



A Cook's Companion

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Carribbean Bowl

Serves 4

This bowl is a favorite for us anytime of year! When it's too cold to grill outside, we use our favorite grill pan on the stovetop to bring the flavors of the Carribbean home. We love composing bites of spicy jerk chicken with cooling coconut rice and fresh avocado. The citrus vinaigrette ties all the flavors together, and adds a zingy kick.

Bowl Ingredients:

Jerk Chicken, sliced (see directions below)
Coconut Rice, (see directions below)
1/4 head red cabbage, sliced finely
1 bunch romaine, sliced finely
4 tbsp fresh cilantro, chopped
1 avocado, sliced
Citrus Vinaigrette (see directions below)

Jerk Chicken:

4 boneless skinless chicken breasts

Jerk Chicken Marinade:

1 tbsp soy sauce
3 tbsp olive oil
1 tbsp brown sugar
1/4 tsp ground allspice
1/4 tsp coarsely ground black pepper
1/4 tsp Kosher salt
1/4 tsp smoked paprika
1/4 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp cumin
2 tbsp fresh lime juice (about 1 lime)
1 jalapeño, diced
1" fresh ginger, minced
2 cloves garlic, minced
1 tsp fresh thyme leaves
2 tbsp cilantro, minced
4 scallions, sliced thinly

Coconut Rice:

1 cup jasmine rice
1 cup coconut milk
1 cup water
2 tbsp butter
1/2 tsp kosher salt
1 half small onion, diced finely

Citrus Vinaigrette:

juice of 1 orange
juice of 1 lime
3 tbsp olive oil
2 tbsp champagne vinegar
1/4 tsp freshly ground black pepper
1/4 tsp kosher salt
1/4 tsp cumin

Directions:

1. Blend marinade ingredients together in a food processor until combined. Pour marinade over chicken, and refrigerate for 1-4 hours. On medium high heat, on a grill or grill pan, cook chicken until internal temperature reaches 165 degrees. Slice cooked chicken for adding to bowl.

2. Meanwhile, prepare coconut rice. Rinse and drain rice 1-3 times until water is clear. Add coconut milk, water, butter, salt and onion to rice and then bring to a boil in a small saucepan. Turn to low, and cover tightly with a lid. Simmer for 15-20 minutes. Then remove from heat and let sit 5-10 minutes. Fluff with fork before serving.

3. Prepare cabbage, romaine, cilantro and avocado by slicing.

4. Whisk dressing ingredients together to combine.

5. Arrange bowls by placing all ingredients in their own area for maximum enjoyment