



Make This Valentine's Day Spicy!

Caribbean Seafood Stew Paired with Aloha Humboldt Golden Lemons

This pairing was designed by Khara Pechtes, Founder of Food Flower Future, and Linsey Jones, CEO of Aloha Humboldt. Recipe created by Chef Kimberly Kamish-King.

Heat up your Valentine's with this spicy Caribbean Seafood Stew that sets fire to your palate—and your passions. The rich flavors inspired from Jamaica are beautifully contrasted by the tart, dank overtones of Aloha Humboldt's Golden Lemons.

Yield: serves 2-3 people

Ingredients

3 ripe plantains (medium size)	1 tsp salt
2 lobster tail 8oz (or 1 lb prawn or other seafood)	1 tsp pepper
1 can El Pato hot tomato sauce	½ tsp ginger
1 yellow onion	2 tbsp garlic powder
1 cup white rice	1½ tsp oregano
6 cloves garlic	2 tsp cumin
1 scotch bonnet pepper or habanero	2 tbsp olive oil
2 radishes	1 tbsp parsley
1 orange (juiced)	cilantro for garnish
2 cups water at room temperature	

Preparation:

Cut plantains into chunks & steam for about 8 minutes. You want them to be soft, not mushy, still slightly firm. Once steamed, set aside to cool.

Clean & cut lobster (or shrimp) & squeeze juice of 1 orange, pour over and set aside. Slice & dice onion, garlic and scotch bonnet or habanero pepper (remove seeds based on your preference of heat).

Mash steamed plantain with a fork, form into small round balls and set aside in a bowl. (If the plantains are not holding, sprinkle a little flour to absorb moisture and make molding easier.)

Set a medium-size skillet on low to medium heat, drizzle 1 tbsp olive oil & saute lobster for 3-5 minutes. Add ½ tsp salt and ½ tsp pepper. Remove from skillet and set aside.

In the same skillet, drizzle 1 tbsp olive oil, Saute onions, garlic and scotch bonnet/habanero for about 2 minutes.

Add 8oz can El Pata hot tomato sauce and stir. Then add 2 cups water and stir. Next, add salt, black pepper, ginger, garlic powder, oregano, cumin, parsley, and stir. Simmer on low heat.

Add plantain dumplings back into the skillet, cover and cook for 5 minutes. Gently move the dumplings around to ensure they're fully getting covered in tomato sauce.

Remove lid, add lobster/shrimp back to skillet, cook another 3 minutes on low heat. Serve over rice, garnish with cilantro, sliced radishes and a squeeze of citrus.



Aloha!