

# Tropical recipes have flair

Tropical recipes have flair, enchantment and excitement according to Jay Solomon in his cookbook "A Taste of the Tropics."

Solomon has a restaurant in Denver, Emily's Gourmet.

The tropics are a gastronomic melting pot with the influences of the British, Dutch, French, Chinese, Indian, African, Portuguese, Japanese and Spanish. Seafarers introduced and spread fruits and vegetables such as bananas, pineapples and chile peppers.

## Groundnut (Peanut) Stew

West Indies

2 tablespoons butter or vegetable oil

1 medium onion, diced

2 cloves garlic, minced

1 tablespoon fresh ginger, minced

2 small potatoes, diced

1 cup yuca (cassava) or potato, peeled and diced

5 cups water

2 cups unsweetened chunky peanut butter (natural works best)

1/4 cup canned crushed tomato

1 cup shredded kale or spinach

1/2 cup chopped okra

2 teaspoons dried thyme

2 teaspoons ground cumin

1 teaspoon pepper

1/4 teaspoon salt

1 tablespoon minced fresh cilantro

In a stockpot sauté butter, onion, garlic and ginger. Add potatoes,



## pat schiefen

• postscript

yuca and water.

Cook for 15 to 20 minutes until vegetables are soft.

Add peanut butter, crushed tomatoes, kale, okra and seasonings. Bring to a simmer while stirring frequently. Whisk the mixture if the peanut butter clumps together. Remove from the heat and serve. Serves 6 to 8.

## Chile Pepper Corn Bread

1 cup yellow cornmeal

1 cup flour

1/4 cup sugar

1 tablespoon baking powder

1/2 teaspoon salt

1 teaspoon coarsely crushed black peppercorns

2 eggs, beaten

1/2 cup buttermilk

1/2 cup milk

1/4 cup melted butter

1/2 cup chopped green onions

2 to 3 chile peppers, seeded and minced

Preheat oven to 375 degrees.

In a bowl put the dry ingredients and stir together well. In a different bowl whisk together eggs, buttermilk, milk and melted butter.

Add the green onions and peppers to the milk mixture.

Gently fold milk mixture into the dry ingredients until a batter is formed.

Pour batter into a greased 8 inch square baking pan.

Bake for 20 to 25 minutes until lightly browned. Serves 4 to 6.

## Grilled Pork with Apricot Catsup

Hawaii

Marinade

1/2 cup soy sauce

1/3 cup pineapple juice

1/4 cup red wine vinegar

2 cloves garlic, minced

2 tablespoons minced fresh ginger

2 tablespoons honey

1/2 teaspoon pepper

1 1/2 pound pork loin, well trimmed

Catsup

4 apricots, pitted and chopped

1 cup red wine vinegar

1/2 cup red onion, diced

1/4 cup brown sugar

1 1/2 tablespoons minced fresh ginger

1 clove garlic, minced

1/4 teaspoon pepper

1/4 teaspoon salt

To make the marinade combine soy sauce, pineapple juice, vinegar, garlic, ginger, honey and pepper in a mixing bowl. Add the pork loin and marinade for 3 to 4 hours.

To make the catsup in a saucepan combine the apricots, vinegar, onion, sugar, ginger, garlic, pepper and salt.

Cook for 10 to 12 minutes over medium heat. Stir occasionally.

Remove apricot mixture from the heat and process in a food processor until smooth. Pour into a serving bowl.

Preheat grill.

Remove pork from the marinade and drain. Discard marinade.

Place meat on lightly oiled grill and cook for 5 to 7 minutes on each side until pork is done in the center.

Transfer to warm plates and spoon apricot catsup on the top. Serves 4.

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### Calvary Gospel Church

**Pastor:** Rev. Steve Rains  
Fourth & College • 899-3605  
**Sunday:** Sunday School: 9:15 am  
Morning Service: 10:30 am  
Small Group Ministries  
**Wednesday:** Prayer and Worship: 7:00 p.m.  
Youth @ the Rock House: 7:00 p.m.

### Our Lady of Perpetual Help

**Pastor:** Father Norbert Dlabal  
307 W. 13th • 899-7205  
**Sacrament of Reconciliation:**  
4:30-5 pm Saturday or by appointment  
**Mass Schedule:**  
Saturday: 6 pm, Sunday: 10:30 am  
**Spanish Mass:**  
1st & 3rd Sunday: 2 pm

### Sonrise Christian Church

Ninth & Caldwell • 899-5398  
**Minister:** Tony Kafka  
**Youth Minister:** Doug Bean  
**Sunday:** Worship Service: 9:30 am  
Sunday School: 10:45 am  
**Wednesday:**  
Junior/Senior High Meeting: 7 pm  
Adult & Children's Classes: 7 pm

### Word of Life Foursquare Church

10th & Clark • 899-5250  
**Pastor:** John Coumerilh  
**Service Schedule:**  
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Grades 1 through 5: 7 p.m.

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### Bible Baptist Church

**Pastor:** Glenn Hermanson  
Fifth & Broadway  
899-7368  
**Sunday:** Sunday School: 9 am  
Morning Service: 10 am  
Evening Service: 6:30 pm  
**Wednesday:** Evening Bible Study: 7 pm

### Church of Jesus Christ of Latter-Day Saints

1200 15th Street • Burlington, CO  
(719) 346-7984  
**Sacrament Meeting:** 10 am  
**Sunday School:** 11:15 am  
**Priesthood/Relief Society:** 12 am

### Iglesia Del Dios Vivo

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Spanish Speaking Church  
**Minister:** Esteban Ortiz B.  
1601 Texas • 899-5275  
**Daily Prayer:** Sunday thru  
Saturday: 5 am & 6 pm  
**Sunday:** Sunday School: 10 am

### United Methodist Church

**Brewster:**  
**Pastor:**  
Worship Service: 10:45 am CST  
Sunday School: 9:45 am CST  
**Winona:**  
**Minister:** Rev. Bob Winters  
Worship Service: 9 am CST  
Sunday School: 10:15 am CST

### First Christian Church (Disciples of Christ)

**Pastor:** Loren Strait  
Eighth & Arcade • 899-5233  
**Sunday:** Worship Service: 10:30 am  
**Sunday School:** 9:15 a.m.  
**Activities:** Junior High & High School Youth Groups,  
Adult Bible Study, Choir, Men's and Women's Groups,  
Devotions Study, Monthly Fellowship  
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### Kanorado United Methodist Church

**Pastor:** Leonard Cox  
399-2468  
**Sunday:** Sunday School: 9 am  
Worship Service: 10:15 am

### Church of the Nazarene

**Pastor:** Matthew Delp  
Third & Caldwell  
899-2080 or 899-3797  
**Sunday:** Sunday School: 9:45 am  
Worship Service: 10:50 am  
Evening Service: 6 pm  
**Wednesday:** Evening Service: 7 pm

### First United Methodist Church

1116 Sherman  
899-3631  
**Pastor:** Rev. Janet Hernandez  
**Saturday:** Informal Worship: 5:30 pm  
**Sunday:** Sunday School: 9:15 am  
Worship Service: 10:30 am

### Goodland Bible Church

109 Willow Road • 899-6400  
**Pastor:** Chad DeJong  
**Sunday:** Sunday School: 9:45 am  
Morning Worship: 11 am  
Evening Worship: 6 pm  
**Wednesday:** AWANA (Winter)  
and prayer: 7 p.m.

### First Baptist Church

**Pastor:** Bud Chester  
Fifth & Center • 899-3450  
**Sunday:** Sunday School: 9:15 am  
Morning Worship: 10:30 am  
Evening Worship: 6:30 pm  
**Tuesday:** Mens' Prayer Group: 6:00 am  
**Thursday:** Night Bible Study: 7:00 pm

### St. Paul's Episcopal Church

13th & Center  
Church 890-2115 or Rectory 890-6969  
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**Holy Eucharist:** 10:00 a.m.  
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### Grace Fellowship Church

104 E. Hwy 24 • 899-6423  
**Pastor:** Bob Snyder •  
Residence: 890-0134  
**Sunday:** Sunday School: 10 am  
Worship Service: 11 am  
Youth Group at Gattshall's at 5:30 pm  
Adult Bible Study 6 pm

### Seventh Day Adventist Church

1160 Cattletrail  
**Pastor:** Jim Martin  
**Saturday:** Sabbath School: 9:30 am  
Worship Service: 11 am

### Emmanuel Lutheran Church

13th & Sherman • 890-6161  
**Pastor:** Scott Grimshaw  
**Sunday:** Christian eduction/fellowship:  
10:15 a.m.  
Worship Service: 9 am  
**Wednesday:** Confirmation: 6 pm

### Church of Christ

401 Caldwell  
899-6185  
**Sunday:** Bible Study: 9:45 am  
Worship Service: 10:45 am  
**Wednesday:** Bible Study: 7 pm

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