

*Holiday
Recipe Book*

2016





*Drinks
&
Cocktails*



SANDY SUNSETINI



1oz Bacardi Mango Rum
1 oz Banana Sour puss
½ oz Lemon Mix
Ginger

½ oz **Tropical Rhythms Pineapple**
Grace Kola Champagne Syrup
Pineapple Wedge



1. Pour Bacardi Mango Rum, Banana Sour puss, Lemon Mix and Tropical Rhythms Pineapple Ginger in a glass.
2. Shake and strain.
3. Drizzle with Grace Kola Champagne Syrup.
4. Garnish with Pineapple Wedge



GRACE RUM PUNCH



1oz Bacardi Oakheart Spiced Rum 1oz Wray & Nephew
½ oz **Tropical Rhythms Fruit Punch** ½ oz **Tropical Rhythms Pineapple Ginger**
dash of bitters

1. Pour all ingredients into a glass.
2. Shake and strain.
3. Garnish with Pineapple Wedge





SANGRACIAS



2 Ginger Infused Ice Cubes

Fresh kiwi

Pineapple

1oz Grand Marnier

1/2 oz **Grace Tropical Rhythms Pineapple Ginger**

Cherry Brandy

1 oz Merlot

Lemon Mix

Mint leaves

Club Soda



1. Place ginger infused ice cubes in glass.
2. Pour in 1oz merlot, 1 oz grand marnier, 1/2 oz lemon mix, 1/2 oz TR Pineapple Ginger and Lemon Mix.
3. Add fresh kiwi, mint leaves and pineapple.
4. Top with club soda and drizzle with cherry brandy.



COCONUT WATERMELON SENSATION



2 cups Watermelon

4 Mint Leaves

Ice

1 Lime

1½ cups **Grace 100% Pure Coconut Water**

1. Place watermelon, Grace 100% Pure Coconut Water, mint leaves and ice as needed in blender.
2. Squeeze lime in the mixture and blend until smooth.
3. Use extra mint leaves as garnish and serve.



Celebrate with
your favourites





*Snacks
&
Appetizers*



ROASTED JERK CHICK PEAS



2 cans **Grace Chickpeas**
2 tbsp **Grace Coconut Oil**
Grace Jerk Seasoning (your preference mild or hot)

1. Pre-heat the oven to 400° F.
2. Spread rinsed chickpeas out on a dishtowel or paper towels. Pat until they are all dry.
3. Add melted Grace Coconut Oil and Grace Jerk Seasoning to coat.
4. Roast chickpeas for 20-30 minutes, or until crispy and starting to brown. Toss chickpeas or shake the tray every so often.

*If you desire crispy chickpeas, they are best served straight out of the oven after cooling briefly. They also taste amazing cold.



SWEET & SPICY LIME KETTLE CORN



1/4 cup Grace Organic Coconut Oil	1/2 tsp Baking Soda
3/4 cup Grace Organic Coconut Sugar	12 cups Plain Popcorn
1 cup Brown Sugar	2 cups Unsalted Peanuts
1/4 cup Lime Juice	1 cup Grace Coconut Chips
2 tsp Grace Hot Pepper Sauce	4 tsp freshly grated Lime Zest
1 tsp Salt	

1. Preheat oven to 300°F.
2. Line two baking sheets with parchment paper; set aside.
3. Melt Grace Organic Coconut Oil in a saucepan set over medium heat.
4. Add Grace Organic Coconut Sugar, brown sugar, lime juice, and Grace Hot Pepper Sauce and salt.
5. Bring to a boil, swirling pan to combine.
6. Once sugar has dissolved, boil for 2 minutes.
7. Remove from heat. Stir in baking soda.
8. In a large bowl, toss the brown sugar sauce with popcorn, peanuts, Grace Coconut Chips and lime zest. Spread evenly on prepared pans.
9. Bake, stirring occasionally, for 20 minutes or until caramel has set. Cool completely and break into clusters.



TOMATO COCONUT SOUP



- | | |
|---|---|
| 2 tbsp Grace Organic Coconut Oil | 1/4 tsp ground nutmeg |
| 1 onion, chopped | 1 can diced tomatoes |
| 2 cloves garlic, chopped | 2 cups no salt added chicken broth |
| 1 tbsp chopped ginger | 2 tsp coconut vinegar |
| 2 tsp paprika | 1 can Grace Organic Coconut Milk |
| 1 tsp ground cumin | 2 cups chickpeas |
| 1 tsp ground coriander | 2 tbsp Grace Organic Coconut Sugar |
| 3/4 tsp salt | 1/4 cup Grace Coconut Chips |
| 1/4 tsp freshly ground pepper | 1/4 cup finely chopped fresh cilantro |
| 1/4 tsp ground cinnamon | |

1. Melt Grace Organic Coconut Oil in a Dutch oven set over medium heat. Add onion, garlic and ginger.
2. Cook, stirring occasionally, for 5 minutes or until softened.
3. Stir in paprika, cumin, coriander, salt, pepper, cinnamon and nutmeg. Cook for 1 minute.
4. Add tomatoes, broth, Grace Organic Coconut Milk and chickpeas; bring to a boil.
5. Simmer for 20 minutes or until fragrant. Cool slightly.
6. Purée in batches, until very smooth. Stir in Grace Organic Coconut Sugar and coconut vinegar. Adjust salt and pepper to taste. Garnish with toasted Grace Coconut Chips and cilantro.





DHAL



Oil
1 cup **Grace Yellow Split Peas**
1 finely chopped Onion
2 sliced Cloves of Garlic
3 tsp. of **Grace Coconut Oil**
1 tsp. of Mustard Seeds
1 chopped and seeded Jalapeno Pepper

½ tsp. of Tumeric
¾ can of **Grace Coconut Milk**
2 finely sliced Shallots
¼ tsp. Red Chili Pepper Flakes
3 Bay Leaves

1. In a saucepan over medium-high heat, sauté the garlic, onion and Jalapeno pepper in 2 tablespoons of Grace Coconut Oil.
2. Add the turmeric, Grace Yellow Split Peas and 3 cups of water.
3. Bring all of the ingredients to a bowl, then lower the heat and simmer.
4. Leave covered until the peas are soft (about 30 minutes).
5. Add Grace Coconut Milk and simmer for 5 minutes, stirring occasionally. Add salt to taste.
6. In a separate skillet, add 1 tablespoon of Grace Coconut Oil and melt over high heat.
7. Add the shallots, the red chili pepper flakes, bay leaves and mustard seeds. Fry until the mustard seeds begin to turn gray.
8. Stir into the Grace Split Peas and serve.





Entrées



JERK CHICKEN WINGS



1 teaspoon Molasses
1 teaspoon Salt
2 tablespoons Cream Sherry
3/4 cups Brown Sugar
1/4 teaspoon ground All-Spice

2 pounds Chicken Wings
1 1/2 cups **Grace Jerk BBQ Sauce**
1/2 tablespoon **Grace Jerk Seasoning**
3 Garlic Cloves

1. Combine all the marinade ingredients and coat the wings.
2. Cover and refrigerate for about 4 hours or overnight.
3. Light the barbecue grill or preheat the oven to 150°C/300°F.
4. Barbecue the wings covered with foil for 40 minutes, turning occasionally and basting with Jerk BBQ sauce.



JERK PORK CHOPS



4 pork chops
2 limes
2 tbsp sunflower oil
1 tbsp **Grace Jerk Seasoning**

2 garlic cloves, crushed
2 tbsp coriander, chopped
2 tbsp **Grace Jerk BBQ Sauce**

1. Put the chops into a shallow container, season and sprinkle over the Grace Jerk Seasoning. Drizzle with olive oil and sprinkle over the garlic and squeeze over the juice of 1 lime and coriander leaves.
2. Cover and chill whilst heating the grill or barbecue until hot, cook the chops for about 15 mins, turning as needed, serving with extra lime slices .



SHRIMP TACOS WITH PINEAPPLE SALSA



PINEAPPLE SALSA:

2 cups finely chopped pineapple, 1/2 cup chopped red pepper, 1/4 cup finely chopped red onion, 1/4 cup chopped cilantro, 1 jalapeno (seeded and diced), 2 tbsp lime juice, 1 tsp lime zest, 1/2 tsp salt

CREAMY COLESLAW:

4 cups shredded purple cabbage, 1 carrot (shredded), 1/2 cup chopped green onion, 1/4 cup low fat mayonnaise, 1/4 cup sour cream, 2 tbsp Coconut Vinegar, 1 tbsp honey, 1 tsp ground cumin, 1/2 tsp ground chipotle powder, 1/2 tsp salt, 1/2 tsp freshly ground pepper

SHRIMP TACOS:

1 tbsp **Grace Organic Coconut Oil**, 1/2 tsp ground cumin, 1/2 tsp salt, 1/2 tsp pepper, 2 tbsp lime juice, 1 tbsp honey, 1/4 cup chopped fresh cilantro, 12 small white corn tortillas (warmed), **Grace Coconut chips**, Lime wedges, 1 lb peeled and deveined shrimp

PINEAPPLE SALSA:

Toss pineapple with red pepper, red onion, cilantro, jalapeno, lime juice and salt. Add hot sauce to taste (if using). Chill for at least 30 minutes before serving. Adjust salt to taste.

CREAMY COLESLAW:

Toss cabbage with carrot and green onion. In a separate bowl, whisk mayonnaise with sour cream, Coconut Vinegar, honey, cumin, chipotle powder, salt and pepper. Toss dressing with cabbage mixture. Let stand for 30 minutes.

SHRIMP TACOS:

Heat Grace Organic Coconut Oil in a large, nonstick skillet set over medium-high heat. Add shrimp, cumin, salt and pepper. Cook, stirring, for 2 minutes or until shrimp are completely pink. Add lime juice and honey. Cook for 2 minutes or until shrimp is cooked through and well glazed; toss with cilantro. Fill each tortilla with coleslaw, shrimp and pineapple salsa. Garnish with coconut chips. Serve with extra coleslaw and lime wedges.

CURRY QUINOA WITH KALE & CAULIFLOWER



ROASTED CAULIFLOWER:

8 cups cauliflower florets, 2 tbsp **Grace Organic Coconut Oil** (melted), 1 tsp dried thyme leaves, 1 1/2 tsp paprika, 1/4 tsp salt, Pinch cayenne pepper

CURRIED QUINOA:

2 tbsp **Grace Organic Coconut Oil**, 1 onion (chopped), 1 carrot (chopped), 1 tbsp minced ginger, 2 cloves garlic (minced), 1 tbsp mild curry powder, 1/2 tsp salt, 1/4 tsp freshly ground pepper, 4 tsp Indian curry paste, 1 cup quinoa, 1 cup no salt added chicken broth, 1 can **Grace Organic Coconut Milk**, 1 cup chickpeas (drained and rinsed), 1/4 cup raisins, 3 cups thinly sliced kale (ribs removed), 1 tbsp Coconut Vinegar, 2 tbsp finely chopped fresh parsley (optional), 1/4 cup **Grace Coconut Chips**

1. Roasted Cauliflower: Preheat oven to 425°F. Toss the with melted coconut oil, thyme, paprika, salt and cayenne pepper. Arrange on a parchment-lined baking sheet. Roast, turning halfway, for 25 minutes or until tender and lightly golden brown.

2. Curried Quinoa: Meanwhile, melt the coconut oil in a large skillet set over medium heat. Add onion, carrot, ginger, garlic, curry powder, salt and pepper. Cook, stirring frequently for 5 minutes. Stir in curry paste and cook for 1 minute.

3. Stir in quinoa until well coated. Stir in coconut milk and broth; bring to a boil. Add chickpeas and raisins. Reduce heat to low.

4. Cook, stirring occasionally, covered, for 15 to 20 minutes or until most of the broth is absorbed. Add kale. Continue to cook, covered, for 5 to 8 minutes or until quinoa is tender and all the liquid has been absorbed. Let stand covered for 5 minutes. Stir in vinegar.

5. Divide quinoa evenly among four plates and top with cauliflower. Garnish with parsley and coconut chips before serving.



JERK BARBECUE PULLED BEEF TACOS



TACOS:

1 large red onion, cut into thin slices
2.5- 3 pounds (1.360kg) boneless inside round roast
Grace Jerk BBQ Sauce
8 to 10 corn or flour tortillas

SALSA:

1 tbsp vegetable oil	1/4 medium red onion, fine diced
1 tsp chili powder	1 jalapeno, seeds removed and diced
Salt and black pepper	1 medium avocado peeled and diced
4 ears corn, shucked	2 tbsp chopped cilantro leaves
2 roma tomatoes fine diced	2 tbsp lime juice
1 can black beans	

1. Place onions at the bottom of your slow cooker and place the beef on top. Pour entire bottle of Grace Jerk BBQ Sauce over the beef.
2. Cover and cook on LOW for 7 to 8 hours. You can also cook it on HIGH for 4 to 5 hours. Remove beef and shred it with two forks.

SALSA:

3. Set up grill or indoor grill pan over medium heat.
4. In a small bowl combine canola oil, chili powder, and salt and pepper, to taste. Brush corn with oil mixture. Place on hot grill and cook 10 minutes, turning frequently. Remove to a cutting board and let cool for a few minutes. When cool, cut kernels from the cob.
5. In a large bowl combine tomatoes, beans, onion, jalapeno, avocado, cilantro, lime juice and grilled corn. Season with salt and pepper.
6. Warm tortilla shells on grill about 30 seconds each side. Place pulled beef in each taco shell, top with salsa and serve. For added heat, add some **Grace Scotch Bonnet Pepper Sauce**.





Desserts



COCONUT DARK CHOCOLATE CAKE



1 3/4 cups all purpose flour
2 tsps baking powder
1 tsp sea salt
1 cup **Grace Organic Coconut Sugar**
1/4 cup unsalted butter
1/4 cup **Grace Organic Coconut Oil**

2 tsps vanilla extract
3/4 cup unsweetened flaked coconut
1 cup **Grace Organic Coconut Milk**
4 ounces dark chocolate
1/2 cup **Grace Coconut Chips**
2 eggs

For the glaze:

1 cup powdered sugar
1/2 tsp vanilla extract

1-2 tbsps Grace Coconut Milk

1. Preheat oven to 350 degrees.
2. In a large mixing bowl sift flour, baking powder & sea salt.
3. In the bowl of a stand mixer fitted with the paddle attachment cream the sugar, butter & coconut oil until smooth.
4. Add the eggs one at a time, followed by the vanilla extract.
5. Alternate between adding the coconut milk & flour mixture. beat until smooth.
6. Fold in the flaked coconut & half of the chocolate chunks.
7. Pour into a greased 8-inch round cake pan & top with remaining chocolate chunks & coconut chips.

For the glaze:

Mix the ingredients in a bowl until the desired consistency is formed. If the glaze is too thick, add more coconut milk. If the glaze is too thin, add more powdered sugar.

Special thanks to Modest
Marce for this recipe!
www.heymodestmarce.com





COCONUT RICE PUDDING



3 1/2 cups milk	Pinch salt
1 can Grace Organic Coconut Milk	1 1/3 cups basmati rice
1 vanilla bean, split and scrapped	2/3 cup Grace Organic Coconut Sugar
2 cinnamon sticks	1 ripe mango, peeled and diced
1 star anise (optional)	1/4 cup Grace Coconut Chips
1/4 tsp ground cardamom	

1. Combine milk, Grace Organic Coconut Milk, vanilla bean seeds, cinnamon stick, star anise and cardamom in a saucepan set over medium heat.
2. Bring to a gentle boil and stir in rice.
3. Reduce heat to medium-low. Simmer, stirring frequently, for 30 to 35 minutes or until rice is tender and mixture has thickened.
4. Discard cinnamon stick and star anise.
5. Remove from heat and stir in the sugar.
6. Divide evenly among 4 dessert bowls. Cool slightly or chill for at least 4 hours.
7. Garnish with mango and Grace Coconut Chips before serving.





PINEAPPLE GINGER LIME POPSICLES



4 cups fresh pineapple, chopped 1/2 cup water
1/4 cup fresh mint, chopped 1 cup **Tropical Rhythms**
1/2 granulated sugar **Pineapple Ginger**



1. Combine the water and granulated sugar, in a small saucepan.
2. Bring to a boil, then simmer, stirring until the sugar is dissolved, 3-4 minutes. Remove from the heat and cool completely.
3. Combine all ingredients in a blender, and process to the desired consistency.
4. Divide the mixture between popsicle molds. Place in the freezer until the popsicles are frozen.



FRUIT PUNCH POPSICLES



1 cup water
1 **Tropical Rhythms Fruit Punch** 2 cups ice
1 **Tropical Rhythms Pineapple Ginger** 1/2 cup lime juice

Blend ingredients into a slushie then pour into popsicle cups, place in freezer for an hour, remove and enjoy!





THANK YOU



Happy Cooking!

Thank you for choosing Grace and making us the #1 choice for authentic Caribbean cuisine.

We love delivering quality and bringing all the best flavours of the Caribbean to your kitchen.

Stay tuned because 2017 is promising to be an exciting year filled with new products and fresh looks for some of our classics.

Best wishes this holiday season and wishing you a wonderful, flavour filled new year!

Cheers,

The Grace Team

