



FOOTHOLD AMERICA'S FAMOUS FAMILY COOKBOOK

www.footholdamerica.com

Foreword

At Foothold America, we're a geographically and ethnically diverse team and we wanted to find a fun way for us to embrace this cultural dexterity in which we take so much pride. We were able to accomplish this by culminating our employee's family recipes, some drawn down through the generations and some new, created in our colleagues' kitchens throughout the UK, Europe, and the US. These recipes now make up our Famous Family Cookbook.

Working remotely across various countries, our employees have different life experiences; but one thing which consistently unites us is our love for food. Food is at the heart of our interactions. It is so much more than sustenance, it is a means for connection – one which affords us the opportunity to bond, engage, and comfort.

Our Famous Family Cookbook offers us all the opportunity to experience the culture of our team and share a sense of who we are without traveling. With openness to new things and in immersing oneself in the different recipes, our team has been able to foster a newfound appreciation for one another.

ENTRÉES

ANGELIQUE'S BACALAITOS

Bacalaitos is a famous roadside cuisine in Puerto Rico, made from salted codfish.

They are golden-brown fritters – light, simple, and full of fish, herbs, and seasonings.

Prep time: 1 Hour

Cook time: 6 minutes

Servings: 12

Cuisine: Latin America

Ingredients

- 1 pound (454 grams) salted codfish desalinated, 1 cup of cooking water reserved (see instructions in post) *see notes for directions on using fresh cod*
- 1/4 cup (13 grams) onion from 1/4 of a medium onion, minced
- 1/4 cup (37 grams) red bell pepper from 1/4 of a large pepper, minced
- 2 cloves garlic minced
- 2 tablespoons sofrito
- 1 1/2 teaspoons white rum or white vinegar, optional
- 1 cup (150 grams) all-purpose flour
- 1 tablespoon (7 grams) cornstarch
- 1 1/2 teaspoons (1 packet) sazón con culantro y achiote
- 1/2 teaspoon oregano
- 1/4 teaspoon black pepper
- 1 cup (237 milliliters) cold water plus more as needed
- oil for frying (about 8 cups)

Instructions

In a wide caldero or dutch oven, preheat 8 cups of cooking oil to 360°F (182°C) over medium-high heat. Set a cooling rack over a sheet pan to drain the fried bacalaitos on later.

Prepare the Bacalaito Batter

1. Pull the cooked codfish apart into smaller chunks that are hearty but not more than a bite-sized chunk.
2. In a mixing bowl, fold the onion, red bell pepper, garlic, sofrito, and rum (or vinegar) into the flaked codfish. Set this bowl aside.
3. In a separate, larger bowl, combine the flour, cornstarch, sazón, oregano, and black pepper. Stir the ingredients together with a whisk to distribute them evenly.
4. Combine the cold water with the reserved cooking water from the bacalao. Add anywhere from 1 1/2-2 cups of this water to the flour mixture, whisking slowly until a batter forms. The more water you add, the thinner the fritters will be once they're fried.*
5. Add the fish to this batter and use a rubber spatula to fold the fish in just until evenly combined.
6. Fry the Bacalaitos
7. Use a wide spoon or transfer your batter to a big glass or metal pitcher. These help with dropping the batter into the hot frying oil.
8. Once the oil reaches 360°F (182°C), scoop a spoonful** of the batter up with your kitchen spoon. Bring the spoon to the surface of the hot oil and "lay" it into the oil, spreading the batter into a line as you pull away from you to the other side of the pot.
9. Try to avoid splashing the batter as you go from bowl to pot.
10. Fry the first "test" bacalaito for 3 minutes, then use a pair of tongs to flip it to the other side.
11. Fry it for another 3-4 minutes or until it is a deep golden brown and crisp. Taste this bacalaito. Adjust the seasoning/consistency of the rest of the batter as needed.
12. Once your bacalaito batter is adjusted to suit your preferences, continue frying the batter just like you did before.
13. Transfer the fried bacalaitos to the cooling rack. Try to stand them up in between the racks so most of the oil drains from them onto the pan below. You can keep them warm in a 170°F oven, but I find they get soggy faster in enclosed spaces.

JISSELLE'S TRINIDAD DOUBLES

Doubles is by far the most popular, cheap, satisfying, fast food and beloved street food in Trinidad.

It is a delicious sloppy sandwich made with two pillowy soft baras-flat fried breads filled with channa, also known as curried chickpeas. It is a vessel for mouth-watering condiments and Caribbean flavours.

Condiments range from a choice of grated cucumber, tamarind chutney, kuchela, hot sauce (peppah sauce) or sometimes even coconut chutney to a "lil bit of everything". I have heard rumors of triples—the use of three baras.

Cuisine: Caribbean

Ingredients

Doubles Bara

- 2 cups all-purpose flour
- 1/2 teaspoon baking powder preferably aluminum free
- 1 teaspoon salt
- 1 teaspoon instant yeast
- Pinch turmeric 1/4 tsp
- 2 teaspoons sugar
- 1 cup lukewarm water lukewarm, MINUS about 3 tbs
- 1 tablespoon vegetable oil for rubbing on dough
- 2 cups vegetable oil for frying

Doubles Channa Recipe

- 1/2 lb dried chickpeas channa
- 1 teaspoon baking soda divided
- 1 tablespoon minced culantro bandhania
- 1 tablespoon garlic minced (3 cloves)
- 1/8 teaspoon turmeric or up to 1 tsp depending on the brand
- 1 1/2 tsp bandhania finely chopped or minced--about 3 leaves
- 1/2 teaspoon amchar massala or ground roasted cumin, or a combo
- 1-2 teaspoons Himalayan Salt Add to taste

Cucumber Chutney

- 1 cucumber grated
- 1 tsp minced garlic
- hot pepper, minced, to taste
- 1 tsp bandhania minced
- salt to taste

Bandhania Chutney

- 1 bunch bandhania (shado beni or culantro)
- 2 cloves garlic
- hot pepper to taste
- salt to taste

Instructions

Bara instructions:

- In a medium bowl, add flour, baking powder, salt, yeast, turmeric, and sugar.
- Add lukewarm water gradually and mix to form a very soft, slightly sticky dough. Do not over-knead.
- Rub the dough with oil, cover and set aside to rest for 1 hour (minimum) or until doubled (max 6 hrs or overnight). The longer it rests, the softer the bara-- 6 hours is perfect, but if you are in a hurry, 1 hr can work.
- Divide the dough into 16 balls. Cover and allow it to raise another hour or until doubled.
- Rub oil on a flat surface or plate. Place the dough on the oiled surface and flatten to a 6-inch round (oil hands as well) or almost transparent!! Make to your desired thickness and width--keeping in mind, it puffs up as it cooks.
- Rub oil on a flat surface or plate. Place the dough on the oiled surface and flatten to a 6-inch round (oil hands as well) or almost transparent!! Make to your desired thickness and width--keeping in mind, it puffs up as it cooks.
- Place the fried dough (bara) on a paper towel or clean kitchen towel, stacking them on each other as they are done frying. This will allow them to flatten, steam and give them the soft, chewy texture we all love--just like the doubles man's! Repeat with the remaining dough.

Doubles Channa instructions:

- Soak chickpeas overnight with 1/2 teaspoon baking soda. Drain and rinse with several changes of water. Drain again.
- In a pot, add about 6 cups of water and place over medium heat. Add channa, one teaspoon of salt, 1/2 teaspoon baking soda and stir to combine. Bring to a boil and scoop out any impurities that rise to the top. Adding more baking soda than this will give it a weird metallic--baking powder taste.
- When chickpeas are tender, about 1 hour, add minced bandhania, minced garlic and turmeric and mix well. You can also add minced hot pepper.
- Continue to cook for 15-20 minutes or longer if required. During this time, with a wooden spoon, stir, moving back and forth motion to bring it to the right consistency. This will take several minutes for the channa to thicken, so be patient. Doubles will be ready soon!
- Taste for salt and add more if required. To finish, mix in bandhani, amchar masala or ground roasted cumin or a combination.

Chutneys instructions:

- To make the cucumber chutney, mix all ingredients to combine. Taste and add salt and black pepper if required.
- To make the bandhania chutney, place all ingredients in a blender or food processor and pulse to combine. Add salt to your preference. You will need to add water if making it in a blender--just enough to combine.

OVI'S MEXICAN BEAN SALAD

Cuisine: Mexican

Ingredients

- 1 (15-ounce) can of black beans, rinsed and drained
- 1 tablespoon lemon juice
- 1 (15-ounce) can of kidney beans, drained
- 2 tablespoons white sugar
- 1 (15-ounce) can of cannellini beans, rinsed and drained
- 1 clove crushed garlic
- 1 green bell pepper, chopped
- ¼ cup chopped fresh cilantro
- 1 red bell pepper, chopped
- ½ tablespoon ground cumin
- 1 (10 ounce) package frozen corn kernels
- ½ tablespoon ground black pepper
- 1 red onion, chopped
- ½ teaspoon chili powder
- ½ cup olive oil
- 1 dash hot pepper sauce
- ½ cup red wine vinegar
- 2 tablespoons fresh lime juice

Instructions

1. In a large bowl, combine beans, bell peppers, frozen corn, and red onion.
2. In a small bowl, whisk together olive oil, red wine vinegar, lime juice, sugar, salt, garlic, and cilantro, cumin, and black pepper. Season to taste with hot sauce and chili powder.
3. Pour olive oil dressing over vegetables; mix well. Chill thoroughly and serve cold.

NATALIE'S BROCCOLI CHEDDAR SOUP

Cuisine: American

Ingredients

- 4 tbsp. butter
- 1 medium yellow onion, chopped
- 1/4 cup all-purpose flour
- 3 cups chicken broth
- 1/2 teaspoon salt
- Freshly ground black pepper
- 1 large head broccoli, finely chopped
- 1 large carrot, grated
- 2 cups whole milk
- 3 cups shredded cheddar, plus more for garnish
- Bread bowl, for serving

Instructions

1. In a 6-qt. stockpot, heat butter over medium heat; saute onion and garlic until tender, 6-8 minutes. Stir in broccoli, carrot, stock, cream and seasonings; bring to a boil. Simmer, uncovered, until vegetables are tender, 10-12 minutes.
2. Mix flour and water until smooth; stir into soup. Bring to a boil, stirring occasionally; cook and stir until thickened, 1-2 minutes. Remove bay leaves. Stir in cheese until melted.
3. If using bread bowls, cut a slice off the top of each bread loaf; hollow out bottoms, leaving 1/4-in.-thick shells. Fill with soup just before serving.
4. Serve soup with toppings as desired.

MAIN COURSES

VEGAN BOLOGNESE

Cuisine: Italian

Ingredients

- 3 tbsp. olive oil
- 1 onion, finely chopped
- Kosher salt and pepper
- 8 oz. cremini mushrooms, trimmed and chopped in a food processor
- 2 large cloves garlic, finely chopped
- 1/4 to 1/2 tsp crushed red pepper
- 3 tbsp. tomato paste
- 1/2 c. dry white wine
- 1 c. red lentils
- 1 14.5-oz can crushed tomatoes
- 1 tbsp. mushroom bouillon base
- 1 lb. pappardelle, linguine or fettuccine
- Chopped parsley, for serving

Instructions

1. Heat oil in Dutch oven on medium. Add onion, season with 1/2 teaspoon each salt and pepper, and cook, covered, stirring occasionally, 4 minutes. Increase heat to medium-high, add mushrooms and cook, stirring occasionally, until deep brown and beginning to stick, 8 to 10 minutes.
2. Reduce heat to medium, stir in garlic and crushed pepper, and cook 1 minute. Stir in tomato paste and cook, stirring until dark brown, 2 minutes. Stir in wine, scraping up any browned bits, then stir in lentils, tomatoes, 2 cups water, and bouillon. Bring to a boil, then simmer until lentils are tender, 30 to 35 minutes. Meanwhile, cook pasta per package directions. Serve bolognese over pasta, topped with parsley if desired.



ROSE'S NIGERIAN JOLLOF RICE

Spiced and stewed in a flavorful tomato broth, it is everything from "every day" to celebration. The classic version is cooked with long-grain rice (Uncle Ben's/Carolina's) and seasoned with Nigerian-style curry powder and dried thyme. Served with fried, ripe plantains which we call dodo and coleslaw, it is everything.

Prep time: 30 minutes

Cook time: 1h and 30 min.

Servings: a family sized pot

Cuisine: African

Ingredients

- 1/3 cup oil (vegetable/canola/coconut, not olive oil)
- 6 medium-sized fresh plum/Roma tomatoes, chopped, OR a 400-gram tin of tomatoes
- 6 fresh, red poblano peppers (or 4 large red bell peppers), seeds discarded
- 3 medium-sized red onions (1 sliced thinly, 2 roughly chopped), divided
- 1/2 to 1 hot pepper, or to taste (yellow Scotch bonnets are my favourite)
- 3 tablespoons tomato paste
- 2 teaspoons (Caribbean/Jamaican-style) curry powder
- 1 teaspoon dried thyme
- 2 dried bay leaves
- 5 to 6 cups stock (vegetable, chicken, or beef) or water, divided
- 2 teaspoons unsalted butter (optional), divided
- 4 cups uncooked converted long-grain rice or golden sella basmati, rinsed
- Salt, to taste
- Black and white pepper, to taste
- Extra: sliced onions, tomatoes

Instructions

1. In a blender, combine tomatoes, red poblano (or bell) peppers, chopped onions, and Scotch bonnets with 2 cups of stock, blend till smooth, about a minute or two. You should have roughly 6 cups of blended mix. Pour into a large pot/ pan and bring to the boil then turn down and let simmer, partly covered for 10 - 12 minutes.
2. In a large pan, heat oil and add the sliced onions. Season with a pinch of salt, stir-fry for 2 to 3 minutes, then add the bay leaves, curry powder and dried thyme and a pinch of black pepper for 3 - 4 minutes on medium heat. Then add the tomato paste - stir for another 2 minutes. Add the reduced tomato-pepper-Scotch bonnet mixture, stir, and set on medium heat for 10 to 12 minutes till reduced by half, with the lid partly on. This is the stew that will define the pot.
3. Add 4 cups of the stock to the cooked tomato sauce and bring it to boil for 1 - 2 minutes.
4. Add the rinsed rice and butter, stir, cover with a double piece of foil/baking or parchment paper and put a lid on the pan—this will seal in the steam and lock in the flavor. Turn down the heat and cook on the lowest possible heat for 30 minutes, stirring halfway through.
5. Stir rice—taste and adjust as required. If rice isn't soft enough/ needs additional cooking, add 1/4 to 1/2 cup of stock or water, stir through, and continue to steam, on low till cooked through.
6. If you like, add sliced onions, fresh tomatoes and the 2nd teaspoon of butter and stir through. Let rest, covered for 5 to 6 minutes.

GEANICE'S SEAFOOD DRESSING

Cuisine: Southern Creole

Ingredients

- ½ cup margarine
- 1 pound crabmeat, drained and flaked
- ½ pound medium shrimp - peeled and deveined
- ½ cup chopped onion
- ½ cup chopped celery
- ½ cup chopped green bell pepper
- 1 (6 ounce) package corn bread stuffing mix (Jiffy brand or you can make the corn bread from scratch)
- ½ cup seasoned dry breadcrumbs
- 1 tablespoon white sugar, or to taste
- 1 (10.5 ounce) can condensed cream of mushroom soup
- 1 (14.5 ounce) can chicken broth

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Melt margarine in a large skillet over medium heat.
3. Add crabmeat, shrimp, onion, celery, and bell pepper; cook and stir for about 5 minutes. Set aside.
4. Stir together stuffing mix (or pre-made cornbread), breadcrumbs, and sugar in a large bowl.
5. Mix in cooked vegetables and seafood from the skillet. Stir in condensed soup and chicken broth. Spoon into a 9x13-inch baking dish.
6. Bake in the preheated oven until lightly toasted on top, about 30 minutes.

ROB'S CUBAN BEEF PICADILLO

Cuban beef picadillo is a traditional dish made with ground beef, potatoes, onions, garlic, cumin, bell peppers, white wine, tomato sauce, raisins, olives, and capers. You can also use ground chicken or turkey in place of the ground beef.

Prep time: 15 minutes

Cook time: 45 minutes

Servings: 6

Cuisine: Cuban

Ingredients

- 1 lb ground beef
- 2 tablespoons of olive oil
- 1 medium large yellow onion diced
- 6 garlic cloves finely chopped
- 1 tablespoon ground cumin
- 3 small potatoes peeled and cut in small pieces
- $\frac{3}{4}$ cup dry white wine
- $\frac{1}{2}$ cup whole green olives stuffed w/ pimentos
- $\frac{1}{2}$ cup raisins
- $\frac{1}{4}$ cup capers drained
- 16 ounces of tomato sauce 2 8 oz cans
- Salt and pepper to taste
- $\frac{1}{2}$ bell pepper diced

Instructions

1. In a medium size frying pan, brown the ground beef with a dash of cumin and pepper, drain off any excess grease, and set aside.
2. In a large frying pan, heat 2 tbs of olive oil over med-low heat and cook the diced onion until soft.
3. Add the chopped garlic and cook until almost golden.
4. Mix in the bell pepper, cumin, pepper, and a little salt – not too much as the olives and capers are salty.
5. Add the potatoes pieces and cook for about 5 minutes.
6. Add the ground beef and the wine, let the liquid reduce.
7. Add raisins and tomato sauce when the potatoes are about half-cooked (a knife can easily through the first part, but the center is still very firm).
8. Cook for 5 more minutes and then add the olives and capers.
9. Continue cooking over medium heat, stirring occasionally, until the potatoes are ready. If the sauce thickens too much, you can add some more wine or a little bit of water. Taste and adjust any seasonings: salt, pepper, cumin, or additional olives/capers.
10. Serve with rice, fried ripe plantains, and a small salad.

To serve on the side (recommended):

- Latin style white rice
- Fried ripe plantains

PRITI'S BUTTER CHICKEN

Cuisine: Indian

Ingredients

- 3 tbsp – Butter (or vegetable oil)
- 3 tbsp - Plain Yoghurt
- Half cup Cashews
- 1 teaspoon - Turmeric Powder
- 2 teaspoons - Garam Masala (Note 1)
- 2 teaspoon - Cayenne Pepper Powder (or chilli powder)
- 2 cloves - Garlic (crushed)
- 1 ½ pounds - Chicken Thigh Fillets (cut into bite size pieces)
- 1 Tomato
- 2 Onions
- 1 ¼ teaspoons – Salt
- 1 tbsp – dried fenugreek leaves

Instructions

1. Take a pan, add butter/oil, garlic, and Chicken to cook for 15 minutes.
2. In a blender, add the onions, tomato, Cashews, dried Fenugreek leaves, and yogurt and blend it.
3. Once the chicken is cooked, add the paste and all other ingredients in the pan where the chicken was cooked and cook it for 10 mins. If you want a liquidy curry, add a half cup of water.
4. Serve with Basmati Rice, Chapati or Wheat tortillas.

THE FARQUHARSON'S BOEUF BOURGUIGNON

Notes:

For optimal flavor and authenticity please begin preparations the day before you want to eat this!

Cuisine: French

Equipment needed:

- Cast iron casserole
- Saute pan (fairly large)

Ingredients

- 3 1/2 lbs cubed beef, preferably top round or similar
- 2 cloves of garlic just crushed with the blade of your knife
- 1 bottle of red wine, preferably a burgundy (Pinot Noir etc.)
- 1 bouquet garni (bay leaf, dry thyme springs, rosemary etc.)
- 7oz sliced mushrooms
- 10oz bacon cut into lardons (buy real lardons if you can get them - the choice is your whether to use smoked or plain bacon/lardons - it depends on how you like your flavours)
- 2 carrots peeled and sliced into batons
- 7 oz of whole peeled shallots
- 4 oz butter
- 2 onions diced
- 4 cups of the best quality beef stock you can make or buy
- 1/4 cup flour

Instructions

1. Cut up the meat into 1/2 cubes and place in bowl with the crushed garlic, bouquet garni and the entire bottle of wine. Cover and place in the fridge for a minimum of 3 hours, or preferably overnight!
2. Cube the onions into cubes, peel and make the carrots into batons. Retrieve the meat from the fridge. Drain and reserve the marinating liquid as you'll use this later on in the recipe! Keep also the garlic and the bouquet garni as you will use them in the recipe later.
3. Pat the meat dry, because you want the exterior of the meat to seal and brown for optimal results. Put half the butter into the casserole you are using for the meal and melt it over a medium high heat. Brown the meat and reserve it on a plate keeping it warm while you then use the same pan with the fat and the drippings from the meat to cook the onions and carrots. Cook them until they are a little colored by the cooking process. Sprinkle the meat with the flour now that it is cooked and resting. Roll in the flour if necessary to get a complete and even coating. This will ensure the sauce thickens.
4. Once the onions and carrots are ready, ensure they and the meat are all in the casserole, then add the wine you have reserved from the marinade. Also add the reserved garlic and bouquet garni. Cover, and put in a warm oven at 330-degree oven for 2 1/2 hours. The name of the game is low and slow cooking! Let your flavors develop!
5. While all of this is going on. May I suggest you open a bottle of wine for dinner and have a sip or two while the meat cooks, this will help you to contemplate the meaning of life.
6. Take the bacon/lardons and cook in a dollop of butter until brown and crispy. Reserve.
7. Sauté the mushrooms in butter (lots of it) and a little pinch of salt. Reserve.
8. After the meat has been cooked for 2 1/2 hours add the bacon/lardons and mushrooms and gently stir. Cook for another hour, adding water if the sauce gets too thick due to lack of moisture. You want a lovely sauce that coats the back of the spoon if your sauce.
9. After 3 1/2 hours of cooking, you should be able to break the meat apart with a fork. If you are unable, pop back in the oven for at least 30 minutes. At NO time should the oven temperature exceed 330 degrees.
10. When ready to serve, remove the bouquet garni and serve with a fresh baguette for dipping and mopping the sauce!

JOANNE MOM'S HAMBURGER STEW

My mother wasn't a fan of cooking, but being the homemaker of a family of six, planning and preparing dinner every evening fell to her. She had a dozen or so recipes that were repeated regularly, and Hamburger Stew was one of my favorites.

I've jokingly said that I grew up with two 'spices' – salt and pepper. That's exactly what you'll get with this recipe. So, if you'd like to enhance the flavor, please do.

Cuisine: American

Equipment needed:

- Frying pan
- Large pot with lid (about 12 quarts / 11 liters)
- Strainer

Notes: Hamburger Stew is even better the next day after the flavors have had a chance to meld. You can freeze Hamburger Stew and have a tasty back up meal whenever needed.

Ingredients

- One pound of ground beef (500 g)
- 4 large or six medium potatoes (Russet, Yukon Gold, or boiling potatoes)
- Two large cans of stewed tomatoes (28 ounces / 8 liters)
- Salt
- Pepper

Instructions

1. **Step One** - Peel the potatoes and cut into chunky pieces. Do your best to make the chunks approximately the same size so they cook evenly. Place in the large pot with enough water to cover the potatoes and bring to a boil. Add a big pinch of salt to the water.
2. Boil the potatoes, checking occasionally with a fork until it pierces the potatoes with some resistance. Depending on the size of your chunks, this may take about 15 minutes. Be sure not to over boil where the potatoes fall apart when pierced with the fork. We want the potatoes to be slightly undercooked as they will finish cooking in the stew.
3. While your potatoes are boiling, go to Step Two.
4. **Step Two** - Break up and brown the ground beef in the frying pan until all the pink is gone. Use a wooden spatula to break the beef into small pieces. Once browned, pour out the excess fat and set the frying pan aside.
5. When your potatoes are cooked, drain the water, and add the ground beef to the pot with the potatoes.
6. **Step Three** – Open the stewed tomatoes and the liquid to the pot. Place each tomato on a cutting board, cut into pieces, being sure to remove the hard top. Be careful, they're juicy. If you have picky eaters who don't love tomatoes, cut into small pieces. Otherwise, cut into chunky pieces. Add the tomatoes to the pot and cook on medium heat until the ingredients come together to form a stew and the potatoes are fully cooked. Add salt and pepper to taste.
7. Place the lid on the pot and stir every few minutes to make sure the stew doesn't boil. If the stew has more liquid than you like, remove the lid so some of the broth evaporates. Add more salt and pepper to taste.
8. Finally – Ladle into bowls, eat, and enjoy. As a child, I was a fan of smashing the potatoes with my fork and creating a mush of beef, potato, tomato. Yum.

ANGELIQUE'S PERNIL (ROAST PORK SHOULDER)

Served with salad, rice, beans, or plantains, it's the classic Christmas Eve dinner of Puerto Rican families. The secret to a good pernil? Marinate it overnight, add sofrito for a more flavorful impact, and bake until fall-apart tender.

Prep time: 10 minutes

Cook time: 4 hours

Additional time: 12 hours

Cuisine: Latin American

Ingredients

- 2 large onions, peeled and cut into chunks
- 3 cloves garlic, peeled
- Juice of 4 limes
- 1 1/2 cups white wine, plus more if needed
- Kosher salt and freshly ground black pepper, to taste
- 1 whole bone-in, skin-on pork shoulder, 4 to 8 pounds
- 2 tablespoons fresh thyme leaves
- 2 tablespoons fresh rosemary
- 1/4 cup butter, softened

Instructions

1. Combine the onions, garlic, lime juice, 1 cup white wine, salt and pepper in the jar of a blender or food processor. Blend until smooth. If the mixture is too thick, add more wine. Reserve.
2. Place the pork shoulder on a cutting board and score the skin with a sharp paring knife, making a crosshatch pattern.
3. Transfer the pork to a big bowl (or brining bag) and pour the marinade over it. Sprinkle with the herbs and rub the mixture into the pork, getting into every nook and cranny. Cover with plastic and refrigerate for 12 to 24 hours, turning a few times so every inch gets to soak the marinade.
4. Preheat oven to 350 degrees F.
5. Place the pork on a roasting pan and pour the marinade along with the remaining white wine.
6. Roast for several hours, 35 - 40 minutes for every pound, turning every hour or so and adding more wine to the pan as needed, until the meat is very tender, and a meat thermometer inserted in the thickest part reads 195-205 degrees F. Remove from oven.
7. Turn the pernil skin side up, brush the skin with the butter and place it under the broiler until crisp.
8. Let it rest, tented with foil, for at least 3 minutes (and up to 30 minutes) before serving with the pan juices.

ANGELIQUE'S PERNIL (ROAST PORK SHOULDER)

Notes - Serving per person

You should calculate around 6 ounces per person. Since pernil has an average yield of 62%, here's an estimate of servings per weight:

- 4 lbs - 6 servings
- 5 lbs - 8 servings
- 6 lbs - 10 servings
- 7 lbs - 12 servings
- 8 lbs - 14 servings
- 9 lbs - 16 servings
- 10 lbs - 18 servings

Cooking time

Cooking time will vary according to the pork shoulder's weight. A good rule of thumb is 35 to 40 minutes per pound.

- 4 lbs - 2.5 hours
- 5 lbs - 3 hours
- 6 lbs - 3.5 hours
- 7 lbs - 4 hours
- 8 lbs - 4.5 hours
- 9 lbs - 5 hours
- 10 lbs - 5.5 hours

Make ahead

Pernil should be roasted the day you plan on serving it. However, you can do the first roasting phase, until it is cooked through and tender, and let it rest for up to 2 hours.

Then, preheat the oven to 500 degrees F and roast again, rotating every 5 minutes, until the skin is crispy, about 20 minutes total.

Ingredients

- 2 lbs/ 1 kg combined ground pork/ beef
- ½ cup arborio rice
- 1 large onion chopped
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- 2 tablespoons olive oil
- 1 large pickled cabbage
- 700 ml tomato juice
- 10 slices smoked bacon
- some fresh thyme sprigs
- 3-4 bay leaves
- salt and pepper

Instructions

Get ready the meat stuffing.

1. Boil arborio rice till it's almost ready. Set aside to cool.
2. Meanwhile chop the large onion. Sauté half of the quantity for a couple of minutes, saving the other half for later and set aside.
3. In a large bowl mix all types of ground meat, add sauted onions and boiled rice, dried herbs, 1 teaspoon water, salt and pepper and mix well using your hands.

Making the rolls.

1. Remove gently not to break them, all cabbage leaves. You will only need the large leaves to make the rolls. The middle part will be chopped and added between cabbage rolls layers. Cut each large leaf in half, removing the tough core part too to make it easier to roll them.
2. Add a tablespoon of ground meat mixture to each half leaf. Cover the filling with the edge from the base of the leaf. Bend edges on both sides and cover over the filling. Roll the stuffed cabbage leaf holding firm, so they won't break during cooking time. Repeat these steps until you finish all of your ground meat mixture.

Instructions - continued

3. Roughly chop smaller leaves or some that broke during the rolling process and set aside.
4. Place big saucepan over medium heat, add 2 tablespoons of olive oil and sauté the rest of chopped onions for 2-3 minutes. Add part of chopped sour cabbage leaves and sauté for another 2 minutes. Distribute the whole mixture on an even bottom layer and turn the heat to minimum. Start adding the rolls, creating a first level. Add some chopped smoked bacon, 2 bay leaves and 4 fresh thyme springs and some more chopped sour cabbage. Start creating the second level, putting rolls to the saucepan. When you finish the layer, add some more chopped sour cabbage on top, smoked bacon, another 2 bay leaves and some fresh thyme.
5. Add half part sour cabbage juice and half part water to cover the rolls entirely. Place a lid on top of the saucepan and boil them on slow heat for at least 2 hours.
6. After 2 hours, add tomato juice to the saucepan, place back the lid and boil for another 2 hours. The total cooking time should be at least 3 hours
7. Serve them really warm with a dollop of sour cream onside and a jalapeño, if you like spicy, and of course, polenta.

DESSERTS

KATE'S STRAWBERRY CHEESECAKE DANISH

Cuisine: British

Ingredients

- 120g room temperature cream cheese
- 70g icing sugar
- 1tsp vanilla
- 4 strawberries
- 1 sheet of puff pastry
- Egg wash
- Sugar for sprinkling
- 1tbsp milk

Instructions

1. Preheat your oven to 200°C/Gas Mark 6/180°C (fan).
2. Add the cream cheese, 30g icing sugar and the vanilla to a bowl and whisk them together until combined.
3. Cut the tops off the strawberries and slice them thinly.
4. Cut the pastry into 8 rectangles and carefully score a rectangle border in the middle of them, leaving approximately a 2cm gap from the edge.
5. Scoop the cream cheese mix in the middle of each rectangle and smooth it out to fill the scored rectangle.
6. Lay the sliced strawberries on top.
7. Brush the borders with egg wash and sprinkle them with sugar.
8. Bake for 10 minutes and let them cool.
9. Mix together the rest of the icing sugar and milk until smooth.
10. Drizzle the icing over the pastries.

ROSE'S TRADITIONAL SINGING HINNY

Singing hinny is a famous sweet bread from Newcastle which is similar to a griddle cake or scone. It gets its name from the humming noise that the lard or butter makes as it cooks. The origins of singing hinny are unknown, but it's thought to have been around since the early 1900's with a recipe appearing in 'The Times' newspaper in 1928.

Cuisine: British

Ingredients

- 1 pound (450 grams) all-purpose flour
- 1/4 teaspoon baking soda
- 1/2 teaspoon cream of tartar
- 1/2 teaspoon fine salt
- 4 ounces (8 tablespoons/110 grams) unsalted butter, very cold
- 4 ounces (110 grams) lard, very cold
- 1 tablespoon lemon zest
- 6 1/2 ounces (185 grams) dried fruit, such as currants, sultanas, and raisins
- 4 to 5 tablespoons milk
- Butter, for serving
- Sugar, for serving

Instructions

1. Gather the ingredients.
2. Into a large roomy baking bowl, sieve the flour, baking soda, cream of tartar, and salt.
3. Cut the cold butter and lard into small pieces, add to the baking bowl and rub together with the flour until it resembles rough sand.
4. Stir in the lemon zest and the mixed fruit.
5. Once thoroughly mixed gradually add milk, a little at a time, until the dough comes together and is soft and pliable.
6. Dust a board or work surface with a little flour and roll out the dough to around 5 millimeters (a little less than 1/4 inch) using a 6-centimeter / 2-inch cutter.
7. Heat a flat griddle pan or a heavy-bottomed frying pan.
8. Using a little paper towel smeared with lard, grease the pan lightly.
9. Once hot, cook the hinnies, a few at a time for approximately 5 minutes on each side or until golden brown.
10. Serve warm with a good smearing of butter, or simply sprinkle with a little sugar.

GEANICE'S RUM CAKE

Cuisine: Caribbean

Ingredients

- 2 cups of Unbleached All-Purpose Flour
- 1 ½ cups granulated sugar
- 3.4 – ounce box instant vanilla pudding mix. (not sugar-free)
- 2 teaspoons baking powder
- 1 teaspoon salt
- 8 tablespoons unsalted butter, softened
- ½ cup milk at room temperature (can sub for Almond milk)
- 4 large eggs, at room temperature
- ½ cup rum, plain or spiced (dark rum preferred – I recommend Appleton Rum)
- ¼ or ½ cup of rum cream (extra, not required 😊)
- A2 teaspoons of Pure Vanilla Extract

Instructions

1. Preheat the oven to 325°F.
2. **To make the cake:** Weigh your flour; or measure it by gently spooning it into a cup, then sweeping off any excess.
3. Place the flour, sugar, pudding mix, baking powder, salt, butter, and vegetable oil in a mixing bowl, and mix at medium speed until everything is thoroughly combined and the mixture is sandy looking.
4. Beat in the milk, then beat in the eggs one at a time. Scrape the bowl thoroughly and beat briefly to recombine any sticky residue.
5. Stir in the rum and vanilla.
6. Spritz a 10- to 12-cup Bundt pan (any cake pan) with cooking spray.
7. Sprinkle the inside of the pan with flour and turn the pan to coat evenly; shake out any excess.
8. Pour the batter into the prepared pan and spread level with a spatula.
9. Bake the cake for 50 to 60 minutes. When done, a cake tester, long toothpick, or strand of uncooked spaghetti will come out clean when inserted into the center. Remove the cake from the oven.

VEGAN APPLE CAKE

Ingredients

FOR CAKE

- 7 1/2 c. almond flour
- 1 1/2 c. potato starch
- 1/2 c. cornstarch
- 2 c. granulated sugar
- 3 tsp. ground cinnamon
- 2 1/4 tsp. baking powder
- 2 1/4 tsp. baking soda
- 1 1/2 tsp. ground allspice
- 1 1/2 tsp. ground ginger
- 3/4 tsp. ground nutmeg
- 1/2 tsp. kosher salt
- 2 1/2 c. oat milk or other nondairy milk
- 2 1/4 tsp. cider vinegar
- 3 tbsp. unsulphured molasses
- 1 1/2 tsp. pure vanilla extract
- 1/2 c. unsweetened applesauce

FOR FROSTING

- 3 c. apple cider
- 1 lb. vegan butter
- 1 lb. confectioners' sugar, sifted

Instructions

1. Prepare cake: Heat oven to 350°F. Lightly coat three 8-inch cake pans with non stick cooking spray. Line bottoms with parchment; spray parchment. In a large bowl, combine almond flour, potato starch, cornstarch, granulated sugar, cinnamon, baking powder, baking soda, allspice, ginger, nutmeg, and salt.
2. In a second bowl, combine oat milk, vinegar, molasses, and vanilla. Fold into flour mixture, then fold in applesauce.
3. Evenly divide batter among prepared pans (about 2 1/3 cups in each pan), spread evenly, and bake until golden brown and toothpick inserted into the center comes out clean, 30 to 35 minutes. Let cakes cool completely in pans.
4. Meanwhile prepare frosting: In a small saucepan, simmer apple cider until reduced to about 2 tablespoons, 30 to 35 minutes. Let cool. While cider syrup is cooling, remove vegan butter from refrigerator and let sit at room temperature for 20 minutes but do not allow to get too soft (return to the refrigerator briefly if this happens).
5. Using an electric mixer on medium speed, beat vegan butter, confectioners' sugar, and reduced cider until smooth and fluffy, about 4 minutes. Makes about 4 1/2 cups frosting. (If it is too soft, return to the refrigerator to firm up.)
6. Place one cake layer, bottom side up, on serving plate and spread heaping 1/2 cup frosting evenly over top. Top with another cake, bottom side up; repeat. Spread remaining frosting over top and sides of cake.

GEANICE'S SWEET POTATO PIE

Cuisine: American Southern Soul

Ingredients

- 1 lb sweet potatoes peeled & chopped
- 2 eggs
- 1/2 cup evaporated milk
- 1 tbsp pure vanilla extract
- 1 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1 cup granulated sugar
- 8 tbsp salted butter softened
- Frozen pie crust (regular not deep dish)

Instructions

Cook the Sweet Potatoes

1. To boil: toss the peeled and chopped sweet potatoes into a medium-sized pot and pour in about 4-6 cups of water. Place the pot over high heat, and boil the potatoes until they are fork-tender (about 15-20 minutes). Once the potatoes are done, drain the water, and let the potatoes cool completely.
2. To bake: Pierce the sweet potatoes with a fork, then place on a baking sheet and cook—with the skin on—until fork-tender. The time really depends on how big they are, but it should take about 35 minutes. Scoop out the insides of the sweet potatoes into a large bowl and allow them to cool completely.

Make the Sweet Potato Pie Filling

Take out the Pie so that it is at room temperature prior to the prep.

1. Toss the cool sweet potatoes into a mixing bowl and whisk until the potatoes are nice and creamy.
2. Sprinkle in 1 tsp ground cinnamon, 1/2 tsp ground nutmeg and 1 cup granulated sugar.
3. Next, add two medium-sized eggs, 1/2 cup of evaporated milk, 1 tbsp vanilla extract, and 8 tbsp of softened butter.
4. Whisk until the mixture is nice creamy and airy.
5. Start adding the sweet potato pie filling into the pie shell, and smooth it out.
6. Bake the pie for 45-50 minutes.
7. Let the pie cool until it is room temperature.

CHARLOTTE'S SEMOLINA PUDDING

This recipe is a loose version of my Irish grandad's semolina pudding which was my favourite thing in the world when I was kid and which my mom ate constantly when she was pregnant with me!

Cuisine: Irish

Ingredients

- 1 tablespoon plus 1 teaspoon butter
- 550 ml milk
- 50 g semolina
- 50 g sugar
- ½ teaspoon grated lemon rind
- ¼ teaspoon ground cinnamon
- 1 egg yolk

Instructions

1. Preheat oven to 180°C.
2. With the teaspoon of butter, lightly grease a medium-sized baking dish and leave ready.
3. Heat the milk to near boiling point and sprinkle over the semolina.
4. Bring the milk to the boil stirring continuously and cook for 2 to 3 minutes or until the mixture is smooth and thick.
5. Remove the saucepan from the heat and stir in the sugar, the remaining butter, the lemon rind, cinnamon, and egg yolk.
6. Spoon the mixture into the baking dish and bake for for 30 to 35 minutes until the top is lightly browned.
7. Serve 😊

NATALIE'S TRADITIONAL SLOVAKIAN KREMES

Cuisine: Slovakian

Ingredients

- 500g (1.1 lbs) frozen puff pastry
- 1 L (4 cups + 5 tbsp) whole milk
- 10 eggs, separated
- 10 tbsp flour
- 10 tbsp sugar
- seeds of 1 vanilla bean
- zest of 1 lemon
- 100g (3.5 oz) butter

Instructions

1. Let the puff pastry thaw in the fridge overnight. Cut it in half and roll out each piece into a 2 mm (1/16") thick rectangle.
2. Transfer the rolled puff pastry on two baking sheets lined with parchment paper. Poke the pastry with a fork and bake in an oven preheated to 190°C/375°F for 25 minutes.
3. While the puff pastry is being baked, prepare the custard. First, separate the eggs and place the egg yolks with flour, 8 tbsp sugar, scraped vanilla bean, and lemon zest into a medium saucepan. Mix well, then gradually add the milk, and cook over low heat until the custard thickens, stirring constantly.
4. Remove the custard from heat and immediately add the butter cut into small cubes. Stir until the butter melts, then set aside.
5. In a separate bowl, whip 10 egg whites with the remaining 2 tbsp of sugar into a firm snow. Gently fold the snow into the custard.
6. Place one sheet of baked puff pastry on the bottom of a baking dish or a deep tray. Cover with custard, and top with the remaining sheet of baked puff pastry which you have cut into 8x8-cm (3" x 3") squares.
7. Let the krémes chill in the refrigerator for at least 3 to 4 hours. Cut, dust with powdered sugar, and serve.

Ingredients

- 400 g of cow cheese (well-drained)
- 2 eggs
- 3 tablespoons of flour (quantity may vary)
- 2 tablespoons of semolina flour
- 2 tablespoons of powdered sugar
- 1 sachet of vanilla sugar
- a pinch of salt
- zest of 1 lemon
- vegetable oil (for frying – a fairly large amount, the papanashi are fried in an oil bath)

To serve the papanashi

- 200 g of sour cream
- jam (we recommend forest fruits, or blueberries)

Instructions

1. In a large bowl, put the cheese (branza de vaci) after having drained it well.
2. In a small bowl separate the egg whites and set aside.
3. Add the 2 egg yolks, sugar, vanilla sugar, a pinch of salt, lemon zest, and mix with a fork until you get a smooth mixture.
4. Add the flour, semolina, baking powder, and mix until the dough is homogenized. Lightly beat the egg whites until snow, then incorporate them into the preparation using a spatula.
5. Once the dough is ready, prepare a work surface to form the donuts, putting a little oil (also on the hands).
6. We form dough balls (donut-shaped) that we flatten with one hand, and with the thumb we make a hole in the middle (or it can be done with a cookie cutter in the shape of a circle).
7. From the dough from the middle hole or with another ball we will make small balls (which we fry in oil), to cover the empty half of the papanasi after frying. In a high-sided Teflon pan, heat the oil (500 ml, because papanasi are fried in an oil bath), then fry the papanasi, turning them constantly on both sides.
8. Once cooked, take out the papanasi and drain them on paper towels (to remove excess oil). Serve them still hot on a plate with sour cream and blueberry jam (or any forest berry jam).

JISSELLE'S TRINIDAD BLACK CAKE

Cuisine: Caribbean

Ingredients

- ½ lb butter 2 sticks, room temperature (I used organic sweet cream salted butter), plus more for buttering pans
- ½ lb granulated sugar 1 cup
- 5 eggs room temperature, whisked
- 4 oz dark raisins packed 1/3 cup
- 4 oz currants about 1/3 cup
- 4 oz pitted prunes about 1/3 cup
- 4 oz candied mixed fruit (about 1/3 cup)
- 1 cup cherry wine I used Manischewitz
- 1 cup red rum Fernandez black label
- ½ lb all-purpose flour about 1 1/2 - 2 cups
- 2 teaspoons ground cinnamon
- 2 ½ tablespoons browning also known as burnt sugar, or more depending on the brand
- 2 teaspoons pure vanilla extract
- 1 teaspoon pure almond extract
- 2 teaspoons aluminium free baking powder

Instructions

1. In a small bowl or measuring cup mix 1 cup of cherry wine and 1 cup of rum.
2. In a small glass bowl, add raisins, currants, prunes, and mixed fruit peel and 1 cup of rum and wine mixture, reserving the remaining cup to pour over the cake when it's finished baking. Soak fruits for a few hours or overnight.....or weeks or months...or years, whatever makes you happy.
3. When you are ready to bake the cake, puree the fruits (raisins, currants, prunes, and mixed peel) in the food processor, along with the liquid it was soaked in, until it is a slightly coarse consistency. It will make about 2 cups. (I pulse about 60 times in the food processor for fruit that has soaked only 3-4 hours. I don't enjoy eating huge chunks of fruits!)
4. Preheat oven to 280 degrees F. Prepare two 8-inch pans, small gift tins or cupcake pans using the usual butter then flour or line with parchment paper. I do not butter the baking tins when using parchment paper since the parchment paper comes all the way to the top of the tin. I trim the excess paper around tin.)
5. In a large bowl or in a kitchen aid stand mixer bowl, using the beater attachment (I also use the whisk when I cannot find the beater attachment!), cream butter and sugar until pale and fluffy, about 5-10 minutes.

Instructions - continued

6. Pour eggs into the creamed mixture in a very slow and steady stream until combined.
7. Mix cinnamon, flour and baking powder gradually add to creamed mixture (on level 1).
8. Once flour is in, add almond and vanilla extracts, increase to level 4 speed and continue until flour mixture is light, another minute. Remove bowl from stand and scrape down sides and bottom and mix with a spoon to ensure that the batter is evenly and thoroughly combined.
9. Add pureed fruits and browning to batter. Using a wooden spoon, mix in a brisk, clockwise, whipping motion until thoroughly combined (10-15 times).
10. Important-place a wooden spoon upright in the middle of the batter. If it falls, you need to add ½ cup, or more flour, to the batter.
11. Pour batter into two prepared 8-inch round baking pans (or pans lined with parchment paper). This recipe will also make approx. 24 cupcakes (fill cupcake tins ¾ full and bake for less time).
12. Immediately place pans on the middle rack in the oven and bake until cakes separate from the sides of the pan or until a toothpick or skewer comes out clean, about 45-70 minutes, depending on the thickness of the cake and the size of the pans. You will need to employ your sense of sight and smell to ensure that it does not burn or over bake.
13. Remove cakes from the oven. When cakes are not hot but still slightly warm, pierce with a toothpick and drizzle rum and wine mixture over cake (about 3 tablespoons at a time). Repeat the morning and evening the next day. You may continue to add more wine or rum to your liking.

Notes

- I soak only half the fruits in the cup of rum and wine, then add the other half when I am pureeing the fruits, because I like the resulting texture of the cake.
- Cakes baked in parchment paper lined tins are easier to remove and serve. It was impossible to remove the cake from the tins I floured and buttered, especially after soaking. I personally like using springform pans and line the bottom with parchment paper.
- When the cakes are removed from the oven, they will look like the color of a chocolate cake but will darken as the rum/wine mixture is poured on.
- STORAGE: Black cake can be left out on the counter but must be tightly wrapped with plastic wrap or brown paper and foil or place in a tightly covered tin pan. If at any time you see that it's beginning to dry out, add more wine mixture over cake. Some folks soak their cake with a bottle of rum which allows it to last for many years, but unless you are an alcoholic or almost one, I won't recommend doing that!

Enjoy in moderation and for your own sake, DON'T eat black cake and drive!!

DRINKS

ANGELIQUE'S COQUITO

You know it's Christmas time in Puerto Rico when glasses of Coquito are served on the table. This drink is similar to eggnog with rum but is coconut-based. It is sweet and creamy, and yes, you can get drunk! You'll want to give this drink a good flavor, so don't forget to add in some cinnamon sticks.

Prep time: 10 minutes

Chill: 60 minutes

Servings: 6 to 8 servings

Cuisine: Latin American

Note: Take your coquito to the fridge. The longer it sits there, the more it becomes delicious. So don't hesitate to make it a few days before the party!

Ingredients

- 1 (15-ounce) can cream of coconut
- 1 (14-ounce) can sweetened condensed milk
- 1 (12-ounce) can evaporated milk
- 12 ounces white rum, or to taste
- 1 teaspoon coconut extract, or vanilla extract
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg
- Ground nutmeg, ground cinnamon, or cinnamon sticks, for garnish

Instructions

1. Gather the ingredients.
2. Add the cream of coconut, sweetened condensed milk, evaporated milk, rum, coconut or vanilla extract, cinnamon, cloves, and nutmeg to a blender.
3. Process until it's well mixed and then pour into a glass pitcher or bottle and cover it. Alternatively, add the cover to the blender bowl and place it in the fridge.
4. Refrigerate for about 1 hour before serving. Coquito tastes best very cold.
5. Shake to mix well right before serving. Pour into a small glass.
6. Sprinkle the top with nutmeg or cinnamon, or garnish with a cinnamon stick. Enjoy.

MIRUNA'S BLOOD ORANGE MOJITO (NON-ALCOHOLIC)

Ingredients

- 1 lime, cut into 8 wedges
- 5g mint
- 2 tsp sugar
- 3 blood oranges, juiced (you need around 200ml / 1/3pt juice)
- dash sparkling water

Instructions

1. Put the lime wedges into the base of 2 glasses. Add a few mint leaves (reserving the remaining sprigs to garnish) and 1 tsp sugar to each glass. Muddle together with a cocktail muddler if you have one or the end of a rolling pin.
2. Add crushed ice to each glass, then pour over the orange juice and give a good stir to ensure the sugar dissolves.
3. Top with a little sparkling water and garnish the mojito with the reserved mint sprigs. Serve immediately.

