

Baked Orange Roughy

Single serving size is 6 oz. per person

1. Preheat oven to 375 degrees.
2. Sprinkle 2 tsp. of Doug's Jamaican Style Jerk Rub on both sides of the fish.
3. Place the fish in a shallow baking pan, and place in the oven uncovered for approximately 20 minutes or until the internal temperature reaches 135 degrees.
4. Remove from the oven and serve immediately

Side Dishes

The following recipes make 4 servings:

Brown Rice

1. Prepare as directed for 4 servings.
2. Add 4 tbs. of honey barbeque sauce and serve.

Broiled Asparagus

1. Clean and remove the stems of 1 bunch of asparagus spears.
2. Place the spears in a covered microwave safe dish with 3 tbs. of water.
3. Microwave for 5 minutes or until tender.
4. Transfer the asparagus to a shallow baking pan.
5. Coat with 1 tbs. of olive oil.
6. Sprinkle with 2 tbs. Romano cheese and the juice from 1 lemon.
7. Place the pan under the broiler for 5 minutes or until lightly brown.

Shopping List

Approx. 4 Servings:

- 1 jar of Doug's Down Home Jamaican Style Jerk Rub.
- (4) 6 oz. pieces of orange roughy
- 1 bunch of asparagus
- 1 lemon
- Romano cheese
- brown rice
- honey barbeque sauce

Suggested Wine and Beer Pairings

- Wine - Chardonnay
- Beer – Stout or a Bohemian Pilsner

Grilled Chicken Breasts

Single serving size is (1) 6 oz. breast per person

1. Preheat grill to high heat.
2. Sprinkle 2 to 3 tsp. of Doug's Jamaican Style Jerk Rub on the skin and underside of each chicken breast.
3. Place the chicken on the grill, bone side down, and turn the heat down to medium. Keep the grill covered while cooking.
4. Turn as appropriate to keep from burning.
5. When the internal temperature reaches 160 degrees, remove from the grill and serve.

Side Dishes

The following recipes make 4 servings:

Grilled Pineapple and Onion Salsa

1. Trim and quarter length wise 1 medium ripe pineapple. Remove the core from each quarter and brush lightly with olive oil.
2. Remove the outer skin from one large Mayan sweet onion and cut slices horizontally $\frac{3}{4}$ inches thick. Make sure the rings do not become separated. Brush lightly with olive oil.
3. Preheat grill to high. Place the pineapple and onion on the grill and cook 3 to 4 minutes per side. Remove from the grill when the pineapple and onions have softened and show grill marks.
4. In a large non-metallic bowl mix together the following ingredients:
 - a. The juice from 2 limes
 - b. 1 tbs. extra virgin olive oil
 - c. $\frac{1}{2}$ cup of cleaned and finely chopped fresh mint
 - d. $\frac{1}{2}$ cup of cleaned and finely chopped fresh cilantro
 - e. $\frac{1}{2}$ tsp. kosher salt
 - f. 1 tbs. honey
5. When the pineapple and onion cool, roughly chop into $\frac{3}{4}$ inch pieces, add to the bowl with the other ingredients, and mix well.
6. Let stand for 2 hours and serve.

Baked Yams

1. Preheat oven to 375 degrees.
2. Clean 4 medium yams in water and thoroughly dry.
3. Lightly coat the yams with olive oil and a $\frac{1}{4}$ tsp. of kosher salt.
4. Wrap each yam in tin foil and pierce with a fork.
5. Place the yams in an oven safe dish and bake for 30 to 40 minutes or until the yams are tender.
6. Remove from the oven and let cool until the yams can be handled. Discard the foil and serve with butter, kosher salt and pepper to taste.

Shopping List

Approx. 4 Servings:

- enough charcoal or propane for 1.5 hours of cooking
- 1 jar of Doug's Jamaican Style Jerk Rub
- 4 bone in and skin on chicken breasts
- 1 medium to large ripe pineapple
- 1 large Mayan sweet onion
- 4 medium yams
- 2 limes
- 1 bunch of fresh mint
- 1 bunch of fresh cilantro
- olive oil
- orange blossom honey
- kosher salt
- aluminum foil

Suggested Wine and Beer Pairings

Wine – Gewürztraminer

Beer – Amber or Pale Ale (Doug's recommendation
Sam Adams Light)