



## :: Zoom Cooking Club ::

**May 2025**

*Brie and Mango Chutney in a Puff Pastry*

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*Haitian Beef Stew (Goat can be substituted if you wish)*

*Rice and Peas*

*Sweet Plantains*

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*Mini Pineapple Upside Down Cheese Cakes*

**P L E A S E   R A T E   U S !**



**See the last page!!!**



## Brie and Mango Chutney in Puff Pastry

Anything wrapped in puff pastry tastes GREAT!! 🍴👍

- 1 Round of brie cheese, cut into small squares
- 1 Bottle Mango Chutney
- Frozen puff pastry sheets, thawed

Preheat the oven to 375° F (191° C). Line a baking sheet with parchment paper, Or you could use a muffin tin (spray it).

The puff pastry sheets will be frozen when you get them. You'll want to thaw them halfway. It works best if the pastry is semi-frozen.

Cut a sheet of pastry dough into 12 equal pieces, put a dollop of mango chutney in the center of each piece, and then place a slice of brie in the center of each piece of pastry.

Take each piece of puff pastry and pull up the edges to make a little boat, pinch the sides of the dough together to make it hold. There's no right or wrong way to do this, but do err on the side of over-sealing them or they'll come apart in the oven.

Place them on parchment paper or in the greased muffin tin and bake for 20 minutes, until golden brown.

# Haitian Beef Stew

## *Bouyon Bef*

This is my version of “Bouyon Bef”, with the original recipe taken from [Hatiancooking.com](http://Hatiancooking.com). Bone in beef, like short ribs, or even goat meat, would be wonderful. We are using boneless meat to cut down on the cooking time.

- 1 Pound cubed beef
- 2 Cloves
- ½ Cup tomato paste
- 2 Bay leaves
- 1 Thyme sprig
- 2 Carrots peeled and sliced
- 2 Celery stalks cut into sticks
- 3 Medium potatoes (cut into chunks)
- 2 Green plantains, peel and cut into thirds
- 1 Yucca, peeled and cut into chunks (you can buy frozen)
- 10 Ounces of spinach (you can buy frozen)

### **Making the Epis (Haitian Green Seasoning)...**

Throughout the islands we all have our “island blend” to season the pot, but the Haitian version is spicy! Like green seasoning, you can use it to season all your meats, poultry and fish. Once made, the spice can be kept in the fridge and used to season any dish.

- ½ Cup parsley, chopped
- 10 Sprigs thyme
- 4 Whole cloves
- 10 Cloves garlic
- ½ Bell pepper or 7 seasoning peppers
- 1 Onion
- 1 Stalk celery
- 1 Bunch green onions
- 2 Tablespoons basil
- 2 Teaspoons salt
- 1 Scotch bonnet pepper (to taste)

- 1/2 Cup olive oil
- 2 Limes, juiced or 1/3 cup of apple cider vinegar
- 1 Maggie cube

Place everything in the blender and process until the mixture is almost liquid with some chunky bits (like a pesto texture).

Pour into a large jar, and refrigerate or freeze in ice cubes.

### **Making the Stew (Minus the Dumplings)...**

Marinate meat with epis for 1 hour, or if you have time, overnight in the fridge. (We're obviously not doing anything overnight here).

In a large pot, set on medium high, brown the marinade covered meat until all sides are nicely browned. Next, add the tomato paste, cloves, bay leaves, parsley, and the thyme. Mix everything until the meat is coated, and then add 3 cups of water. Cook on medium heat for 40 minutes, stirring occasionally.

Now, add all other ingredients: carrots, celery, plantains, yucca, spinach and 4-6 cups of water. Season to taste: bring the pot to a boil and let it cook for 20 minutes, or until potatoes are cooked.

While the stew is simmering, prepare the dumplings...

### **Making the Dumplings...**

- 2 Cups of Flour (White or Whole Wheat)
- 1 Tablespoon oil
- 1 Teaspoon salt
- 1 Teaspoon nutmeg
- 1 Teaspoon cayenne pepper (optional)
- 1/2 Cup of Water

Put flour in a small bowl and season to taste, add the oil and slowly add the water. Mix until a dough-like consistency is formed. Take pieces of dough and roll in hand, shape it long and thin ways and set aside.

Once the potatoes are soft add the dumplings and simmer the stew uncovered for 20 minutes.

Serve hot with rice or fungi.

## **Rice and Peas**

*(aka "Red Beans and Rice")*

This simple food extends across the Caribbean from culture to culture. It is a great source of starch and protein and serves as an excellent partner to almost any meat dish (thus why you see it here). 😊

- 2 Teaspoon minced garlic
- ½ Cup finely chopped onion
- ½ A bell pepper diced or a handful of seasoned peppers, diced
- 1 Tablespoon olive or coconut oil
- 1 Cup rice
- 1 Cup partially cooked red kidney bean
- ½ Teaspoon thyme
- 1 Teaspoon salt
- 2 Cups coconut milk

Cook peppers and onion in hot oil, add a pinch of salt. Sauté until just browned, add the garlic, and cook for 1 minute. Next add coconut milk and beans, rinse the rice in cold water to get rid of the extra starch, and then add to the pot.

Add thyme, salt, and bring to a boil. Cover lower heat, and simmer for 20-35 minutes until rice is tender and liquid is absorbed. Add more liquid if needed.

Adjust seasoning to serve.

## Sweet Plantains

In the islands we eat plantains in a whole series of ways... fried as part of a breakfast... as a base for an appetizer... and even as a dessert. As a close relative of the banana, plantains have excellent nutritional value with GI carbohydrates, dietary fibre, and vitamins and minerals. The nutritional value of plantain is even greater than that of its closest relation banana. When cooked, they are very low in fat and cholesterol, and high in fibre and starch. Better yet, they taste great!!

### 4 Ripe plantains

Preheat the oven to 350°F (177° C).

Plantains are ripe, and at their sweetest, when their skins start to blacken, and they feel soft. Peel the plantains and cut them into 1 inch thick chunks.

Place the plantain pieces on a baking sheet, and roast in a preheated oven for 40 minutes.

# Mini Pineapple Upside Down Cheesecakes

This recipe was inspired by a picture posted on Pinterest, and I had to try it!! This is my version... And, yes, it isn't Haitian, but it is tasty! 🍍

- 1 Cup crushed pineapple, drained
- 1/2 Cup brown sugar
- 1 Cup graham cracker crumbs
- 1/2 Cup unsalted butter, melted
- 16 Oz cream cheese, softened
- 1/2 Cup granulated sugar
- 1 Teaspoon vanilla extract
- 2 Large eggs

## Making the Caramel Sauce to Garnish...

Preheat your oven to 325°F (160°C) and line a muffin tin with cupcake liners.

In a medium bowl, combine the graham cracker crumbs and melted butter. Stir until well combined. Press the mixture firmly into the bottom of each cupcake liner to form a crust.

## Preparing the Pineapple Layer...

In another bowl, mix the drained crushed pineapple with the brown sugar. Slightly brown the pineapple mixture and spoon it over the crust. If you want extra caramelization, you can brown the pineapple mixture to your preference before adding it to the crust

## Making the Cheesecake Filling...

In a large mixing bowl, beat the softened cream cheese with granulated sugar and vanilla extract until smooth and creamy.

Add the eggs one at a time, mixing on low speed until just combined after each addition.



To assemble, spoon the pineapple mixture evenly on top of the crusts in the muffin tin.

Next, pour the cream cheese mixture over the pineapple layer, filling each liner nearly to the top.

Bake for about 20-25 minutes, or until the cheesecakes are set and slightly firm in the center.

Allow the cheesecakes to cool completely on a wire rack, then chill in the refrigerator for at least 2 hours before serving.

Finally, before serving, top each cheesecake with a maraschino cherry for a colorful touch!

Enjoy!

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**Thank you!**