

CARIBBEAN VEGETABLE PEPPER POT

Serves 4-6

Ingredients

8 cups Water
2 Stalks Celery (washed and rough chopped)
1 Onion (remove bottom)
Carrot peels or 2-3 whole (rough chopped)
1 Bay leaf
8 Thyme sprigs
2 ea Whole Cloves
2 Cinnamon stick
1 Scotch bonnet Chile pepper or Jalapeño
3 TB grapeseed or Avocado oil
3 cloves Garlic (minced)
½ cup Onion (small to medium dice)
½ cup Carrots (small to medium dice)
1 Bell Pepper (small to medium dice)
1 Whole Eggplant (skinned and medium to large dice)
1 Cup Yucca (optional) (skinned and cut to medium to large dice)
1 Cup Breadfruit (optional skinned and cut to medium to large dice)

NOTE: If you don't have either of the optional vegetables, you may substitute potatoes and parsnips.

½ cup Cassareep
¼ cup water
2 TB Cornstarch

In a large pot place water, celery, onion, celery, carrot peels or carrots, 2-3 whole (rough chopped), 1 bay leaf, cloves, cinnamon sticks and scotch bonnet Chile pepper or Jalapeño.

Bring to a boil and lower heat and simmer for 15 minutes. Taste the flavor and check the heat, if the flavor and heat is where you like it, strain through a mesh strainer and set aside. If you need more flavor and or heat cook another 15 to 20 minutes.

Wipe pot out with paper towel and place back on the stove over medium heat. Add oil, garlic, onion, carrots, bell pepper and cook for 3 to 5 minutes stirring as needed. Add eggplant and other vegetables. Add broth and cassareep and cook for 10 minutes.

Mix the water and cornstarch together (slurry) and dissolve. Stir into the pot and cook an additional 10 minutes.

Check seasoning, finish with salt and pepper to taste. Serve with Quinoa, Farro or Rice

Chicken or fish could be added to the dish. For chicken, add 1 Cup diced chicken when adding eggplant. For fish, add 1 cup diced snapper, halibut or monk fish when adding cornstarch slurry.