

Caribbean-Style Rice and Beans

Serves 6 to 8

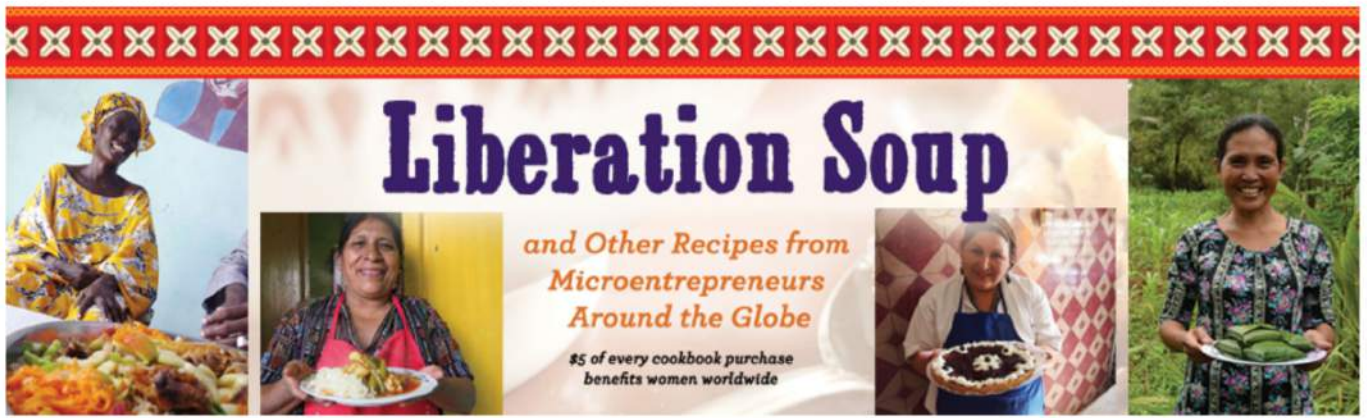
Inspired by a favorite Caribbean staple, this black beans and rice dish has the warm flavors of coconut, allspice and cinnamon. It is traditionally served with chicken, fish or pork.

- 1 (13.5-ounce) can light coconut milk, divided
- 3/4 teaspoon fine sea salt, divided
- 1 cup long-grain white rice
- 1 tablespoon coconut oil
- 1 large yellow onion, chopped
- 1 red bell pepper, seeded and chopped
- 4 cloves garlic, minced
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon cayenne pepper
- 1 (15-ounce) can black beans, rinsed and drained
- 1 teaspoon fresh thyme leaves

Place 3/4 cup of the coconut milk, 1 1/4 cups water, 1/4 teaspoon of the salt and rice in a medium saucepan and bring to a boil. Reduce heat to low. Cover and simmer about 20 minutes or until liquid is absorbed.

Meanwhile, in a large high-sided skillet, heat oil over medium-high heat until melted and hot. Add onion, bell pepper and garlic and cook until tender, about 10 minutes, stirring occasionally. Stir in allspice, cinnamon, cayenne and remaining 1/2 teaspoon salt and cook until fragrant, about 1 minute, stirring constantly. Add beans, remaining coconut milk and 1/2 cup water and bring to a simmer. Reduce heat to medium and simmer until thickened and heated through, about 8 minutes, stirring occasionally. Remove from heat and stir in coconut rice and thyme.





Filipino Baye Baye

Serves 8

This sweet treat is a traditional dish that's often wrapped in banana leaves. Waxed paper also works for containing the coconut mixture for serving.

1 cup sweet rice flour
 1 cup dried unsweetened finely grated coconut
 1/2 cup sugar

In a large skillet, toast flour over medium-high heat, 8 to 10 minutes or until golden brown, stirring frequently (watch carefully, removing the skillet from heat if flour begins to smoke).

In a large bowl, combine coconut and 1/2 cup plus 2 tablespoons water; stir until coconut is moistened.

Add toasted flour and sugar to rehydrated coconut and stir until completely blended. Divide into 8 equal portions. On a lightly floured surface, roll each portion into a cylinder about 1/2-inch wide and wrap in waxed paper. Chill until firm.



Baye-Baye ni Adi

Ingredients:

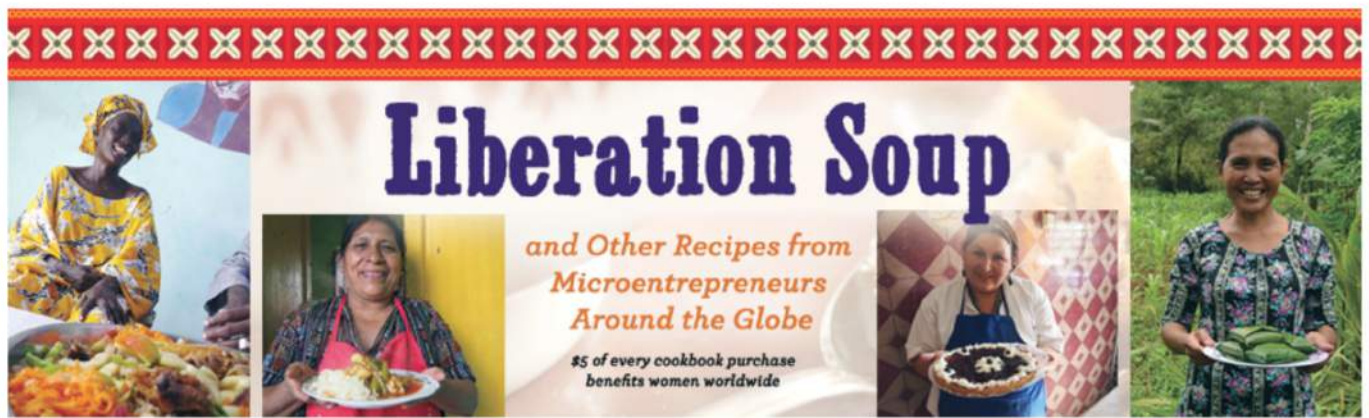
- 1 kg glutinous rice (malagkit rice)
- 1 kg refined sugar
- 4 pcs. young coconut (butong)

1 Toast glutinous rice (malagkit rice) in medium heat until brown.

Grind the toasted glutinous rice and set aside.

2 Slice the young coconut (butong) and wash. Drain the coconut and grind. In a bowl, mix the ground glutinous rice, ground coconut and refined sugar.

3 Blend well and divide into serving portions. Wrap each serving in a wax paper or banana leaves.



Peruvian-Style Roasted Chicken with Sweet Onions

Serves 6

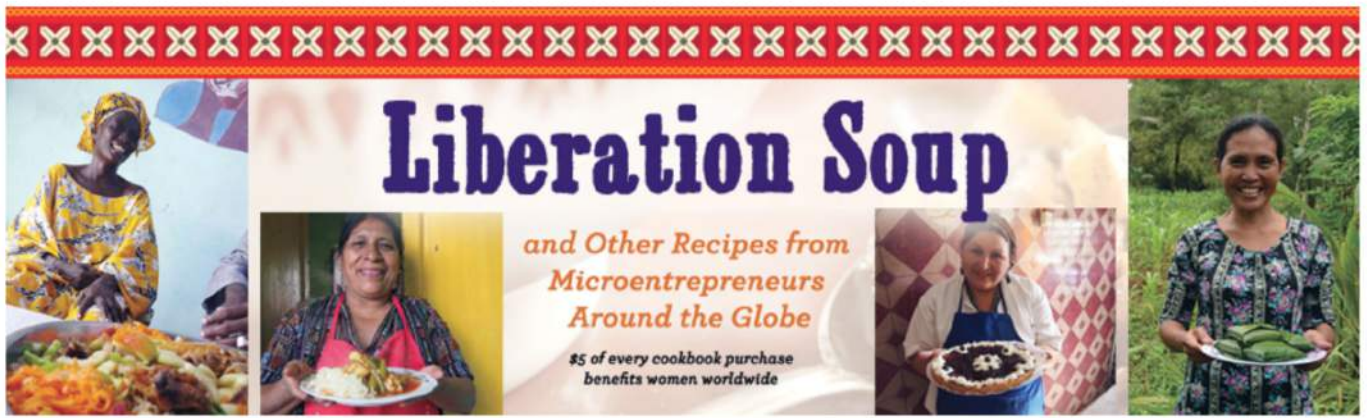
This wonderfully aromatic chicken dish is short on prep and big on flavor. It's also a great dish to make ahead the day before and reheat—it's even tastier after the flavors meld. Serve with rice and a green salad.

- 1 1/2 teaspoons canola oil, plus more for oiling the pan
- 1 1/2 tablespoons sweet paprika
- 1 tablespoon ground cumin
- 1 1/2 teaspoons fine sea salt
- 1 1/4 teaspoons ground black pepper
- 5 cloves garlic, finely chopped
- 2 1/2 tablespoons white wine vinegar
- 2 large sweet onions, thickly sliced
- 1 chicken, cut into 10 serving pieces*
- 2 red or yellow bell peppers, seeded and cut into chunks
- 1 lemon, sliced

Preheat the oven to 425°F. Oil a large roasting pan and set aside. In a small bowl, combine paprika, cumin, salt, pepper, garlic, vinegar and 1 1/2 teaspoons oil to make a paste. Place onions in a large bowl and toss with 2 tablespoons of the paste. Rub chicken pieces with remaining paste and place in the prepared pan, then cover with onions, peppers and lemon. Roast, basting occasionally with pan juices, until chicken is cooked through and vegetables are very tender, about 45 minutes. Remove from oven and let rest 5 minutes before serving.

* Note: If the chicken has been precut into eight pieces, simply cut each breast in half through the rib cage to ensure even cooking. Or, you can ask your butcher to cut a whole chicken into 10 pieces with breasts deboned.





Thai Hot and Sour Chicken Soup

Serves 4

This chicken soup is based on the popular Thai dish tom yum gai. The broth is flavored by ginger, lemongrass and kaffir lime leaves. Make it as hot or mild as you'd like by including or excluding the chile peppers.

- 2 tablespoons peanut oil
- 1/2 cup chopped yellow onion
- 8 ounces boneless, skinless chicken breasts, cut into 1/2-inch pieces or 8 ounces extra-firm tofu, pressed, drained and cut into 1/2-inch pieces
- 6 slices fresh peeled ginger (approximately 1 inch in diameter and 1/8-inch thick)
- 2 stalks lemongrass, trimmed, bruised and cut diagonally into 2-inch pieces
- 4 cups chicken broth or vegetable broth
- 3 tablespoons fish sauce
- 6 fresh kaffir lime leaves, scored or bruised lightly
- 2 teaspoons sugar
- 1/4 teaspoon crushed red chile flakes
- 2 serrano or jalapeño peppers, sliced (optional)
- 2 small tomatoes, cut into wedges
- 1 small (about 6-ounce) can straw mushrooms
- 1/4 cup lime juice
- 1/2 cup chopped fresh cilantro

In a large saucepot, heat peanut oil over medium heat. Add onion, chicken or tofu, ginger and lemongrass; cook, stirring frequently, about 5 minutes or until onion is translucent. Stir in broth, fish sauce, kaffir lime leaves, sugar, chile flakes and serrano peppers, if using. Bring to a boil. Reduce heat to medium-low, cover and simmer 10 minutes. Add tomatoes and mushrooms. Return to a simmer and cook 3 minutes longer or until heated through. Remove from heat and stir in lime juice and cilantro. If desired, remove and discard ginger, lemongrass and lime leaves before serving.

