

Team Daytona Beach – D7: Menus

Menu Presentation

Menus are attached in Appendix A and will be framed in wood.

Dinner 1

Menu

- Appetizer:** Tostones with black bean puree and fresh pico de gallo
- Entrée:** Marinated Fish tacos with Goat Cheese Guacamole and Heirloom Tomato-Avocado-Watermelon Salsa served with Cilantro Lime Scented Rice
- Dessert:** Key Lime Tart topped with Crème Chantilly
- Drink:** Fruity (virgin) Pinacolada

Recipes

Tostones with Black Bean Puree and Fresh Pico de Gallo

Ingredients

Tostones

- 2 Plantains
- 1-2 cups oil for frying
- 1 tablespoon minced garlic
- 1 cup water
- Sea salt

Black Bean Puree

- 2/3 cup Onion
- 1 clove Garlic
- 1/3 cup Chicken Broth
- 1 can Black Beans (15oz can); rinsed and drained

Pico de Gallo

- 5 whole Plum (roma) Tomatoes
- 1/2 whole Large (or 1 Small) Onion
- 3 whole Jalapeno Peppers
- Cilantro
- Lime Juice
- Salt to Taste

Directions

Tostones

1. Peel the plantains and cut them into 1-inch thick disks. Place the garlic in a bowl with the water and set aside.
2. Heat enough oil in a large skillet so that the disks will be half way submerged in the oil. When the oil is shiny and a drop of water sizzles across the top, add the plantains. Fry for 3-5 minutes on each side until the plantains are lightly softened and browned. Remove and place on a paper towel lined plate.
3. Place the plantains on a cutting board, smash with the back of a wooden spoon to make them half as thick, and let them soak in the garlic water for about a minute.
4. Remove, dab them dry and wipe off garlic pieces so they don't burn, and return to the frying pan. Fry for another 2-3 minutes on each side or until they take on a deep golden color and a crispy texture. Drain again on paper towels, sprinkle with ground sea salt and top with Black Bean Puree and Pico de Gallo.

Black Bean Puree

1. Place skillet over medium heat. Add 1 teaspoon canola oil to pan; swirl to coat. Add the onion; cook for 3 minutes or until tender, stirring frequently. Add garlic clove; cook for 30 seconds, stirring constantly.
2. Add broth, and cook for 1 minute, scraping pan to loosen browned bits. Add black beans; cook 2 minutes, stirring frequently. Cook slightly. Place black bean mixture in blender. Pulse 15 times, scraping occasionally until mixture is a thick puree.

Pico de Gallo

1. Chop jalapenos, tomatoes and onions into a very small dice. Next, chop up a nice-sized bunch of cilantro. Just remove and discard the long leafless stems before chopping. No need to remove the leaves from the stems completely. Place all of these ingredients together in a bowl and give it a good stir.
2. Squeeze the juice of half of one lime into the bowl. Add salt to taste and stir again.

Marinated Fish Tacos with Goat Cheese Guacamole and Heirloom Tomato-Avocado-Watermelon Salsa

Ingredients

Fish Tacos

- 4 Six ounce portions of fish
- six inch tortillas- corn or flour, soft
- key lime, halved

For the Tropical Spiced Fruit Juice Marinade

- 1/2 Cup orange juice
- 1/2 Cup pineapple juice
- 1/2 Cup guava juice
- 1/2 Cup coconut water
- 3 Tablespoons grape seed
- 2 Tablespoons chopped fresh herbs

- 1 clove of garlic, peeled and fine chopped
- 1 Tablespoon ground Mexican mixed chili dry spice
- Sea salt to taste

For the [Goat Cheese Guacamole](#)

- 1/2 Pound creamy goat cheese, no rind
- 2 avocados, pitted, skin removed
- 1 large roasted poblano, cleaned
- 1 Tablespoon cilantro, rough chop
- 1 clove of garlic, chopped
- 2 Tablespoons key lime juice
- 1/2 Cup half and half
- Sea salt and pepper to taste

For the [Garden Tomato-Avocado and Watermelon Radish Salsa](#)

- 4 large garden heirloom tomatoes or best available, small dice
- 1 medium watermelon, peeled small dice
- 2 avocado, pitted, pitted, small dice
- 1 small red onion, small diced
- 4 jalapeno, seeds removed, finely diced
- 3 Tablespoons fresh cilantro leaves, finely chopped
- 2 Tablespoons fresh key lime juice
- Sea salt and pepper to taste

Directions

[Fish Tacos](#)

1. Proceed to the grill and ensure the cooking area is cleaned. Spray cooking surface with cooking spray. Use medium-high heat. Cook the marinated fish to a medium to medium-well doneness (just cooked through). Set aside to rest. Clean the cooking surface and warm the tortillas on each side 10-15 seconds.
2. After the fish has had a few moments to rest, flake the fish into medium-large pieces and place along the diameter of the warmed tortillas. Atop the flaked fish place equal amounts of goat cheese guacamole followed by tomato-avocado and watermelon salsa. Fold into a taco a shape. For extra spice, serve with your favorite hot sauce.

[For the Tropical Spiced Fruit Juice Marinade](#)

1. Combine all above ingredients in a bowl, mix well.
2. Marinate the fish for a minimum 20 minutes making sure all portions are evenly coated.
3. For extra intensity of spice flavor, substitute your favorite hot dry spice blend and/or add in your favorite hot sauce.

[For the Goat Cheese Guacamole](#)

1. To roast the chile, place on high heat grill or above a gas flame to char the outside skin to a dark brown almost black color all around.
2. Place in a bowl and cover with plastic wrap until cool.
3. When cool enough to handle remove the outer charred skin as well as the seeds inside.

4. Place the roasted chile along with all the above ingredients in a food processor, puree until smooth (If needed, half and half maybe used to thin the puree to achieve desired consistency).
5. Season to taste.
6. Chill in refrigerator for at least 30 minutes before serving to allow flavors to combine.

For the Garden Tomato-Avocado and Watermelon Salsa

1. Thoroughly combine all the ingredients in a mixing bowl.
2. Season to taste.
3. Chill in the refrigerator for at least thirty minutes before serving to allow the flavors to combine.
4. To adjust spice intensity add or take away the serrano or jalapeno chiles and/or add your favorite hot sauce.

Cilantro Lime Scented Rice

Ingredients

- 1 tablespoon Oil
- 3 Cloves Garlic, Minced
- 1 Large Onion, Chopped
- 2 Cups Long-Grain Rice
- 1 Teaspoon Kosher Salt
- 3 to 4 Cups Low-Sodium Chicken Broth
- Juice of 3 Limes and Zest of 2 Limes
- 1 Tablespoon Coconut Cream
- Chopped Fresh Cilantro, for Garnish

Directions

1. Heat the oil in a large skillet over medium heat. Add the garlic and onions and cook for 3 to 4 minutes. Reduce the heat to low and add the rice and salt. Cook over a low heat for 3 minutes, stirring constantly to make sure the rice doesn't burn. Add 2 cups of the broth and the juice and zest of 2 limes and bring it to a boil. Reduce the heat to low, cover and simmer for 10 to 15 minutes or until the rice is done. Add more liquid as needed. The rice shouldn't be sticky.
2. Just before serving, stir through the coconut cream, juice of 1 lime and lots of chopped cilantro.

Key Lime Tart topped with crème Chantilly

Ingredients

- 1 ½ Cups Graham Cracker crumbs
- 1/3 cup Brown Sugar
- 6 Tablespoons Butter, Melted
- 3 whole Egg Yolks
- 1 can (14 Oz) Sweetened Condensed Milk
- 4 fluid ounces key lime juice

Directions

1. Preheat oven to 350 degrees

2. For the crust: Place graham crackers in a bowl and stir in brown sugar and melted butter. Press into a pie pan and bake for 8 minutes or until golden and set. Remove from oven and set aside to cool slightly.
3. For the filling: Mix egg yolks in a mixing bowl until light and fluffy. Add in condensed milk and mix on high until smooth and thick. Stir in lime juice. Pour mixture into crust and bake for 10 minutes.
4. Remove from oven, allow to cool, then refrigerate for at least 1 hour—more if possible.
5. Serve with sweetened whipped cream and grated lime zest.

Fruity (virgin) Pinacolada

Ingredients

- 1-½ cups Frozen Unsweetened Pineapple Chunks
- ¼ Cup Ice
- 1 Cup Unsweetened Pineapple Juice
- 1 cup Unsweetened coconut Milk
- 1-3 Tablespoons Brown Sugar (optional)
- Fresh Pineapple Wedges

Directions

1. Place the frozen pineapple chunks and ice in the bottom of a blender.
2. Pour the pineapple juice and coconut milk over top. Add the brown sugar if using. Puree until smooth. Taste to test desired sweetness.
3. Pour into glasses, and garnish with fresh pineapple wedges
4. Serve immediately

Dinner 1 Comprehensive Ingredient List

- Plantains
- Vegetable Oil
- Garlic
- Sea Salt
- Onion
- Red Onion
- Chicken Broth
- Black Beans
- Plum Tomatoes
- Jalapeno
- Lime Juice
- Cilantro
- Fish
- Orange Juice
- Pineapple Juice
- Guava Juice
- Coconut Water
- Grape Seed
- Chopped Fresh Herbs
- Chili Dry Spice
- Goat Cheese
- Avocado
- Poblano
- Half and Half
- Pepper
- Tomatoes
- Watermelon
- Long Grain Rice
- Limes
- Coconut Cream
- Graham Crackers
- Brown Sugar
- Butter
- Eggs
- Condensed Milk
- Ice
- Coconut Milk

Dinner 2

Menu

Appetizer:	Tofu Tropical Spring Rolls with Sweet Chili Sauce
Entrée:	Fresh Grouper topped with Red Pepper-Papaya jam served with grit cakes and roasted corn-bean salad
Dessert:	Mango infused Pound Cake with a tart and sweet key lime glaze
Drink:	Refreshing (virgin) Mojito

Recipes

Tofu Tropical Spring Rolls with Sweet Chili Dipping Sauce

Ingredients

Spring rolls

- 3 cups lightly packed arugula, roughly chopped
- 2 ripe mangos, sliced into long, thin strips (see photos)
- 1 large red bell pepper, seeded, membranes removed and sliced into long, thin strips
- 2 jalapeños, seeded, membranes removed and sliced into long, thin strips
- 1 (14 ounce) package extra-firm Tofu, diced
- 6 to 7 round rice papers, also known as spring roll wrappers or spring roll skins

Sweet Chili dipping sauce

- ½ cup rice vinegar
- ½ cup honey
- 1/4 cup water
- 3 Tbsp. soy sauce
- 2 Tbsp. red wine vinegar
- 3 cloves garlic, minced
- ½ Tbsp. dried crushed pepper
- 1 ½ Tbsp. cornstarch dissolved in water

Directions

Spring Rolls

1. Fill a shallow pan larger than your spring roll wrappers with warm water. Fold a lint-free tea towel in half and place it next to the dish. Place your prepared spring roll fillings within reach.
2. Place one rice paper in the water and let it rest for about twenty seconds. You'll learn to go by feel here—wait until the sheet is pliable but not super floppy. Carefully lay it flat on the towel.
3. Leaving about an inch of open rice paper around the edge, cover the lower third of the paper with about 1/2 cup chopped arugula. Top with four slices of mango down the length of the greens, followed by several slices of bell pepper and jalapeño, and finally, with diced tofu.
4. Fold over one long side to enclose the filling, then fold over the short sides like you would a burrito, and lastly, roll it up, stretching the remaining long side around the roll to seal it. Repeat with remaining ingredients.

5. Slice the rolls in half on the diagonal with a sharp chef's knife or serve whole, with sweet chili sauce on the side.

Sweet Chili Sauce

1. Place all ingredients - except the cornstarch-water mixture - in a sauce pan or pot. Bring to a rolling boil.
2. Reduce heat to medium and let boil for 10 minutes, or until reduced by half. Reduce heat to low and add the cornstarch-water mixture. Stir to incorporate and continue stirring occasionally until the sauce thickens, about 2 minutes.
3. Remove from heat and taste-test. Pour sauce into a small bowl or jar and serve as a condiment, dip or marinade.

Grouper with Red-Pepper Papaya Jam

Ingredients

- 1 cup chopped red bell pepper
- 3/4 cup diced peeled papaya
- 1/2 teaspoon chopped jalapeño pepper
- 1/4 cup water
- 2 tablespoons sugar
- 3 tablespoons red wine vinegar
- Dash of salt
- 1/2 teaspoon fresh lime juice
- 1/4 cup panko (Japanese breadcrumbs)
- 2 tablespoons flaked sweetened coconut
- 1 1/2 tablespoons chopped dry-roasted cashews
- 2 tablespoons all-purpose flour
- 2 large egg whites, lightly beaten
- 2 (6-ounce) grouper fillets
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 teaspoons butter
- Lime wedges (optional)

Directions

1. To prepare jam, combine first 3 ingredients in a food processor; process until smooth.
2. Combine water, sugar, red wine vinegar, and dash of salt in a small saucepan over medium-high heat. Cook until sugar dissolves, stirring frequently. Reduce heat to medium. Add pureed bell pepper mixture; cook 7 minutes or until thickened and reduced to 1/2 cup, stirring frequently. Remove from heat; stir in lime juice. Cool.
3. Preheat oven to 350°.
4. To prepare grouper, place the panko, coconut, and cashews in food processor; pulse 4 times or until cashews are finely chopped. Place panko mixture in a shallow dish. Place flour in another shallow dish; place egg whites in another shallow dish. Sprinkle fillets with 1/8 teaspoon salt and black pepper. Dredge 1 fillet in flour. Dip fillet into egg whites; dredge in panko mixture, gently

pressing coating onto fillet to adhere. Repeat procedure with remaining fillet, flour, egg whites, and panko mixture.

5. Melt butter in a large nonstick skillet over medium-high heat. Add fillets; cook 2 minutes or until lightly browned on bottom. Turn fillets over; wrap handle of pan with foil. Place pan in oven; bake at 350° for 8 minutes or until fish flakes easily when tested with a fork. Serve immediately with jam and lime wedges, if desired.

Roasted Corn Salad

Ingredients

- Juice of 3 limes
- 2 tsp. ground cumin
- 1 tsp. mild chili powder
- 3/4 cup extra-virgin olive oil, plus more for brushing
- Coarse salt and freshly ground pepper, to taste
- 1 ½ Cup frozen corn, thawed
- ½ Cup pinto beans
- 3 cups cherry tomatoes, stemmed and halved
- 1/2 cup diced red onion
- 1/2 cup chopped fresh cilantro
- 1/4 lb. feta cheese, diced

Directions

1. In a bowl, whisk together the lime juice, ground cumin and chili powder. Pour in the 3/4 cup olive oil in a slow, steady stream while whisking to make a vinaigrette. Season with salt and pepper. Set aside.
2. In a large skillet, cook and stir corn in remaining oil over medium-high heat until tender. Transfer to a salad bowl; cool slightly.
3. Add the beans, tomatoes, onion, cilantro, feta and drizzle the vinaigrette and toss to coat evenly.

Grit Cakes

Ingredients

- 3 1/2 cups milk
- 5 garlic cloves, minced
- 1 cup quick grits
- 1/2 cup shredded sharp cheddar
- Salt and freshly ground pepper
- Tabasco
- 2 tablespoons vegetable oil, plus more for brushing

Directions

1. Lightly oil a 9-inch-square glass baking dish. In a medium saucepan, bring the milk to a simmer with half of the garlic. Slowly whisk in the grits over moderate heat until very thick, 3 minutes. Remove from the heat and whisk in the cheddar. Season with salt, pepper and Tabasco. Pour into the dish and press plastic wrap directly onto the surface. Let stand until firm, 30 minutes.
2. Heat a pan and brush with oil. Cut the grits into 12 squares. Cook over moderate heat until crisp, about 2 minutes per side. Keep the grit cakes warm in a low oven.

Mango Pound Cake with Key Lime Glaze

Ingredients

- 1/4 Cup Coconut milk
- 1.5 Cup All-Purpose Flour
- 2-3 Mangos
- 3/4 Cup Sugar
- 1/4 tsp Salt
- 2 tbsp Canola Oil
- 1 tsp Coconut Extract (if can't find, use vanilla extract)
- 3/4 Cup Unsalted Butter (at room temperature)
- 2 Egg(s) (large eggs, at room temperature)
- 1/2 tsp Baking Soda
- 1/2 tsp Baking Powder
- Glaze Topping:
 - 1 Cup Powdered Sugar
 - 2 Tablespoons Key Lime Juice
 - ½ teaspoon vanilla extract

Directions

1. Preheat oven to 325 degree F. Prepare a 7 inch round pan (or square pan) with butter and flour. Rub the interior of pan with butter, then add flour and swirl it around to make a coating. Set aside. Also, peel mangoes, and using food processor puree the pulp to yield about 3/4 cup puree. (add 1-2 tbsp water if puree looks too thick or lumpy).
2. Using a hand mixer or stand mixer, cream together room temperature butter and sugar until pale yellow in color.

3. Batter should be creamy, pale yellow and not gritty (sugar fully dissolved)
4. With mixer running at low add 2 eggs (one at a time), blending well after adding each egg. Also add coconut extract, coconut milk, oil, and 1/2 cup mango while mixing. Mix on medium for good 4 minutes or until mixture has good volume, and is creamy.
5. In a bowl, add flour, salt, baking powder, and baking soda and sift together. Add 2 batch flour to wet mixture, 1/3 at a time, and fold with rubber spatula after every addition. Then add remaining 1/4 cup mango puree, last batch of flour and fold in.
6. Don't over mix. Just use gentle strokes until dry flour is moistened.
7. Transfer batter to baking pan and bake for 50-60 minutes or until cake is golden brown and tooth pick inserted in the center comes out clean.
8. Let cool, then loosed the edges with knife and flip the cake on cooling rack. Cool the cake complete before slicing.

Virgin Mojito drink

Ingredients

- 15 mint leaves
- 1 teaspoon raw sugar
- 1 ounce fresh lime juice
- 1/2 ounce Simple Syrup
- Ice
- 4 ounces chilled ginger ale

Directions

1. In a cocktail shaker, muddle the mint, sugar, lime juice and Simple Syrup. Add ice, shake well and pour into a glass. Top with the ginger ale

Dinner 2 Comprehensive Ingredient List

- Limes
- Cumin
- Chili Powder
- Extra Virgin Olive Oil
- Sea Salt
- Ground Black Pepper
- Frozen Corn
- Pinto Beans
- Cherry Tomatoes
- Red Onion
- Cilantro
- Feta
- Milk
- Garlic
- Grits
- Sharp Cheddar
- Tabasco
- Vegetable Oil
- Arugula
- Mangos
- Red bell pepper
- Jalapeños
- Extra-firm Tofu
- Rice papers
- Rice Vinegar
- Honey
- Soy Sauce
- Red Wine Vinegar
- Garlic
- Dried Crushed Pepper
- Cornstarch
- Water
- Arugula
- Mangos
- Red bell pepper
- Jalapeños
- Extra-firm Tofu
- Rice papers
- Rice Vinegar
- Honey
- Soy Sauce

- Red Wine Vinegar
- Garlic
- Dried Crushed Pepper
- Cornstarch
- Water
- Red bell pepper
- Papaya
- Jalapeño pepper
- Honey
- Red wine vinegar
- Panko (Japanese breadcrumbs)
- Flaked sweetened coconut
- Dry-roasted cashews
- All-purpose flour
- Egg whites
- Grouper fillets
- Salt
- Ground black pepper
- Butter
- Lime Juice
- Lime wedges
- Water
- Coconut Milk
- All-Purpose Flour
- Mangos
- Sugar
- Salt
- Canola Oil
- Vanilla Extract
- Unsalted Butter
- Eggs
- Baking Powder
- Baking Soda
- Powdered Sugar
- Key Lime Juice
- 15 mint leaves
- 1 teaspoon raw sugar
- 1 ounce fresh lime juice
- 1/2 ounce Simple Syrup
- Ice
- 4 ounces chilled ginger ale

Game Night

- Snack 1:** Plantain chips dusted with seasoning and served alongside fresh salsa, guacamole, and garlic aioli
- Snack 2:** Mango-Curry Shrimp Salad Puff Pastry Cups
- Drinks:** Key lime Milkshake, Strawberry Milkshake, and Tropical Milkshake

Recipes

Plantain chips Dusted with Seasoning and served alongside Fresh Salsa, Guacamole, and Garlic Aioli

Ingredients

Plantain

- Vegetable oil, for frying
- 2 green plantains, peeled
- 2 limes, zested and juiced
- Key Lime Salt

Fresh Salsa

- 5 whole Plum (roma) Tomatoes
- 1/2 whole Large (or 1 Small) Onion
- 3 whole Jalapeno Peppers
- Cilantro
- Lime Juice
- Salt to Taste

Goat Cheese Guacamole

- 1/2 Pound creamy goat cheese, no rind
- 2 avocados, pitted, skin removed
- 1 large roasted poblano, cleaned
- 1 Tablespoon cilantro, rough chop
- 1 clove of garlic, chopped
- 2 Tablespoons key lime juice
- 1/2 Cup half and half
- Sea salt and pepper to taste

Garlic Aioli

- 2 to 3 whole heads garlic
- Extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 1 cup mayonnaise
- 1/3 cup fresh lemon juice
- 2 tablespoons grated Parmesan

- 1/2 tablespoon Dijon mustard
- 1/8 teaspoon cayenne pepper
- Dash Worcestershire sauce
- Chopped fresh parsley, for garnish

Directions

Plantain

1. Preheat 1-inch of oil in a deep sided skillet over medium-high heat to 360 degrees F.
2. Using a mandoline or sharp knife, slice plantains into 1/8-inch thick ovals on the diagonal. Carefully add plantains to the oil in batches and fry until a tap with a metal spoon sounds hollow, about 1 minute. Remove to a paper towel-lined plate. Sprinkle lightly with lime zest, lime juice and salt. Transfer to a serving plate and serve.

Fresh Salsa

1. Chop jalapenos, tomatoes and onions into a very small dice. Next, chop up a nice-sized bunch of cilantro. Just remove and discard the long leafless stems before chopping. No need to remove the leaves from the stems completely. Place all ingredients together in a bowl and stir.
2. Squeeze the juice of half of one lime into the bowl. Add salt to taste and stir again.

Goat Cheese Guacamole

1. To roast the chile, place on high heat grill or above a gas flame to char the outside skin to a dark brown almost black color all around.
2. Place in a bowl and cover with plastic wrap until cool.
3. When cool enough to handle remove the outer charred skin as well as the seeds inside.
4. Place the roasted chile along with all the above ingredients in a food processor, puree until smooth (If needed, half and half maybe used to thin the puree to achieve desired consistency).
5. Season to taste.
6. Chill in refrigerator for at least 30 minutes before serving to allow flavors to combine.

Garlic Aioli

1. Preheat the oven to 425 degrees F.
2. Take the whole heads of garlic and cut the tops off to expose the garlic cloves. Place on a large piece of aluminum foil and drizzle lightly with olive oil and sprinkle with salt and pepper. Wrap up the foil into a tight pouch, and then place in the oven and roast for 35 to 45 minutes. Remove from oven and allow to cool. Squeeze the pulp from the skins (you'll need 1/3 cup).
3. In a food processor, combine the roasted garlic, mayonnaise, lemon juice, Parmesan, Dijon mustard, cayenne pepper, Worcestershire sauce and some salt and pepper. Pulse

until well combined. Refrigerate to allow the flavors to meld together. Garnish with parsley.

Mango-Curry Shrimp Salad Puff Pastry Cups

Ingredients

- 3 Puff Pastry Sheets
- Vegetable oil
- 1/2 cup mayonnaise
- 2 tablespoons chopped fresh cilantro
- 5 teaspoons fresh lime juice
- 2 teaspoons mango chutney
- 3/4 teaspoon Thai green curry paste
- 12 ounces peeled cooked medium shrimp, coarsely chopped
- Fresh cilantro leaves

Directions

1. Preheat oven to 325°F. Place puff pastry sheets on work surface; brush lightly with oil. Press each into miniature muffin cup, oiled side down. Bake until wonton cups are golden brown, about 10 minutes. Cool completely in tins. DO AHEAD Can be made 3 days ahead. Remove cups from tins and store airtight at room temperature.
2. Whisk mayonnaise, chopped fresh cilantro, lime juice, chutney, and curry paste in medium bowl to blend. Stir in shrimp. Season salad to taste with salt and pepper. DO AHEAD Salad can be prepared up to 1 day ahead. Cover and refrigerate.
3. Place puff pastry cups on serving platter. Spoon 1 teaspoon shrimp salad into each cup. Garnish with cilantro leaves.

Key lime Milkshake, Strawberry Milkshake, and Tropical Milkshake

Ingredients

Key Lime Milkshake

- 3 scoops vanilla ice cream
- 2 tablespoons key lime juice
- 1 tablespoon lime zest
- Splash of heavy cream
- Crushed graham crackers
- Sliced key lime
- Gold leaf
- Whipped topping

Strawberry Milkshake

- ½ cup frozen strawberries

- 3 scoops ice cream
- Splash of heavy cream
- 1 tablespoon honey
- 3 mashed up strawberries
- Gold leaf
- Whipped topping

Mango Pineapple Milkshake

- 1 cup frozen mangoes
- 1 cup pineapples
- 4 tablespoons honey
- 3 scoops ice cream
- Splash of heavy cream
- Whipped topping
- Mango Pineapple puree
- Gold leaf

Directions:

Key Lime Milkshake

1. Add ice cream, key lime juice, lime zest, and heavy cream to a blender; blend until smooth.
2. Divide up between mini glasses and add whipped topping, gold leaf, graham cracker and key lime slice to the top.
3. Serve immediately

Strawberry Milkshake

1. In a blender add in frozen strawberries, ice cream, heavy cream, and honey.
2. Blend until smooth; divide among glasses top with whipped topping, smashed strawberries and gold leaf.
3. Serve immediately.

Mango Pineapple Milkshake

1. In a blender combine ½ cup mangoes, ½ cup pineapples, and 2 tablespoons of honey; blend until combined.
2. Pour out and set aside next blend together mangoes, pineapples, honey, heavy cream and 3 scoops ice cream.
3. Lastly pour into glasses top with whipped topping. mango pineapple puree and gold leaf.
4. Serve immediately

Key Lime Pie Popcorn

Ingredients

- 2 Tablespoon canola oil

- 1/3 Cup popcorn kernels
- 10 oz. Key Lime Pie Wilton Candy Melts
- 6 graham crackers
- 1 Cup mini marshmallows
- ½ Tablespoon Key Lime Salt

Directions

1. Put oil and 3 popcorn kernels in a large pot and turn heat to medium-high. When the kernels pop, add all of the kernels, cover the pot and remove it from the heat for about 30 seconds. Then, put your pot back on the stove and once kernels start popping, vigorously shake the pot back and forth, keeping it on heat. Once popping slows, take pot off the heat and remove cover.
2. While the popcorn's popping, you can melt the candy melts. Put candy melts in a microwave safe bowl and place in the microwave for one minute at 50% heat. Stir mixture with a spoon and then repeat heating at 30-second intervals, stirring in between each one, until candy melts are fully melted.
3. Now, smother your popcorn with the melted candy. Or rather, put popcorn in a large bowl and spoon the candy all over it. Crumble up the graham crackers and add them, too, along with the mini marshmallows. Dust Popcorn with Key Lime Salt.

Game Night Comprehensive Ingredient List

- Canola Oil
- Popcorn Kernels
- Key Lime Pie Wilton Candy Melts
- Graham Crackers
- Mini Marshmallows
- Key Lime Salt
- Vanilla Ice Cream
- Key Lime Juice
- Lime Zest
- Heavy Cream
- Graham Crackers
- Key lime
- Gold Leaf
- Whipped Cream
- Mangoes
- Pineapples
- Honey
- Pineapple Puree
- Puff Pastry Sheets
- Vegetable Oil
- Mayonnaise
- Cilantro
- Mango Chutney
- Thai Green Curry Paste
- Shrimp
- Strawberries
- Plantains
- Goat Cheese
- Avocados
- Poblano
- Garlic
- Half and Half
- Salt
- Pepper
- Extra Virgin Olive Oil
- Parmesan
- Dijon Mustard
- Cayenne Pepper
- Worcestershire Sause
- Parsley

Appendix A



Dinner I

Appetizer:

**Tostones with black bean puree
and fresh Pico de Gallo**

Entrée:

**Marinated fish tacos with Goat
Cheese Guacamole and heirloom
tomato-avocado-watermelon
salsa served with cilantro lime
scented rice**

Dessert:

**Key lime Tart topped with
crème Chantilly**

Drink:

Fruity (virgin) Pinacolada

Menu designed by culinary academy at Seabreeze High School advised by Ms. Meaghan McCracken





Dinner 2

Appetizer:

Tofu Tropical Spring Rolls with Sweet Chili Sauce

Entrée:

Fresh Grouper topped with Red Pepper-Papaya jam served with grit cakes and roasted corn-bean salad

Dessert:

Mango infused Pound Cake with a tart and sweet key lime glaze

Drink:

Refreshing (virgin) Mojito

Menu designed by culinary academy at Seabreeze High School advised by Ms. Meaghan McCracken





Game Night

Plantain chips dusted with seasoning and served alongside fresh salsa, guacamole, and garlic aioli

**Mango-Curry Shrimp Salad
Puff Pastry Cups**

Key lime Milkshake

Strawberry Milkshake

Tropical Milkshake

Menu designed by culinary academy at Seabreeze High School advised by Ms. Meaghan McCracken

