



# Captain's Caribbean Cookbook



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*One of the best things about living in the Caribbean is the amazing variety of foods that are abundant, delicious and quite often growing in the back yard.*

*Caribbean recipes combine African, Amerindian, French, East Indian, and Spanish styles of cooking. These traditions are a reflection of the early settlers of the region.*

*Whatever your personal tastes you will find that Caribbean Cuisine will add some spice to your life. Enjoy!*

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# Cilantro Dipping Sauce

## Ingredients

1/2 cup firmly packed cilantro leaves

1/4 cup reduced-fat mayonnaise

3 tablespoons fresh lime juice

1 teaspoon dark rum

1/2 teaspoon [Caribbean Trading Company Lively Up Lime Jerk Seasoning](#)

## One Step!

In a blender, puree cilantro leaves, reduced-fat mayonnaise, fresh lime juice, dark rum, and [Caribbean Trading Company Lively Up Lime Jerk Seasoning](#)







# Chilly Caribbean Shrimp

## Ingredients

2 lbs large shrimp, cooked, peeled, tails in tact

Juice of 2 limes

1 table spoon olive oil

2 tablespoons of [Caribbean Trading Company's Sweet Orange Habanero seasoning](#)

1 tablespoon soy sauce

1/2 cup chopped fresh cilantro

## Step 1: Get the juice flowing

Combine olive oil, [Sweet Orange Habanero seasoning](#), lime juice, soy sauce in a large bowl and mix well.

## Step 2: Add the shrimp

Stir in shrimp and top with cilantro.

## Step 3: Chill

Cover and refrigerate 1 to 4 hours prior to serving. Stir occasionally while chilling to enhance overall flavor. Serve cold.





# Island Fever Tostones

## ***Ingredients:***

2 Green Plantains

veggie oil

salt

Island Fever Salsa

## ***What to do:***

Heat your veggie oil – you want enough to almost cover the plantains.

Peel plantains and cut into slices, about 1 inch thick.

Fry your cut plantains once for about 2-3 minutes. Drain on paper towels.

Smash with a mallet and then fry again for another 1 1/2 to 2 minutes. Drain and season with some salt.

If you are going to top your tostones with a bit of the salsa, only serve immediately after topping them – you don't want to make them soggy! Otherwise, put tostones out for guests to dip into the salsa themselves.





# Caribbean Chicken Wings

Prep time: 10 mins  
Cook time: 1 hour  
Total time: 1 hour 10 mins  
Serves: 4

## Ingredients

3 dozen chicken wings  
salt and pepper to taste

[Habañero Mango Mayhem Wing Sauce 12 oz. \(Medium\)](#) or [Habañero Hellfire Wing Sauce 12 oz. \(Extreme\)](#)

Chopped chives for garnish if you're feeling up to it

Preheat oven to 425 F degrees.

Line a baking sheet with aluminum foil.

Salt and pepper the wings and then place them on the baking sheet.

Bake them for 45 min to an hour depending on how crispy you want them.

Pour the wing sauce over the wings while they are hot and toss them around, making sure the wings are completely covered.

Garnish with chives. Or, whatever.





# Tostones a la Caribbean Trading

## *Ingredients*

Cooking oil for frying

3 plantains

Caribbean Trading Company [Sauces](#) and [Seasonings](#)

Preheat oil to 350 degrees F

## ***Step One: Cut and Fry***

Cut plantains down the middle; peel away skin and cut into 1 1/2-inch pieces.

Add plantains to the hot oil and fry until golden; about 2 to 3 minutes. Do not overcook as you want the center to still be raw.

## ***Step Two: Squash and Fry***

Put the fried plantain through the old fashioned smasher. This will squash the plantain for more thorough cooking.

Place the squashed plantain back into the pan and fry again until golden brown and fully firm, about 2 to 3 minutes. Drain on a paper towel lined tray or plate.

## ***Step Three: Season and Serve***

Traditionally tostones are seasoned with salt; however, for a nice twist, garnish with Caribbean Trading Company spices and/or sauces.





# Captain's Crunchy Catfish

When ready to fry, fill a large heavy pot with enough vegetable oil to measure 1 1/2 inches up the side of the pan and heat to 350 degrees F.

## ***Step One: Prepping the Fish***

- 2 catfish fillets (about 1 1/4 pounds), cut into roughly 2.5" by 1" strips
- 1.5 cups buttermilk
- 2 eggs
- 2 tablespoons [Caribbean Trading Company Gourmet Lively Up Lime Jerk Seasoning](#)
- 1 tablespoon salt
- 1.5 teaspoons freshly ground black pepper

In a bowl, mix together buttermilk, eggs, [Caribbean Trading Company Gourmet Lively Up Lime Jerk Seasoning](#), salt and pepper. Pour into a large plastic bag add catfish strips. Removing air, seal bag, and refrigerate for 10 minutes.

## ***Step Two: Breading the Fish***

- 1 cup all-purpose flour
  - 1 cup bread crumbs
  - 1/2 tablespoon sugar
- While fish is sitting in the refrigerator, place flour in a shallow bowl. Combine the bread crumbs with sugar and place in another shallow bowl. Remove fish from the buttermilk mixture and coat lightly with flour. Place strips back in the buttermilk and then lightly coat fish in the bread crumb mixture.

## ***Step Three: Frying the Fish***

Fry strips in batches for about 3 minutes on each side or until golden brown. Drain on a paper towel-lined plate. Serve catfish sticks with dipping sauce.





# Adobo Seasoned Chicken and Rice

- **Step One: Prepping the Chicken**
- [Caribbean Trading Company Gourmet Puerto Rican Adobo Seasoning](#)
- 2 tablespoons kosher salt
- 4 cloves garlic, finely chopped
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 2 teaspoons freshly ground black pepper
- 2 teaspoons ground turmeric
- 1 tablespoon finely chopped fresh oregano leaves
- 4 chicken thighs, with skin, cut in half
- 4 chicken breasts, with skin, cut in half lengthwise

Mix together the salt, garlic, cumin, paprika, black pepper, turmeric and oregano in a small bowl. Season both sides of the chicken pieces with salt and pepper and then season with the [Caribbean Trading Company Gourmet Puerto Rican Adobo Seasoning](#).

## **Step Two: Cooking the Chicken**

- 3 tablespoons of olive oil
- Chicken portions prepped in step one

Heat 3 tablespoons of olive oil in a large cast iron pot over high heat. Place the chicken in the oil skin side down and sauté until golden brown. Turn the chicken over and cook until the second side is golden brown. Transfer the chicken to into a separate pot with all cooking juices, cover and allow to cook through over medium heat. Keep warm.

## **Step Three: Bringing it all together**

- 2 tablespoons of olive oil
- 1 large Spanish onion, finely diced
- 1 medium green bell pepper, finely diced
- 1 medium red bell pepper, finely diced
- 1 to 2 plum tomatoes, seeded and finely diced
- 3 cups long-grain rice
- 4 3/4 cups chicken stock
- 1 bay leaf
- 1 cup frozen peas

Place the browning pan with 2 tablespoons oil back over high heat. Add the onions, green and red peppers and cook until soft. Add the plum tomatoes, garlic and cook for 1 minute. Add the rice to the pan, stir to coat the rice in the mixture and cook for 1 minute. Add the chicken stock, bay leaf, salt and pepper and bring to a boil. Stir well, cover, reduce the heat to medium and cook for 10 minutes.

After 10 minutes add the frozen peas (not thawed) to the pot, cover and continue cooking until the rice is tender and the chicken is cooked through, about 8 minutes.

## **Step Four: Finishing Touches**

- 3/4 cup pimento stuffed green olives
- Freshly chopped cilantro leaves
- Freshly chopped flat-leaf parsley
- Squeeze lime juice

Remove the pot from the heat and let sit 5 minutes covered. Remove the lid, fluff the rice and gently fold in the olives, cilantro, parsley, oregano and squeeze of lime juice. Add the chicken and stir to combine.



# Spanish Garlic Shrimp Pinchos

2 tbsp. Extra Virgin Olive Oil

1 tsp. **Adobo**

2 cloves garlic, finely chopped

¼ tsp. Crushed Red Pepper

1 lb. jumbo shrimp, peeled and deveined (about 16 pieces)

1 large green and/or red bell pepper cut in 1" pieces

1 lemon, cut into 8 slices

4 skewers

In zip-top plastic bag, or plastic container with a lid, mix together oil, adobo, garlic and pepper flakes. Add shrimp, tossing to combine; transfer to refrigerator. Chill shrimp at least 15 minutes, or up to 30 minutes. Remove shrimp from marinade; reserve any remaining liquid. Alternately thread peppers, shrimp and lemons on skewers, so that each skewer starts and ends with peppers and contains 4 shrimp pieces. Using pastry brush, brush reserved marinade onto shrimp and vegetables. Prepare grill to medium-high heat, or heat a heavy-bottomed grill pan over medium-high heat. Place shrimp on hot surface and cook until shrimp turn pink and opaque, flipping once, 3 - 5 minutes.







## Rum Spiced Steak with Pineapple Relish

2 cups chopped fresh pineapple

1/2 cup diced red onion

2 tbsp. chopped red jalapeno chile

1 tbsp. minced fresh chives

1/4 tsp. salt

1 tbsp. lime juice

2 tbsp. Worcestershire sauce

2 tbsp. olive oil

1 tbsp. **Rum Spice Grill Seasoning**

4 (1/2-inch thick) boneless beef N.Y. strip steaks

In a medium bowl, combine all relish ingredients up until the lime juice. Let stand 30 minutes. In a small bowl, stir together Worcestershire sauce, Rum Spice Grill Seasoning, and oil. Heat. Pat steaks dry, brush both sides with Worcestershire/Spice mix and throw on the barbecue. Sprinkle with pepper. Serve with relish.





# Tequila Lime Seafood Pinchos

8 ounces unpeeled, large fresh shrimp  
8 ounces grouper fillets, cut into 1-inch pieces  
8 ounces salmon fillets, cut into 1-inch pieces  
4 ounces fresh snow peas  
1 large red bell pepper, cut into 1-inch pieces  
1/2 pineapple, peeled, cored, and cut into 1-inch wedges  
1/4 cup fresh lime juice  
1/4 cup tequila  
3 tablespoons orange juice  
2 teaspoons minced green onions  
1 1/2 teaspoons chopped fresh cilantro  
1 1/2 teaspoon **Limin' Times Seafood Seasoning**

Peel shrimp, leaving tails on; devein, if desired. Coat 12-inch metal skewers with cooking spray. Alternately thread shrimp, grouper, salmon, snow peas, bell pepper, and pineapple on skewers. Place kebabs in a shallow dish. Combine lime rind and next 7 ingredients in a small bowl; pour over kebabs. Cover and marinate in refrigerator 1 hour, turning occasionally. Remove kebabs from marinade. Grill, with lid closed, over medium-high heat (350° to 400°) 6 to 7 minutes on each side or until fish flakes with a fork. (During grilling, baste occasionally with marinade.) Serve immediately.





# Drunk Jerk Chicken

- 1 Whole Chicken, cleaned
- 4 Tbsp. **Lively Up Lime Jerk Seasoning**
- 1 Small Onion
- 3 oz. Garlic Powder
- 2 tbs. Salt
- 1 Can Favorite beer
- 4 Tbsp. Butter

Clean chicken thoroughly (Do not cut up). Season chicken with salt and garlic powder to your taste. Rub Jerk Seasoning on chicken inside and out. Cut up small onion and stuff in middle of chicken. Let chicken sit in refrigerator overnight. Preheat oven to 375 degrees when ready to bake or can be done on the grill. Open a can of beer and place in the middle of roasting pan/grill. Set chicken on top of open beer can and bake in oven for 1 hour or until done. Baste chicken with butter throughout cooking.





# Sailor's Mango and Cranberry Salad

*Refreshing mix of greens with a kick.*

## **Step One: Mixing the Dressing**

2 tablespoons toasted sesame seeds  
1 tablespoon poppy seeds  
1/2 cup white sugar  
2 teaspoons minced onion  
1/4 teaspoon paprika  
1/4 cup white wine vinegar  
1/4 cup cider vinegar  
1/2 cup vegetable oil  
2 teaspoons of **Habañero Mango Mustard**

In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, onion, paprika, white wine vinegar, cider vinegar, vegetable oil and Habañero Mango Mustard. Set aside.

## **Step Two: Toasting the Almonds**

1 tablespoon butter  
3/4 cup almonds, blanched and slivered

In a medium saucepan, melt butter over medium heat until slightly burnt. Cook and stir almonds in butter until lightly toasted. Remove from heat, and let cool.

## **Step Three: Tossing the Salad**

1 pound spinach, rinsed and torn into bite-sized pieces  
1 1/3 cup of freshly diced mango  
1 cup dried cranberries

In a large bowl combine the spinach with the toasted almonds, mango and cranberries. Toss with dressing just before serving.



# Pepper Steak with Rice

1 to 1 1/2 pounds top sirloin steak or sirloin tips

2 tablespoons olive oil

1 medium onion, halved and sliced

1 teaspoon garlic powder

1 1/4 teaspoon **CTC Spicy Pepper Steak Seasoning**

1 green bell pepper, cut in thin strips

1 red bell pepper, cut in thin strips

1/2 cup beef broth

1 can (14.5 ounces) tomatoes

2 tablespoons regular or spicy soy sauce

salt, to taste

Cut beef in thin strips. Heat olive oil over medium heat; add steak strips. Cook, stirring, until steak is browned. Add onion, garlic powder, pepper, Louisiana seasoning or seasoned salt and cook, stirring, until onion is tender. Add the pepper strips and beef broth; cook for about 3 to 5 minutes longer. Add tomatoes and soy sauce and bring to a simmer. Simmer for 2 to 3 minutes. Taste and add salt as needed. Serves 4 to 6.





# The Pirate's Perfect Pork Chop

This recipe calls for 6 lean pork chops cut ½ inch thick and a grill. Flavorful and spicy, these pork chops are nothing like your average fried chops.

## Step One: Prepping the Marinade

### *Ingredients*

- ¾ cup water
- ⅓ cup lemon juice
- ⅓ cup chopped onion
- 1 tablespoon packed brown sugar
- 1 tablespoon chopped green onion
- 1 tablespoon canola oil
- ¾ teaspoon salt
- ¾ teaspoon ground allspice
- ¾ teaspoon ground cinnamon
- ¾ teaspoon ground black pepper
- ½ teaspoon dried thyme, crushed
- ¼ teaspoon cayenne pepper, or to taste

To make the marinade, place the water, lemon juice, chopped onions, brown sugar, chopped green onions, black pepper, thyme, and cayenne pepper into a food processor or blender. Blend until you reach a nice smooth consistency. Use half of the mixture for marinating and save the other half for basting.







# Caribbean Style Salmon with Guava Glaze

## ***Step One: Prepping the Guava BBQ***

- 3 tbsps vegetable oil
- 2 yellow onions, chopped
- 8 oz guava paste, cut into chunks
- 2 tbsps tomato paste
- 2 tbsps apple cider vinegar
- 1/4 cup light or dark brown sugar
- 2 whole star anise
- 1/2 tsp ground allspice
- 1/4 tsp curry powder
- 2 tbsps lime juice
- 1 tablespoon dark rum

Heat the oil in a large skillet over medium-high heat for 1 minute. Reduce the heat to medium and add the onion, cooking until it's soft and a little brown around the edges, about 5 to 7 minutes, stirring often. Stir in the guava paste, tomato paste, vinegar, brown sugar, star anise, allspice, and curry powder. Simmer until the guava paste has melted, be patient as this can take 15 minutes, stirring occasionally. Turn off the heat and let the sauce cool slightly. Remove the star anise (toss as you will no longer need it); transfer the mixture to a blender and puree. With the motor running pour in the lime juice and rum. Transfer to a small bowl and set aside. Will keep for 2 weeks in the refrigerator.

## ***Step Two: Prepping the Salsa***

- 1/2 cup olive oil, plus extra for greasing the baking dish
- 3 garlic cloves, finely minced
- 1/4 cup lime juice (from about 2 limes), plus 2 limes cut into wedges, for serving
- 1 tsp salt
- 1 tsp freshly ground black pepper
- 2 mangoes, peeled, fruit cut off seed and diced
- 1 red bell pepper, halved, seeded, and finely diced
- 1 green bell pepper, halved, seeded and finely diced
- 1 yellow bell pepper, halved, seeded and finely diced
- 1 large red onion, halved and finely chopped
- 1 serrano chile, finely chopped, optional
- 1/2 cup finely chopped fresh cilantro leaves
- 1 (15 oz) can black beans, drained and rinsed
- 1 whole side salmon (about 3 1/2 to 4 pounds)

Whisk the olive oil, garlic, lime juice, salt and pepper together in a large bowl. Add the mangoes, peppers, red onions, chile, and cilantro and toss to coat. Add the beans and gently toss everything together.

## ***Step Three: Cooking the Fish***

Heat your broiler to high. Line a large baking dish or rimmed baking sheet with a double layer of aluminum foil and grease the foil with some olive oil or nonstick cooking spray. Place the salmon in the prepared baking dish and tuck about 2-inches of the tail end under the fish, so you have a somewhat uniform shape. Pour the barbecue sauce over the salmon and cook it under the broiler until the sauce caramelizes and chars around the edges and the salmon is firm and flakes easily, 8 to 12 minutes for rare (the salmon will still be pink in the middle) or 12 to 15 minutes for well done (the salmon will be cooked throughout).

## ***Step Four: Bringing it all Together***

Spread the salsa on the serving platter and carefully lift the salmon out of the baking dish and arrange it on top of the salsa (use 2 large spatulas to transfer it). Squeeze a few lime wedges over the fish and serve with additional lime wedges on the side.



# Captain's Caribbean Swiss Griller

This easy vegetarian sandwich can be made- to-order or pre-prepped for grilling while out and about.

## Step One: Prepping the Mango Salsa

1/2 mango, 1/4-inch diced  
1/4 red onion, 1/4-inch diced  
1/4 red bell pepper, 1/4-inch diced  
1 tablespoon fresh lime juice  
Pinch sugar  
1/2 teaspoon kosher salt  
Freshly ground black pepper

In a bowl, mix together mango, red onion, bell pepper, lime juice, sugar, salt, and pepper using a wooden spoon. Set aside until ready for use.

## Step Two: Building the Sandwich

3 tablespoons butter, at room temperature  
1 tablespoon [Caribbean Trading Company Sweet Orange Habanero Seasoning](#)  
8 slices fresh Italian bread  
1/4 cup honey mustard  
8 slices Swiss cheese, (8 ounces)

In a small bowl, mix the butter and [Caribbean Trading Company Sweet Orange Habanero Seasoning](#) together. Spread butter mixture on 1 side of each slice of bread. Place 4 slices of bread on your work surface, buttered side down and spread the honey mustard on the side facing up. Layer about 2 tablespoons of the mango salsa on top of the honey mustard followed by the Swiss cheese. Place the remaining 4 bread slices on top, buttered side up.

## Step Three: Grilling the Sandwich

Add the remaining butter mixture to a nonstick skillet on medium heat for 2 minutes. Put the sandwiches in the skillet and cover with lid to ensure even cooking. Flip the sandwiches when underside is golden and press very firmly, cook for 2 to 3 minutes, or until the cheese has melted. Turn once more, press with a spatula, and cook for 30 seconds. Remove from pan, cut diagonally and garnish with left over mango salsa.





# Captain's Chicken and Broccoli Stir-fry

*Let this delicious stir-fry dance on your taste buds.*

## **Step One: Cooking the rice**

1 cup of rice (makes 3 cups of cooked rice)  
2 cups of water

Bring water to a boil and add the rice. Stir once. Cover the pot and return water to a boil. This usually takes about 15 minutes to cook. Check on the rice about 4 minutes before the timer goes off. When you take the cover off, the top of the rice may look like it is totally cooked. However, with a spoon, you need to gently move the rice to see if there is still water to be absorbed at the bottom. A little bit of moisture is good so that the rice does not dry out while you prepare the rest of your dish.

## **Step Two: Prepping the Chicken, Carrots and Broccoli**

4 large skinless, boneless chicken breasts  
2 cups of broccoli florets  
1 cup of carrots

While still slightly frozen, cut up the chicken breast into cubes. Don't make the pieces too large. Steam the broccoli florets and carrots until crisp and slightly tender. Make sure not to overcook the broccoli and carrots.

## **Step Three: Mixing the Sauce**

2 tablespoons of soy sauce  
1 tablespoon of orange juice  
1 ½ tablespoons of [Scotch Bonnet Papaya Punch Crushed Pepper Sauce](#)  
1/2 tablespoon of red wine vinegar  
1 tablespoon of brown sugar  
1 teaspoon sesame oil  
1 teaspoon of red pepper flakes  
½ tablespoon of cornstarch  
¼ tablespoon of black pepper  
¼ tablespoon of garlic powder  
¼ teaspoon of ginger

In a small bowl whisk together the soy sauce, orange juice, red wine vinegar, brown sugar, [Scotch Papaya Punch Crushed Pepper Sauce](#), oil, red pepper flakes, garlic powder, ginger and cornstarch.

## **Step Four: Cooking in a Wok**

Set wok over medium high heat and coat bottom with 1 tablespoon of oil. When the oil shimmers and pops, add 10 to 15 pieces of chicken. Stir-fry until the chicken is fully cooked through. Transfer to a plate and repeat the process with the remaining chicken pieces. Add the chicken back to the wok along with the sauce, and let simmer until the sauce has reduced down a bit and thickened. If the sauce does not get as thick as you would like, mix 1 teaspoon of cornstarch with ¼ cup of cold water and slowly add this mixture to the sauce to achieve your desired thickness. Add the steamed broccoli, toss and serve over rice. Sprinkle a few sliced almonds on top if you wish.





# Pasteles

There are a few variations of pasteles. Below is the typical recipe for a traditional Trinidadian dish. Making pasteles can be quite the undertaking and many people opt to make these Caribbean cornmeal concoctions in bulk and preserve the rest by freezing them for future consumption. The pastelle process primarily consists of several steps that include placing a cornmeal dough on top of a fig leaf, adding a meat filling (or vegetarian alternative) to the dough, wrapping and tying the fig leaf with filling up in a nice packet and boiling for 45 minutes. Sounds easy; however, the prepping phases of pasteles is where many people get tied up. *This recipe makes 12-15 pasteles.*

## Step One: Preparing the Meat Filling

- 1 pound chopped beef and chicken, chicken only, or beef only
- 2 onions, finely chopped
- 2 tablespoons olive oil
- 1 cup chopped chives
- 1/4 cup chopped fresh thyme
- 2 pimento peppers, chopped
- 4 cloves garlic, chopped
- 1 tablespoons chopped celery
- 1/2 Congo pepper, seeded and chopped \*this is optional\* 1 teaspoon freshly ground black pepper
- 1 teaspoon salt
- 1/4 cup tomato sauce
- 4 tablespoons capers
- 3 tablespoons stuffed olives, slice them please
- 1/4 cup raisins
- 2 tablespoons fresh thyme

Combine beef with chicken. Add salt and black pepper. Add a quarter-cup chopped chives and one tablespoon thyme. In a large saute pan heat olive oil. 4. Add onion and garlic. Saute until fragrant. Add pimento peppers, remaining chive, pepper and thyme. Add meat and cook until brown. Add tomato sauce, cover and simmer for about 15 minutes. Add raisins, capers and olives and stir to combine. Cook for about five minutes more. Taste and adjust seasoning. Add two tablespoons fresh thyme and stir to combine. Remove from heat and cool. Prepare dough as in recipe above and fill and fold pasteles as indicated.

*You can use these same steps to prepare a vegetarian variation, just leave out the meat or substitute with tofu.*

## Step Two: Preparing the Cornmeal Dough

- 2 cups yellow cornmeal
- 3 cups warm water (not tepid, lukewarm or room temperature. If in doubt boil the water first and leave it to cool for 5-10 minutes)
- 1/2 cup butter
- 1 1/4 teaspoon salt

In a food processor or by hand, combine cornmeal with butter and salt. Add water and process to make soft, pliable dough. Divide the dough into 12 balls. Cover with a damp cloth to prevent drying.

## Step Three: Putting it all Together

*To prepare fig leaves, steam them in a large pot of boiling water for ten minutes until they become pliable and soft. They may also be softened by waving them over an open flame. You can also use sheets of tin foil (however, the fig leaf method produces better results). One fig leaf per pastelle – you should make sure to have enough fig leaves on hand to produce the quantity of pasteles you want to make.*

Place one piece of dough on a greased fig leaf and press into an eight-inch square. Spoon two tablespoons of filling onto the middle of the dough and fold and seal pasteles. Wrap in fig leaf and tie into a neat package and tie off with bakers string. (you can also use foil). Steam pasteles for 45 minutes until cooked.

*As previously mentioned, pastelle can be frozen and kept for long lengths of time. When ready to eat, just pull out the freezer and boil for 45 minutes. This recipe is great for sharing. If you would like to kick up the recipe a little, try adding [Caribbean Trading Company's Spicy Pepper Steak Seasoning](#) to the recipe or any of our other [gourmet blends](#). While you are at it, garnish with one of our [famous hot sauces](#) for a complete meal*





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<http://www.caribbeantrading.com/shop/brands/Caribbean-Trading-Company.html>