

Avocado Mash

By Chef Christopher Jackson

Servings: 4 people



3	Tablespoon	Red onion, finely minced
1	Tablespoon	Garlic, finely minced
2	Tablespoons	Cilantro, chiffonade {firmly packed}
1	Tablespoon	Jalapeno, finely minced
3	Medium	Avocados, ripe
1	Medium	Tomato, ripe {diced}
1	Tablespoon	Lime juice, freshly squeezed
		Salt and freshly cracked pepper to taste

- In bowl place red onion, jalapeno, garlic and pinch of salt.
- With wooden spoon or fork start to grind together to release flavors.
- Cut avocados in half, twist to separate halves.
- Scoop out pit with spoon or knife.
- Scrape out avocado from skin with spoon into bowl with red onion mixture.
- Mash with back of spoon or fork lightly to incorporate.
- Add cilantro, diced tomato and lime juice. Mix well.
- Season with salt and fresh cracked pepper to taste.

Enjoy!

Serving suggestion:

With plantain chips or corn tortilla chips. Also with scallop sevice.

Scallop Seviche

By Chef Christopher Jackson

Servings: 4 people



8	Large	Sea scallops, very fresh
1	Each	Lime, zested and juiced
1	Each	Orange, zested and juiced
1	Each	Lemon, zested and juiced
1	Tablespoon	Jalapeno, minced
2	Tablespoons	Tomato, finely diced
1	Tablespoon	Red onion, minced
2	Tablespoon	Cilantro, chiffonade
2	Tablespoons	Olive oil, extra virgin
1	Tablespoon	Honey
		Sea salt and freshly cracked pepper

- Clean off hard adductor muscle off side of scallop.
- Slice crosswise into thin strips, about 3-4 per scallop.
- Place scallops in non-reactive bowl or casserole dish.
- Place all of the ingredients in another bowl, mix well and pour over scallops.
- Marinate for at least 1-2 hours until the scallops are opaque (cooked from the acid in the fruit juices) in the refrigerator.



Plantain Chips

By Chef Christopher Jackson

Servings: 4 people

- 3 Each Plantains, semi-ripe
- 1 Each Lime, zested
- Sea salt to taste

- Peel the plantains with a vegetable peeler.
- Using a vegetable peeler or mandoline cut plantains into thin strips lengthwise from end to end.
- In a 6 quart stock pot place 2 cups oil and heat up to 350 degrees using a candy thermometer to register oil temperature.
- Fry the strips of plantains until golden brown and crisp.

Also can place strips on a rack on top of a baking sheet and bake in a 400 degree oven until lightly brown and crisp. When removing plantain chips sprinkle with salt and lime zest. Enjoy!

Watermelon Cinnamon Fresca

By: Christopher Jackson

Servings: 4 people

- 4 Cups Seedless watermelon, diced
- 2-3 Cups Ice water, with cubes
- 1 Teaspoon Cinnamon stick, grated
- 1-2 Tablespoons Honey

- In a blender place watermelon, ice and water, and honey.
- Grate the cinnamon stick over blender, approximately 1 teaspoon with micro plane or fine grater.
- Blend until smooth.