

This "Summary" worksheet will automatically update as you mark your progress on the "Details" worksheet.			
CHAPTER	TOTAL RECIPES	DONE	TO DO
1 - THIRST QUENCHERS	15	0	15
2 - STARTERS, SNACKS, AND FRITTERS	24	0	24
3 - SUNSHINE SOUPS	10	0	10
4 - SALAD DAYS	11	0	11
5 - BREADS, SPREADS, AND SANDWICHES	13	0	13
6 - MOJOS, SAUCES, AND SALSAS	23	0	23
7 - A FISHERMAN'S PARADISE	10	0	10
8 - FROM CONCH TO STONE CRABS	24	0	24
9 - BIRDS OF PARADISE	13	0	13
10 - THE MATTER OF MEAT	9	0	9
11 - ON THE SIDE: AN EXOTIC ARRAY	29	0	29
12 - HAPPY ENDINGS	32	0	32
TOTAL	213	0	96

To use this spreadsheet, mark the "Done" column with a 1 each time you do a recipe and it will automatically add up how many you have completed and how many remain. Add the date you do each recipe and the score you give it. Take photos and record the file name (if you wish) under Photo Name so you can easily organize your 500 Club photos!

EXAMPLE

Pg	RECIPES	#	Done	Date	Rater 1	Rater 2	Photo Name
3	Mango Nectar	1	5/5/24	4,5	4,0	IMG_1000	

E X A M P L E A B O V E

Pg	RECIPES	#	Done	Date	Rater 1	Rater 2	Photo Name
1	CHAPTER 1: THIRST QUENCHERS						
3	Mango Nectar						
4	Tamarind Nectar						
5	Orange and Carrot Juice						
5	Banana-Strawberry Batido						
6	Melon-Papaya Batido						
7	Puffed Wheat Batido						
8	Pineapple-Mint Batido						
10	Rum Runner						
11	South Beach Sangria						
12	Mojito (Rum Spritzer)						
13	Banana Mojito						
13	Mamey Daiquiri						
14	Saoco						
15	Mulata						
16	Cuban Coffee						
	TOTAL: THIRST QUENCHERS	15					
	COMPLETED	0					
	TO DO	15					
17	CHAPTER 2: STARTERS, SNACKS AND FRITTERS						
19	Floridian Tuber Chips						
20	Mariquitas						
21	Black Bean Salsa						
22	Gator Guacamole						
23	Smoked Mullet Dip						
24	Floridian Tortilla						
25	Conch Fritters						
27	Plantain Fried Olives						
28	Plantain Spiders						
29	Black-Eyed Pea Fritters						
31	Yuca Fritters						
32	Yuca Fingers						
33	Grilled Corn Hush Puppies						
36	Gator Bites						
37	Cod Puffs						
38	Pastelitos (Nicaraguan Meat Pies)						
41	Empanadas						
42	Smoked Cheese Filling						
42	Picadillo Filling						
43	Guava Paste and Queso Blanco Filling						
44	Basic Tamales						
46	Chicken Sofrito Filling						
47	Curried Shrimp Filling						
48	Sweet Corn Filling						

Pg	RECIPES	#	Done	Date	Rater 1	Rater 2	Photo Name
	TOTAL: STARTERS, SNACKS AND FRITTERS	24					
	COMPLETED	0					
	TO DO	24					
49	CHAPTER 3: SUNSHINE SOUPS						
51	Smoked Gazpacho						
53	Mangospacho						
54	Alligator Pear Soup						
55	Bellyache Soup						
56	West Indian Pumpkin Soup with Spice-Scented Whipped Cream						
58	Black Bean Soup						
60	Peanut Soup with Fried Leeks						
62	Cedar Key Crab Bisque						
63	Nicaraguan Crab and Shrimp Soup						
65	Bahamian Conch Chowder						
	TOTAL: SUNSHINE SOUPS	10					
	COMPLETED	0					
	TO DO	10					
67	CHAPTER 4: SALAD DAYS						
69	Tim's Mesclun Salad with Tangerine Cream						
70	Spinach, Blood Orange, and Macadamia Nut Salad						
73	Minneola, Arugula, and Olive Salad						
74	Watermelon Salad with Kumquat Dressing						
75	Hearts of Palm Salad in the style of Cedar Key						
77	Citrus Marinated Hearts of Palm Salad						
78	Black Bean Salad with Mango and Shrimp						
81	Black-Eyed Pea Salad with Pepper-Crusted Tuna						
82	Red and Yellow Tomato Salad with Crab in Vinaigrette						
84	Stone Crab, Melon, and Cucumber Salad						
85	Conch Salad						
	TOTAL: SALAD DAYS	11					
	COMPLETED	0					
	TO DO	11					
87	CHAPTER 5: BREADS, SPREADS, AND SANDWICHES						
89	Pan Cubano (Cuban Bread)						
91	Pan Suave (Cuban Sweet Rolls)						
93	Boniatto Bread / Boniatto Rolls						
95	Pecan Corn Bread						
97	Idella Parker's Biscuits						
98	Bubble Bread						
99	Floridian French Toast						
101	Arepas						
102	Manchego Cheeses Butter						
103	Tangerine Butter						
104	Elena Ruz (Turkey Tea Sandwich)						
105	Media Noche (Midnight Sandwich)						
107	Pan Con Lechón						
	TOTAL: BREADS, SPREADS, AND SANDWICHES	13					
	COMPLETED	0					
	TO DO	13					
109	CHAPTER 6: MOJOS, SAUCES, AND SALSAS						

Pg	RECIPES	#	Done	Date	Rater 1	Rater 2	Photo Name
111	Key Lime Nuoc Cham						
112	Old Soup						
113	Caribbean Cocktail Sauce						
113	Chimichurri						
114	Mojo (Cuban Garlic-Citrus Sauce)						
115	Grapefruit-Rosemary Mojo						
117	Ginger-Citrus Vinaigrette						
118	Black Bean Vinaigrette						
118	Cilantro and Corn Vinaigrette						
119	Mango-Mint Vinaigrette						
120	Fresh Carrot Sauce						
121	Joe's Stone Crab Mustard Sauce						
122	Sunshine Aioli						
123	Jalapeño Cream Sauce						
124	Citrus-Sour Cream Sauce						
125	Tropical Tartar Sauce						
126	Tamarind Cream Sauce						
127	Meyer's Fire						
128	Banana-Molasses Ketchup						
130	Currant Ketchup						
131	Papaya and Black Bean Salsa						
132	Banana Salsa						
133	Mango Salsa						
	TOTAL: MOJOS, SAUCES, AND SALSAS	23					
	COMPLETED	0					
	TO DO	23					
135	CHAPTER 7: A FISHERMAN'S PARADISE						
137	Macadamia-Crusted Pompano						
139	Grilled Yellowtail with Passion Fruit Beurre Blanc						
141	Whole Fried Snapper with Spicy Tomato Sauce						
142	Pan-Roasted Mutton Snapper with Raisins, Capers, and Pine Nuts						
144	Tangerine Tuna						
145	Grilled Swordfish with Fried Garlic Sauce						
148	Shark en Escabeche						
149	Dolphin with Fennel and Saffron						
151	Grouper Creole						
152	Coconut-Curried Wahoo						
	TOTAL: A FISHERMAN'S PARADISE	10					
	COMPLETED	0					
	TO DO	10					
155	CHAPTER 8: FROM CONCH TO STONE CRABS						
158	Oyster Shooter						
158	Spice-Fried Oysters						
160	White Water Clams with Chorizo						
162	Sofrito Steamed Mussels						
163	Real Coconut Shrimp						
164	Apricot-Horseradish Sauce						
165	Buffalo Shrimp						
166	Roquefort Cheese Sauce						
167	Grilled Shrimp Mousse on Sucarcane Kebabs						
168	Shrimp and Smokies						
169	Shrimp with Rum and Mint						

Pg	RECIPES	#	Done	Date	Rater 1	Rater 2	Photo Name
170	Rock Shrimp Hash with Boniato Pancakes						
172	Almond Cracked Conch						
174	Conch Chili						
175	Stone Crabs with Melted Butter and Mustard Sauce						
176	Stone Crabs a la Nage						
178	Pousse Café of Stone Crab						
180	Florida Crab Cakes						
181	Grilled Soft-Shell Crabs with Cilantro and Corn Vinaigrette						
182	Soft-Shell Crab Tempura						
184	Barbara's Garlic-Broiled Florida Lobster						
185	Lobster Enchilado						
186	Fra Diavolo of Florida Lobster and Baby Clams						
189	Curry-Fried Frogs' Legs						
	TOTAL: FROM CONCH TO STONE CRABS	24					
	COMPLETED	0					
	TO DO	24					
191	CHAPTER 9: BIRDS OF PARADISE						
193	Miami Wings						
194	Arroz con Pollo						
196	Chicken Tropicana						
198	Florida Fricassee						
199	Chicken Adobo						
202	Plantain-Stuffed Chicken in a Pecan Crust						
203	Bajan Roast Game Hens						
205	Roast Duck with Tamarind-Chipotle Glaze						
207	Oak-Grilled Duck Breasts with Lychee Salsa						
209	Lychee Salsa						
211	Florida Quail with Shitake Gravy						
214	Cuba Thanksgiving Turkey						
217	Turkey Picadillo						
	TOTAL: BIRDS OF PARADISE	13					
	COMPLETED	0					
	TO DO	13					
219	CHAPTER 10: THE MATTER OF MEAT						
221	Griots (Haitian Fried Spice Pork)						
223	Felicia Gressette's Almost Lechón Asado						
224	Baby Back Ribs with Guava Barbecue Sauce						
226	Jamaican Jerk Rack of Lamb						
228	Rum-Soaked Veal Chops with Pineapple Salsa						
230	Whole Grilled Beef Tenderloin with Fire and Spice						
231	Churrasco (Nicaraguan-Style Grilled Beef Tenderloin)						
234	Ropa Vieja						
235	Vaca Frita						
	TOTAL: THE MATTER OF MEAT	9					
	COMPLETED	0					
	TO DO	9					
237	CHAPTER 11: ON THE SIDE: AN EXOTIC ARRAY						
240	Florida Slaw						
241	Haitian Pickled Slaw						
242	Cebollita (Nicaraguan Pickled Onions)						
243	Candied Kumquats						

Pg	RECIPES	#	Done	Date	Rater 1	Rater 2	Photo Name
244	Datil Pepper and Cranberry Jelly						
245	Grilled Corn						
246	Grilled Corn and Roasted Garlic Flan						
248	Stuffed Chayotes						
250	Baked Tomatoes with Tropical Pesto						
251	Hearts of Palm with Pancetta and Cream						
252	Sweet Potato Latkes						
253	Yam Bake						
254	Boniato Gratín						
255	Yuca con Mejo						
257	Maduros (Fried Ripe Plantains)						
258	Plantain Mash						
259	Tostones with Herbed Salt						
260	Foolproof Rice						
261	Coconut Rice						
262	Sofrito and Corn Risotto						
263	Gallo Pinto (Nicaraguan Red Beans and Rice)						
265	Moros y Cristianos						
267	Florida Refries						
269	Firm-Cooked Black Beans						
270	Soupy Black Beans						
271	Grits with Tomato Gravy						
272	Old-Fashioned Tomato Gravy						
273	Fresh Tomato Gravy						
273	Manchego Cheese Grits						
	TOTAL: ON THE SIDE: AN EXOTIC ARRAY	29					
	COMPLETED	0					
	TO DO	29					
275	CHAPTER 12: HAPPY ENDINGS						
277	Maida Heatter's Key Lime Cake						
280	Chocolate-Banana Sin Cake						
282	Banana Strudel						
284	The Fontainebleau Cheesecake						
285	Guava Cheesecake						
288	A New Pineapple Upside-Down Cake						
289	Tres Leches (Three-Milk Cake)						
291	Coconut Brownies with Coconut Snowballs						
293	Mango Napoleons						
295	Rachel's Hot Fudge Sauce						
297	Mango Crisp						
298	Non-traditional Key Lime Pie						
300	Coconut Cream Pie						
301	Coconut Pie Crust						
304	Exotic Banana Cream Pie						
307	Black Sapote Pie						
308	Coconut Soufflé						
310	Tangerine Chocolate Sauce						
310	Icky Sticky Coconut Pudding with Rum-Toffee Sauce						
312	Warm Rum-Toffee Sauce						
313	Raphil's Rice Pudding						
314	Brandy Flans						
316	Ginger-Molasses Flan						
317	Cuban Coffee Brulée						
319	Mango Ice Cream						

Pg	RECIPES	#	Done	Date	Rater 1	Rater 2	Photo Name
320	Island Spice Ice Cream						
321	Sour Cream Ice Cream with Mango Sauce						
322	Mango Sauce						
322	Banana Gelato						
323	Tangerine-Mint Sorbet						
324	Carambola Sorbet						
326	Hibiscus Granita						
	TOTAL: HAPPY ENDINGS	32					
	COMPLETED	0					
	TO DO	32					