

# Contents

|  |    |  |    |
|--|----|--|----|
| <b>Pure Luck</b>   | 1  |  |    |
| The Community Garden   | 4  | Creamy Kabocha (Green Pumpkin)<br>Soup with Cream Cheese Crouton               | 39 |
| Volunteers and Visitors  | 6  | Corn and Habanero Chowder<br>with Coconut Milk                                 | 42 |
| Fresh Local Food   | 8  | Cauliflower Bisque with Fried Leeks  | 44 |
| Jungle-Fusion Cuisine  | 10 | Roasted Carrot Soup with Rice  | 46 |
| Jungle-Fusion Culinary Retreats                                    | 12 |  |    |
| Exploring Your Local<br>Food Resources                             | 14 | <b>Salsas</b>  | 49 |
| Composting   | 16 | Grilled Papaya and Corn Salsa  | 50 |
|  |    | Avocado-Tomatilla Salsa  | 52 |
| <b>Appetizers</b>  | 19 | Banana Salsa   | 54 |
| Smokey Eggplant Dip (Baba<br>Ghannoujh) with Toasted Cumin Oil     | 21 | Rock Shrimp Salsa  | 56 |
| Bacon-Wrapped Turkey Skewers<br>with Chipotle Marmalade            | 24 | Charred Tomato Salsa   | 58 |
| Grilled Peach Quesadillas with<br>Goat Cheese and Cashews          | 26 | <b>Ceviches</b>  | 61 |
| Garlic Bread with Fresh<br>Mozzarella and Stewed Tomatoes          | 28 | Lobster and Coconut Ceviche  | 62 |
| Chili Con Queso  | 30 | Ceviche de Pargo con Mandarinas<br>(Red Snapper Ceviche with Citrus<br>Juices) | 64 |
|  |    | Crab Ceviche   | 66 |
| <b>Soups</b>   | 33 | Ceviche de Atun con<br>Guanabana and Ginger                                    | 68 |
| Grilled Gazpacho with Cilantro and<br>Chipolte Cremas (Sour Cream) | 35 | Classic Shrimp Ceviche Cocktail  | 71 |

|   |     |  |     |
|---|-----|--|-----|
| <b>Ensalatas</b>  | 75  | <b>Fish and Seafood</b>  | 117 |
| Tico Chopped Salad with<br>Gorgonzola Cheese  | 76  | Lobster, Crawfish and Pasta  | 118 |
| Chilled Beet Salad on Watercress<br>with Ginger-Miso Dressing and<br>Goat Cheese Crumbles | 78  | Stuffed Tomatoes with Crab<br>and Queso Blanco                                     | 120 |
| Guacamole   | 80  | Seared Tuna with Guajillo<br>Chili Sauce   | 122 |
| Mountain Spinach Salad with<br>Toasted Pumpkin Seeds and<br>Lime Vinaigrette              | 83  | Grilled Escolar with<br>Lime Preserves   | 124 |
| Tuna and Hearts of Palm with<br>Bibb Lettuce with a Mustard-Caper<br>Vinaigrette          | 86  | Serrano-Wrapped Shrimp<br>Stuffed with Truffled Crab and<br>Thai-Style Chili Sauce | 126 |
| <b>Side Dishes</b>  | 89  | <b>Vegetarian Entrees</b>  | 129 |
| Fresh Chili and Bell Pepper Salad   | 90  | Sweet Onion Taro Cakes with<br>Queso Fresco and Strawberry-<br>Tomato Salsa        | 130 |
| Coconut Marinated Grilled Onions  | 92  | Black Bean Falafel   | 132 |
| Red Cabbage Slaw  | 94  | Roasted Tofu with Spicy<br>Pumpkin Hash  | 134 |
| Seared Mountain Spinach with<br>Water Apples  | 96  | Handmade Cheese Papusas<br>with Salsa  | 136 |
| Roasted Cauliflower with<br>Habanero Pepper   | 98  | Spaghetti with Pomodoro Sauce<br>and Fresh Mozzarella                              | 138 |
| <b>Meat and Poultry</b>   | 101 | <b>Sweets and Desserts</b>   | 141 |
| Grilled Beef Tenderloin with<br>Chipolte Corn Sauce                                       | 102 | Flahive Family Banana Bread  | 142 |
| BBQ Beef Sausages with<br>Pineapple Chili Sauce   | 104 | Apple, Macadamia and Raisin<br>Crumb Cobbler                                       | 144 |
| Kitchen Sink Chicken  | 106 | Chocolate Chip Cookies   | 146 |
| Arroz con Pollo (Tico Style<br>Chicken and Rice)  | 109 | Coconut Apricot Bars   | 148 |
| Vanilla Pork Loin with Black<br>Tea and Pan Juices  | 113 | Grilled Banana Ice Cream   | 150 |