

ISLAND MENU

Colour Burst Raw Melon Soup: for 2 people

This recipe consists of the liquid from each raw melon and 3 melon towers.

Melon Towers:

Make three melon towers using a small piece (1" cubes) of each melon on a toothpick. Put this aside until ready to assemble.

Raw Melon Soup:

Take each melon and blend it separately – then put each aside:

- 1 cup watermelon (cubed)
- ½ tsp. ginger

Blend then put aside:

- 1 cup cantaloupe (cubed)
- ½ tsp. ginger

Blend then put aside:

- 1 cup honeydew (cubed)
- 1 mint leave

To make the soup pour each blended melon into your bowls so they do not mix – you will have the 3 colours meeting with each other in the center.

Now place the 3 Melon Towers in each bowl and serve at room temperature.

Other Serving suggestions: this could also be served as a great cocktail by using a short high-ball glass: put just 1 melon tower in each glass – then pour in each melon and watch the colours mix as you stir it with your melon tower.



Zucchini Pasta with Cantaloupe Marinara: for 2 people

You will need a spiral veggie cutter (I use the Spirooli) to make the pasta from a medium zucchini – make about 2 cups of thin spaghetti like noodles – put aside

Cantaloupe Marinara Sauce:

Put the following in your food processor and using the pulse button chop all the ingredients until coarse:

- ½ cup grape tomatoes (keep 4 aside for garnish)
- ¼ cup chopped zucchini
- ¼ cup chopped celery
- 2 thin slices of ginger root
- ¼ cup chopped sweet onion
- 1 cup cantaloupe (cut into 1" pieces)

Stir in:

- 2 tbsp. juice from fresh limes
- ½ tsp. chili powder

Put the zucchini noodles in a pasta bowl and make a hole in the center

Pour the Cantaloupe sauce into the center and garnish with 4 grape tomatoes that have been sliced in half lengthwise. Serve at room temperature.



Spicy Bean Stew: for 2 people

This soup can be a mixture of any beans and lentils with diced veggies and served over rice. I like to use my slow cooker so I can get this all ready and leave it cook while I go about my business.

Method: In your crockpot put the following on high to simmer for 20-30 minutes:

- ½ cup white onion (finely chopped)
- ½ cup celery (finely chopped)
- 2 garlic cloves (minced)
- ¼ cup water
- 2 tbsp. coconut oil

Once the above are soft add the following and cook on low for 6-8 hours:

- 1 small yam (diced)
- 1 cup carrots (diced)
- 1 zucchini (diced)
- 1 cup dried bean & lentil combo (these should have been soaked overnight)
- 2 tbsp. sweet green pepper
- 1 tsp. of each: nutmeg, curry & turmeric
- 4-5 cups of water

Stir and add sea salt and cayenne pepper to taste (I like ½ to 1 tsp of each). Serve hot.



Papaya Mango Flan: 8" round pie plate

The crust is our basic almond date mixture then a thin layer of bananas cover with a fan of bright papaya and mango slices covered with a pineapple juice glaze. This should be made up early in the day then kept cool in the fridge, best served the same day.

Almond Crust:

Soak nuts and seeds overnight then drain before grinding.

In food processor grind until coarse:

- 1 cup almonds (pecans or brazil nuts are good choices too)
- ½ cup of each: coconut & dates

You know it is ready when it starts to lump – you may need to add a few dates at this time. Pat this nut mixture into a 9" pie plate for ¼ " thick crust. Save some for the top.

Filling:

Line this crust with thinly sliced bananas

- 1-2 firm yellow bananas

Slice the mango and the papaya into thin slices then alternate over the bananas

- 1 ripe papaya
- 1-2 ripe mangos

Take some fresh pineapple and blend until a liquid:

- 1 cup pineapple
- 2 tbsp. water

Pour over the rest of the pie and put in fridge until ready to serve.

