

May already, where did April go, this month has flown by!  
It was a bit of a quieter month for 'Debbie's kitchen', due to a holiday being booked - then cancelled - then rebooked on a smaller scale, more of that later.  
The next couple of months are filling up nicely with a mixture of classes, functions and demonstrations, if you have something in mind, do get in touch.  
I still have a few spaces on the Canapés & Summer Picnic classes with discounted prices when booking for two people.  
Take care and enjoy this month's newsletter.  
Debbie.  
xxx



Not strictly a 'Debbie's kitchen' function, but always looking for a ways to 'up-skill'.  
Huge thanks again to [Jen Creates](#) for this fabulous 4 week flower arranging class. Using foraged foliage with a few brought flowers, we made some fantastic arrangements which decorated my house beautifully over Easter.

What a lovely way to spend a Saturday!  
Thank you to everyone who made the Macaron Masterclass such fun. An amazing array of rainbow coloured macarons, beautifully made- well done everyone.

It was a pleasure to deliver a selection of cupcakes to Swanmore College this week, those teachers need a special treat. Pansies and violas make the perfect and pretty accompaniment to fresh berries on any dessert.

### NEW CLASSES - NEW DATES

- Summer Picnic Items - Thursday 30th June 2022 - 4 SPACES
  - Canapés Masterclass - Thursday 5th May 2022 6-9pm - 2 SPACES
  - Marvellous Macarons - Thursday 23rd June 2022 6-9pm - FULLY BOOKED
  - Delicious Decorated Biscuits - Saturday 2nd July 2022 - 2 SPACES
- £45 per person or book for 2 people for £60 on the Canapés and Summer Picnic Class.

[Click here for details and booking information.](#)



### 'Debbie's kitchen' is ..... feeling guilty!

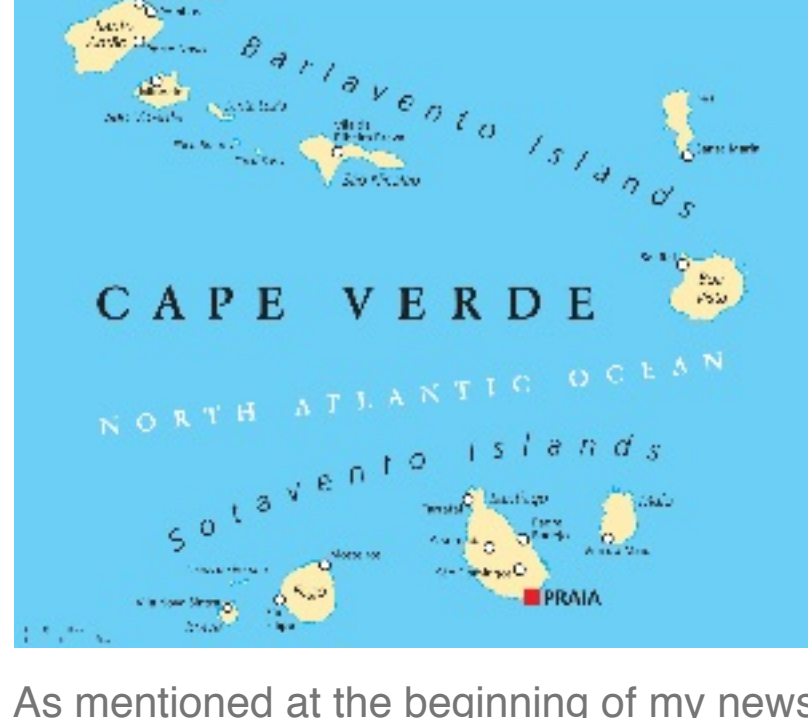
As I mentioned in last month's newsletter I am away for the Queens Platinum Jubilee but if anyone is having a street gathering, garden party or family celebration, do get in touch to hire some beautiful 'vintage style china'. As a loyal subscriber to this newsletter I will offer you a very discounted rate on your order.

It can be collected or delivered to you and returned dirty so no nasty washing up.

Click [here](#) to download an order form.



### Recipe of the month Cape Verdes 'Cachupa'



As mentioned at the beginning of my newsletter, I was luck enough to go away for a week to the beautiful island of Sal in Cape Verde (not the 25th Wedding Anniversary holiday we had planned, but that's for another time!).

With over 90% of their produce being imported, one of the most famous dishes of the Cape Verde islands is Cachupa.  
This traditional, homey (type of maize) Cape Verde dish is made by slow-cooking a stew with a variety of vegetables. It is reminiscent of the Cassoulet dish that is popular in France and Brazil. The main ingredients in this stew are beans, potatoes, and pork, but it can also include vegetables or fish.



- Preparation time: 30 minutes
- Cook time: 60 minutes

Serves 6-8

#### Ingredients

- 5 cups hominy (soak overnight in warm water) or chickpeas
- [Olive oil](#)
- 3 [garlic cloves](#) peel and dice
- 1 [medium onion](#) finely chopped
- 3 [bay leaves](#)
- 1 cup dried lima beans soak overnight in warm water
- 1 cup dried kidney beans soak overnight in warm water
- 2 lbs [beef](#) you can substitute with pork spareribs
- 1 blood sausage sliced
- 2 lbs cabbage or kale chop roughly
- 1 cup fresh green beans
- 1 chorizo or linguica sausage sliced finely
- ¼ lbs lean bacon sliced finely
- 2 lbs plantains peel and slice
- 2 lbs [sweet potatoes](#) peel and dice 1-inch
- 2 lbs [yams](#) peel and dice 1-inch
- 2 lbs [fresh tomatoes](#) quartered
- 2 lbs [squash](#) peel and dice 1-inch
- 1 lbs [chicken](#) cut into chunks
- [Pepper and salt to taste](#)
- [Cilantro](#) chopped
- Sofrito seasoning Fried onion, garlic, and tomato used as a base for cooking sauces and dishes

#### Method

STEP 1  
Combine 6 cups of water, 2 tablespoons of olive oil, garlic, onion, and bay leaves in a saucepan. Allow it to boil. Add the hominy and the beans. Cook until they are slightly tender.

STEP 2  
Fry the ribs, the chouriço or the linguica, the bacon, and the blood sausage in a separate pan and then add the green beans, the plantains, the cabbage, the sweet potatoes, the yam, and the squash. Stir thoroughly and put it aside.

STEP 3  
Season the chicken with salt and pepper and fry in a pan with olive oil until golden brown. Add the tomatoes and the mixture of meat and vegetables to the Hominy and beans mixture. Simmer over medium heat for 40 minutes. Add the sofrito as you like and let it cook for another 20 minutes. Turn the heat off and leave it covered for at least 30 minutes.

STEP 4  
Put the meat and vegetables on the plate. Garnish with chopped cilantro. Serve the main dish in a separate plate.

[Find Out More](#)

