



:: Zoom Cooking Club ::

November Finger Foods!

Puerto Rican Pionono (Stuffed Plantain Cups)

Salt and Pepper Shrimp

Sweet Potato Bites

Classic Stuffed Mushrooms with Garlic and Thyme

Ginger Cake with a Rich and Decadent Caramel Sauce

PLEASE RATE US!



See the last page!!!



Puerto Rican Piononos

(Plantain Cups Stuffed with Picadillo)

Make The Picadillo...

- ½ Cup onions finely diced
- ½ Cup seasoning peppers finely diced
- 2 Cloves garlic minced
- 1 Teaspoon Sazon
- 1 Teaspoon Adobo seasoning
- 1 Teaspoon salt
- 2 Bay leaves
- ½ Cup tomato sauce
- 2 Tablespoons pimento olives diced

In a large frying pan, sauté the peppers and onions until soft. Add the garlic and ground beef, breaking up the beef as it cooks. When the beef has browned, add the seasonings, bay leaves, tomato sauce and olives. Bring the sauce to a boil, then reduce the heat and cook for 15 minutes until all the flavors have blended and the meat is fully cooked.

The Plantains...

- 4 Large very ripe plantains
- Oil for frying

Peel the plantains and cut them lengthwise into ¼ inch planks. Heat the oil and fry the plantains in batches, until each plank is golden brown. Transfer the fried plantain to a plate lined with a paper towel to remove the excess oil.

To Assemble...

- 4 Eggs
- Cooking spray

Preheat the oven to 400°F / 205°C. Prepare the muffin tins by spraying the wells with cooking spray, and then lining each well with a fried plantain plank. Fill each well with 2 tablespoons of the prepared picadillo.

In a small bowl, beat the eggs with a pinch of salt, pour the beaten egg into the plantain cups and top with a little bit of cheese. Bake for 10 minutes until the egg has set.

Salt and Pepper Shrimp

Quick to make, and tasty with a zesty flavour, you'll have fun making this Salt and Pepper Shrimp recipe, and even more fun eating the shrimp afterwards. This recipe is great for party finger foods or as a starter! 😊

- 1 LB jumbo shrimp
- ⅛ Cup cornstarch, more as needed
- 3 Tablespoons of peanut oil, divided
- 10 Cloves garlic, pressed
- ¼ Cup onion, minced
- 1 Tablespoon minced ginger
- 3 Scallions, chopped
- 1 ½ Tablespoons minced jalapeno pepper
- ½ Teaspoon kosher salt
- ½ Teaspoon freshly cracked black pepper

Clean and devein the shrimp.

Place cornstarch in a bowl. Roll the shrimp in cornstarch to coat lightly and evenly, brushing off excess.

Heat 2 tablespoons of peanut oil in a skillet over medium-high heat. Add shrimp and saute until golden, about 2 minutes per side. Transfer shrimp to a paper towel-lined plate and wipe out the skillet.

Heat remaining peanut oil in the same skillet. Add garlic, onion, and ginger, cook and stir until fragrant and soft, about 1 minute. Add scallions, jalapeno, and coated shrimp. Cook and stir for 30 seconds while seasoning with most of the salt and pepper.

Garnish with remaining salt and pepper before serving.

Sweet Potatoes and Blue Cheese Bites with Spinach and Cranberries

The Sweet Potato Bites...

- 2 Medium sweet potatoes, sliced into 1/2 inch rounds
- Olive oil
- Salt

Preheat the oven to 425°F / 218°C.

Drizzle the sheet pan with olive oil, then brush it to coat. Sprinkle the sheet pan with salt. Spread the sweet potatoes onto a sheet pan, and brush the tops with olive oil and season with salt. Place the sheet pan in the oven for 20-25 minutes, flipping halfway.

The Topping...

- 1/2 Cup toasted walnuts
- 1/4 Cup baby spinach
- 1/2 Cup dried cranberries
- 1/4 Teaspoon salt
- Pepper to taste
- 3 Tablespoon honey
- 1/2 Teaspoon orange zest

While the sweet potatoes are roasting, make the topping. Add the walnuts to a cutting board and chop, then add the spinach and cranberries and chop everything together. Place the mixture into a bowl, add the salt, pepper, zest and honey. Mix together to coat, set aside and make the blue cheese mixture.

The Blue Cheese...

- 3/4 Cup ricotta cheese
- 1/4 Cup blue cheese crumbles

Add the ricotta and the blue cheese to a separate bowl. Mix to combine.

Plate the sweet potatoes, place a dollop of the ricotta mixture on each round, then add a small spoonful of the topping. Top with parsley and fresh pepper.

Classic Stuffed Mushrooms with Garlic and Thyme

I loved my mother's stuffed mushrooms when I was growing up in Montserrat and I still love them to this day. This recipe is a very rough approximation of my mother's recipe. I hope you like it! 🍄❤️

- ½ Cup panko breadcrumbs
- ½ Cup grated parmesan cheese
- ½ Cup finely chopped parsley, plus more for garnish
- ¼ Cup chopped oil-packed sun-dried tomatoes, about 4
- 2 Garlic cloves, minced
- ¼ Teaspoon sea salt
- 24 Large cremini mushrooms, stemmed
- Extra virgin olive oil, for drizzling
- Pinches of red pepper flakes, optional
- Freshly ground black pepper

Making the Classic Stuffed Mushrooms...

Preheat the oven to 400°F / 204°C and line a baking sheet with parchment paper.

Remove the stems from the mushrooms and set them aside. Finely dice the mushroom stems and sauté them until all the liquid has been absorbed. Next, add a tablespoon of butter and crushed cloves of garlic.

In a medium bowl, combine the sauteed mushroom stems, panko, parmesan cheese, parsley, sun-dried tomatoes, garlic, salt and several grinds of pepper.

Place the mushrooms, cavity side up, onto the baking sheet. Drizzle the mushrooms with olive oil and sprinkle with salt. Spoon the filling into the mushrooms, drizzle with more olive oil, and bake until the mushrooms are tender and the filling is golden brown... 18 to 22 minutes.

Garnish with parsley and sprinkle with red pepper flakes, if desired. Season to taste and serve.

Ginger Cake with a Rich and Decadent Caramel Sauce

OK!!! So this is an English dessert that my grandmother used to make in Montserrat! I tried to make the measuring conversions to cups and it didn't look right... so break out your measuring scales (to confirm Adam's conversions)! I also have substitutions for treacle and golden syrup at the bottom of the page.

225 Grams (7.9 oz) of self-raising flour
1 Teaspoon of bicarbonate soda
2 Tablespoon of ground ginger
¼ Teaspoon of ground nutmeg
¼ Teaspoon of ground cinnamon
¼ Teaspoon of ground cloves
100 Grams (3.5 oz) of butter
100 Grams (3.5 oz) of black treacle
100 Grams (3.5 oz) of golden syrup or honey
80 Grams (2.8 oz) of brown sugar
1 Egg
250 ML (9/10s of a cup) of milk

Making the Ginger Cake...

Preheat the oven to 325°F / 163°F, and grease and line a 9x9 baking pan.

Sift the flour, bicarbonate soda, ground ginger, ground nutmeg, ground cinnamon and ground cloves into a medium-sized bowl. Mix until evenly combined and set aside.

Next, add butter, black treacle, golden syrup and brown sugar to a saucepan. Heat the ingredients on low, and mix until the butter has melted and the sugar has dissolved.

Combine the wet and dry ingredients in a large bowl. Add the egg and whisk well. Gradually stir in the milk until the batter is smooth. Pour the batter into a greased and lined baking tray. Bake for 35 minutes or until a toothpick comes out clean.

Let the cake cool in the tray for 5 minutes. Then cut it into equal squares and serve. Drizzle some caramel sauce, and add a scoop of vanilla ice cream or whipped cream for extra indulgence.

If necessary, for the treacle you can substitute molasses, maple syrup or dark corn syrup. For the golden syrup, you can either use cane or corn syrup.

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Thank you!