

ELEGANT DISHES ON A BUDGET  
Moveable Feast Caterers

JAMAICA OBSERVER FOOD PAGE Publication

LIME-AID

Ingredients:

1 – 1½ Dozen Limes

2 Quarts (8 Cups )Water

\* Reserve 1 cup of water to blanch limes

1 ¼ Cup Sugar

Method:

Squeeze juice from limes. Place limes in a bowl and set aside. \*Do not discard limes after you have squeezed them. In a jug combine 7 cups of water, juice from limes and sugar. In a small pot heat 1 cup water and pour over limes for about a minute. Do not leave in hot water for too long as juice will taste of rind from limes. Blanch limes only for a short time. Add water from blanched limes to jug and stir. Limes can be squeezed once more and juice added to jug.

\*Serves 10.

CHO- CHO (CHRISTOPHENE) & GREEN BEAN AU GRATIN

Ingredients:

¼ lb Green Beans (cut thin strips))

1 Cho-Cho (julienne strips)

1 Onion (cut in strips)

¼ Red onion (cut in strips)

2 Cloves Chopped Garlic

2 Tsp Chopped Parsley or Thyme

1 Tbl Butter

1 Tbl Olive Oil

Salt & Pepper to taste

\* Bake Time 20-22 minutes at 350 degrees Farenheit

Ingredients (For Roux)

2 Tblsps Butter

2 Tablespoons Flour

½ cup - ¾ Cup Milk

¼ Cup Heavy Cream \* Regular milk may be substituted!

Salt & Black Pepper to Taste

- ¼ cup grated cheese or cream cheese may be added to this dish for a richer flavour.

Method (1) Saute Vegetables

Add butter, olive oil, garlic, green beans and saute for about two minutes. Add onion strips and continue to saute for another two minutes. \* This allows beans to infuse flavours from garlic and onion. Remove from heat and stir in uncooked cho-cho.

## Method (2) Make Roux (Basic White Sauce)

### ROUX:

In a saucepan on low heat add butter and flour and stir with a whisk. Butter and flour combination will appear lumpy. With whisk in hand slowly add milk and stir briskly until no lumps are visible. Add cream and season to taste with salt & pepper. As soon as sauce begins to thicken remove from heat. Grated cheese may be added if desired (about ¼ cup).

## Method (3) Combine Vegetables & Sauce (Roux)

Grease a small casserole dish (about 1 tsp butter). Add sauted vegetables, pour sauce over vegetables and bake for 20-22 minutes in an oven set at 350 degrees (F)

- \* Breadcrumbs or cheese may be added on top prior to baking if desired!
- \* Green beans presently sold at the market at \$20 per pound!
- \* Serves 4- 6 as a side dish, 3 as a vegetarian entree.

## PUMPKIN & POTATOES WITH CHANNA PEAS IN A CURRY COCONUT CREAM SAUCE

- Beautiful dish served with tasty Steamed Jasmin Rice  
May also be served with steamed white rice

### Ingredients:

1 Carrot (diced)  
2 Potatoes (diced, 1 ½ cup)  
½ lb Pumpkin (diced with skin on, 1 ½ cup) \* Leave green part on  
1 Can Channa Peas net weight 400 g or 240 g drained

### Ingredients Curry Sauce:

2 Cloves Chopped Garlic  
2 Tblsps Butter  
2 Tblsps Olive Oil  
2 Tablespoons Curry Powder  
2 Tblsps Coconut Milk Powder (diluted with ¼ water)  
½ Cup Milk  
¼ Cup water from steamed vegetables  
1 Tsp All Purpose Seasoning  
1 Onion  
¼ Red Onion  
2-3 Sprigs Chopped scallion  
2 Small Sprigs Thyme

## Method (1)

In a medium sized pot with boiling water add potatoes & carrots to cook until tender. Add pumpkin to water last for only 10 minutes as this vegetable cooks quickly \*Potatoes & Carrots cook in about 20minutes. Before draining water reserve ¼ cup of vegetable water for curry sauce. Open can of channa peas and drain. Add Channa Peas to drained vegetables and set aside.

## Method (2)

In a saucepan saute butter and garlic for about a minute, add curry powder and stir briskly often referred to as “burning the curry”. Do this for about 3-4 minutes. While stirring slowly add liquid ingredients (vegetable coconut milk, regular milk & ¼ cup vegetable water) escallion, thyme, onion and all purpose seasoning powder. Simmer on very low heat for about 10-15 minutes.

Pour sauce over cooked vegetables and channa peas and served with hot white rice or roti (Indian flat bread).

Serves 8-10 as a side dish, 4-6 as an entree dish.

### STEAMED JASMIN RICE

- 1 cup Rice (do not wash)
- 1 ½ Cup water
- 1 Tsp Salt

Place rice in pot with hot water and boil for 20 minutes, reduce heat to low for last 15 minutes, add 1 tablespoon butter if so desire!