



“Out of Many, One People.”



A Caribbean Food Delights & Royal Caribbean Bakery Cookbook

*International Family Favorite Recipes
From Our Staff to Your Kitchen*

We wish to thank all of our customers, employees and friends who have been supporting us over the years. The support we receive allows us to continue helping the less fortunate and fund educational programs for the youth.

Thank you,
Management and Staff of
Royal Caribbean Bakery,
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Guatemala

Kak'ik is an ancestral dish of pre-Hispanic origin. Derived from the Q'eqchi' Mayas of Guatemala, the term 'kak' means red and 'ik' means hot or very spicy. Traditionally, the turkey is killed, cleaned and cooked by the Mayan women.

Recipe is from Rene and his family.

Kak'ik provided by Rene, photographed and styled by Tim Conway and Sabrina HoSang.
Background image is from Simone HoSang.

Guatemala

Kak'ik

Ingredients

4 pounds of turkey legs or thighs
7 tomatoes
2 bunches of cilantro
1 large onion
1 whole garlic
4 potatoes
4 carrots
2 negro chili pods
8 cascabel/guajillo chili pods
8 tbsp chicken flavor boullion
salt to taste

Directions

1. Cut potatoes into halves and carrots into three big pieces, set aside.

2. In a pot add half of the onion, six garlic cloves, turkey, half bunch of cilantro and chicken flavor boullion.

Add enough water to cover ingredients. Add salt to taste and boil for 30 minutes.

3. In a separate pan roast tomatoes, add chili pods (seeds removed), remainder of onions and garlic.

4. Once roasted combine with remaining cilantro.

5. Once turkey is soft, add roasted tomato sauce, carrots and potatoes. Stir until sauce is fully incorporated into turkey stock.

6. Boil for 20 minutes. Serve and enjoy!



China

Fried Rice is commonly made with leftover rice and vegetables. In China bits of meat are usually added to dishes for extra flavor. This dish can be enjoyed as is or mixed with meat such as dried shrimps, Chinese pork sausage and chicken.

Recipe is from Simone.

Vegetable Fried Rice photographed and styled by Simone HoSang.
Background image is from Sabrina HoSang.

China

Vegetable Fried Rice

Ingredients

- 1/4 cup vegetable oil
- 1 small onion, diced
- 1/2 cup diced carrots
- 2 cloves garlic, minced
- 1/2 cup frozen peas
- 1 celery stalk, sliced
- 1 cup broccoli, chopped
- 3 cups cooked day old rice
- 2 tbsp soy sauce
- 1 tbsp vegetarian mushroom oyster sauce
- 1 cup bean sprouts
- 1 egg (optional)
- 1 scallion, sliced
- 1/4 tsp sesame oil

Directions

In a large wok, heat vegetable oil and saute onions and carrots. Add garlic, peas, celery, broccoli and cook for 3 minutes.

Stir in rice. Add soy sauce and vegetarian mushroom oyster sauce. Mix well. Cook for 5 minutes.

Stir in bean sprouts.

In a separate pan scramble eggs. Gently combine eggs in fried rice.

Serve rice in a large, deep plate and garnish with scallions.



United Kingdom

Shepard's Pie also known as Cottage Pie came about when potatoes were being introduced as an affordable crop. Then, it was made with any leftover meats, typically lamb or mutton, mixed with vegetables and covered with mashed potatoes.

United Kingdom

Shepard's Pie

Ingredients

1 1/2 lbs russet potatoes	2 tbsp all-purpose flour
1/4 cup half-and-half	2 tsp tomato paste
2 ounces unsalted butter	1 cup chicken broth
3/4 tsp kosher salt	1 tsp Worcestershire sauce
1/4 tsp ground black pepper	2 tsp freshly chopped rosemary leaves
1 egg yolk	1 tsp freshly chopped thyme
2 tbsp canola oil	1/2 cup fresh or frozen corn kernels
1 cup chopped onion	1/2 cup fresh or frozen English peas
2 carrots, diced small	
2 cloves garlic, minced	
1 1/2 lbs ground lamb	
1 tsp kosher salt	
1/2 tsp ground black pepper	

Directions

Preheat the oven to 400 degrees F.

Peel potatoes and cut into 1/2-inch dice. Bring to boil, simmer until tender 10-15 minutes. Warm butter in half-and-half for 35 seconds in microwave. Drain potatoes and return to saucepan. Add half-and-half, butter, salt and pepper. Mash until smooth. Stir in the yolk until well combined.

Saute onions and carrots in canola oil approximately 3 minutes. Add garlic, lamb, salt and pepper. Cook until browned. Stir in flour continuing to cook for another minute. Add tomato paste, chicken broth, Worcestershire, rosemary, thyme and stir to combine. Bring to a boil, reduce heat to low, cover and simmer 10-12 minutes or until the sauce is thickened slightly.

Add corn and peas to lamb mixture. Spread evenly into an 11 x 7-inch glass baking dish. Top with mashed potatoes, smooth with a rubber spatula making sure to seal the edges. Bake for 25 minutes or just until the potatoes begin to brown. *Reduce salt if using a regular fine grind table salt.



Dominican Republic

Quipes or Kipes are deep fried bulgur rolls stuffed with minced beef, lamb or goat. Its origin is from the Middle East where they are called kibbeh.

Dominican Republic

Quipes

Ingredients

- 1 cup whole wheat bulgur
- 1 1/4 lbs ground beef
- 2 cups oil
- 2 basil leaves chopped fine
- 1 tbs tomato paste
- 1/4 cup raisins
- 1 tsp salt
- 1 small red onion
- 1 green pepper

Directions

1. In a large bowl, put the wheat bulgur and cover with water. Add 4 more cups of water and let it sit overnight or for 12 hours.
2. Drain and squeeze the leftover water out of the wheat.
3. Chop red onion fine.
4. Chop green pepper fine, size as the onions.
5. Put the ground beef in a bowl, mix pepper and onion, add a pinch of oregano, a pinch of pepper and a teaspoon of salt. Reserve half the meat.
6. In a shallow pan heat a tablespoon of oil. Add the ground beef and cook through.
7. Add two tablespoons of water and tomato paste.
8. Let simmer at medium heat.
9. When the meat is ready let all the liquid evaporate, add salt to taste. Turn off the heat and cool.
10. In a deep bowl, mix soaked wheat bulgur with reserved meat mixture. Knead or put in food processor until soft.
11. Put two tablespoons of the mixture in the palm of your hand. Flatten it and put a teaspoon of the cooked meat in the center.
12. Roll wheat mixture over it forming small football shaped rolls sealing tightly. Deep-fry. Serve warm.



Trinidad & Tobago

Pastelles are corn meal pies filled with meat, olives and raisins wrapped in banana leaves. It is popular to serve during the holidays.

Trinidad & Tobago

Pastelles

Ingredients

Filling:

1 lb ground beef & chicken
2 tbsp olive oil
1 cup chopped scallions
1/4 cup chopped fresh thyme
2 pimento peppers, chopped
4 cloves garlic, chopped
1 tbsp chopped celery
1/2 scotch bonnet pepper, seeded and chopped

1 tsp ground black pepper
1 tsp salt
1/4 cup tomato sauce
4 tbsp capers, chopped
3 tbsp stuffed olives, sliced
1/4 cup raisins
2 tbsp fresh thyme

Dough:

2 cups yellow cornmeal, fine
1/2 cup butter
1-1/4 salt
3 cups water, warm

Directions

1. Combine beef with chicken. Add salt and black pepper.
2. Add 1/4 cup chopped scallions and one tbsp thyme.
3. In a large saute pan heat olive oil.
4. Add onion and garlic. Saute until fragrant.
5. Add pimento peppers, scallions, pepper and thyme.
6. Add meat and cook until brown.
7. Add tomato sauce, cover and simmer for 15 minutes.
8. Add raisins, capers and olives and stir to combine.
9. Cook for about five minutes more.
10. Add two tbsp fresh thyme and stir to combine.
11. Remove from heat and cool.
12. Mix cornmeal, salt, butter and water in a pan.
13. Cook over medium heat until thickens and forms a dough.
14. Rest dough for 30 minutes in refrigerator.
15. Divide dough into 12 balls and drop in oil.
16. Brush oil on banana leaf. Place dough ball on leaf and flatten. Enclose 2 tbsp of filling in dough.
17. Wrap banana leaf around pastelle. Tie with string.
18. Steam or boil for 45 minutes.



Philippines

Pansit Bihon or Pancit Guisado is a Filipino noodle dish and is a staple second to rice. This was brought by the Chinese and was localized since then. This dish uses "Bihon" or rice sticks mixed with pork, chicken, and vegetables.

Recipe is from Raquel and her family.
Pancit Bihon image is from askthepinoy.blogspot.com.
Background image is from [TrailmixHikes \(Flickr\)](https://www.flickr.com/photos/trailmixhikes/).

Philippines

Pancit Bihon

Ingredients

- 1 lb pancit bihon (Rice Noodles)
- 1/2 lb pork, boiled cut into small thin slices
- 1/2 lb chicken, cooked, deboned, and cut into thin slices
- 1/8 lb peapods or snow pea
- 1 cup carrot
- 1/2 small cabbage, chopped
- 1 cup celery leaves, chopped finely
- 1 medium sized onion, chopped
- 1/2 tbsp garlic, minced
- 1 pc chicken cube
- 5 tbsp soy sauce
- 3 to 4 cups water

Directions

1. In a large pot, saute the garlic and onion.
2. Add the pork and chicken then let cook for 2 minutes.
3. Add the chicken cube and water then simmer for 15 minutes.
4. Put in the carrots, peapods, cabbage, and celery leaves and simmer for a few minutes.
5. Remove all the ingredients in the pot except for the liquid and set them aside.
6. In the pot with the liquid, add the soy sauce and mix well.
7. Add the pancit bihon (makes sure to first soak it in water for about 10 minutes) and mix well. Cook until liquid evaporates completely.
8. Put in the vegetables and meat that were previously cooked and simmer for a minute or two.
9. Serve hot. Share and enjoy!

Number of servings: 8



Poland

Potato Pierogies are Polish dumplings. They can be boiled or fried and stuffed with a variety of ingredients from savory to sweet fillings. Pierogies are commonly served with sour cream.

Poland

Potato Pierogi

Ingredients

Dough:

2 eggs
1/4 cup water
1 tbsp sour cream
3 cups all-purpose flour,
plus some extra for
dusting and to adjust
dough as needed

Filling:

1 large onion, chopped
2 tbsp butter
4 large potatoes, peeled
and cut into chunks
3 tbsp butter
1/4 cup half-and-half
Salt and freshly ground
black pepper to taste

Egg wash:

1 egg + 1 tbsp milk

Directions

1. Whisk eggs, water, sour cream together.
2. Mound flour on flat surface. Create a well or crater in mound. Fill crater with egg mixture. Gently mix flour with the egg mixture within the crater.
3. Repeat steps 2 until well combined. If dough is too dry add milk or water to moisten. If it is too wet add small amounts of flour until you get the right consistency.
4. Knead dough for 400 strokes or until smooth.
5. Wrap in plastic and rest for 30 minutes.
6. Boil potatoes until tender for about 15 minutes, drain.
7. Sauté onions with 2 tbsp butter in a pan.
8. Mash potatoes and mix with onions, 3 tbsp butter, half-and-half, salt and pepper to taste.
9. Divide dough into thirds. Roll dough to 1/16th of an inch thick. Cut into 3 inch circles.
10. Place mashed potato in center of circle. Fold dough to make half moons. Seal with an egg wash (one egg whisked with tbsp milk) and press edges with a fork.
11. Boil pierogies for 2-3 minutes. Serve with fried onions and sour cream.



Jamaica

Rundown is a delicious coconut sauce that is usually served with shrimp, chicken or mackerel. With coconuts in abundance in Jamaica, it is an easy and affordable dish to make.

Recipe is from Simone.
Shrimp Rundown photographed and styled by Simone HoSang.
Background image is from Caribbean Food Delights.

Jamaica

Shrimp Rundown

Ingredients

2 tbsp coconut oil

1 small onion, chopped

4 garlic cloves, minced

1/2 cup red pepper, diced

1/4 scotch bonnet pepper, seeded, chopped (optional)

1 can coconut milk

1/4 cup scallion chopped

1/4 cup fresh thyme

salt and pepper to taste

1 lb shrimp

Directions

1. Heat coconut oil in shallow pan over medium heat. Saute onion, garlic and peppers.

2. Add coconut milk and reduce until sauce thickens slightly for about 10 minutes.

3. Add shrimp and cook each side for 3 minutes or until they turn pink and opaque.

4. Stir in scallions and thyme. Remove from heat and enjoy with rice.



Germany

Schweinshaxe are roasted pork knuckles or ham hocks. They are usually served with potato dumplings and gravy.

Germany

Schweinshaxe

Ingredients

1 large or 3 small,
Fresh ham hocks, 3-4 lbs.
1 tsp salt
1/2 tsp. pepper
1 tsp dried sage,
chopped fine or rubbed
1 tsp dried rosemary,
chopped fine
1 Tbsp shortening
1 1/2 cup broth

1 onion, peeled, quartered
1 carrot, peeled and cut
into 1 inch pieces
3 pieces of celery, peeled
and cut into 1 inch pieces
1 parsley root, peeled and
cut into 1 inch pieces
10 whole peppercorns
3/4 c. sour cream
2 T. flour
White wine to taste

Directions

1. Preheat oven to 350°F.
2. With a sharp knife, loosen the meat from the bone slightly. Rub the salt, pepper, sage and rosemary all over the outside of the hock. In an oven proof pan or roaster, brown the hock well on all sides. Pour some of the broth over the ham hock and add the vegetables and peppercorns.
3. Place the pan or roaster in the oven and roast for 1 1/2 to 2 hours, basting with broth every 15 minutes or so. Add more broth if necessary, so the pan doesn't dry out.
4. Remove the ham hock and cover with foil to keep warm. Place the roasting pan over medium heat and scrape all the roasted bits from the bottom. Strain the broth and add extra to make 2 cups. Stir the flour into the sour cream and then add the sour cream to the hot broth in the pan. Season to taste with salt, pepper and white wine. Serve with the sauce.

Enjoy with potato dumplings and sauerkraut.



India

Palak or Saag Paneer is an Indian spinach curry with Indian cheese. Typically, the spinach curry is pureed with cubed, sometimes fried, paneer cheese added to it. It is served with basmati rice or Indian breads like naan or roti.

Recipe is from Saji and his family.
Palak Paneer image is from telugusirulurecipes.blogspot.com.
Background image is from Simone HoSang.

India

Palak Paneer

Ingredients

- 250g paneer, cubed
- 3 big bunches spinach leaves, blanched, pureed
- 1½-2 tbsp ghee (clarified butter)
- 1 tsp cumin seeds
- 2 onions finely chopped
- 2 green chilies, cut lengthwise
- 1 tsp ginger garlic paste
- 1 tsp red chili powder
- 1 tbsp coriander powder
- 2 big juicy tomatoes, blanched, peeled and pureed
- 1 cup water (use blanched spinach water)
- Salt to taste
- ½ tsp garam masala powder
- 1 tbsp malai (heavy cream)
- ¼ tsp dried fenugreek leaves (optional)

Directions

1. Blanch spinach in hot water for 2 minutes, puree and keep aside.
 2. Melt ghee in heavy bottomed vessel. Add cumin seeds and let them splutter. Add onions and green chili. Sauté until light brown. Do not burn them.
 3. Add ginger garlic paste and fry further for 3 minutes. Add red chili powder and coriander powder. Combine well.
 4. Add tomato paste. Cook for 5 minutes on medium heat.
 5. Add the spinach puree. Cook further for 5 minutes.
 6. Combine paneer cubes (may also lightly fry before adding). Cook covered on low heat for 3 minutes.
 7. Add the spinach water, salt to taste and cook on medium heat for 10-12 minutes.
 8. Add malai, garam masala powder and kasuri methi. Mix well.
 9. Reduce flame, simmer for 2 minutes.
- Serve hot with naan, roti or steamed basmati rice.



Haiti

Riz aux Champignons Djon Djon is black mushroom rice. Djon djon mushrooms are grown in the northern part of Haiti. These mushrooms are considered a delicacy.

Recipe is from Sheila.
Riz aux Champignons Djon Djon image is from nancytousaint.org.
Background image is from Sabrina HoSang.

Haiti

Riz aux Champignons Djon Djon

Ingredients

- 2 cups long grain rice
- 4 tbsp olive oil
- 3 cloves garlic, crushed
- 3 sprigs of fresh thyme
- 2 cups of dried black mushrooms
- 3 cups of water
- 2 tsp salt
- 1/2 tsp black pepper
- 1 small onion, chopped
- 3 small shallots
- 2 cloves (optional)
- 10 oz peas or lima beans
- 1 scotch bonnet pepper

Directions

1. Boil mushrooms in 3 cups of water on medium heat for 10 minutes, until water turns black. Liquify using blender or food processor.
2. Strain mushrooms reserving 2 1/2 cups of the liquid.
3. Add oil to a cast-iron pot on medium heat. Saute garlic, onion and shallots for 2 minutes.
4. Add rice and stir for 3 minutes.
5. Add mushroom water, salt, cloves, cooked lima beans or green peas. Bring to a boil.
6. Reduce to low heat until water evaporates.
7. Lower heat again, stir rice with butter and place a whole scotch bonnet pepper and thyme on top of rice. Cover pot tightly and steam for 20 minutes.
8. Remove hot pepper and thyme. Stir before serving.



Netherlands

Poffertjes are Dutch pancakes that resemble puffy silver dollar pancakes. It is a favorite breakfast for all ages. They are made in a special pan and commonly served with butter, powdered sugar, fresh fruits, cream, chocolate sauce or nuts.

Recipe is from Anthonette.
Poffertjes image is from cookrepublic.com.
Background image is from Edwin van Stenis.

Netherlands

Poffertjes

Ingredients

125g flour

125g buckwheat flour (can also use plain flour but buckwheat is more traditional)

1 egg

500ml milk

1 tsp instant yeast

4 tbsp salted butter

pinch of salt

Dutch Pancake Maker, Poffertjes or Aebleskiver pan

Directions

1. Dissolve yeast in 3 tbsp of warm milk.

2. Mix the flour with the buckwheat flour. Stir the flour, yeast, milk and water together to make a smooth batter.

3. Stir the salt, melted butter and beaten egg in the batter. The batter should be lukewarm.

4. Set the batter, covered with a moist towel, in a warm place and allow it to rise for at least 30 minutes.

5. Pour the batter into the Dutch Pancake Maker, but do not fill the batter to the brim of each hole. If do not have Dutch Pancake Maker use griddle. Poffertjes will come out flatter.

6. Flip using toothpicks or skewers halfway through cooking.

Serve with butter and powdered sugar, fresh fruit, whipped cream, nuts, chocolate sauce or maple syrup.

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