

Caribbean Coconut Shrimp Rundown

- 8 oz prawns - peeled and de-veined
- 1 tbsp coconut oil
- 1 medium onion - chopped
- 2 cloves garlic - minced
- 1 sprig fresh thyme
- 1 cup coconut milk
- 2 tbsp chopped spring onions
- 1 whole scotch bonnet pepper - do NOT chop
- 4 each pimento berries
- 1 small diced tomato
- Salt and black pepper to taste

Heat a medium size skillet add coconut oil.

Add onion, garlic, spring onions, thyme, pimento and tomato and sauté for 2 minutes.

Add the prawns and sauté for 30 seconds.

Add coconut milk and scotch bonnet pepper and bring to a boil over high heat.

Let reduce by half until the sauce thickens (about 10 minutes)

Adjust seasoning with salt and black pepper.

Serve immediately over your favorite rice

Jerk Lobster Quesadillas

- 1 each Caribbean Lobster Tail
- 1/2 tsp Walkerswood Jerk Seasoning
- Juice of 1 lime
- 1 tbsp olive oil
- Sprig of Fresh Thyme

Combine all above ingredients and marinate lobster tail for 15 minutes

Grill or pan-fry lobster tail for 1 minute on each side - do not overcook!

Allow to cool slightly and chop into 1/2-inch cubes

Place in a mixing bowl and combine with:

- 1 small tomato - diced



- 2 stalks spring onion - chopped
 - 2 tbsp chopped tri-color peppers
 - 1 tsp chopped fresh cilantro
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- Divide above mixture equally onto 4 each flour tortillas 6-8 inch diameter and top with
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- 2 oz grated mozzarella cheese

Fold Flour Tortillas in half

Heat a large skillet and add a little olive oil

Place the 4 flour tortillas in the hot skillet and fry until golden brown on both sides (about 1 minute on each side).

Remove from pan and cut into halves

Jamaican Avocado Scotch Bonnet Guacamole

- 1 medium size ripe avocado
- Chopped Scotch Bonnet Pepper - to taste
- juice of 1 lime
- 1 tbsp chopped fresh cilantro
- 1 tsp finely chopped red onion
- 1 tsp extra virgin olive oil
- 2 tbsp finely diced tomato
- salt & black pepper to taste

Combine all above ingredients and mash with a fork

Serve Quesadillas with a fresh garden salad and finish with guacamole, sour cream and your favorite salsa