring to boil over medium heat. Whisk gently until slightly thickened.

6. Remove from heat. Fold in cooked rice and coconut. Pour into bowl, pressing plastic wrap onto surface, and refrigerate until cold, about 4 hours. (Can be prepared up to 1 day ahead. Keep refrigerated.) Stir in cream.

For macaroon crumble:

1. Preheat oven to 350°F. Line large rimmed baking sheet with parchment paper. Toss coconut, flour, both sugars, and salt in large bowl to combine. Using fingertips, rub butter into mixture until clumps form. Spread mixture on baking sheet, patting down slightly. Bake until golden brown, about 20 minutes. Cool. Break crumble into bite-size pieces.

For Mango & Pineapple

1. Toss pineapple and mango in bowl to combine.

To assemble

1. Spoon 1/4 cup rice pudding into each of 6 wineglasses. Top each with 1/4 cup fruit mixture. Sprinkle each with 2 tablespoons macaroon crumble.
2. Repeat with remaining pudding and fruit mixture (reserve remaining pudding for another use). Sprinkle each parfait with 2 tablespoons macaroon crumble and serve.

### **Caipirinha**

<http://www.finecooking.com/item/31197/the-caipirinha-fun-to-make-easy-to-drink-hard-to-pronounce>

First, a pronunciation lesson: Caipirinha: Kai-Pee-Reen-Ya and Cachaça: Ka-Shah-Suh

The Caipirinha is a rustic form of a Daiquiri: just rum, sugar, and lime. But the rum is cachaca, the sugar is usually raw or turbinado, and the limes are muddled and left in the drink.

#### **Ingredients:**

2 fl. oz. Cachaça

Half a lime, quartered

2 tsp. Sugar (preferably a "raw" or turbinado sugar) or .5 fl. oz. simple syrup

#### **Directions:**

1. Place lime wedges and sugar in a rocks glass. With a muddler press down and twist the limes to release the juice (and the oils in the peel).
2. Add crushed ice, then cachaça and stir the drink. Fill up with ice.

### **Mango Margaritas**

Pioneer Woman blog - <http://thepioneerwoman.com/cooking/2012/08/mango-margaritas/>

#### **Ingredients:**

2 whole Limes

2 Tablespoons Coarse Sugar (decorator's Sugar)

2 jars (20 Ounce) Mango Chunks, Drained

1-1/2 cup Tequila

1-1/2 cup Triple Sec

1/4 cup Sugar

#### **Directions:**

1. Zest the limes and lay the zest on a plate. If you have the time, let the zest dry out for ten minutes or so. Pour the coarse sugar over the zest and toss it around with your fingers to combine. Lime sugar! Yum.

2. Throw the mango chunks into a blender. Pour in the tequila, triple sec, and sugar. Squeeze in the juice of the limes, then top off the whole thing with ice. Blend it until it's totally smooth. Give it a taste, then add more of what you think it needs (alcohol, sugar, lime, etc.)
3. To serve, cut a small wedge in one of the juiced limes and rub the lime all over the rim of the glass to moisten. Dip the rim of the glasses in the lime sugar to give it a pretty, crystalline rim.
4. Pour in the margaritas and serve immediately!