

# Hispanic Emphasis Program Manager Cookbook



## National Hispanic Heritage Month September 15 – October 15

The U.S. Government, in wanting to recognize the accomplishments of Hispanic-American citizens created Public Law 90-498 National Hispanic Heritage Week on September 17, 1968. The law was later amended by Public Law 100-402 expanding the event to National Hispanic Heritage Month on August 17, 1988.

### *What is a Hispanic?*

Let's start by saying what it is not. It is not a racial identification. Hispanic is more of a regional identification like saying "North American." What is a Hispanic? Hispanics come in all sizes and shapes. There are Jewish, Arab, Asian, Indian and White Hispanics as well as *brown*. What most Americans perceive as *brown* is actually a mix of Indian and White. When Spanish explorers settled the Americas, they did not bring families with them like the English settlers did when they arrived in the U.S. The Spanish explorers were mostly soldiers and priests, etc. As a result, the soldiers intermarried with the Indian women they found in the countries they explored. The result was a new racial identity known as *mestizos*. In time, mestizos became the middle class and the largest population.

Who is a person with Hispanic Origin? The U.S. Census Bureau defines Hispanic Origin as:

*Persons of Hispanic origin were identified by a question that asked for self-identification of the person's origin or descent. Respondents were asked to select their origin (and the origin of other household members) from a "flash card" listing ethnic origins. Persons of Hispanic origin, in particular, were those who indicated that their origin was Mexican, Puerto Rican, Cuban, Central or South American, or some other Hispanic origin. It should be noted that persons of Hispanic origin may be of any race.*

### **Spanish Speaking Countries in the Americas**

<b>North America</b>	Mexico
<b>Central America</b>	Guatemala, Honduras, El Salvador, Nicaragua, Costa Rica, Panama
<b>Caribbean Sea</b>	Cuba, Dominican Republic, Puerto Rico (U.S. Territory)
<b>South America</b>	Colombia, Venezuela, Ecuador, Peru, Chile, Bolivia, Argentina, Paraguay, Uruguay

For more information visit the following website:  
<http://www.evergreen.edu/library/govdocs/hotopics/hispanicheritage/>

Note: If you are unsure of what a word means, visit this site and translate it!!

<http://www.freetranslation.com/>

## *Table of Contents*

### *Puerto Rican Recipes*

<b>Arroz con Gandules</b> -----	<b>1</b>
<b>Tostones</b> -----	<b>2</b>
<b>Alcapurrias de Platano Rellenas de Carne</b> -----	<b>3</b>
<b>Tres Leches</b> -----	<b>4</b>
<b>Mofongo</b> -----	<b>5</b>
<b>Mofongo Turkey Stuffing</b> -----	<b>5</b>
<b>Sofrito</b> -----	<b>6</b>
<b>Arroz Con Gandules (Rice with Pigeon Peas)</b> -----	<b>6</b>
<i>Argentina</i>	
<b>Argentine Chimichurri Sauce (BBQ Sauce)</b> -----	<b>7</b>
<b>Chicken Estanciera</b> -----	<b>7</b>
<b>Fruit Salad with Frozen Yogurt</b> -----	<b>8</b>
<i>Bolivia</i>	
<b>Saice</b> -----	<b>8</b>
<b>Picante de Pollo (Spicy Chicken)</b> -----	<b>9</b>
<i>Chile</i>	
<b>Pastel de Choclo (Chilean corn &amp; meat pie)</b> -----	<b>9</b>
<b>Ensalada Chilena (Chilean salad)</b> -----	<b>10</b>
<b>Seafood Stew</b> -----	<b>10</b>
<i>Colombia</i>	
<b>Arepas</b> -----	<b>11</b>
<b>Bunuelos (Fried Cheese Puffs)</b> -----	<b>11</b>
<b>Mango Delight</b> -----	<b>12</b>
<i>Costa Rica</i>	
<b>Arroz (Rice)</b> -----	<b>12</b>
<b>Sopa de Frijoles Negros (Black Bean Soup)</b> -----	<b>13</b>
<i>Cuba</i>	
<b>Black Beans</b> -----	<b>13</b>
<b>Moros Y Cristianos (Moors &amp; Christians) Black Beans &amp; Rice</b> -----	<b>14</b>
<i>Dominican Republic</i>	
<b>Sancocho</b> -----	<b>14</b>
<b>Dominican Mangu</b> -----	<b>15</b>
<i>Guatemala</i>	
<b>Arroz Con Pollo Chapina (Chicken &amp; Rice)</b> -----	<b>16</b>
<b>Arroz Guatemalteco</b> -----	<b>16</b>
<i>Honduras</i>	
<b>Plantain Pancakes</b> -----	<b>17</b>
<i>Mexico</i>	
<b>Spicy Black Bean Chili with Tortilla Chips</b> -----	<b>17</b>
<b>Mexican Lasagna</b> -----	<b>18</b>
<i>Panama</i>	
<b>Ceviche de Corniva</b> -----	<b>18</b>
<b>Tentacion (Candied Plantain “Temptation”)</b> -----	<b>19</b>
<i>Paraguay</i>	
<b>Zoo-tosopy (Ground Beef Stew)</b> -----	<b>19</b>
<b>Winter Squash Soup</b> -----	<b>20</b>

	<i>Peru</i>	
Peruvian Fried Rice-----		20
Potatoes a la Huancaína-----		21
	<i>Salvador</i>	
Salvadoran Turnovers-----		21
Pupusas-----		22
	<i>Spain</i>	
Paella-----		23
	<i>Venezuela</i>	
Arepas Rellenas Con Carne (Meat Stuffed Corn Flour)-----		24
	<i>Ecuador</i>	
Red Pepper and Garbanzo Bean Salad-----		24
	<i>Nicaragua</i>	
Chicken Tamales with all the Extras-----		25
	<i>Others</i>	
Abondiga Soup-----		26
Tortilla de Patata-----		27
Tamales-----		28
Ceviche-----		29
Chile Relleno -----		30
Carmelite Flan-----		31
Chicken Enchiladas-----		32
Cochinita-----		33
Envueltos de Mazorca (Corn Wrap)-----		34
King Ranch Casserole-----		35
Nachos-----		36
Cucumber Cooler-----		36
New Mexico Red Chile-----		37
Flan de Calabaza o Panapen (Pumpkin Flan)-----		38
Easy Salsa Recipe-----		39
Taco Soup-----		39

*Thank you all who volunteered their dishes and recipes!!!*

*Special thanks to Astrid Martínez & Arturo Carvajal who submitted numerous recipes.*

## **PUERTO RICAN RECIPES**

(Recetas Puertorriqueñas)

Lynnette A. Dominguez

Agricultural Engineer, HEPM

Pauls Valley, OK



### **Arroz con Gandules in English**

Ingredients:

2 cups rice

3 cups water or beef stock

1 can of gandules

1/3 cup of sofrito

2 Tablespoons of tomato sauce

2 Tablespoons vegetable oil

1/2 tsp salt

A. In a deep sauce pot, simmer the sofrito in the oil for 2 minutes while stirring. (medium heat)

B. Add the rest of the ingredients: the gandules (and their broth), tomato sauce, water (or stock), the rice and the seasonings. Stir to completely mix ingredients.

C. Cook on high heat until the water evaporates and the surface of the rice is exposed, but not completely dry.

D. Lower the heat immediately to "low," and cover.

E. Cook, covered, approximately 20 minutes.

Remove cover, taking care to not let the water that's condensed on the cover drip back into the pot!

[This might lead to what is know as arroz mogollado (pronounced moh-go-yao) - soggy rice! The cardinal sin of any good Puerto Rican cook! ] F. Using a large serving spoon, carefully mix the rice by taking scoops from the side furthest from you, and gently placing them towards the center of the pot. Then turn the pot 1/4 turn. Repeat 3 times.

G. Taste the rice. It should be slightly firm, but not hard. If it's hard, cover and let cook another several minutes and test again. If it's soggy (uh-oh!), cook uncovered several minutes, turn again, test. Repeat if necessary ¡Buen Provecho!

(Recetas Puertorriqueñas)

## Tostones in English

Ingredients:

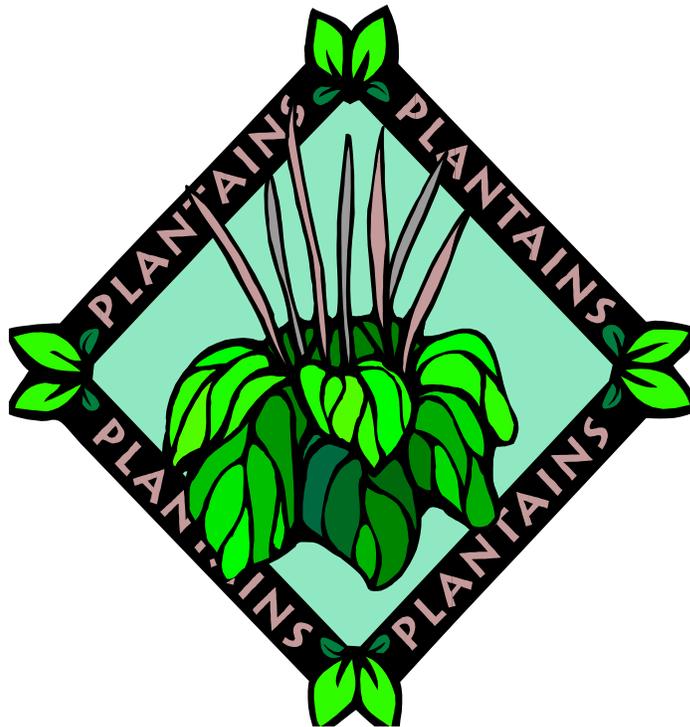
2 green plantains

2 cups of vegetable oil

Peel the plantains and cut them diagonally 1 inch. Place the pieces in salt water so they won't oxidize. In a deep frying pan heat the oil. Before adding the plantain pieces to the hot oil dry them with paper towels. Fry the plantain pieces until they turn a light golden color. Leaving the heat on remove them from the frying pan and lightly flatten them with a brown paper bag, wax paper or a tostone flattener to about 1/2 to 1/4 of an inch. Add them to the frying pan again and fry until golden brown on both sides. Place on towels to blot, sprinkle with salt and serve them hot.

You can put ketchup, mojito (garlic, olive oil and salt mixture) or a slice of anchovy on them if desired.

Serves 5



**Puerto Rican Recipes**  
(Recetas Puertorriqueñas)

**Alcapurrias de Platano rellenas de Carne (in English)**

Ingredients:

3 green plantains  
3 tablespoonfuls anniato oil (achiote)  
2 cups filling (may be lobster, shrimp, beef, chicken, turkey--see below)  
1 1/2 lbs yautia (tanier, tannier)  
1 tablespoonful salt  
frying oil  
Ingredients

(A)

1 garlic clove  
1 tablespoonful diced pitted olives, pepper or onion-stuffed  
1 small green bell peppers, chopped  
1 tablespoonful chopped onion  
1 tablespoonful olive oil  
1 bay leaf

(B) 1 1/2 cups lean ground meat

1 tablespoonful raisins

Procedure:

1. Wearing gloves is strongly recommended. Peel the yautias and remove the rinds from the plantains.
2. Grate to a fine paste.
3. Add anniato oil and salt. Stir well.
4. Prepare the filling.
5. Place about two tablespoonfuls of the paste on a greased plantain leaf (traditional) or waxed paper (convenient). Spread the mass and place about two tablespoonfuls of the filling in the center. Fold the mass unto itself so that the mass remains outside and the filling inside.
6. Fry in hot oil in a deep fry pan until golden brown.
7. Allow to shed excess oil. Serve while still reasonably hot. Warn your diners that the filling may be hotter than the outside.

The filling:

Procedure: Pour the olive oil in a medium saucepan and heat over medium heat. Add the remaining ingredients included in (A). Sauté for about five minutes. Stir the ground meat into the ingredients already in the saucepan. Cook for about five minutes. Add the raisins. Continue to cook for another five minutes or until the meat is cooked but not dry. You may want to remove the bay leaf at this time.

Other fillings may be used. Lobster, shrimp and chicken are among the most popular.

**Puerto Rican Recipes**  
(Recetas Puertorriqueñas)

**Tres Leches in English, Dessert**

Ingredients:

5 eggs  
1 cup white sugar  
1 cup self-rising flour  
1 teaspoon vanilla extract  
1 (14 ounce) can sweetened condensed milk  
1 (12 fluid ounce) can evaporated milk  
1 cup milk  
1 tablespoon vanilla extract  
3 egg whites  
1 cup white sugar  
1 teaspoon vanilla extract

1. Grease and flour an 8 x 12 inch pan. Preheat the oven to 350 degrees F (175 degrees C).
2. Separate 5 eggs, and beat the egg whites in a large mixing bowl. Add 1 cup sugar slowly to the egg whites, beating constantly. Add the yolks one by one, beating well after each addition. Stir in the 1 teaspoon vanilla. Sift the flour, and stir it into the egg mixture. Pour the batter into the prepared pan. Bake the cake for 20 minutes, or until done. Cool.
3. Blend the sweetened condensed milk, evaporated milk, milk, and 1 tablespoon vanilla. Pour this syrup over the cooled cake.
4. To make Meringue Frosting: Beat 3 egg whites to soft peaks. Gradually add 1 cup sugar, and beat until stiff peaks form. Stir in 1 teaspoon vanilla. Frost the cake.

Servings per Recipe: 10





## **Mofongo**

3 green plantains  
3 tablespoons crushed garlic  
1 tablespoon olive oil  
½ lb. chicharrón (fried chicken skin)  
Vegetable oil for frying

Peel the plantains, slice into 1 inch slices and fry over medium low heat until tender in the middle. Using a pilón (mortar) mash the garlic and the chicharron together stir in olive oil and salt, and set aside. Mash the plantain slices in the pilon adding a little bit of the garlic mixture. You will have to work a few slices at a time. When all done mix all the batches together for even distribution of seasoning. This is a side dish that needs to be served warm.

Serve with fried pork chunks..... Oh, my God..!!!) Use this same recipe to make "Bolitas de Mofongo" to add to stews. Shape the mixture into balls and drop in any soup.

## **Mofongo Turkey Stuffing**

5 large green plantains  
Vegetable oil  
\* Use 5 large green plantains & oil to make tostones.

1 lb bacon, sautéed and chopped into small pieces (discard large chunks of fat)  
3 tsp. chopped garlic  
3 sweet chili peppers (ajíes dulces), seeded and chopped  
1/3 cup olive oil

\* Combine the bacon, garlic, peppers, and olive oil. Mash 5 tostones with about 1/5 of the oil mixture in a pilon. Repeat the process until all ingredients are used up.

To make stuffing:

Mofongo  
1/3 cup chicken broth

Combine mofongo and broth. Add more broth if not moist enough. Stuff the bird and follow instructions that came with your bird.

## **Sofrito**

- 2 bell peppers
- 1 red bell pepper
- 3 tomatoes
- 30 stems of culantro
- 25 stems of recao
- 4 onions
- 3 heads of garlic
- 3 tbsp oregano
- 10 ajíes dulces
- 1 tbsp of salt
- 1 tbsp black pepper



Wash, peel, seed and chop everything. Put in a blender and puree. Store in a glass jar covered in the refrigerator for later use. You can freeze it in ice-cube trays and later dump the frozen pieces in a freezer bag. That way you can use just what you need. This will be fried in achiote or tocino as the first step in recipes.

## **Arroz Con Gandules (Rice with Pigeon Peas)**

- 2 cups long or short grain rice (rinsed) 3 cups of water
- 2 Tablespoons of sofrito
- 16 ounce can of gandules (pigeon peas)
- 2 tablespoons of alcaparrado (green olives with seed) without liquid
- 1 packet of Sazon with achiote
- 1 ounces of tomato sauce
- 2 Tablespoons of oil
- Salt to taste



In a medium size pot add the oil, tomato sauce, alcaparrado, sofrito and sazón. Cook at medium heat for 4 minutes. Add all other ingredients and enough water into the pot so the rice is submerged one inch below the water. Start with 1 teaspoon of salt stir and keep adding and mixing well until you are satisfied with the taste. Bring to a boil and allow most of the water to be absorbed. Once the water has been absorbed, stir gently from bottom to top, cover and turn the heat down to low. Stirring once in between cook for 25 to 30 minutes or until the rice is tender.

## ARGENTINA



### Argentine Chimichurri Sauce (BBQ Sauce)

- 1 onion, finely diced
- 1 tablespoon minced garlic
- 2-3 tablespoons minced parsley
- 1-2 tablespoons minced jalapeno pepper or 1 teaspoon cayenne (optional)
- 1-2 tablespoons minced fresh oregano
- 2 bay leaves
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup vegetable oil
- 3/4 cup white wine vinegar
- 1 1/2 teaspoons salt

Finely mince onion, garlic, jalapeno (if used) and oregano. Mix together with all remaining ingredients and refrigerate for at least 2 hours to allow flavors to meld.

### Chicken Estanciera

- 1 whole chicken, (about 4 lbs.) rinsed, patted dry and cut into 9-10 equal-size pieces
- 2 small onions, peeled, quartered and thinly sliced
- 1 cup minced parsley
- 1 Tablespoon minced garlic
- 1 Tablespoon fresh oregano, chopped
- 1/4 - 1/2 lb. pancetta, diced small
- 2-3 large fresh tomatoes, sliced
- Juice of one lemon
- 1 1/2 cup dry white wine
- Salt, freshly ground black pepper

Salt and pepper the chicken pieces well and lay them side by side in a roasting pan. Mix together the parsley, garlic and oregano. On each piece of chicken lay a portion of the herb/garlic mixture, a little pile of onions, and a spoonful of the diced pancetta. Top each piece with a tomato slice; salt lightly. Pour the lemon juice and white wine around the chicken. Cover well with aluminum foil and bake at 450° F. for 40 minutes. Remove foil and roast for another 20 minutes, spooning the cooking juices over the meat several times as it cooks. With a spoon or turkey baster, draw off cooking juices and boil them down to about 1/2 cup before pouring them over the chicken and serving hot. Serves 4-5

## ARGENTINA

Fruit Salad with Frozen Yogurt  
8 servings

3 tablespoons honey  
3 tablespoons lemon juice  
1 medium apple, cored and chopped  
1 medium plum, pitted and sliced  
1 large orange, peeled with a knife and sliced into ¼-inch rounds  
1 large grapefruit, peeled with a knife and sectioned  
1 medium banana, peeled and sliced into rounds  
1 quart of frozen nonfat vanilla yogurt

In a large bowl, whisk together the honey and lemon juice, stir in the fruit. Serve the fruit topped with a scoop of frozen yogurt. Serve with empanadas.

## BOLIVIA

Saice



2 lbs lean beef  
1 tablespoon aji (Bolivian red chili powder - try hot paprika instead)  
4 medium onions, chopped  
2 tablespoons finely chopped parsley  
1 clove garlic, finely chopped oregano, cumin, pepper & salt to taste  
1 medium tomato, peeled and chopped  
1/2 cup peas  
3 cups water  
Vegetable oil

Cut the beef into very small pieces. (You can cheat and use mince but the result is not so good.) Fry the onion and garlic until tender but not brown. Add the parsley, tomato, aji and condiments. Cook until the fat separates from the paste, then add the peas and water. In a separate frying pan brown the meat in the rest of the oil. Add to the aji mixture and cook until almost all the water has evaporated. Serve with chuno (if you can get it), boiled potatoes and salad garnish (in Bolivia this is chopped tomato, finely sliced onion, parsley and salt).

Serves 12

### **Picante de Pollo (Spicy chicken)**

1 whole Chicken (4-5 lbs)  
3 lbs. peeled potatoes  
1 cup green peas  
1 large onion, diced  
3 tablespoons of red chili pepper powder (ají)  
1 tablespoon paprika  
½ cup of spring onion, chopped  
2 tablespoons of parsley, chopped  
1 tablespoon coriander, chopped  
1/2 cup vegetable oil  
Salt and pepper to taste

Cut the chicken into large portions and place in a pan. Add the salt, spring onion, coriander and enough water to cover the chicken. Boil for 45 minutes. Boil the potatoes in a separate pan and drain. Lightly boil the peas and drain. In a large pan lightly fry the onion, red chili pepper, paprika, parsley, salt and pepper until the onion is soft. Add 2 cups of the chicken broth and simmer for 10 minutes. Add the chicken pieces, potatoes and peas. Simmer for 10 more minutes. Serve with rice and a tomato and onion salad. You may serve the potatoes on the side instead of adding them to the chicken.

## **CHILE**

### **PASTEL DE CHOCLO - Chilean corn and meat pie**

6 large ears of corn, grate the kernels  
8 leaves of fresh basil, finely chopped  
1 tsp. salt  
3 tbsp. butter  
1/2-1 cup milk  
4 large onions, chopped  
3 tablespoons oil  
1 lb. (1/2 kg) finely ground lean beef  
Salt and pepper to taste  
1 tsp. ground cumin  
4 hard-boiled eggs, sliced  
1 cup black olives  
1 cup raisins  
12 pieces of chicken, browned in hot oil, seasoned with salt, pepper and cumin  
2 tablespoons confectioners' sugar



Heat the grated corn, chopped basil, salt and butter in a large pot. Add the milk little by little, stirring constantly until the mixture thickens. Cook over low heat for 5 minutes. Leave to one side while you prepare the meat filling. Fry the onions in oil until transparent, add the ground meat and stir to brown. Season with salt, pepper and ground cumin. To prepare the pie use an oven-proof dish that you can take to the table. Spread over the bottom of the dish the onion-ground meat mixture. Arrange over this the hard boiled egg slices, olives and raisins. Put the chicken pieces on top, bone the chicken if you like. Cover the filling with the corn mixture. Sprinkle the confectioners' sugar over the top. Bake in a hot oven 400 Deg. F (205 Deg. C) for 30-35 minutes until the crust is golden brown. Serve at once. In Chile more sugar is served to sprinkle over the "pastel" as it is eaten. Serve with "Ensalada Chilena."  
Serves 12

## **Ensalada Chilena (Chilean Salad)**

4 cups finely sliced, onion  
4 cups finely sliced peeled tomatoes  
1 tsp. salt  
Pepper  
3 tablespoons oil  
Lemon juice to taste  
1/2 cup chopped fresh coriander leaves

Put onions in a bowl. Cover with cold water and leave for an hour. Drain well. Mix with the tomatoes on a large platter. Sprinkle with salt and pepper. Pour on oil and lemon juice. Mix and serve with chopped coriander on top.

## **Seafood Stew (CHILE)**

**10 servings**

4 cups water  
2 cups white wine  
2 celery stalks, coarsely chopped  
2 carrots, coarsely chopped  
1 pound crayfish, washed  
½ pounds medium shrimp, washed  
1 tablespoon olive oil  
2 medium onions, finely chopped  
2 medium red bell peppers, finely chopped  
4 medium tomatoes dipped in boiling water for 30 seconds, peeled and chopped  
2 tablespoons tomato paste  
2 tablespoons chopped fresh thyme  
2 tablespoons chopped fresh oregano  
1½ pounds sea bass fillets, cut into chunks  
1½ pounds small squid, cleaned and sliced  
Pepper to taste, very small amount of salt (optional)



1. In a large, non-aluminum saucepan, stir together the water, white wine, celery, and carrots. Bring to a simmer and cook for 5 minutes. Add the shrimp and crayfish and simmer for 3 to 4 minutes. Strain the shellfish and vegetables from the broth and set the broth aside. Peel the crayfish and shrimp and discard the shells and vegetables.
2. Warm the olive oil in the large saucepan over medium-high heat. Cook the onions and peppers until tender, about 6 minutes. Stir in the tomatoes, tomato paste, thyme, and oregano. Add the reserved broth and bring it to a simmer. Stir in the sea bass and squid and simmer for 2 minutes. Return the crayfish and shrimp to the broth and simmer 1 more minute. Season to taste. Ladle into bowls and serve immediately. Serve with bread.

# COLOMBIA



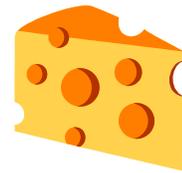
## Arepas

1 cup precooked white corn meal  
1 cup water  
1 T butter  
Salt

Bring water to a boil and add it to the corn meal, stirring thoroughly. Add the butter and salt to taste. Form into several flat tortillas (around 3mm thick) and roast over a low charcoal fire or on a wire rack over the burner of the stove. Serve hot with butter and fresh white cheese. You can also top it with tuna salad, chicken, ham and cheese, sauté tomatoes and onions, beef.

## Buñuelos (Fried Cheese Puffs)

1 lb. white cheese or small curd cottage cheese (quesito)  
1 1/2 cups cornstarch  
2 eggs, beaten  
2 T. brown sugar  
1/2 t. salt



Grind the cheese. Mix the cheese with the cornstarch, eggs, brown sugar and salt. Roll into balls the size of golf balls and drop into medium-hot vegetable oil and fry slowly. After a few minutes increase temperature and fry until they are golden. Remove and place on absorbent paper. Makes 15 buñuelos.

**WARNING:** This recipe is highly dependent on the type of cheese you use. It might be a good idea not to try it if you are not really sure you have the right type of cheese.

## COLOMBIA

### Mango Delight

1 cup orange juice  
3 packets unflavored gelatin  
5 medium, very ripe mangoes  
1 cup sugar  
1 cup evaporated skim milk  
2 cups light whipped topping

1. Put the orange juice into a small heat-proof bowl and sprinkle the gelatin over it. Set aside for 5 minutes.
2. Peel mangoes, cut fruit from pits and puree in blender or food processor. You should have 4 cups of puree. Transfer puree to a large mixing bowl and stir in the sugar and evaporated milk.
3. Warm the juice and gelatin over a bowl of hot water until liquid and smooth. Whisk the gelatin into the mango mixture.
4. Stir in the whipped topping.
5. Fill a 10 cup mold with cold water and pour all the water out. Fill the mold with the mango mixture, cover with plastic wrap and refrigerate until set, at least 2 to 3 hours.
6. To serve, wrap a warm, damp towel around the mold. Invert a serving plate over the mold and, holding plate and mold together, turn plate upright. Lift the mold away carefully. Garnish with fresh fruit if desired. Serve cold. Serves 15

## COSTA RICA

### Rice (Arroz)

2 cups of uncooked rice  
4 cups of water  
3 tablespoons cooking oil  
1/4 cup finely shredded carrots  
1/4 cup finely chopped onions  
1/4 cup finely chopped celery  
1 ripe, finely chopped tomato  
Salt and pepper to taste  
1 small can of sweet peas  
Raisins (optional)



Add oil to frying pan, sauté all vegetables lightly (except for peas). After 2 or 3 minutes add uncooked rice, salt and pepper. Fry rice and vegetables over medium heat for about 3 minutes until rice is golden in color. Add water; simmer for 12-15 minutes. When rice is almost done, add the can of sweet peas and raisins and carefully fold and blend together. \*If you wish, you can use cooked pieces of chicken with this recipe or substitute water with chicken broth.

## **Black Bean Soup/Sopa de Frijoles Negros**

1/2 cup of diced onion  
2 cloves of garlic (chopped)  
1 chopped green or red bell pepper  
1/2 cup chopped celery  
1/2 cup fresh cilantro (use fresh only!)  
Salt and pepper to taste



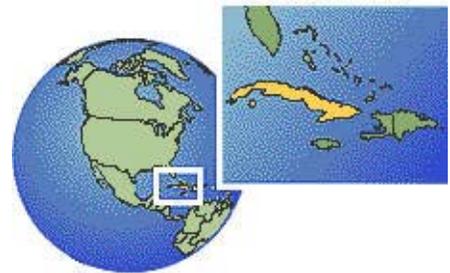
1 pound black beans (turtle beans)  
Rinse beans, cover with water and soak overnight  
Next day cook with at least 7 cups of water for 3 hours  
Add more water if necessary  
When almost soft add: 1 tablespoon of cooking oil

Hints for serving: Add fresh lemon juice, Tabasco, sour cream, chives, or green onions to enhance flavor Or add one or two eggs, cook for another 3 minutes and serve with flour or corn tortillas.

## **CUBA**

### **Black Beans**

1 pound dried black beans  
4 cups of water  
3 cloves of garlic, peeled and crushed  
1 medium onion, peeled and chopped  
1/4 pound salt pork, chopped  
1 pound smoked ham hocks, cut in 1 inch pieces  
2 teaspoons paprika  
3 teaspoons ground cumin  
2 bay leaves  
4 cups chicken stock  
1/2 teaspoon chili powder  
1 tablespoon vinegar  
Salt and pepper to taste



Place black beans and water in large stock pot. Cover and boil two minutes. Turn off heat and let stand covered for 1 hour.

Remove the lid and add the rest of the ingredients, except the vinegar, salt and pepper. There should be enough water to just cover the beans, so if necessary add a bit or water. Cover and simmer until the beans are tender, about 2 hours. Take out the hocks and remove the bones. Return the meat to the pot. Add the vinegar, salt and pepper. Simmer long enough to heat the vinegar.

## **Moros Y Cristianos (Moors and Christians) Black Beans and Rice**

2 cups of cooked white rice (1 cup of dry uncooked rice)  
1 cup of cooked Cuban black beans (recipe above)

Drain the beans. Does not have to be well drained, just get rid of the excess liquid. Stir with the white rice until evenly incorporated.

## **DOMINICAN REPUBLIC**



### **SANCOCHO, the national dish**

1 2-lb. frying chicken, cut into pieces  
3 lbs. fresh pork chops, cut into pieces  
4 tablespoons oil  
3 green plantains  
1 lb. mapuey  
1 lb. ñame  
1 lb. potatoes  
1/2 lb. white yautía  
1/2 lb. yellow yautía  
1/2 lb. auyama  
3 ears corn, halved  
1 green pepper, chopped  
1 large onion, sliced  
3 sprigs cilantrico  
3 coriander (cilantro) leaves  
1/2 teaspoon oregano  
3 cloves garlic, crushed  
1/4 teaspoon ground all-spice  
2 tablespoons vinegar\*

Marinate the meat for two hours in all the ingredients in the second section (from green pepper on). In a large kettle, sauté meat in the oil. Peel and dice the other vegetables. Stir with the meat. Add water to cover. Cook until broth thickens. Taste for salt. Unavailable vegetables may be substituted by larger quantities of those that are available. Serve from the cooking kettle. Spoon two spoons of cooked rice on top of each bowl of stew. Serves 8-10 (Allow 1/2 lb. meat per person in planning the sancocho. Do not use ham or smoked pork. For vinegar, Dominicans use the squeezed juice from the naranja agria (an orange with pocked surface) or agrio (juice from the naranja agria poured over marble-sized onions, green pepper, and garlic which sets for a week or so.)

## **Dominican Mangu - Our Answer to Mashed Potatoes**

4 green Platano bananas (remove the skin and cut in 3 inch pieces)

2 teaspoons of salt

1 cup of water

½ cup of whole milk

½ cup of cold water (place water in your refrigerator before using, so it is cold)

5 Tablespoons of American cheese or other cheese that you like (grated or cut into small pieces so it will blend well and melt easier)

½ stick of butter (cold)

5 strips of bacon

Salt to taste

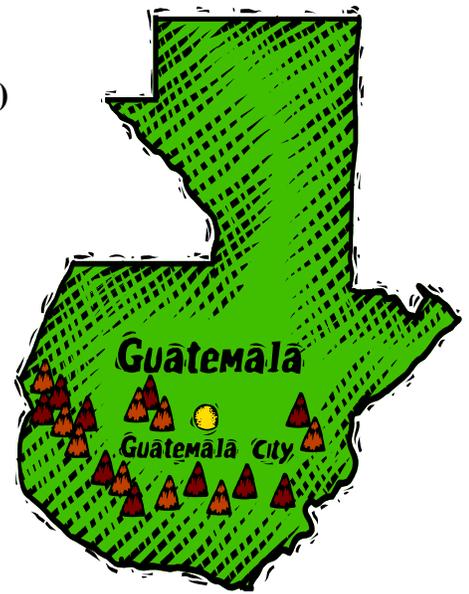
In a large saucepan, place your cut Platano bananas and add sufficient room temperature water (or from tap) to cover the bananas for boiling. Add 2 teaspoon of salt to the water. Cook or boil the bananas for 20 or 25 minutes, until soft. You do not need to boil the water first, simply place the bananas on the stove with water to begin. Add additional water to replace the water that has boiled off, and with a lid now on the saucepan, cook for another 15 minutes. Remove from the stove and drain off the water in your saucepan completely. Mash the bananas with a potato masher (or something similar) adding the cold water from the refrigerator, ½ cup of whole milk and your cheese that you like (you may also add chopped sweet onions if you like). After this mixture has come to the consistency of what else mashed potatoes add ½ stick of lightly salted butter. In a frying pan, fry the 5 bacon strips. Drain off the fat from the bacon and add it to your already prepared Mangu, blending well with a wooden spoon. If you like, you may also cut the bacon into small pieces and add this also (this is optional).



## GUATEMALA

### ARROZ CON POLLO CHAPINA (Guatemala Style Chicken and Rice)

3 lbs chicken pieces, skin and fat discarded  
1 Tbs. corn oil  
1 tsp. salt  
1/4 tsp. black pepper  
1/2 cup chopped onion  
1 garlic clove, chopped fine  
1/2 cup chopped ripe tomato  
1 1/2 cups raw rice  
1 cup sliced carrots  
1/3 cup stuffed green olives  
1 Tbs. caper  
2 1/2 cups chicken broth  
1 cup green peas  
1/2 cup sweet red pimiento, cut into strips  
1 hard cooked egg, sliced  
2 Tbs. grated Parmesan cheese



In a large skillet brown the chicken in the oil over medium heat for 20 minutes. Sprinkle with 1/2 tsp. salt and the black pepper. Remove the chicken and set aside. In the same skillet with the chicken fat, fry the onion, garlic and tomato for 2 minutes. Add the rice and fry for 2 minutes more. Add the carrots, olives and capers and mix everything together. Pour in the broth and chicken pieces. Bring to a boil, reduce heat to low, cover skillet and simmer until broth has been absorbed, about 10 minutes. Add the green peas. Cover skillet with aluminum foil and punch 8 holes in the top to allow steam to escape. Bake in a 300F oven for 30 minutes. Fluff up the mixture once or twice during the baking time. Serve warm. Decorate the surface with the pimiento strips and egg slices and sprinkle with the cheese. The rice should be dry, loose and not sticky. Serve with fried ripe plantain slices, a hot salsa and pickled vegetables. Serves 6

### ARROZ GUATEMALTECO (Guatemala Style Rice)

2 cups long grain rice  
2 Tbs. oil  
1 cup mixed vegetables (carrots, celery, sweet red peppers, finely chopped, and green peas)  
Salt and pepper to taste  
4 cups chicken stock

Heat oil in heavy saucepan and add rice. Sauté lightly until rice has absorbed the oil, being careful not to let it color. Add mixed vegetables, salt, pepper, and chicken stock. Bring to a boil, cover, and reduce heat to low. Cook for about 20 minutes until rice is tender and the liquid has been absorbed. Serves 6-8

## HONDURAS

### PLANTAIN PANCAKES

3 very ripe plantains  
3 tbsp. flour  
4 tbsp. melted butter  
2/3 cup cooked beans  
2/3 cup shortening or lard



Boil and mash plantains; add flour and butter and mix thoroughly. Fry the beans in 1 tbsp. shortening for about 5 minutes. Heat remaining shortening in another frying pan, add plantain mixture, 1 tbsp. at a time, and spread with a fork so that it will take the shape of a small pancake. Fry the "pancakes" for about 5 minutes, place a teaspoon of the fried beans on each and fold. Fry the stuffed pancakes, covered, three minutes on each side or until brown.

## MEXICO



### Spicy Black Bean Chili with Tortilla Chips

1 pound black beans  
1/8 vegetable oil  
2 medium onions, chopped (about 4 cups) use one red and one white)  
8 large garlic cloves, chopped  
3 jalapeños chilies, seeded, chopped  
1/4 cup chili powder (Ancho chili powder)  
1 Anaheim pepper, chopped, seeded) (another addition)  
4 t ground cumin  
1 28-ounce can Italian plum tomatoes with juices, chopped  
2-1/2 cups or more of water  
1 T. sugar or sugar substitute  
1 t minced canned chipotle chili in adobo sauce

Tortilla chips  
Fat Free sour cream

## Mexican Lasagna

Hamburger	Ricotta cheese
pack of Taco Seasoning	Sour Cream
Can of Spaghetti sauce	Lasagna noodles
Can of Olives/Whole	Monterey Jack (white cheese)/Cheddar (yellow cheese)

1. Cook hamburger meat, add taco seasoning, drain oil.
2. (Mix entire cup of Sour Cream)
3. Layer dish with Dry Lasagna Noodles
4. Cover Noodles with Spaghetti sauce
5. Add hamburger meat, add ricotta
6. Drain Olives - Add olives
7. Shred Cheese- Add cheese
8. REPEAT layer from step 3.
9. Dry Noodles

Cover with aluminum. Bake at 350 for 1 hour.  
Serve with potato salad and French bread.

## PANAMA

### CEVICHE DE CORVINA

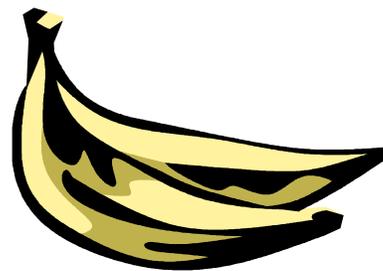


- 1 lb. boneless fish, preferably White Sea Bass (Corvina)
- 1 1/2 cups finely chopped onion
- 1 1/3 cups fresh lemon juice
- 1/2 cup finely chopped celery
- 1/4 cup finely chopped fresh cilantro
- Salt to taste
- 1/2 hot pepper finely minced (optional)

Cut the fish into bite-size pieces and place in a glass bowl or container of at least 2 inches high. Add all the other ingredients, mixing well. The lemon juice should cover the fish. Cover with plastic wrap and place in the refrigerator. Allow one day for fish to cook in the lemon juice and onions. Serve with crackers or saltines.

### **Tentacion (Candied Plantain "Temptation")**

3 large ripe plantains  
1 cup sugar  
1 ½ cup water  
1 tablespoon oil  
1 tablespoon butter or margarine  
½ teaspoon vanilla  
Dash of cinnamon, optional



Hit the plantains on all sides with a wooden spoon to soften. Peel and cut into 5 pieces each. In a large skillet, melt butter and oil on high heat; add plantains. Fry until brown. Combine sugar, vanilla, cinnamon and water. Reduce heat to low and pour liquid over plantains. Continue cooking until the liquid thickens, about 15 minutes. 4-5 Servings

## **PARAGUAY**

### **Zoo-tosopy (ground beef Stew)**

1 lb. coarsely ground or finely chopped beef  
6 cups of water  
½ cup of vegetable oil  
2 large onions, coarsely chopped  
2 large tomatoes, peeled and coarsely chopped  
2 green bananas, sliced crosswise into large chunks  
¼ cup of white long grain rice  
1 teaspoon salt  
Several dashes of Tabasco or other hot pepper sauce, or to taste



In a large heavy pot, mix the beef with the water, cover, and simmer over low heat. Separately, heat the oil in a skillet and fry the onions, tomatoes, and green bananas until the vegetables are slightly soft. Combine the vegetables with the beef in the pot and add the rice is just tender, about 20 minutes. Serve very hot in bowls. Serves 4

## PARAGUAY

### Winter Squash Soup

8 servings

2 tablespoons butter  
2 medium onions, chopped  
2 medium carrots, chopped  
2 cloves of garlic, chopped  
1 cup tomato puree  
2 fresh, hot chilies, seeded and chopped  
2½ pounds butternut squash, peeled and cubed  
5 cups low-sodium, chicken broth (remove fat)  
Pepper to taste  
Very small amount of salt (optional)  
Lime wedges



1. In a large, non-aluminum saucepan, warm the butter over medium heat. Stir in the onions, carrots, and garlic. Cook for 3 minutes and then cover the pan. Lower heat and cook for 3 or 4 more minutes, until the vegetables are very tender. Stir in the tomato puree, chilies, butternut squash, and chicken broth. Bring the soup to a simmer and cook for 30 minutes. Mash the squash pieces with a potato masher or the back of a spoon (the soup does not need to be completely smooth), season to taste (optional) and serve. Pass lime wedges to be squeezed into each bowl of soup. Serve with corn bread.

## PERU

### PERUVIAN FRIED RICE

4 cups of rice soaked overnight  
1/2 bunch of green onions cut in thin rounds  
1 LB. of pork cut in pieces and fried with soy sauce  
4 TBS. of Oil  
3 eggs scrambled  
1 TBS. of Soy Sauce  
1 TBS. of salt

Cook the rice as follows:

Wash the rice and put it in a pan with equal quantities of rice and water. Let the rice boil at a low temperature until it is dried. If you place a piece of rice between your fingers it should be soft and smooth without lumps.

In a large frying pan warm up the oil and fry the scrambled eggs. Cut the eggs in chunks and add the pork, cooked rice and mix well. Season with salt and soy sauce and finally add the green onion.

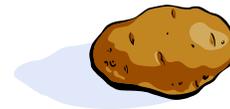


## **Potatoes a la Huancaína (PERU)**

### **6 servings**

2 pounds white potatoes, washed  
1 tablespoon olive oil  
½ medium onion, sliced  
½ tablespoon yellow chili  
1 cup nonfat cottage cheese  
2 ounces grated cheese  
½ cup skim milk  
1 head romaine lettuce  
2 tablespoons chopped fresh parsley  
6 black olives

1. In a large saucepan, cover the potatoes with water. Bring to a boil and cook until tender when pierced with a skewer. Drain and cool. Peel and slice into ½-inch rounds.
2. Prepare the sauce. In a medium non-stick skillet, warm the olive oil over medium heat. Add onion and chili and cook until the onion is tender, about 6 minutes. Put the onion in a blender or food processor and add the cottage cheese, grated cheese, and skim milk. Puree until smooth.
3. To serve, arrange some lettuce leaves on each of 6 salad plates. Arrange some potato slices on top of the lettuce and spoon sauce over them. Sprinkle with chopped parsley; decorate each with an olive and serve. Serve with grilled fish.



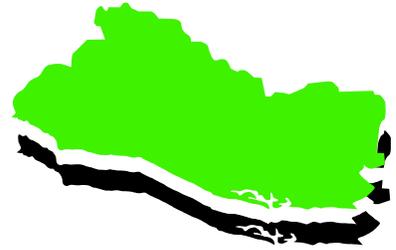
## **EL SALVADOR**

### **Salvadoran Turnovers**

½ cup chickpeas, mashed  
½ cup diced, cooked potatoes  
½ cup green beans, cooked and chopped  
½ cup diced, lean, cooked pork  
1 tablespoon chopped onion  
4 tablespoons tomato paste  
½ teaspoon salt  
In a medium-size bowl, mix all ingredients through ½ teaspoon salt together and set aside.  
2 cups masa, available in some grocery stores and in Latin-American grocery stores  
1 teaspoon salt  
1¼ cup 1½ cup lukewarm water oil for frying

In another medium-size bowl, combine masa and 1 teaspoon salt. Gradually add enough water, stirring constantly, to make a stiff dough. Divide into 24 pieces, form each piece into a ball and place under a damp towel. Place one ball between two sheets of plastic wrap and flatten dough with a flat plate. Remove top plastic and place a tablespoon of filling in the center of the dough. Press filling down. Pull up one side of plastic to flip one part of the dough over the other, covering filling and creating a crescent shape. Press edges together and place under a damp towel. Repeat with remaining turnovers. Place about ¼ to ½ inch of oil in a non-stick frying pan and heat. Place turnovers in hot oil and fry over low heat until each side is golden, about 5 minutes on each side. Drain on paper towels. Makes 4 turnovers

**Pupusas**  
(EL SALVADOR)



Makes 25 *Pupusas*

1 pound ground turkey breast  
½ large onion, finely diced  
1 clove garlic, minced  
1 medium fresh green chili, seeded and minced  
1 small tomato, finely chopped  
¼ teaspoon cumin  
¼ pound low-fat white cheese, grated  
½ teaspoon salt  
5 cups flour  
water, about 4 cups  
1 teaspoon vegetable oil

1. In a large, non-stick saucepan, over high heat, cook the turkey, onion, and garlic until cooked through. If necessary, add small amounts of water to the turkey to prevent sticking. When the meat is firm, reduce heat to low and add the chili, tomato, and cumin. Let mixture cook until all liquid has evaporated. Set aside to cool. Stir in the cheese and salt.

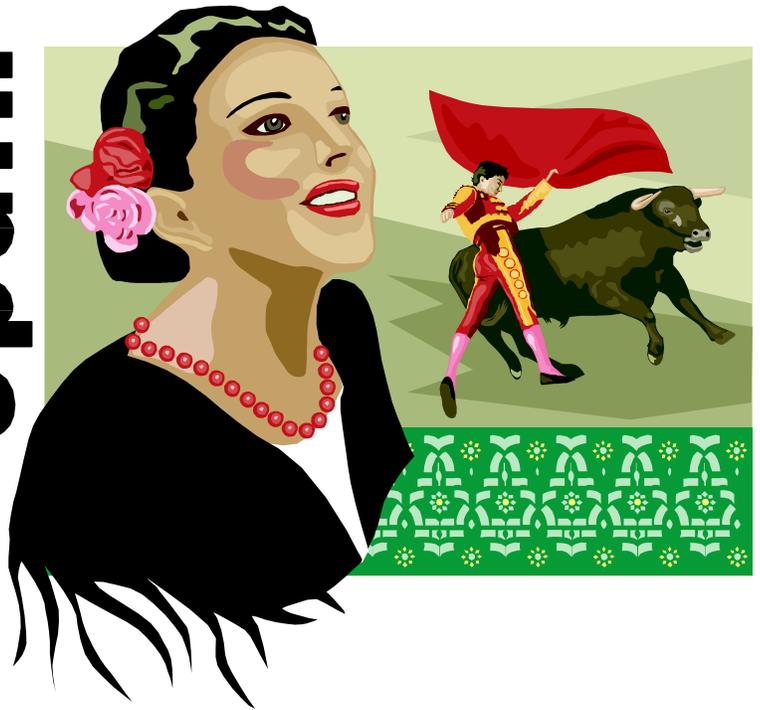
Brush the skillet with a little oil. Cook the *Pupusas* on each side for 4 to 5 minutes until nicely browned. Serve immediately

2. Put the flour in a large mixing bowl and stir in enough water to make a tortilla-like dough. Divide the dough into 25 pieces and roll each into a ball. Flatten each ball between the palms of your hands to ½-inch. Put a spoonful of the meat mixture in the middle of each disk of dough and enclose it firmly. Flatten the *Pupusas* again until they are about ½-inch thick.

3. To cook, heat a flat, heavy-bottom skillet until it is very hot.

*Serve with curtido.*

# Spain



## SPAIN

### PAELLA

1/3 cup of Olive Oil

1 Small Onion, minced

2-3 cloves of garlic, crushed

3-5 tablespoons minced fresh parsley

1 generous pinch of saffron

2 tablespoons of chicken bullion

3 skinless Chicken Breasts cut in large chunks

2 green peppers, sliced

1 red pepper, sliced

1 tsp. of yellow food coloring (optional-saffron is very expensive, a pinch of it is all you need for taste but a richer color is desired)

8 oz. tomatoes sauce

1 tsp. sugar

4 cups of rice

7 cups of water

Salt

1/2 lb - 1 lb. shrimp, leave shell on

1 lb scallops

Sauté onion, parsley, and garlic in olive oil until the onion begins to become transparent. Add saffron, chicken bullion, chicken, peppers and sauté until chicken has become white. Add tomato sauce, sugar, food coloring. Stir. Add rice & water and bring to boil. Salt to taste. Boil 5 minutes, stirring occasionally. Add shrimp & scallops; boil an additional 5 minutes, stirring occasionally. Simmer 10 minutes covered, stirring occasionally. If the rice appears to be getting too dry during the last 10 minutes, add more water. If the rice is too wet at the end of the 10 minutes, uncover and evaporate unwanted liquid. Serves 6

## VENEZUELA

### Meat stuffed corn flour (Arepas rellenas con carne)

1 Basic arepa dough  
1/2 tsp. Achiote powder  
2 tbsp Oil  
1/2 tsp. Ground cumin  
1/2 lb Ground beef (454g)  
1/4 tsp. Thyme leaves  
1/2 lb Ground pork (454g)  
1/4 tsp. Black pepper  
1 medium onion -chopped  
1 tsp. Salt  
1 Garlic clove-minced  
8 Pimento-stuffed olives -sliced  
1 sm Green chile-chopped  
1 tbsp Capers  
2 lg tomatoes; peel, seed -chop

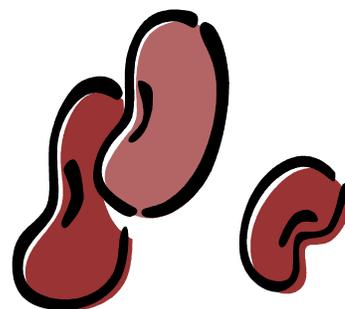


Heat oil in a heavy skillet over medium heat, add meat, onions, garlic, green chile, tomato, achiote, cumin, thyme, black pepper and salt, and cook, stirring occasionally, for 20 minutes, or until tomatoes have formed a thick sauce. Stir in olives and capers. Prepare a recipe of basic arepas (Venezuelan corn flour), shape into 3-inch (7.5cm) discs (3/4-inch/1.9cm thick) and cook. When done, split in half, fill with meat sauce and serve hot. Serves 10

## ECUADOR

### Red Pepper and Garbanzo Bean Salad

1 medium red bell pepper, chopped  
1 cup cooked garbanzo beans  
1½ cups chopped celery  
1 small red onion, sliced  
½ medium cucumber (peel if waxed), thinly sliced



In a large bowl, stir together all ingredients. Add the vinaigrette and toss. Cover and refrigerate for 30 minutes to 2 hours. Toss again just before serving.

## NICARAGUA

### Chicken Tamales with all the Extras

#### Makes 20 tamales

30 corn husks or 20 pieces of aluminum foil cut into 10-inch squares

#### Dough

4 cups (1 pound) flour

2 cups skim milk

1½ cups low-sodium chicken broth (remove fat)

½ cup mashed potatoes

1 tablespoon vegetable oil

1 tablespoon lemon juice

½ teaspoon salt

#### Filling

¼ cup lemon juice

½ teaspoon salt

2 cloves garlic, minced

½ pound boneless, skinless chicken breasts cut into 20 strips, ½-inch by 2 inches

#### Garnishes

2 medium potatoes, peeled, and thinly sliced (20 slices)

40 raisins

2 tomatoes, thinly sliced (20 slices)

1 onion, thinly sliced

½ red bell pepper, thinly sliced (20 slices)

2 fresh green chilies, thinly sliced (20 slices)

20 fresh mint sprigs

#### To make the dough

In a large saucepan, stir the dough ingredients with a wooden spoon. Cook the dough over medium-low heat for 20 to 25 minutes, until firm but still moist. Cool to room temperature and wrap in plastic until needed. The dough may be made one day in advance and refrigerated.

#### To make the filling

In a medium mixing bowl, stir together the lemon juice, salt, and garlic. Stir in the chicken. Cover and refrigerate for at least 2 hours and up to 24 hours.

#### To assemble and cook

1. If you are using packaged corn husks, separate them, put in large bowl, cover with water and set aside for several hours or overnight.
2. Divide the dough into 20 pieces. Form each piece into a cylinder about 3 inches long and place it in the center of a husk or foil. Press into the dough a piece of chicken, 2 raisins, and a slice of potato. On top of the dough place a slice of tomato, some onion slices, and slice each of chile and pepper. Top with a sprig of mint.
3. Fold the ends of each foil or husk wrapper over the filling and garnishes, and then fold the sides of the wrapper tightly. To tie them into waterproof packages, use thin strips torn from several husks or use 5-inch pieces of string. If you are using foil instead of husks, tying is not necessary.
4. Fill the bottom half of a large steamer with water. Stand all the tamales upright in the top of the steamer and cover them with corn husks. Cover the pot tightly, bring the water to a boil, adjust heat to maintain a simmer, and let the tamales cook for about 1½ hours. To check for doneness, open a tamale; the dough should come away solidly from the husk or foil. As the tamales cook, check the water level occasionally and replenish if necessary.
5. Unwrap and serve immediately.



## OTHERS



### *Albondiga Soup*

#### **(Meat Ball Soup)**

*By Rachel Lopez*

I was taught how to make this soup by my mother when I was a child. My mother would mix the ingredients and then we (sisters) would be allowed to form the meat balls for the soup. Growing up, I remember every meal we ate consisted of meat mixed with something like rice, potatoes, vegetables, etc. Why you might ask? I think that most Mexican mother's would try to stretch the meat to feed her own children and those that might drop by. Every meal was also accompanied with homemade flour tortillas, beans, Spanish rice and chili (salsa).

So here is my mother's recipe and I hope that you all can enjoy making it with your families as I enjoy and have memories of making it with my mother and sisters.

#### **Ingredients –**

2 Pounds Ground Beef  
1 Yellow Onion (Chopped in Small Pieces)  
1 Cup Cooked White Rice  
1 Egg  
Salt and Pepper to Taste  
1 Can Tomato Sauce

Optional: Noodles, Chopped Vegetables (carrots, celery, potatoes)

Mix together hamburger meat, onions, rice, egg, salt and pepper. This needs to be done with your hands (no spoons). Once the mixture has been mixed, form into meat balls. You determine the size of the meat balls. Set aside.

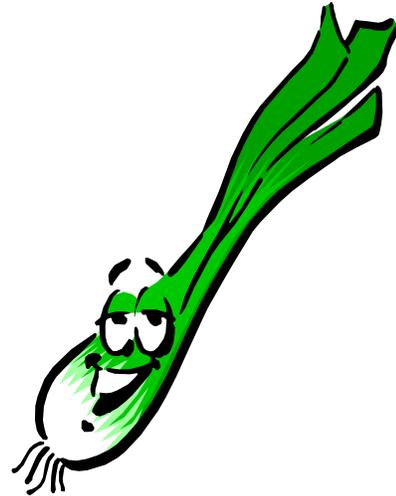
#### **Soup Broth –**

Water  
1 Can Tomato Sauce  
Salt and Pepper

In a Medium/Large soup pan – add water, tomato sauce, salt and pepper to taste. Bring to a boil. Once the broth has come to a boil, reduce and start dropping in the meat balls. It is important that the broth is hot so that the meat balls will not fall apart. Add optional noodles and vegetables to broth. Continue to cook for 10-15 minutes. Serve in a bowl with Spanish rice.

## **Tortilla De Patata**

**Ingredients:** 4-5 Potatoes  
1 Onion (Red, White or Yellow)  
2-3 teeth of Garlic  
5-6 Eggs  
Salt  
Pepper  
Olive Oil



### **Preparation:**

Peel and thinly slice the potatoes. Heat up a frying pan (ideally a non-stick frying pan) with a few tablespoons of olive oil and a few teeth of garlic (diced or pressed). Once the pan is hot (medium to high heat), add the potatoes, let them fry and frequently turn them to prevent any burning. Dice the onion into small pieces and add to the potatoes, continue turning them. Season the potatoes, onion and garlic with salt and pepper, as desired.

In a large to medium sized bowl, scramble the eggs and season them as well. Once the potatoes, onions and garlic (vegetables) are fully cooked, remove them from the heat. Let the vegetables cool down a bit and add them to the eggs. Mix the vegetables and eggs together.

Clean the frying pan and add more olive oil and garlic (once again a couple of tablespoons of oil and a couple teeth of garlic). With medium/high heat pour the eggs/vegetables (batter) into the frying pan. Push the sides of the batter down (with a wooden spoon) to ensure that the batter does not stick to the sides of the frying pan. Also, lift up the pan and shake back and forth to make sure the bottom has not stuck either. Do not stir or break the batter, let the bottom side cook. After the batter has cooked, place a large plate (large enough to overlap the top of the pan) over the pan. Firmly hold the plate with one hand and the frying pan with the other. Flip the pan upside down with the plate tightly pressed on the top of the pan. Slide the tortilla back into the pan with the cooked side up. Let the tortilla fully cook on low/medium heat so that the middle of the tortilla is not runny. Let the tortilla cool a bit and enjoy!!!

Feel free to add any type of ingredients (mushrooms, carrots, chorizo, red bell peppers....).

## Tamales

Red tamales are a Christmas tradition in Mexico. Masa harina is available in Latino markets. Masa is made from dried corn kernels cooked in lime water and soaked overnight. The wet corn is then ground into masa and the dough is used to make corn tortillas.

### Filling

2 lb (1 kg) lean beef or pork, cubed  
3 garlic cloves, minced  
2 tablespoons lard or vegetable shortening (vegetable lard)  
2 tablespoons all-purpose (plain) flour  
1 cup (8 fl oz/ 250 ml) Red Chili Sauce (recipe on page 195)  
1 cup (8 fl oz/250 ml) reserved broth  
Salt and freshly ground pepper to taste



### Masa

1 1/2 cups lard or vegetable shortening  
3 1/2 cups masa harina  
1/2 cup red chili mixture reserved from filling, above  
3/4 cup reserved broth or more as needed salt to taste

25 corn husk, soaked in hot water for 30 minutes additional red chili sauce for topping (optional)

To make the filling, in a large, heavy saucepan over medium heat, place the beef or pork and add water to cover. Add 1 of the garlic cloves and bring to a boil. Reduce heat and cook, stirring occasionally, for 1-2 hours, or until the meat is tender. Drain and let meat cool; reserved the broth.

In a large skillet, melt the lard or shortening; add the remaining 2 garlic cloves and cook until slightly browned; add the flour and cook, stirring, for 2-3 minutes, or until lightly browned. Stir in the red chili sauce and the reserved broth; simmer for 10 minutes. Remove 1/2 cup of the liquid and set aside. Shred the meat and add to the simmering liquid and set aside. Shred the meat and add to the simmering liquid; cook over low heat for 5 minutes. Add salt and pepper and let cool.

To make the masa, in the bowl of an electric mixer, cream the lard or shortening until light and fluffy about 5 minutes. Add the masa harina and reserved red chili mixture from the filling. Add the reserved broth. If too dry to spread, add additional broth until the mixture is of spreading consistency. Add salt to taste.

Open the soaked corn husks, rinse and drain on paper towels. Spread about 2 tablespoons of masa over the bottom half of each corn husk. Top with 1 1/2 tablespoons of meat mixture. Fold the side of the husk toward the center, one side at a time. Fold the sides of the husk toward the center, one side a time. Fold the bottom of the husk up and the top down, tying with a strip of soaked corn husk. Continue until all the filling and masa are used. If not cooking immediately, freeze individually and, when frozen, place in freezer bags.

Cook the tamales in a steamer for 25-35 minutes, or until the masa is firm and the filling is heated through. Serve with additional red chili sauce, if desired.

*If you do not have the time or the patience and would like to skip any of these steps, just do what I did and purchase the tamales at your local Mexican Restaurant.*

## Ceviche

1 pound fresh skinless striped bass, snapper, halibut, or other white ocean fish fillets, cut into ½ -inch cubes

1 ½ cups freshly squeezed lime juice, plus more if needed

1 medium white onion, cut into ¼ -inch dice

2 medium-large tomatoes (1 pound) cut into ¼ -inch dice

2 jalapeños, stemmed, seeded, and finely chopped (or raw)

⅓ cup chopped fresh cilantro, plus a few leaves for garnish

½ cup chopped, pitted green olives, preferably manzanillos

1 to 2 tablespoons extra-virgin olive oil

3 tablespoons freshly squeezed orange juice

1 large ripe avocado, peeled, pitted, and diced

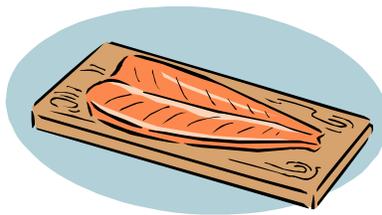
Coarse salt (to taste)

Tortilla chips, for serving

1. In a small bowl, combine fish, lime juice, and onion. Be sure the fish is covered with lime juice; add more if necessary. Cover with plastic wrap, and refrigerate until fish no longer looks raw when broken open, about 4 hours. Drain in a colander.
2. In a large bowl, combine tomatoes, jalapeños, cilantro, olives, and oil. Add the fish and orange juice; stir to combine. Season with salt. Cover, and refrigerate if not serving immediately.
3. Just before serving, add avocado, and stir gently, being careful not to break up pieces. Garnish with cilantro leaves, and serve with tortilla chips.

Chef Rick Bayless recommends marinating the sevicehe for at least 4 hours or up to 2 days before serving.

Serves 8 as an appetizer



## Chili Relleno Casserole

### Ingredients:

1 can 27 oz. Ortega whole green chilis  
One and 1/2 cup milk  
1 cup of flour  
2 eggs  
Dash of salt and pepper  
At least 3 cups of real (no non fat stuff) cheese (Monterrey/Jack/Cheddar)  
Topping  
2 - 8 oz. cans of tomato sauce

### Directions

Rinse chilis and remove seeds and lay flat on paper towels to remove excess water  
Mix milk, flour, eggs, salt and pepper together  
Lightly butter/grease 9 X 13 pan

Layer bottom of pan with chilis, then a layer of cheese, pour part of milk mixture over cheese, then repeat until those ingredients are complete/finished. Then pour two cans of tomato sauce over top. Sprinkle last bit of cheese on top, if any, or you may save some for the top.  
Middle of oven for one to one and a half hours at 375 degrees. Let cool to set, then cut and enjoy.

Anita Lopez  
Rural Development



## Carmelite Flan

This recipe comes from Carmelite Nuns who ran a nursing home. The original recipe serves 50, but I reduced the amounts while retaining the proportions. Making Flan has always intimidated me, but I made this recipe several times with great results. It may indeed be foolproof!

Sandra Marcotte, Farm Service Agency

5 eggs

1 can (14 ounces) sweetened condensed milk

1 can water

1 tablespoon vanilla

½ cup granulated sugar

5 servings; 1 hour 15 minutes preparation time

- Place eggs, sweetened condensed milk, water and vanilla in a blender jar
- Blend until well mixed and frothy, 30 to 45 seconds. Then set aside.
- Melt sugar over medium-low heat in small skillet, stirring constantly, until caramelized (sugar melts and turn light brown)
- Pour egg mixture on top of caramelized sugar; equal amounts in cups
- Set custard cups in a larger pan and pour hot water into the larger pans to come halfway up the sides of the custard cups.
- Bake at 350 F for about 45 minutes or until a knife inserted in the center comes out clean.
- Cool to room temperature, then chill completely in refrigerator
- To serve, run a thin knife or spatula around the rim of each flan to loosen. Then, turn custards out on individual dessert plates, with caramel on top.



## Chicken Enchiladas

### INGREDIENTS:

4 skinless, boneless chicken breast halves  
1 onion, chopped  
1/2 pint sour cream  
1 cup shredded Cheddar cheese  
1 tablespoon dried parsley  
1/2 teaspoon dried oregano  
1/2 teaspoon ground black pepper  
1/2 teaspoon salt (optional)  
1 (15 ounce) can tomato sauce  
1/2 cup water  
1 tablespoon chili powder  
1/3 cup chopped green bell pepper  
1 clove garlic, minced  
8 (10 inch) flour tortillas  
1 (12 ounce) jar taco sauce  
3/4 cup shredded Cheddar cheese



### DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a medium, non-stick skillet over medium heat, cook chicken until no longer pink and juices run clear. Drain excess fat. Cube the chicken and return it to the skillet. Add the onion, sour cream, Cheddar cheese, parsley, oregano and ground black pepper. Heat until cheese melts. Stir in salt, tomato sauce, water, chili powder, green pepper and garlic.
3. Roll even amounts of the mixture in the tortillas. Arrange in a 9x13 inch baking dish. Cover with taco sauce and 3/4 cup Cheddar cheese. Bake uncovered in the preheated oven 20 minutes. Cool 10 minutes before serving.

## **Cochinita**

This dish originates from the State of Yucatan in Mexico.

### **Ingredients:**

1 Red onion (call it purple if you like, it looks purple to me)  
2 pounds of boneless pork shoulder  
1 achiote seed paste tablet, 100 grams, 3.5 ounces  
3 bay leaves  
1 tsp Rosa Blanca (Chicken bouillon) powder  
Salt to taste  
Habanero chili sauce  
Corn tortillas  
1 t Red Wine vinegar

### **Pre-cooking:**

- Cut the onion in thin, long slices
- Open the kitchen windows
- Boil the pre-cut onion for 10 minutes or until fully cooked in a mixture of half Red Wine vinegar and half water, just enough to cover the onion in the sauce pan
- Did I mention that you had to add the bay leaves to the mix before you cook the onion?
- Put the onion mix in the refrigerator, it should be served cold. This is best done overnight.
- Cut the pork meat in chunks and discard big pieces of fat, leave some fat as it adds to the flavor
- In a separate container, mix half a cup of Red Wine vinegar, one and a half cups of water, and some salt
- Add a tea spoon of chicken bouillon to the water mix, and dissolve the achiote paste tablet in it. This may take a while to mix.

### **Cooking:**

- Set tall frying pan in mid-high heat
- Add the pork and the achiote-water mix
- Bring to a boil, reduce heat to low and simmer for about 3-4 hours or until the meat is very soft and pulls apart easily
- Pull apart the meat and cook for a little while longer, add a little water whenever necessary to keep the meat covered
- Heat the tortillas and enjoy, Cochinita Pibil is served in a plate where everyone makes "tacos" from it.
- To each tortilla, add some of the Cochinita, some pickled onions and Habanero sauce. The tortilla should get a little wet with the Cochinita sauce. It should not be dry.

### **Tips:**

**A Pressure Cooker really helps here. If you like making dishes like this one often you should consider the pressure cooker. It will cut cooking time to half hour.**

**Heating tortillas on a microwave:** To heat tortillas you can wrap them in a kitchen towel and put them inside a container. Microwave 15 seconds per tortilla. If you can't get some sort of pork. Check out your neighbors pets.

**Habanero** sauce can be very hot. Some have great taste and others are simply heat. Avoid the extreme heat.

**Achiote** seeds or Annatto seeds can be used to make the paste if you can't find it in paste form. You must mush them into a paste and it will be hard to do.

## Envueltos de Mazorca

*Submitted by Martha Nunez-Hagius*  
*HEPM, Idaho*

(Preparación y cocción: 1 1/2 Receta para 8-10 porciones / calorías por porción: 222)



### **Ingredientes:**

- 1 libra de queso blanco rallado
- 10 mazorcas tiernas
- 1 huevo batido como para perico
- 1 lata pequeña de crema de leche Nestle
- Azúcar y sal al gusto
- Hojas de maíz.

### **Preparación:**

Desgranar las mazorcas y molerlas con el queso; amasar bien, incorporar el huevo, la crema de leche Nestle, el azúcar y la sal, continuar amasando hasta que quede una masa firme.

En cada hoja de maíz, colocar un poco de la masa preparada. Doblar la hoja y sujetarla con una pita. Colocarlos en una olla con agua, llevar al fuego durante 30 minutos aproximadamente.

NOTA:

Se recomienda colocar algunas tusas en el fondo de la olla para evitar que se peguen los envueltos.

## Envueltos de Mazorca (Corn Wraps)

*Submitted by Martha Nunez-Hagius*  
*HEPM, Idaho*

(Preparation and baking: 1 1/2 Recipe for 8-10 servings/calories per serving: 222)

### **Ingredients**

- 1 pound of grated white cheese
- 10 ears of corn
- 1 egg (beaten)
- 1 small can of cream milk.
- Sugar and salt to taste
- Husks

### **Preparation:**

Remove the grain from the corn and grind them with the cheese; to knead well, add the egg, the cream, the sugar and the salt, continue kneading until the dough is firm.

In each husk placed a little bit of the prepared dough. Fold the husk firmly around the dough. Steam them in a pot with water for approximately 30 minutes.

**NOTE:**

Place some cobs at the bottom of the pot to avoid the corn wraps from sticking together.

## King Ranch Casserole

Submitted by Judy Tschetter, Beadle Conservation District, Huron, South Dakota.

1 pkg. flour tortillas, cut in bite size pieces  
2-3 cups cooked chicken, cubed  
½ lb grated cheddar cheese  
1 can Rotel tomatoes, drained  
2 cans cream soup  
½ cup chopped onion  
1 bell pepper, chopped  
1 tsp chili powder

Mix all together. Pour in casserole dish and bake at 375 for 30-45 minutes (until hot and bubbly).  
Place beans in large bowl. Add enough water to cover. Let stand overnight. Drain well. Place beans in large saucepan. Add enough water to cover. Bring to boil and cook until beans are almost tender, about 30 minutes. Drain. Heat oil in large skillet over medium high heat. Add onions, garlic and jalapeños and sauté until tender, about 4 minutes or so. Add chili powder and cumin and stir until fragrant, about 1 minute. Add beans, tomatoes with juices, 2-1/2 cups water and sugar. (I used the bean broth). Bring to a boil. Reduce heat to medium-low and simmer 20 minutes. Add chipotle to black bean chili. Simmer until chili is very thick, stirring frequently and adding more water by 1/2 cupfuls if chili is dry about 1 hour 15 minutes. Season with salt and pepper.

Divide tortilla chips among bowl. Ladle chili over chips. Spoon dollop of sour cream atop each and serve hot. Serves 6



## **Nachos**

Rosa L. Reyes  
Soil Conservationist, LaBelle, FL  
Hispanic Emphasis Program Manager for Florida

Serves 6

### Ingredients

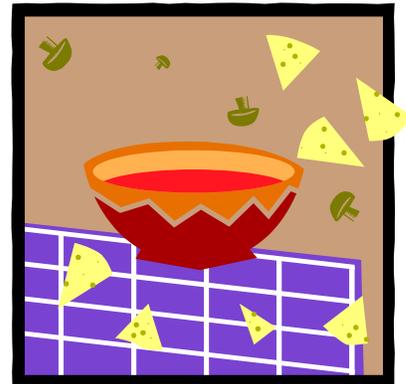
1 cup well fried beans or canned  
1 14 ½ ounce bag round corn tortilla chips or one recipe Tortilla Chips  
4 ounces shredded Monterey Jack cheese  
3 pickle jalapeño chilies, sliced

### For Toppings (optional)

Guacamole or chunky fresh tomato  
Shredded chicken or beef  
Sour cream  
Chopped green onions

Preheat oven to 100 degrees F.

Spread a thin layer of beans on each chip and place on a heatproof platter or baking pan. Sprinkle on the cheese and top with the chilies. Bake in the oven for about 5 minutes, until the cheese is melted. Serve immediately as is or add the toppings, alone or in a combination.



## **Cucumber Cooler**

Serves 4 to 6

### Ingredients

2 large cucumbers, peeled, seeded, and roughly chopped  
Juice of 3 limes  
6-8 tablespoons sugar

### For the Garnish

Springs of mints or long sticks of cucumber (optional)

Blend the cucumber, lime juice, sugar and 2 cups of cold water in a blender until frothy. Pour into a glass pitcher and add 4 additional cups of cold water. Taste for sugar and lime, adding more if needed. If not drinking immediately, store in the refrigerator, covered, for no more than 2 hours. Before serving, put ice cubes into tall glasses, stir in the cucumber water, and pour. For a special touch, add a garnish of mint or cucumber.

## New Mexico Red Chile

Margaret Gigante  
Colorado HEPM  
NRCS Soil Conservationist

-  ½ Lb Ground beef (can be made with almost any kind of meat)
-  ½ Fresh Onion or dried minced onion
-  Salt
-  Pepper,
-  Garlic Salt
-  2-3 Tbs Red Chili Powder\*
-  2-3 Tbs Crushed Red Chili (Chili Caribe)\*
-  ½ Cup Flour or 1/3 cup cornstarch
-  ½ can Tomato Sauce

\*Availability may vary depending on geographical location. Red Chili powder and Crushed Red Chili can usually be found at most grocery stores but you may have to search at specialty stores.

In medium sized sauce pan, brown ground beef until well cooked, drain excess grease. Season to taste with salt, pepper, onion (fresh or dried minced onion) and garlic. Add 2-3 Tbs of red chili powder and 2-3 Tbs of crushed red chili. Add 1 quart of water and ½ can of tomato sauce. Bring to a rolling boil. In a separate container, mix flour or corn starch with COLD water to make a slightly thick mixture, make sure to dissolve all lumps. Pour mixture into boiling chile while stirring to thicken to a gravy-like consistency (make sure to stir well or you will get lumps). If chile is not thick enough, add more flour or cornstarch mixed with water. Bring to a boil again and it is ready to serve. The amount of chili powder or crushed chili added can be adjusted to make a hotter or milder chile.

Chile can be served many ways:

-  Eat as is with tortillas, sopapillas, crackers, bread or corn bread
-  Chile Fries—serve Chile over French fries and top with cheddar cheese, lettuce and tomatoes
-  Smothered Burrito—Serve Chile over a bean burrito and top with cheddar cheese, lettuce and tomatoes
-  Chile Beans—Mix Chile with Pinto Beans and eat with tortillas, sopapillas, crackers, bread or cornbread
-  Frito Pie—Serve Chile over Fritos or corn chips and top with cheddar cheese, lettuce and tomatoes

Family Recipe Submitted by Margaret Gigante, CO NRCS

## Flan de Calabaza o Panapen (Pumpkin Flan)

Misty Falcon, OR

### **Ingredients**

1 cup of boiled and mashed pumpkin  
2 cups of sugar (1 cup for the flan mix and the other for the caramel)  
1 can of evaporated milk (13oz –non diluted)  
5 whole eggs  
1 tsp. vanilla  
1 tsp. pumpkin powder or cinnamon



### **Process**

In a blender, mix the evaporated milk, pumpkin, 1 cup of sugar, 5 eggs, 1 tsp. of vanilla, and 1 tsp of pumpkin powder or cinnamon. You can add more cinnamon or pumpkin powder depending on how you'd like the flan to taste.

Pre-heat oven at 350' along with a larger pan (larger than the 8" round dish you will be using for the flan) filled with at least an inch of water. The process will be called "Baño Maria."

To make the caramel, warm the last cup of sugar until it is golden brown. Do not let the sugar burn, as it will sour the flan. Once you have mixed all the ingredients and browned the sugar, coat the bottom of the 8" round dish you will use for the flan with the caramel. Afterward, pour in the flan mix into the 8" dish and place this dish into the larger pan filled with an inch of water. After about 45 minutes, check the flan by inserting a knife in the center. If the knife is clean, the flan is done.

## Easy Salsa Recipe

Gilberto F. Guerrero, National HEPM

1 can diced Tomato  
1 clove garlic  
1 jalapeño  
1/2 onion  
1/4 bunch cilantro  
1 teaspoon salt  
1/2 teaspoon pepper  
2 dashes cumin powder  
1/2 squeezed lime juice

Place all items in blender with tomatoes last and blend to the consistency you like. Best if served right away. You may want to start out with 1/2 jalapeno first and see how hot you like it.

## Taco Soup

Barb Lutrell, Illinois HEPM

Ingredients:

1 lb. ground beef  
1 pkg. taco seasoning  
2 cans whole kernel corn drained  
2 cans pinto or red beans drained  
1 can dice tomatoes  
1 large can tomato juice  
4 medium potatoes cubed

Brown ground beef, drain. Mix taco seasoning with meat. Mix corn, beans, dice tomatoes, cubed potatoes and tomato juice. Add meat mixture. Simmer 1 hour or until potatoes are tender. Serve with Tostitos or Tortillas. Serves 8 -10



