

CARIBBEAN CUISINE: JERK POTATOES & SOFRITO

JERK SWEET POTATOES

Ingredient	Students Per Class		
	10	15	20
Medium sweet potatoes	2	3	4
Ground cinnamon	1/4 tsp	1/3 tsp	1/2 tsp
Brown sugar	1/4 cup	1/3 cup	1/2 cup
Ground cloves	1/4 tsp	1/3 tsp	1/2 tsp
Ground cumin	1/4 tsp	1/3 tsp	1/2 tsp
Salt	2 tsp	3 tsp	4 tsp
Black pepper	1 tsp	1 1/2 tsp	2 tsp
Butter, stick	1	1 1/2	2

PREP BEFORE CLASS:

Preheat oven to 375°F. Line baking tray with aluminum foil. Set oven to low temperature; Soften butter on top (plastic bowls) or inside (metal bowls) oven. Cut sweet potatoes into 1/2 inch size disks.

Directions:

1. Measure the seasonings and add to a bowl with butter.
2. Instruct students to carefully take their sweet potato disks and cut them into small cubes. The smaller the cubes, the faster they will bake!
3. Add sweet potatoes to butter and seasoning mixture. Mix until everything is coated.
4. Once coated, add sweet potatoes to a lined tray and cook in the oven for 10 minutes. Flip and cook for an additional 8-10 minutes.
5. Allow sweet potatoes to cool before eating. Enjoy!




DID YOU KNOW?

Jerk seasoning refers to a combination of herbs and spices. Jerk seasoning can be a wet paste or a dry rub.



SOFRITO

Ingredient	Students Per Class		
	10	15	20
Green bell pepper	1	1 1/2	2
Red bell pepper	1	1 1/2	2
Olive oil	2 tsp	3 tsp	4 tsp
Green onions	5	7 1/2	10
Tomatoes	2	3	4
Garlic cloves	3	4	6
Cilantro, bunch	1	1 1/2	2
Bag of tortilla chips 	1/2	3/4	1

 **Make sure it is PEANUT, NUT, and SESAME FREE**

PREP BEFORE CLASS:

Wash produce. Cut peppers and tomatoes into individual strips and wedges. Prepare the blender.

Directions:

1. Have students dice tomatoes, peppers, and green onions and add the blender.
2. Have students measure and add all the other ingredients into the blender.
3. Pulse until the texture of salsa. Make sure there is some texture remaining!
4. Serve with tortilla chips.
5. Enjoy!

DID YOU KNOW?

Sofrito is often used as a cooking base for stews or other dishes. Today, we'll sample it with chips.

CARIBBEAN CUISINE: JERK POTATOES & SOFRITO

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

- Medium sweet potatoes
- Light brown sugar
- Ground cloves
- Ground cumin
- Butter, stick
- Green bell pepper
- Red bell pepper
- Green onions
- Tomatoes
- Garlic cloves
- Cilantro, bunch
- Bag of tortilla chips (NUT & SESAME FREE)

Ingredients in the bin:

- Cinnamon
- Salt
- Pepper
- Olive oil

OBJECTIVES

- List ingredients commonly used in Caribbean cuisine
- Describe what the process of seasoning refers to
- Name one reason sweet potatoes are good for us

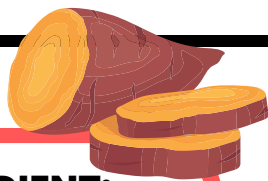
INTRODUCTION

🕒 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Ask students to identify the ingredients from both recipes, guess what we are making, and which cuisine the recipes belong to.
- Discuss that today we are going to be making recipes from the Caribbean. Ask students if they have ever tried any Caribbean dishes or heard about Caribbean cuisine.
- The Caribbean is a region in the Atlantic Ocean that contains many islands and island nations. The Bahamas, Barbados, Cuba, Dominica, The Dominican Republic, Haiti, Jamaica, Aruba, Saint Lucia, The Grenadines, Trinidad and Tobago, Cayman Islands, Turks and Caicos, and Puerto Rico are just some of the islands in the Caribbean Sea.
- Because the Caribbean is so culturally diverse, the cuisine is very diverse, with influences from many different areas of the world. Influences from many different areas of the world contribute to Caribbean cuisine such as African, Creole, Cajun, Amerindian, European, Latin American, East/North Indian, Middle Eastern, and Chinese cuisine.
- These influences have helped make Caribbean cuisine a recognizable set of flavors. The fusion of various culinary traditions has created identifiable Caribbean flavors.
- While there are many variations of each recipe, the fusion remains consistent across the region.




CARIBBEAN CUISINE: JERK POTATOES & SOFRITO



STAR INGREDIENT: SWEET POTATO

- What part of the plant is a sweet potato? Root.
- What important nutrients are found in sweet potatoes? Vitamin A and Potassium.
- Vitamin A plays a big role in keeping your eyes and vision good and our skin healthy.
- Potassium is a mineral that helps to maintain the right fluid balance in our bodies, which is important for keeping our blood pressure normal and our heart healthy!
- Is it better for you to eat sweet potatoes with or without the skin? Eat the skin! The skin contains many nutrients, including fiber.

DEVELOPMENT

 5-7 min

- Common ingredients in Caribbean cuisine: rice, plantains, beans, sweet potatoes, coconut, tomatoes, bell peppers, chickpeas, poultry, fish, pork, seafood, and beef.
- Introduce common Caribbean foods such as:
 - Jerk Chicken: Grilled chicken marinated in a spicy and flavorful jerk seasoning consisting of allspice, garlic powder, onion powder, thyme, ginger, cayenne pepper, cinnamon, nutmeg, smoked paprika, ground cloves, white pepper, and brown sugar.
 - Sofrito: Many recipes begin with an aromatic vegetable base called Sofrito which is added to stews, rice and bean dishes, meat dishes, and more.
 - Ackee and Saltfish: Jamaica's national dish, consisting of salted codfish sautéed with ackee fruit (a sweet tropical fruit), onions, tomatoes, and spices.
 - Rice and Peas: A staple dish made with rice and kidney beans or peas cooked in coconut milk and seasoned with herbs, garlic, and Scotch bonnet peppers.
 - Callaloo: A traditional Caribbean dish made with leafy greens, okra, onions, garlic and cooked into a thick stew.

STAR TECHNIQUE: SEASONING



- Today we will learn the Star Technique: Seasoning.
- Why is seasoning important? Seasoning with different spices and flavor enhancers can change a meal from boring or exciting!
- What types of spices are used in seasonings? Salt, pepper, oregano, basil, cumin, paprika, jalapeño, etc.
- How do you know what is the right amount of spice? Each person has a different tolerance and preference for spices. Using spices is all about finding a balance between savory, sweet, bitter, sour, and spicy.

END OF CLASS CHECKLIST

 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal