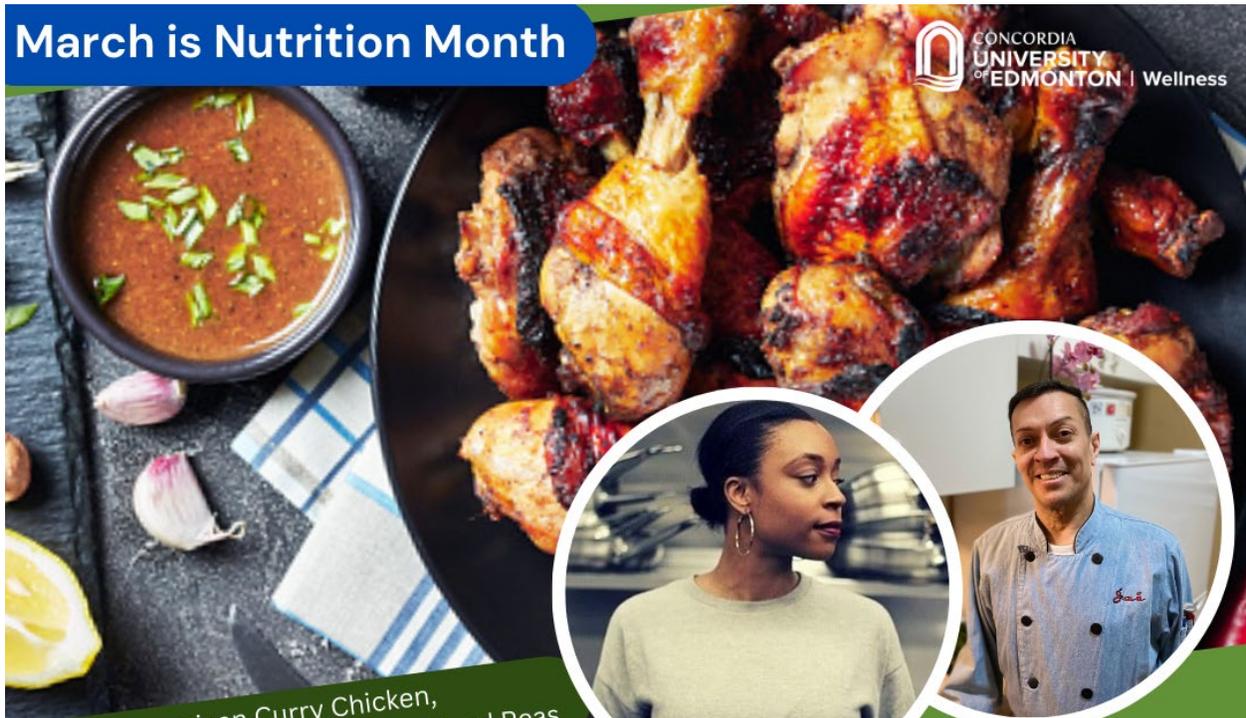


March is Nutrition Month



Jamaican Curry Chicken,
Southern Braised Greens & Black-Eyed Peas



COOKING

at CNE

With Chefs Nadine & Jai

Tegler 3:00-4:30pm

March 16

Come try some samples!

Southern Braised Greens

Yield: 4 servings

Ingredients:

- 1-2 Bunches Fresh Kale, or Collard Green, or Swiss/Rainbow Chard (yields about 8 cups) Removed from stem, washed, and chopped
- ½ cup Turkey Bacon, diced
- 1 Tbsp Coconut Oil (use any oil you may have on hand)
- 1 Medium Yellow Onion, diced
- 2 Tbsp Minced garlic
- 1 Tbsp Garlic Powder
- 1 Tbsp Onion Powder
- 1 Tbsp Chili Powder
- 1 Tbsp Cajun Seasoning
- 1 Tbsp Paprika
- 1 Bay Leaf
- 1-2 Cups Water (chicken or veggie broth may be used)

Instructions:

1. If you choose to use meat in this recipe, go ahead and render down your meat and remove from pot.
2. Add 2 Tbsp of coconut oil to a stockpot. Brown chopped onion, garlic, and seasonings in the stockpot until onions are translucent and soft. Ensuring the vegetables absorb the flavors of the meat renderings.
3. Add chopped kale stems to the pot and cover with water (or chicken broth) and bring to a boil.
4. Reduce heat and allow to simmer until tender, about 30 minutes, stirring occasionally.
5. Once cooked, remove bay leaf, serve and enjoy,

Jamaican Curry Chicken

Yield: 4 servings

Ingredients:

- 2½ lbs Chicken (boneless Thighs or Breast, cut into bite sized pieces)
- 2 Tbsp Curry powder
- 2 Tbsp All-purpose or Chicken seasoning
- 1 ½ tsp Salt Or salt to your liking
- 3 Cloves garlic, Crushed
- 1 Medium onion, Chopped
- 3 Sprig of fresh thyme
- 1 Russet potato, Diced
- 1 ½ tsp Grated or ground ginger
- 1 Small scotch bonnet pepper
- 3 Tbsp Cooking oil
- 2 cups Water or Chicken Stock

Wash the chicken

- 1 lime/lemon To wash the chicken
- 1 tsp Vinegar To wash the chicken

Instructions:

1. Remove the skin (if there is any) from the chicken. Wash the chicken in water with the juice from the lime/lemon and the vinegar. Drain away all the excess water from the chicken. Dry with kitchen towel if necessary.
2. In a kitchen bowl, add the chicken, onion, garlic, scotch bonnet pepper, ginger, salt, all-purpose seasoning, the curry powder and mix everything together and leave to marinate for 30 minutes or more.
3. In a pot add the cooking oil and put to hot on medium heat.
4. Sautee a Tbsp of curry powder in the pot of hot oil.*
5. Add the seasoned chicken to the oil and stir well. Let the chicken cook until lightly brown on all sides. Don't let the pot burn, add a tip of water if necessary.
6. Stir in the potato and thyme. Add water enough to cover the chicken in the pot. Cover and leave to cook for 25-30 minutes, until the chicken is cooked and the water is reduced to a curry gravy.

*Chef suggests “burning” the curry powder.

- Before you add your chicken to the pot. This is an old tradition and technique used by the West Indians to avoid the bitterness that comes with cooking with Curry powder.

Vegan Southern Black-Eyed Peas

Yield: 4 servings

Ingredients:

- 1 pound dried black eyed peas, soaked overnight*
- 6-8 cups water, or vegetable broth
- 1 medium onion, Diced
- 4 cloves garlic, Minced
- ½ cup bell pepper, Diced
- 2 sprigs thyme, or 1 tsp of Dried Thyme
- ½ tsp Cayenne pepper
- 1 Tbsp All purpose seasoning of your choice
- salt and ground pepper
- 1 Tbsp olive oil
- 2 Tofu Pups hot dog, or 1 tsp smoked paprika

Instructions:

1. After soaking peas overnight in water, drain peas and rinse.
2. Place peas in a large pot with 6 cups of water and bring to boil on medium-high. Cover and reduce heat to a simmer for about 45 minutes or until peas are tender. If they are drying out before being tender then add extra water or vegetable broth.
3. Meanwhile, if using Tofu Pups, heat a small skillet over medium, cut each hot dogs into coins and sauté until golden brown. Set aside.
4. Stir in onion, garlic, bell pepper, thyme, cayenne, hot dog coins (or smoked paprika) and salt into the peas and continue to cook until sauce is thickened. Delicious served with cornbread and collards greens.

*Chef suggests using dried peas instead of canned for two reasons:

1. If you eat beans and peas often, it is more cost efficient to purchase them bagged and dried. You get more product for a lower cost when you buy in bulk.
2. The taste and quality is usually better.