Banana Bread

SUBMITTED BY CSC APRIL BERGHEL, USCG

MAKES 3 LOAVES OR 48 TO 54 MUFFINS

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Grease three 9 x 5 x 3 loaf pans or 48 to 54 muffin tins.
3. Cream butter and sugar until light and fluffy. Add the eggs, beating well.
4. Sift the dry ingredients together and combine with the butter mixture. Add the bananas and vanilla. Combine. Add the nuts and stir. Pour the batter in the prepared pans or muffin tins.
5. Bake for 45 minutes to one hour for larger loaves or approximately 14 minutes for muffins, ensuring that a toothpick comes out clean when inserted in the middle of the loaf or muffin.
6. Remove from oven and cool in the pan for a few minutes. Remove from pan and let cool completely on a rack before serving.

INGREDIENTS

1 cup butter, melted
1½ to 3 cups sugar (depending how sweet you want to make it)
3 eggs
4½ cup all-purpose flour
1 tablespoon baking soda
3 pinches of salt
6 to 9 mashed bananas
1 tablespoon vanilla

OPTIONAL:
1 cup toasted walnuts
May add 1/4 teaspoon cardamom,
1 teaspoon of Cinnamon/nutmeg,
chocolate chips, coconut, pineapple or diced apples if desired.

ABOUT THE CHEF

CSC April Berghel has served in the Coast Guard for 16 years and is currently stationed at Sector Long Island Sound in New Haven.
Braised Pork Belly

/ SUBMITTED BY CS1 JEFFERY PLOTZ, USCG

SERVES 9 TO 12

/ DIRECTIONS
1. Preheat oven to 325 degrees.
2. Lightly score the fat side of the entire pork belly and trim the piece of meat until an even thickness. Add salt and pepper.
3. Start with a cold cast iron pan or a hot stainless steel pan that will fit the pork belly slab. Do not add oil to the pan.
5. Flip the meat over and continue basting the now-crispy fat side for two minutes.
6. Add chicken stock until it reaches half way up the pork. Once simmering, remove from heat.
7. Lay parchment paper on top of the pork and add an even oven safe weight. For example, a sheet pan with weights, or a heavy pan could be used as weight for the pan.
8. Place pork and pans into the oven and roast for two hours or until fully cooked and tender.
9. Remove from oven and slice into desired size and serve. You can also leave the weights on top of the pork and let it cool completely and refrigerate overnight. When ready to serve, slice into desired portion size and roast fat side up until hot.

/ INGREDIENTS
3 to 4 pounds pork belly with skin removed
salt and pepper to taste
5 garlic cloves
3 sprigs of thyme
1 sprig of rosemary
2 to 3 cups chicken stock

/ ABOUT THE CHEF
Petty Officer Plotz has served in the Coast Guard for five years and is deployed to the Coast Guard Cutter Sockeye, homeported in Bodega Bay, Calif.
Butternut Chicken Skillet

SUBMITTED BY CS2 CORY GARDZIEL, USCG

SERVES 2

DIRECTIONS

1. Peel the butternut squash and dice into 1/2-inch cubes and set aside.
2. Heat one tablespoon of butter on medium/high heat in a skillet. Add dried thyme and oregano sprig and stir until the butter is melted.
3. Add the diced butternut squash and let cook on one side for five minutes.
4. Toss butternut squash in butter at the bottom of skillet and add brown sugar.
5. Lower the heat to low/medium and cook for 15 minutes, or until al dente. Stir the squash as needed. Remove from heat and set aside.
6. While that’s cooking, toss chicken breasts with all-purpose flour and optional dry ingredients. The chicken should be evenly coated.
7. Set the temperature to medium/high and add one tablespoon of butter and the coated chicken breasts to skillet.
8. Allow to cook on one side for approximately seven minutes, till golden brown and slight charred if possible.
9. Flip the chicken and add the squash back to pan. Lower the temperature to medium and allow to cook for 6 to 8 minutes or until the internal temperature of the chicken reaches 165 degrees.

INGREDIENTS

- 1 pound butternut squash, cubed
- 2 tablespoons butter, divided
- 2 teaspoons dried thyme
- 1 sprig oregano
- 1 tablespoon brown sugar
- 2 boneless chicken breasts
- 1/4 cup all-purpose flour

OPTIONAL:

- Salt, black pepper, garlic powder, onion powder, dried thyme

ABOUT THE CHEF

Petty Officer Gardziel is assigned to Coast Guard Station New London, which is located at historic Fort Trumbull and is part of Sector Long Island Sound within the First Coast Guard District. Sixty-nine active duty, reserve, and auxiliary members are assigned to the station, where their primary mission responsibilities include search and rescue, recreational boating safety, maritime law enforcement, pollution response and port security activities.
Crème Brûlée

SERVES 12

DIRECTIONS

1. Preheat oven to 225 degrees.
2. Separate the 16 large egg yolks and place the yolks into the large mixing bowl. Whisk until smooth.
3. Add one cup sugar and kosher salt to the egg yolks, whisk until smooth.
4. Once smooth, whisk in heavy cream gradually until the mixture is blended and smooth.
5. Add the vanilla and that will complete the crème brûlée mix.
6. Set cream mixture aside and place porcelain dishes inside the full shallow pan. Slowly add water to the pan. The pan should be half-full around the porcelain dishes.
7. Give the crème mixture one more whisk, and pour it into the 1-quart measuring cup, filling it 3/4 full. Pour the mixture evenly into the porcelain dishes and be mindful not over fill them.
8. Place the full shallow pan with the dishes of crème gently on the middle rack of the oven and bake at 225 degrees for approximately one hour. Rotate the pan at the 30-minute mark to ensure even cooking.
9. Once the crème is set take the pan with the porcelain dishes out of the oven and set it on a dry towel on the countertop to cool. After 15 minutes, remove them from the water and set them aside cool in the refrigerator for up to three hours.
10. Once the crème is cooled, sprinkle the remaining one cup of granulated sugar over the top of each dish.
11. Melt the sugar into a hardened, caramelized layer using the butane torch. It will add a nice crunch to the smooth custard. If you don’t have a torch, use one cup of honey to 1/2 cup water and heat until the mixture is boiling and pourable.
12. Garnish with fresh berries and a sprig of mint and you’ll be the talk of the town with this dessert!

INGREDIENTS

16 large egg yolks
1 teaspoon kosher salt
2 cups granulated sugar (divided)
1 quart heavy cream
2 tablespoons vanilla bean extract (or use vanilla bean paste)
Water

EQUIPMENT

1 large mixing bowl
1 large whisk
1 quart measuring cup
1 set of measuring spoons
1 cup measuring cup
1 full shallow pan
12 6-oz. porcelain soufflé dishes
1 butane torch

ABOUT THE CHEF

Petty Officer Mildrum is assigned to the Coast Guard Cutter Katmai Bay, a 140-foot ice-breaking tug. The cutter is homeported in Sault Ste. Marie, Mich.
Pavlova

/ SUBMITTED BY CS1 RICHARD PEDERSEN, USCG

MAKES 12 TO 15 SMALL NESTS (3 TO 5 INCHES) OR 2 LARGE (10 INCHES)

/ DIRECTIONS


2. Beat egg whites on high speed until soft peaks form. Then, with the mixer running, gradually add the sugar and salt and beat for 10 minutes or until smooth and glossy stiff peaks form.

3. With a rubber spatula, quickly and gently fold in lemon juice and extract. Fold in cornstarch until well blended.

4. Pipe or spread the meringue as desired. Make a slight indentation/well in the center of each pavlova for the cream. Bake small nests for about 75 minutes and bake large nests for 90 minutes. Turn the oven off without opening the door. Let meringue nests sit in the hot oven for 30 minutes, then remove. Pavlovas should be dry and crisp on the outside, a marshmallow consistency on the inside, and a very pale cream color.

5. Let pavlovas cool completely on a wire rack.

6. Just before serving, beat the cream, sugar, and vanilla bean paste, until medium soft peaks and spread on each pavlova. Top with fruit and other garnishes, as desired.

/ INGREDIENTS

PAVLOVAS
6 large egg whites, room temp
1 1/2 cups granulated sugar
2 tsp. cornstarch
1/2 tbsp. lemon juice
1/2 tbsp. vanilla extract
Pinch of salt

CREAM
1 1/2 cups heavy/whipping cream, cold!
2 tbsp. granulated sugar
1 tsp. vanilla bean paste

TOPPINGS
Seasonal berries or sliced/diced fruit
Mint leaves
Chocolate shavings

PRO TIP: For an additional flavor and textural dimension, you can use the leftover yolks to make pastry cream or a curd, then spread a thin layer of it on the meringue before adding the whipped cream and toppings. For example, a passion fruit or lemon curd is fantastic in this dessert. Variation: If you accidentally (or purposely) crush the meringues, gently fold the whipped cream, fruit, and other additions together and layer in parfait glasses. This variation is called Eton Mess.

/ ABOUT THE CHEF

CS1 Richard Pedersen joined the Coast Guard Reserves in 2012 and joined the active duty enlisted ranks in 2015. He is currently deployed to the Coast Guard Cutter Elm, homeported in Astoria, Ore.
Vegan Ropa Vieja

// SUBMITTED BY CS3 LISETTE CARLSON, USCG

SERVES 2

// INGREDIENTS
1 20-oz. can Jack Fruit, drained, thinly shredded  
1 tablespoon olive oil  
4 garlic cloves minced  
1 6-oz. can tomato paste  
1 can el pato sauce  
1 28-oz. can crushed tomatoes  
1 cup of red cooking wine  
(May need extra if the sauce becomes too pasty)  
2 teaspoon dried oregano  
2 teaspoon cumin  
2 teaspoon smoked paprika  
2 teaspoon kosher salt / to taste  
1/2 teaspoon cracked black pepper  
2 bay leaves  
1 large yellow onion, thinly sliced  
1 large green bell pepper, thinly sliced  
1 large red bell, pepper thinly sliced  
1 cup of green olives cut in half  
1/3 cup of fresh parsley chopped  
1 cup cooked white rice or  
1 cup riced cauliflower

// DIRECTIONS
1. Heat oil in large pan on medium-high heat. Once pan is hot, brown the jackfruit.
2. Add garlic, tomato paste, el pato sauce, crushed tomatoes, cooking wine, spices, bay leaves. Cook for 10 minutes on medium heat.
3. In a separate slightly oiled pan add all vegetables for about 10 to 15 minutes until all vegetable are caramelized.
4. Remove from heat. Add caramelized vegetables to browned jack fruit.
5. Stir in olives, let simmer until sauce thickens.
6. Plate white rice or riced cauliflower, top with vegan Ropa Vieja and finish with chopped parsley. Enjoy!

// ABOUT THE CHEF
CS3 Lisette Carlson, who joined the Coast Guard in April 2020 and is currently deployed to the Coast Guard Cutter Bertholf, wrote about this recipe:

“When I was a kid I knew it was a good day at home if mom made ropa vieja. Money was tight growing up and if we had extra money to buy flank steak mom always made us our favorite. The original recipe is written on a very stained, torn sheet of paper that traveled from Cuba to New York with my grandparents when they fled Castro’s regime. As I got older I changed my diet. I decided to eliminate red meat. After doing some research I found jack fruit to be a versatile alternative. It mimics the texture of meat and it easily absorbs flavors. So one day I decided to make Vegan Ropa Vieja, and oh my goodness was I impressed! It’s actually a lot easier to make than the original recipe.”

Ropa vieja translates to “old clothes” because that’s how shredded the meat should look.