

RECIPES

Fennel & Fire

Caribbean Punch
Spirit Spice Rum #3
Fire Salt

CARIBBEAN VEGETABLES

in Pineapple Rum Sauce

Step 1 Sauté

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

Once tender remove from saute pan into a dutch oven



Step 4 Bake

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 sauté:

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

Remove from pan to dutch oven.

Step 3

In same saute pan make pineapple rum sauce:

Add 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 currants
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

www.FennelandFire.com

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