

CARIBBEAN VEGETABLES

in Pineapple Rum Sauce

1 tbsp olive oil 1/2 cup diced onion 1/2 cup red pepper slivers 1/2 serrano pepper finely diced 2 sweet potatoes peeled 2 clove of garlic minced 3 med carrots sliced 1/4 inch rounds.

Once tender remove from saute 1 1/2 Tbsp grated ginger pan into a dutch oven

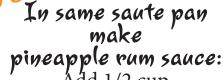


Place lid on dutch oven and place in preheated 350 degree oven for 30 min or until vegetables are tender. Serve over coconut rice and finish with Fennel and Fire Fire Salt

Step 2 In same pan saute:

& cubed 2 apples cubed (one red, one green) 1 Tbsp Fennel and Fire Caribbean Punch Stir to coat vegetables. Saute for 3-4 min just to carmalize. Add 1/2 cup of crushed pineapple, stir to combine.

Remove from pan to dutch oven.



Ádd 1/2 cup pineapple juice, 1/2 cup Fennel and Fire

Spirit Spiced Rum #3

2 Tbsp Pickapeppa Sauce 1 Tbsp Light Soy Sauce

2 Tbsp Brown Sugar

1/2 cup golden raisens 1/2 cup currents

1 Tbsp Fennel and Fire Caribbean Punch Spice

Blend

Simmer until reduced by half

Remove 2 Tbsp, whisk in 1 teasp of cornstarch and return to sauce whisking to combine.

Pour over dutch oven



Caribbean Bowl includes: Caribbean Vegetables, Lemon Saffron Black Beans, over Coconut Rice

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Inspired by Virgin Island Chicken in Rum Ginger Sauce from "A Taste of the Caribbean" cookbook by Angela Spenceley