

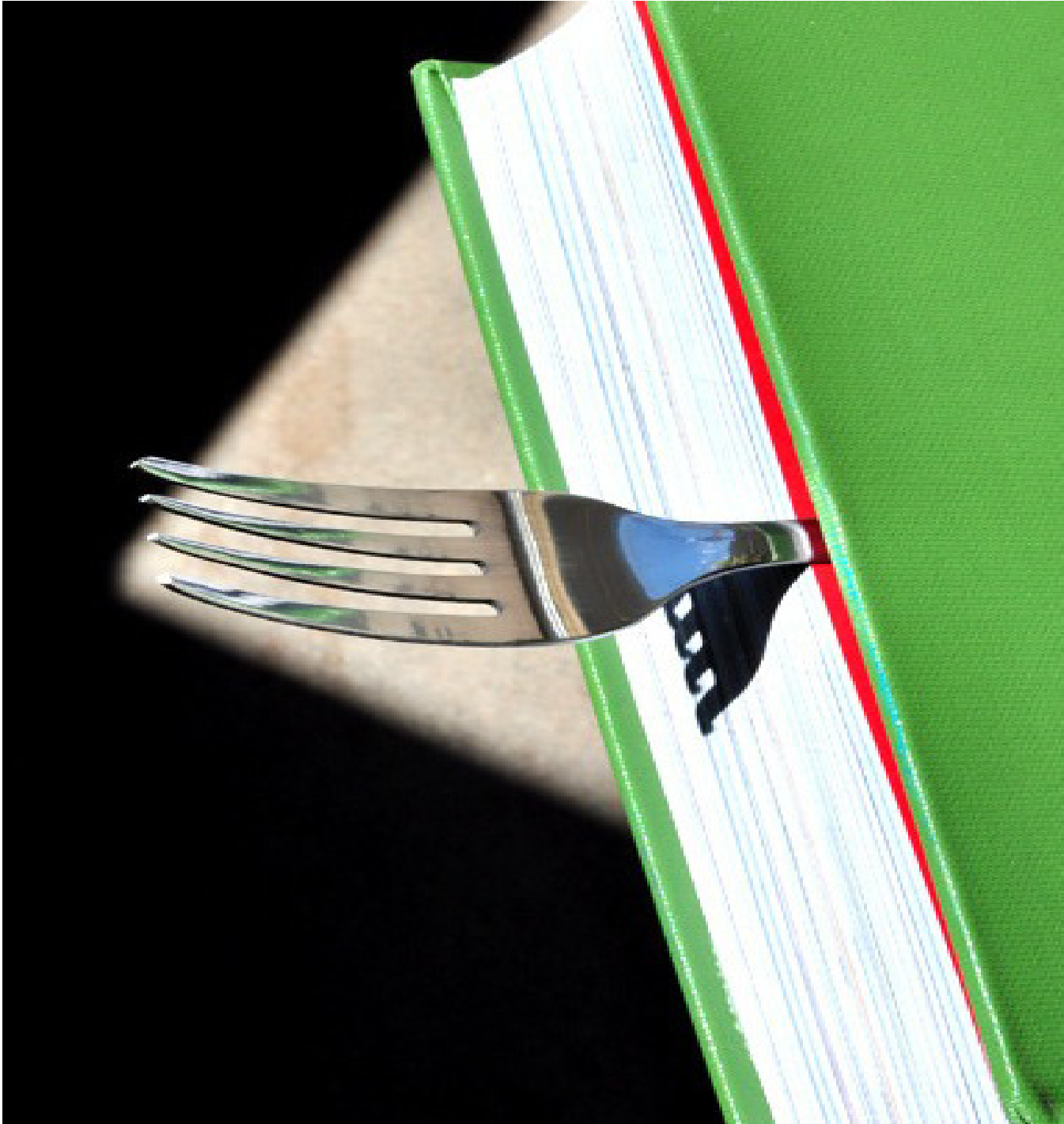


JOHNSON & WALES  
UNIVERSITY

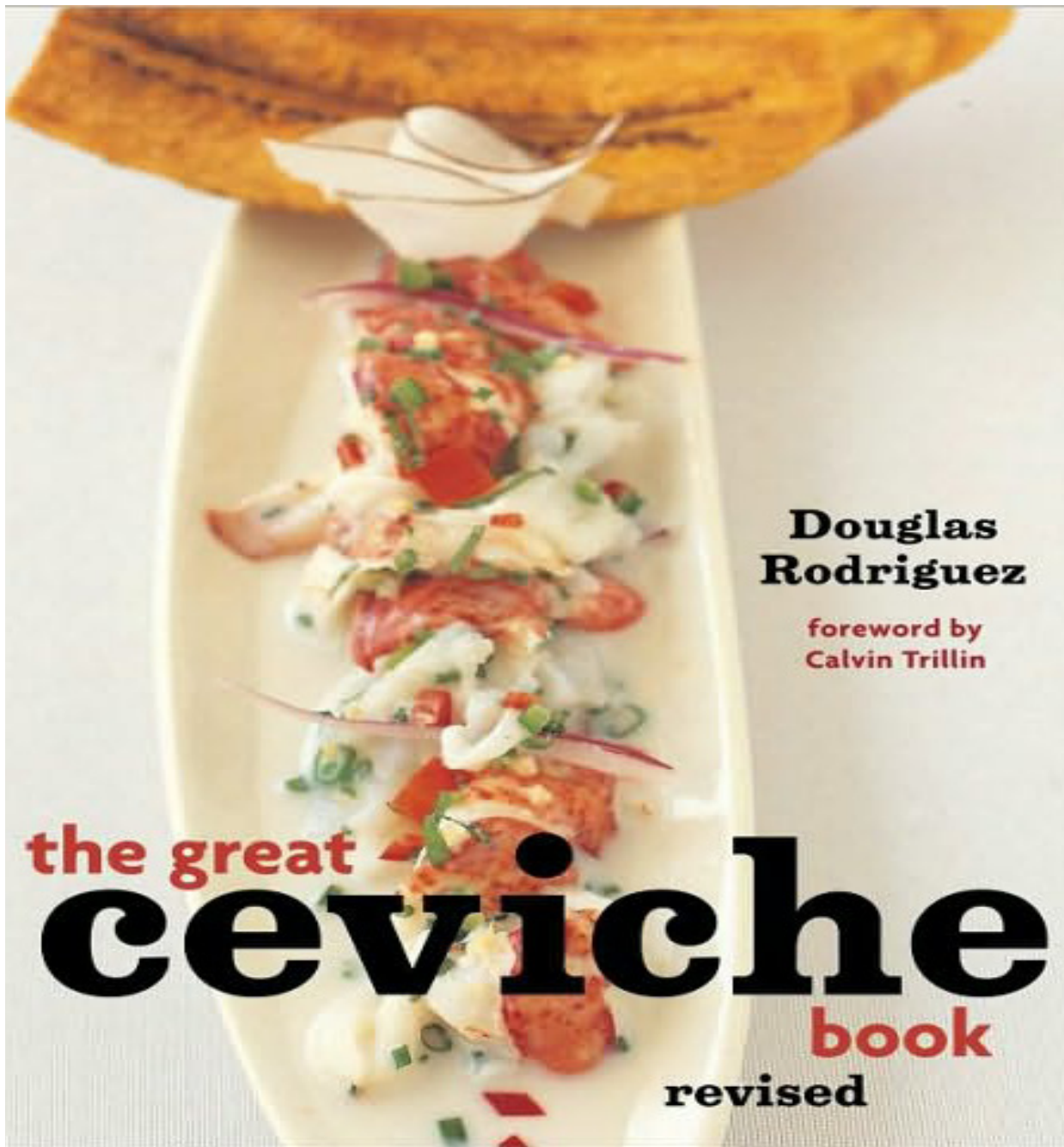
# Food Writing

Volume IV





Johnson & Wales University, North Miami Campus,  
is proud to acknowledge the food writing of inspiring alumna, Chef Douglas Rodriguez,  
the globally acclaimed Godfather of Nuevo Latino cuisine.



Ever the innovator, Douglas Rodriguez was the first American chef to give ceviche the attention it deserves, creating such signature dishes as Spicy Shrimp Ceviche with Popcorn and the decadent Squid Ceviche in Black Ink Sauce. His New York restaurant, Chicama, is a temple to the bright, clean flavors of this remarkably simple dish, and patrons crowd around the ceviche bar to marvel at the day's offerings. In *The Great Ceviche Book*, Rodriguez presents over 50 traditional and contemporary recipes, as well as extensive information on ingredient basics, food safety issues, and suggestions for pairing ceviche with other dishes.

Perhaps the students published within the pages of this magazine will one day achieve similar accomplishments with JWU as their foundation!

# From the Professor's Desk

You have before you the fourth issue of English 3030's Food Writing Magazine. Begun in 2008, I have watched with excitement as each year the students seem to become more engaged, excited, and anxious to learn all they can about the publishing world and the growing number of software applications that allow them to create a wider variety of publications. Some seem to have a book in them, others are anxious to create blogs, websites, or assorted high quality brochures, menus or pamphlets. The e-publishing world is expanding at warp speed and today's students are tomorrow's authors, whose work will undoubtedly be mostly in electronic form. This is the future of publishing. In fact, we have again provided access to this issue of our Food Writing Magazine via the World Wide Web. Head to the home page of the North Miami campus of Johnson & Wales University and click on academics and look for the .pdf, or use this link: [www.jwu.edu/northmiami/academics](http://www.jwu.edu/northmiami/academics).

As in years past, this magazine is a collaborative effort and deserves to recognize those who make it all possible; the administrative support of Dr. Michelle Garcia, Department Chair of the School of Arts & Sciences, Dr. James Anderson for introducing our students to the wonders of poetry, Bruce Gilling of Elite Model Agency for creatively photographing the class, and a very special thank you to Lorenza Galella in our communications department for her endless hours of graphic design and layout assistance.

As in past issues, the students like to select a successful graduate to focus on. In this issue, author Samantha Wong wrote glowingly about Lorena Garcia, whom she personally worked with during her senior year. I know you will enjoy learning about her challenging journey on her way to the international success she enjoys today.

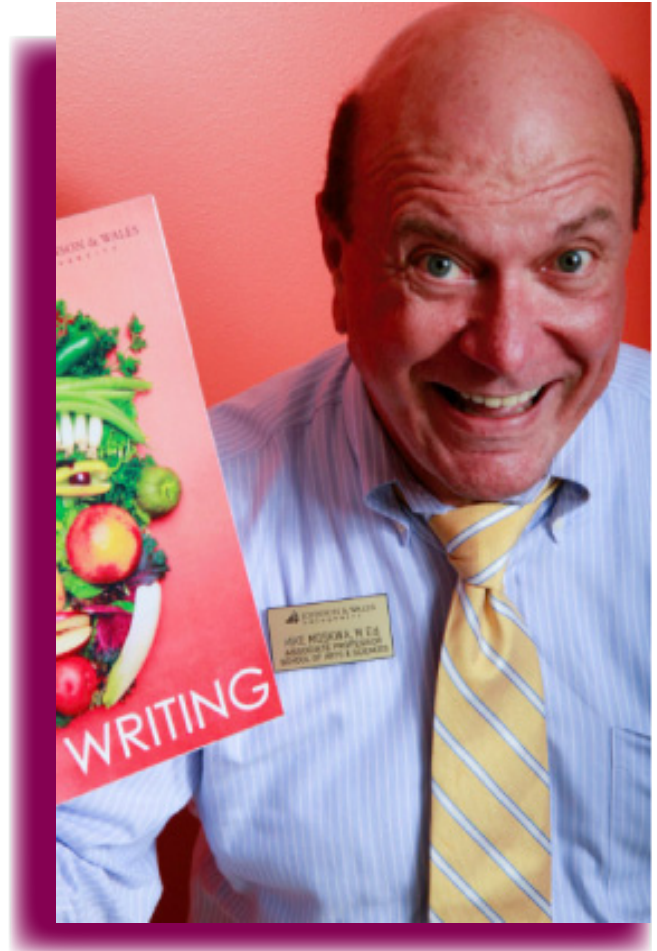
I thank you for taking the time to read the works of some of tomorrow's future author's. In fact I wouldn't be surprised if in the future, our students choose to write about one of the individuals whos work currently graces these pages.

As for now, it's time to begin work on Volume VI!

With warm appreciation,



Michael Moskwa  
*Associate Professor*  
*School of Arts & Sciences*





# About the Writers

Liliana Rivero



Born in Havana and raised in Miami, her love of Cuban culture and food drives her to become an executive chef of her own Cuban inspired international restaurant. A recent enlistee in the United States Marine Corps, she likes to reflect on the words of Oscar Wilde that, "We are all in the gutter, but some of us are looking at the stars."

Chris deJesus



Born in Northern New Jersey, his passions are Italian food and gourmet ice cream. He is a Food Service Management major and wants to open an ice cream shop and then a restaurant. His ultimate goal is to attend NYU for his Masters. Food, according to Chris, "is definitely the highway to my heart!"

Chane Antonio



From the beautiful island of Antigua, cooking is everything to her and is what brought her to Johnson & Wales where she loves studying the Culinary Arts, spending time at the beach with her friends, family, and a BBQ!

Abdul-Rahman AL-Khashan



Born and raised in Kuwait by a Kuwaiti father and an American mother, he is pursuing his Bachelors in Culinary Arts. After graduation, he plans to pursue his passion in kitchens around the world returning home someday to see what life has to offer him there.

Kelvin J. Rosario



A senior in the Culinary Arts Bachelors program, he has dreams to open his own restaurant one day. His ideal restaurant is a Mom and Pop market and catering operation."

Cristel Villanueva



Born in El Paso, Texas, she is a proud, full-blooded Mexican, destined to make her mark in the Hospitality industry. Her daily gift to people is her smile and sharing her favorite quote; "Don't let love interfere with your appetite. It does with mine!" Anthony Trollipe

Samantha Wong



As a Culinary Arts graduate, she describes her cuisine as being, "A little like kettle corn...a little sweet and a little salty." She likes to mix and match different tastes to create fusions that please the senses and achieve the perfect balance of flavors...after all, she notes, "Cooking for people is the best form of entertainment!"

Joshua Elliott



An Honors graduate in Culinary Arts, he was raised on Southern Food and has forever dreamed of opening his own "Gastro-pub" where his foods of origin are re-invented with a classical French spin. He is passionate about all food and drink and having fun with that passion.

Michael De Filippis



A culinary major he is an open-minded person who takes full advantage of life, and is someone that wants to accomplish all of his goals and be happy. "I have a great sense of humor and live my life with one motto, 'No regrets.'"

Jameson Rahim



An aspiring Secret Service agent, he is studying Criminal Justice in hopes of protecting the President of the United States one day. A lover of long walks on the beach and a watcher of sunsets, this New Jersey native is a fan of pizza.

Luis Ramirez



A Foodservice Management major from Puerto Rico his love of food and cooking is his passion. He hopes to continue to travel and experience all things culinary. "Beer is the living proof that God wants us to be happy!" Benjamin Franklin

Rashida Smith



An aspiring accountant, she hails from a small town in the Virgin Islands. Her goal is to remain in Miami and work as an accountant for a multinational corporation with a dream to own her own financial firm someday. "Nothing recedes like success" Walter Winchell

Jodi Lee Morrison



Cooking is everything to Jodi, "It motivates me to achieve, encourages me to be creative and expressive, and to believe in myself". It has removed any doubt that she ever had about being good at anything.

Carl Henri Boulos

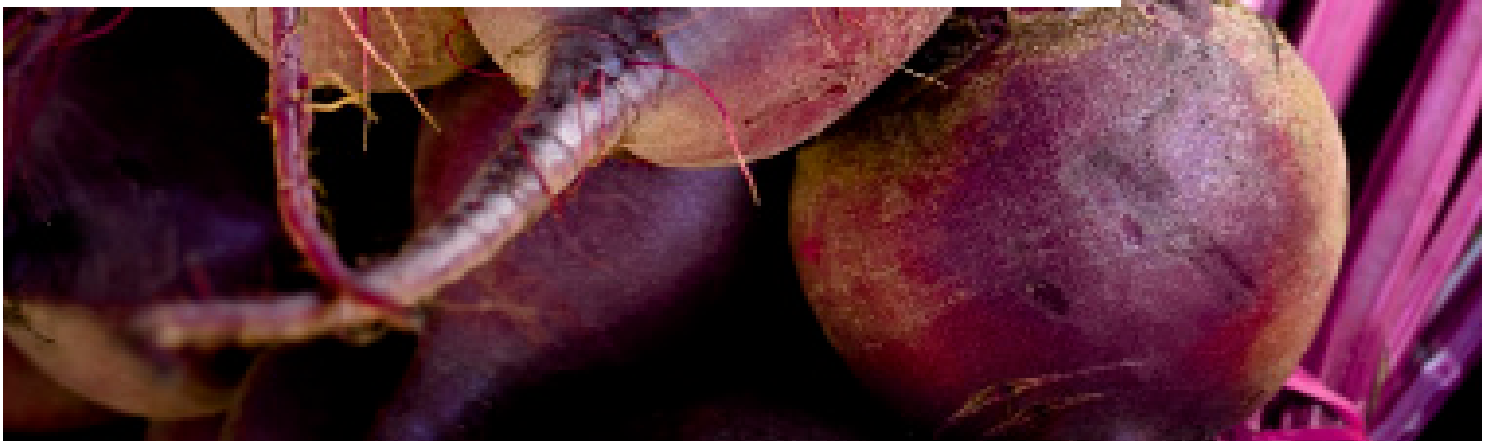
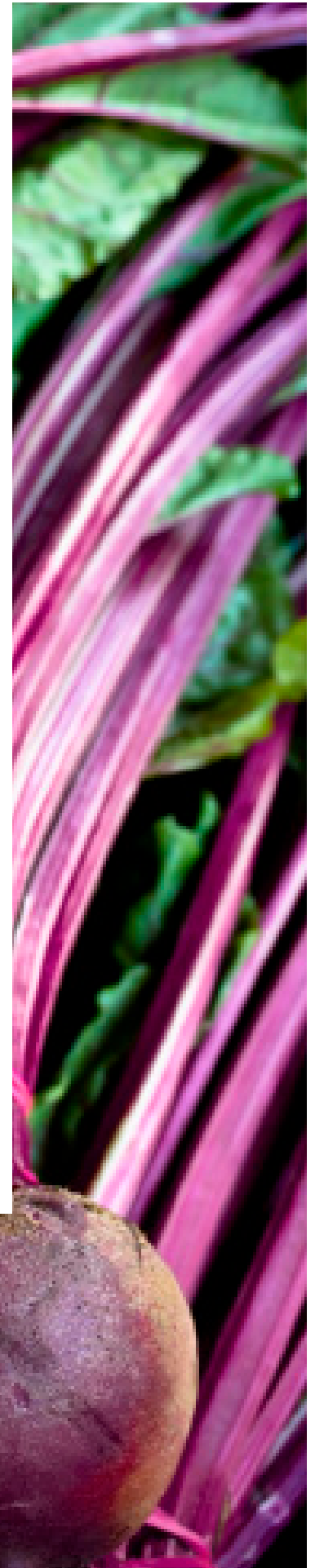


He loves life, laughs out loud, and tries to find passion in everything. To him, writing is an adventure each time the words begin. He loves to cook and adores entertaining which he finds it soothing. "Live, love, laugh...eat, drink and be merry!"



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# You Can Decide

Jameson Rahim

Walking through the grocery store,  
smelling the ambiance of fruit in the air.

A fragrance that smells so delightful,  
it makes my mouth watery, and tingly.

I'm walking towards the smell.

I pick up a ripe peach;  
soft and delicate, with a yellow-orangey-red color.

Ecstatic colors!

The peach smell draws me toward other fruits.

Next to the peach is a bright red plum.

It doesn't have a particular smell,  
but the bright red enhances its own image,  
and makes me observe it.

The plum is semi-hard,  
but shaped like a peach.

Maybe they are cousins?

Who knows?

Maybe lovers?

Sweet and sour combine to make one.

The peach is the soft, sensitive, loving fruit,  
while the plum is the hard fruit with an attitude.

The peach is an aphrodisiac,  
while the plum is just a fruit.

Peach and plum,  
starts with the same letter.

But different fragrances,  
and certainly different tastes.

What would you rather have?

A delightful peach or  
an awkward tasting plum?

You can decide.



# Saturday Night Special

Joshua Elliott

The short ribs were braising in an oversized cast iron skillet with a generous amount of a red burgundy and beef reduction. I was working the mushroom risotto as if I were working the line on a Saturday night, surrounded by the smells of the rosemary, red burgundy, and garlic filling the air. There was also the faint smell of “dirty dog” as my Dad’s terrier, Dixie, roamed throughout the house aimlessly trying to figure out where all the food was. The doors and windows were open wide in every room, releasing the end of all the smoke into the country air, created from searing the ribs, on one of the most beautiful days of the year. The temperature was less than 65, the sun was out, and things were going just fine (minus the smoke of course!). I had been steadily sipping on red burgundy as my dad slowly drank another Dos Equis. All the food was working and the mood was just right for a great night ahead.

The silence broke suddenly as I picked up my ringing cell phone to find my mother on the other end of the line. She was telling me that she would be at the house in an hour and then asked, “Josh, what can I get”? I told her she could be the pastry chef for this dinner and to surprise me! She would later show up with two store bought desserts from Kroger’s; a Snickers cake and strawberry shortcake. So much for being a pastry chef! But I thanked her and kept my silence

because they were delicious, nonetheless.

This would be the last night I would be seeing either of my parents for at least a year. That realization was not a pleasant one for me so I tried to focus on the food as I pulled the meal together so everyone could sit down and eat. Part of my anxiety lay in the fact that my parents had divorced about seven years ago yet seemed be better friends now, more than ever before. My parents are very proud people and when we get together you would never be able to tell that things seemingly “crumbled” not long after almost 25 years together.

These thoughts, and others, faded in and out as I pulled the roasted carrots and parsnips out of the oven along with the aromatic sweet potatoes that I had flavored with pumpkin pie spice, creating the scent of Thanksgiving, if one were held in the countryside of Burgundy, France. Kaitlyn, my 21 year old younger sister said, “I hate mushrooms; does all the rice have mushrooms”? I snapped, “Yes! Just eat it. You will like it”, which she later confesses she does. Then I found out my mother, too, despises mushrooms and I react with impatience, “Why didn’t you tell me this yesterday when I told you I was cooking mushroom risotto”? Mom just gave me that great motherly response along the lines of, “Everything you cook is good son”, so I didn’t say anything further. She picked through the

mushrooms and said that the risotto was one of her favorite things of the night, even with all the mushrooms. What a great mom I have. “Thank you”, I say, as I continue to plow through my dinner, drinking yet more of the burgundy wine. At the risk of sounding addicted what a difference a few glasses of wine make when you’re hanging out with the family!

Sitting at the table with my mom were some family friends; Big John and his son, Little John. My sister was at the bar, while my dad steadily devoured the ribs I had prepared, sopping up all the savory juices with a toasted baguette. Big John is not a clever nickname for my dad’s friend; he’s just big. He is 6’4” tall and easily weighs 300 lbs. His son John was aptly named “Little”, only because he is his dad’s offspring. He is not quite as imposing as his father, but still a big boy at twenty-one who probably still has some growing in him I figure. Over the course of cooking dinner, Big John was my student for the day, constantly asking questions to which I eagerly responded because he was asking me about subjects I am passionate about; food, cooking, ingredients, and wines. I had started cooking the meal around 2:00 pm and together we worked our way slowly through the entire process starting with the short ribs, which I let braise for three plus hours. Dinner would not begin until 7:00 pm. I was not in a hurry at all. Great food takes time. I pre-

pared everyone the day before and let them know that this would be a slow day. To appease the crowd, I had cooked some creamy spinach and artichoke dip for everyone to munch on in the meantime, and it seemed to do the trick pretty well. Once the meal began, we sat around for more than 2 hours, talking, and eating slower and slower as time progressed. It seemed everyone was trying to find a little more room if at any way possible. After the strawberry shortcake and a cold beer, I thought it time to clean up. To my surprise and delight my mother had decided to clean up in the kitchen. I helped her with the last bits and packed the remaining short ribs and risotto away. In the morning, before heading to the airport, we all would have a traditional Southern style breakfast, complete with biscuits and gravy. My dad even heated up the left over short ribs, and to add a little twist to the meal, tore the meat up, putting a little on the top of the biscuits and gravy. I had never had that before in that fashion, but after that night, I knew it would not be the last time.

As I gathered my things and packed up after breakfast, I unexcitedly said good-bye to my dad and hopped in the car with my mom and sister to head to the airport. When we arrived, I could see mom was on the brink of tears, as she usually is at these times. We said our good-byes and I gave her a huge hug, embraced my sister and

headed into the airport trying not to draw things out any longer, for fear of crying myself. I headed towards my gate, surrounded by the usual airport banter echoing thru the terminal. Once at the gate, I quickly checked in and hopped on the plane, knowing what awaited me back in my new South Florida home with my usual everyday grind of work and school. Exhausted from the mixed emotions of the trip, I closed my eyes and began to fall asleep; anxiously looking forward to the next time I would get to share my love and passion for food with my family.



# Materva: Un Buchito de Cuba

Samantha Wong

Forget Coca-Cola and Canada Dry, for a little taste of Cuba, Materva is the drink to be had! Found in local markets throughout South Florida, Materva is a carbonated herbal tea that hits the tongue like sparkling wine on a New Year's Eve.

Materva is made from yerba mate – a species of the holy plant, native to sub-tropical South America. This soft drink is prepared with the extract of yerba mate instead of the tea itself, which is made by steeping the dried leaves in hot water. The extract is preferred for its concentrated flavor. Unlike the fairly bitter tea-like mate on which it is based, Materva is almost overly sweet with a somewhat bubblegum like flavor resulting from carbonated water, sugars, and secret flavorings that become this national Cuban beverage.

Materva and Diet Materva, are extremely popular among Hispanics in the United States, especially Cubans. Initially, Materva was created by the Materva Soft Drink Company in 1920 and marketed by La Paz, S. A., a bottling company located in Matanzas, Cuba. For nearly forty years, it was manufactured and sold throughout the island of Cuba, until Fidel Castro's Revolution brought about the nationalization of all privately owned companies. Eventually, in 1965, competitors of the La Paz Bottling Company, Cawy Bottling of Miami, bought the rights to the concoction.

Materva is one of the more symbolic brands of Cuba, and quickly became a popular soft drink in South Florida. With the success of Materva, the Cawy Company became very involved in the community, often backing numerous sporting events and was one of the very first beverage companies to use Disney characters to endorse its products. In 2002, The Miami New Times awarded Materva the "Best Local Soft Drink" award. With all its successes, Materva finally decided to export outside of South Florida, and today it can be found not only in larger sectors of the United States, but in Central America, and Spain as well.

Yerba mate and Materva have been known to provide a variety of health benefits, in addition to quenching a thirst for a sweet, carbonated drink. It is said that yerba mate helps strengthen the immune system, enhance a

more youthful appearance, increase a person's libido, and even lower stress levels. One thing is for sure, Materva never goes unnoticed in a Cuban household, where everyone sneaks a sip of your half-empty glass of this Cuban heritage. For most Cubans, it is one of the many shared memories of the good times enjoyed on the island-nation before Castro imposed his Communist Revolution.



Vicente Cossio, was only nine years old when he came to the U.S. with his family. He recalls early memories of his father's attempts to recreate the famed Materva for Cuban Americans. In the early days, his father could not buy a yerba mate extract; he had to figure out how to make it at his plant. It took several months of trial and error, and lacking an exact formula, the final test was passed when there was a consensus among many Cuban friends and employees that the flavor was truly "Materva." Today, the yerba mate extract is available from outside sources.



# My Perfect Amenity

Chris deJesus

The radiant tri-colored skin  
is easy on the eyes.

It's a GREEN gastronomic euphoria  
in disguise.

From the Caribbean Islands  
to the Sunshine State.

Speckled RUBY  
and grows in plenty.

The burning ORANGE flesh  
is desired by many

The mango...  
My Perfect Amenity



# Tap or No Tap

Chris deJesus

Is it tap or is it not?  
A colorful label dresses it up like a model

All different shapes and sizes and what not,  
Like a cold shower for our thirst in a bottle.

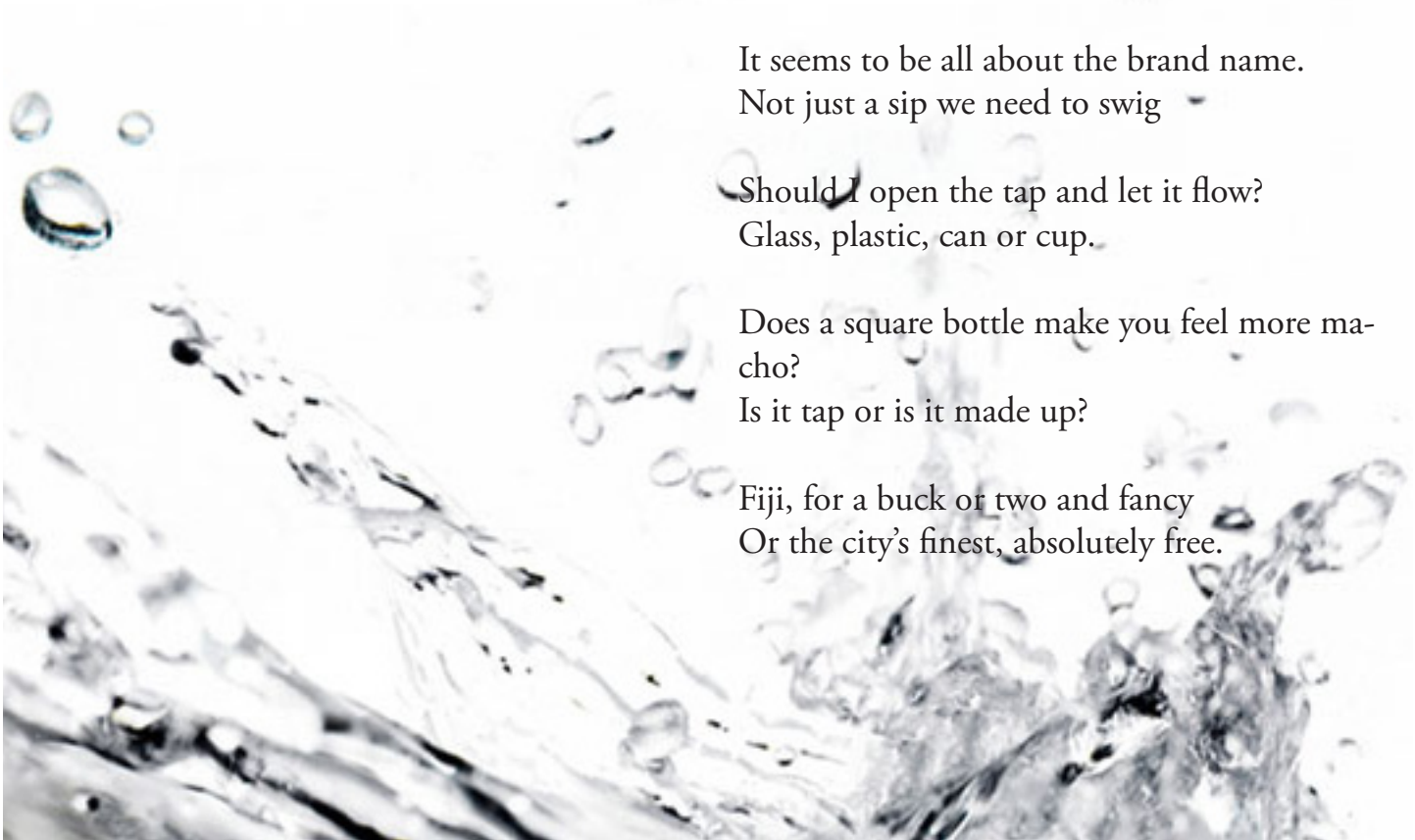
Everyone claims they're not the same,  
from Poland Springs to domestic big wigs.

It seems to be all about the brand name.  
Not just a sip we need to swig

Should I open the tap and let it flow?  
Glass, plastic, can or cup.

Does a square bottle make you feel more ma-  
cho?  
Is it tap or is it made up?

Fiji, for a buck or two and fancy  
Or the city's finest, absolutely free.



# Restaurant Review

## Andiamo! Brick Oven Pizza

Joshua Elliott

As I drove down Biscayne, I was excited to stop at Andiamo to have some pizza and enjoy lunch before heading to work. I have been by this place so many times and friends have told me I had to try it, but for some reason I hadn't made until today. Perhaps I wasn't convinced that it was worth trying given that the place is a carwash that also happens to double as a pizza restaurant. I mean really...a car wash restaurant? Not only a restaurant, but sit down as well, with indoor and outdoor seating and a full service menu. My first surprise came as I parked in the lot across the street and found that the parking was free! Free parking in Miami? Wow! This was a nice surprise to start of my experience. As I entered the patio area I could see it was very busy and if it hadn't been for my friends arriving before me and grabbing a table, I probably would have had to wait for one to open up.

Looking around the patio there was an odd collection of tables and chairs, including the occasional picnic table, something I wish we had chosen when our food arrived and there was not enough space to accommodate it all. The tables and chairs were not a big deal, albeit my chair was a tad uncomfortable. There were a nice amount of tall, lush, plantings in pots, including lots of fresh basil that shielded you from Biscayne and the wiz of cars passing by. Like many outside cafes in Miami, there were the obligatory pigeons foraging for scraps but they didn't seem to be the pestering type; they were obviously well fed.

Taking time to review the menus which had been dropped at the table, I noticed it was a static one, where nothing changed throughout the day. The pizza selection was expansive with 25 signature pizzas to select from as well as your ability to personalize your own. They had several size choices that ranged in price between \$10 and \$17, depending on the size and toppings. They do offer other items including a selection of Panini and other sandwiches, salads, appetizers and several nice desserts. The menu is supported with a collection of beers and wines and non traditional soft drinks. We all ordered pizza except fro one lone holdout who opted for a steak and cheese sub. We decided to share the pizzas so we selected The Godfather, the Soprano, and the Meatball pizzas.

When the food arrived, I was immediately drawn to the crust; thin, crisp and obviously done in a brick oven. I also noted my friend's sub which, for a steak and cheese seemed to have the odd addition of marinara sauce. "Well this is an Italian restaurant after all", I thought to myself. As we bit into our first slices, I was again amazed with the crust; hot, crisp with a hint of that chewiness you get with fine Italian bread dough. The meatball was loaded and matched with mozzarella and the obviously fresh and handmade marinara sauce. And was that the fresh basil from the bucket garden I saw scattered on top? My Soprano had lots of fresh grilled broccoli rabe paired with sweet and hot Italian sausage, cheese and more of that fresh basil. By now I noted the technique they used which was to precook the crust before adding the toppings towards the end, leaving everything much fresher tasting and allowing each flavor to stand alone. The Godfather was a classic Italian collection of meats, cheeses, and peppers and definitely is for the hardier of appetites.

No time for dessert this trip as I was off to work but I definitely am headed back there soon to try other pizzas before making up my mind as to which is my favorite. It may take me awhile to determine that, but as long as they continue to make that amazing crust, I will be more than happy to continue to see what other creative toppings they come up with.

**THE 55TH STREET STATION**

5600 Biscayne Blvd, Miami, FL 33137

305-762-5751

[www.andiamopizza.com](http://www.andiamopizza.com)

**HOURS OF OPERATION**

Sunday - Thursday 11 AM - 11 PM

Friday - Saturday 11 AM - Midnight

# Andiamo! Review Cont'd.

Carl Henri Boulos



Turn a retro-style 1960s carwash into one of the city's best pizza places and you have Andiamo. With a wide ranging list of specialty pizzas that encompass the perfect dough, freshest ingredients and culinary style, there is a pizza here for just about everyone and for the picky few, you can even design your own. The crust is made from house made Italian bread dough and is thin and a bit crispy from it's brief time in the substantial brick oven that dominates

the small interior. The red sauce, should you choose it, contains lumps of roma tomatoes which give the whole pie some real zest. If your choice includes any fresh herbs or arugula, be sure to find it generously scattered or heaped on top after baking, give the diner the ultimate in flavor and taste.

The prices are higher than a Pizza Hut or Papa John's, but not by much...and the product is so far superior as to defy comparison. With a small wine list and a more expansive beer menu, and pizza that is undeniably delicious, the most talked-about aspect of Andiamo is the fact that while you're washing down slice after slice, you can get your car washed and detailed at Leo's, the space's original and still-existing occupant out back. The glass-walled pizzeria sits prominently on the peninsula that marks the intersection of Biscayne Boulevard and 55th Street, appealing to both foot and auto traffic that finds ample parking in a neighboring lot.

Andiamo emphasizes Miami's distinctive version of urban living---graceful, lazy and mostly out-of-doors with dozens of assorted picnic and yard sale tables and chairs. Andiamo a hot lunchtime spot where the 9 to 5ers can sit comfortably at an outside patio and enjoy a bay breeze and a deliciously lightweight brick-oven pie, entrée salad or panini. Evenings the same menu is in place and a jumbo screen shows movies outside most nights. The clean kitchen and great staff makes Andiamo a great place for the whole family.





# A Lucious Entrapment

Samantha Wong

Curse the day she swallowed the seed  
that led to her imprisoned soul.

A silent agreement  
to a life of solitude and disparity.

From a shrub comes this deceitful fruit,  
baring many seeds like the days spent missing her life  
above.

Oh! But to taste this delicate and sweet delight;  
is it well worth the cruel price she's paid?

Four seeds guzzled below  
bring four dark, cold months atop.

All but a myth is her story,  
and we need not fear her fate.

Relish it and love it in all its splendor;  
this cunning fruit gives hearts grandeur.

# For the Love of Chocolate

Chane Antonio

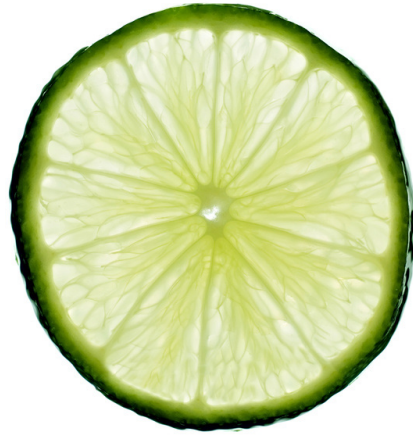


I smell chocolate  
And my pupils dilate.  
The sight of it  
And my eyes light up.  
I am on the bus,  
Sitting and staring at that little boy,  
The little boy who is devouring  
That bar of chocolate!  
I imagine myself eating it...  
Tasting the heaven on my tongue.  
“What are the consequences,  
If I snatch it and run?”  
I seriously consider doing just that.  
I start to plot in my mind,  
But then shake my head and think to myself,  
“The things I would do...  
For the love of chocolate!”

# Mix Fruit

Jameson Rahim

Cherries, apples, berries oh my  
All of that goes in a pie  
Apples, pears, and such  
Fruits are my high  
I love watermelon  
Not because what society says  
I love it because it's juicy and red  
Forget about steak  
Fruit is all the hype  
Meats are scary  
Pears are ripe  
A bowl of fruit  
Would be just right  
Grapes, prunes, and all sorts  
Eating fruits should be a sport  
Cantaloupe and honeydew melon  
All this fruit makes earth feel like heaven



# Key Lime Pie

Jodi-Lee Morrison

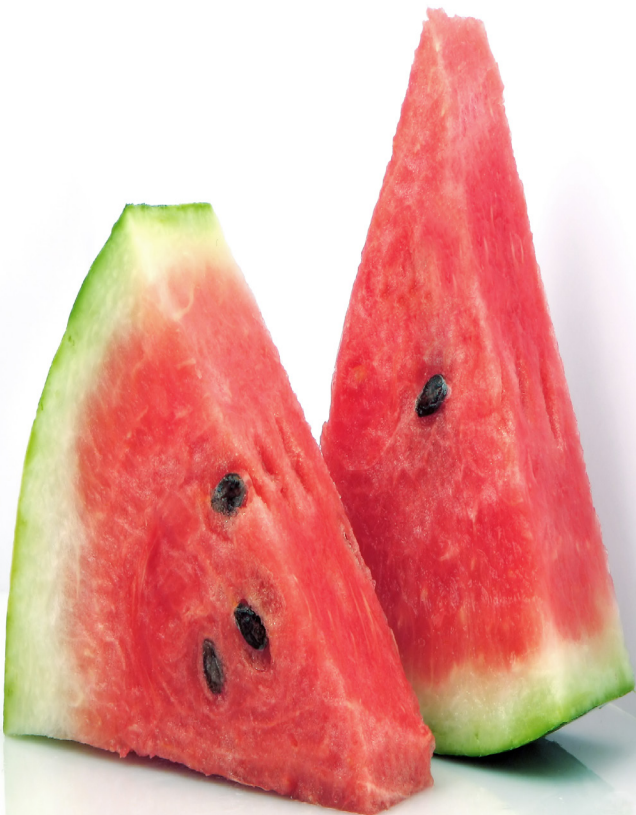
Key lime pie is  
What I got a thing for.  
Creamy, sweet and tangy,  
My tummy screaming more.

And if you haven't done so,  
I think you should try it.

And buy it.  
And bake it.  
And eat it.  
And share it.  
And love it.

OK, maybe I'm going,  
A little bit overboard.  
But then again,  
Key lime pie,  
Is what I got a thing for.

YUM!





# History of Ackee and Saltfish

Rashida Smith

## *Origin of Ackee*

Ackee is a fruit tree native to West Africa and was brought over to the Caribbean on early slave ships. In the 18th century while visiting the Caribbean, Captain William Bligh was taken with the unusual tree and brought its fruit to Kew Gardens in England in 1773. At first a curiosity, the tree's fruit began to be promoted by Thomas Clark, who later took it to Jamaica where he planted the seeds and established the first trees in 1778. In a short time, the trees began to reach their mature heights of 30 to 40 feet, providing the first ackee fruit to settlers, slaves and natives alike.

## *Description of Ackee*

Grown throughout the Caribbean as an ornamental tree; it is Jamaica that turned this fruit into a national dish; Ackee and Saltfish. As the ackee matures it turns bright red. The seams on the outside of the fruit mark the three separate pods. The seams burst open when the fruit is ready to be picked, exposing the shiny black seeds and the creamy yellow flesh within each pod. Each of the three pods has a shiny black seed inside surrounded by a creamy and somewhat spongy yellow flesh.

## *Handling of Ackee*

The fruit has to open naturally or it will be poisonous to eat. The cream colored, fleshy pulp around the seeds should only be eaten. You should never eat any of the pink flesh or the seeds because they are poisonous. Once the fruit is ripe, throw away the big shiny

seeds and the outer part of the fruit. Discard of it properly so children and pets don't have access to it. Ackee should be properly cleaned, boiled and cooked. Ackee is a fruit, but when cooking it is treated as a vegetable. It is usually cooked with salt fish and onions, known as "Ackee and Salt fish. The contact with the salt fish brings out the ackee's rich taste. It has often been said that when ackee is cooked alone, it has a taste more like that of scrambled eggs.

Because of its poisonous properties, the sale of ackee was banned in America in 1970. Many individuals, particularly those with Jamaican roots, still smuggle it in for personal use. And it is known that the seeds of the smuggled fruit are often planted and trees with ackee can be found scattered among the homes of some families, particularly in South Florida. In 2000, the Food and Drug Administration decided to set standards for the importation and handling of ackee and to designate companies in Jamaica to produce canned ackee safe for import. To ensure the safety of the consumers, the producers must ensure that the fruit was naturally ripe when harvested and that the outer membrane or rind and the fruit's seeds are not in the canned products. If the fruit is under ripe it can contain high levels of toxic substances called hypoglycins.

If you ingest any of the toxins, it can result in excessive vomiting, convulsions, coma or even death. This is known as the Jamaican Vomiting Sickness; a fatal hy-



poglycemia which can also trigger seizures. This is quite unusual today because Jamaicans know how to prepare and harvest ackee. This fruit is very nutritious and contains lots of protein, unsaturated fats, and is rich in essential fatty acids, zinc, and vitamin A.

Ackee is a major part of the exporting business in Jamaica, resulting in more than \$10 million in revenue a year. In other countries like the United States, Canada and the United Kingdom, where there is a large community of Jamaicans, this fruit remains popular. Importing this fruit into the United States, now that the Food and Drug Administration ban has been lifted, continues to increase the fruits awareness and popularity. Because of the growing popularity, Jamaica now has competition from Mexico, Costa Rica, and even Florida, as well as the other Caribbean islands because they have begun to recognize the nutritional value of the fruit and the value of the export of the product.

#### *Salt fish*

Fresh fish, which is highly perishable, is salted for future consumption. This practice has been around for many centuries in places like Asia, Latin America and Europe. The objective is to remove moisture while allowing the salt to uniformly penetrate the flesh of the fish. This process is called osmosis. Preserving the fish is achieved by reducing moisture content and is enhanced by the high salt concentration in the flesh, which prevents the growth of bacteria.

#### *Methods of salting fish*

There are two methods of salting fish; the brine method and the dry method. In both methods the fish is placed in a container, where there are layers of fish and salt. In the dry method, the moisture which seeps from the fish forms brine which is drained during processing. The results are fairly dry fish, and if required usually dried further by natural or artificial means. In the brine method, the brine is left in continual contact with the flesh until it is fully cured. The process involves removing the head and gut, usually on the boat or ship, then bled, cleaned and washed. The fish is then dry salted for three weeks, placed in containers with salt in between the pieces and stored for a salting or curing period.

The curing period depends on the species of the fish, the storage temperature and the amount of salt that is used. The more salt is used, the more it reduces storage time. After salting, the fish is dried using sunlight or artificial indoor drying chambers. Salt fish may be purchased whole or as fillets with the bones removed and has a long shelf life when kept in cold storage, usually between 2-4 degrees Celsius.

Salting is an inexpensive process which can be com-

bined with other preservation methods such as drying, or “smoke”. The original method of drying salt fish was only by using the natural effects of the wind and sun; laying out the fish on clean rocks or cliffs near the seaside. While this method is occasionally still used today, the introduction of fish dryers after 1945 allows today’s fisherman to spend more time fishing and less time salting. Surprisingly, after World War II, the increase in refrigerators weakened the demand for salted fish products in many of the Caribbean islands.

#### *Types of Salt fish*

There are many varieties of salt fish (cod, pollock, haddock, and cusk) which is now available in retail stores either as whole fish, fillets, or pieces in a plastic bag. All salt fish should be soaked before cooking. The longer it soaks, the less salty the fish is. Fillets can be soaked a minimum of six to twelve hours but most home cooks prefer to soak it overnight like the whole fish which generally requires twenty four hours of soaking. The salted fish should plump up after “freshening”. Freshened fish should be cooked because once it is rehydrated; it will spoil unless cooked promptly.

Jamaica’s supply of salt fish comes mainly from Norway. Much of the Caribbean islands are known for preparing salt fish and it is also very popular in traditional Spanish or Spanish influenced cooking. Local attempts at producing salt fish have been limited and unable to satisfy the Jamaican demand so it continues to be imported.



# Saltfish & Ackee Recipe

Rashida Smith

Ackee and salt fish is Jamaica's national dish. This recipe is Americanized but still delivers great taste. Ingredient quantities may be adjusted to individual tastes.

## *Ingredients*

Serves: 4

1 28 oz can of ackee, drained

1/2 lb boneless salt cod

3 tablespoons olive oil

2 onions, sliced

1/4 teaspoon dried thyme

1/4 scotch bonnet pepper skin finely chopped (be sure to avoid seeds)

1 tomato, chopped

1 teaspoon tomato paste

1/2 sweet pepper chopped

1/4 teaspoon black pepper

Adapted from:



## *Method of Preparation*

Soak the salt cod in a pot of water overnight to remove most of the salt. If the cod is still very salty, simmer in hot water for approx. 20 minutes. Drain cod and cut or break into small pieces. Heat oil in medium sauté pan. Add the onions and sauté for a minute or two. Add in the thyme, scotch bonnet pepper, tomato, tomato paste and green pepper. Sauté for 3-4 minutes and then add in the cod. Stir and simmer for 5 minutes. Add the drained ackee but do not stir because this will cause the ackee to break up. Cover and cook for a few more minutes then sprinkle with black pepper. Remove from heat and serve immediately

Best served with bammy, roast breadfruit, fried or cooked dumplings, or fried or cooked plantains, yams, or Jamaican sweet potatoes.

Recipe by ©eatjamaican.com

# Eat Yourself Thin!

Chane Antonio

Whether it is small daily meals or in between snacks, using a little nutritional science will help you avoid energy spikes and high caloric cravings.

## *General Tips For Weight Loss Snacks*

When you're shopping for or preparing weight loss snacks don't just go for the lowest calorie item that you can find. Choose foods and food combinations that will help you maintain a steady level of blood sugar. When your blood sugar is steady, your metabolism keeps churning at a high rate all day long. If your weight loss snacks are too low in calories, your metabolism can slow down, and that means you'll actually have to work much harder to lose weight. It's a smart idea to eat about every three hours, so plan healthy snacks in between your meals.

First, empty your house of all that junk food that has been accumulating over the months and leave only simple ingredients after throwing out or giving away any processed foods. Then, when you go shopping, fill your kitchen cupboards and refrigerator with foods that include protein, like beans, lean meats, or cheeses and yogurts. It's also smart to opt for foods rich in fiber and complex carbohydrates, like whole wheat toast and brown rice. While it's not a good idea to select foods with saturated fat, like butter, it's a great idea to include some sources of unsaturated fat like a rich olive oil. Sprayed lightly to coat a pan or on a healthy sandwich to replace more traditional condiments, the taste and mouth feel will satisfy you. The most important thing when shopping and preparing foods is to avoid simple carbohydrates, like white bread and sugar, which will make your blood sugar spike quickly and fall fast, leaving you hungry again in a matter of an hour or less.

## *Simple and Easy Ideas*

Try pairing whole grain breads and rolls with lean proteins and fresh greens and vegetables for an energy boost that will keep your metabolism buzzing for hours. A slice of whole grain toast with fresh ground

nut butter, lean cheese, or sliced turkey breast is another smart choice. And don't forget nuts and seeds; they make great weight loss snacks. A handful of raw almonds, walnuts, or sunflower seeds will give your body a protein boost and a small kick of heart-healthy fats. Soy products are also good weight loss snacks, provided that you avoid pre-prepared soy foods that are high in sodium. Many commercial meat alternatives fall into this category.

However, soy yogurt, soy milk, and most soy cheeses are high in protein and low in sodium, so those are good choices, especially when paired with a complex carbohydrate like whole wheat crackers, or brown rice. Steamed soybeans in the husk, often sold under their traditional Japanese name "edamame," also make a satisfying and healthy snack. Simply place the pods in the microwave to warm and serve with a light dusting of sea salt.

With all of these options to choose from, and others you will discover along the way, you'll have no trouble staying full, alert, and on your way to a leaner self.





# Peanut Butter & Jelly Time!

Chris deJesus

When you think of peanut butter and jelly I'm sure you don't think of America's favorite bar snack. When I created this recipe I was thinking of a way I could combine my favorite childhood food with one of my favorite snacks. Peanut butter and jelly has been made hundreds of ways I'm sure, but this way is sure to differ from most of them. Most of my friends are a little hesitant to try them when I tell them what they are before they indulge so I try to hold off on telling them until after they say, "Mmmmmm!" Here is my simple creative recipe for Thai Peanut Butter and Jelly wings that you can wow your friends and family with over and over.

## **Thai Peanut Butter and Jelly Wings**

### *Ingredients*

Serves 4

3 lbs. chicken wings

For the batter

½ c. peanut butter

½ c. water

1 tbsp honey

1 tbsp chopped fresh cilantro

1 tbsp soy sauce

¼ cup teriyaki sauce

1 tsp. Thai chili paste (adjust the amount according to taste)

1/4 c. all purpose flour

1 quart cooking oil for frying

### *For the glaze*

½ c. grape jelly

½ tbsp yellow mustard (try different mustards to create your own unique taste)

Hot Sauce (optional)

### *Method of Preparation*

Preheat oven to 350 degrees.

Combine all the batter ingredients in a food processor and pulse until it is of a creamy batter texture. Place 1 lb of wings into a large zipper baggy and add 1/3 of the batter...work wings and batter together until fully coated.

Combine sauce ingredients and set aside to microwave for approximately 30 seconds once wings have been fried. Place oil in deep sauce pan and heat to 350 degrees.

Deep fry the wings for about 5-6 min or until crispy golden brown. While the wings are cooking, line a plate with paper towels and a sheet pan with foil. Remove the wings from the oil and drain on paper towels. Place drained wings on foiled sheet pan and place in preheated oven.

Repeat procedure for remaining wings. Once all wings are fried and in the oven, microwave the glaze. Remove the wings from the oven and brush them with the heated glaze.

Serve your PB&J chicken wings immediately!

*Note: For those that love additional sauce, merely double the recipe and serve extra on the side.*

# Peanut Punch [Trinidad]

Jameson Rahim

## *Ingredients*

1/2-2/3 c. smooth peanut butter

3 c. cold whole milk

4 tbsp. sugar

Dash cinnamon

Dash nutmeg

## *Method of Preparation*

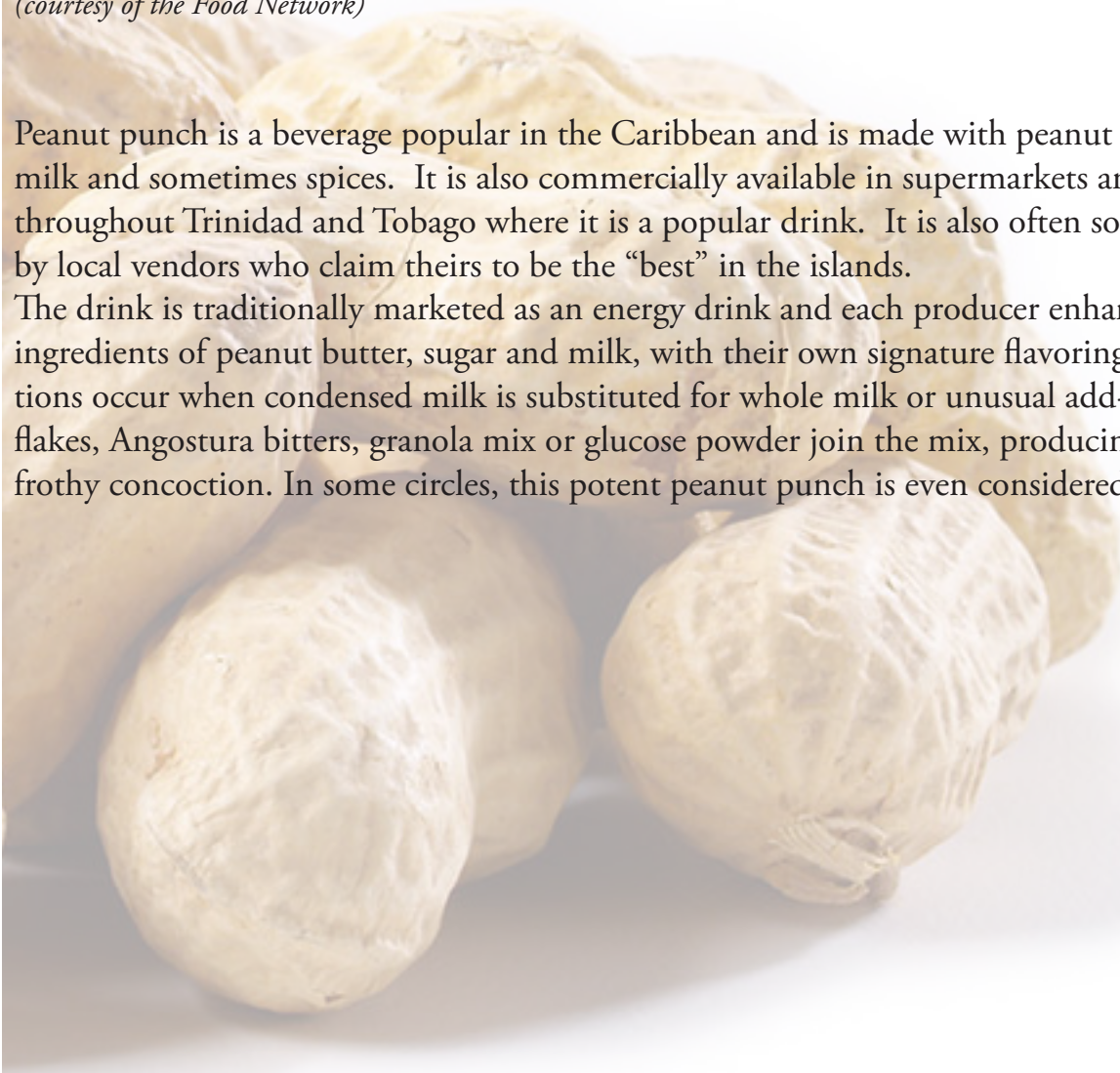
1. Place all ingredients in a blender and blend on high speed for about 30 seconds or until thick and frothy.

2. Pour into glasses and serve immediately. Serves 4.

*(courtesy of the Food Network)*

Peanut punch is a beverage popular in the Caribbean and is made with peanut butter, sugar, milk and sometimes spices. It is also commercially available in supermarkets and grocery stores throughout Trinidad and Tobago where it is a popular drink. It is also often sold on sidewalks by local vendors who claim theirs to be the “best” in the islands.

The drink is traditionally marketed as an energy drink and each producer enhances the key ingredients of peanut butter, sugar and milk, with their own signature flavorings. Other variations occur when condensed milk is substituted for whole milk or unusual add-ins like cornflakes, Angostura bitters, granola mix or glucose powder join the mix, producing a thick and frothy concoction. In some circles, this potent peanut punch is even considered an aphrodisiac!



# Cab' Poached Pears

Samantha Wong

A decadent, warm dessert served with vanilla ice cream. Polar opposites come together to make a tantalizing sweet ending to any gourmet meal.

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 1 hour

Total Time: 1 hour and 10 minutes

## *Ingredients*

1 cup Cabernet Sauvignon (or Shiraz Cabernet)

½ cup water

½ cup sugar

Zest of 1 orange

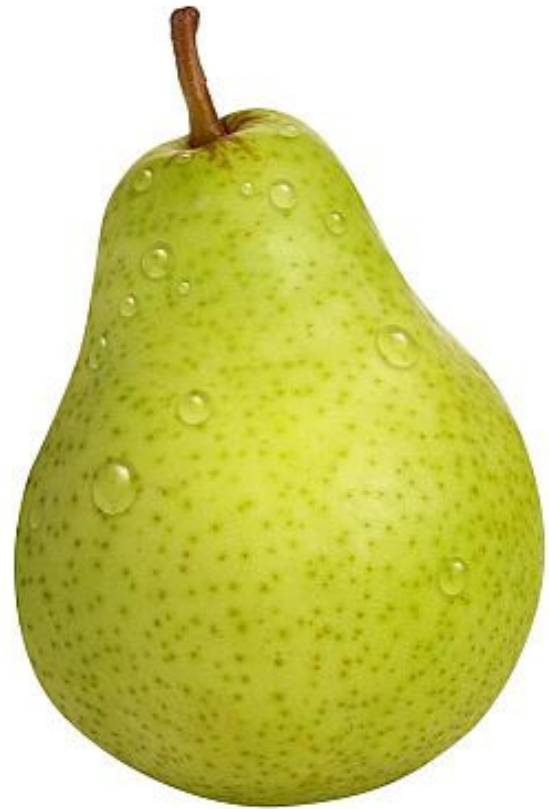
4 ripe pears

1 cinnamon stick

1 clove

Candied ginger, for garnish

Vanilla ice cream



## *Method of Preparation*

COMBINE the wine, water, and sugar in a medium sauce pan.

BOIL mixture and stir until sugar dissolves.

REDUCE heat to a simmer.

STIR in orange zest, cinnamon stick, and clove.

PEEL the pears, slice in half and remove core with a melon baller. Leave the stem on. Arrange them in poaching liquid.

KEEP a steady simmer over medium-low heat. Occasionally rotate the pears. Pears are done when they are soft to the core when stuck with a knife.

REMOVE pears to a bowl with a slotted spoon.

RETURN liquid to a boil and cook until syrupy.

SERVE each pear with the reduced poaching liquid as a sauce, and accompany with 2 scoops of vanilla ice cream.

ADD candied ginger as garnish, if desired.



# Papas a la Huancaina

A Brief History

Luis Ramirez

Potatoes (papas) are a staple to Peru. Huancayan, located in the mountainous regions north of Lima, the capital, was made accessible only after the construction of a simple railroad. Built on the backs of hard laboring Peruvians, the story told of those years of rail building include the staple that kept many of the workers fed during days of grueling work. It is said a group of local women would cook potatoes with the addition of the fiery pepper known as rocoto. Cooked and topped with a cheese crushed with the rocoto and milk created a sauce topped with hard boiled eggs. This hearty dish kept the workers fed and able to complete the difficult job of railroad building.



Every worker loved the dish so much that every day the workers would wait for the local women as they called out, “A que hora llega la papa de la Huancaina?” (What time does the Huancayan potato arrive?)

In time the recipe became known as papas a la huancaina. The years have brought many subtle changes and modern adaptations, but one thing remains, the history and uniqueness of this truly Peruvian dish.

# Cheesecake

Kelvin J. Rosario



Cheesecake, oh cheesecake,  
How I love that damn cheesecake.

It makes my mouth flow...

It's crunchy, it's creamy,  
It makes me feel dreamy.

It makes my mouth flow...

No cherries, no berries,  
No nothin's the way to go

It makes my mouth flow...

Cheesecake, oh cheesecake,  
How I love that damn cheesecake.

How it makes me feel whole!

# Santo Domingo

Carl Henri Boulos



After a two hour flight from Miami, the verdant green below signals that you are about to land in the capital of the Dominican Republic, Santo Domingo. The views are breathtaking; the aqua blue waters embrace both country and city. Once you leave the airport and head into the city, you immediately notice the streets filled with people walking in every direction amid the sounds of honking horns and the angry motors of what are characteristically very bad drivers. On this given day, the sun is shining yet there is an absence of oppressive heat as we are buffeted by a constant breeze.

After spending a few hours of exploring, we quickly understand the meaning of the term “island life”. Our casual stroll through city streets yields a broad variety of shops where we decide to enter one of the local supermarkets to look around. Upon entering, one

is struck by the sheer enormity of the place. Several stories high, this market puts Wal-Mart to shame. The first floor is dedicated to groceries and has everything one could possibly need. The checkout lines seem to go on forever in spite of the twenty five lanes open to serve the burgeoning crowd. There is a massive “Bodega of Wines” in the middle of the gigantic space containing an amazing range of different wine varietals. The seafood section has an assortment of fresh seafood sitting on massive ice chunks. There are shiny giant squid ranging from two to four feet lying next to slabs of conch, so big and so heavy you need to pick them up with two hands. The place is awash in amazingly fresh produce and meats and farm products instantly giving us an attack of the “hungries”. We decide to depart before we take part in a buying frenzy and head back onto the streets in search of some-

thing to eat.

The streets are packed with noisy cars creating an image of a giant rollercoaster as cars ascend and descend the hilly streets, all of which provide breathtaking views of the ocean nearby. We spot a local steakhouse with amazing views and decide to indulge in this local “La Parrilla”. As we enter, the faint smell of the nearby ocean is replaced with a strong smokiness from the different meats being grilled and charred. The small wooden steakhouse is filled with packed wooden tables adorned with bottles of wine for each table. No china here, this is Flintstone dining, just a wooden block, a fork and a steak knife.

*continued on next page*

The experience is amazing and begins with four pieces of sausage, still dripping their life juices, served family style with salsa and avocados. The waiter grabs the wine bottle which is a Casillero del

# Deep Blue

Abdul-Rahman AL-Khashan

It is blue

It is dark

It is light

It is a world full of colors

A world full of life

A place where the strong live  
and the weak die

A world bigger than anything  
we have explored

It can be loud

It can be silent

We take its treasures

We take its life

In return it gives us beauty

And it gives us life

And in return we value it

By astonishing diners

By what they can look like

On the white plate.

Diablo Cabernet Sauvignon, the only choice today for diners but no complaints here, the wine is included in the price of the meal! As if in the flash, we are well into our wine and staring at a crime scene that is our wooden block, remnants of juices and a stained steak knife all that remain. But the scene quickly changes as the second course arrives, another large block of sizzling Flintstone cuts of meats, a carnivores dream, laden with pork, lamb, beef, and chicken, as well as more obligatory sausages of various shapes and flavors.

The meats have none of the careful grill marks Americans have grown accustomed to, just deep chars, rough cuts, and oodles of steaming juices begging to be sopped up with warm crusty breads. Nothing is spared, it's a free for all at the table and not even the Three Musketeers would be able to keep to their motto at the sight of this smorgasbord! Seconds later the waiter returns with an assortment of condiments, and we are not talking ketchup here, which seems to be banned from the restaurant. In front of us lay grilled onions, boiled yucca, potatoes, avocados, tostones, maduros, and papas fritas, along with the fragrance of cilantro and garlic emanating from the obligatory chimichurri. For those not moved by this carnivore's dream, there is Ahi Tuna served with a plethora of smoky, grilled vegetables; not your dainty morsel of Ahi mind you, but rather two, twelve ounce portions, perfectly seared with cool, ruby centers.

Santo Domingo is a city to savor, especially at night. Dominicans' love of food provide wonderful venues that combine that with their love of dancing flawlessly. One such place is La Rojo, centered in one of

the city's major plazas, named for the brilliant red of its interior and exterior spaces. This is one of Santo Domingo's hot spots and anyone will immediately be able to respond to your "Donde est La Rojo?" It seems every Dominican knows the location of La Rojo from birth.

As you get closer to the Plaza you become immediately embraced by the music and the scents of amazing food that immediately lure you in to its ruby environs. Once inside you are struck by the beauty of the throngs of dancing women further adding to the overall ambience of the place. A small bar sits in the middle of the dance floor, allowing frenzied dances to continue to drink without stopping their hypnotic beats. The remainder of the restaurant is packed with tables both inside and out, along with a second bar for service to diners. We chose to sit outside, which is recommended for first-timers, allowing us to people watch, enjoy the music at more tolerable decibels, and experience a selection of tapas, such as the wildly popular Carpaccio. These paper thin slices of raw beef are piled with shards of shaved Parmesan, aromatic extra virgin olive oil, a mound of fresh picked arugula, and a splash of aged balsamic vinegar...heaven on a plate! It's all you need as you enjoy an evening of dancing and drinking, be it a Presidente beer or another Dominican favorite, the Clamato, a tomato cocktail favored by locals.

The key to enjoying this amazing island's life is to be open-minded and adventurous as you embrace the overtly friendly locals and their amazing hospitality. By doing so you will leave wanting to return frequently to the embrace of this country's limitless gifts and ever-loving people.



# Waiting Under the Mango Tree

Liliana Rivero

The tiny blonde girl with the big green eyes always anticipated getting home from school.

Abuela would be waiting under the mango tree for her little helper to make their favorite dessert.

Cracking dozens of eggs and separating the yolks was difficult until grandma taught her a quick trick.

Whipping the egg whites together until they reached stiff, soft peaks made her hands so very weak!

Adding sugar made the meringues happy and sweet, and after a few minutes of baking it was finally time for a tasty treat.

Watching the sun set under the mango tree with grandma and her meringues were the best time of the day.

Our favorite dessert does not taste the same anymore since grandma is not around with me, and nobody waits under the mango tree!



# Kelvinito's Good Grub

Kelvin J. Rosario

## My Favorite (C)BLT

Ingredients:

- 1 Hard Roll or 2 slices favorite bread
- 1 breaded and sauteed boneless chicken breast
- 3 slices crisp bacon (4 or more if you are like me!)
- 2 slices fresh garden tomato
- 1 or 2 leaves of iseberg lettuce
- 1 tbsp mayonnaise

Procedure:

Made like your classic BLT, this has the addition of a chicken breast. I like my roll toasted lightly, slathered in mayonnaise and then assembled with the remaining ingredients.

Serve with fries (sweet potato fries are cooler!)

## Oreo Mudslide

Ingredients:

- 6 Oreo cookies, broken
- 1 – 1 ½ cups whole milk (Lower fat versions are OK)
- ½ to 1 cup vanilla ice cream
- 4-6 ice cubes
- Whipped cream and crushed Oreos for garnish

Procedure:

Place broken Oreos and milk in a blender and pulse until well blended. Add the ice cream and pulse again til smooth. Add the ice cubes one at a time until you reach the desired consistency of a frozen smoothie or ice cream drink. Fill a very large glass, garnish with whipped cream and sprinkle with crushed Oreos. YUM!

# Yo Quiero, Glen Bell!

Michael De Filippis

“You have to be creative to stand out from the competition”, so said the Taco Titan. Born on the third of September in 1923, Glen William Bell, Jr., his dream and vision did not come true for almost 40 years. A visionary and entrepreneur from a young age, Bell was only five years old when he began selling cottage cheese, door to door, to help his mother put food on the table for the family. His need, want and will to prosper were always in focus for him. By the age of ten it was eggs, apples and flowers that were sold to keep his family fed.



During his teen years, he began traveling the country and developing a private business, selling blackberry pies, with his Great Aunt Dye. As his knowledge and desire for his own business grew, Bell started selling hamburgers and hotdogs from a stand in California in 1948. However, this first operation was not what he exactly had envisioned and so at his next hamburger stand, he began selling tacos for nineteen cents. His tacos consisted of ground meat, chopped lettuce, shredded cheese, and chili sauce.

During these early years, Bell married Dorothy Taylor, a marriage lasting a mere six years, but one which yielded his son Rex. In 1955 he married again, to Marty Ahl. His life now seemed stable and in 1962, Bell opened his first Taco Bell in Downey, California. His biggest challenge, he would say later, was his crispy taco shell, something that didn't really exist at the time. “Preformed taco shells look simple today, but back then, I had to figure a way to make them.” As his business grew so did his vision and business philosophy. “You build a business one customer at a time. Find the right product, the find a way to mass produce it. An innovative product will set you apart!”

Even though Bell's will and vision were strong, he never lost sight of his humble beginning. He would be dressed in the finest suits and often would be seen biting into his tacos with the juice running down his sleeve or dripping onto his ties. Glen Bell died only recently on January 12, 2010 but his dream continues ever strong today. His often heard statement might provide a fitting epithet...”We changed the eating habits of an entire nation!”

# *Lorena Garcia*





# A Blazing Star

Samantha Wong

*“My vision is to not only define food and cooking as an art, but to go back to the roots of cooking and showcase the process through a more simplistic, ethereal approach as an expression of life and living.”*

—Lorena Garcia

A Latina in the twenty first century with a knack for combining extraordinary flavors in the process of producing delectable dishes? Sounds like success in the culinary world, and that is exactly what Chef Lorena Garcia is experiencing as her star rises to a global level. Her strong family traditions and exploring her roots in Venezuela, Lorena uses these experiences of family gatherings to inspire the dishes that bring her legions of fans. “Bringing loved ones together to enjoy wonderful food is something that has always filled me.”



Choosing to suffer endless hours and countless physical and mental challenges working for others, was not providing Lorena with the professional satisfaction she so desperately sought. In fact, the culinary field was not her initial chosen career path, but rather law. A graduate of Santa Maria University in Caracas, Venezuela, Lorena moved to Miami to complete an Associates Degree in paralegal studies. But while there, her culinary calling grew even more pronounced when she discovered Johnson & Wales University was literally in her new back yard. She enrolled and graduated with honors, quickly establishing herself as someone to watch.

Graduating was not easy as she suffered second and third degree burns to her face during her senior internship. It took the skill of a plastic surgeon to replace patches of skin to restore her former look. After several months covered in bandages and in darkness, she successfully recovered from this difficulty to return to a state of normalcy, which for Lorena meant getting up and traveling to study more about the foods of the world. First she was off to France, then on to Italy, China, Japan, Korea and Thailand, always working with the most acclaimed chefs in the area. Upon her return to the United States, she daringly opened her own place to showcase her foods in the newly created Design District in Miami, Food Café and later Elements Tierra showcasing her eclectic blend of Latin and Asian influence cuisine.

With these experiences she grew and as she did had other goals for herself. Selling her places in 2008 she began her next big project at none other than Miami International Airport in the form of Lorena Garcia Cocina Restaurant.

Her hard work was paying off as she continued her rise in the culinary world. Today she is a role model and very popular with the Latin community all around the world. She broadcasts her cooking show Sazon con Lorena Garcia in the United States and throughout South America, travels the country promoting Nestle products, and is completing work on her upcoming book.

Her most recent venture is the creation of Lorena Garcia Studio. Plans for the 5,000 square foot facility include studio productions, recipe development, brand development, cooking classes, and all related media affairs for her growing brand.

There is much more on Lorena's "plate" to be sure but one thing we all can count on, is continued quality, success, and a shining example of the talented graduates of Johnson & Wales University in North Miami, Florida.

# A Little Taste of *My* Caribbean

Jodi-Lee Morrison

Jamaica has been widely known as a tropical paradise to many tourists for some time now. From the cascading waterfalls to its tropical ambience, the exotic culture and food embraces locals and tourists alike. The island may have many beautiful areas to visit, but only one stands out for me, Ocho Rios, or 8 rivers. This beautiful little city-town offers crystal clear aqua waters lapping at its pristine beaches as well as great local food, providing loads of fun for couples, families and friends alike.

The smell of jerk and other spices seems to permeate the air, and teases your taste buds to find the source of this mesmerizing aroma. On the beaches, many local Jamaicans can be found grilling and roasting jerk chicken, shrimp, scallops, crab, and an assortment of fish fresh from the island's waters. These delicacies are often paired with local dishes such as bammy, cassava cakes soaked in milk and then deep fried. And there is breadfruit, which is first wrapped in foil and then roasted over hot coals until the aroma becomes irresistible. But nothing beats the smell or taste of the sweet fried plantains or the crispy fried festival, which is fried bread dough made with a hint of nutmeg!

As you stand around these island "chefs" watching them grill for locals and tourists alike, you can see the succulent juices from the chickens drip into the grill and burst into flames that you can almost taste. The flames fire up under the plump shrimp and scallops, grilling them to perfection next to the fish that has been stuffed with local callaloo and then rolled in foil and allowed to slowly roast away. And if these exotic flavors are not enough to have you book a flight today, throw in the sweet and tart flavors of the island's amazing collection of jackfruit, mango, gin-up, and garambola (star apples), always ready to complete any meal.

From fruit, to jerk, to curry, Ocho Rios has so many tastes to see, smell, and enjoy...the selections are endless. My beautiful Ocho Rios is definitely a culinary "hot spot", as well as a paradise and home to me and my family. Please come and visit us soon!





# Mole Poblano

Cristel Villanueva

Mole poblano is one of those dishes that represent Mexico best, especially when hosting big family celebrations. The word mole comes from the Nahuatl language of my Mexican ancestors and stood for another type of salsa. The mole story has many versions but one of the more common is said to take place in a small church in Puebla, Mexico. It is said that the meals made in this church were fortified and perfectly done, so much so that many civil and religious personalities were said to have dined there. In fact, many of the more famous Mexican dishes are said to have been created in this church.

On one occasion, it is said that Juan Palafox, the King of Spain and the Bishop from Puebla were visiting the church and were offered a banquet by the nuns. The cook at the time, Fray Pascual, was running everywhere giving orders to all to make sure everything was perfect. They say he was particularly nervous because the other cooks were making a total mess of the kitchen. He desperately started to collect all the ingredients to store them and apparently tripped and some of the ingredients fell into the pot that was cooking the chickens. As it turned out, those ingredients, chili, chocolate and other spices incorporated into the chicken just as guest were being seated at the tables. Convinced that he had to serve the King something, with no other option, he made a prayer and served the chicken to the King. Later, it is said that the King came into the kitchen to meet Fray Pascual and to congratulate him on the amazing flavors of his chicken dish.

To this day, the legend is so strong that many Mexican women pray to Fray Pascual to bless their cooking. While the legend is a wonderful fable that many

poor village women still believe, the truth is that mole was no accident but rather a slow culinary process that began in pre-Hispanic times and was eventually



perfected during the colonization and exploration of the Americas.

Mole is a specialty of Puebla and is surrounded by mystery and subtle variations from the collective creativity of its people. After all, this dynamic dish resulted from the arrival of so many exotic ingredients to the region like cinnamon from Sri Lanka, cloves from the Maluku Islands of Indonesia, cilantro from Babylonia, and sesame seeds brought to Spain by the Arabs and then to the Mexican regions by the Spanish. The beauty is that in addition to the global history of its ingredients, the subtle transformations developed from local chilies, chocolate, peanuts, etc., add a regional warmth to this dish that cannot be had outside of Puebla...”often imitated, but seldom duplicated!” Mole Poblano...”Mi encanta!”



# Marcela Valladolid

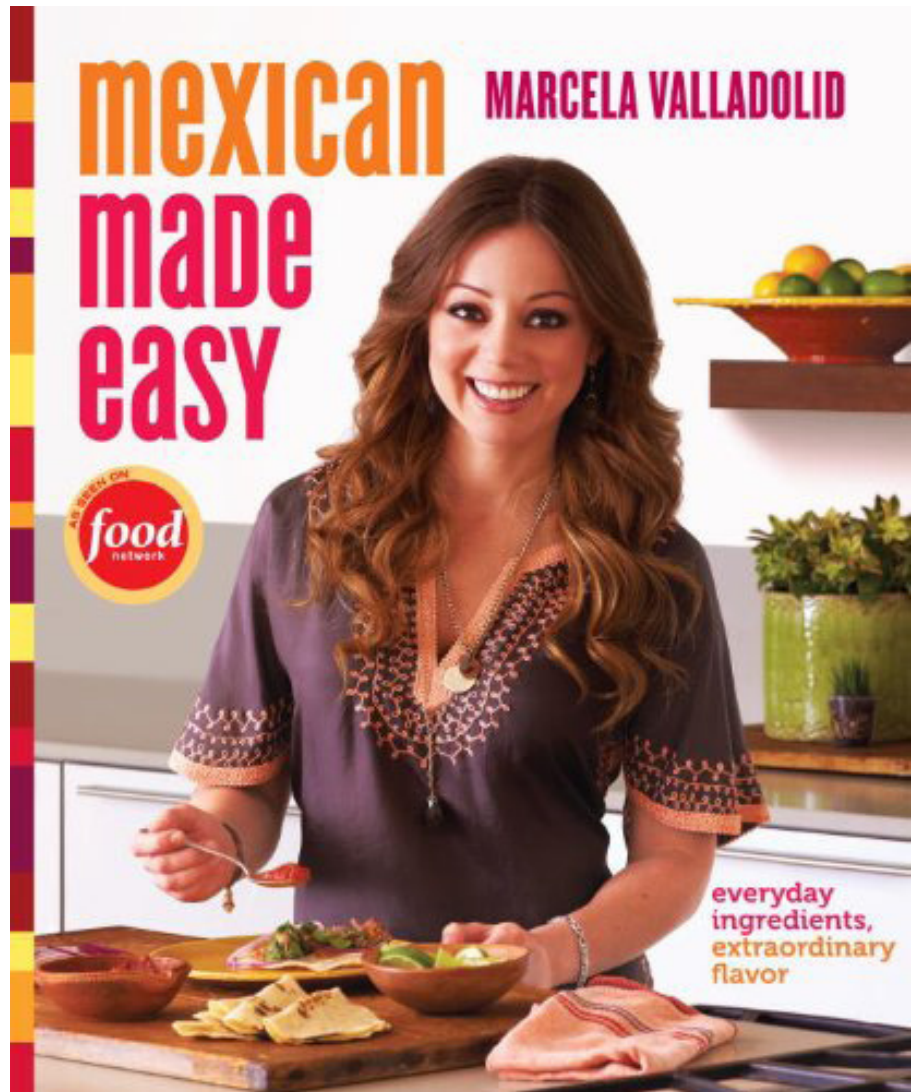
Cristel Villanueva

Growing up and around traditional cooks in Tijuana, Mexico, Marcela was raised to be passionate about food. She went straight into the culinary arts by working on her first job at her aunt's cooking school in Baja California, Mexico.

While there she realized that she wanted to pursue this love of cooking and food full time and enrolled in the Los Angeles Culinary Institute, and later graduated from the Ritz Escoffier Cooking School in Paris as a classical French pastry chef.

Marcela went on the run a catering company and to teach children about the culinary arts in Tijuana. She collected recipes and applied her knowledge and skill of family cooking traditions, to work on her dreams. Marcela then combined her classical training and ability to become one of Bon Appétit Magazine's food editors. She quickly realized that the idea of authentic Mexican cooking wasn't as accessible as it should be. Her family's cuisine was masked by heavy liquid cheese and overflowing burritos. She decided to show the world that there is no yellow cheese in real Mexican cooking and that this culinary style can produce major flavors with little fuss.

To do this, she hosted her own television cooking show, *Relatos con Sabor*, on the Discovery en Español Channel and earned a spot as a contender on *The Apprentice: Martha Stewart*. In August of 2009, Marcela was given a chance to showcase her family recipes when she released her first cookbook, *FRESH MEXICO: 100 Simple Recipes for True Mexican Flavor*, published by Clarkson Potter. She has gone on



to appear on the NBC's Today Show, and was featured in several national newspapers after the books release. With the book in print, Marcela became a natural advocate for great Mexican food that delivers freshness and flavor without forcing home cooks to track down hard-to-find ingredients – or spend hours in the kitchen. Soon after, she was able to realize her dream of hosting her own Television Food Network show, *Mexican Made Easy*. Debuting in early 2010, Marcela continues to film and live in San Diego, where she is working on another book, studying the lost history of traditional Mexican regional cuisines.

# Jamie Oliver

Jodi-Lee Morrison

Jamie Oliver, like many chefs, grew up around the culinary world. He started out working at his father's pub, The Cricketeers, in Clavering, located in Essex, England, where he was also born. When reflecting on the experience, he remembers developing his knife skills early on, prepping vegetables for his father. He was fascinated with the kitchen and all that went on around him. As Oliver put it, "It just seemed like such a cool place; everyone working together to make this lovely stuff and having a laugh while doing it."

Unfortunately for the young Oliver, his peers didn't have the same outlook on the kitchen as he did. They often made fun of him at school, taunting him by calling him "girlie". But that didn't change his mind one bit about what he loved doing and where he loved being. In fact, he didn't mind at all because with all the money he was earning, he was able to buy himself the latest "trainers", a term Brits use for sneakers.

While in school, Oliver's grades weren't the best and so he left to later enroll in Westminster Catering College, later leaving for France to hone his skills. In France, he took the time to learn everything he could before returning to his beloved England, where he worked at the prestigious Neal Street Restaurant. From there it was on to the River Café, where he worked three and a half years for Rose Gray and Ruth Rogers. He remembers, "What an amazing experience that was. Those two ladies taught me all about the time and effort that goes into creating the freshest, most honest, totally delicious food."

Fortune struck when a film crew arrived to film a documentary about the restaurant and the successful two women operators. While filming, the editors couldn't resist putting this "cheeky" kid in the kitchen that was so into cooking and constantly answering back to the film crew. When the show finally aired, Oliver started to receive calls from producers and companies wanting to talk to him about possibly having his own show. His first reaction was skepticism, believing it was just some of his "...mates, winding him up!" But he soon realized his great luck and soon became England's Naked Chef.

Today, Oliver has added his own British style to the world of culinary arts and has now focused his energies (and celebrity) on raising the health consciousness of others, in particular, by trying to change the school lunch program in public schools here in the U.S. He is so concerned that he noted on one show that he did not think this generation would live as long as their parents. He now is working with First Lady, Michelle Obama, trying to raise young Americans' awareness of their need to eat healthier and exercise more. His courage, strength and passion for change make him not just another celebrity chef, but a hero and role model to people around the globe.





# Spicy Korean Chicken Wings

Joshua Elliot

This simple but stand-out chicken wing recipe will be sure to inspire all who serve it to further explore the delights and flavors of Korean cuisine.

Serves 4

The Sauce (May be made in advance and stored in the refrigerator)

5 cloves minced garlic  
1 inch to inch and a half piece of peeled fresh ginger, minced  
3 tbsp lite soy sauce  
3 tbsp gojulang (Korean chili paste or substitute any other available)  
1 ½ tbsp rice wine vinegar  
1 tbsp dark sesame oil  
1 tbsp honey



Combine all ingredients in a large bowl or food processor and whisk well. Reserve.

Chicken Wings

2 lbs fresh chicken wings (tips removed/wing and drumstick separated)  
2 tbsp corn starch  
1 cup all purpose flour

1 qt canola or peanut oil for frying

Rinse and pat dry the wing pieces and set aside. Combine cornstarch and flour in a large bowl and blend. Heat oil in deep pot (approx 2 inch depth) until it reaches a temperature of 350 degrees. Toss the wings in the flour mixture in small batches until all are coated well. Place 6-8 pieces in the oil at a time and fry until golden on all sides (approx 6-8 mins). Remove and drain on paper towels. Repeat until all chicken pieces are fried.

In a large mixing bowl, pour the heated wing sauce and then add in the fried wings and toss to completely coat. Serve immediately.

An optional garnish would be ½ cup sliced green onions and/or 1 tbsp toasted sesame seeds to scatter across the platter of wings before service.



# Thursdays

Abdul-Rahman AL-Khashan

It's another Wednesday night and I'm getting ready for bed. I slip into more comfortable clothes, brush my teeth, and go to sleep. Hours later, three continuous bangs on the door jolt me awake as my father walks in the room, opens the blinds letting sunlight flood the room while he shouts, "Wake up! Wake up! It's time to get ready to go to your grandmother's!" My father always had the habit of waking my brothers and me up so early every Thursday that it always put us in a bad mood.

Leaving my bed, I walk to the bathroom for an early shower. As I step under the shower, water comes down around me, steam starts to fill the room and I begin to feel awake, my bad mood lifting, getting me ready to start my day.

Walking down the stairs for breakfast, my father decides to send my brother and me to a nearby bakery to get some fresh bread. Once around the corner, we can begin to smell the bread. The scent grows stronger and stronger and the faint voices of the bakers shouting to the people begin to fill the air. We approach the baker and ask for our usual.



"Five flat breads, please", I say. He quickly pulls the breads from the oven as I layout a few sheets of newspaper on the wooden table in front of me. He drops the pile of five, hot as the oven's coals, onto the papers, and quickly rolls the bread into the sheets and hands them to me. Walking home, the smell of the freshly baked

bread is so strong, my brother and I cannot help but tears off pieces and eat it on the way back. We enter the house and find the rest of the family gathered around the table where a large breakfast is laid out for everyone to share.

A couple of hours later, when everyone is ready to leave to go to my grand mother's, dad pulls his famous lasagna out of the oven. Dad has always been making this dish every Thursday for grand mother's gatherings, where every member of the family is expected to bring a dish. Arriving at my grand mother's, we see cars parked everywhere, all the way to the end of the block. As we enter her house, the loud voices of seven aunts can be heard along with that of my grand mother, laughing and shouting about the food, arguing about everything from where to buy the best produce to who sells the finest dresses.

As I pass by the kitchen, the women's blabbering seems to grow quieter as the aromas of cumin and cardamom, chicken and cinnamon, and the empowering aromatic saffron flood my nostrils and draw me in. There are onions, garlic and raisins being caramelized and my appetite seems to grow into a roar as I become hungrier with every inhaled breath. Welcome to Thursdays at grand mothers house! It's close to two now and the floor is being cleared by some of my uncles and cousins, while others begin to roll out large plastic sheets, capable of accomodating fifty plates and glasses; just enough to fit all the aunts and uncles and the many cousins, from near and far.

Platters of fruits, vegetables, and side dishes start to fill the floor. Next the hot dishes, like braised lamb, cooked so perfectly it can be sliced with a butter knife. Chickens cooked several ways, simmered in aromatics and then finished in the oven and so moist that as soon as you bite into them, the flavored juices burst into your mouth.

There are different types of potato dishes, stuffed grape leaves, cabbage



rolls, macaroni with ground beef and béchamel sauce, as well as my father's lasagna. The dishes seem endless and I stop counting after twenty. There is always plenty to satisfy everyone's palate. As everyone finds their place on the floor, the house seems to explode with the sounds of a great feast, from the constant movement of plates and platters, to the growing laughter and occasional squeals of my little cousins. As the time goes by, and the platters and plates seem to slowly empty and disappear, there are still some of us grabbing at the remaining morsels as some head into the kitchen, and others continue to clear.



And no Thursday lunch would be complete without lots of teas and sweets. My youngest aunt makes four different types of teas; saffron, lemon, mint and rosewater. Their fragrance fills the room like so many perfumes, as piles of dates and nuts are passed around on little plates. Cake and baklava is served while the elders trade stories with one another and the kids run outside to play and wait for the ice cream truck to pass by. And so begins the close of another Thursday gathering at my grand mother's, a memory that will last me a lifetime.

# Food for Pleasure

Rashida Smith

Burger and fries  
They're the ones  
I crave to stifle  
My hungry cries

Popcorn chicken  
And buffalo wings,  
With ranch dressing  
On the side

Whenever I see you  
My heart sings

Smoothies and milkshake  
They are great,  
With a nice piece  
Of chocolate cake

Ice-cream and whip cream  
Why can't I get you out of my dream?

# To My Beloved Coke

Cristel Villanueva

You're like a bomb of sugar and caffeine  
They say you're as bad as morphine

The only explosive sweetener for my bitter moments  
You know how to give me fulfillment

So accessible for the home of the exploited poor  
Favorite all the way to the richest door

Never has a can been filled with such ignition  
It's a human creation that causes obsession

# Alumni Spotlight Chef Douglas Rodriguez

Chef Douglas Rodriguez, globally acclaimed Godfather of Nuevo Latino Cuisine, has been taking the nation by storm, opening award winning restaurants across the United States. His culinary creativity has changed the image of Latino food in America. His restaurants are featured in some of the most cosmopolitan cities including his home town Miami, Philadelphia, Arizona, and the most recent, D. Rodriguez Cuba at the Astor Hotel in Miami Beach.

Chef Rodriguez, 41, a son of Cuban immigrants, was raised in Miami. He grew up with the sights, smells and tastes of Cuban/American cuisine and developed a passion for food early on. By the age of 13, he had a collection of cookbooks, pots and pans, and was developing and preparing original concepts. At 14, he landed his first restaurant job as a summer apprentice at The Four Ambassadors Hotel in Miami. After high school, he gained more experience at the prestigious Fontainebleau Hilton Hotel in Miami Beach before honing his skills and techniques at Johnson & Wales University in Providence, RI.

Returning to Miami, Mr. Rodriguez worked at the Sonesta Beach Hotel and Wet Paint Cafe. In 1989 he opened Yuca, an upscale Cuban style restaurant in Coral Gables. Yuca was a success, and at age 24, Douglas was a celebrated Miami chef, winning the "Chef of the Year, Miami" award from The Chefs of America and receiving his first and second "Rising Chef of the Year" nominations by The James Beard Foundation. While Yuca served distinctly Cuban cuisine, Douglas constantly studied new flavors, ingredients and ideas from his staff, which hails from United Nations of Latin American countries. Soon after that Douglas headed straight for New York City.

Mr. Rodriguez became the executive chef and co-owner of the phenomenally successful Patria, which opened in 1994 in New York City. It was the laboratory for his new cuisine, which he called "Nuevo Latino". Patria received a three star review in the New York Times and accolades from The New Yorker and Gourmet among others. After Patria, Mr. Rodriguez opened Chicama, a Peruvian ceviche bar, to 2 stars in the New York Times followed by Pipa, a Tapas bar that also became one of the favorite spots for New Yorkers.

Recently, Newsweek selected Douglas Rodriguez as one of the 100 Americans that will influence the coming millennium. People magazine featured him in an article titled "Douglas Rodriguez - Super chef makes Latin Food Haute Haute Haute." In 1994, the Fine Beverage and Food Federation elected Mr. Rodriguez as the Culinary Master of North America and the New York Culinary Master. He received the prestigious 1996 James Beard Foundation's Rising Star Chef of the Year Award.

Mr. Rodriguez is the author of Nuevo Latino (published in October 1995), Latin Ladles (published in November of 1997), Latin Flavors on the Grill (published in 2000) and has been signed by a major publisher to complete a four book series. In March 2003 he released his fourth book, The Great Ceviche Book. Mr. Rodriguez has been featured in myriad national publications including Food and Wine, The Metropolitan Home, Esquire, and Bon Appétit, and has made numerous television appearances including Late Night with David Letterman, Good Morning America, The Today Show, and CBS Weekend This Morning. Mr. Rodriguez is a member of the Chef Conclave for American Airlines. In May 1998, he was awarded an Honorary Doctorate degree from Johnson & Wales University.







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