

The mission of the 'Food Section' is to provide our readers with great tasting healthy recipes and useful household information. The Portland Observer respectfully requests all comments and/or family recipes you would like to share with us. Address emails to foods@portlandobserver.com

FOOD



Caribbean-Spiced Roast Chicken

"Tropical flavors make this chicken really delicious."

INGREDIENTS

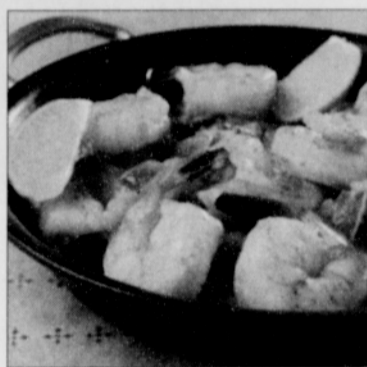
- 1 1/2 tablespoons fresh lime juice
- 2 fluid ounces rum
- 1 tablespoon brown sugar
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground clove
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1 teaspoon black pepper
- 1/2 teaspoon salt
- 1/2 teaspoon dried thyme leaves
- 1-(3 pound) whole chicken
- 1 tablespoon vegetable oil

DIRECTIONS

1. Preheat oven to 325 degrees F (165 degrees C).
2. In a small bowl, combine the lime juice, rum, and brown sugar; set aside. Mix together the cayenne pepper, clove, cinnamon, ginger, pepper, salt, and thyme leaves. Brush the chicken with oil, then coat with the spice mixture.
3. Place in a roasting pan, and bake about 90 minutes, until the juices run clear or until a meat thermometer inserted in thickest part of the thigh reaches 180 degrees F. Baste the chicken with the sauce every 20 minutes while it's cooking. Allow chicken to rest for 10 minutes before carving.

Gambas Pil Pil (Prawns, Chilean Style)

"Rich, golden garlic cloves and a splash of pisco flavor juicy prawns in this Chilean version of a classic Spanish tapa."



INGREDIENTS

- 10 cloves garlic, peeled and slightly crushed
- 1/2 cup grapeseed oil or olive oil
- 1 1/2 pounds large shrimp, peeled and deveined
- 3 tablespoons pisco or brandy
- 1 cacho de cabra pepper, or Anaheim pepper, seeded and cut into 1/2-inch pieces
- salt to taste
- cayenne pepper to taste
- 1 lime, cut into wedges

DIRECTIONS

1. Place the garlic cloves and grapeseed oil in a skillet over medium-high heat. Let the garlic slowly turn golden brown as the oil becomes hot; continue cooking until the garlic has turned golden-brown, and the oil is quite hot.
2. Add the shrimp, stir to coat with oil, and cook for 15 seconds before stirring in the chile pepper. Continue to cook until shrimp is pink and firm. Pour in pisco, and cook for 30 seconds to let the alcohol evaporate. Season with salt to taste, then pour the mixture into a serving dish. Serve sprinkled with cayenne pepper, and garnished with lime wedges



Calabacitas

INGREDIENTS

- 1 tablespoon olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 4 small zucchini, diced
- 1 cup frozen whole kernel corn
- 1 fresh poblano chile pepper, seeded and chopped
- 1 (15 ounce) can black beans, rinsed and drained
- 1/2 teaspoon salt, or to taste

"Serve as a light lunch, or with cheese and tortillas, excellent as a side dish with your favorite spicy meal."

DIRECTIONS

- Heat olive oil in a large skillet over medium-high heat. Add onion and garlic, and cook, stirring until translucent. Add zucchini and poblano pepper, and sauté until soft. Stir in corn and beans, and heat through. Season with salt to taste.

Fruit Espuma

(Latin American Gelatin Foam)

"This is a deliciously light dessert that works well for summer picnics or even between cake layers. My Peruvian neighbor was kind enough to give me this recipe, and I thought you might like it, as well."



INGREDIENTS

- 1 1/2 cups water
- 1 (6 ounce) package raspberry flavored gelatin mix
- 1 (12 fluid ounce) can very cold evaporated milk
- 1 cup fresh raspberries for garnish

DIRECTIONS

1. Bring water to a boil in a small saucepan. Stir in gelatin until completely dissolved, then place into refrigerator until cool (but not solid).
2. Pour evaporated milk into a large bowl, and whip with a hand mixer until fluffy and doubled in volume. While continuing to beat, slowly pour in cooled gelatin. When the entire gelatin has been incorporated, pour the mixture into a mold or bowl and chill until set, about 3 hours. Once set, serve garnished with raspberries.

Brazilian Collards

"Spicy, tangy collard greens accented with black pepper bacon, cayenne pepper and vinegar are a big deal in Brazil. Here is my recipe. Since bacon fat is an essential part of this recipe don't drain it during any of the steps! I say that if your veggies are fattening then eat a lighter main dish!"



INGREDIENTS

- 1/2 pound peppered bacon, diced
- 1 onion, chopped
- 1 cup chicken stock
- 1 teaspoon cayenne pepper
- 2 pounds collard greens - rinsed, stemmed and torn into 3x6 inch pieces
- 2 tablespoons red wine vinegar

DIRECTIONS

1. Place bacon in a large heavy-bottomed pot over medium-high heat. Cook until browned and most of the grease has been released. Stir in onion and cook until tender and glistening, about 4 minutes.
2. Place collards into the pot and stir to coat with the bacon drippings. Pour in the chicken stock. Season with cayenne pepper. Reduce heat to low and cook for 1 hour and 15 minutes.
3. Stir red wine vinegar into the pot. Continue cooking 15 minutes, until liquid is reduced by about 1/2.

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