

Curried Chicken and Mango Dinner Salad

from The Sugar Reef Caribbean Cookbook

Serves 4

Curry powder is widely used on all the Caribbean Islands and so is mango. Put the two together and you get a fantastic combination. This is an easy recipe: Make the sauce, add it to chicken and mango, and place on a bed of salad greens.

If you can't find the Matouk and Windmill hot sauces, I suggest using a combination of your favorite hot sauces or make the sauces that follow.

- 4 6-ounce boneless chicken breasts, skin removed
- 2 ripe mangoes, peeled, pitted, and sliced
- 4 Servings of lettuce greens and any other favorite salad makings (i.e. red bell peppers, onions, grapes, and etc.) for salad bed.

For the Dressing:

- 1 cup mayonnaise
- 1½ teaspoons Windmill hot sauce or Jackie's Hot Sauce (recipe follows)
- 1½ teaspoons Matouk hot sauce or Sauce Ti-Malice (recipe follows)
- 1 chicken bouillon cube
- 3 tablespoons curry powder
- 2 cloves garlic, chopped
- 3 green onions, including green part, chopped
- 2 sprigs fresh parsley, chopped
- ¼ cup canned mango nectar
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper

1. Grill or pan fry the chicken breasts until fully cooked. Cut breasts into 1/4 inch slices and set aside.

2. In a food processor or blender, combine the mayonnaise, hot sauces, bouillon cube, curry powder, garlic, green onions, parsley, mango nectar, salt, and pepper. Puree until the mixture is smooth and creamy.

3. Arrange a bed of salad greens and fruits/vegetables on individual dinner plates. Place sliced chicken and mango on each plate and serve the curried dressing on the side.

JACKIE'S HOT SAUCE

from The Sugar Reef Caribbean Cookbook

A Trinidadian family recipe for Scotch bonnet pepper sauce. What makes it so special and flavorful is the combination of green papaya with the tartness of vinegar and lime and the bite of the hot pepper. This sauce gets better with age and tastes great on just about everything.

- 1 green papaya, peeled, seeded and roughly chopped
- 10 Scotch bonnet peppers, seeded
- 2 onions, quartered
- 3 cloves garlic
- 1 lime, grated rind
- ½ cup limejuice
- 1½ cups malt vinegar
- 1 teaspoon salt
- ¼ cup prepared yellow mustard

Puree the green papaya, Scotch bonnet peppers, onions, garlic, lime rind, and lime juice in a food processor. Transfer to a medium saucepan and stir in the vinegar, salt, and mustard. Simmer the mixture over low heat for 20 minutes, stirring occasionally. Bottle the sauce in hot sterilized jars.

Sauce Ti-Malice

from The Sugar Reef Caribbean Cookbook

Haitian hot sauce. The name speaks for itself.

- 10 large ripe tomatoes, peeled and quartered
- 3 white onions, quartered
- 4 Scotch bonnet peppers, seeded
- 3 tablespoons brown sugar
- 1 tablespoon salt
- 2 cups malt vinegar

Puree the tomatoes, onions, and Scotch bonnet peppers in a food processor. Transfer to a large saucepan and add the brown sugar, salt, and vinegar; stir well to combine. Cook the sauce over moderate heat, stirring occasionally, until it begins to boil. Lower the heat and simmer the sauce for 20 minutes, continuing to stir occasionally. Bottle the sauce in hot sterilized jars.

