



Kentucky Farm to School Junior Chef

Boyled to Perfection Boyle County High School

CARIBBEAN CARNIVAL

Ingredients

Jamaican Jerk Pineapple Glazed Wings

Marinade

Approx 4lb chicken wings

1/2 C red onion (diced)

1 jalapeno (diced)

6 garlic cloves (Minced)

2 T olive oil

1 T soy sauce

1 lime

2 tsp salt

2 tsp black pepper

3 T brown sugar

1 T dried ginger

1/2 T cinnamon

1/2 T allspice

1/2 tsp nutmeg

1/2 tsp dried thyme

Glaze

2 T butter

1/4 C red onion

3 T red bell pepper

1 12 oz jar pineapple preserves

2 T apple cider vinegar

2 T brown sugar

1/2 tsp red pepper flakes

- 1. Preheat oven to 400 degrees**
- 2. Pat chicken dry with a paper towel.**
- 3. Place marinade ingredients in a food processor and pulse until smooth.**
- 4. Divide wings and discard tips. Rub marinade on prepared wings. Place on a baking rack on top of a foil covered baking sheet.**
- 5. Bake for 20 minutes and prepare glaze while it's baking.**
- 6. Saute' butter, diced onion, and red pepper until softened. Add pineapple preserves, apple cider vinegar, brown sugar, and red pepper flakes. Simmer for 10 minutes or until sauce has reduced.**
- 7. Remove chicken from the oven, and flip wings, and set to 425 degrees. Baste with the glaze and return to the oven for 20 minutes.**
- 8. Check internal temperature of chicken with a thermometer, check multiple pieces. Internal temp should reach 165 degrees by 15 seconds.**

Sweet Potato Black Bean Salad

2 medium sweet potatoes or 1 lb (peeled and diced into 1/2 inch cubes).

1 ear of corn (shucked, and cut off the cob)

1/2 cup olive oil

1 tsp dijon mustard

2 tsp honey

1 tsp cumin

1 tsp cinnamon

1/4 tsp cayenne pepper

1 tsp salt

1 can (15 oz) black beans (rinsed and drained)

2-3 green onions (sliced)

2 cloves garlic (minced)

- 1. Preheat oven to 400 degrees**
- 2. Add diced sweet potatoes to boiling water for 3-5 minutes.**
- 3. Drain water and combine sweet potatoes and corn.**
- 4. Combine olive oil, mustard, honey, cayenne, cinnamon, cumin, and salt**
- 5. Toss sweet potatoes and corn in sauce.**
- 6. Line a baking sheet with parchment paper and pour sweet potato corn mixture out in a single layer.**
- 7. Roast potatoes and corn for 15-20 minutes**
- 8. Remove from oven and toss with black beans, garlic, and green onions. Refrigerate until serving.**

Confetti Rice

2 cups long grain rice

14 oz unsweetened coconut milk

15 oz water

2 garlic cloves (minced)

1 1/2 tsp salt

1/2 tsp allspice

1/4 tsp cayenne pepper

1 T butter

1 red pepper

1 green pepper (diced)

1 yellow pepper (diced)

1 jalapeno Pepper

1/2 cup red onion

1 can (15 oz) pineapple tidbits, drained and juice reserved

4.5 Oz. can of green chiles

- 1. Soak rice and rinse until water runs clear**
- 2. Combine spices, coconut milk, pineapple juice, and 15 ounces of water to a stock pot. Stir well.**
- 3. Set over medium heat and cover. Bring to a boil, then stir and lower heat. Cover and allow the rice to cook until the liquid is absorbed and air holes form in the surface of the rice. 15-20 minutes. Remove from heat**
- 4. Meanwhile, add the butter to large deep skillet and set over medium heat. Add the diced bell peppers, and onions. Saute for 2-3 minutes, to just barely soften. Then, remove from heat and add the pineapple tidbits, green chiles, and jalapenos.**

Chimichurri Sauce

1 Cup cilantro (packed)

¾ Cup fresh parsley

½ Cup red onion (diced)

2 T garlic (minced)

½ tsp crushed red pepper

⅛ Cup red wine vinegar

2 T lime juice

½ tsp salt

½ tsp black pepper

¾ Cup olive oil

1. Add cilantro, parsley, garlic, and red onion to the bowl of the food processor.
2. Add vinegar, lime juice, and pulse a few times.
3. Run processor and slowly stream olive oil in until just combined.
4. Remove sauce, taste, and add salt and peppers until just combined.
5. Funnel into a sauce bottle and refrigerate.

Cilantro Lime Crema

¾ Cup sour cream

¼ cup mayonnaise

¼ cup cilantro

1 lime (zested and juiced)

Salt to taste

1. Whisk all ingredients together in a small bowl, funnel into a sauce bottle, and refrigerate.

