

Food for Thought



A Caribbean Food Delights & Royal Caribbean Bakery Cookbook

Food for Thought Edition: Different ways we can use our products

2014 Cookbook

Includes 2 bonus recipes!

Caribbean Food Delights extends to you our sincere thanks because it is good customers, employees and friends like you that make our organization and philanthropic efforts thrive. There is nothing that pulls us even closer together than preparing and sharing some of our great tasting recipes. These recipes are compiled just for you in our exciting cookbook. So, from our family to yours, Bon Appétit!

Thank you,
Management and Staff of
Caribbean Food Delights,
Royal Caribbean Bakery and
JerkQ'zine Caribbean Grille
The Vincent HoSang Family Foundation

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Jamaican Garlic Bread

You will need...

4 Slices Royal Caribbean Bakery's Hard Dough Bread
4 Tablespoons Butter
2-4 Cloves of Garlic, minced
2 Tablespoons Grated Parmesan Cheese
Chopped Parsley

Directions

Butter one side of the bread slice and spread minced garlic on it. Garnish it with freshly chopped parsley and parmesan cheese. Toast until golden brown. For extra garlic flavor, slice off a small piece of a raw garlic clove. Take the larger piece and rub the cut side on the warm toasted bread. For milder garlic flavor, substitute garlic powder for fresh garlic cloves.



Jamaican French Toast

Hard Dough Bread is the best substitute for thick slices of challah bread.

You will need...

4 Slices Royal Caribbean Bakery Hard Dough Bread
1 Egg, beaten
1 Tbsp Milk
1 Tsp Vanilla

Directions

Heat frying pan with oil. Mix egg, milk and vanilla in a bowl. Dip both sides of hard dough bread in batter until bread is soaked. Pan fry each side.



Hard Dough Bread Toast

There's nothing like the warm, crunchy, chewy texture of Hard Dough Bread toasted with butter.

You will need...

2 Slices Royal Caribbean Bakery Hard Dough Bread
2 Tbsp Butter, Salted
Toaster, Oven, Grill, or Griddle

Directions

Toast bread to desired darkness. Spread 1 Tbsp butter on each slice. Serve with your favorite breakfast. They are deliciously wonderful with eggs.



Jamaican Grilled Cheese

You will need...

2 Slices Royal Caribbean Bakery Hard Dough Bread
2 Slices of American or Cheddar Cheese
2 Tbsp Butter, Salted

Directions

Take two slices of Royal Caribbean Bakery hard dough bread; place two slices of cheese between the pieces of bread; butter bread on the outside; place in medium hot skillet; fry until cheese melts and bread turns golden brown; turn on to other side and repeat the process. Remove from skillet. Enjoy as a snack with your favorite drink. Make it a meal by adding french fries and slice of tomato.



Plantain Tart à la Mode

Ms. Barker may have been the biggest loser at CFD, but that does not mean she will not occasionally bring in homemade baked goods or a home cooked meal for the office staff to enjoy. Here is her food for thought:

You will need...

1 Box Sabrina's Delights Plantain Tarts
1 Pint of Ice Cream
Caramel Sauce

Directions

Bake plantain tarts according to directions on the box. Serve them with a scoop of your favorite ice cream and toppings. We paired it with coconut pineapple ice cream and a drizzle of caramel syrup. Now that is a sweet treat to reward yourself with!



Hard Dough Bread Pizza

You will need...

2 slices Royal Caribbean Bakery's Hard Dough Bread
2-3 Tbsp of your favorite tomato sauce
1/2 cup shredded mozzarella cheese
1/8 cup grated parmesan cheese

Directions

First, spread 1-1.5 Tbsp tomato sauce on the slices of bread and sprinkle 1/4 cup mozzarella cheese on top. You can add your favorite toppings but remember keep it simple. Bake at 350 degrees F for 10 minutes in a toaster oven until cheese is bubbly. Carefully remove from oven and sprinkle parmesan cheese on top. Cool for 2 minutes and enjoy!



Cheesy Garlic Toast

Cheese makes all the difference! In our October 2007 newsletter, we showed you how to make garlic bread using our Royal Caribbean Bakery hard dough bread (see page 4). Now you can make it into cheesy garlic bread by simply adding shredded mozzarella cheese on top.

You will need...

Jamaican Garlic Bread Food for Thought (page 4)
1 cup Shredded Mozzarella Cheese
1/2 cup Parmesan Cheese

Directions

Place prepared garlic bread in a toaster oven and bake for 5-10 minutes at 400 degrees or until the cheese melts. Sprinkle parmesan cheese on top. Enjoy with your favorite tomato sauce!



Cinnamon Toast Sticks

You will need...

4 Slices Royal Caribbean Bakery Hard Dough Bread
4 Tbsp Butter
1/2 cup Brown Sugar
1 Tsp Ground Cinnamon

Directions

Butter 4 slices of hard dough bread on one side. Blend ground cinnamon and brown sugar together. Sprinkle mixture on bread. Bake in a toaster oven at 350 degrees F for 10 minutes or until golden brown. Slice lengthwise into 1 inch sticks. Serve with maple syrup or vanilla icing.





Zapiekanka

Pronounced za-pee-con-kah. Traditionally this popular Polish street food is prepared on halved baguettes with mushrooms, cheese and topped with Polish ketchup. Polish ketchup has a spicy note that can be easily substituted with our Hickory Jerk BBQ Sauce.

You will need...

- 2 Loaves Royal Caribbean Bakery Coco Bread
- 2 Tbsp Olive Oil
- 1 Large Yellow Onion, Chopped
- 8oz pack of Mushrooms, White or Baby Bella, Chopped
- 8oz Havarti Cheese, Shredded
- 1 Caribbean Food Delights Jerk Hickory BBQ Sauce
- Chopped Parsley or Scallions for Garnish
- Salt and Pepper to Taste

Directions

Saute onions in olive oil with a dash of salt and black pepper. Add chopped mushrooms. Open 2 loaves of coco bread and layer the mushroom and onion mixture on each side. Sprinkle with your favorite white cheese: mozzarella, swiss, muenster, jack, havarti or sharp cheddar. Place that in your toaster oven to melt the cheese and crisp the bread. Top it with our jerk bbq sauce. Optional: Garnish with parsley or scallions.

Jerk Chicken Coco Bread Panini

You will need...

- 1 Loaf Royal Caribbean Bakery Coco Bread
- 1 Chicken Breast, Boneless
- 2 slices of Swiss Cheese
- 3 Slices of Tomatoes
- 1/4 cup Sauteed Onions
- 1Tbsp Ranch Dressing

Directions

Open coco bread. Layer ingredients. Press in a sandwich griddle.



Cocktail Patty Sliders

You will need...

- 1 pk Royal Caribbean Bakery Hard Dough Bread Rolls
- 1 dozen Cocktail Patties

Directions

Bake cocktail patties according to box instructions. Slice the hard dough rolls open. Place one cocktail patty in each roll and hold close with a toothpick. Great for parties.



Spinach Patty Quesadilla

You will need...

6 Caribbean Food Delights Spinach or Spinach & Cheese Patties
1 cup shredded Monterey Jack cheese
1/2 cup black beans
1/2 cup corn kernels

Directions

Bake spinach patties according to directions on box or purchase them at your local patty shop. Allow to cool before carefully opening it. Add bean and cheese mixture. Close and let melt in toaster oven for 2 minutes. Cut each patty into three triangles.



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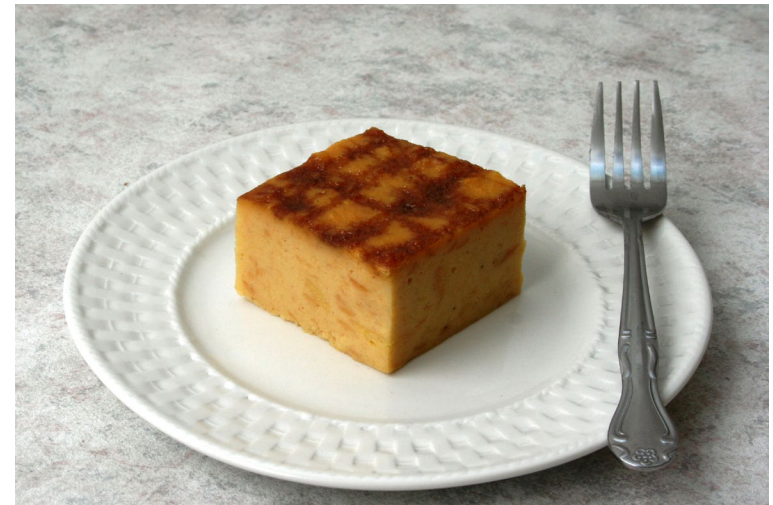
Royal Caribbean Flan Bread Pudding

You will need...

10 slices Royal Caribbean Bakery Hard Dough Bread
1/2 cup sweetened condensed milk
6 cups milk
2-2.75 oz Royal Flan mix with caramel sauce
2 eggs
1/4 tsp nutmeg
1/4 tsp cinnamon

Directions

Cut Royal Caribbean Bakery Hard Dough Bread into pieces and soak in 2 cups of milk and condensed milk. Heat Royal Flan mix with remaining 4 cups of milk in a saucepan stirring constantly until reaches rolling boil. Pour that over the bread and milk mixture allowing to soak for 10 minutes. Mix in eggs, nutmeg and cinnamon and pour in lightly greased baking pan. Drizzle caramel sauce over pudding. Bake at 350°F for 1 hour or until center is clean with a toothpick test.



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Notes:

Peanut Butter & Preserves

Royal Caribbean Bakery Hard Dough Bread is the best soft, chewy bread to spread on thick, sticky peanut butter and preserves. You will never have to deal with your bread ripping apart as you spread.

You will need...

2 slices Royal Caribbean Bakery Hard Dough Bread
1 tbsp peanut butter
1 tbsp preserves
1/4 tsp of cinnamon

Directions

Spread your favorite peanut butter on one side of the bread and your preserves on the other. Sprinkle cinnamon on one side, sandwich the bread slices together and enjoy.



Compliments of:

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A Vacation From Ordinary Food



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