



Live with Chef Morissa

MAY MENU

JOLLOF RICE

- 2lb fresh fish**
- 4 cups water**
- 2 Large onions**
- 2 Medium carrots**
- 2 cups of rice**
- 1 cup Vegetable oil**
- 1 Medium fresh tomato**
- 1 Small cabbage**
- 2 Bay leaves**
- 6 oz Tomato paste**

Clean and cut fish in halves. Fry the fish in vegetable oil until both sides are brown. Remove fish and add onions, fresh tomato, and paste to the hot oil and fry until brown. Pour water and bring to boil, then include cabbage, carrots, bay leaf, and add seasonings. Reduce heat and simmer for 20 minutes.

SWEET COUS-COUS CUSTARD

- Cous-Cous, 1 package**
- 1 cup Sour cream**
- 1 cup plain yogurt**
- 2 tsp. vanilla extract**
- 1/4 cup milk**
- 3/4 cup raisins**

Combine all ingredients well-chill and enjoy cold-should be consistency of tapioca pudding.

GINGER BEER

- 4 oz. pineapple juice**
- 4 oz. water**
- 4 tbsp. Fresh ginger-*pureed through food processor and strained***
- 1 tsp. vanilla extract**
- 3 whole cloves**
- 1/4 cup sugar or to taste**

Combine all ingredients, chill for 2 hours and discard clove. Enjoy cold!

