



Bahama RICE Burger.

CHEF'S RECIPES

Jerk Bahama Burger

Sweet & Smokey BBQ Bahama Burger

Cajun Bahama Burger

Thai Crunch Bowl with Bahama Burger

Southern Barbecue Bowl with Bahama Burger

Peruvian Bahama Burger & Sweet Potato Bowl

Mediterranean Bahama Wrap

Bahama Burger Quesadilla

Bacon & Blue Cheese Meatballs Appetizer



Jerk Bahama Burger

Burger

2 tsp.	Olive oil (divided)
4 oz.	Bahama Burger
½ Tbsp.	Jerk spice
2 slices	Grilled fresh Pineapple (¼ inch thick)
1 oz.	Sauté red Onion
1 each	Hamburger roll
1 tsp.	Scotch Bonnet Pepper sauce or Jerk BBQ sauce

1. Flatten the burger in your hand. Add ½ Tbsp. of Jerk Spice, and mix well. Reshape the burger.
2. Place 1 tsp. of Olive Oil on the flat top grill or in a sauté pan on medium heat.
3. Add Bahama burger, brown on both sides and reach 160 degrees.
4. Grill Pineapple slices and sauté the red onions.
5. Assemble the Bahama burger on the toasted roll, topped with the burger. Then top that with grilled Pineapple, red onions, and Scotch Bonnet pepper sauce.
6. Serve with Lettuce and Tomato and Plantain Chips





Sweet & Smokey BBQ Bahama Burger

Burger

1 tsp.	Olive oil
4 oz.	Bahama Burger
½ Tbsp.	Sweet & Smokey Rotisserie seasoning or other spice
1 slice	Cheddar Cheese
1 each	Toasted Roll
1 Tbsp.	BBQ Sauce (your choice)
1 oz.	Fried Onion straws
½ cup	Cole Slaw
4 each	Bread and Butter pickles slices
1 piece	Leaf Lettuce
2 each	Tomato slices

1. Flatten the burger in your hand. Add ½ Tbsp. of Sweet & Smokey Seasoning and mix well. Reshape the burger.
2. Place 1 tsp. of Olive Oil on the flat top grill or in a sauté pan on medium heat.
3. Add Bahama burger, brown on both sides and reach 160 degrees.
4. Add the Cheese to melt on Burger. Put the pickle slices on the roll bottom.
5. Put cooked burger on roll on a plate. Top with BBQ sauce and Fried onion straws.
6. Serve with lettuce, tomato and Cole Slaw or other side item.





Cajun Bahama Burger

Burger

3 tsp.	Olive oil (divided)
4 oz.	Bahama Burger
½ Tbsp.	Cajun Spice
1 oz.	sautéed Red & Green Peppers
1 oz.	Onion Marmalade
1 oz.	Remoulade Sauce
1 each	Toasted roll

1. Flatten the burger in your hand. Add ½ Tbsp. of Sweet & Smokey Seasoning and mix well. Reshape the burger.
2. Place 1 tsp. of Olive Oil on the flat top grill or in a sauté pan on medium heat.
3. Add Bahama burger, brown on both sides and reach 160 degrees.
4. Place the cooked burger on the toasted roll. Place remoulade sauce on burger.
5. Top burger with sautéed peppers and onion marmalade.
6. Optional Jalapeño slices
7. Serve with a side dish and lettuce slice and tomatoes.





Thai Crunch Bowl with Bahama Burger

Crunch Bowl

¾ cup	cooked quinoa
2 Tbsp.	diced red peppers.
2 Tbsp.	edamame
¼ cup	shredded red cabbage
4 oz.	sauteed Bahama Burger crumbled up
½ Tbsp	chopped peanuts
1x	sesame Peanut Sauce

Sesame – Peanut Sauce

1 tsp.	creamy peanut butter
1 tsp.	low sodium soy sauce
½ tsp.	rice vinegar
½	sesame oil
½ tsp.	fresh lime juice

Mix all ingredients well and pour over bowl.





Southern Barbecue Bowl with Bahama Burger

Bowl

½ cup	cooked bulgur or other grain
½ cup	Cole slaw
⅓ cup	Pinto Beans
¼ cup	charred corn
4 each	bread and butter pickle slices
2 ozs.	crumbled cooked Bahama burger
1x	Tangy White Sauce

Tangy White Sauce

1 Tbsp	cider vinegar
1 Tbsp	mayonnaise
1 tsp.	horseradish sauce
	Salt & pepper to taste

Mix all ingredients well and pour on top of bowl





Peruvian Bahama Burger & Sweet Potato Bowl

Bowl

½ cup	cooked brown rice tossed with
1 Tbsp.	salsa Verde
⅓ cup	black beans
2 Tbsp	thinly sliced peeled avocado.
½ cup	roasted sweet potato
2 ozs.	cooked and crumbled Bahama burger
1 Tbsp.	roasted pumpkin seeds.
2 tbsp.	fresh cilantro
1x	Honey- Chipotle- Lime Sauce



Honey-Chipotle-Lime Sauce

1 tsp.	olive oil
1 tsp.	adobo sauce
½ tsp.	honey
1 tsp.	fresh lime juice



Mediterranean Bahama Wrap

Wrap

4 oz.	Bahama burger, crumbled.
1 Tbsp.	Greek salad dressing
1 ½ oz.	Mixed greens
1oz.	Balsamic glaze
2 oz.	Hummus
1 oz.	Feta cheese, crumbled.
1 each	Large flour tortilla



1. Place 1 tsp. of Olive Oil into small sauté pan on medium heat.
2. Crumble up Bahama Burger into pan. Lightly brown it. Add 1 tsp. of Mediterranean seasoning. Mixed well.
3. Toss the mixed greens with the Greek dressing.
4. Warm the tortilla on the flat top. Place the greens at one end.
5. Top with Bahama burger and Feta cheese. Pour glaze over that.
6. Spread hummus across the top half of the tortilla.
7. Roll tightly – cut in half on the bias. Place on a plate with a side or garnish.



Bahama Burger Quesadilla

Quesadilla

2 tsp.	Olive Oil
4oz.	Bahama Burger
½ Tbsp.	Sweet mesquite seasoning
1 oz.	Green pepper strips
1 oz.	Red pepper strips
1.5 oz.	Red onion strips
½ cup.	Shredded Cheddar Cheese
1 large	Flour Tortilla
½ Tbsp.	Butter or Whirl
1 piece	Leaf Lettuce
2 oz.	Sour Cheese
2 oz.	Salsa



1. Place 1 tsp. of Olive Oil into small sauté pan on medium heat.
2. Crumble up Bahama Burger into pan. Lightly brown it.
3. Add ½ Tbsp of Sweet Mesquite seasoning or Taco seasoning. Mix well. Heat for another minute. Remove from pan and set aside.
4. Add 1 tsp olive oil to the same pan. Add peppers and red onion.
5. Sauté for 3-5 minutes until they start to soften up. Remove from heat.
6. You're ready to assemble the Quesadilla: Place your large tortilla down. Place ½ the shredded cheese across half the tortilla. Follow with the Bahama burger crumbles. Next add the sautéed onions and peppers. Top with the rest of shredded Cheese. Close the tortilla and rub it with butter or whirl.
7. Place it on a warm flat top or large sauté pan. Browning both sides. Remove from heat and cut into 4 pieces.
8. To serve it – line a large plate with leaf lettuce, place the Quesadilla on it. Serve with a ramekin of Sour Cream and one of Salsa. You can garnish with Avocado slices or Cilantro.



Bacon & Blue Cheese Meatballs Appetizer

Meatballs

4 oz.	Bahama Burger
1 Tbsp.	Blue Cheese Crumbles
1 Tbsp.	Cooked Bacon Bits
	Salt & Pepper to taste
½ Tbsp.	Olive Oil
½ cup.	Barbecue Sauce

1. Mix all ingredients in bowl.
2. Make 5 equal sized meatballs.
3. Over a medium heat, add oil to a sauté pan.
4. Lightly brown the meatballs, then add the Barbecue Sauce.
5. Once the sauce is hot and the balls are covered.
6. Add to a serving dish with a nice garnish.

