

b3 Eats!

Chris De La Rosa's love of Caribbean cooking has taken him from a small village in Trinidad and Tobago to millions of kitchens around the world, thanks to his website CaribbeanPot.com. From the time Chris was just five-years-old, he was already comfortable in the kitchen. Gathering cooking tips from other family members along the way, Chris was well equipped, by the time he moved to Canada in 1989, to fend for himself among the pots and pans.

 CaribbeanPot.com

Keep in touch with
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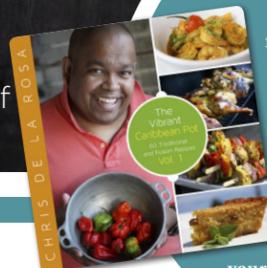
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Download a copy of "The Vibrant Caribbean Pot" ebook for some amazing Caribbean recipes sure to bring back AND make brand new memories for your family. Available at www.CaribbeanPot.com and on Kindle (Amazon.com)



BANANA FRITTERS A Caribbean Favourite

Although the self-taught Chef has also mastered North American fare, his heart belongs to the Caribbean

recipes on which he was raised and which are documented and shared via CaribbeanPot.com, Facebook, his newsletter and YouTube. Imagine, this began with him documenting recipes for his daughters (he has three with wife Caron - Kieana 19, Tehya 18 and India 16). We're hooked on his delivery style and the incredible recipes he shares with unmistakable pride in his region's cuisine. He's truly bringing the 'Caribbean Pot' to the World - and back again. He shares two great recipes from his ebook: 'The Vibrant Caribbean Pot' with b3.



"Growing up on the islands it's not uncommon to have banana trees around your home, so we always had ripe bananas to snack on. I recall my mom making this treat for us when the bananas were going a bit too ripe -but back then there was no confectionery sugar topping!"

YOU'LL NEED . . .

3 ripe bananas
1 egg
1/2 cup of sugar
1 teaspoon of vanilla extract
1/2 teaspoon of ground cinnamon
2 cups of all-purpose flour
1 tablespoon of baking powder
3 cups of vegetable oil for frying
confectioner sugar (optional, but nice finishing touch)

DIRECTIONS

1. In a fairly large bowl, peel and cut the bananas into chunks. Mash to a smooth consistency, using a fork or potato masher. It will have the consistency of baby food . . . parents will know what I mean.

2. In a separate bowl whip the egg, then add sugar, vanilla and cinnamon. Whip again until the sugar breaks down. Now add that to the bowl of mashed bananas. You can certainly use an electric mixer if you wish, but I much prefer a wire whisk (burn some calories before replacing them with tasty ones).

3. The final step in preparing the batter is to slowly start adding in the flour and baking powder. Mix until you have a smooth batter, without any lumps.

4. Heat the oil on a medium/high flame and add spoonfuls (tablespoons) of batter to it. It will take about 1 minute to get golden brown. Flip and cook for another minute until the other side is golden brown. They will float when they're cooked.

5. Remove and drain on paper towels.

6. Final step before eating is to dust with the confectionery sugar. Serve warm. Good with vanilla ice cream on the side.



ISLAND STYLE CHICKEN STRIPS

"Following on the technique we'd use for making fried chicken when I was a kid on the islands (still remember pounding the crackers in a tea towel to make the crumbs), these could easily be the best chicken strips you'll ever have". -Chris De La Rosa  CaribbeanPot.com

YOU'LL NEED . . .

salted crackers (about 1.5 cups crumbs)
2 scallions
1 tablespoon thyme
1 tablespoon parsley
2 chicken breast (split) about 1 lb

2 eggs
1/4 teaspoon sea salt
1/4 teaspoon black pepper
2-3 cups oil for frying (vegetable oil)
3/4 cup all purpose flour
* sea salt (optional)

DIRECTIONS

1. Place the crackers in a zip lock bag or in a tea towel and then using a rolling pin or wine bottle, crush until you have the consistency of bread crumbs. I like texture, so I try to leave some of it a bit chunky. Set aside in a bowl.

2. Chop the scallions, thyme and parsley finely. Then add it to the bowl with the cracker crumbs and give it a good stir. (I know this step is a bit strange to my Caribbean readers as we're seasoning the bread crumbs and not the chicken as we would traditionally do.)

3. Cut the chicken into 1/4 inch strips (don't fuss with being even), wash, drain and set aside. Crack both eggs into another bowl and toss in the black pepper and salt then give it a whisk.

4. We now have the chicken cut into pieces, the seasoned crumbs and eggs. It's time to set up a batter and frying station. We'll need the vegetable oil in a deep pan (I used a small wok so the oil doesn't splatter onto the stove while frying) on med/high heat. Plates with the flour, the seasoned crumbs, the chicken strips, egg wash and a paper towel-lined plate (or basket) to drain the excess oil when the chicken strips are done.

5. Take a piece of chicken and dust it in the flour, then into the eggs and drain off the excess egg. Next roll in the seasoned bread crumbs. Do about 4-5 of these chicken pieces so once you start adding to the hot oil, you'll have a few to go in at the same time.

6. Your oil should be hot by now, so gently place each strip in. Flip after a couple minutes and keep an eye on them. If you find that they're browning too fast, turn your heat down a bit. It takes about 5-7 minutes to fully cook and have that lovely golden brown colour. Drain on the paper towels and continue until all the chicken strips are cooked. Sprinkle (while hot) with a little sea salt if you wish.

7. These chicken strips will look stunning when they come out of the fryer, with the golden colour and specs of green herbs. And honestly . . . they will be absolutely delicious. With a wonderful crunch from the seasoned cracker crumbs (airy as if you used Panko crumbs), tender and very moist (fully cooked) on the inside. You'll be a superhero to your kids after you serve up a batch of these. But be warned, they won't want you to go back to the stuff you used to get them at those fast food spots! ■