

Uses Our: Jamaican Jerk / Caribbean Blend / Allspice

CARIBBEAN- LIME CHICKEN SOUP



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RECIPE OF
THE WEEK 4/22/2017

CARIBBEAN- LIME CHICKEN SOUP

This is a modified recipe from one that was originally done by Betty Crocker. It is definitely not your regular ole chicken soup! This recipe uses Caribbean ingredients and the wonderful island spices of Allspice, Caribbean and Jamaican Jerk Blends. These spices mixed with lime juice make this a chicken soup that is loaded with exotic Caribbean flavors. Enjoy the island experience with this delicious and hearty soup.

INGREDIENTS

4 large, boneless & skinless chicken breasts	1 Tblspn Caribbean Blend
1 Tblspn Jamaican Jerk Blend	1/2 cup unsweetened coconut milk
2 tsp olive oil	1 tsp salt
1 medium onion, chopped	1/2 tsp pepper
2 tsp minced garlic	1 (15 ounce) can black beans
1 tsp Allspice	1 cup pigeon peas (canned- I use Goya brand)
4 cup chicken broth	3 Tblspns lime juice
1 Tblspn adobo sauce	Rice
	Fresh lime wedges

Rub the Jamaican Jerk over all sides of each chicken breast and then set them aside. In a large fry pan, cook the onion and garlic in the oil for about two minutes. Add the broth, adobo sauce, coconut milk, salt, pepper, and Caribbean Blend to the sautéed onions. Bring the mixture to a low boil and then add the 4 chicken breasts. Cover and simmer the chicken in this mixture for about 1 hour. Remove the chicken and, using a fork, shred the meat on each breast. Return the shredded chicken to the pan with the broth mixture. Add the beans and peas to the broth, cover and cook for another 15 minutes. Stir in the lime juice. Serve immediately over a bowl of cooked and warm rice. Garnish each serving with lime wedges.

Uses Our: Nutmeg Powder / True Cinnamon

Strawberry Crumb Bars



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FEATURE
RECIPE 4/22/2017

Strawberry Crumb Bars

Here is a delicious way to use fresh strawberries. There are many strawberry bar recipes, but most do not include spices. Just the right spices will always make the flavors of the recipe even better. This recipe uses two spices - True Cinnamon and Nutmeg - combined with fresh strawberries to give these bars a delightful sweet flavor. They are great as a snack or a dessert. So yummy and hard to resist!

INGREDIENTS:

2 1/3 cups flour	1 tsp True Cinnamon
2/3 cup granulated sugar	1/2 cup quick cooking oats
1/2 tsp salt	1 1/4 cup fresh strawberries
1 cup butter (cut into 1/2 inch pieces)	chopped into small pieces
2 Tblspns butter	3/4 cup strawberry jelly or seedless jam
1/4 cup light brown sugar	1 tsp lemon juice
1/2 tsp Nutmeg	1/2 tsp strawberry extract

Preheat oven to 375 degrees. Spray the bottom and sides of a 9 x 13 inch jelly roll pan. CRUST: Combine flour, granulated sugar and salt. Using an electric mixer, add (one piece at a time) the 1 cup of butter to the flour mixture. Take out 1 1/4 cup of the combined flour/butter mixture and set it aside. Press the remaining mixture into the bottom of the prepared pan (press firmly). Bake in the preheated oven for 14 minutes or until lightly golden. STREUSEL TOP: Add brown sugar and oats to the reserved flour/butter mixture. With fingers, work in the 2 Tblspns of butter. Combined mixture should be small pea-sized clumps. FILLING: Combine jelly, berries, spices, lemon juice, and extract in a small bowl. Mash the berries with a fork and combine (making sure to leave some small chunks of berries). Spread the berry mixture over the hot crust and then sprinkle the streusel topping over the filling. Bake (375 degree oven) for 22 - 25 minutes or until top is golden.