



# ISLAND BLESSINGS

FUN RECIPES BY CHEF IRMA GOTTSHALK

*Fun and Vibrant  
Dishes to Savour*

Jamaican Themed  
Tortilla

Pineapple Ginger  
Mocktail

Sauteed Kale with  
Red and Yellow Bell  
Peppers

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# Meet Chef Irma

Irma Gottshalk was born in Kingston, Jamaica. At the age of 14, she migrated to the United States to live in Houston, Texas where she graduated from Elsie High School and joined the Army. Irma was deployed to Operation Desert Storm and Shield, and Iraqi Freedom. She retired from the United States Army with 22 years of service and we thank her for her service!

After her military career, she attended Le Cordon Bleu Culinary School in Austin before opening the first Jamaican restaurant, iGott Island Cuisine, LLC in Temple, Texas in 2014. With the insistence of her customers, Chef Irma transitioned her restaurant to a catering company, which she now calls iGott Flava Catering.

Chef Irma is married to Kevin Gottshalk, and they have two beautiful daughters, Aletheia, and Xoana Gottshalk. Xoana transitioned to heaven and is the inspiration for Irma's cookbooks.





## Jamaican Themed Tortilla

### Ingredients

13 ¼ cups Maseca (Instant  
Yellow Corn Masa Flour)  
Black - Squid Ink Powder  
(1 tsp) + 1 cup water  
Green - Spinach (6oz) + 1  
cup water  
Gold - Jamaican Curry  
Powder (2 tsp) + 1 cup  
water

3 cups Water  
3 Prep boils for the masa  
flour  
3 bowls for dyes  
Tortilla press  
Saran wrap/zip lock bag

### Directions

Prepare the food dye for the tortilla in 3 separate containers:  
Black - mix the squid ink with the water  
Green - Blend the spinach and water and set aside  
Gold - mix curry powder with the water

Put 1 cup of flour in each bowl:

In each bowl, slowly add in the dyed liquid into the flour, then with your hand combine the liquid and the flour; and knead into a ball for 2 minutes. If the dough is dry add more liquid; and if the dough is too wet sprinkle more dough. Divide each colored ball into smaller 1oz balls. Cover with damp cloth and let the dough rest for 5 to 10 minutes. Repeat each color.

#### Tortilla Press

Cut off both sides of a Ziploc bag. Add the 1oz ball to the inside of the ziploc bag; place in the tortilla press and press the tortilla press 2 to 3 times to get a flat round size. Repeat. Keep the pressed tortilla in a bowl covered with a damp cloth.

Preheat the skillet on medium heat, add a tortilla, cook for 30 seconds on one side and flip, and cook for another 30 seconds. Repeat until all the tortillas are cooked. Cover tortillas to keep moist and soft.

Add your favorite meat, condiments and sauce, plate and serve.





## Pineapple Ginger Mocktail

### Ingredients

16oz frozen Pineapple  
Chunks  
2oz fresh ginger  
2 tbsp Lemon juice  
1 quart Water

1 cup Cane Sugar  
(preferred sweetener)  
Fresh mint, blackberries,  
blueberries (garnish)  
Blender  
Strainer



### Directions

In a blender, combine pineapple, ginger, water, and puree. Strain through a strainer twice and into a pitcher. Sweetened with cane sugar. Pour juice over ice, garnish with mint, blackberries and blueberries.



## Sauteed Kale with Red and Yellow Bell Peppers

### Ingredients

- |  |   |
|--|---|
| 1 – 2 bunch Kale (washed and shredded) | 1 Jalapeno pepper (deseeded and julienne) |
| 1 Red bell peppers (julienne)          | 1/3 Onion (julienne)                      |
| 1 Yellow bell peppers (julienne)       | 1 clove Garlic (slice)                    |
|  | 1 tsp Coconut Oil                         |
|  | Himalaya Salt to taste (optional)         |
|  | Black pepper to taste (optional)          |



### Directions

Heat the coconut oil in a frying pan. On high heat, add garlic, then kale and sautee for 5 minutes or until wilted. Then add the peppers, onion, salt, and black pepper; and cook for another 2 minutes.

Plate and serve.



## Let's Connect

Granny say, "Tek yuh hand and tun fashion." The Bless Up, Respect and Manner cookbook does that by building from oral recipes and continuing the legacy in a written cookbook. Chef Irma has provided a guide for people all over the world to cook and eat Jamaican food on a regular basis; because it's nutritionally dense, delicious, and irie.



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