

Hot Sauce, Chicken and Rice Recipes



Alton Brown Salsa

Ingredients

- 6 Roma tomatoes
- 4 garlic cloves, minced
- 2 seeded jalapenos, 2 roasted jalapenos (be bold use hotter peppers!)
- 1 Red bell pepper
- 1/2 Red onion
- 1 tablespoon olive oil
- 1 lime, juiced
- Chili powder, salt, and pepper, to taste
- Fresh scallions, cilantro or parsley, to taste

Directions

- In a bowl, combine all ingredients, steep in refrigerator for 1-2 hrs before serving.

Mango Salsa

Ingredients

- 2 mango - peeled, seeded and chopped
- 1 cup pineapple or peach (use a tsp or so of canned juice)
- 1 finely chopped red bell pepper
- 1 Green onion
- 2 tbsp cilantro
- 1 jalapeno pepper (or Anaheim / some other mild type)
- 2 tbsp lime juice
- 1 tbsp lemon juice

Directions

- In a medium bowl, mix mango, red bell pepper, green onion, cilantro, jalapeno, lime juice, and lemon juice. Cover, and allow to sit at least 30 minutes before serving.

Guacamole Recipe

Ingredients

- 4 avocados, halved, seeded and peeled
- 1 Juiced lime
- 1/2 Juiced lemon
- 1/2 tsp salt
- 1/2 tsp cumin
- 1/4 tsp curry
- 1/2 tsp cayenne or powdered hot pepper
- 1/2 Diced red onion
- 2 Roma tomatoes
- 1/2 tbsp chopped cilantro
- 1 Minced garlic clove

Directions

- In a large bowl place the scooped avocado pulp and lime juice, toss to coat.
- Drain, and reserve the lime juice, after all of the avocados have been coated.
- Mash avocado (do not blend) add salt, cumin, and cayenne and mash with fork.
- Fold in onions, tomatoes, cilantro, and garlic.
- Add 1 tablespoon of the reserved lime juice.

Twists – add pineapple (grilled or fresh)

Devil's Trinity Hot Red Sauce

Ingredients

½ Tsp Dried Cayenne (or homemade flaked peppers!)
2-4 Tbsp fermented Carolina reaper or morguia scorpion paste
6-12 Fresh hot peppers (Chocolate Ghosts, 7 Pot or others, use jalapeno if you are wimpy)
2 cup Malt vinegar (can mix with white vinegar)
3-4 Roma tomatoes
¼ Tsp Cumin
1 Juiced lemon
½ Chopped Onion
Small Can - Tomato paste to taste
1 Red garden pepper
1 tsp curry powder
½ tsp Paprika
1-2 clove garlic
1 tsp Salt
1 tsp Sugar
1/8th tsp Potassium sorbate (optional – also trace metabisulfate)
1/8th tsp Xanthan gum



Directions

- Blanch peppers (boil 1 cup distilled white vinegar and drop peppers for 2-3 min).
- Add peppers, salt and sugar with ½ cup of vinegar to blender. Blend until smooth.
- Add rest of vinegar and blend until smooth.
- Sometimes for flavor – will add tequila

Mango Pineapple Hot Sauce

Ingredients

2 cups peeled chopped Mangoes

1 cup pineapple crushed not drained

1 can (~14 oz) mango juice (Numex Mango Nectar is great) I've played with pineapple juice or even substituted mango for canned peaches and syrup

Peppers (will make a pretty hot sauce – adjust as your taste requires)

- 8-12 Habanero Peppers (remove seeds)
- 5- 10 super hots (Trinidad Morgua Scorpion, Ghost Scorpion, Bhut Orange: remove seeds)

1 Tsp Sugar

1 lime juiced

2 lemon juiced

2 tsp ginger, fresh minced

½ tsp black cumin

½ cup rice wine vinegar (white will do – malt vinegar might be interesting)

1 tsp salt

1/8th tsp potassium sorbate (optional – also trace metabisulfate)

1/8th tsp Xanthan gum



Directions

- Add lime juice with fruit. Mix in half of mango juice and blend until smooth
- Blend all remaining ingredients until smooth. Filter pulp through fine strainer, return a bit to the filtered juice but toss most.
- Deseed the peppers – the seeds are bitter, most the heat comes from the ribs (placenta) of the fruit.
- Rough cut/dice peppers and place in remaining mango juice with lemon juice and vinegar then blend until smooth.
- Add salt, sorbate (preservative) and xanthan gum and stir. Allow the gum to swell (10-15 min) then blend the entire mixture smooth. Add peppers as needed.
- Sterilize bottles in boiling water then transfer sauce and store at 4oC (fridge).

Mango Marinade

Ingredients

1 cup Mango nectar (Numex)
½ cup Orange or pineapple juice
1 tbsp Mango paste
1 tsp fresh ginger
1 clove garlic
Dash Cayenne or other pepper powder
½ tsp salt
1 tsp malt or balsamic vinegar
1 tsp brown sugar
1 squeezed lime
1 tsp soy or fish sauce * avoid if gluten free
1 cubed mango

Directions

- Add all ingredients and blend until smooth
- Reserve ½ for coating during grilling and serving
- Marinade 1-4 hours
- Grill chicken or sauté if cubed.
 - Alternatively sous vide for 1-2 hrs at 142°F. Coat and grill or sauté OR shock, marinade then grill/sauté
 - Alternatively add a bit of thickening agent (starch or xanthan gum to marinade for thickness)
 - If cubed breasts, sauté with onion, red and green peppers. Serve on rice (coconut rice?)

Coconut Lime Shrimp Rice with Beans

Ingredients

5 tbs butter
1 cup jasmine rice
1 ¼ cup water
1 ¼ cup unsweetened coconut milk (spike with a bit of coconut cream and or a tiny bit of vanilla)
1 lime
½ can rinsed pigeon (grandules) beans or black beans.
2 cloves garlic
1 lb raw peeled and deveined shrimp (whole or cut into smaller pieces)
8 green onions (both white and green portions)
½ cup chopped cilantro
¼ tsp cumin
¼ tsp salt and dash of pepper
½ lime zest

Directions

Coconut Rice

- Melt butter and sauté rice until grains are well coated
- Bring water and coconut milk/cream and pinch salt to a boil. Stir in rice and beans, simmer covered for 12-15 min. Fluff with fork and stir in a tiny bit of lime zest.

Shrimp

- Heat olive oil in large pan over medium-high heat. Sauté garlic and onions (reserve a small amount for garnish) until garlic is golden brown.
Optional – red or other pepper flakes to taste
- Add shrimp, ½ lime juice, cumin, salt and pepper and sauté until shrimp are turning opaque.
- Remove from heat and toss with cilantro, remaining lime juice, lime zest and remaining onion
- Serve on bed of fluffed rice.