



# Kentucky Farm to School Junior Chef

**Boyled to Perfection Boyle County High School**

## **CARIBBEAN CARNIVAL**

### **Ingredients**

#### **Jamaican Jerk Pineapple Glazed Wings**

##### **Marinade**

**Approx 4lb chicken wings**

**1/2 C red onion ( diced)**

**1 jalapeno ( diced)**

**6 garlic cloves ( Minced)**

**2 T olive oil**

**1 T soy sauce**

**1 lime**

**2 tsp salt**

**2 tsp black pepper**

**3 T brown sugar**

**1 T dried ginger**

**1/2 T cinnamon**

**1/2 T allspice**

**1/2 tsp nutmeg**

**1/2 tsp dried thyme**

##### **Glaze**

**2 T butter**

**1/4 C red onion**

**3 T red bell pepper**

**1 12 oz jar pineapple preserves**

**2 T apple cider vinegar**

**2 T brown sugar**

**1/2 tsp red pepper flakes**

- 1. Preheat oven to 400 degrees**
- 2. Pat chicken dry with a paper towel.**
- 3. Place marinade ingredients in a food processor and pulse until smooth.**
- 4. Divide wings and discard tips. Rub marinade on prepared wings. Place on a baking rack on top of a foil covered baking sheet.**
- 5. Bake for 20 minutes and prepare glaze while it's baking.**
- 6. Saute' butter, diced onion, and red pepper until softened. Add pineapple preserves, apple cider vinegar, brown sugar, and red pepper flakes. Simmer for 10 minutes or until sauce has reduced.**
- 7. Remove chicken from the oven, and flip wings, and set to 425 degrees. Baste with the glaze and return to the oven for 20 minutes.**
- 8. Check internal temperature of chicken with a thermometer, check multiple pieces. Internal temp should reach 165 degrees by 15 seconds.**

**Sweet Potato Black Bean Salad**

**2 medium sweet potatoes or 1 lb (peeled and diced into 1/2 inch cubes).**

**1 ear of corn (shucked, and cut off the cob)**

**1/2 cup olive oil**

**1 tsp dijon mustard**

**2 tsp honey**

**1 tsp cumin**

**1 tsp cinnamon**

**1/4 tsp cayenne pepper**

**1 tsp salt**

**1 can (15 oz) black beans (rinsed and drained)**

**2-3 green onions (sliced)**

**2 cloves garlic (minced)**

- 1. Preheat oven to 400 degrees**
- 2. Add diced sweet potatoes to boiling water for 3-5 minutes.**
- 3. Drain water and combine sweet potatoes and corn.**
- 4. Combine olive oil, mustard, honey, cayenne, cinnamon, cumin, and salt**
- 5. Toss sweet potatoes and corn in sauce.**
- 6. Line a baking sheet with parchment paper and pour sweet potato corn mixture out in a single layer.**
- 7. Roast potatoes and corn for 15-20 minutes**
- 8. Remove from oven and toss with black beans, garlic, and green onions. Refrigerate until serving.**

**Confetti Rice**

**2 cups long grain rice**

**14 oz unsweetened coconut milk**

**15 oz water**

**2 garlic cloves ( minced)**

**1 1/2 tsp salt**

**1/2 tsp allspice**

**1/4 tsp cayenne pepper**

**1 T butter**

**1 red pepper**

**1 green pepper ( diced)**

**1 yellow pepper ( diced)**

**1 jalapeno Pepper**

**1/2 cup red onion**

**1 can ( 15 oz) pineapple tidbits, drained and juice reserved**

**4.5 Oz. can of green chiles**

- 1. Soak rice and rinse until water runs clear**
- 2. Combine spices, coconut milk, pineapple juice, and 15 ounces of water to a stock pot. Stir well.**
- 3. Set over medium heat and cover. Bring to a boil, then stir and lower heat. Cover and allow the rice to cook until the liquid is absorbed and air holes form in the surface of the rice. 15-20 minutes. Remove from heat**
- 4. Meanwhile, add the butter to large deep skillet and set over medium heat. Add the diced bell peppers, and onions. Saute for 2-3 minutes, to just barely soften. Then, remove from heat and add the pineapple tidbits, green chiles, and jalapenos.**

## Chimichurri Sauce

**1 Cup cilantro (packed)**

**¾ Cup fresh parsley**

**½ Cup red onion (diced)**

**2 T garlic (minced)**

**½ tsp crushed red pepper**

**⅛ Cup red wine vinegar**

**2 T lime juice**

**½ tsp salt**

**½ tsp black pepper**

**¾ Cup olive oil**

1. Add cilantro, parsley, garlic, and red onion to the bowl of the food processor.
2. Add vinegar, lime juice, and pulse a few times.
3. Run processor and slowly stream olive oil in until just combined.
4. Remove sauce, taste, and add salt and peppers until just combined.
5. Funnel into a sauce bottle and refrigerate.

## Cilantro Lime Crema

**¾ Cup sour cream**

**¼ cup mayonnaise**

**¼ cup cilantro**

**1 lime (zested and juiced)**

**Salt to taste**

1. Whisk all ingredients together in a small bowl, funnel into a sauce bottle, and refrigerate.

