**Aruba**

**Beef Stew With pumpkin and sweet potato**

**INGREDIENTS**

2 onions, finely chopped

2 tablespoons (30 ml) olive oil

2 kg bone-in beef blade roast

2 cloves garlic, finely chopped

2 teaspoons (10 ml) dried oregano

2 teaspoons (10 ml) dried thyme

1 bay leaf

3 cups (750 ml) beef broth

1 cup (250 ml) red wine

2 tablespoons (30 ml) tomato paste

3 stalks celery, cut into chunks

3 potatoes, peeled, cut into chunks

2 cups (500 ml) cubed pumpkin, peeled

5 carrots, peeled and cut into chunks

Salt and pepper

**Bottom of Form**

**Directions**

In a large pot, cook the onions in the oil. Add and brown the meat on both sides. Season with salt and pepper

Add the garlic, oregano, thyme, bay leaf, broth, wine, and tomato paste. Cover and simmer gently for 2 hours or until tender. Remove the bones, break the meat into chunks and return to the pot.

Add the vegetables. Cover and simmer until the vegetables are tender, about 45 minutes. Adjust the seasoning.

**St Thomas**

**Roasted Red Snapper with Rosemary top with Almond, Jalapeno and Raisins**

**Ingredients**

4 tablespoons olive oil

1 whole (3-pound) red snapper, cleaned, scaled

Salt and freshly ground black pepper

1 lemon, halved

1/2 small onion, chopped

1/2 small fennel bulb, chopped

2 sprigs fresh rosemary

1 tablespoon chopped fennel fronds

1 teaspoon chopped fresh rosemary leaves

1 small garlic clove, minced

Almond-As need

Jalapeno-As need

Raisins-As need

**Directions**

Preheat the oven to 400 degrees F.

Line a heavy large baking sheet with foil. Oil the foil and fish with 1 tablespoon of oil. Place the fish atop the foil. Sprinkle the fish cavity with salt and pepper. Squeeze 1/2 of the lemon inside the fish cavity. Fill the cavity with the onion, fennel and rosemary sprigs. Bake until the fish is just cooked through at the bone, about 40 minutes.

Meanwhile, squeeze the remaining lemon 1/2 into a small bowl. Whisk in the fennel fronds, rosemary, and garlic. Gradually whisk in the remaining 3 tablespoons of oil. Season the lemon sauce, to taste, with salt and pepper.

Using a sharp knife, separate the 2 fillets from the backbone. Using a metal spatula, transfer the top fillets to a plate Lift the fish backbone from the bottom fillets (the backbone and head should come off together easily), and discard. Using the spatula, transfer the remaining fillets to plates Sprinkle the fish with salt and pepper. Drizzle the lemon sauce over the fish and serve.

**Cayman**

**Island Meat balls**

**Ingredients**

1 small onion

1 fresh red chili

Olive oil

2 x 400 g tins of quality plum tomatoes

2 slices of stale bread

250 g lean minced beef or higher-welfare veal

250 g lean minced higher-welfare pork

½ teaspoon ground nutmeg

1 lemon

1 large free-range egg yolk

1 sprig of fresh sage

1 sprig of fresh rosemary

1 large handful of garden peas

Pecorino cheese

A few sprigs of fresh marjoram, optional

**Directions**

Peel and finely chop the onion, then trim and pound the chili in a pestle and mortar (or finely chop, if you prefer).

Heat a splash of oil in a pan over a low heat, add the onion and fry gently for 10 to 15 minutes, or until soft.

Turn the heat up to medium, and then add the chili and tomatoes. Half-fill one of the tomato tins with water, give it a swirl and tip into the pan. Season lightly with sea salt and black pepper and cook gently for 30 minutes, then break up the tomatoes

Whiz the bread (remove the crusts, if you like) in a food processor until fine, then tip into a large bowl. Add the meat, nutmeg, lemon zest, egg yolk and a good pinch of seasoning. Pick, finely chop and add the sage and rosemary, then mix and scrunch together. Shape into little balls, around the size of a gobstopper.

Heat 3 tablespoons of oil in a large frying pan over a medium-high heat, add the meatballs cook until browned over – be careful not to break them up.

Once browned, add the meatballs to the tomato sauce, stir carefully to cover, and braise gently for 45 minutes, or until cooked through.

Serve each portion scattered with a few raw peas, shavings of pecorino and picked marjoram (if using).

**St Thomas**

**Marinated Beef Fillet on Skewers with Mustard Horseradish Cream**

**Ingredients**

2 pounds filet mignon steaks, about 1 1/2-inches thick

Thirty 3-inch rosemary stems, leaves removed from bottom ends

1/4 cup olive oil

1 tablespoon packed light brown sugar

1 tablespoon Worcestershire sauce 1 tablespoon packed light brown sugar

2 teaspoons mustard powder

2 teaspoons ground cumin

1 teaspoon coarse salt

1/2 teaspoon ground black pepper

5 cloves garlic, smashed and chopped 1/4 cup olive oil

2 small limes, juiced

**Mustard Horseradish Cream:**

1 cup sour cream

1/3 cup prepared horseradish

2 tablespoons spicy mustard

1/4 teaspoon salt

Pinch ground black pepper

Directions

For the tenderloin skewers: Cube the meat into 2-inch pieces and skewer with rosemary sprigs. Place in a shallow dish and set aside.

In a small bowl, whisk to combine the olive oil, light brown sugar, Worcestershire sauce, mustard powder, cumin, salt, pepper, garlic and lime juice. Pour the marinade over the meat, making sure to coat all the pieces. Cover and let marinate for 30 minutes.

For the mustard horseradish cream: Meanwhile, in a small bowl, stir to combine the sour cream, horseradish, mustard, salt and pepper.

Heat a grill for cooking over medium-high heat. Grill the skewers until cooked through, about 1 to 2 minutes per side. Serve with the mustard horseradish cream.

**Grouper Antigua**

**Ingredients**

1/4 cup reduced-sodium soy sauce

2 tablespoons lemon juice

2 pounds grouper or red snapper fillets

1 medium onion, cut into 6 wedges and separated

3 teaspoons olive oil, divided

1 medium green pepper, sliced into thin rings

1 medium sweet red pepper, sliced into thin rings

1 medium sweet yellow pepper, sliced into thin rings

1 can (14-1/2 ounces) diced tomatoes, drained

Directions

In a small bowl, combine soy sauce and lemon juice. Pour 1/4 cup marinade in a resalable plastic bag; add fish. Seal bag and turn to coat; refrigerate for 20 minutes. Cover and refrigerate remaining marinade.

Meanwhile, in a large nonstick skillet, cook onion in 1 teaspoon oil for 1 minute. Stir in peppers; cook and stir for about 5 minutes longer. Stir in tomatoes; cook 1-2 minutes longer or until tomatoes are heated through and vegetables are crisp-tender. Remove from the heat; keep warm.

Drain and discard marinade from fish. In a large nonstick skillet coated with cooking spray, cook fish in remaining oil for about 8 minutes on each side or until fish flakes easily with a fork. Arrange two-thirds of pepper mixture on a serving platter; top with fish. Top with remaining pepper mixture and drizzle with reserved marinade.

**Aruba**

**Crab Cake**

**Ingredients**

Red Bell Pepper Mayonnaise:

1 red bell pepper

1/3 cup reduced-fat mayonnaise

1 garlic clove

Dash of hot pepper sauce (such as Tabasco)

**Crab Cakes**:

1/3 cup reduced-fat mayonnaise

1/4 cup minced red onion

1/4 cup minced red bell pepper

2 tablespoons minced celery

1 1/2 teaspoons fresh lemon juice

1 egg white, lightly beaten

1 pound lump crabmeat, shell pieces removed

1 1/4 cups panko (Japanese breadcrumbs), divided

2 tablespoons butter, divided

10 cup trimmed watercress (about 10 ounces)

6 lemon wedges (optional)

**Directions**

Step 2

To prepare mayonnaise, cut bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 12 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 10 minutes. Peel pepper. Place pepper, 1/3 cup mayonnaise, garlic, and hot pepper sauce in a food processor. Process until smooth; transfer to a bowl, and chill

Step 3

To prepare crab cakes, combine 1/3 cup mayonnaise and next 6 ingredients (through crab) and 3/4 cup panko in a large bowl; stir until well combined. Form into 6 patties; dredge patties in remaining 1/2 cup panko. Heat 1 tablespoon butter in a large nonstick skillet over medium-high heat Add 3 patties to pan; cook 10 minutes or until lightly browned and cooked through, turning once. Remove from pan, and keep warm. Repeat procedure with remaining butter and patties. Serve crab cakes with watercress and red pepper mayonnaise. Garnish with lemon wedges, if desired.

**Bahamas**

**Caribbean Ratatouille with orange**

**Ingredients**

**2 tablespoons olive oil  
1 large onion diced  
1 small green plantain, diced  
1 cup diced Calabaza  
1 medium Chayote, diced  
1 Medium Firm mango, diced  
2 medium Anaheim chilies, seeded & diced  
1 medium red pepper, seeded & diced  
1/2 tablespoon chopped garlic  
1 teaspoon Dried Mexican oregano  
1 teaspoon Ground cumin  
1 teaspoon Freshly ground black peppercorns  
1 tablespoon kosher salt  
1 cup fleshly squeezed orange juice**

Directions  
**In a large heavy pan warm the olive oil. Add the onion and cook until translucent. Then add each of the vegetables at two-minute intervals starting with the green plantain, Calabaza chayote, mango, Anaheim chili and the red pepper. Stir well with a wooden spoon but try not to crush any of the vegetables.  
  
To Finish the Ratatouille:   
Season with garlic, oregano, cumin, black pepper, and salt. Moisten the mixture with orange juice. Simmer for 5 minutes, or until tender, allowing all the flavors to incorporate yet not lose the integrity of each fruit and vegetable.**

**Serve this with Calabaza Pumpkin seeds that have been dried and lightly toasted in olive oil and dusted with West Indian curry powder – or Colombo powder.**

**St Thomas**

**Coconut Crusted fish fillet**

**Ingredients**

**For the Banana Salsa:**

1 ripe Banana (peeled and finely diced)

1/4 cup red onion (finely chopped)

Juice of 1/2 lime

1/4 cup red pepper (finely chopped)

1 tablespoon vinegar

1 tablespoon sugar

1 tablespoon vegetable oil

2 tablespoons fresh cilantro (coarsely chopped)

1/2 teaspoon [curry powder](https://www.thespruce.com/slow-cooker-country-captain-chicken-with-shrimp-3054919)

Dash salt and pepper to taste

**For the Fillets:**

1 cup sweetened coconut (shredded)

4 firm white fish fillets (such as whiting)

2/3 cup all-purpose flour (divided)

1/2 teaspoon cumin

1 teaspoon curry powder

1/2 teaspoon salt (or to taste)

1/2 teaspoon ground pepper (or to taste)

1 egg

2 tablespoons olive oil

2 tablespoons butte

**Directions**

Prepare the mango salsa: Stir together the Banana, onion, lime juice, red pepper, vinegar, sugar, vegetable oil, cilantro and curry powder in a bowl. Season salsa with salt and pepper to taste. Set aside.

Place the coconut flakes in a food processor and pulse very briefly, until they are a bit more finely shredded. Add 1/3 cup flour, the cumin, curry powder, salt and pepper and pulse to mix. Transfer mixture to a shallow plate.

In a small bowl, whisk the egg with 1 tablespoon water. Place the remaining 1/3 cup flour on a second plate.

Dredge the fillets first in the plain flour (shaking off excess), then in the egg mixture (letting excess drip off), and finally in the coconut mixture, coating both sides completely.

Heat the olive oil and the butter in a skillet over medium-high heat. Sauté the fillets until they are browned on both sides and cooked through on the inside, about 2 to 3 minutes per side.

Spoon a bit of the Banana salsa on each fillet and serve.

**Cuban Black Bean**

**Ingredients**

2 bay leaves

1 pound dried black beans

12 1/2 cups water, divided

1 tablespoon canola oil

3 1/2 cups chopped green bell pepper (about 3 medium)

2 1/2 cups coarsely chopped onion

1/3 cup chopped shallots (about 2 small)

1 tablespoon ground cumin

2 tablespoons dried oregano

2 tablespoons chopped fresh oregano

1 1/2 tablespoons sugar

2 teaspoons kosher salt

2 cups diced peeled avocado

2 tablespoons fresh lime juice

2 cups thinly sliced red onion

1 1/2 cups chopped 33%-less-sodium smoked, fully cooked ham

1 cup chopped fresh cilantro

1 cup light sour cream

10 teaspoon unsalted pumpkinseed kernels, toasted

1/3 cup finely chopped seeded jalapeño pepper (about 2 medium)

Lime wedges (optional)

Get Ingredients

**Directions**

Step 1

Place bay leaves and beans in a Dutch oven. Add 12 cups water to pan; bring to a boil. Reduce heat, and simmer 2 1/2 hours or until tender, stirring occasionally.

Step 2

Heat oil in a large skillet over medium heat Add bell pepper, chopped onion, and shallots to pan; cook 10 minutes or until onion is tender, stirring frequently. Stir in cumin, dried oregano, and fresh oregano; cook 2 minutes, stirring frequently. Remove from heat; let stand 10 minutes. Place vegetable mixture in a blender; add remaining 1/2 cup water. Puree until smooth.

Step 3

Add vegetable mixture, sugar, and salt to beans; simmer 10 minutes, stirring occasionally. Discard bay leaves. Combine avocado and juice; toss gently. Ladle 3/4 cup bean mixture into each of 10 bowls; top each serving with about 3 tablespoons avocado mixture, about 3 tablespoons red onion, 2 tablespoons ham, about 1 1/2 tablespoons cilantro, about 1 1/2 tablespoons sour cream, 1 teaspoon pumpkinseed kernels, and about 1/2 teaspoon jalapeño pepper. Serve with lime wedges, if desired.

**Jamaican Fish Tea soup**

**INGREDIENTS:**

2 lb. small fish

3 qtrs. water

2 large or medium cloves garlic

1 sprig thyme

3 stalks scallion

2 medium potatoes

4 finger of green bananas

1 green scotch bonnet pepper

Salt to taste

Black pepper

Few pimento seeds

2 lemons or limes

**Directions**

Wash fish in Vinegar or Lemon and drain

Combine that fish, garlic and water to boil until fish is off the bone of the fish

Pour the contents through a strainer and remove all bones.

Wash the potatoes and cut small.

Add the potatoes and salt to the strained soup.

Peel and add green bananas.

Let the soup simmer, then add thyme, scallion, pepper, pimento and black pepper

Simmer for another 8 mins.

**Mexico**

**Avocado & Tomato with Cilantro & Lime**

**Ingredients:**

2 Avocados

2 Cups Variety Tomatoes

1/2 Small Red Onion

Cilantro to Taste

Juice from 1 Lime

1/4 Cup Olive Oil

1/2 tsp Apple Cider Vinegar

Sea Salt to Taste

Red Pepper Flakes to Taste

**Directions**

Cut the Avocado into bite size pieces.

Slice to tomatoes in half.

Dice the onion into small pieces.

Tear the cilantro into bigger sized pieces and add to the other ingredients.

Gently toss the ingredients to combine.

In a separate bowl mix together the juice from one lime, 1/4 cup olive oil, apple cider vinegar, the red pepper flakes, and sea salt to taste.

Drizzle the dressing over the salad and carefully toss to coat.

Do not prepare too early or the salad will become brown.

**Colombia**

**Avocado with shrimp**

**Ingredients**

2 avocados - peeled, pitted, and cubed

2 tomatoes, diced

1 small sweet onion, chopped

1-pound cooked salad shrimp

1 pinch salt and pepper to taste

2 tablespoons lime juice

**Directions**

 Stir together avocadoes, tomatoes, onion, and shrimp in a large bowl. Season to taste with salt and pepper Stir in lime juice Serve cold

**Jamaican**

**Caribbean Chicken Salad**

**Ingredients**

2 skinless, boneless chicken breast halves

1/2 cup teriyaki marinade sauce

2 tomatoes, seeded and chopped

1/2 cup chopped onion

2 teaspoons minced jalapeno pepper

2 teaspoons chopped fresh cilantro

1/4 cup Dijon mustard

1/4 cup honey

1 1/2 tablespoons white sugar

1 tablespoon vegetable oil

1 1/2 tablespoons cider vinegar

1 1/2 teaspoons lime juice

3/4-pound mixed salad greens

1 (8 ounce) can pineapple chunks, drained

4 cups corn tortilla chips

**Directions**

Place the chicken in a bowl, and cover with the teriyaki marinade sauce. Marinate at least 2 hours in the refrigerator. In a small bowl mix the tomatoes, onion, jalapeno pepper, and cilantro. Cover salsa, and refrigerate. In a small bowl, mix the mustard, honey, sugar, oil, vinegar, and lime juice. Cover dressing, and refrigerate. Preheat the grill for high heat. Lightly oil grill grate. Place chicken on the grill, and discard marinade. Cook for 6 to 8 minutes on each side, or until juices run clear. Arrange mixed salad greens on plates. Spoon some of the salsa over each salad, and sprinkle with 1/4 of the pineapple chunks. Break tortilla chips into large chunks, and sprinkle over salads. Lay some of the grilled chicken strips on each salad. Finally, drizzle dressing over each salad, and serve.