

Asian Ribs

RECIPE BY MEATWAVE.COM / PREPARED BY CS2 NOAH HOLBERTON, USCG

SERVINGS: 4 • PREP TIME: 20 MINUTES • TOTAL TIME: 5 HOURS, 35 MINUTES



INGREDIENTS

2 racks baby back ribs

FOR THE BRAISE:

2 cups apple cider vinegar

1 cup soy sauce

2 tbsp. sugar

2 tbsp. black peppercorns

12 cloves garlic, crushed and peeled

6 bay leaves

FOR THE RUB:

2 tbsp. brown sugar

2 tbsp. black pepper

4 tsp. kosher salt

2 tsp. garlic powder

FOR THE GLAZE:

3/4 cup brown sugar
(to mix with the reserved braise)

DIRECTIONS

To make the braise: Place vinegar, soy sauce, sugar, peppercorns, garlic, and bay leaves in a medium saucepan and bring to a boil over medium-high heat. Reduce heat and let simmer for 10 minutes. Remove from heat and let cool completely. Strain liquid through a fine mesh strainer. Set aside or store in an airtight container in the refrigerator until ready to use.

To make the rub: Mix together brown sugar, black pepper, salt, and garlic powder in a small bowl.

Remove membrane from the back of each rack of ribs and trim meat of excess fat. Season ribs all over with rub mixture.

Fire grill or oven to 255°F.

Grill/roast ribs meat side up for 2 hours. Wrap each rack of ribs, meat side up, in extra-large heavy duty aluminum foil, leaving an opening on one end of foil. Pour half of the braise in each foil pack through opening, seal, and place back grill or in oven for 2 hours. If roasting, use an extra-large sheet pan or roasting pan to ensure to catch any drippings.

Remove ribs from foil, reserving braise, and place ribs back on grill or in the oven. Continue to cook until ribs have a slight bend when lifted from one end, about 1 hour more.

While ribs cook, place reserved braise in a small saucepan, add in 3/4 cup of brown sugar, and whisk to combine. Bring to a boil over medium-high heat, reduce to a simmer, and cook, stirring occasionally, until thickened to a syrupy consistency, 20 to 30 minutes. Remove from heat and set aside.

Brush tops of each rack of ribs with the glaze, cover, and continue to cook until glaze has thickened on ribs, about 15 minutes more. Remove ribs from smoker, slice, and serve immediately.

RADM Black Bean Burgers

RECIPE BY SALLYSBAKINGADDICTION.COM /
PREPARED BY RADM DANA THOMAS, USCG

YIELD: 6 BURGERS • PREP TIME: 30 MINUTES • TOTAL TIME: 45 MINUTES



INGREDIENTS

2 14-oz. cans of black beans, drained, rinsed, and patted dry
1 tbsp. extra-virgin olive oil
3/4 cup finely chopped bell pepper
1 cup finely chopped yellow onion
3 garlic cloves, minced (about 1 tablespoon)
1½ tsp. ground cumin
1 tsp. chili powder
1/2 tsp. garlic powder
1/4 tsp. smoked paprika
1/2 cup bread crumbs or oat flour
1/2 cup feta cheese
2 large eggs
1 tbsp. Worcestershire sauce
2 tbsp. ketchup, mayo, or BBQ sauce
pinch of salt and pepper

DIRECTIONS

Preheat oven to 325°F. Spread beans evenly onto a lined baking sheet and bake for 15 minutes until slightly dried out.

Meanwhile, sauté olive oil, chopped pepper, onion, and garlic over medium heat until peppers and onions are soft, about 5 to 6 minutes. Gently blot some of the moisture out.

Place in a large bowl or in a food processor with the remaining ingredients (cumin, chili powder, garlic powder, smoked paprika, bread crumbs, cheese, eggs, Worcestershire, ketchup, salt, and pepper). Stir or pulse everything together, then add the black beans. Mash with a fork or pulse the mixture, leaving some larger chunks of beans.

Form into patties — about 1/3 cup of mixture in each.

To bake: Place patties on a parchment paper lined baking sheet and bake at 375°F for 10 minutes on each side, 20 minutes total.

To grill: Place patties on greased aluminum foil and grill 8 minutes on each side. Heat temperature is personal preference as all grills differ. Generally, black bean burgers should grill on medium-high heat about 350°F to 400°F.

Grilled Mojo Chicken Tacos

RECIPE BY CS1 DANIELLE HUGHES, USCG

SERVINGS: 4 • PREP TIME: 20 MINUTES • TOTAL TIME: 1 HOUR, PLUS 4 HOURS OF MARINATING TIME

INGREDIENTS

MOJO MARINATED CHICKEN:

- 1 cup orange juice
- 1/4 cup lime juice
- 2 tbsp. olive oil
- 3 cloves garlic, minced
- 1 tsp. dried oregano
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 1 tsp. salt
- 1 tsp. pepper
- 1 lb. boneless skinless chicken thighs

ORANGE JUICE PICKLED RED ONIONS:

- 1 red onion, thinly sliced
- 1/2 cup orange juice
- 1/2 cup cider vinegar
- 1/2 tsp. salt
- 1/2 tsp. granulated sugar

TACOS:

- 8 corn tortillas, warmed
- 2 cups shredded cabbage
- 1/3 cup finely crumbled Cotija cheese
- grilled pineapple
- salsa of your choice



DIRECTIONS

Mojo Marinated Chicken: Stir together orange juice, lime juice, olive oil, garlic, oregano, cumin, chili powder, salt and pepper; add to re-sealable plastic bag along with chicken.

Refrigerate for at least 4 hours or up to overnight.

Orange Juice Pickled Red Onions: Stir together red onion slices, orange juice, cider vinegar, salt and sugar.

Refrigerate for at least 1 hour or up to 8 hours.

Tacos: Preheat grill to medium-high heat; grease grate well.

Remove chicken from marinade and shake off any excess liquid.

Grill chicken for 6 to 8 minutes per side or until grill-marked and cooked through.

Let stand for 5 minutes; slice thinly.

Assemble tacos with tortillas, cabbage, chicken, pineapple, pickled onions and cotija cheese.

MCPOCG Fish Tacos

RECIPE BY TASTY.CO / PREPARED BY MASTER CHIEF PETTY OFFICER OF THE COAST GUARD JASON VANDERHADEN

SERVINGS: 6 • PREP TIME: 45 MINUTES • TOTAL TIME: 1 HOUR, 35 MINUTES

INGREDIENTS

CABBAGE SLAW:

1/2 head green cabbage, finely shredded
1/2 medium red onion, small diced
2 roma tomatoes, diced
1/4 cup fresh cilantro, chopped
1 small jalapeño, diced
2 tbsp. lime juice
salt, to taste

CRISPY FISH:

1 cup all-purpose flour
1 tbsp. Old Bay seasoning
1/2 tsp. baking powder
1 cup lager beer
vegetable oil, for frying
1 lb. fresh cod fish, cut into 1-inch thick strips

AVOCADO CREMA:

2 medium avocados
1 cup sour cream
1/4 cup lime juice
salt, to taste

ASSEMBLY:

6 small flour tortillas, warmed
radish, thinly sliced, for serving



DIRECTIONS

To make the cabbage slaw: Combine the cabbage, onion, tomato, cilantro, jalapeño, lime juice, and salt in a large bowl. Toss well, set aside.

To make the crispy fish: In a large bowl, combine the flour, Old Bay seasoning, and baking powder. Add the beer and whisk until smooth. Let sit for 15 minutes.

Heat the vegetable oil in a large pot to 350°F.

Coat the fish in the batter, then transfer to the oil and fry until golden on the outside and cooked through, 5 to 7 minutes.

Drain the fish on a wire rack set over a baking sheet lined with paper towels.

To make the avocado crema: Add the avocados, sour cream, lime juice, and salt to a blender and blend until smooth.

To assemble the tacos: Add a bit of the cabbage slaw to a warmed tortilla. Top with a piece of fried fish, avocado crema, and sliced radish. Enjoy!

Chicken and Sausage Gumbo

RECIPE BY JOHN BESH / PREPARED BY MR. CHAD ADAMS,
COAST GUARD CULINARY SPECIALIST PROGRAM MANAGER

SERVINGS: 10 • PREP TIME: 1 HOUR • TOTAL TIME: 3 HOURS



INGREDIENTS

- 1 cup canola oil
- 1 cup flour
- 2 large onions, diced
- 1 large chicken, cut into 12 pieces
- 2 tbsp. Creole spices
- 2 lbs. spicy smoked sausage, sliced
- 2 stalks celery, diced
- 2 green bell peppers, diced
- 1 tomato, chopped
- 2 cloves of garlic, minced
- 2 sprigs of fresh thyme
- 3 quarts basic chicken stock
- 2 bay leaves
- 6 oz. andouille sausage, chopped
- 2 cups fresh okra, sliced
- 1 tbsp. Worcestershire sauce
- salt to taste
- fresh ground pepper to taste
- filé powder to taste
- Tabasco to taste
- 4–6 cups white rice, cooked

DIRECTIONS

Make a roux by heating the chicken fat or oil in a large cast-iron or heavy-bottomed pot over high heat. Whisk the flour into the hot oil. It will immediately begin to sizzle.

Reduce the heat to moderate and continue whisking until the roux takes on a deep brown color, about 15 minutes. Add the onions, stirring them into the roux with a wooden spoon.

Reduce the heat to medium-low and continue stirring until the roux is glossy dark brown, about 10 minutes.

Season the chicken with Creole spices. Add the chicken to the pot, raise heat to moderate, and cook, turning the pieces until browned, about 10 minutes.

Add the smoked sausage and stir for a minute before adding the celery, bell peppers, tomatoes, and garlic. Cook, stirring, for about 3 minutes.

Add the thyme, chicken stock, and bay leaves.

Bring the gumbo to a boil, stirring occasionally. Reduce the heat to medium-low and simmer for 45 minutes. Stir occasionally and skim off the fat from the surface of the gumbo every so often.

Add the andouille, okra, and Worcestershire sauce and season with salt and pepper, several dashes of filé powder, and tabasco.

Simmer for another 45 minutes, continuing to skim the fat off the surface of the gumbo.

Remove the bay leaves and serve in bowls over rice. Pass more filé at the table.

Korean Fried Chicken

RECIPE BY RASAMALAYSIA.COM / PREPARED BY CS2 HENRY JAY TOQUERO, USCG

SERVINGS: 3 • PREP TIME: 10 MINUTES • TOTAL TIME: 35 MINUTES



// INGREDIENTS

WINGS:

1 lb. chicken wings, drumettes and wingettes
salt to taste
ground black pepper to taste
1/2 cup potato starch
oil, for deep-frying
white sesame seeds, for garnishing

DRESSING:

2 to 3 tbsp. Korean gojuchang
red pepper paste
1 tbsp. apple cider vinegar
1 tbsp. hot water
2 tbsp. honey
1 tbsp. soy sauce

// DIRECTIONS

Season the chicken with the salt and black pepper, then coat well with the potato starch. Set aside.

Combine all the ingredients for dressing together, stir to mix well.

Heat up a Dutch oven, deep skillet or pan with 3 inches of oil to 375°F.

Coat the wings again and shake off the excess potato starch.

Drop the wings gently into the oil and deep-fry until light brown or when they are cooked and become crispy.

Remove the wings from the oil and drained on paper towels.

Combine the Dressing and the wings, toss to coat well.

Garnish with the sesame seeds and serve immediately.

Braised Short Ribs Over Corn Soufflé

RECIPE BY CSC SCOTT JEFFRIES, USCG

SERVINGS: 6 • PREP TIME: 1 HOUR • TOTAL TIME: 3 HOURS



INGREDIENTS

5 lbs. bone-in beef short ribs,
cut crosswise into 2-inch pieces
Kosher salt and freshly ground
black pepper to taste
3 tbsp. vegetable oil
3 medium onions, chopped
3 medium carrots, peeled, chopped
2 celery stalks, chopped
3 tbsp. all-purpose flour
1 tbsp. tomato paste
1 750 ml. bottle dry red wine
(preferably Cabernet Sauvignon)
10 sprigs flat-leaf parsley
8 sprigs thyme
4 sprigs oregano
2 sprigs rosemary
2 fresh or dried bay leaves
1 head of garlic, halved crosswise
4 cups low-sodium beef stock

FOR CORN SOUFFLÉ:

8 oz. box Jiffy cornbread mix
15 oz. can whole kernel corn, drained
15 oz. can creamed corn, not drained
1 cup sour cream
1/2 cup melted butter

DIRECTIONS

Preheat oven to 350°F. Season short ribs with salt and pepper. Heat oil in a large Dutch oven over medium-high. Working in 2 batches, brown short ribs on all sides, about 8 minutes per batch. Transfer short ribs to a plate. Pour off all but 3 tablespoons of the drippings from pot.

Add onions, carrots, and celery to pot and cook over medium-high heat, stirring often, until onions are browned, about 5 minutes. Add flour and tomato paste; cook, stirring constantly, until well combined and deep red, 23 minutes.

Stir in wine, then add short ribs with any accumulated juices. Bring to a boil; lower heat to medium and simmer until wine is reduced by half, about 25 minutes. Add all herbs to pot along with garlic. Stir in stock. Bring to a boil, cover, and transfer to oven.

Cook until short ribs are tender, 2 to 2½ hours. Transfer short ribs to a platter. Strain sauce from pot into a measuring cup. Spoon fat from surface of sauce and discard; season sauce to taste with salt and pepper.

Serve in shallow bowls over corn soufflé with sauce spooned over.

For Corn Soufflé: Mix all ingredients and pour into 8x8 casserole dish (greased or sprayed with cooking spray). Cook uncovered for 55 to 60 minutes at 350°F.

Shrimp and Mascarpone Grits

RECIPE BY JOHN BESH / PREPARED BY CSI LARON JONES, USCG

SERVINGS 8 • PREP TIME: 20 MINUTES • TOTAL TIME: 1 HOUR

INGREDIENTS

GRITS:

2 cups Quaker Old Fashioned Grits
4 cups whole milk
4 cups water
1 stick of butter
1½ lbs. of mascarpone cheese
salt to taste

SHRIMP:

1 bag 16/20 shrimp,
peeled and deveined
4 tbsp. olive oil
Creole seasoning to taste
salt to taste
4 cloves of garlic, chopped
4 shallots, chopped
2 chopped fresh thyme leaves
2 cups shrimp or vegetable stock
1 stick of butter
2 lemons, juiced
15 chopped fresh chives
1 diced tomato

OPTIONAL:

Fresh chervil for garnish



DIRECTIONS

Grits: Heat 4 cups of water in a large heavy-bottomed pot over high heat until it comes to a boil. Slowly pour in the grits while whisking constantly. Reduce the heat to low, cover, and cook, stirring occasionally with a wooden spoon, for about 20 minutes. Remove the pot from the heat and fold in the butter and mascarpone cheese. Season with salt.

Shrimp: Heat the olive oil in a large skillet over moderate heat. Season the shrimp with Creole spices and salt. Sauté the shrimp until they begin to brown but are not cooked all the way through. Remove shrimp as they cook and set aside.

In the same skillet, sauté the andouille, garlic, shallots, and thyme until they become aromatic, about 5 minutes. Add the shrimp or vegetable stock and bring to a simmer. Stir in the butter and reduce the sauce until it thickens, about 3 to 5 minutes.

Return the shrimp to the skillet and cook for an additional 5 minutes. Add the lemon juice, diced tomatoes, and chives.

Spoon a heaping ¼ cup of the grits into the center of each of six large bowls. Arrange six shrimp in the middle of each bowl of grits. Spoon sauce around the shrimp and garnish each bowl with fresh chervil.

Plant Based Stuffed Arepas

RECIPE BY CS1 STEPHANIE MAJURE, USCG

SERVINGS: 12

INGREDIENTS

FILLING:

- 3 poblano peppers
- 1 white onion, cut in half
- 1 red bell pepper
- 2 to 3 tsp. canola oil
- 3 scallions
- 1 ear corn, husked
- 1 cup plant-based cheddar cheese
- 2 links soy chorizo (8 to 10 oz.)
- 1 package of prepared BBQ Jackfruit (the Jackfruit Company brand works well)
- 1 cup textured vegetable protein (TVP)
- 1 can black beans, drained and rinsed
- 1 cup vegetable stock
- 1 tsp. onion powder
- 1 tsp. cumin
- 1 tsp. garlic powder

AREPAS:

- 2½ cups masa harina flour
- 1 tsp. salt
- 2 tbsp. plant-based butter or margarine
- 2 tbsp. canola oil

OPTIONAL, FOR GARNISH:

- chopped fresh cilantro
- lime wedges

DIRECTIONS

For the filling: Preheat a grill to medium-high heat. Bring vegetable stock to a boil and add the TVP to soak at least 30 minutes.

In a bowl, toss the poblano peppers and red bell pepper with the canola oil. Place on the grill along with the scallions, corn, and onion (peeled and halved) and cook, turning occasionally, until the vegetables are nicely charred.

Immediately place the peppers in a bowl, cover with plastic wrap and let sit for 10 minutes to sweat and soften. Chop the charred scallions and onions put them into a large bowl. Cut the corn kernels off the ear and add to the bowl. Peel the skins off the peppers, finely chop and then add them to the corn and onions. Stir in the cheese.

Heat a large sauté pan on the grill, add the chorizo, seasonings, and TVP, cook until the oils are released and the chorizo is slightly browned, 3 to 4 minutes. Then add the black beans and jack fruit and heat until warmed. Add the to the cheese and onion mixture and gently fold together. Set aside until ready to use.

For the arepas: Combine the masa flour and salt in a large bowl. Pour in 2½ cups hot water and, using a wooden spoon, stir to combine. Add in the melted plant butter, cover with plastic wrap and let rest for 10 minutes.

Divide the dough into 12 small balls. Place each ball in between two pieces of plastic wrap and flatten using a heavy-bottomed skillet or tortilla press to about 3½ inches in diameter and 1/4-inch thick.

Heat the canola oil in a cast-iron skillet over medium heat. Fry the arepas until lightly browned — they should have a nice crust on the outside but still be soft inside — about 5 minutes per side.

Using a sharp knife, slice the arepas in half, similar to an English muffin. Stuff 1 to 2 teaspoons of the filling inside each. Garnish with some chopped cilantro and a squeeze of lime juice.

Serve with rice and sweet plantains or as a side dish with breakfast!

