

CARIBBEAN

The latest food trends and technologies from Griffith Laboratories



culinary TECHNOVATIONS



TORTOLA TROPICAL
GRILLED TIGER SHRIMP
WITH ROASTED BLACK BEAN,
CORN, AND LIME RELISH

try a
taste of the
tropics



c u l i n a r y

TECHNOVATIONS

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What are Culinary Technovations? Customizable, conceptual cuisine, flavor, and food technology programs launched yearly. Culinary Technovations are designed to identify emerging food trends and technologies in the dynamic food marketplace, bolster existing culinary applications, and spawn new product development innovation. By leveraging Griffith's business units worldwide, constantly monitoring and tracking consumer trends – gleaned from culinary insights from restaurants to grocery stores – Culinary Technovations provide restaurant operators, retailers, and food manufacturers with an on-trend portfolio of tantalizing culinary programs and food innovation.

To learn more information about Culinary Technovations, please call your local Griffith Laboratories salesperson at 800.346.9494.



GRIFFITH
LABORATORIES

the FOOD architects

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A Complete Caribbean Plate Offering

sweet-hot light low-fat good-for-you

Culinary Technovations Product Listing

For Entrees

MARINADES – Ideally for pork, poultry,
and seafood

Kingston Jerk Marinade - #501-0135

Tortola Tropical Marinade - #501-0136

MARINADES – Ideally for beef

Ropa Vieja - #501-0137

GLAZES – Ideally for pork, poultry,
and seafood

Calypso Coconut - #501-0134

For Soup, Sides, and Salad

Black Bean Soup Base - #674-7609

West Indian Peas and Rice Seasoning -
#501-0138

Creole Sweet Potato Glaze - #501-0139

Tortola Tropical Seasoning - #501-0141

Tortola Tropical Dressing - #501-0140

Grenada, a nation 100 miles off the coast of Venezuela, is known as the “Spice Isle of the Caribbean.” When Columbus set sail from Spain he was looking for nutmeg and other spices indigenous to the East Indies. Erroneously, he landed on the West Indies in Grenada – totally confused, as Grenada is one of the world’s largest producers of nutmeg, mace, other spices and a host of tropical fruits.

KINGSTON JERK PORK
TENDERLOIN WITH
PLANTAINS AND CREOLE
SWEET POTATOES



In Praise of Plantains. Sometimes called the cooking banana or plátano, this starchy relative of the regular sweet banana is especially popular among the Spanish-speaking Caribbean islands and is typically cooked when green. Tostones – deep-fried plantain slices – is a common side dish. Think: French fries Caribbean style!



CALYPSO COCONUT
CHICKEN WITH PINEAPPLE
AND MANGO SALSA

try a taste of the tropics

Exotic. Vibrant. Delicious.

Caribbean food is steadily emerging on menus throughout the USA and is also creeping into grocery store aisles. Cuisine from these islands represents an ethnic crossroads of tantalizing tastes and textures—a gastronomic paradise only a few hours by plane-ride from the States.

Originating from the indigenous Arawak and Carib peoples and then later influenced by the slaves from Africa and fused by the colonizers of Spain, France, Denmark, the Netherlands, and the British Isles, Caribbean food encompasses that delicate yet intricate balance of flavors and textures discriminating consumers clamor for when eating at home and away.

Inside the Caribbean Kitchen

Sweet.
Spicy.
Fragrant.
Fresh.

Here are some of the most common ingredients and flavors characteristic of the Caribbean kitchen:

- Chiles: habanero and Scotch bonnet
- Sweet potato
- Guava
- Palm oil
- Coconut
- Plantain
- Cinnamon
- Seafood, especially saltfish, conch, and shrimp
- Chicken
- Pork
- Beef (Spanish-speaking islands)
- Black beans
- Nutmeg
- Mace
- Brown sugar
- Rum
- Jerk
- Sour orange
- Thyme
- Ginger
- Curry
- Garlic
- Pineapple
- Lime
- Mango
- Cassava
- Corn
- Taro Root
- Allspice
- Black-Eyed Peas
- Lima Beans
- Soy Sauce
- Cilantro

