To make life easier for meal preparations, the 'Food Section' will present an assortment of hearty, healthy and user-friendly winter and holiday recipes. For recipe requests or suggestions contact: SharonS@portlandobserver.com Subject: Food Section

# Food

## Black-Eyed Pea Fritters with Hot Pepper Relish

- · 1 cup dried black-eyed peas
- 1 medium onion, chopped · 1/2 teaspoon minced fresh habanero chile,

including seeds

- · 1 large egg
- · 1 teaspoon salt
- · 3 to 4 tablespoons water
- · 6 cups vegetable oil

Active time: 45 min Start to finish: 9 hr (includes soaking time) Makes about 36 fritters

#### For relish

- · 4 red bell peppers (1 1/2 lb), chopped
- 1 medium onion, chopped 2 plum tomatoes, chopped
- · 1 tablespoon minced fresh habanero chile, including seeds
- 1 1/2 teaspoons salt
- 1/4 cup peanut or vegetable oil
- · Special equipment: a deep-fat thermometer
- Soak peas for fritters:
- Put peas in water to cover by 2 inches and soak 8 hours.
- · Drain in a colander.

#### Make relish:

Purée bell peppers, ozion, tomatoes, chile, and salt in 2 batches in a food pro-

Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then stir in purée (use caution as it will splatter). Reduce heat and simmer, stirring occasionally, until most of liquid is evaporated, 8 to 10 minutes. Cool to room temperature.

#### Make fritters:

Purée peas, onion, and chile in food processor until as smooth as possible, then blend in egg and salt. With motor running, add 3 tablespoons water and blend until smooth and fluffy (add remaining tablespoon water if necessary to form a batter just thin enough to drop from a spoon)

#### Fry fritters:

Heat oil in a 4-quart heavy pot (preferably cast-iron) until thermometer registers 360°F. Working in batches of 8, gently drop tablespoons of batter into hot oil, using a small spoon to scrape batter from tablespoon. Fry, stirring constantly (to prevent fritters from

browning too quickly), until golden, about 2 minutes, then transfer to paper towels to drain. Return oil to 360°F between



These fritters are called akara in Nigeria and Sierra Leone. and akla or koosé in Ghana. They're eaten as a snack, side dish, or breakfast, served with a hot pepper relish (ata). We think they make a great hors d'oeuvre.





The jerk seasoning can be made a day in advance. The chicken needs to marinate for at least four hours and can sit as long as overnight.

## Jamaican Jerk Chicken

## **INGREDIENTS**

- · 3 tablespoons dark rum
- · 2 tablespoons water 1/2 cup malt vinegar
- 10 green onions, chopped
- · 4 garlic cloves, peeled, chopped · 2 tablespoons dried thyme
- · 2 Scotch bonnet chiles or habanero
- chiles with seeds, chopped
- · 2 tablespoons vegetable oil · 4 teaspoons ground allspice
- · 4 teaspoons ground ginger
- · 4 teaspoons ground cinnamon
- 2 teaspoons ground nutmeg
- · 2 teaspoons salt 2 teaspoons ground black pepper
- 2 teaspoons dark brown sugar
- · 1 cup ketchup 3 tablespoons soy sauce
- lengthwise, rinsed, patted dry • 1/2 cup fresh lime juice

### **DIRECTIONS**

Boil rum and 2 tablespoons water in small saucepan for 3 minutes.

• 2 3- to 3 1/2-pound chickens, halved

Transfer rum mixture to blender; add vinegar and next 12 ingredients and blend until almost smooth. Transfer 2 tablespoons jerk seasoning to small bowl; mix in ketchup and soy sauce to make sauce. (Jerk seasoning and sauce can be made 1 day ahead; cover separately and refrigerate.)

Arrange chicken in large roasting pan or baking dish. Pour lime juice over; turn to coat. Spoon jerk seasoning over chicken and rub in. Cover and refrigerate at least 4 hours, turning occasionally. (Can be prepared 1 day ahead. Keep refrigerated.)

Preheat oven to 350°F or prepare barbecue (medium heat). Remove chicken from jerk seasoning marinade; sprinkle with salt and pepper. If roasting chicken in oven, arrange chicken, skin side up, on rimmed baking sheet. Roast until chicken is cooked through and juices run clear when thickest part of thigh is pierced with fork, about 50 minutes. If grilling chicken, place chicken, skin side down, on grill rack, cover, and grill until chicken is cooked through, turning occasionally and adjusting heat if browning too quickly, about 50 minutes.

Cut each chicken half into pieces and serve with sauce. Makes 8 servings.

# RANCHER'S Rancher's Reserve Pork Shoulder **Angus Beef Chuck Blade Roast** Pot Roast Terrific for Large Hass Ready Pac Salads **Avocados** Club Price: \$1.00 ea. SAVE up to \$7.90 on 10.



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## Coleslaw

For a time-saver, you can buy your cabbage already shredded; just use a 12 oz. bag in place of the half-head. This is great for family reunions, picnics and as a side dish for any meal.

### INGREDIENTS:

- 1 Cup mayonnaise
- 1/4 Cup milk
- 1 Tablespoon cider vinegar
- 1 Teaspoon Dijon mustard
- 1/2 Teaspoon celery seeds
- Salt

- 1/2 Head cabbage, cored and shred
- 1 Red bell pepper, sliced thin 1 Carrot, shredded
- 1 Small onion, grated

### **DIRECTIONS**

- 1. Using a whisk, mix together mayo, milk, vinegar, mustard, and celery seed.
- 2. Season to taste with salt and pepper.
- 3. Toss cabbage, bell pepper, carrot and onion together in a bowl, and mix together with dressing.
- 4. Cover and refrigerate several hours before serving.