

# Recipe for Innovation

5 innovative recipes

Kwame Onwuachi



**Invesco QQQ**

Not a Deposit | Not FDIC Insured | Not Guaranteed by the Bank | May Lose Value | Not Insured by any Federal Government Agency

# What Are the Best Bites of the Ocean?

INSPIRED BY

## Alphabet (GOOG + GOOGL)

### Hamachi, Tuna, Caviar, Uni Escovitch

Recipe By Kwame Onwuachi



Photography by Johnny Miller

---

## Ingredients

- 3 oz. Sushi Grade Hamachi/Yellowtail**  
(1/4" sashimi slice, about 5 pieces total)
- 3 oz. Sushi Grade Bigeye Tuna**  
(3/4" cube, about 5 pieces total)
- Avocado** (3/4" cube, about 5 pieces total)
- 5 Fresh Hokkaido Uni** (more as desired)
- 1 oz. Royal Ossetra Caviar** (more as desired)
- 3 Fresh Limes** (juiced, more as desired)
- 3 ½ tbsp Honey**
- ½ cup 2 tbsp Carrot Juice**
- 1 ¼ Medium Yellow Onions**
- ½ Red Bell Pepper**
- ½ Orange Bell Pepper**
- ½ qt Neutral Oil**
- 4 sprigs Fresh Thyme**
- ½ tbsp Whole Cumin Seed**
- 1 tbsp Whole Allspice**
- 2" Whole Cinnamon Stick**
- 1 tbsp 2 tsp Whole Coriander Seed**
- 3 Black Cardamom Pods**
- 2 ½ tbsp Dried Oregano Flakes**
- 6 ½ Habanero Chili Peppers**
- ¼ cup 3 tbsp White Granulated Sugar**
- 2 ½ Cloves Fresh Garlic**
- 3 tbsp Fresh Garlic** (minced)
- 1" Fresh Ginger Knob**
- 3 tbsp Minced Fresh Ginger**
- 2 ½ tbsp 1 ½ tsp Kosher Salt**  
(such as Diamond Crystal)
- 2 cup Water**
- 1 ¾ cup White Balsamic Vinegar**

If your taste buds can't answer for you, we know who to ask. Alphabet has revolutionized information and discovery across every corner of the globe. For chefs like Kwame, it's a resource for new ingredients, flavors, purveyors and anything else they need for culinary innovation. What Are the Best Bites in the Ocean has raw tuna, hamachi and uni swimming together in a mouth-watering escovitch sauce. The result? A dish so good you'll be googling where to buy raw fish in bulk.

---

## Directions

### Step 1 NKO

- |                                |                                      |
|--------------------------------|--------------------------------------|
| <b>½ qt Neutral Oil</b>        | <b>1 tbsp Whole Coriander Seed</b>   |
| <b>½ tbsp Whole Cumin Seed</b> | <b>3 Black Cardamom Pods</b>         |
| <b>1 tbsp Whole Allspice</b>   | <b>2 ½ tbsp Dried Oregano Flakes</b> |
| <b>2" Whole Cinnamon Stick</b> |                                      |

Combine all ingredients in a heavy-bottomed pot set over medium-low heat. Heat the oil gently, to infuse it without ever bringing it to a simmer, for 90 minutes, then remove from the heat and let cool slightly. Transfer to a high-powered blender. Blend on high until spices are completely broken up, then strain through a fine-mesh sieve.

### Step 2 Spice Pickle

- |   |   |
|---|---|
| <b>2 cup Water</b>                                    | <b>1" Fresh Ginger Knob</b> (thinly sliced) |
| <b>1 ¾ cup White Balsamic Vinegar</b>                 | <b>4 sprigs Fresh Thyme</b>                 |
| <b>¼ cup White Granulated Sugar</b>                   | <b>2 tsp Whole Coriander Seed</b>           |
| <b>2 ½ tbsp Kosher Salt</b> (such as Diamond Crystal) | <b>½ Habanero Chili Pepper</b>              |

In a non-reactive pot (like stainless steel or enamel), combine all the pickling liquid ingredients. Bring the mixture to a boil over high heat.

Once boiling, remove the pot from heat and let it cool completely. This can take several hours.

Strain the pickling liquid through a fine-mesh strainer into a clean container. You can discard the solids left in the strainer.

### Step 3 Peppa Sauce

**¼ cup Spice Pickle**  
**2 ½ Cloves Fresh Garlic**

**6 Habanero Chili Peppers**  
(stemmed and cut in 4 pieces)

**Safety First:** Habanero peppers are very hot. Wear gloves when handling them to avoid burning your skin.

Wash your hands thoroughly after handling peppers, especially before touching your face.

Combine all the ingredients (habanero peppers, pickling liquid, and garlic) in a blender or food processor.

Process the mixture on medium speed for 30 seconds, or until the garlic and peppers are finely minced. The result should be finely minced chilis and garlic, not puree!

### Step 4 Escovitch

**3 tbsp Fresh Garlic** (minced)

**1 ¼ Medium Yellow Onions** (julienne)

**3 tbsp Fresh Ginger** (minced)

**½ Red Bell Pepper** (julienne)

**2 tbsp Peppa Sauce**

**½ Orange Bell Pepper** (julienne)

**1 ¾ cups Spice Pickle**

**Kosher Salt** (such as Diamond Crystal to taste)

**⅓ cup Carrot Juice**

**NKO as needed**

**3 tbsp White Granulated Sugar**

**Sweat the Aromatics:** In a large pot or Dutch oven, heat enough NKO (or a neutral oil) to coat the bottom over medium-low heat. Add the minced ginger, garlic, and peppa sauce. Cook for a few minutes, stirring occasionally, until the raw onion flavor cooks out of the garlic and ginger.

**Simmer and Reduce:** Add the carrot juice, spice pickle, and sugar to the pot. Increase the heat to medium and bring to a simmer. Reduce heat and simmer for about 20 minutes, or until the mixture thickens slightly and reduces by about a third.

**Puree and Strain:** Transfer the hot mixture to a high-powered blender and blend until smooth. Strain the pureed mixture through a fine-mesh sieve into a clean bowl. Discard the solids left in the sieve.

**Sauté the Vegetables:** In a large pan or skillet, heat enough NKO (or a neutral oil) to coat the bottom over medium heat. Add the julienned onions and peppers. Sauté for 5-7 minutes, stirring occasionally, until softened and translucent. Don't overcook or brown the vegetables.

### Step 5 Carrot Nage

**½ cup Escovitch**

**2 tbsp Carrot Juice**

**3 Fresh Limes** (juiced, more as desired)

**1 ½ tsp Kosher Salt**

**3 ½ tbsp Honey**

(such as Diamond Crystal more as desired)

**Blend the ingredients:** In a blender, combine the escovitch, lime juice, honey, carrot juice, and salt. Blend on high speed until smooth and well combined.

**Adjust seasoning:** Taste the carrot nage and adjust the seasoning as needed. You can add more lime juice for a brighter flavor, more honey for sweetness, or additional salt to taste.

**Chill and serve:** Transfer the carrot nage to a container and refrigerate for at least 30 minutes to allow the flavors to meld and the sauce to chill.

## Step 6 Plating

**3 oz. Sushi Grade Hamachi/Yellowtail**  
(1/4" sashimi slice, about 5 pieces total)

**3 oz. Sushi Grade Bigeye Tuna**  
(3/4" cube, about 5 pieces total)

**Avocado** (3/4" cube, about 5 pieces total)

**2 oz. Escovitch** (divided)

**5 Fresh Hokkaido Uni** (more as desired)

**1 oz. Royal Ossetra Caviar** (more as desired)

**6 oz. Carrot Nage** (in a squeeze bottle)

**2 tbsp Crispy Rice Pearls, 1-2mm**

**7 Fresh Cilantro Leaves**

**Flaky Sea Salt** (to taste)

**NKO** (in a dropper, as needed)

**Kosher Salt** (to taste)

**Prepare the Sashimi:** Lightly season the tuna, hamachi, and avocado with a pinch of kosher salt. Arrange them randomly around the entire plate - the end result is meant to be a mosaic of color and texture.

**Add the Escovitch:** Divide the Escovitch into 5 and place them randomly on top select pieces of fish and avocado. Refer to a picture online for plating inspiration.

**Drizzle the Sauce:** If using a squeeze bottle, carefully add the carrot nage to the bottom of the plate. Aim for an even, shallow layer, making sure it doesn't cover the fish or avocado. Gently wiggle the plate to distribute the sauce evenly.

**Luxurious Toppings:** Using a mother-of-pearl spoon (or plastic spoon), gently add small dollops of caviar and uni over the fish and avocado.

**Finishing Touches:** Garnish the plate with crispy rice pearls, cilantro leaves, a sprinkle of flaky sea salt, and a few drops of NKO.

---

# Workout Chicken

INSPIRED BY

## Lululemon Athletica (LULU)

Chicken Cacciatore, Brown Rice +  
Coconut Risotto, Charred Broccoli

Recipe By Kwame Onwuachi



Photography by Johnny Miller

## Ingredients

**Boneless + Skinless Chicken Breast**  
(about 6 oz)

**12 oz Broccoli Florets**

**¼ Fresh Lime**

**3 cloves Fresh Garlic**

**2 tsp Fresh Garlic** (minced)

**2 tsp Fresh Ginger** (minced)

**4 Sprigs Fresh Thyme**

**1 Sprig Fresh Oregano**

**2 Fresh Bay Leaf**

**1 Sprig Fresh Rosemary**

**8 oz Water**

**8 oz Ice**

**3 tbsp Portobello Mushroom** (small dice)

**3 tbsp Pepperoni** (small dice)

**3 tbsp Pancetta** (small dice)

**2 tbsp Yellow Onion** (small dice)

**½ Medium Yellow Onion** (diced)

**2 tbsp Carrot** (small dice)

**2 tbsp Celery** (small dice)

**2 tsp Tomato Paste**

**½ cup Dry Red Wine**

**1 ½ tsp White Granulated Sugar**

**1 cup Canned Crushed Tomato**

**1 tsp Dried Calabrian Chili Flake**

**1 cup Brown Rice**

**2 cups Canned Coconut Milk**  
(such as Chaokoh)

**Creole Seasoning** (as needed)

**Neutral Oil** (as needed)

**1 tbsp Kosher Salt** (such as Diamond Crystal  
and additional to taste)

This isn't your trainer's chicken, rice and broccoli (but it should be). Just like Lululemon Athletica made gym clothes cool again, Workout Chicken proves that health doesn't have to sacrifice taste. A mouthwatering chicken cacciatore rests atop a hearty brown rice coconut risotto that keeps your energy up for HIITs or yoga. Finished off with a crispy charred broccoli, Workout Chicken is the talk of the health clubs. And remember, food isn't earned, it's enjoyed.

## Directions

### Step 1 Brined Chicken Breast

**Boneless + Skinless Chicken Breast** (about 6 oz)

**1 tbsp Kosher Salt** (such as Diamond Crystal)

**1 ½ tsp White Granulated Sugar**

**1 Clove Fresh Garlic**

**2 Sprigs Fresh Thyme**

**1 Fresh Bay Leaf**

**¼ Fresh Lime**

**8 oz Water**

**8 oz Ice**

**Make the Brine:** In a pot, combine the salt, sugar, garlic, thyme, bay leaf, lime juice and rind, and water. Bring the mixture to a boil over medium heat, stirring until the salt and sugar dissolve.

**Cool the Brine:** Immediately remove the pot from heat and add the ice. Stir until the ice melts completely.

**Brine the Chicken:** Transfer the cooled brine to a large bowl or container. Submerge the chicken breasts completely in the brine. Cover the container with plastic wrap or a lid and refrigerate for 24-48 hours.

### Step 2 Pepperoni Cacciatore

**3 tbsp Portobello Mushroom** (small dice)

**3 tbsp Pepperoni** (small dice)

**3 tbsp Pancetta** (small dice)

**2 tbsp Yellow Onion** (small dice)

**2 cloves Fresh Garlic** (thinly sliced)

**2 tbsp Carrot** (small dice)

**2 tbsp Celery** (small dice)

**2 tsp Tomato Paste**

**½ cup Dry Red Wine**

**1 cup Canned Crushed Tomato**

**1 tsp Dried Calabrian Chili Flake**

**1 Sprig Fresh Oregano** (sachet)

**1 Sprig Fresh Rosemary** (sachet)

**1 Fresh Bay Leaf** (sachet)

**2 Sprigs Fresh Thyme** (sachet)

**Neutral Oil** (as needed)

**Kosher Salt** (such as Diamond Crystal to taste)

**Brown the Meat:** Heat neutral oil in a large skillet over medium heat. Add the pancetta, pepperoni, and mushrooms. Cook until the pancetta is browned and the mushrooms are softened, about 5-7 minutes.

**Sweat the Aromatics:** Add the diced onions and garlic. Cook, stirring occasionally, until softened and translucent, about 5 minutes. Add the diced carrots and celery to the pan with everything else. Cook for an additional 5 minutes, until softened slightly.

**Deglaze and Simmer:** Stir in the tomato paste and Calabrian chili flakes. Cook for 3-4 minutes, stirring constantly, to toast the flavors. Deglaze the pan with the red wine, scraping up any browned bits from the bottom. Let the wine simmer and reduce by half.

**Add the Tomatoes and Herbs:** Add the crushed tomatoes and the herb sachet (or loose herbs) to the pan. Bring to a simmer, then reduce heat to low and cover partially. \*To Make an Herb Sachet: Tie fresh herbs together with kitchen twine or place them in a cheesecloth bag for easy removal.\*

**Serve and Enjoy:** Let the sauce simmer for 30 minutes then set aside and season lightly with salt. Remove herbs/sachet before continuing. This will finish simmering with the chicken above.

### **Step 3 Coconut Brown Rice Risotto**

**1 cup Brown Rice**

**½ Medium Yellow Onion** (diced)

**2 tsp Fresh Garlic**

**2 tsp Fresh Ginger**

**2 cups Canned Coconut Milk**  
(such as Chaokoh)

**1 cup Chicken Stock**

**2 Sprigs Fresh Thyme**

**White Granulated Sugar** (to taste)

**Kosher Salt** (such as Diamond Crystal to taste)

**Neutral Oil** (as needed)

**Cook the Rice:** Bring 2 quarts of water with 2 teaspoons of salt to a boil in a large saucepan. Add the brown rice and blanch it for about 10 minutes, or until al dente (slightly firm to the bite). Drain the rice thoroughly in a fine mesh strainer/colander.

**Sauté the Aromatics:** While the rice cooks, heat a medium skillet with neutral oil over medium heat. Sauté the diced onion until softened and translucent (about 5 minutes). Add the minced ginger and garlic, cook for another minute, until fragrant. Then, add the Canned Coconut Milk, chicken stock, thyme sprigs, and a pinch of sugar (optional) to the skillet with the aromatics - bring the mixture to a simmer.

**Incorporate the Rice:** Add the drained brown rice to the simmering Canned Coconut Milk mixture. Reduce heat to low and simmer, stirring constantly, for about 10 minutes, or until the rice is cooked through and the risotto reaches a creamy consistency. If the risotto seems too thick, add additional chicken stock as needed while stirring.

**Adjust and Serve:** Season to taste with additional salt, if needed. Remove the thyme sprigs before serving.

### **Step 4 Chicken Cacciatore**

**Brined Chicken Breast**

**Creole Seasoning** (as needed)

**Kosher Salt** (as needed)

**Neutral Oil** (as needed)

**Prep the Chicken:** Preheat your oven to 425°F. Remove the chicken breasts from the brine, pat them dry with paper towels, and season generously with creole seasoning and salt. Let them sit at room temperature for 15-20 minutes to temper.

**Sear the Chicken:** Heat neutral oil in a skillet over medium-high heat. Once hot, carefully sear the chicken breasts for 2-3 minutes per side, until golden brown.

**Finish the Chicken in Cacciatore:** While the chicken sears, heat up your Pepperoni Cacciatore (refer to the recipe) and bring it to a simmer. Then, transfer the seared chicken breasts to the pan with the simmering cacciatore. Bring everything back to a simmer again, then transfer the entire pan (chicken and sauce) to the preheated oven. Bake for 5 minutes, or until the chicken reaches 160°F. Remove the pan from the oven and let the chicken rest for a few minutes to ensure it reaches an internal temperature of 165°F.

### **Step 5 Charred Broccoli**

**12 oz Broccoli Florets**

**Kosher Salt** (as needed)

**Creole Seasoning** (as needed)

**Neutral Oil** (as needed)

**Roast the Broccoli:** Meanwhile, toss the broccoli florets with oil, creole seasoning, and salt. Spread them out on a baking sheet lined with aluminum foil. Roast on the top rack in the oven for 8-10 minutes, or until tender-crisp with slightly charred edges.

### **Step 6 Plating**

**Assemble and Serve:** In a pasta bowl, add risotto to the bottom then place a chicken breast on one side. Drape with extra cacciatore as desired and then add broccoli over top. Garnish with basil and nasturtium.

---

# Kitchen Cabinet Chicken

INSPIRED BY

**Kraft Heinz (KHC)**

**Brown Stew Chicken, Pepper Jam, Confit Pearl Onion, Rice + Peas**

Recipe By Kwame Onwuachi



Photography by Johnny Miller

## Ingredients

- 4 Chicken Leg Quarter, Bone-in, Skin-on
- 2 Medium Yellow Onions
- 1 Medium Red Onion
- ½ lb Whole Unpeeled White Pearl Onion
- 3 Plum Tomato
- 6 oz Sundried Tomato
- ½ Red Bell Pepper
- ½ Orange Bell Pepper
- ½ Yellow Bell Pepper
- 1 Fresno Chili Pepper
- 1 Whole Habanero Chili Pepper
- 3 ½ tbsp, 2 tsp Fresh Ginger (minced)
- 4 ½ tbsp, 2 tsp Fresh Garlic (minced)
- Whole Garlic Head (Cut In Half or Peeled)
- 2 tbsp Pickapeppa Sauce
- 1 tbsp, 1 tsp Browning (such as Grace or Jamaican Choice)
- ½ cup, 2 ¼ tbsp Turbinado Sugar
- 1 cup Heinz Ketchup
- 1 cup White Balsamic Vinegar
- 2 ½ qt Chicken Stock
- 1 lb 3 tbsp Unsalted Butter
- 1 ½ cup Jasmine Rice
- ¼ cup Dried Pigeon Peas
- 2 ½ cup Pigeon Pea Cooking Liquid
- ½ cup Canned Coconut Milk (such as Chaokoh)
- 1 tbsp Chives (very finely chopped)
- 8 Sprigs Fresh Thyme
- 4 Fresh Bay Leaves
- 4 Nasturtium Leaves
- 1 tbsp Freshly Ground Allspice
- 2 tbsp Creole Seasoning
- Flaky Sea Salt (such as Maldon as needed)
- Kosher Salt (to taste)
- Neutral Oil (as needed)

Just like how Kraft Heinz revolutionized our pantries, Kitchen Cabinet Chicken is a reinvented classic every household can enjoy. The Caribbean staple brown stew chicken is reinvented by chef Kwame with pepper jam and confit pearl onion, but Heinz ketchup remains an essential ingredient. Together, it becomes one of the tastiest additions to your cabinet meals since the OG boxed mac and cheese.

## Directions

### Step 1 Brown Stew Chicken

- |  |                               |
|--|-------------------------------|
| 4 Chicken Leg Quarter, Bone-in, Skin-on            | 4 Sprigs Fresh Thyme          |
| 2 Medium Yellow Onion (large dice)                 | 3 Fresh Bay Leaves            |
| 3 Plum Tomato (large dice)                         | 2 ¼ tbsp Turbinado Sugar      |
| 2 ½ tbsp Fresh Ginger (minced)                     | 1 Whole Habanero Chili Pepper |
| 2 ½ tbsp Fresh Garlic (minced)                     | ¾ cup Heinz Ketchup           |
| 2 tbsp Pickapeppa Sauce                            | 2 ½ qt Chicken Stock          |
| 1 tbsp Browning (such as Grace or Jamaican Choice) | Kosher Salt (to taste)        |
| 1 tbsp Freshly Ground Allspice                     | Neutral Oil (as needed)       |
| 2 tbsp Creole Seasoning                            |                               |

**Marinate the Chicken:** In a large non-reactive dish, combine all marinade ingredients (except neutral oil, Heinz Ketchup, chicken stock, and habanero pepper). Add the chicken pieces and toss to coat them evenly. Cover and refrigerate for at least 24 hours and up to 48 hours.

**Prepare the Chicken:** Remove the chicken from the marinade, reserving both the marinade and vegetables. Season the chicken with kosher salt and let it temper for 30 minutes at room temperature.

**Sear the Chicken:** Heat 2 tablespoons of neutral oil in a Dutch oven over high heat. Once hot and shimmering, add the chicken pieces skin-side down. Sear for about 4 minutes per side, or until deeply golden brown. Work in batches if necessary to avoid crowding the pan. Transfer the seared chicken to a plate.

**Sauté the Vegetables:** Reduce the heat to medium and add the reserved vegetable-marinade mixture to the pot. Sauté for about 10 minutes, stirring occasionally, until the vegetables are tender.

**Simmer the Stew:** Stir in the Heinz Ketchup, chicken stock, and habanero pepper (leave the chili whole). Return the seared chicken to the pot and bring the mixture to a gentle simmer over medium-low heat. Cover and cook for 1 hour.



**Reduce the Sauce:** Remove the chicken from the pot and increase the heat to medium-high. Bring the stew to a brisk simmer and reduce the sauce to a thick, gravy-like consistency, about 10-15 minutes. Discard the habanero pepper (being careful not to puncture it). Set aside until ready to serve.

## Step 2 Pepper Jam

<b>6 oz Sundried Tomato</b> (thinly sliced)	<b>2 tbsp Fresh Garlic</b> (minced)
<b>½ Red Bell Pepper</b> (thinly sliced)	<b>¼ cup Heinz Ketchup</b>
<b>½ Orange Bell Pepper</b> (thinly sliced)	<b>1 cup White Balsamic Vinegar</b>
<b>½ Yellow Bell Pepper</b> (thinly sliced)	<b>½ cup Turbinado Sugar</b>
<b>1 Medium Red Onion</b> (thinly sliced)	<b>Kosher Salt</b> (to taste)
<b>1 Fresno Chili Pepper</b> (finely diced)	<b>Neutral Oil</b> (as needed)
<b>1 tbsp Fresh Ginger</b> (minced)	

**Sauté the Aromatics:** Heat 1 ½ tablespoons of neutral oil in a medium saucepan over medium heat. Once the oil shimmers, add the minced ginger and garlic. Cook for about 10 minutes, stirring frequently, until the raw flavor cooks out and they become fragrant. Be careful not to brown them.

**Add the Vegetables:** Add the thinly sliced sundried tomatoes, peppers, onion, and fresno chili pepper. Season with 2 teaspoons of salt. Sauté for 15 minutes, stirring occasionally, until the vegetables soften and become translucent.

**Simmer and Reduce:** Add the Heinz Ketchup, white balsamic vinegar, and turbinado sugar to the pan. Increase the heat to medium-high and bring the mixture to a simmer. Stir frequently as it reduces and thickens to a jammy consistency, about 20-30 minutes.

**Season and Cool:** Taste the jam and adjust the seasoning with additional salt, if desired. Remove the pan from the heat and let the jam cool completely. Season again when cool and reserve.

## Step 3 Confit White Pearl Onions

<b>½ lb Whole Unpeeled White Pearl Onion</b>	<b>Whole Garlic Head</b> (Cut In Half or Peeled)
<b>1 lb Melted Unsalted Butter</b>	<b>1 Fresh Bay Leaf</b>
<b>4 Sprigs Fresh Thyme</b>	

**Prep the Onions:** Leave the pearl onions unpeeled, but trim off any dried-out root ends.

**Melt the Butter:** In a saucepan, melt the butter over medium heat until hot but not bubbling.

**Assemble the Bake:** Add the unpeeled pearl onions to the butter along with the thyme sprigs, garlic, and bay leaf.

**Seal and Bake:** Tightly cover the pan with a double layer of aluminum foil. Bake in a preheated oven at 250°F for 1 hour, using the "roast" setting if available, and with the fan on (if available).

**Cool the Onions:** Once cooked, carefully remove the pan from the oven and let the onions cool completely in the butter.

**Strain and Chill:** Strain the onions from the butter and spread the onions in a single layer on a baking sheet lined with fresh paper towels. Chill them in the freezer for at least 30 minutes, or until completely cold.

**Peel and Reserve:** Peel the cooled onions - their skins should come off easily. Halve them and reserve.

#### Step 4 Rice & Peas

<b>1/4 cup Dried Pigeon Peas</b>	<b>2 spigs Fresh Thyme</b>
<b>3 tbsp Unsalted Butter Divided</b>	<b>1 Fresh Bay Leaf</b>
<b>2 tsp Minced Fresh Ginger</b>	<b>1 Habanero Chili Pepper</b>
<b>2 tsp Minced Fresh Garlic</b>	<b>1 ½ tbsp White Granulated Sugar</b>
<b>1 ½ cup Jasmine Rice</b>	<b>2 ½ tsp Kosher Salt</b>
<b>2 ½ cup Pigeon Pea Cooking Liquid</b>	<b>1 Powdered Chicken Bouillon,</b>
<b>½ cup Canned Coconut Milk</b> (such as Chaokoh)	<b>0.35 oz packet</b> (such as Knorr)
<b>1 tsp Browning</b> (such as Grace or Jamaican Choice)	

**Soak the Peas:** The night before cooking, rinse the pigeon peas and place them in a medium pot. Cover them with a few inches of cold water and soak them overnight in the refrigerator.

**Cook the Peas:** Drain and rinse the soaked peas well. In the same medium pot, combine the peas with 4 cups of fresh water. Bring the water to a boil over high heat. Then, reduce the heat to a simmer and cook the peas until they are completely tender, about 20 minutes.

**Reserve the Cooking Liquid:** Drain the cooked peas, reserving the cooking liquid. You'll need about 2 ½ cups of liquid, so add more water if necessary. Spread the cooked peas on a sheet tray to cool slightly while you prepare the rice.

**Sauté the Aromatics:** In the same medium pot, melt 2 tablespoons of butter over medium heat. Add the minced ginger and garlic, and cook for 5 minutes, stirring occasionally, until fragrant.

**Rinse and Toast the Rice:** While the aromatics cook, rinse the jasmine rice thoroughly in a fine-mesh strainer until the water runs clear. Add the rinsed rice to the pot with the butter and aromatics. Cook the rice, stirring often, for about 5 minutes, until it becomes slightly toasted.

**Add Flavor and Liquids:** Add all the remaining ingredients to the pot except for the cooked peas and the remaining 1 tablespoon of butter. This includes the reserved pigeon pea cooking liquid, canned coconut milk, browning, thyme, bay leaf, habanero pepper, sugar, salt, and bouillon.

**Simmer and Steam:** Bring the mixture to a boil over high heat, stirring occasionally to prevent sticking. Then, reduce the heat to low, cover the pot tightly with a lid, and simmer for 18 minutes, or until the liquid has been absorbed by the rice.

**Rest and Fluff:** Remove the pot from the heat and let it sit, covered, for an additional 5 minutes. This allows the rice to steam and finish cooking. Then, uncover the pot and remove the thyme sprigs, bay leaf, and habanero pepper (discard them carefully). Use a fork to fluff the rice gently. Let the rice sit uncovered for another 5 minutes.

**Finishing Touches:** Finally, fold in the cooked pigeon peas and the remaining 1 tablespoon of butter. Season the rice and peas with additional salt to taste, if desired.

**Char the Confit Onions:** Heat a small pan over high heat. Add the confit pearl onion halves, cut-side down. Let them sear for about 2 minutes, until slightly charred. Set them aside.

### **Step 5 Plating**

**Assemble the Plate:** In a serving bowl, add your cooked rice and peas towards one side. On the other, gently place the brown stew chicken and dress generously with the reduced stew.

**Finishing Touches:** Dollop pepper jam around the chicken then add charred confit pearl onion and nasturtium leaves. Finally, sprinkle chives over the rice and peas and flaky salt all over.

---

# In-House Halal Cart

INSPIRED BY

## DoorDash (DASH)

Shawarma Roasted Chicken,  
Braised Lamb Shank, Turmeric Rice

Recipe By Kwame Onwuachi



Photography by Johnny Miller

### Ingredients

- Half Chicken (about 2lb)
- Lamb Shank (about 1.25lb ea)
- 1 ½ cup Greek Yogurt
- 1 cup Extra Fancy Mayonnaise
- Red Beetroot (sliced ¼" rings/ petals)
- 11 Cloves + 1 tsp Minced Fresh Garlic
- 1" Knob + 1 tsp Minced Fresh Ginger
- 1 Plum Tomato
- 3 oz Red Pearl Onion
- 3 oz White Pearl Onion
- ½ Medium Red Onion
- ½ Habanero Chili Pepper
- ¼ cup Diced Medium Yellow Onion
- ¼ cup Diced Red Bell Pepper
- ½ cup Sofrito (store-bought or homemade)
- ¼ Fresh Lime (Squeezed With Rind)
- Fresh Lemon (to taste)
- 11 Sprigs Fresh Thyme
- 9 Fronds of Fresh Dill
- 7 Fresh Mint Leaves
- 2 ½ tsp Finely Chopped + 7 Full Fresh Parsley Leaves
- 3 Fresh Bay Leaves
- 1 ¾ cups White Balsamic Vinegar
- 8 oz + 2 cups Water
- 2 qt + 3 cups Chicken Stock (additional if wanting to sub for Braising liquid)
- 120 g of Your Favorite Hot Sauce
- 8 oz Ice
- 1 cup Basmati Rice
- 1 tsp Whole Cumin Seed
- 2 tsp Whole Coriander Seed
- 2 tsp Dried Oregano Flakes
- ½ tsp Ground Turmeric
- 1 tbsp Tomato Paste
- 3 tbsp ½ tsp Shawarma Seasoning
- 2 ½ tsp Ras El Hanout Seasoning
- ¼ cup + 1 ½ tsp White Granulated Sugar
- 2 tbsp Dark Brown Sugar
- 2 tbsp Unsalted Butter
- 1 ½ tbsp Neutral Oil (additional as needed)
- 3 ½ tsp 5 tsp Kosher Salt (such as Diamond Crystal and more as needed)
- Flaky Sea Salt (for plating)

Halal carts have been the dinner table of New Yorkers for decades. Inspired by DoorDash's ability to broaden our culinary palette with accessible and flavorful meals, nothing represents that better than shawarma roasted chicken and braised lamb shank on a rich bed of turmeric rice. It may not come in a container, but In-House Halal Cart is a taste of late-night NYC.

### Directions

#### Step 1 Brined Chicken

- |  |                                   |                      |
|--|-----------------------------------|----------------------|
| Half Chicken (about 2lb)                     | ¼ Fresh Lime (Squeezed With Rind) | 1 Clove Fresh Garlic |
| 1 tbsp Kosher Salt (such as Diamond Crystal) | 8 oz Water                        | 2 Sprigs Fresh Thyme |
| 1 ½ tsp White Granulated Sugar               | 8 oz Ice                          | 1 Fresh Bay Leaf     |

**Make the Brine:** In a pot, combine the salt, sugar, garlic, thyme, bay leaf, lime juice and rind, and water. Bring the mixture to a boil over medium heat, stirring until the salt and sugar dissolve.

**Cool the Brine:** Immediately remove the pot from heat and add the ice. Stir until the ice melts completely.

**Brine the Chicken:** Transfer the cooled brine to a large bowl or container. Submerge the chicken breasts completely in the brine. Cover the container with plastic wrap or a lid and refrigerate for 24-48 hours.

#### Step 2 Shawarma Marinated Chicken

- |  |                           |   |
|--|---------------------------|---|
| 1 Brined Half Chicken                    | 1 cup Greek Yogurt        | 2 tsp Kosher Salt (such as Diamond Crystal) |
| ½ cup Sofrito (store-bought or homemade) | 3 tbsp Shawarma Seasoning |   |

#### Marinating the chicken

**Prepare the Marinade:** If your sofrito isn't already a smooth paste, you can blend it in a food processor or blender until well combined.

**Combine Marinade Ingredients:** In a large bowl, whisk together the Greek yogurt, blended sofrito mixture, shawarma seasoning, and salt.

**Marinate:** Pat the chicken dry with paper towels. Place the chicken in the bowl with the marinade. Thoroughly coat the chicken with the marinade, making sure to get it everywhere, even under the skin. Cover the bowl with plastic wrap and refrigerate for at least 24 hours, or up to 48 hours for maximum flavor.

## Roasting the chicken

**Preheat the Oven:** Preheat your oven to 400°F.

**Prepare and Roast the Chicken:** Place the marinated chicken, skin side up, on a roasting pan with a rack in the oven - do not scrape off excess marinade.

**Cooking Time:** Roasting time will vary depending on the size of the chicken, but start checking after 30 minutes. To check for doneness, insert a meat thermometer into the thickest part of the thigh, the internal temperature should reach 165°F.

**Rest and Serve:** Once cooked through, remove the chicken from the oven and let it rest for 10-15 minutes before carving. This allows the juices to redistribute for a more tender and flavorful chicken.

## Step 3 Ras El Hanout Braised Lamb

Lamb	<b>Lamb Shank</b> (about 1.25lb ea)	<b>½ Medium Red Onion</b> (quartered)
	<b>½ tsp Ras El Hanout Seasoning</b>	<b>1 Plum Tomato</b> (quartered)
	<b>1 tsp Kosher Salt</b> (such as Diamond Crystal)	<b>10 Smashed Cloves/ Whole Garlic Head</b>
Jus	<b>Braising Liquid</b> (from braise, can supplement with chicken stock as needed)	<b>1" Knob Fresh Ginger</b> (sliced)
	<b>2 tbsp Dark Brown Sugar</b>	<b>3 Whole Sprigs Fresh Thyme</b>
	<b>2 tsp Ras El Hanout Seasoning</b>	<b>1 Fresh Bay Leaf</b>
	<b>Kosher Salt</b> (such as Diamond Crystal as needed)	<b>2 qt Hot Chicken Stock</b>
	<b>Neutral Oil</b> (as needed)	

**Prep the Lamb:** Pat the lamb shanks dry with paper towels. Season generously with ras el hanout and salt on all sides. Let them marinate in the refrigerator for at least 2 hours, or up to 24 hours for deeper flavor.

**Sear the Lamb:** Heat neutral oil over medium-high heat in a Dutch oven. Sear the lamb shanks on all sides until well-browned, about 5-7 minutes per side. Remove the browned lamb shanks and set them aside.

**Prepare the Braise:** Pour in about ½ cup of chicken stock (from the measured amount) and scrape up any browned bits. Let the liquid simmer for a minute to deglaze the pan. Add all of the ingredients for the braise to the pan, including the lamb and remaining chicken stock. Bring to a simmer.

**Cover and Braise:** Cover the Dutch oven tightly with a lid and transfer it to a preheated oven at 300°F. Braise for 3 hours or until the meat is tender and nearly off the bone. You can check for tenderness after 2 ½ hours by inserting a fork into the thickest part of the lamb shank.

**Cool and Separate:** Once cooked, gently remove the lamb shanks from the oven, uncover, and allow to cool for 20 minutes. Carefully remove the lamb shank from the braising liquid with a slotted spoon and set it aside—if the meat falls apart during this process, it's ok. Strain the braising liquid into a pot or saucepan, discarding the aromatics.

**Reduce the Sauce:** Bring the reserved braising liquid to a simmer. Skim off excess fat from the surface. Add the brown sugar, additional ras el hanout, and ½ tsp salt. Let the sauce simmer and reduce by 75%, or until it reaches your desired consistency it should be able to coat the meat well. Taste and adjust seasonings as needed.

**Reserve:** Break apart the the lamb meat into bite sized pieces and return to the sauce and reserve warm until ready to serve.

#### Step 4 Spice Pickle

**2 cups Water**  
**1 ¾ cups White Balsamic Vinegar**  
**¼ cup White Granulated Sugar**  
**2 ½ tbsp Kosher Salt** (such as Diamond Crystal)

**1, 1" Knob Fresh Ginger** (thinly sliced)  
**4 Sprigs Fresh Thyme**  
**2 tsp Whole Coriander Seed**  
**½ Habanero Chili Pepper** (rough chop)

In a non-reactive pot (like stainless steel or enamel), combine all the pickling liquid ingredients. Bring the mixture to a boil over high heat. Once boiling, remove the pot from heat and let it cool completely. This can take several hours. Strain the pickling liquid through a fine-mesh strainer into a clean container. You can discard the solids left in the strainer.

#### Step 5 Turmeric Rice

**1 cup Basmati Rice**  
**1 ½ tbsp Neutral Oil** (additional as needed)  
**1 tsp Whole Cumin Seed**  
**1 tsp Minced Fresh Garlic**  
**1 tsp Minced Fresh Ginger**  
**1 tbsp Tomato Paste**  
**¼ cup Diced Medium Yellow Onion**  
**¼ cup Red Bell Pepper**

**½ tsp Ground Turmeric**  
**2 tsp Dried Oregano Flakes**  
**1 Fresh Bay Leaf**  
**2 Sprigs Fresh Thyme**  
**2 tbsp Unsalted Butter**  
**725 g Chicken Stock**  
**2 tsp Kosher Salt** (such as Diamond Crystal)

**Soak the Rice:** Rinse the rice then soak it in a bowl of cool water for 20-30 minutes. Drain the rice well before proceeding.

**Heat Oil and Toast Cumin:** Heat the olive oil in a saucepan or pot with a tight-fitting lid over medium heat. Add the cumin seeds and toast them for about 5 minutes, stirring occasionally, until fragrant.

**Sauté the Flavor Base:** Add the ginger, garlic, onion, and bell pepper to the pot with the toasted cumin seeds. Sauté for about 5 minutes, until the vegetables begin to soften.

**Caramelize the Tomato Paste:** Add the tomato paste and increase the heat to medium-high. Cook for about 10 minutes, stirring frequently, until the tomato paste darkens and becomes slightly caramelized.

**Toast the Rice and Add Remaining Ingredients:** Add the rinsed rice to the pot and toast the rice for about 5 minutes, stirring occasionally. Add the rest of the ingredients and bring to a simmer.

**Cover and Cook:** Cover the pot tightly with the lid and reduce heat to low. Cook the rice for 15-20 minutes, or until the rice is tender and all the liquid has been absorbed.

**Rest and Fluff:** Remove the pot from the heat and let it sit covered for an additional 10 minutes. After 10 minutes, remove the lid, fluff the rice gently with a fork, and let it steam for another 5 minutes. Fluff the rice again before serving.

#### Step 6 Pickled Red Pearl Onion

**3 oz Red Pearl Onion** (sliced 1/16" rings/ petals) **¾ cup Spice Pickle**  
**Red Beetroot** (sliced 1/4" rings/ petals)

**Prepare the Onions:** Peel the red pearl onions then cut in half lengthwise. Carefully separate the onion layers into individual petals.

**Heat the Pan and Saute Vegetables:** Heat a large skillet or frying pan over medium-high heat. You want the pan to be very hot but not smoking. Add the separated onion petals and beets to the hot pan and cook them for about 10 seconds, stirring constantly with tongs. Be careful not to brown the onions.

**Add the Pickling Liquid:** Immediately pour the spice pickle over the hot onion petals in the pan.

**Simmer and Remove:** Bring the mixture to a simmer and remove the pan from the heat and carefully transfer the pickled onions (including the pickling liquid and beets) to a clean, non-reactive container with a lid. Let them cool completely at room temperature. Then, refrigerate them for at least 2 hours, or ideally overnight, to allow the flavors to develop.

### **Step 7 Pickled White Pearl Onion**

**3 oz White Pearl Onion** (sliced petals)                      **¼ cup Spice Pickle**

**Prepare the Onions:** Peel the white pearl onions then cut in half lengthwise. Carefully separate the onion layers into individual petals.

**Heat the Pan and Saute Onions:** Heat a large skillet or frying pan over medium-high heat. You want the pan to be very hot but not smoking. Add the separated onion petals to the hot pan and cook them for about 10 seconds, stirring constantly with tongs. Be careful not to brown the onions.

**Add the Pickling Liquid:** Immediately pour the spice pickle over the hot onion petals in the pan.

**Simmer and Remove:** Bring the mixture to a simmer and remove the pan from the heat and carefully transfer the pickled onions (including the pickling liquid) to a clean, non-reactive container with a lid. Let them cool completely at room temperature. Then, refrigerate them for at least 2 hours, or ideally overnight, to allow the flavors to develop.

### **Step 8 White Sauce**

**1 cup Extra Fancy Mayonnaise**    **2 ½ Finely Chopped Fresh Parsley Leaves**  
**⅓ cup Greek Yogurt**    **Fresh Lemon** (to taste)  
**½ tsp Shawarma Seasoning**    **Kosher Salt** (such as Diamond Crystal to taste)

Whisk together the mayonnaise, Greek yogurt, shawarma spice, and chopped parsley in a bowl. Season with kosher salt and fresh lemon juice to taste.

### **Step 9 Plating**

**Prepare the Base:** In a large serving platter, spread out a bed of your cooked turmeric rice.

**Arrange the Meats:** Place the braised lamb shank pieces randomly around the top of the rice.

**Cut and Arrange the Chicken:** Cut the cooked shawarma chicken into the standard 8-piece, then cut the breast and thigh further.

**Fresh Touches:** Scatter the pickled red and white pearl onions around the platter then dollop spoonfuls of white sauce and hot sauce in different spots.

**Finish the Platter with a Sprinkle of Fresh Herbs:** the dill fronds, torn mint leaves, and parsley leaves.

**Serve and Enjoy:** Finish everything with flaky sea salt and serve alongside extra white sauce and hot sauce.

# Health Me Please

INSPIRED BY

**Moderna (MRNA)**

## Coconut Panna Cotta with Fruits + Granola

Recipe By Kwame Onwuachi



Photography by Johnny Miller

Coconut Panna Cotta

### Ingredients

- 2 Silver Strength Gelatin Sheets
- 1 ½ cup Canned Coconut Milk
- 2 ½ tbsp White Granulated Sugar
- ¼ Whole Vanilla Bean split lengthwise
- Pinch of Kosher Salt

Blended Acai Puree (to taste)

Various Fruits & Berries (such as mango, dragonfruit, currants, blackberries, etc.)

Your Favorite Granola (if desired)

Fresh Herbs (such as mint or basil)

When we're healthy, we have more to look forward to. Including this Health Me Please coconut panna cotta, inspired by Moderna's innovations in how we keep ourselves (and others) safe and healthy. Fresh fruit and homemade granola top this gluten free, dairy free and no added sugar dish to create a balanced dose of good-for-you indulgence.

### Directions

#### Step 1 Coconut Panna Cotta

- 2 Silver Strength Gelatin Sheets
- 1 ½ cup Canned Coconut Milk (such as Chaokoh)
- 2 ½ tbsp White Granulated Sugar

- ¼ Whole Vanilla Bean split lengthwise
- Pinch of Kosher Salt (such as Diamond Crystal)

**Bloom the Gelatin:** In a small bowl, add cold water to fully cover the gelatin sheets. Let them sit for 3-5 minutes, until softened and pliable.

**Heat the Coconut Mixture:** In a small saucepan over medium heat, whisk together the canned coconut milk, sugar, vanilla bean (including the seeds scraped from the pod), and salt. Heat the mixture to 140°F, whisking constantly. Do not let it boil.

**Dissolve the Gelatin:** Remove the saucepan from the heat. Squeeze any excess water from the softened gelatin sheets and whisk it into the warm coconut mixture until fully dissolved.

**Blending and Straining:** Blend the mixture using a hand blender or immersion blender. Then, strain the mixture through a fine-mesh strainer. This step helps remove any undissolved gelatin pieces and vanilla bean pod flecks.

**Pouring and Setting:** Pour the strained panna cotta mixture into your desired dish. Cover the dish with plastic wrap or a lid and refrigerate for at least 4 hours, or until completely set. Ideally, let it set overnight for the best results.

#### Step 2 Plating

**Temper the Panna Cotta:** Remove the set panna cotta from the fridge and take off the cover. Let it sit at room temperature for about 20 minutes. This allows the panna cotta to soften slightly for easier plating and a more enjoyable texture.



**Prepare the Toppings:** While the panna cotta tempers, wash and dry your chosen fruits and herbs. Cut the fruits into bite-sized pieces, as desired, for easier eating. You can leave softer fruits like berries whole.

**Get Creative with Toppings:** Drizzle some acai puree over the panna cotta at your discretion. Arrange the cut fruits around the panna cotta randomly then sprinkle your favorite granola on top for texture. Finally, garnish your creation with fresh herbs. Don't be afraid to experiment with different flavors and colors.

---

---

There are risks involved with investing in ETFs, including possible loss of money. ETFs are subject to risks similar to those of stocks. Investments focused in a particular sector, such as technology, are subject to greater risks and are more greatly impacted by market volatility, than more diversified investments.

As of Apr. 17, 2024, Invesco QQQ held 5.26% in Alphabet Inc. (2.67% in GOOG and 2.59% in GOOGL, respectively), 0.37% in DoorDash Inc., 0.34% in The Kraft Heinz Co., 0.31% in Lululemon Athletica Inc. and 0.30% in Moderna Inc. Holdings are subject to change and are not buy/sell recommendations.

Invesco is not affiliated with Kwame Onwauchi or the brands/companies included in the ingredients, nor should this be construed as an endorsement for the brand/companies included in the recipes. This does not constitute a recommendation of any investment strategy or product for a particular investor. Investors should consult a financial professional before making any investment decisions.

**Before investing, consider the Fund's investment objectives, risks, charges and expenses. Visit [invesco.com](https://www.invesco.com) for a prospectus with this information. Read it carefully before investing..**

Invesco Distributors, Inc.

04/24 NA3526315