Easy Delicious Meals



by Immaculate Bites



Hi there!

I'm Imma, the voice, cook and photographer behind Immaculate Bites food blog.

I firmly believe you can cook up great tasting African, Caribbean and Southern food that you can eat with your eyes first, even if you are short on time.

I love food with BIG, BOLD flavors. If it is not *bad to the bone then it's not good* to share.

The recipes on my blog are mostly made with pantry staple ingredients and with easy steps so ANYONE around the world can make them. Some might call for exotic spices but are EASILY adaptable with ingredients on hand.

This cookbook contains a taste of some of the recipes from my blog, Immaculate Bites- African, Caribbean and Southern Meals that are truly worth making!!!

I hope you enjoy this free Cookbook!

-*Imma*

For more recipes, please visit Immaculate Bites
www.immaculatebites.com



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Baked Crispy Chicken Thighs



2 1/2 - 3 pounds chicken thighs(about 5-6)
2 teaspoons creole or cajun spice
2 teaspoons onion powder
½ teaspoon dried thyme/oregano
1 teaspoon garlic powder
1 teaspoon smoked paprika
½ teaspoon white pepper
½ teaspoon cayenne pepper
½ teaspoon bouillon powder or salt

1. Wash chicken thighs, wipe with a paper towel. Combine spices and mix well.
2. Sprinkle both sides with generous amount of the spice blend and place them on a cookie sheet in a single layer, you can let them sit in the fridge overnight. Do not cover them; let the air-dry them or proceed with baking.
3. When ready to bake, preheat oven to 475°.
4. Bake chicken thighs in the preheated oven starting at 475 degrees for the first 20 minutes then drop to 400 degrees.
5. Bake until skin is crispy, thighs are no longer pink at the bone, and the juices run clear, about 30 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Caribbean Style Fried Rice



2 cups long grain uncooked rice
1 14 oz. coconut milk
1¾ cup water
1 teaspoon salt + more to taste
1-2 Tablespoons soy sauce
1-2 Tablespoons oyster sauce
½ cup of canola or vegetable oil
4 Large eggs, lightly beaten
1 small onion, sliced
2 teaspoon minced garlic
2 cups peas
2 cups carrots
1 teaspoon fresh thyme
1 pound large shrimp peeled and deveined
¼-½ teaspoon of curry powder

1. Rinse rice then add to saucepan with coconut milk, water and salt and bring to boil over medium heat.
2. Reduce to a simmer and cover. Cook for 15-18 minutes.
3. Remove pan from the heat and let it cool, covered. Refrigerate overnight
4. Heat a large wok or skillet on medium high heat with about a tablespoon of canola or vegetable oil.
5. Add the cold rice and stir vigorously for about 2-3 minutes adding soy sauce and a tablespoon or more of water as need to moistened rice. Set aside. Quickly wipe the wok or skillet with a clean paper towel or cloth.
6. Next add a tablespoon of oil, let it heat up, then add the eggs and quickly stir to break the eggs apart. Remove and add to the rice.
7. Next add a tablespoon of oil followed by shrimp, stir for about a minute or two then add onions, thyme, garlic, peas, carrots, and soy sauce. Cook 2 minutes.
8. Finally return the combination of rice, and vegetables to the wok. Stir until everything has been heated through.

Blackened Shrimp Pasta



1½ tablespoons paprika
2 teaspoons thyme
1-teaspoon oregano
2 teaspoons garlic powder
1-tablespoon onion powder
1 teaspoon ground black pepper
½ -1 teaspoon cayenne pepper
1 pound medium shrimp, peeled and deveined
8 ounce spaghetti
2 Tablespoons olive oil or canola oil
½ medium onion sliced
2 teaspoon minced garlic
2-3 medium tomatoes, diced
1-teaspoon thyme
1 teaspoon smoked paprika
1-tablespoon creole spice or blackened spice
1 teaspoon Worcestershire sauce
1 medium red or green bell pepper sliced
1 cup or more chicken broth
2 tablespoon chopped parsley

1. Start by boiling pasta in a large pot, according to box instructions. Drain and set aside.
2. Generously season the shrimp with blackened spices. Heat oil/butter over medium heat in a heavy bottomed Dutch oven and sauté shrimp for about 3 -5 minutes, set aside.
3. Add onions, tomatoes, and garlic. Stir for about a minute. Then add thyme, paprika, blackened spice, followed by bell peppers, chicken broth and Worcestershire sauce
4. Bring it to a boil then simmer for about 7-10 minutes. Toss pasta with shrimp or serve blackened shrimp on top

Jamaican Short Rib Stew



2½- 3 pounds short ribs
¼ cup canola oil
1 Tablespoons brown sugar
1 bay leaf
1 teaspoon grated ginger
1-2 teaspoons minced garlic
1 medium onion diced
1-tablespoon ketchup
1 teaspoon browning sauce
1-teaspoon fresh or dried thyme
Scotch bonnet pepper or 1 teaspoon hot sauce
1 teaspoon smoked paprika
1-2 small bell pepper
2-3 cups broth/water or more
1-2 Green Onions diced
1 teaspoon bouillon powder
Salt to taste

1. Preheat oven to 375° degrees.
2. Season short ribs with salt and pepper to thoroughly cover all sides
3. Heat the oil an oven safe Dutch oven pan over medium heat. Add short ribs and brown well, turning once, about 2 -3 minutes per side, until short ribs are brown. Do not overcrowd pan. Cook in batches, if necessary.
4. Drain any excess oil from the skillet and leave about 2 Tablespoons of oil. Add onions, green onions, garlic, thyme, and bay leaf; scotch bonnet pepper or hot sauce. Stir for about 2-3 minutes until onions is translucent.
5. Then add ketchup, browning sauce, brown sugar, bell pepper, bouillon and or water. Bring to a boil cover the pan and place in the preheated oven for 21/2 -3 hours. Check periodically during the cooking process and add more water, if needed. Turn the ribs over halfway through the cooking time.
6. Adjust for salt, pepper and soup consistency.

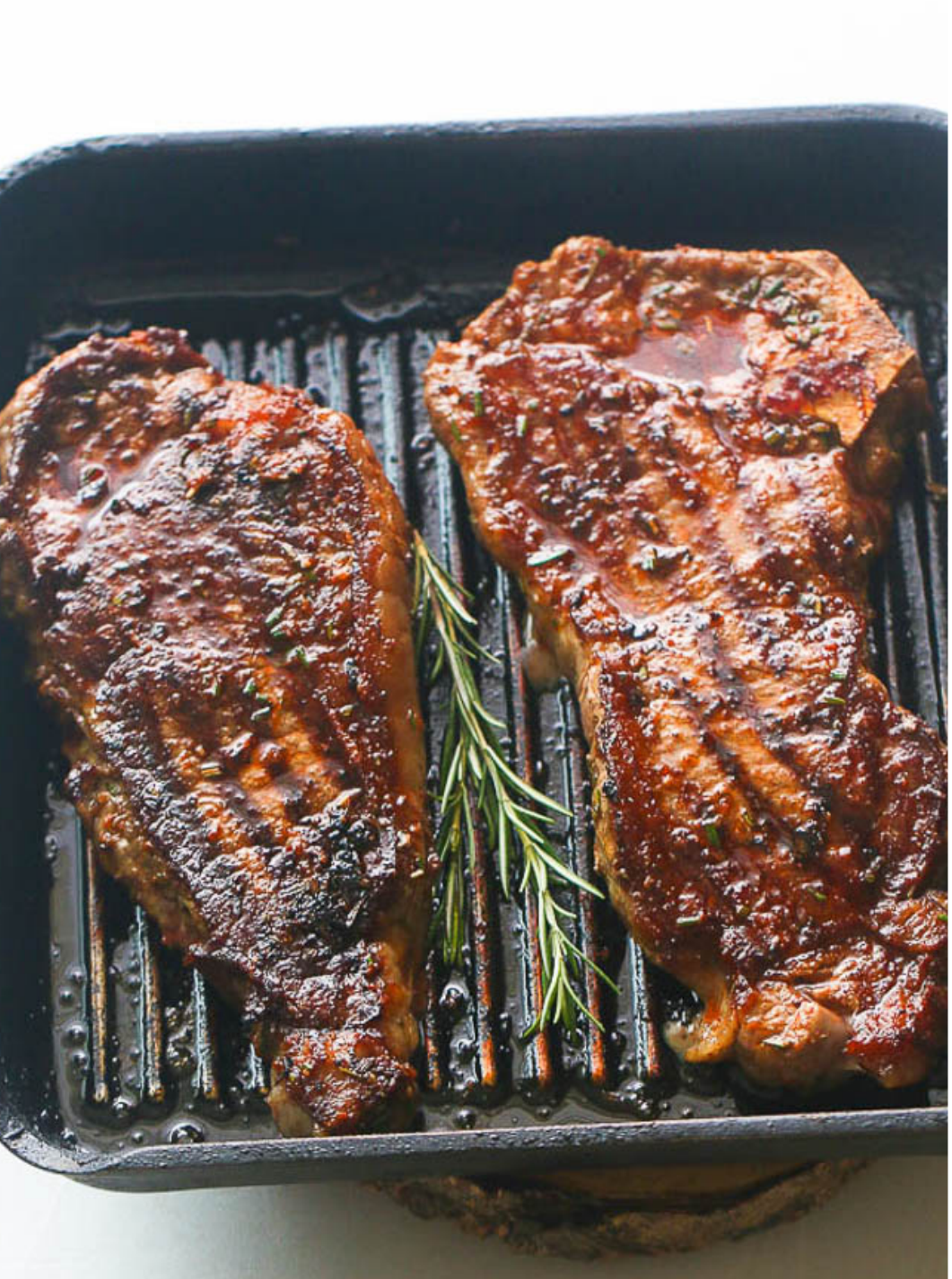
Pan Seared Salmon



2 -3 Salmon steaks, room temperature (4-6 ounce)
1 ½ teaspoon onion powder
1 ½ teaspoon garlic powder
½-teaspoon paprika
½ teaspoon thyme
½ teaspoon bouillon powder (optional)
¼ cayenne pepper(optional)
Salt and pepper to taste

1. Combine the onion, garlic, paprika, thyme and bouillon powder.
2. Brush salmon lightly with the oil, then season with salt and pepper. Followed by the spice rub.
3. Preheat a large heavy skillet or grill pan over medium heat for about 2 minutes.
4. Add salmon to pan; cook salmon for about 3-4 minutes on each side or until desired degree of doneness is reached

Spicy Grill Steak



¼ cup minced fresh rosemary
3 garlic cloves
1 tablespoon paprika
I teaspoon cayenne pepper
1 tablespoon soy sauce
2 tablespoons canola oil or any cooking oil
Salt and pepper

1. In a food processor blend rosemary, garlic, paprika, cayenne and soy sauce.
2. Marinate the steak with the herb mixture for at least 2 hours. Let it rest for 20 minutes before grilling.
3. Grill the steaks on high heat for about 8- 10 minutes on each side for medium or when an internal temperature reads 135 degrees F
4. When the steaks are done to your liking, take them off the grill and let them rest for about 10 minutes.

Suya Chicken



3 pounds skinless chicken thigh
4 tablespoons peanut putter or groundnut paste
½ -1 tablespoon cayenne (depending on heat preference)
1 tablespoon smoked paprika
1-tablespoon garlic powder
1-tablespoon onion powder
1-tablespoon white pepper
1 tablespoon Bouillon
1-teaspoon salt
2 -3 tablespoons vegetable oil

1. Soak the skewers in water for at least 20 minutes before using it to prevent burning.
2. Heat the oven to 450°F. Lightly spray or oil baking sheet or roasting pan to prevent the suya from sticking to the pan
3. In a medium bowl, mix garlic powder, onion power, smoked paprika, white pepper, cayenne pepper, peanut butter and bouillon.
4. Pat the chicken thighs dry with a paper towel. You want to have a completely dry chicken before cooking. Slice the chicken into bite size pieces.
5. Thread about 4 piece of chicken onto each skewer, making sure the skewer is fully covered.
6. Brush the chicken with spice mixture on both sides. Place skewers on the roasting pan or baking sheet.
7. Drizzle with oil and bake on for about 20 minutes- rotating halfway through baking. In the last 3 minutes of baking switch the oven from baking to broiler setting to get a nice crisp brown on the outside.

Coconut Jollof Rice



1-2 pounds chicken breast, cubed
1 medium onion
½ cup vegetable oil
4 tomatoes
1 tablespoon garlic powder/salt
1 tablespoon paprika
1 tablespoon dried thyme
2 bay leaves
1 tablespoon Chicken bouillon
1 can coconut milk/cream
1 package coconut milk/cream powder
4 cups rice
Salt and pepper to taste
1 pound carrots and green beans

1. Add oil to a Dutch oven or oven safe pot and then sautee chicken over medium heat for 3-5 minutes. Season with salt and pepper to taste.
2. Place the chicken bones in the sauce pan stir for about 2 minutes.
3. Puree tomatoes and onions and add it to the pot with bay leaves, thyme, garlic powder, paprika, and bouillon and bring to a boil. Then reduce heat to medium and let it cook for about 8 minutes, stirring frequently to prevent the sauce from sticking.
4. Pour in coconut milk/cream and powder cream. Add about 3 cups of water. Bring to a boil and let it simmer to blend all the flavors and reduce acidity of the tomato sauce. Approximately 10 minutes. Stir occasionally
5. Rinse rice with cold water in a large bowl until the water runs clear. Add the rice to the pan with 3 cups water. Cover and simmer for 5 minutes
6. Bake at 375 degrees oven for about 10-15 minutes until tender.

No Yeast Puff Puff



3 cups Self rising flour
½ cup sugar
½ cup beer(I used Heineken)
1 large egg
1¼ cup water
½ teaspoons nutmeg(optional)
oil for deep frying

1. Pour 3 inches of vegetable oil in a large saucepan and heat over medium heat until oil is 375 degrees.
2. Meanwhile, in a medium bowl mix all the dry ingredients. Stir in the water, eggs, beer; mix well until everything has been fully incorporated. The batter should be smooth, thick and spoon able.
3. Use 2 spoons to scoop up the batter drop it in the oil- in the shape of a ball. Do not overcrowd the pan.
4. Fry for a few minutes until the bottom side is golden brown.
5. Turn the ball over and fry for a few more minutes until the other side is golden brown.
6. Use a large spoon to take it out of the oil. I usually place them on napkins right away to soak up some of the excess oil.
7. Roll in cinnamon sugar as soon as you remove from the pan or dip in melted butter, then roll in cinnamon sugar.

Marllorca



½ Tablespoon dry yeast
½ cup water
½ cup whole milk
4 ounce melted butter(113.4g) + more for brushing
4 Large egg yolks
1-teaspoon vanilla extract
1-teaspoon salt
⅓ cup(70g) granulated sugar
3-3¼ cups(375g) All-purpose flour
Powdered sugar for dusting

1. In a large bowl combine water and yeast. Let it sit until dissolve for about 3-5minutes. Then add milk with sugar, salt, egg yolks and melted butter. Lightly whisk.
2. Add 3 cups flour then thoroughly mix with hands or spoon, dough is going to be sticky. If too sticky add the remaining flour a little at a time. Less flour is preferable
3. Cover loosely with a clean cloth and let rise in a warm, draft-free place for 1½ to 2 hours or until doubled.
4. Punch dough down and refrigerate for 1-2 hours.
5. Roll out refrigerated dough to ¼-inch thick rectangle. Lightly brush with melted butter. Use a sharp knife to make 6-8 even sized strips.
6. Coil the dough to make flattened spiral buns, tucking the end under the bun, to help the dough stay in shape.
7. Place on a baking sheet lined with parchment paper and brush again with melted butter.
8. Let dough rise again about 45 minutes, then bake at 350 degrees for 12-18 minutes until lightly brown.
9. Let buns rest for a few minutes, and then sprinkle with powdered sugar if desired.

Orange Almond Butter Cake



10 oz unsalted butter
1½ cup granulated sugar
5 large eggs
2 cups cake flour
2 teaspoon baking powder.
¼ cup fresh squeezed orange juice
1 teaspoon vanilla extract
1 teaspoon almond extract
2-3 tablespoons orange zest

1. Pre-heat the oven to 160°C/325°F. Grease a 10 inch pan generously with cooking spray and set aside.
2. Cream together the butter and sugar at high speed in a stand mixture until it's fluffy and starting to look white, about 4- 5 minutes.
3. Stir in the eggs, a little at a time, beating the mixture well between each addition. Sift in the flour and baking powder into the batter, and then add the grated orange zest , juice , almond, and vanilla extract.
4. Stir well until everything is fully combined. Scrape down the sides of the mixing bowl.
5. Pour batter into a greased cake pan. Tap pan on work surface to eliminate any large air bubbles.
6. Bake at 325 until a tester inserted into the center comes out clean, about 45–50minutes. Transfer to a wire rack.
7. Sprinkle cake with powdered sugar and serve with orange curd or drizzle over cake.

African Style Pancakes



2 cups flour
1½ cup milk
½- 2/3 cup sugar
6 eggs
¼ cup melted butter
1 teaspoon vanilla flavor
¼- 1/2 teaspoon nutmeg
½ cup oil (optional)

1. Sift together flour, sugar, nutmeg and salt and set aside.
2. In a large bowl, beat eggs and milk together with a mixer or by hand . Mix in flour mixture until everything has been incorporated. Finally stir in melted butter.
3. Let the batter rest for about an hour or more in the refrigerator or overnight.
4. Heat a skillet or a non stick frying pan then lightly coat the hot pan with vegetable oil, cooking spray, or clarified butter. Then pour about a ½ cup of batter into a medium sized pan.
5. Tilt pan so the batter spreads across the bottom of the pan. Cook the pancake for about 2 minutes, until the bottom is light brown.
6. Lift with a spatula, turn and cook the other side. Serve hot sprinkled with cinnamon sugar, powdered sugar or syrup