World inspired

Caribbean Inspired Table

Coconut, thyme, bright citrus, and warming spice

Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

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Make this kitchen yours

The Caribbean encompasses many islands, communities, histories, and cooking traditions, so this short collection makes no claim to represent them all or to provide definitive versions of named classics. It offers original home recipes inspired by combinations such as coconut with beans and rice, allspice with thyme, lime with seafood, and ripe plantain beside savory legumes. Some dishes are quiet accompaniments, while others can anchor a shared supper. The seasoning is deliberately approachable, with modest heat that you can adjust after tasting. Canned kidney beans are used in the rice dish because they are already fully cooked; the method is not suitable for raw dried kidney beans. Ripe plantains are important for the skillet recipe, and firm cooking pumpkin or winter squash is important for the soup. Read the whole recipe before starting so you can choose the right produce and coordinate its timing. These original recipes belong to Junction Table by CrownThrive, LLC’s development edition and have not been kitchen-tested. Use the stated temperatures for proteins and the texture cues for vegetables as you cook, and treat cultural inspiration with curiosity rather than an authenticity claim.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.

Allspice Thyme Chicken Tray - AI-generated realistic food artwork, not a photograph or tested result.

Allspice Thyme Chicken Tray

4 servings | Prep: 15 minutes | Cook: 35 minutes

Ingredients

- 1 1/2 pounds boneless chicken thighs
- 2 tablespoons neutral oil
- 2 tablespoons lime juice
- 1 tablespoon brown sugar
- 1 teaspoon ground allspice
- 1 teaspoon dried thyme
- 1/2 teaspoon ground ginger
- 1/4 teaspoon cayenne
- 3/4 teaspoon kosher salt
- 1 onion, cut into wedges
- 2 bell peppers, cut into strips

Method

1. Heat the oven to 425°F. Whisk oil, lime juice, sugar, allspice, thyme, ginger, cayenne, and salt in a large bowl until the sugar is mostly dissolved.

2. Add chicken and turn to coat. Arrange onion and peppers in a large roasting dish, then place chicken among them in one layer and scrape in the seasoning mixture.

3. Roast 25–35 minutes, turning vegetables once, until chicken reaches 165°F in its thickest part. Check several pieces because their thickness and position can change the timing.

4. Rest chicken 5 minutes before serving. Spoon the pan juices over the chicken and vegetables, and wash all utensils and surfaces that contacted the raw poultry.

Cook's tip

Allspice and thyme give this original seasoning its direction.

Substitution

Use chicken drumsticks and allow additional time to reach 165°F; orange juice can replace lime for a sweeter pan sauce.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3–4 days. Reheat thoroughly.

Ingredient allergen notes

No major allergens identified in the listed ingredients. Check labels and cross contact.

Coconut Kidney Bean Rice

4 servings | Prep: 10 minutes | Cook: 25 minutes

Ingredients

- 1 1/2 cups long-grain white rice
- 1 can (13.5 ounces) coconut milk
- 1 3/4 cups water
- 1 can (15 ounces) kidney beans, drained
- 2 scallions, sliced
- 2 garlic cloves, smashed
- 1 teaspoon dried thyme
- 3/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 tablespoon lime juice

Method

1. Rinse rice in a fine sieve until the water is mostly clear. Put coconut milk, water, scallions, garlic, thyme, salt, and pepper in a heavy saucepan and bring to a simmer.

2. Stir in rice and canned kidney beans. Return to a gentle bubble, cover tightly, and reduce heat to low. Cook 18 minutes without repeatedly lifting the lid.

3. Check that rice is tender and the liquid is absorbed. If needed, add 2 tablespoons hot water and cook covered 3 minutes more. Rest off heat for 10 minutes.

4. Remove large garlic pieces if desired. Fluff gently with a fork, add lime juice, and serve without crushing the beans. Use only already-cooked canned kidney beans in this method.

Cook's tip

Coconut milk can settle in its can; stir it before measuring or pouring.

Substitution

Use canned black beans instead of kidney beans or light coconut milk for a less rich result.

Storage

Refrigerate in shallow containers at or below 40°F within 2 hours; use within 3–4 days. Reheat thoroughly.

Ingredient allergen notes

No major allergens identified in the listed ingredients. Check labels and cross contact.

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

USDA FSIS • leftovers and food safety

https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Coconut comfort, warm spice, bright lime

Bring coconut, thyme, ginger, and lime into a table that moves from roasted chicken to tender greens and warm flatbreads. These twelve original recipes draw on selected Caribbean ingredient combinations while leaving room for different tastes and adjustable heat. Learn when to add citrus, how to keep coconut rice at a gentle simmer, and why ripe plantains matter in a skillet. Menu pairings help coordinate a shared supper, while recipes for soup, slaw, and fritters offer smaller starting points. Caribbean Inspired Table from Junction Table by CrownThrive, LLC gives home cooks clear sequences for building flavor without claiming to represent every island's traditions.

- Roast allspice-thyme chicken with onion and pepper in one dish.
- Simmer okra and leafy greens gently in coconut milk before adding lime.
- Knead, rest, and skillet-cook flatbreads for a curried chickpea filling.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.

Skillet Chickpea Flatbread Pockets

AI-generated realistic food artwork

Junction Table by CrownThrive, LLC
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