

The Menu

Mashed Provisions

Sauteed Chicken (or Tofu) with Southwestern Pan Sauce

Steamed Broccoli tossed in olive oil and onion.

30-minute Caribbean Inspired meals by Chef Kerish Robles

Mashed provisions Recipe

By Chef Kerish Robles

Yields : about 4-6 cups

Serves 4

1/2 lb of pumpkin, chopped and peeled.

½ lb cassava, peeled and cubed

¼ lb Dominican sweet potato, peeled and chopped

¼ lb green plantain, peeled and large chopped or cubed,

2 tablespoon of vegan butter or cooking fat of choice

3-6 large garlic cloves depending on how potent you want your mash.

1 medium yellow onion , fine chopped, or ½ c. onions

3 tbsp nutritional yeast

1 ¼ cup of coconut milk or water

1 teaspoon of himalayan pink salt

black pepper and garlic granules to taste optional

Instructions

1. Place the chunks of provisions in a large saucepan and boil until tender, this should take 10-15 minutes.
2. Drain the excess water from them and use a potato masher or large fork to mash until smooth. Use the coconut milk as a binder until it reaches the desired thickness
3. Mix in the vegan butter and pink salt. You can add garlic, onion, and seasonings now. Please note, if you don't want the raw seasonings, you can saute the garlic and onions while potatoes are boiling.
4. Enjoy!

Note:

Be careful when peeling provisions. Use a vegetable peeler , and cut the pieces into smaller portions before peeling to avoid cutting yourself if you can.

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Add more garlic and seasonings. It's your mash, so feel free to flavor and thicken as desired.

Sauteed chicken strips, or Tofu with Southwestern pan Sauce

Serves 4

- 4 boneless skinless chicken breast halves - or boneless skinless chicken thighs; or 1 lb extra firm Tofy
- 3 heaping tablespoons berbere seasoning
 - 1 tbs taco seasoning of choice
 - 1 ½ tsp salt, or to taste
- 2-3 tablespoons canola oil
- 1 small onion – chopped, or 1 cups
- 1 orange and 1 red bell pepper small diced , or ½ cup of each small diced
- 4 cloves garlic - minced
- 1 can (10-oz) tomato sauce
- 1 can (15-ounce) black beans - drained and rinsed
- 1 cup frozen corn - thawed
- ½ c. chopped fresh cilantro
- ½ c chopped fresh thyme
- 1 jalapeño pepper, minced, seeds removed for less heat (optional for spice)
- 1 tbsp agave or honey



Instructions

1. Generously season the chicken breasts or tofu with dry seasonings, salt and black pepper and a little oil. Let it marinate 1 day prior for best flavor.
2. Heat 2 tablespoons of the oil over medium-high heat in a large skillet or saute pan.
3. Place the chicken or tofu in the skillet and brown well on the first side, approximately 4-5 minutes. Flip the chicken and brown on the second side for approximately 3-4 minutes. Adjust the heat as necessary so the spices don't burn. Transfer to a plate.

Note: If using tofu, brown on all sides.

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4. Add the onion to the skillet and cook over medium heat for 3-4 minutes or until it begins to soften. Then add the bell peppers and cook until slightly soft, approximately 2 – 3 minutes.
5. Add fresh seasonings, tomato sauce, Bring to a simmer. Add honey.
6. Add chicken back to the pan, cover with the lid slightly ajar, reduce heat to low and simmer, turning once, until the chicken is completely cooked to an internal temperature of 165 degrees in the center, approximately, 8- 10 minutes.
7. Add the drained and rinsed black beans and corn and cook briefly just to heat through.
8. Sprinkle with cilantro and top with fresh jalapeno slices if desired or add jalapeno to the sauce when cooking.

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Steamed broccoli tossed in sautéed onions

Serves 4

1 1/2 pounds (2 large heads) broccoli

¼ cup red onions or yellow onion, thinly sliced (or substitute green onion)

2 tablespoons olive oil

1 teaspoon kosher salt

Freshly ground black pepper

Instructions

1. Cut the broccoli into florets.
2. Thinly slice the onion. Place it in a bowl of water while you're making the rest of the recipe, then drain. (This helps to reduce onion breath and remove some of the spicy bite. If you use green onion, skip this step!)
3. Place 1 ½ cups water into a saucepan or pot. If using a steamer basket without a handle, add it to the pot now: the water surface should be right under the basket. Bring the water to a boil.
Note: Steaming, water should not touch the item being steamed.
4. Once boiling, add the broccoli (in the steamer basket, if it has a handle). Steam with the lid on 3 to 4 minutes until just tender, testing with a fork to assess whether it's done. We like our broccoli on the crisp side: if you'd like it more tender, cook 1 minute more. Just be careful not to cook much longer or the color will immediately fade, and it will be overcooked!
5. Carefully remove the broccoli and add to a bowl. Toss with the olive oil, kosher salt, and drained onions. Top with freshly ground black pepper and add more salt if desired.

Note: Butter can be used in place of olive oil.

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