

INGREDIENTS (SOS PWA)

- 16 oz Bag black beans
- 1 Habanero pepper
- 1 tbs Salt
- ½ bell pepper
- 2 tbs Olive oil
- 6 cloves
- 1 tbsp adobo
- Thyme
- 8 cups of water
- 2 whole garlic
- 1 Scallion
- Tbsp. butter



DIRECTIONS:

- 1- In a 5 qt pot, boil water and beans with bell pepper, cloves, garlicks, scallion and olive oil until beans are soft (approximately 1 hour). You may need to add water as the beans boil.
- 2- Once the beans are soft, add 3/4 of the beans with all cooked spices to a blender and puree' the beans with water from the pot.
- 3- Run the puree' through a strainer while returning it to the beans still in the pot.
- 4- Add the butter, salt, habanero pepper and adobo to the pot and stir slowly.
- 5- Cook the beans on low heat for 15 min and then serve with white rice.



INGREDIENTS (WHITE RICE)

1 cup Jasmine Rice

2 cups of water

1 tbsp of diced scallion

1/2 tsp Salt

1 tbsp Butter



DIRECTIONS:

1. In a large pot sauté scallions in olive oil.
2. Add water and bring to boil.
3. Add the rice to the boiling water.
4. When the liquid is nearly dry, add the butter and reduce the heat to medium and cover the pot for 15-20 min then serve.

INGREDIENTS (SOS PWASON)

- 2 Red Snappers
- 2 – 3 tbsps. Epis
- 4 tbsps. Lemon or Lime Juice
- 5 Garlic cloves, minced
- 1 tsp. Garlic Powder
- ¼ tsp Cloves
- 2 – 3 Sprigs of Thyme
- 1 tbs Adobo
- 1 tsp. Seasoned Salt
- 1 Scotch Bonnet or Habanero Pepper
- 2 tbsps. Tomato Paste
- 2 tbsps. Butter
- 3 - 4 tbsps. Vegetable Oil
- 2 cups Water



DIRECTIONS :

1. Clean your fish and prepped before seasoning. Cut slits on the surface of the fish (both sides) in order for the marinade to go through. If you prefer, you can cut the fish in half. For demonstration purposes.
2. Finely mince 1 hot pepper (scotch bonnet or habanero) and add it to a small bowl with 2 – 3 tbsps. of epis.
3. Add in the following to the bowl with epis: 4 tbsps. lemon juice, 1 tsp. garlic powder, 1 crushed Maggie, 1 tsp. seasoned salt, 5 minced garlic cloves, the leaves removed from 3 – 4 sprigs of thyme (you can also leave

them whole and add it in later). Mix the spices thoroughly with a spoon to combine.

4. Baste this marinade all over the fish (inside and out), especially through the slits that were made. This is what will pack the fish full of flavor. Cover the fish and let it marinate in the fridge for at least 30 minutes or overnight. As always, the longer it marinates, the better.
5. In a large sauce pan on medium heat, add about 3 – 4 tbsps. of vegetable oil and 2 tbsps. of tomato sauce. Sauté for about 2 – 4 minutes stirring frequently. You want tomato sauce to darken a little in color, but not burn.
6. Add in 1 cup of water a little at a time to the pan, stirring frequently so that the tomato sauce will dissolve and develop a smooth sauce. At this point, you can increase the temperature to high or medium high.
7. Once the sauce is smooth in consistency, place in the fish gently into the pan.
8. Add an additional cup of water to the container that the fish was marinating in to gather the rest of the seasoning. Pour it into the pan with the fish.
9. You have to be careful when stirring the sauce so that the fish doesn't break. In addition, you won't be turning the fish at all. So how does the top side get cooked? Well, as the sauce boils, you will have to frequently baste the top of the fish with the sauce. Frequently scoop the sauce and pour it on top of the fish.
10. Depending on the size of the fish, the cooking and basting process will take anywhere from 10 – 15 minutes. Then, add about 2 tbsps. of butter and gently stir until it melts and fully incorporates. At this point, you can taste the liquid. Add more water and/or salt if desired to reach your desired flavor and sauce consistency. I personally like the thickness of the sauce and usually the original 2 cups is enough and there is no need to add additional salt.

To top it off, add sliced onions and dell peppers and turn off the heat.

Ingredients (epis)

- 10 Sprigs of parsley
- 1 Onion
- 2 celery stalks
- 2 cups cilantro
- 2 Green Bell Peppers
- 3 scallion stalks
- 2 tbs Adobo
- 5 Sprigs of Thyme
- 3 Heads of garlic
- 2 tbs of Lime juice or 1 lime
- 1/4 cup of Extra Virgin Olive Oil
- 1 tbs of Vinegar
- Blender
- 32 oz Jar



DIRECTIONS:

1. Remove stems and seed from ingredients according to your preference.
2. In a blender add the herbs, onions, peppers, garlic bouillon cubes and vinegar.
3. Puree ingredients and then slowly add the olive oil until ingredients have an even consistency.
4. Pour the epis into the 32 ounce container and refrigerate until needed.