

Pelau - Dominican style

Brown rice, vege-chicken strips instead of meat, pigeon peas, coconut milk, bell peppers, onions, garlic, salt to taste, cayenne pepper, vegetables of your choice, herbs and spices to include turmeric, ginger, cinnamon.

Soak peas before boiling or use canned peas. Chop all herbs and vegetables, etc. Soak rice. Boil peas, when soft, add rice and coconut milk and salt; in another pan, sauté all other ingredients in a bit of oil or Earth Balance butter, add coloring, stir, add Teriyaki chick'n strips or analogue (meat supplement) of choice, stir. Add stir fried ingredients to rice and peas and stir until all rice, peas and other ingredients are well blended together. Make sure it is golden brown or dark brown. Taste and see. God is good! Serve with a slice of avocado.

Breadfruit Juice

1 medium breadfruit, 1 can coconut milk, 2-3 cups Almond milk or milk of choice, water to thin out as needed, pure vanilla essence, sweetener of choice and quantity, 1/4 tsp nutmeg.

Boil peeled and sliced breadfruit until soft. Blend breadfruit with some of its boiled water. Add coconut milk, almond or other milk and all ingredients including those of your choice. Taste and see. God is good. Chill or add ice in the blender or Vitamix and serve. It makes a delicious ice cream.

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