



Culinary Institute of America

CULINARY INSTITUTE OF THE PACIFIC VIBRANT DISHES OF LATIN AMERICA



Culinary Institute of the Pacific, Diamond Head campus, Oahu, Hawai'i

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The Culinary Institute of America

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Welcome to the CIA!

Education is a gift. And those of us in the foodservice industry have a chance to “pay it forward” by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your chef-instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we’ve made it easy to do through our Facebook page. Just log in and search for “CIA ProChef.”

Wishing you all the best,

A handwritten signature in black ink that reads "David Kamen".

David Kamen '88 MBA PC^{III}
Director CIA Consulting
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P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ Silence and put away phones during class.
- ☑ Actively participate.
- ☑ Return promptly from breaks.
- ☑ Remain in attendance for the class duration.
- ☑ Complete the course evaluation.
- ☑ Follow all established health and safety regulations.
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen.
 - Keep all perishable items refrigerated until needed.
 - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables.
- ☑ Maintain CIA uniform standards.
- ☑ Act within the guidelines of the CIA’s policy on harassment.
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- ☑ Chef's jacket
 - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
 - Can be re-buttoned on the opposite side to cover spills
 - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
 - Hounds-tooth helps camouflage stains
 - Best without cuffs, which can trap hot liquids and debris
- ☑ Shoes and Socks
 - Shoes
 - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
 - Prevent slips and falls in the kitchen
 - Offer support
 - Protect feet from falling pots
 - Socks
 - Must be worn for hygienic purposes and to prevent burns
- ☑ Neckerchief (optional)
 - Helps to absorb sweat
- ☑ Toque (provided in class)
 - Contains hair
 - Absorbs sweat
- ☑ Apron (provided in class)
 - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
 - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
 - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair
 - Should be neatly maintained, clean, and under control at all times

DAY ONE

SOUTH AMERICA

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- identify the countries and geographic terrain of South America.
- list the types of ingredients (starches, vegetables, fruits, and proteins) used in the preparation of South American dishes.
- identify contemporary cultural influences that affect South American cuisine.
- prepare traditional South American dishes.
- discuss the relevance of South American cuisine in the U.S. market.

LEARNING ACTIVITIES

Lecture and Discussion
Demonstrations
Hands-On Production
Product Evaluation

KEY TERMS

| | |
|-------------------|-----------------------|
| Aji amarillo | Arepa |
| Carbonada criolla | Cazuela |
| Chifa | Chuños |
| Dende oil | Freeze-dried potatoes |
| Huancaína sauce | Manioc |
| Matambre | Mirasol pepper |
| Palillo | Panela sugar |
| Papa seca | Pastel de choclo |
| Pineapple | Queso fresco |
| Quinoa | Vatapa |

INSTRUCTOR DEMONSTRATIONS

Arepas
Matambre

DAY ONE

TEAM PRODUCTION ASSIGNMENTS

ALL TEAMS

Sofrito

Annatto Oil

TEAM ONE

Corn Bread with Cheese

Moi Fillet in Coconut Milk

Braised Taro Leaves

Drunken Chicken

Cook the pinto beans for Refried Beans on Day Two

TEAM TWO

Shrimp Turnovers

Spicy Pork

Fried Rice

Ulu with Huancaína Sauce

Prepare Green Cabbage and Carrots, marinate overnight for Day Two

TEAM THREE

Old Clothes

Feijoada Completa

Brazilian Rice

Forofa

Quinoa Pilaf

TEAM FOUR

Dumpling Soup

White Rice

Corn Pancakes

Fish with Tomatoes and Onions

Marinate the tenderloin for Roast Pork Tenderloin on Day Two

TEAM FIVE

Squash Filled with Beef Stew

Chicken in Orange Sauce

Roasted Ulu

Creamed Pinto Beans

SOFRITO

Yield: 2 cups

| Ingredients | Amounts |
|---------------------------------|----------------|
| Annatto Oil (Recipe follows) | 2 fl. oz. |
| Onion, yellow, chopped | 8 wt. oz. |
| Garlic, clove, chopped | 3 ea. |
| Pepper, bell, green, chopped | 1 ea. |
| Pepper, bell, red, chopped | 5 ea. |
| Tomato, seeded, chopped | 1 lb. |
| Oregano, dried | 1 tsp. |
| Cilantro, fresh, bunch, chopped | ¼ ea. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ½ tsp. |

Method

1. Heat the annatto oil and sauté the onions, garlic, and peppers until soft.
2. Add the tomatoes, herbs, and seasonings and cook over low heat until the mixture is very soft.
3. The sofrito may be left as is or can be processed in a blender to the desired consistency. Reserve until ready for use.

ANNATTO OIL

ACEITE DE ACHIOTE

Yield: 8 fluid ounces

Ingredients

Annatto seeds
Oil, vegetable

Amounts

1 ½ wt. oz.
8 fl. oz.

Method

1. Stir the annatto seeds in the oil and slowly raise the temperature of the oil until it reaches 160°F. Let the seeds infuse in the oil for 15 minutes.
2. Strain and reserve.

CORN BREAD WITH CHEESE

AREPAS CON QUESO

COLUMBIA AND VENEZUELA

Yield: 8 portions

| Ingredients | Amounts |
|--------------------------------|----------------|
| Flour, corn (Masa harina) | 8 ⅓ wt. oz. |
| Baking powder | 1 tsp. |
| Salt, kosher | 1 tsp. |
| Water | 1 pt. |
| Cheese, queso fresco, shredded | 4 wt. oz. |

Method

1. Combine the flour, baking powder, and salt in a mixing bowl and mix to combine. Add enough water to form a stiff dough.
2. Mix in the cheese and let the dough rest for 10 minutes.
3. Form the dough into 3 to 4-inch balls, then flatten each dough ball until it is about ½-inch thick.
4. Cook the arepas in a lightly greased sauté pan until they are golden brown and cooked through. Serve immediately or keep warm.

Note: Queso blanco can be substituted for the queso fresco.

MOI FILLET IN COCONUT MILK

MOI GUISADO EN LECHE DE COCO

COLOMBIA

Yield: 6 portions

| Ingredients | Amounts |
|---|----------------|
| Fish, moi, whole | 6 ea. |
| Salt, kosher | as needed |
| Pepper, black, ground | as needed |
| Oil, olive, pure | 2 fl. oz. |
| Onion, yellow, finely chopped | 1 ea. |
| Pepper, bell, green, chopped | 1 ea. |
| Chile, jalapeño, fresh, seeded, chopped | 1 ea. |
| Tomato, chopped | 3 wt. oz. |
| Plantain, green, peeled, 1/2-in. sliced | 2 ea. |
| Coconut, milk | 1 pt. |
| Coriander, leaves, chopped (Optional) | 3 Tbsp. |

Method

1. Fillet moi (See chef demo).
2. Season the fish with salt and pepper. Heat olive oil in a large frying pan and sauté the fish until golden on both sides. Remove and set aside.
3. Add the onion, green pepper, jalapeño, and tomatoes to oil in pan. Sauté until the vegetables are tender.
4. Add the plantains, season with salt, and pour in the coconut milk. Simmer over low heat until the plantains are tender, about 15 minutes.
5. Return the fish to the pan and cook them until done.
6. Adjust seasonings to taste and sprinkle with coriander, if desired. Serve hot.

BRAISED TARO LEAVES

Yield: 6 portions

| Ingredients | Amounts |
|-----------------------------------|----------------|
| Oil, olive, extra-virgin | 1 wt. oz. |
| Pork, bacon, rind removed, minced | ¼ lb. |
| Onion, yellow, minced | 4 wt. oz. |
| Garlic, clove, minced | 2 ea. |
| Taro, leaves (Luau), washed | 2 ¼ lb. |
| Stock, chicken | 8 fl. oz. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |

Method

1. Preheat oven to 350°F.
2. Heat the oil over medium heat. Add the bacon and brown lightly.
3. Add the olive oil, onions, and garlic to the pan and cook until they are softened.
4. Add the luau leaves and chicken stock and season with salt and pepper to taste.
5. Cover with a lid and braise in the preheated oven for at least 45 minutes. Serve immediately or keep warm for service.

DRUNKEN CHICKEN

POLLO BORRACHO

COLOMBIA

Yield: 6 portions

| Ingredients | Amounts |
|--|----------------|
| Chicken, cut into serving pieces | 3 lb. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |
| Lard | 2 Tbsp. |
| Pork, ham, boiled, cut into ½-in. strips | 8 wt. oz. |
| Stock, chicken | 1 pt. |
| Wine, white, dry | 8 fl. oz. |
| Vinegar, white | 4 fl. oz. |
| Clove, whole | 2 ea. |
| Cinnamon, stick, 1-in. piece, halved | 1 ea. |
| Olive, green, pitted | 12 ea. |
| Capers | 3 wt. oz. |

Method

1. Season the chicken with salt and pepper. Sauté in lard until brown.
2. Combine the ham, stock, wine, vinegar, cloves, and cinnamon in a mixing bowl, then pour over the chicken.
3. Cover and braise in a 350°F oven for 1 hour.
4. Arrange chicken on a platter and garnish with olives and capers. Serve immediately.

SHRIMP TURNOVERS

EMPADINHAS DE CAMARÃO

BRAZIL

Yield: 6 portions

| Ingredients | Amounts |
|-------------------------|-------------|
| Flour, all-purpose | 1 ½ lb. |
| Salt, kosher | ½ tsp. |
| Butter, unsalted, cubed | 3 ½ wt. oz. |
| Lard | 3 ½ wt. oz. |
| Beer, cold | 6 fl. oz. |
| Egg, white | 1 ea. |
| | |
| Butter, unsalted | 1 ½ wt. oz. |
| Onion, yellow, minced | 8 wt. oz. |
| Garlic, clove, minced | 3 ea. |
| Tomato, concassé | 8 wt. oz. |
| Hearts of palm, minced | 4 wt. oz. |
| Parsley, fresh, minced | 1 Tbsp. |
| Cumin, ground | ½ tsp. |
| Clove, ground | ⅛ tsp. |
| Shrimp, chopped fine | 12 wt. oz. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |

Method

1. For the dough, combine the flour, salt, butter, and lard in a mixing bowl. Incorporate beer as needed to form dough. Set dough aside for 15 minutes to rest.
2. For the filling, sweat the onions and garlic in butter. Add the tomato, hearts of palm, parsley, cumin, and cloves. Cook until the tomatoes are soft. Add shrimp and season with salt and pepper to taste.
3. To form the empanadas, roll the dough out onto a floured surface and cut into 4 to 6-inch rounds. Coat with egg wash and fill with shrimp mixture.
4. Deep-fry in oil until golden brown.

Note: Alternatively, the empanadas may be baked in a 350°F oven until they are golden brown, about 20 minutes.

SPICY PORK

CHANCHO ADOBADO

PERU

Yield: 6 portions

| Ingredients | Amounts |
|--|----------------|
| Garlic, head | 1 ea. |
| Vinegar, white | 8 fl. oz. |
| Achiote, paste | 2 Tbsp. |
| Cumin, ground | 2 Tbsp. |
| Chile, cayenne, ground | 1 tsp. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |
| Pork, shoulder, cut into 2-inch cubes | 3 lb. |
| Lard | 2 Tbsp. |
| Orange, juice, fresh | 3 fl. oz. |
| Potato, sweet, Hawaiian, peeled, ¾-in. sliced | 1½ lb. |

Method

1. Peel the garlic cloves and purée in a blender with the vinegar, achiote, cumin, cayenne pepper. Season with salt and black pepper to taste.
2. Place the pork in a large bowl. Add the garlic marinade and mix well. Cover and marinate, refrigerated, for a couple of hours or overnight.
3. Remove the pork cubes and pat dry.
4. Heat the lard or oil in a large skillet and sauté the pork until golden brown.
5. Add the orange juice, then cover and cook over very low heat until the meat is tender, about 1½ to 2 hours. If the meat appears to be drying out, add a bit of water. There should be very little sauce when the dish is finished.
6. While the pork cooks, cook the Hawaiian sweet potatoes in boiling salted water until tender, about 15 to 20 minutes. Drain.
7. To serve, place the pork in the center of a large, heated platter and surround with the sweet potato slices moistened slightly with the sauce.

Note: Vegetable oil can be substituted for the lard.

FRIED RICE
ARROZ CHAUFA
PERU

Yield: 6 portions

| Ingredients | Amounts |
|---|----------------|
| Oil, vegetable | 2 fl. oz. |
| Onion, yellow, chopped | 2 wt. oz. |
| Garlic, clove, minced | 3 ea. |
| Rice, basmati | 2 cups |
| Stock, chicken | 1 ½ pt. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ¼ tsp. |
| | |
| Oil, peanut | 1 fl. oz. |
| Garlic, clove, chopped | 3 ea. |
| Scallion (Green onion), bunch, sliced | 1 ea. |
| Ginger, chopped | ¼ tsp. |
| Pork, loin, med. diced | 8 wt. oz. |
| Shrimp U-15, peeled, deveined, cut into ½-in. rounds | 4 ea. |
| Chicken, breast, med. diced | 1 ea. |
| Egg, whole, scrambled | 4 ea. |
| Soy sauce | 2 Tbsp. |

Method

1. For the pilaf, sauté the onions in vegetable oil. Add the garlic and rice and continue to cook for another 5 minutes.
2. Pour in the stock and season with salt and pepper. Bring to a boil, then reduce the heat to low. Cover and cook for 20 minutes. When done, separate the grains with a fork to prevent clumping.
3. While the rice cooks, heat the peanut oil in a large pan; add the garlic, green onions, and ginger and sauté until soft.
4. Add the pork, shrimp, and chicken and continue to sauté until the proteins are cooked through.
5. Add the rice, eggs, and soy sauce. Cook for 3 minutes and toss.

ULU WITH HUANCAINA SAUCE

ULU A LA HUANCAINA

PERU

Yield: 6 portions

| Ingredients | Amounts |
|--------------------------------|----------------|
| Ulu | 2 lb. |
| Milk, evaporated | 1 pt. |
| Oil, olive, extra-virgin | 4 fl. oz. |
| Cheese, queso fresco, crumbled | 8 wt. oz. |
| Egg, hard-cooked | 4 ea. |
| Cracker, Saltine, crumbled | 2 ea. |
| Onion, yellow, chopped | 2 wt. oz. |
| Garlic, clove, chopped | 1 ea. |
| Pepper, bell, yellow, seeded | 1 ea. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ½ tsp. |
| Turmeric, ground | ⅛ tsp. |

Method

1. Preheat oven to 350°F.
2. In a large pot of salted water, boil the ulu until tender.
3. Slice the ulu 1-inch thick. Place them in a serving dish. Reserve.
4. Combine the milk, oil, cheese, eggs, crackers, onions, garlic, and pepper in a blender. Season with salt, pepper, and turmeric. Process until smooth.
5. Pour the sauce over the ulu and cook in the preheated oven until done, about 20 minutes.

OLD CLOTHES

ROUPA VELHA

BRAZIL

Yield: 6 portions

| Ingredients | Amounts |
|-------------------------|----------------|
| Beef, flank steak | 2 ½ lb. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |
| Stock, veal, brown | 2 qt. |
| Onion, yellow, sliced | 2 ea. |
| Carrot | 1 ea. |
| Celery, stalk | 1 ea. |
| Oil, olive, pure | 4 fl. oz. |
| Onion, yellow, sliced | 2 ea. |
| Tomato, concassé | 12 wt. oz. |
| Parsley, fresh, chopped | 3 Tbsp. |
| Vinegar, wine, red | 1 fl. oz. |
| Sugar, granulated | to taste |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |
| Pepper sauce | to taste |

Method

1. Season the flank steak with salt and pepper. Heat a large saucepot; add the seasoned flank steak and sear on both sides.
2. Add the stock, onions, carrots, celery, and sachet d'épices. Reduce heat to low and braise until the meat is fork tender.
3. Remove the steak from the braising liquid and cut or shred against the grain.
4. For the sauce, caramelize the onions in olive oil.
5. Add the tomatoes, parsley, vinegar, and the shredded meat.
6. Season with sugar, salt, pepper, and pepper sauce to taste.

FEIJOADA COMPLETA

BRAZIL

Yield: 6 portions

| Ingredient | Amount |
|---|---------------|
| Beans, black, dried | 1 ½ lb. |
| Pork, spareribs, smoked | 2 lb. |
| Beef, shoulder clod, tied | 1 ½ lb. |
| Pork, bacon, chunk slab | ¼ lb. |
| Pork, ham hock | 1 ea. |
| Bay leaf, dried | 1 ea. |
| Stock, chicken | 2 qt. |
| Onion, yellow, minced | ½ lb. |
| Oil, vegetable | 1 fl. oz. |
| Pork, chorizo, ¼-in. sliced | ½ lb. |
| Garlic, clove, minced | 2 ea. |
| Scallion (Green onion), bunch, ¼-in. sliced on a bias | 1 ea. |
| Chile, Malagueta, fresh, seeded, minced | 3 ea. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |
| Brazilian Rice (Recipe follows) | 1x recipe |
| Farofa (Recipe follows) | 1x recipe |

Method

1. Rinse the beans, then soak in water overnight.
2. Place the smoked spareribs, beef shoulder clod, bacon, ham hock, and bay leaf in a large rondeau and cover with the chicken stock. Bring to a simmer and slowly cook, covered, until the individual meats are tender. The spareribs are usually done first. When the meat is tender, remove, then strain the broth.
3. Simmer the black beans in the meat broth until they are tender. Do not add salt until the beans are tender.
4. In a sauteuse, cook the onions in the oil until they are soft and golden. Add the chorizo, garlic, scallions, and minced chilies. When cooked, add to the beans.
5. Simmer for at least 10 minutes to blend the flavors. Lightly mash some of the beans for a thicker viscosity. Season as necessary with salt and pepper. The mixture should have the consistency of thick bean soup.
6. Remove the meat from the ham hocks, medium dice, and add to the beans. Remove the rind from the bacon, cut it into a medium dice and add to the beans also.

7. One hour before service, add the cooked meats to the finished black beans and gently heat all through thoroughly.
8. In the meantime, prepare the Brazilian Rice, Braised Collards, Farofa, and sliced oranges.
9. To serve, remove all the meats, slice, and arrange on a platter. Serve with the beans, Brazilian Rice, Braised Collards, Farofa, and sliced oranges.

Source: *The Art of South American Cooking* by Felipe Rojas-Lobardi

BRAZILIAN RICE

Yield: 6 portions

| Ingredients | Amounts |
|-------------------------|----------------|
| Rice, white, long-grain | 2 cups |
| Butter, unsalted | 2 wt. oz. |
| Onion, yellow, minced | ¼ lb. |
| Garlic, clove, minced | 2 ea. |
| Clove, whole | 2 ea. |
| Water, hot | 3 cup |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |

Method

1. Place the rice in a china cap and rinse under cold water until it runs clear. Drain the rice well before adding. Set aside.
2. In a medium saucepan, heat the butter over medium heat. Add the onions and garlic and sauté until the onion is translucent, about 5 minutes.
3. Add the rice, stirring constantly, until the rice has absorbed the butter and the grains are translucent. Add the whole cloves, salt, pepper and the hot water and bring to a simmer.
4. Cover pan and bake in a 350°F oven until the rice is tender, about 15 minutes.
5. Remove from the heat. Cover and allow it to stand until all the moisture is absorbed, about 5 minutes.

FAROFA

Yield: 10 portions

Ingredients

Oil, dendê
Flour, manioc, coarse
Orange, sliced

Amounts

2 Tbsp.
1 cup
3 ea.

Method

1. Heat the dendê oil, then add the manioc flour.
2. Gently toast the manioc flour over a low heat for 5 minutes.
3. Reserve for service.

QUINOA PILAF

BRAZIL

Yield: 6 portions

| Ingredients | Amounts |
|--------------------------------------|----------------|
| Oil, vegetable | 1 fl. oz. |
| Shallot, minced | 1 wt. oz. |
| Garlic, minced | 1 Tbsp. |
| Stock, chicken | 28 fl. oz. |
| Quinoa, toasted | 12 wt. oz. |
| Bay leaf, dried | 1 ea. |
| Thyme, fresh, sprig | 1 ea. |
| Pepper, bell, red, roasted, diced | 3 wt. oz. |
| Pepper, bell, yellow, roasted, diced | 3 wt. oz. |
| Salt, kosher | ½ tsp. |
| Pepper, black, ground | ⅛ tsp. |

Method

1. Heat the oil in a saucepot. Add the shallots and garlic. Sauté until they are soft.
2. Add the stock, quinoa, bay leaf, and thyme; stir well. Bring the stock to a simmer, then reduce heat to low.
3. Cover the pot and simmer over low heat until the quinoa is tender and fluffy, about 15 minutes.
4. Remove and discard the bay leaf and thyme sprig. Fluff the grains with a fork to break up any clumps, then fold in the roasted peppers.
5. Adjust seasonings with salt and pepper to taste.

DUMPLING SOUP

BORI-BORI

PARAGUAY

Yield: ½ gallon

| Ingredients | Amounts |
|---------------------------------|----------------|
| Beef, shank, boneless, tied | ¾ lb. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |
| Lard | ½ wt. oz. |
| Stock, chicken | ½ gal. |
| Onion, yellow, minced | 8 wt. oz. |
| Carrot, small diced | 4 wt. oz. |
| Celery, small diced | 4 wt. oz. |
| Garlic, clove, minced | 2 ea. |
| Clove, whole | 1 ea. |
| Bay leaf, dried | 1 ea. |
| Saffron, crushed | ⅛ tsp. |
| | |
| Oil, olive, pure | 3 Tbsp. |
| Onion, yellow, finely minced | ½ wt. oz. |
| Cornmeal | 3 wt. oz. |
| Flour, all-purpose | 2 ¼ wt. oz. |
| Cheese, Parmesan, finely grated | 1 ½ wt. oz. |
| Baking powder | 1 Tbsp. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |
| Egg, whole | 1 ea. |
| | |
| Parsley, fresh, chopped | 1 Tbsp. |
| Cheese, Parmesan, grated | ¼ cup |

Method

1. Season the pieces of beef shank with salt and pepper, then sear in hot fat.
2. When browned well, add the chicken stock and simmer until the beef is tender. Remove and cool the meat. Strain the broth through a fine sieve. You should have at least 1 ½ quart of broth. If not, add enough chicken stock to make up the difference.
3. In a large stock pot, sweat the onions, carrots, celery, and garlic in 1 to 2 tablespoons of bacon fat. Add the reserved 1 ½ quart of broth, bay leaves, whole cloves, and saffron and simmer for 30 minutes.

4. Remove the twine from the shanks and dice the cooked shank meat into a medium dice. Add to the soup.
5. For the dumplings, sweat the onions in the olive oil and cool to room temperature. In a bowl combine the cooled onions with the cornmeal, flour, parmesan, baking powder, salt, and black pepper. Mix until well blended. Whisk the egg, add to the mixture, and mix well to blend.
6. Form the dough into a ball and knead for 3 to 4 minutes. Cover with plastic and let rest for 45 minutes. Form the dough into portions the size of a small marble.
7. Prepare a test by cooking a dumpling for 10 minutes in the simmering soup. Evaluate the quality and flavor with the chef.
8. Add the dumplings to the soup and simmer gently for 10 to 15 minutes to cook the dumplings.
9. Just before service, add the chopped parsley to the soup. Serve with the grated parmesan on the side.

Source: *The Art of South American Cooking* by Felipe Rojas-Lobardi

WHITE RICE

ARROZ BLANCO

CHILE

Yield: 8 portions

| Ingredients | Amounts |
|-----------------------|----------------|
| Rice, jasmine | 2 cups |
| Oil, vegetable | 2 fl. oz. |
| Onion, yellow, minced | ½ ea. |
| Garlic, clove, minced | 1 ea. |
| Stock, chicken | 1 ½ pt. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |

Method

1. Soak the rice for 15 minutes in warm tap water. Drain rice in a china cap and rinse with cold water until water runs clear. Allow the rice to drain for 5 minutes before using.
2. Preheat oven to 325°F.
3. Heat the oil in a large rondeau until lightly smoking. Add the rice and toss well to coat the grains in the oil. Cook rice over medium to high heat until it starts to turn a pale golden color.
4. Add the onions and garlic and continue to cook until the onions begin to brown. Add the stock, salt, and pepper. Cover and bring the mixture to a simmer. Skim any excess fat from the surface.
5. Cook the rice in the preheated oven until the stock is absorbed and the rice is al dente, 10 to 12 minutes. Add more stock if necessary to complete cooking.
6. Remove the rice from the oven. Allow it to rest for 15 minutes before serving.

CORN PANCAKES

CACHAPAS DE JOJOTO

Yield: 6 portions

| Ingredients | Amounts |
|-----------------------|----------------|
| Corn, kernels, cooked | 2 cups |
| Heavy cream | 6 fl. oz. |
| Egg, whole | 2 ea. |
| Sugar, granulated | ½ tsp. |
| Salt, kosher | ½ tsp. |
| Chive, sliced | 3 Tbsp. |
| Flour, all-purpose | ¼ cup |
| Oil, vegetable | as needed |

Method

1. Purée the corn, cream, eggs, sugar, and salt. Stir in the chives, then fold in the flour, making sure there are no lumps.
2. Ladle the batter into a hot greased, non-stick skillet or griddle and cook the pancakes until they are golden brown.

Note: Corn batter can also be steamed inside of corn husks or banana leaves. The pancakes can be served as an alternative to bread or tortillas.

FISH WITH TOMATOES AND ONIONS

CONGRIO EN FUENTE DE BARRO

CHILE

Yield: 6 portions

| Ingredients | Amounts |
|--------------------------------|-----------|
| Fish, snapper, onaga, fillets | 2 ½ lb. |
| Lemon, juice | 3 Tbsp. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |
| Oil, vegetable | 2 fl. oz. |
| Onion, yellow, minced | 8 wt. oz. |
| Paprika | 2 Tbsp. |
| Tomato, concassé | 6 ea. |
| Parsley, fresh, chopped | ½ cup |
| Potato, chef's, boiled, diced | 1 ½ lb. |
| Egg, whole, hardboiled, sliced | 2 ea. |
| Chile, piquillo, julienned | 2 ea. |

Method

1. Preheat oven to 375°F.
2. Season the fish with lemon juice, salt, and pepper. Set aside.
3. Sauté the onions and paprika in oil. Add the tomatoes and cook until they begin to soften. Add the chopped parsley.
4. Pour half of the tomato mixture into a casserole dish. Arrange the seasoned fish fillets on top. Cover with the boiled potatoes and top with the remaining tomato mixture. Garnish with sliced eggs and chiles.
5. Bake in the preheated oven until the fish is done, 15 to 30 minutes.

Note: *Opakapaka* pink snapper can be substituted for the *Onaga* long-tail red snapper.

SQUASH FILLED WITH BEEF STEW

CARBONADA CRIOLLA EN ZAPALLO

ARGENTINA

Yield: 6 portions

| Ingredients | Amounts |
|-----------------------------------|----------------|
| Squash, Chinese | 3 ea. |
| Butter, salted, softened | 2 wt. oz. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ½ tsp. |
| | |
| Oil, olive, extra-virgin | 2 fl. oz. |
| Beef, chuck, 1-in. diced | 2 lb. |
| Onion, yellow, chopped | 6 wt. oz. |
| Garlic, clove, chopped | 4 ea. |
| Pepper, bell, green, chopped | 2 ea. |
| Tomato, chopped | 4 wt. oz. |
| Stock, beef | 1 qt. |
| Cilantro, fresh, bunch, chopped | ¼ ea. |
| Bay leaf, dried | 3 ea. |
| Oregano, dried | ½ tsp. |
| Thyme, dried | ½ tsp. |
| Salt, kosher | 2 tsp. |
| Pepper, black, ground | 1 tsp. |
| | |
| Potato, sweet, purple, med. diced | 1 ½ lb. |
| Corn, on the cob, cut into thirds | 2 ea. |
| Mango, peeled, pitted, halved | 2 ea. |

Method

1. Wash the squash and slice in half. Scrape out the seeds and stringy fibers from inside of the squash.
2. Brush squash with butter and season with salt and pepper. Bake in a 375°F oven until the flesh is almost tender, about 45 minutes.
3. For the filling, heat the oil in a pan and sauté the beef until browned on all sides. Remove meat from pan and reserve.
4. Add the onions, garlic, and green peppers and sauté until soft. Return meat and any released juices to the pan.
5. Add the tomatoes, stock, herbs, and seasonings and bring to a boil. Reduce heat and continue cooking for 1 hour.
6. Add the sweet potatoes, corn, and mangoes. Bring the mixture to a boil.

7. Fill the squash shell with the meat mixture. Place it in a covered container and bake for 20 minutes. Serve hot.

CHICKEN IN ORANGE SAUCE

POLLO CON NARANJA

ARGENTINA

Yield: 8 portions

| Ingredients | Amounts |
|------------------------------------|----------------|
| Chicken, whole, quartered, 3 ½ lb. | 2 ea. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |
| Butter, clarified | 3 fl. oz. |
| Stock, chicken | 1 pt. |
| Orange, juice | 1 pt. |
| Orange, zest | 2 ea. |
| Flour, all-purpose | 2 Tbsp. |
| Egg, whole | 4 ea. |
| Heavy cream | 2 Tbsp. |

Method

1. Season the chicken with salt and pepper. Heat the butter in a rondeau. Add the seasoned chicken pieces and sauté until golden on both sides. Remove them from the pan and set aside as they are done.
2. Pour the fat into a small bowl and reserve.
3. Return the chicken pieces to the pot. Add the chicken stock, orange juice, and orange zest. Cover and simmer until the chicken is cooked through, 30 to 40 minutes.
4. Transfer the chicken to a serving dish and keep warm.
5. Mix the flour with 2 Tbsp. of the reserved fat. Stir roux into the liquid in the pan. Bring it to a boil and cook, stirring, for 1 to 2 minutes. Reduce heat to low.
6. Beat eggs with cream. Stir 1 pt. of thickened liquid from the pan into the egg mixture, 1 Tbsp. at a time, then pour mixture into pan and cook, whisking, until sauce is lightly thickened, about 1 to 2 minutes. Do not allow sauce to boil, as it will curdle.
7. Drizzle some sauce over the chicken and serve the remainder in a sauceboat. Serve with rice, mashed, or french-fried potatoes.

ROASTED ULU
PAPAS ROSTIZADAS
ARGENTINA

Yield: 6 portions

| Ingredients | Amounts |
|---|----------------|
| Ulu, unpeeled, cut into sixths lengthwise | 4 ea. |
| Oil, olive, extra-virgin | 4 fl. oz. |
| Garlic, clove, chopped | 4 ea. |
| Parsley, flat-leaf, fresh, chopped | 2 Tbsp. |
| Cilantro, fresh, chopped | 2 Tbsp. |
| Oregano, fresh, chopped | 1½ Tbsp. |
| Thyme, fresh, chopped | 1 Tbsp. |
| Mustard | 1 ½ tsp. |
| Salt, kosher | 2 tsp. |
| Pepper, black, ground | 1 tsp. |

Method

1. Preheat oven to 350°F.
2. In a large bowl, combine the olive oil, garlic, parsley, cilantro, oregano, thyme, mustard, salt, and pepper. Add the Ulu. Toss well to coat.
3. Transfer the mixture to a roasting pan. Roast in the preheated oven until tender.

CREAMED PINTO BEANS

Yield: 10 portions

| Ingredients | Amounts |
|-----------------------|----------------|
| Beans, pinto, dried | 1½ lb. |
| Water | as needed |
| Onion, yellow, minced | 1 lb. |
| Milk, whole | 8 fl. oz. |
| Chile, ancho | 3 ea. |
| Cumin, ground | 1 Tbsp. |
| Tomato, paste | 2 Tbsp. |
| Oregano, Mexican | 2 tsp. |
| Oil, vegetable | 2 Tbsp. |
| Garlic, clove, minced | 3 ea. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |
| Cheese, queso, fresco | 8 wt. oz. |

Method

1. Rinse the beans, cover with 1 gallon, water and let soak overnight. The next day, discard any beans that float, then drain.
2. Place the beans in a stockpot with the onion and just enough water to cover the beans by 1 inch. Bring to a boil and then simmer, covered, over medium heat until tender, about 1 hour. Simmer with just enough liquid to cover the beans by 1 inch the entire time. When done, reserve the beans with their liquid.
3. Combine the cooked beans with the milk in a small to medium-sized rondeau. Purée mixture.
4. Heat the chiles briefly in a sauté pan on both sides. Stem, seed, and cut the chiles into a chiffonade. Add the chiles to the beans along with the cumin, tomato paste, and Mexican oregano.
5. Heat the oil and cook the minced garlic until the raw smell is gone. Add to the puréed beans along with the salt and pepper. Stir well to blend completely.
6. Cover the rondeau, place in a 350°F oven and bake until the beans become the consistency of mashed potatoes, about 45 minutes to 1 hour.
7. Remove the beans from the oven and hold hot for service. Top with the grated cheese before serving.

Note: Queso blanco can be substituted for the queso fresco.

DAY TWO

CENTRAL AMERICA

LEARNING OBJECTIVES

By the end of this day you should be able to ...

- identify the countries and geographic terrain of Central America.
- list the types of ingredients (starches, vegetables, fruits, and proteins) used in the preparation of Central American dishes.
- identify contemporary cultural influences that affect Central American cuisine.
- prepare traditional Central American dishes.
- discuss the relevance of Central American cuisine in the U.S. market.

LEARNING ACTIVITIES

Lecture and Discussion
Demonstrations
Hands-On Production
Product Evaluation

KEY TERMS

| | |
|---------------|--------------|
| Chicharones | Coconut |
| Ginger | Lard |
| Panela sugar | Pine nuts |
| Pumpkin seeds | Pupusas |
| Seviche | Queso blanco |

INSTRUCTOR DEMONSTRATIONS

Tamal de Olla
Pupusas

DAY TWO

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Beef in Pumpkin Seed Sauce

White Rice

Belizean Fry Jacks with Refried Beans

Red Pepper Sauce

TEAM TWO

Fried Chicken Turnovers

Pickled Radish with Carrots

Kanpachi in Coconut, Ginger and Lime Sauce

Watercress and Herb Soufflé

Sautéed Spinach

Soak Beans for Oaxacan Mole for Day Three

TEAM THREE

Pork in chile sauce

Grilled Pork Skewers

Fried Sweet Potatoes

Avocado Salad

TEAM FOUR

Stewed Chicken

Roast Pork Tenderloin with Red Tomato Marinade

Vigorón Salad

Flour Tortillas

Marinate the pork for Pork Baked in Leaves on Day Three

Soak the black beans for Black Rice on Day Three

TEAM FIVE

Costa-Rican-Style Moi

Tamal Casserole

Potato Cakes with Peanut Sauce

Corn Tortillas

BEEF IN PUMPKIN SEED SAUCE

CARNE EN PIPIAN VERDE

GUATEMALA

Yield: 6 portions

| Ingredients | Amounts |
|---|----------------|
| Taro, leaf (Luau), chopped | 4 wt. oz. |
| Beef, chuck, 1-in. diced | 3 lb. |
| Stock, veal | 1 ½ qt. |
| Tomatillo | 8 wt. oz. |
| Onion, yellow, chopped | 6 wt. oz. |
| Garlic, clove, chopped | 3 ea. |
| Chile, jalapeño, fresh, seeded, chopped | 2 ea. |
| Oil, olive, extra-virgin | 1 fl. oz. |
| Cilantro, fresh, bunch, leaves, chopped | ½ ea. |
| Salt, kosher | 2 tsp. |
| Pepper, black, ground | 1 tsp. |
| Pumpkin, seeds, toasted, ground | 7 wt. oz. |
| Lard | 2 Tbsp. |

Method

1. In a large pot of water, boil the chopped taro leaves for 10 minutes. Drain and reserve.
2. Combine the beef and stock in a stockpot. Bring to a boil, reduce heat, and simmer until beef is tender, about 45 minutes. Remove meat and reserve 1 pt. of stock.
3. In a blender, purée the onion, garlic, jalapeños, taro leaves, oil, cilantro, and seasonings until smooth. Add the ground pumpkin seeds and pulse for 1 minute. Reserve.
4. Heat the lard in a saucepot; add the purée and sauté for 5 minutes. Add the reserved stock to the pumpkin seed mixture. Reduce the heat and cook for 10 minutes.
5. Add the meat and cook until heated through, about 3 minutes longer.

WHITE RICE
ARROZ BLANCO
GUATEMALA

Yield: 6 portions

| Ingredients | Amounts |
|---------------------------|----------------|
| Stock, chicken, hot | 1 qt. |
| Onion, yellow, chopped | 2 wt. oz. |
| Rice, white, medium-grain | 2 cups |
| Garlic, clove, minced | 2 ea. |
| Bay leaf, dried | 1 ea. |
| Thyme, fresh, sprig | 1 ea. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ¼ tsp. |

Method

1. Heat 4 oz. of stock and add the onions. Sweat until tender and most of the stock has reduced.
2. Add the rice, garlic, herbs, and spices and bring it to a boil.
3. Cover the pan, place in a 350°F oven, and continue to cook until rice is tender, about 18 minutes. Grains should separate easily. Fluff grains with a fork before serving.

BELIZIAN FRY JACKS WITH REFRIED BEANS

Yield: 12 fry jacks

| Ingredients | Amounts |
|--------------------------------|----------------|
| Flour, all-purpose | 13 ¼ wt. oz. |
| Baking powder | 1 tsp. |
| Salt, kosher | 1 tsp. |
| Milk, evaporated | 8 fl. oz. |
| Water, cold | 2 fl. oz. |
| Butter, unsalted | 1 Tbsp. |
| Oil, vegetable | as needed |
| | |
| Refried Beans (Recipe follows) | 2 lb. |
| Tomato, chopped | 1 lb. |
| Cheese, Monterey Jack, grated | ½ lb. |

Method

1. Combine the flour, baking powder, and salt in a mixing bowl and mix to combine. Add the evaporated milk, water, and butter and mix to form a dough. Knead briefly.
2. Divide the dough into 12 balls and let rest.
3. Roll dough out to ¼ -inch thickness and fry in oil.
4. Place the fry jacks under a towel to keep warm for service.
5. Serve with refried beans, tomatoes, and grated cheese.

Note: Traditionally, the fry jacks and beans are assembled like tacos.

REFRIED BEANS

Yield: 2 pounds

| Ingredients | Amounts |
|---------------------------------------|----------------|
| Lard | 3 Tbsp. |
| Onion, yellow, chopped | 10 wt. oz. |
| Garlic, chopped | 1 wt. oz. |
| Beans, pinto, canned, rinsed, drained | 1 ½ lb. |
| Water | as needed |
| Salt, kosher | 1 tsp. |

Method

1. Heat the lard or oil in a pan and sauté the onions until lightly browned. Add the garlic and cook until soft and aromatic.
2. Gradually mash in the beans, a spoonful at a time, to form a paste. Adjust to the desired consistency, adding water as needed.
3. Season with salt to taste.

Note: Vegetable oil can be substituted for the lard.

RED PEPPER SAUCE

Yield: 10 portions

| Ingredients | Amounts |
|------------------------------|----------------|
| Chile, jalapeño, red, minced | 3 ea. |
| Pepper, bell, red, minced | 3 ea. |
| Onion, yellow, minced | 1 lb. |
| Ginger, fresh, grated | 1 Tbsp. |
| Garlic, minced | 1 Tbsp. |
| Carrot, minced | 4 wt. oz. |
| Oil, dendê | 1 fl. oz. |
| Vinegar, wine, red | 1 fl. oz. |
| Water | 4 fl. oz. |
| Salt, kosher | to taste |

Method

1. Sweat the peppers, onions, ginger, garlic and carrots in dende oil.
2. Add the vinegar and water and cook for about 10 minutes.
3. Transfer mixture to a blender and purée until smooth. Season with salt to taste.

FRIED CHICKEN TURNOVERS

PASTEIS FRITOS CON RECHEIO DE GALINHA

EL SALVADOR

Yield: 6 portions

| Ingredients | Amounts |
|---------------------------------|----------------|
| Flour, all-purpose | 14 wt. oz. |
| Salt, kosher | ½ tsp. |
| Butter, unsalted | 3 Tbsp. |
| Egg, whole, beaten | 3 ea. |
| Water | as needed |
| Oil, vegetable | as needed |
| | |
| Butter, unsalted | 3 Tbsp. |
| Mushroom, diced | 1 ½ wt. oz. |
| Chicken, breast, cooked, diced | 8 wt. oz. |
| Béchamel Sauce (Recipe follows) | 8 fl. oz. |
| Scallion (Green onion), minced | 4 ea. |
| Cheese, Parmesan, grated | 1 Tbsp. |

Method

1. For the dough, sift together the flour and salt; cut in the butter and mix to form a coarse meal.
2. Add the eggs and enough water to form a dough. Knead the dough for several minutes, then set aside to rest for 15 minutes.
3. For the filling, sauté the mushrooms in butter until well caramelized. Add the chicken, béchamel, green onions, and cheese. Set aside to cool.
4. Roll the dough out thin and cut into 4 to 6-inch rounds. Place filling on each round and fold over.
5. Deep-fry in oil until golden brown.

BÉCHAMEL SAUCE

Yield: 2 cups

| Ingredient | Amount |
|-----------------------------|---------------|
| White Roux (Recipe follows) | 2 wt. oz. |
| Milk, whole, hot | 1 pt. |
| Onion, yellow, minced | 1 wt. oz. |
| Clove, whole | 2 ea. |
| Bay leaf, dried | 1 ea. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |
| Nutmeg, grated (Optional) | to taste |

Method

1. Heat the butter in a sauté pan over medium-low heat. Add the onion and sweat until translucent. Reserve.
2. Scald the milk and pour it over the cool roux. Bring the mixture to a boil, stirring constantly, then reduce the heat to a simmer.
3. Add the sweated onion, cloves, and bay leaf. Simmer for 30 minutes. Strain.
4. Season with salt, pepper, and nutmeg, if desired.

WHITE ROUX

Yield: 5 ounces

Ingredients

Amounts

Butter, clarified

2 fl. oz.

Flour, all-purpose

3 wt. oz.

Method

1. Heat the clarified butter or oil in a rondeau over moderate heat.
2. Add the flour all at once. Cook over low heat for 2 minutes, stirring constantly.

Note: Vegetable oil can be substituted for the clarified butter.

PICKLED RADISH WITH CARROTS

CURTIDO

EL SALVADOR

Yield: 6 portions

| Ingredients | Amounts |
|---|----------------|
| Radish, daikon, sliced paper thin | 1 lb. |
| Carrot, peeled, grated | 1 lb. |
| Shallot, sliced | 3 ea. |
| Vinegar, wine, white | 1 pt. |
| Chile, Hawaiian, fresh, seeded, thinly sliced | 2 ea. |
| Chile, jalapeño, red, seeded, thinly sliced | 1/2 ea. |
| Cilantro, fresh, bunch, chopped | 1/2 ea. |
| Sugar, granulated | 2 Tbsp. |
| Salt, kosher | 1 Tbsp. |

Method

1. Combine all the ingredients in a mixing bowl, adding the salt last. Toss well.
2. Marinate overnight.

KANPACHI IN COCONUT, GINGER, AND LIME SAUCE

KANPACHI COCINADO EN LECHE DE COCO, LIMA Y JENJIBRE

EL SALVADOR

Yield: 6 portions

| Ingredients | Amounts |
|-------------------------------------|----------------|
| Butter, salted | 1 wt. oz. |
| Tomato, concassé, julienned | 8 wt. oz. |
| Onion, yellow, julienned | 6 wt. oz. |
| Chile, jalapeño, seeded, julienned | 3 ea. |
| Fish, kanpachi, cut into 6 portions | 3 lb. |
| Salt, kosher | 2 tsp. |
| Pepper, white, ground | ½ tsp. |
| Coconut, milk | 1 ½ pt. |
| Lime, juiced | 2 ea. |
| Cilantro, fresh, bunch, chopped | ¼ ea. |
| Ginger, chopped | 1 Tbsp. |

Method

1. Butter the bottom of a pan. Add the tomatoes, onions, and jalapeños.
2. Arrange the fish pieces over the vegetables. Season with salt and pepper.
3. Add the coconut milk and slowly bring it to a simmer. Cook until firm, about 10 minutes. Remove fish from the pan and transfer to a covered plate.
4. Continue simmering the vegetables in the coconut milk until the liquid is reduced to about 1 cup.
5. Add the lime juice, cilantro, and ginger. Simmer for 3 minutes.
6. Return fish to the pan and reheat in the sauce.
7. Arrange fish on a platter and cover with sauce and vegetables.

WATERCRESS AND HERB SOUFFLÉ

BUDIN DE BERRO

EL SALVADOR

Yield: 6 portions

| Ingredients | Amounts |
|------------------------------|----------------|
| Butter, salted | 5 Tbsp. |
| Flour, all-purpose | as needed |
| Oil, vegetable | 1 Tbsp. |
| Watercress, chopped coarsely | 1 ½ lbs. |
| Celery, stalk, minced | ½ ea. |
| Thyme, fresh, chopped | ¼ tsp. |
| Salt, kosher | 1 tsp. |
| Parsley, fresh, chopped | 1 Tbsp. |
| Cilantro, fresh, chopped | 1 Tbsp. |
| Flour, all-purpose | 4 Tbsp. |
| Milk, whole | 10 fl. oz. |
| Pepper, black, ground | ½ tsp. |
| Allspice, ground | ¼ tsp. |
| Cheese, queso blanco, grated | 1 ½ wt. oz. |
| Egg, yolk | 4 ea. |
| Egg, white | 4 ea. |
| Cream of tartar | ¼ tsp. |

Method

1. Butter a large baking dish with 1 tablespoon of the butter. Dust with flour. Chill.
2. Heat the oil in a large sauté pan. Add the watercress, celery, and thyme. Sauté the watercress until tender. Season with salt to taste.
3. Add the parsley and cilantro.
4. Melt the remaining butter in a separate saucepan. Add the flour and cook, stirring constantly, for 3 minutes.
5. Add the milk and stir until smooth and thickened. Season with pepper and allspice.
6. Remove from the heat and stir in the queso blanco.
7. Temper the egg yolks into the milk mixture. Stir in the watercress mixture.
8. Beat the egg whites with the cream of tartar to a soft peak. Fold the whites into the mixture.
9. Pour mixture into the prepared baking dish. Bake in a water bath at 400°F until set, about 30 minutes.

SAUTÉED SPINACH

ESPINACA SALTEADA

EL SALVADOR

Yield: 6 portions

| Ingredients | Amounts |
|--------------------------------|----------------|
| Oil, olive, pure | 1 fl. oz. |
| Pork, bacon, slice, chopped | 3 ea. |
| Garlic, clove, minced | 2 ea. |
| Onion, yellow, finely diced | 1 wt. oz. |
| Spinach, leaves, stems removed | 2 lb. |
| Salt, kosher | ½ tsp. |
| Pepper, black, ground | ¼ tsp. |
| Pine nuts (Pignoli), toasted | 1 ¼ wt. oz. |

Method

1. Sauté the bacon in oil over low heat to render the fat.
2. Add the garlic and onions. Sauté until translucent.
3. Add the spinach. Sauté until wilted, but still vibrant green.
4. Season with salt and pepper to taste. Sprinkle with the pine nuts.

PORK IN CHILE SAUCE

CARNE CON CHILE

Yield: 6 portions

| Ingredients | Amounts |
|-----------------------------|----------------|
| Chile, ancho | 5 ea. |
| Water, hot | ½ qt. |
| Lard | 2 wt. oz. |
| Pork, boneless, large diced | 2 lb. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |
| Garlic, clove, minced | 3 ea. |
| Flour, all-purpose | 2 Tbsp. |
| Oregano, dried | 2 tsp. |
| Vinegar, white | 1 fl. oz. |
| Cumin, ground | 2 tsp. |
| Sugar, brown | 2 tsp. |

Method

1. Toast the chiles and remove the seeds and membranes. Soak in the water for 15 minutes, then transfer the chiles and soaking water to a blender and purée with the flour until smooth.
2. Melt the lard in a rondeau over medium heat. When it is hot, season the pork with salt and pepper and sear well. Continue to cook until the pork is cooked and browned. Sauté the pork in small batches if necessary. When all the pork is browned, add the garlic and cook until lightly browned.
3. Pour the puréed chili mixture over the meat and add the oregano, vinegar, cumin, brown sugar and salt.
4. Cover the pan and place in a 350°F oven and cook 1 ½ hours, stirring to prevent sticking. Hold hot for service. Be sure the meat is tender before removing it from the oven.
5. Serve pork with hot flour tortillas, if desired.

Source: *Mexico, The Beautiful Cookbook* by Marilyn Tausend

GRILLED PORK SKEWERS

PINCHOS DE CHANCHO

HONDURAS

Yield: 6 portions

| Ingredients | Amounts |
|--|----------------|
| Oil, olive, extra-virgin | 8 fl. oz. |
| Onion, yellow, chopped | 4 wt. oz. |
| Garlic, clove, chopped | 4 ea. |
| Chile, chipotle | 1 ea. |
| Sugar, granulated | 2 wt. oz. |
| Soy sauce | 2 Tbsp. |
| Chile, chipotle, in adobo sauce | 2 tsp. |
| Achiote, paste | 1 tsp. |
| Cilantro, fresh, bunch, chopped | ½ ea. |
| | |
| Pork, loin, cut into 1 x 2-in. strips | 2 lb. |
| Pepper, bell, red, cored, seeded, cut into large squares | 3 ea. |
| Pepper, bell, yellow, cored, seeded, cut into large squares | 3 ea. |

Method

1. Combine the olive oil, onion, garlic, chile, sugar, soy sauce, Chipotle in adobo sauce, achiote paste, and cilantro in a blender. Purée until smooth.
2. Pour marinade over the pork and allow meat to marinate for 30 minutes.
3. Skewer the pork.
4. Grill the pork for 3 minutes on one side, then turn and grill 3 minutes more. If necessary, transfer to a 350°F oven to finish cooking.

FRIED ULU

ULU FRITAS

HONDURAS

Yield: 6 portions

| Ingredients | Amounts |
|---------------------------------|----------------|
| Ulu, peeled, bâtonnet | 3 lb. |
| Stock, chicken | 2 qt. |
| Sugar, panela | 1 Tbsp. |
| Salt, kosher | 1 tsp. |
| | |
| Lime, zested | 4 ea. |
| Cilantro, fresh, bunch, chopped | ½ ea. |
| | |
| Salt, kosher | 1 tsp. |

Method

1. Cook the ulu in chicken stock with the sugar and salt. Bring to a boil, then reduce heat and simmer until slightly softened, about 15 minutes. Drain and shock in cold water. Drain again and pat ulu dry.
2. Dry lime zest and cilantro in a 200°F oven for 10 minutes. Grind and reserve.
3. Deep-fry the ulu in 350°F oil until golden brown, then place on paper towels to drain.
4. Sprinkle with lime-cilantro powder and salt and serve.

AVOCADO SALAD

Yield: 6 portions

| Ingredients | Amounts |
|--------------------------|----------------|
| Oil, olive, pure | 8 fl. oz. |
| Vinegar, wine, white | 2 fl. oz. |
| Water | 1 fl. oz. |
| Lime, juice, fresh | 1 fl. oz. |
| Sugar, granulated | 2 tsp. |
| Cilantro, fresh, chopped | 2 Tbsp. |
| Hot sauce | to taste |
| Salt, kosher | to taste |
| | |
| Avocado | 4 ea. |
| Tomato, concassé | 6 wt. oz. |

Method

1. To prepare the vinaigrette, combine the olive oil, vinegar, water, lime juice, sugar, cilantro, hot sauce, and salt in a mixing bowl and whisk well to blend.
2. Slice the avocados and arrange on a serving platter; dress with the vinaigrette and garnish with the tomato concassé.

STEWED CHICKEN

POLLO GUISADO

NICARAGUA

Yield: 6 portions

| Ingredients | Amounts |
|---|----------------|
| Chicken | 3 lb. |
| Salt, kosher | 1 Tbsp. |
| Oil, olive, extra-virgin | 1 ½ fl. oz. |
| Onion, yellow, small diced | 2 wt. oz. |
| Garlic, clove, minced | 1 ea. |
| Pork, ham, smoked, small diced | 2 wt. oz. |
| Paprika | ½ tsp. |
| Pepper, bell, red, julienned | 2 ea. |
| Tomato, chopped | 1 lb. |
| Potato, sweet, purple, peeled, med. diced | 8 wt. oz. |
| Chile, ancho | 1 ea. |
| Pepper, black, ground | ½ tsp. |
| Stock, chicken | 1 pt. |

Method

1. Remove skin from chicken. Cut the chicken into serving-size pieces, detaching the wing and legs, dividing the breast into 4 pieces, and separating the thigh from the drumstick. Sprinkle the chicken pieces with salt.
2. Heat the oil in a rondeau and brown the chicken on all sides.
3. Add the onions and garlic and cook until soft.
4. Add the ham, cook for 2 minutes, then stir in the paprika. Add the red pepper and cook for 3 minutes. Mix in the tomatoes, sweet potatoes, anchos, and pepper. Simmer for 5 minutes.
5. Add the stock; cover and simmer until chicken is tender and cooked through, about 45 minutes.

ROAST PORK TENDERLOIN WITH RED TOMATO MARINADE

NICARAGUA

Yield: 6 portions

Ingredients

Amounts

| | | |
|---|-----|-------|
| Pork, tenderloin, 1 lb., silverskin trimmed | 3 | ea. |
| Red Tomato Marinade (Recipe follows) | 3 ½ | cups |
| Oil, olive, extra-virgin | 2 | Tbsp. |

Method

1. Combine the tenderloins and tomato marinade in a large bowl. Cover and allow to marinate in the refrigerator overnight.
2. On the following day, remove the tenderloins from the marinade, pat dry, and bring to room temperature.
3. Preheat oven to 350°F.
4. Heat olive oil in a large skillet and sear tenderloins on all sides over high heat until browned, about 3 minutes per side.
5. Transfer to a roasting pan and cook in the preheated oven for 7 minutes.
6. Remove pork from the oven and allow it to rest briefly. Slice the tenderloins. Serve with the Vigorón Salad.

RED TOMATO MARINADE

Yield: 3 ½ cups

| Ingredients | Amounts |
|------------------------------|----------------|
| Oil, vegetable | 12 fl. oz. |
| Garlic, clove, chopped | 12 ea. |
| Onion, yellow, medium, diced | 1 ea. |
| Paprika | 1 ½ Tbsp. |
| Tomato, paste | 8 wt. oz. |
| Thyme, fresh, leaves | 3 ½ Tbsp. |
| Oregano, fresh, leaves | 1 ½ Tbsp. |
| Bay leaf, dried | 3 ea. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |

Method

1. Heat 3 Tbsp. of vegetable oil in a sauté pan. Sauté garlic and onions over high heat until translucent, about 2 minutes. Stir in the paprika and sauté for another 3 minutes.
2. Transfer mixture to a blender and add the tomato paste, thyme, oregano, bay leaves, salt and pepper. On high speed, purée it until smooth.
3. With the machine running, add the remaining vegetable oil in a slow, steady stream until the sauce is emulsified.

VIGORÓN SALAD
ENSALADA VIGORÓN
NICARAGUA

Yield: 6 portions

| Ingredients | Amounts |
|--|----------------|
| Taro, peeled, cut into 1½-in. pieces | 2 lb. |
| Cabbage, green, core removed, sliced paper thin | 1 lb. |
| Chicharone, chopped | 8 wt. oz. |
| Tomato, concassé, julienned | 4 wt. oz. |
| Red onion, julienned | 4 wt. oz. |
| | |
| Oil, olive, extra-virgin | 4 fl. oz. |
| Lime, juice, fresh | 2 fl. oz. |
| Lemon, juice, fresh | 2 fl. oz. |
| Garlic, clove, chopped | 2 ea. |
| Cilantro, fresh, bunch, chopped | ¼ ea. |
| Sugar, granulated | 1 tsp. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ½ tsp. |

Method

1. Place the taro in cold, salted water and cook in pressure cooker until fork-tender, about 1 hour. Drain, then set aside.
2. In a mixing bowl, toss together the cabbage, chicharones, tomatoes, and red onions. Reserve.
3. For the dressing, in a separate small bowl, combine the olive oil, lime juice, lemon juice, garlic, cilantro, sugar, salt, and pepper. Mix well.
4. Pour the dressing over the cabbage mixture and toss well to coat.
5. Arrange the taro over the bottom of a serving plate and top with the cabbage mixture.

FLOUR TORTILLAS

Yield: 6 portions

| Ingredients | Amounts |
|--------------------|----------------|
| Lard | 4 wt. oz. |
| Flour, all-purpose | 1 lb. |
| Salt, kosher | 2 tsp. |
| Water, warm | 8 fl. oz. |

Method

1. Combine the flour and salt in a mixing bowl. Rub the lard or shortening into the flour mixture until well blended. Mix in enough water to form a dough, then knead for 5 minutes. Allow dough to rest for 15 minutes.
2. Divide the dough into balls and roll out by hand into rounds.
3. Cook on a comal or in a cast-iron skillet until lightly speckled and cooked through.

Note: Shortening can be substituted for the lard.

COSTA RICAN-STYLE MOI

COSTA RICA

Yield: 6 portions

| Ingredients | Amounts |
|--------------------------------------|----------------|
| Lime, juice, fresh | 3 Tbsp. |
| Oil, olive, pure | 1 Tbsp. |
| Cilantro, fresh, chopped | 2 Tbsp. |
| Garlic, minced | 1 tsp. |
| Salt, kosher | ½ tsp. |
| Sugar, granulated | ¼ tsp. |
| Fish, moi, fillet, 5 oz. | 6 ea. |
| | |
| Rice, white, long-grain | 1 cup |
| Oil, olive, pure | 2 Tbsp. |
| Onion, yellow, chopped | 1 cup |
| Garlic, minced | 1 Tbsp. |
| Cilantro, fresh, chopped | 2 Tbsp. |
| Beans, black, cooked | 8 wt. oz. |
| Orange, peeled, seeded, chopped | 2 ea. |
| Tomato, diced, 28 oz. can, undrained | 1 ea. |
| Oregano, dried | 1 tsp. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ½ tsp. |
| Chile, cayenne, ground | ¼ tsp. |

Method

1. For the marinade, combine the lime juice and oil with the cilantro, garlic, salt, and sugar. Add the fish and marinate for 15 minutes, turning once.
2. For the beans and rice, cook the rice and keep warm.
3. Preheat oven to 400°F.
4. Heat a pan over medium heat and add the olive oil. Add the onions and garlic. Sauté until translucent, about 5 minutes.
5. Add the black beans, oranges, tomatoes, oregano, and seasonings. Cook, uncovered, stirring occasionally, until hot, 7 to 8 minutes.
6. Transfer the reserved rice to a baking dish. Place the bean mixture on top and mix well. Arrange the marinated fish fillets over the rice and beans, slightly overlapping the fillets. Pour the marinade over the fillets. Bake in the preheated oven until the fish is cooked through, 15 to 20 minutes.

Note: Snapper, striped bass, whitefish, cod, flounder, halibut, or haddock can be substituted for the tilapia.

TAMAL CASSEROLE

TAMAL DE OLLA

COSTA RICA

Yield: 6 portions

| Ingredients | Amounts |
|---|----------------|
| Masa harina | 6 ¼ wt. oz. |
| Water | 10 fl. oz. |
| Oil, annatto | 1 fl. oz. |
| Oil, olive, extra-virgin | 4 fl. oz. |
| Onion, yellow, chopped | 8 wt. oz. |
| Garlic, clove, chopped | 4 ea. |
| Chile, jalapeño, fresh, seeded, small diced | 2 ea. |
| Pepper, bell, green, small diced | 1 ea. |
| Pepper, bell, red, small diced | 1 ea. |
| Mushroom, button, quartered | 12 wt. oz. |
| Corn, kernels | 5 ¾ wt. oz. |
| Wine, white, dry | 4 fl. oz. |
| Tomato, purée | 8 wt. oz. |
| Parsley, fresh, bunch, chopped | ¼ ea. |
| Cilantro, fresh, bunch, chopped | ¼ ea. |
| Salt, kosher | 1 Tbsp. |
| Stock, vegetable | 1 qt. |

Method

1. Preheat oven to 350°F.
2. Combine the masa harina, water, and annatto oil. Mix for several minutes. Reserve.
3. Heat oil in a saucepot; add the onions, garlic, jalapeños, and peppers and sauté until soft. Add the mushrooms and corn and cook until mushrooms are soft, about 5 minutes. Deglaze pan with wine. Continue cooking until wine has reduced by half.
4. Add the tomato purée. Bring the mixture to a boil and simmer for 10 minutes. Season with parsley, cilantro, and salt.
5. Add the stock and simmer for 5 minutes. Add the masa harina mixture in 3 stages, stirring constantly with a wooden spoon to prevent lumps from forming.
6. Transfer mixture to a baking dish. Bake in the preheated oven for 30 minutes.

POTATO CAKES WITH PEANUT SAUCE

ECUADOR

Yield: 6 portions

| Ingredients | Amounts |
|--|----------------|
| Potato, sweet, Hawaiian, peeled, quartered | 2 lb. |
| Onion, yellow, minced, sautéed | 4 wt. oz. |
| Cheese, munster, shredded | 8 wt. oz. |
| Flour, all-purpose | 2 ¼ wt. oz. |
| Egg, whole | 1 ea. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |
| Oil, annatto | as needed |
| Onion, yellow, minced | 4 wt. oz. |
| Garlic, clove, chopped | 1 ea. |
| Oil, annatto | 2 Tbsp. |
| Tomato, concassé | 5 wt. oz. |
| Macadamia nuts, chopped fine | 6 wt. oz. |
| Stock, chicken | 4 wt. oz. |
| Lime, juice, fresh | 1 Tbsp. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |

Method

1. Boil the sweet potatoes in salted water; drain, dry, and pass through a food mill.
2. In a mixing bowl, combine the sweet potatoes, onions, cheese, flour, egg, salt, and pepper; mix well to blend.
3. Form the sweet potato mixture into cakes and refrigerate until firm.
4. Sauté the cakes in annatto oil until lightly caramelized.
5. For the sauce, sweat the onions and garlic in the annatto oil.
6. Add the tomatoes, macadamia nuts, and chicken stock. Cook sauce over low heat until nappé.
7. Adjust flavoring with lime juice and season with salt and pepper to taste.

CORN TORTILLAS

Yield: 16 tortillas

Ingredients

Masa harina
Water, warm

Amounts

8 ½ wt. oz.
9 fl. oz.

Method

1. Thoroughly mix ingredients for 2 to 3 minutes, until dough forms a firm ball. If dough is dry, add 1 to 2 tablespoons of water as needed. Divide dough into 16 equal-sized balls. Cover with a damp cloth to keep moist.
2. Flatten balls and place between two sheets of parchment or plastic. Roll out or press in a tortilla press, until tortillas measure 5 to 6 inches in diameter.
3. Carefully peel tortillas and bake on a very hot ungreased skillet or griddle for 15 to 30 seconds. Turn and continue cooking for 20 to 30 seconds. Turn again and cook for 15 to 30 seconds. Tortillas will puff up slightly then deflate a little.
4. Cover the tortillas to keep them soft and pliable.

DAY THREE

MEXICO

LEARNING OBJECTIVES

By the end of this day, you should be able to ...

- identify the regions and geographic terrain of Mexico.
- list the types of ingredients (starches, vegetables, fruits, and proteins) used in the preparation of Mexican dishes.
- list the types of salsas, sauces, dry and fresh chiles used in Mexican cookery.
- explain the different flavor profiles associated with Mexican cuisine.
- identify contemporary cultural influences that affect South American cuisine.
- prepare traditional Mexican dishes.
- discuss the relevance of Mexican cuisine in the U.S. market.

LEARNING ACTIVITIES

Lecture and Discussion
Demonstrations
Hands-On Production
Product Evaluation

KEY TERMS

| | | |
|--------------|-------------|-----------|
| Calabazitas | Chayote | Tacos |
| Chiles | Chorizo | Tamales |
| Corn | Enchilada | Tortillas |
| Epazote | Hominy | |
| Huitlacoche | Masa harina | |
| Mole | Pipian | |
| Queso fresco | Salsa | |

INSTRUCTOR DEMONSTRATIONS

Tamales
Tortillas

DAY THREE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE - MICHOACAN

Quesadillas with Ulu and Pipi Kaula

Pork and Hominy Soup

Corn Pudding

Zucchini with Cheese

Taro Root in Green Sauce

Soak the chickpeas for Chickpeas and Chorizo on Day Four

TEAM TWO - OAXACA

Corn Tortillas

Tomatillo Salsa

Fresh Salsa

Aromatic Sour Cream Mixture

Guacamole

Tamales Wrapped in Banana Leaves

Green Oaxacan Mole

TEAM THREE - VERACRUZ

Seafood with Coconut Water

Crêpes with Huitlacoche

Snapper Fillet Baked in Ti Leaf

Lentils with Fruit

Marinate the pork for Glazed and Braised Pork for Day Four
Soak the kidney beans for Rice with Kidney Beans for Day Four

TEAM FOUR - YUCATAN

Small Tacos with Chicken

Pork Baked in Leaves

Black Rice

Orange and Jicama Salad

Soak the black beans for Rice with Black Beans on Day Four

TEAM FIVE - PUEBLA

Eggs Motuleños Style

Chicken with Puebla-Style Sauce

Green Rice with Poblano Strips

Ulu with Tomato and Serrano Sauce

Soak the black-eyed peas for Black-Eyed Peas and Rice on Day Four

QUESADILLAS WITH ULU AND PIFI KAULA

Yield: 8 portions

| Ingredients | Amounts |
|------------------------------------|---------------------------------------|
| Flour, all-purpose | 5 ³ / ₄ fl. oz. |
| Salt, kosher | ½ tsp. |
| Lard, melted | 2 fl. oz. |
| Water, warm | 4 fl. oz. |
| | |
| Ulu, peeled, med. diced | 8 wt. oz. |
| Oil, olive, extra-virgin | 1 Tbsp. |
| Beef, Pifi Kaula, skinned, chopped | 2 ea. |
| Onion, yellow, chopped | 6 wt. oz. |
| Garlic, clove, chopped | 2 ea. |
| Chile, jalapeño, seeded, chopped | 1 ea. |
| Cilantro, fresh, chopped | 1 ¹ / ₂ tsp. |
| Cheese, queso fresco, crumbled | 4 wt. oz. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ½ tsp. |
| | |
| Oil, vegetable | 8 fl. oz. |

Method

1. For the dough, in the bowl of a stand mixer fitted with the paddle attachment, mix the flour, salt, and shortening until crumbly, 3 to 5 minutes.
2. With the mixer running, add the warm water gradually and continue mixing until smooth.
3. Divide the dough into 4 pieces. Roll into balls, cover with a towel, and let them rest for at least 15 minutes.
4. For the filling, cook the ulu in simmering, salted water until tender. Drain and reserve.
5. Heat the oil in a sauté pan and sauté the Pifi Kaula for 5 minutes. Add the onions, garlic, and jalapeños and continue cooking until soft. Chill mixture.
6. When cool, combine Pifi Kaula mixture with the cooked ulu, cilantro, and queso fresco. Season with salt and pepper to taste. Reserve.
7. On a lightly floured surface, roll each ball into a 10-inch circle. Layer on parchment paper to hold, then spread spoonfuls of filling onto each tortilla, leaving a ½-inch margin around the outer edges. Fold the tortillas in half and press the edges to seal.
8. Heat the oil to 350°F. Lightly brown both sides of the quesadillas. Slice and serve.

PORK AND HOMINY SOUP

POZOLE MICHUACAN

Yield: 6 portions

| Ingredients | Amounts |
|----------------------------------|----------------|
| Chicken, whole | 1 ea. |
| Stock, chicken | 3 qt. |
| Onion, yellow, chopped | 4 wt. oz. |
| Garlic, clove, chopped | 3 ea. |
| Cilantro, fresh, chopped | 1 Tbsp. |
| Epazote, fresh, chopped | 2 tsp. |
| Red pepper flakes | 1 ½ tsp. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ½ tsp. |
| | |
| Pork, butt, boneless, med. diced | 2 lb. |
| Hominy, drained | 1 lb. |
| Onion, yellow, chopped | 2 wt. oz. |
| Oregano, dried | 1 ½ tsp. |
| Lime, juice, fresh | 4 Tbsp. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |

Method

1. Place the chicken in a large pot with 2 quarts of stock, onions, garlic, cilantro, epazote, red pepper flakes, salt, and black pepper. Bring to a boil and simmer, covered, until chicken is tender, about 30 minutes. Remove chicken from stock. Remove skin and bones and discard. Shred meat and reserve.
2. Strain stock and combine with the remaining quart.
3. Add the diced pork, hominy, onions, and oregano. Bring to a boil, then reduce heat and simmer for 1 hour.
4. Return shredded chicken to the pot and add the lime juice. Season with salt and pepper to taste.

CORN PUDDING

TORTA DE ELOTE

MICHOACAN

Yield: 6 portions

| Ingredients | Amounts |
|------------------------|----------------|
| Corn, kernels | 3 lb. |
| Butter, salted, melted | 6 fl. oz. |
| Baking powder | 2 tsp. |
| Salt, kosher | ¼ tsp. |
| Egg, white | 3 ea. |
| Cream of tartar | 1 pinch |
| | |
| Butter, salted | 2 Tbsp. |

Method

1. Preheat oven to 350°F.
2. Purée the corn and butter in a blender until smooth. Transfer the mixture to a mixing bowl and add the baking powder and salt. Mix well to blend.
3. Beat the egg whites with cream of tartar to form stiff peaks. Fold the egg whites into the corn mixture.
4. Grease a 9-inch cake pan with the remaining butter. Pour in the corn mixture.
5. Bake in the preheated oven until a knife inserted into the center pulls out clean, 30 to 40 minutes.

ZUCCHINI WITH CHEESE

CALABACITAS CON QUESO

MICHOACAN

Yield: 6 portions

| Ingredients | Amounts |
|--------------------------------------|----------------|
| Zucchini, small diced | 2 lb. |
| Water | 8 fl. oz. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ½ tsp. |
| Oil, vegetable | 2 Tbsp. |
| Onion, yellow, small diced | 6 wt. oz. |
| Garlic, chopped | 1 ea. |
| Tomato, chopped | 12 wt. oz. |
| Corn, kernels | 11 ½ wt. oz. |
| Chile, jalapeño, seeded, small diced | 1 ea. |
| Chile, poblano, seeded, small diced | 1 ea. |
| Milk, evaporated | 6 fl. oz. |
| Cheese, Cheddar, white, grated | 8 wt. oz. |

Method

1. Cook the zucchini with water, salt, and pepper until slightly tender but still maintains some snap. Set aside without draining.
2. Heat oil in a sauté pan and sauté the onions and garlic until soft. Stir in the tomatoes and cook until liquid is almost evaporated.
3. Stir in the corn and chiles and cook for 5 minutes.
4. Add the milk and zucchini. Bring to a boil. Reduce heat to low and stir in the cheese.

TARO ROOT IN GREEN SAUCE

PAPAS EN SALSA VERDE

MICHOACAN

Yield: 6 portions

| Ingredients | Amounts |
|----------------------------------|----------------|
| Taro root | 2 lb. |
| Water | 2 cups |
| Salt, kosher | 1 tsp. |
| Tomatillo, husk removed, chopped | 2 lb. |
| Water | 8 fl. oz. |
| Chile, serrano, seeded, chopped | 4 ea. |
| Salt, kosher | 1 tsp. |
| Cilantro, fresh, bunch, chopped | ½ ea. |
| Butter, unsalted | 2 Tbsp. |
| Onion, yellow, chopped | 4 wt. oz. |

Method

1. Precook the taro at full pressure in a pressure cooker in salt and water for 45 minutes. Drain and allow it to cool enough to peel. Peel the taro and cut into 1-inch chunks.
2. Simmer the tomatillos in water with the Serrano chiles and salt until tender. Remove from heat and cool. Process in a blender with the cilantro. Reserve.
3. Heat the butter in a sauté pan and sauté the onions until soft. Add the tomatillo purée and simmer for 10 minutes.
4. Add the taro and continue to cook until tender, about 15 minutes.

CORN TORTILLAS

TORTILLAS

Yield: 16 tortillas

Ingredients

Masa harina
Water, warm

Amounts

8 ½ wt. oz.
9 fl. oz.

Method

1. Thoroughly mix ingredients for 2 to 3 minutes, until dough forms a firm ball. If the dough is dry, add 1 to 2 tablespoons of water. Divide the dough into 16 equal-sized balls. Cover it with a damp cloth to keep it moist.
2. Flatten the balls and place them between two sheets of parchment or plastic. Roll them out or press them in a tortilla press, until the tortillas measure 5 to 6 inches in diameter.
3. Carefully peel the tortillas and bake on a very hot ungreased skillet or griddle for 15 to 30 seconds. Turn and continue cooking for 20 to 30 seconds. Turn again and cook 15 to 30 seconds. Tortillas will puff up slightly then deflate a little.
4. Cover the tortillas to keep them soft and pliable.

TOMATILLO SALSA

SALSA VERDE CRUDA

OAXACA

Yield: 2 cups

Ingredients

Amounts

| | |
|---------------------------------|-----------|
| Tomatillo, chopped | 1 lb. |
| Chile, serrano, seeded, chopped | 2 ea. |
| Onion, yellow, chopped | 4 wt. oz. |
| Cilantro, fresh, bunch, chopped | ½ ea. |
| Salt, kosher | 1 tsp. |

Method

Process all the ingredients in a blender until smooth.

FRESH SALSA

PICO DE GALLO

OAXACA

Yield: 2 cups

| Ingredients | Amounts |
|---|----------------|
| Tomato, small diced | 1 lb. |
| Chile, Hawaiian, fresh, seeded, small diced | 4 ea. |
| Onion, yellow, small diced | 4 wt. oz. |
| Cilantro, fresh, bunch, chopped | ½ ea. |
| Lime, juice, fresh | 4 Tbsp. |
| Salt, kosher | 1 ½ tsp. |

Method

1. Combine all the ingredients in a mixing bowl. Toss well to combine.
2. Allow it to sit for ½ hour to allow the flavors to blend.

AROMATIC SOUR CREAM MIXTURE

CREMA AGRIA PREPARADA

OAXACA

Yield: 2 cups

| Ingredients | Amounts |
|---------------------------------|----------------|
| Onion, yellow, small diced | 4 wt. oz. |
| Garlic, chopped | 1 ea. |
| Cilantro, fresh, bunch, chopped | ½ ea. |
| Sour cream | 1 pt. |
| Salt, kosher | 2 tsp. |
| Cumin, ground | 1 tsp. |

Method

1. Combine all the ingredients in a mixing bowl. Mix well to blend.
2. Allow it to sit for ½ hour to allow the flavors to blend.

GUACAMOLE

Yield: 15 ounces

| Ingredients | Amounts |
|--|----------------|
| Avocados, halved, seeded, peeled | 12 wt. oz. |
| Scallion (Green onion), minced | 1 wt. oz. |
| Garlic, minced | 1 wt. oz. |
| Lime, juice, fresh | 2 fl. oz. |
| Chile, Hawaiian, fresh, seeded, minced | 1 tsp. |
| Cilantro, fresh, chopped fine | 1 wt. oz. |
| Salt, kosher | 1 tsp. |

Method

1. Purée half of the avocados. Cut half into medium dice.
2. Combine all the ingredients in a mixing bowl and mix well to blend. Adjust seasoning to taste.
3. Place the mixture in a storage container. Cover it with plastic wrap pressed directly against the surface of the guacamole.
4. Set it aside for 1 hour to allow the flavors to blend.

TAMALES WRAPPED IN BANANA LEAVES

TAMALES EN HOJAS DE PLATANO

OAXACA

Yield: 6 portions

| Ingredients | Amounts |
|---------------------------------|----------------|
| Oil, corn | 2 ½ Tbsp. |
| Onion, yellow, chopped | 3 wt. oz. |
| Garlic, chopped | 3 Tbsp. |
| Beef, ground | 12 wt. oz. |
| Tomato, chopped | 6 wt. oz. |
| Chile, ancho, seeded | 1 ½ ea. |
| Chile, Guajillo, seeded | 1 ½ ea. |
| Oil, corn | 1 Tbsp. |
| Cilantro, fresh, bunch, chopped | ⅓ ea. |
| Pepper, black, ground | ¾ tsp. |
| Clove, ground | 1 pinch |
| | |
| Lard | 10 wt. oz. |
| Masa harina | 1 lb. |
| Stock, chicken, room temp. | 14 fl. oz. |
| Baking powder | ½ tsp. |
| | |
| Banana, leaf | 3 ea. |
| Lard | 3 Tbsp. |

Method

1. Heat the oil in a sauté pan. Sauté the onions and garlic until soft.
2. Add the ground beef and brown thoroughly.
3. Add the tomatoes and simmer for 10 minutes.
4. Toast the ancho and guajillo chiles. Place them in a bowl, cover with warm water, and allow them to soak for 10 minutes.
5. Drain the chiles, then purée in a blender with the oil. Add the cilantro, black pepper, and cloves. Pulse the mixture in a blender for 1 minute.
6. Add the purée to the ground beef and simmer for 10 minutes. Reserve.
7. For the dough, beat the lard for 5 minutes. Alternate adding the masa and stock and continue to beat for 3 minutes. Place the mixture in a bowl of water; if it sinks, continue beating.
8. Add the baking powder and mix until well blended.
9. Grease 1 side of each banana leaf using 1 tablespoon of lard per leaf. Place a 3-inch square of masa on the lard and top with 1 ½ Tbsp. of the sautéed beef mixture.

10. Fold the opposite edges of the leaf toward the center, then do the same with other edges to form a closed rectangle. To secure, tie tamales with narrow strips of leaf. Repeat the procedure until all the tamales are fabricated.
11. Steam the tamales for 1 hour.

GREEN OAXACAN MOLE

MOLE VERDE OAXAQUEÑO

OAXACA

Yield: 8 portions

| Ingredients | Amounts |
|--|----------------|
| Beans, navy, white, soaked overnight, drained, rinsed | ¼ lb. |
| Salt, kosher | to taste |
| Chicken, whole, cut into 8 pieces | 2 ea. |
| Tomatillo, husked, rinsed, quartered | ¾ lb. |
| Tomato, green, quartered | 1 lb. |
| Onion, white, med. diced | 1 ea. |
| Garlic, clove, peeled | 6 ea. |
| Chile, jalapeño, fresh, stemmed, quartered | 4 ea. |
| Taro, leaves (Luau), fresh, torn | 1 cup |
| Oil, vegetable | 3 Tbsp. |
| Masa | ½ cup |
| Water | 1 ¼ cups |
| Parsley, flat-leaf, fresh, leaves only | ½ cup |
| Epazote, fresh, tops only | ½ cup |
| Salt, kosher | to taste |
| Torilla, corn, warm | 24 ea. |

Method

1. Place the beans in a saucepot, cover with water, and bring to a boil. Reduce heat and simmer covered, until the beans are cooked and soft, about 1 ½ hours. Season with salt to taste. Reserve.
2. Place the chicken pieces into a pot and cover with chicken stock. Bring to a boil, lower to a simmer and cook gently until the chicken is cooked through. Allow the chicken to cool, and break into large pieces. Reserve the chicken and broth separately.
3. Place the tomatillos, tomatoes, onion, garlic, jalapeños, and luau leaf in a blender. Purée until smooth. Add some of the reserved chicken broth to facilitate the blending.
4. Heat the oil in a Dutch oven over medium heat. Lower the heat and fry the vegetable mixture until it changes color and thickens, about 15 minutes.
5. Add 2 cups of the reserved broth to the mixture and continue simmering for 30 minutes.
6. In a blender, mix the fresh masa with 1 cup water and stream into the simmering chile mixture, whisking constantly. Simmer until the masa is cooked through, about 10 minutes. Season to taste with salt.
7. Place the parsley and epazote in a blender and add water, as needed, to make a purée. Pass through a medium mesh strainer and add to the mole.

8. Add the meat and beans to the mole and cook until heated through.
9. Serve in a heated bowl with the warm tortillas.

Note: If fresh masa is not available, substitute 1 cup masa harina and 1 ½ cups water for the mole and follow the instructions for the fresh masa.

SEAFOOD WITH COCONUT WATER

MARISCOS CON AGUA DE COCO

VERACRUZ

Yield: 6 portions

| Ingredients | Amounts |
|--|----------------|
| Coconut, raw | 2 ea. |
| Onion, yellow, chopped | 4 wt. oz. |
| Garlic, clove | 4 ea. |
| Oil, vegetable | 2 fl. oz. |
| Chile, jalapeño, seeded, chopped | 2 ea. |
| Cilantro, fresh, bunch, chopped | 1/2 ea. |
| Oregano, dried | 1 tsp. |
| Butter, unsalted | 3 Tbsp. |
| Mint, bunch, chopped | 1 ea. |
| Scallop, sea | 8 wt. oz. |
| Shrimp, U-15, peeled, deveined, cut in 1/2 lengthwise | 3 ea. |
| Fish, snapper, red, fillet, 1-in. diced | 2 ea. |
| Stock, fish | 4 fl. oz. |
| Salt, kosher | 2 tsp. |

Method

1. Drain the coconuts, reserving the water.
2. Purée the onions, garlic, oil, jalapeño, cilantro, and oregano in a blender.
3. Heat the butter in a sauté pan and sauté the jalapeño-onion mixture for 5 minutes. Add the mint and cook another 2 minutes.
4. Add the scallops, shrimp, and snapper. Cook, stirring constantly, for 3 minutes.
5. Add the reserved coconut water and fish stock. Simmer, uncovered, just until fish is cooked through.

CRÊPES WITH HUITLACOCHÉ

VERACRUZ

Yield: 6 portions

| Ingredients | Amounts |
|---|----------------|
| Milk, whole | 4 fl. oz. |
| Water | 2 fl. oz. |
| Egg, whole | 2 ea. |
| Flour, all-purpose | 2 wt. oz. |
| Oil, vegetable | as needed |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |
| Corn, kernels | 4 wt. oz. |
| | |
| Lard | 1 ½ Tbsp. |
| Onion, yellow, chopped | 3 wt. oz. |
| Garlic, clove, chopped | 1 ½ ea. |
| Chile, poblano, roasted, peeled, seeded, small diced | 1 ea. |
| Taro, leaves (Luau), fresh | 8 wt. oz. |
| Huitlacoche, canned | 1 ea. |
| Epazote, fresh, chopped | 1 Tbsp. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ½ tsp. |
| | |
| Sour cream | 4 wt. oz. |
| Cheese, Cheddar, white, grated | 8 wt. oz. |

Method

1. In a large pot of water, boil the Luau leaves for 20 minutes. Drain. Chop.
2. Preheat oven to 350°F.
3. For the crepas, mix the milk, water, eggs, flour, butter, salt and pepper. Purée the corn and mix into the batter, adjusting with additional liquid or flour, as necessary.
4. Lightly coat a heated 6-inch non-stick pan with butter or oil. Ladle 4 tablespoons of batter onto the pan and spread batter to coat the entire surface of the pan. Cook for 1 minute. Turn and continue to cook for 30 seconds. Reserve. Repeat the process with the remaining batter. Stack crepas with parchment paper between each layer and cover to keep warm.
5. For the filling, heat the lard and sauté the onions, garlic, and poblano until soft.
6. Add the luau leaf, huitlacoche, epazote, salt, and pepper. Simmer for 5 minutes. Cool and reserve.

7. Place a layer of crepas in a round 8-inch baking pan. Spread with $\frac{1}{3}$ of the sour cream. Add half of the huitlacoche mixture and a third of the cheese. Repeat the process to form a second layer. Cover with more crepas and add the remaining sour cream and cheese. Top with one crepa.
8. Cover the pan with aluminum foil. Bake in the preheated oven for 20 minutes. Uncover the pan and continue cooking for 5 minutes.

SNAPPER FILLET BAKED IN TI LEAF

FILETE DE HUACHINANGO HORNEADO EN HOJA DE TI

VERACRUZ

Yield: 6 portions

| Ingredients | Amounts |
|---------------------------------|----------------|
| Fish, snapper, fillet | 6 ea. |
| Worcestershire sauce | 2 Tbsp. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ½ tsp. |
| Mayonnaise | 20 wt. oz. |
| Wine, white, dry | 2 fl. oz. |
| Cilantro, fresh, bunch, chopped | ¼ ea. |
| Liqueur, Pernod | 2 Tbsp. |
| Lime, juice, fresh | 2 Tbsp. |
| Tarragon, dried | 1 tsp. |
| Ti, leaf | 12 ea. |
| Onion, red, julienned | 6 wt. oz. |
| Tomato, thinly sliced | 2 ea. |
| Olive, green, pitted | 12 ea. |

Method

1. Season fillets with 1 tablespoon of the Worcestershire sauce, salt, and pepper. Refrigerate for 15 minutes.
2. Preheat oven to 350°F.
3. Combine the mayonnaise, wine, cilantro, Pernod, lime juice, tarragon, and the remaining Worcestershire sauce. Mix well and reserve.
4. Trim ti leaves to remove the stiff ribs. Coat each leaf with 1 tablespoon of the mayonnaise mixture. Place 1 fish fillet over the mayonnaise mixture and cover lightly with additional mayonnaise. Top with 1 ounce of the onions, 2 slices of tomato, and 2 olives.
5. Fold the ti leaves to form an envelope and fold the ends. To secure, tie with narrow strips of leaf. Repeat procedure with remaining ingredients.
6. Place the packets in a baking pan. Bake in the preheated oven for 10 minutes.

LENTILS WITH FRUIT

LENTEJAS CON FRUTA

VERACRUZ

Yield: 6 portions

| Ingredients | Amounts |
|--|----------------|
| Lentils | 13 ½ wt. oz. |
| Water | 2 qt. |
| Oil, olive, extra-virgin | 1 Tbsp. |
| Pork, bacon, chopped | 8 wt. oz. |
| Pork, chorizo, skinned, chopped | 1 lb. |
| Onion, yellow, chopped | 8 wt. oz. |
| Garlic, clove, chopped | 3 ea. |
| Pineapple, small diced | 6 wt. oz. |
| Banana, peeled, puréed | 1 ea. |
| Papaya, green, seeded, med. diced | 1 ea. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ½ tsp. |
| Scallion (Green onion), bunch, sliced on bias | 1 ea. |

Method

1. Bring lentils and water to a boil and simmer until tender. Drain, reserving the liquid.
2. Heat the oil in a sauté pan and brown the bacon. Add the chorizo and cook for 5 minutes. Stir in the onions and garlic and cook until soft.
3. Add the pineapple, banana, green papaya, salt, pepper, lentils, and 2 cups of the reserved liquid. Bring to a boil. Reduce heat, cover pan, and simmer for 20 minutes.
4. Stir in the green onions before serving.

SMALL TACOS WITH CHICKEN

TAQUITOS DE POLLO

YUCATAN

Yield: 6 portions

| Ingredients | Amounts |
|--------------------------------------|----------------|
| Chicken, breast | 4 ea. |
| Onion, yellow, chopped | 2 wt. oz. |
| Garlic, clove, chopped | 2 ea. |
| Salt, kosher | 2 tsp. |
| Peppercorns, black, whole | 1 tsp. |
| Epazote, fresh, chopped | 1 tsp. |
| Red pepper flakes | ½ tsp. |
| | |
| Oil, olive, extra-virgin | 3 fl. oz. |
| Onion, yellow, small diced | 6 wt. oz. |
| Garlic, clove, chopped | 2 ea. |
| Chile, jalapeño, seeded, small diced | 1 ea. |
| Tomato, chopped | 4 wt. oz. |
| Salt, kosher | 2 tsp. |
| Pepper, black, ground | 1 tsp. |
| Cilantro, fresh, chopped | 3 Tbsp. |
| Corn Tortillas (Recipe follows) | 16 ea. |

Method

1. Combine the chicken, onions, garlic, salt, peppercorns, epazote, and pepper flakes in a saucepan with 1 qt. water. Simmer until chicken is tender. Cool slightly, then shred meat. Reserve.
2. Heat 1 tablespoon of oil in a sauté pan. Add the onions, garlic, and jalapeño Sauté until soft.
3. Add the tomatoes and cook for 5 minutes.
4. Add the shredded meat, salt, and black pepper. Stir and cook for 5 minutes. Remove from heat. Add the cilantro.
5. Place a large spoonful of the chicken mixture in the center of each tortilla, roll up, and secure with two toothpicks. Slice each taco in half.
6. Heat the remaining oil. Add the taquitos and fry until golden brown. Remove the toothpicks. Serve with salsa, if desired.

CORN TORTILLAS

Yield: 16 Tortillas

Ingredients

Masa harina, instant
Water, warm

Amounts

8 ½ wt. oz.
9 fl. oz.

Method

1. Thoroughly mix ingredients for 2 to 3 minutes, until dough forms a firm ball. If the dough is dry, add 1 to 2 tablespoons of water as needed. Divide dough into 16 equal-sized balls. Cover with a damp cloth to keep moist.
2. Flatten balls and place between two sheets of parchment or plastic. Roll out or press in a tortilla press, until tortillas measure 5 to 6 inches in diameter.
3. Carefully peel tortillas and bake on a very hot ungreased skillet or griddle for 15 to 30 seconds. Turn and continue cooking for 20 to 30 seconds. Turn again and cook for 15 to 30 seconds. Tortillas will puff up slightly then deflate a little.
4. Cover tortillas to keep soft and pliable.

PORK BAKED IN LEAVES

COCHINITA PIBIL

YUCATAN

Yield: 8 portions

| Ingredients | Amounts |
|---|----------------|
| Peppercorns, black, whole | 10 ea. |
| Cinnamon, Mexican (Canella) 1-in. stick | 1 ea. |
| Oregano, dried | 1 tsp. |
| Cumin seeds, whole | ½ tsp. |
| Clove, whole | 3 ea. |
| Allspice, ground | ¼ tsp. |
| Orange, juice, fresh | ¼ cup |
| Lime, juice, fresh | 2 Tbsp. |
| Orange, sour, juice | ½ cup |
| Achiote, paste, crumbled | 4 wt. oz. |
| Salt, kosher | 1 Tbsp. |
| Garlic, clove, coarsely chopped | 3 ea. |
| Pork, shoulder, cut into 2-in. pieces | 3 lb. |
| Onion, yellow, sliced | 1 ea. |
| Banana, leaves, package | ½ ea. |
| Tortilla, corn, warm | 24 ea. |

Method

1. Place the black peppercorns, canella, oregano, cumin, cloves, and allspice in a spice grinder and grind them to a fine powder. Place the spice mixture, orange juice, lime juice, sour orange juice, achiote paste, salt, and garlic cloves in a large bowl. Mix until well combined.
2. Add the pork and onion to the marinade. Mix to thoroughly coat. Cover and marinate, refrigerated, overnight.
3. Discard the tough edge of the banana leaves. Rinse under cold water and pat dry.
4. Preheat the oven to 350° F.
5. Line a hotel pan with the banana leaves, allowing room for the leaves to overhang.
6. Pour the marinated pork and onions into the hotel pan, making sure to scrape all the marinade with a spatula.
7. Top the pork with another banana leaf and tuck the overhanging leaves into the pan. Use the remaining leaves to cover the pork and seal with heavy duty aluminum foil. Bake the pork until fork tender and the meat falls apart, about 2 hours. Let it rest for 10 minutes.
8. Coarsely shred the meat with two forks and transfer to a serving bowl.
9. Present the Cochinita Pibil inside of a cooked banana leaf. Serve with warm corn tortillas.

Note: Orange juice plus 1 Tbsp. of lime juice can be substituted for the sour orange juice.

BLACK RICE

ARROZ NEGRO

YUCATAN

Yield: 6 portions

| Ingredients | Amounts |
|--|----------------|
| Beans, black | 19 ½ wt. oz. |
| Stock, chicken | 2 ½ qt. |
| Onion, yellow, med. diced | 1 ea. |
| Chile, Hawaiian, fresh, seeded, minced | 3 ea. |
| Pork, ham hock | 1 ea. |
| Epazote, fresh, chopped | 1 Tbsp. |
| Pepper, black, ground | 1 ½ tsp. |
| Salt, kosher | 1 Tbsp. |
| Tomato, chopped | 8 wt. oz. |
| Onion, yellow, yellow, chopped | 6 wt. oz. |
| Garlic, clove, chopped | 3 ea. |
| Salt, kosher | 2 tsp. |
| Pepper, black, ground | 1 tsp. |
| Butter, salted | 2 Tbsp. |
| Rice, white, long-grain | 2 cups |

Method

1. Place the beans in a large saucepan with the stock, onions, Hawaiian chili pepper, ham hock, epazote, and pepper. Cook, covered, over medium heat for 1 ½ hours. Remove the cover and cook for 20 minutes longer. Season liquid with salt. Remove ham hock and dice meat into small pieces. Reserve meat and liquid separately.
2. Purée the tomatoes, onions, garlic, salt, and pepper in a blender. Reserve.
3. Heat the butter and sauté the rice for 1 minute, stirring constantly. Add the tomato mixture and diced ham hock and cook for 3 minutes.
4. Add 1 qt. of the reserved bean liquid. Bring to a boil, then reduce heat. Cover and cook over low heat until rice is tender, about 18 minutes.
5. Transfer rice to a buttered ring mold; pack gently, then turn out onto a serving dish. Fill the center of the molded rice with black beans.

ORANGE AND JICAMA SALAD

ENSALADA DE NARANJA Y JICAMA

YUCATAN

Yield: 6 portions

| Ingredients | Amounts |
|---------------------------------|----------------|
| Radish, daikon, thinly sliced | 10 ea. |
| Orange, peeled, sùpremed | 6 ea. |
| Jicama, peeled, julienned | 2 lb. |
| Onion, red, julienned | 4 wt. oz. |
| Cilantro, fresh, bunch, chopped | 1 ea. |
| Salt, kosher | 2 tsp. |
| Pepper, black, ground | 1 tsp. |
| Tabasco sauce | 1 tsp. |

Method

1. Combine the daikon, oranges, jícama, onions, and cilantro. Season with salt, pepper, and Tabasco; toss gently.
2. Refrigerate for ½ hour to allow flavors to blend.

EGGS MOTULEÑOS STYLE

HUEVOS MOTULEÑOS

PUEBLA

Yield: 6 portions

| Ingredients | Amounts |
|--------------------------------------|----------------|
| Garlic, clove, chopped | 5 ea. |
| Onion, yellow, chopped | 2 wt. oz. |
| Water | 2 fl. oz. |
| Cumin, ground | 1 ½ Tbsp. |
| Pepper, black, ground | ¾ tsp. |
| Thyme, dried | ¾ tsp. |
| Clove, ground | ½ tsp. |
| Tomato, chopped | 1 ½ lb. |
| Salt, kosher | 1 ½ tsp. |
| | |
| Oil, vegetable | 6 fl. oz. |
| Egg, whole | 6 ea. |
| Tortilla, corn | 6 ea. |
| Beans, black, refried, canned | 8 wt. oz. |
| Chile, jalapeño, seeded, small diced | 3 ea. |
| Peas, cooked | 1 lb. |
| Pork, ham, small diced | 1 lb. |
| Cheese, queso fresco, crumbled | 8 wt. oz. |

Method

1. For the sauce, purée the garlic, onions, water, cumin, pepper, thyme, and cloves in a blender. Strain.
2. Heat 4 ounces of the oil. Add the purée and cook, stirring, for 1 minute. Add the tomatoes and salt and cook for 5 minutes.
3. Heat the remaining oil in a separate pan and fry the eggs. Keep warm.
4. Spread the beans in the tortillas. Place an egg over the beans. Ladle sauce over each egg. Sprinkle jalapeños, peas, ham, and queso fresco over eggs.
5. Place it in a hot oven to melt the cheese. Serve hot.

CHICKEN WITH PUEBLA-STYLE SAUCE

MOLE POBLANO

PUEBLA

Yield: 6 portions

| Ingredients | Amounts |
|---|----------------|
| Chile, mulato, fresh, seeded, de-veined | 6 ea. |
| Chile, ancho, fresh, seeded, de-veined | 4 ea. |
| Chile, pasilla, fresh, seeded, de-veined | 1 ½ ea. |
| Chile, chipotle, fresh, seeded, de-veined | ¼ ea. |
| Lard | 5 wt. oz. |
| Onion, white, halved | 1 ea. |
| Garlic, clove | 2 ea. |
| Tomatillo, roasted | 2 ½ ea. |
| Tomato, roasted | ¾ ea. |
| Ulu, peeled, cored, sliced ¼-in. thick | ⅓ ea. |
| Prunes, pitted | ¼ cup |
| Sesame seeds | 1 ½ Tbsp. |
| Almonds, raw | 1 ½ Tbsp. |
| Macadamia nuts, raw | 2 Tbsp. |
| Raisins | 1 ½ Tbsp. |
| Cinnamon, stick, 1-in. long | 1 ea. |
| Coriander seed | ¼ tsp. |
| Anise | ¼ tsp. |
| Tortilla, charred, chopped | ½ ea. |
| Stock, chicken, hot | 1 pt. |
| Onion, white, sliced | ½ ea. |
| Onion, white, roughly chopped | ½ ea. |
| Garlic, clove, whole | 1 ½ ea. |
| Salt, kosher | to taste |
| Chocolate, Mexican | 2 wt. oz. |
| Sugar, granulated | 2 Tbsp. |
| Water | 5 qt. |
| Chicken, thigh | 6 ea. |
| Chicken, breast, halved | 12 ea. |
| Onion, white, halved | 2 ea. |
| Carrot, peeled | ¾ ea. |
| Garlic, head, halved | ¼ ea. |
| Celery, rib | ¼ ea. |
| Bay leaf, dried | 2 ea. |

| | |
|-----------------------|-------------|
| Salt, kosher | to taste |
| Sesame seeds, toasted | 2 ½ wt. oz. |

Method

1. Roast or lightly fry the chiles, then soak in water to hydrate. Reserve.
2. For the spices, heat a few tablespoons of lard in a large deep saucepan. Sauté the halved onion until lightly browned; add the garlic cloves and cook until browned. Remove garlic and onion and reserve. In the same pan, sauté the tomatillos, tomatoes, plantains, prunes, sesame seeds, almonds, macadamia nuts, raisins, prunes, ulu, cinnamon, coriander seed, and anise. Remove and reserve. Additional lard should be added as needed and all ingredients drained on paper towels.
3. Place the sautéed spice ingredients, tortilla, and 12 fl. oz. of the stock in a blender or food processor and purée until smooth.
4. Heat the remaining lard and brown the sliced onion. Add the spice purée and simmer over low heat for 1 hour, stirring occasionally.
5. Process the hydrated chiles in a blender or food processor with the chopped onions, garlic, and a little reserved soaking liquid. Season with salt. Strain mixture, then gradually stir into the simmering spice mixture, waiting about 10 minutes between each addition. Continue to heat mole, stirring occasionally. Add the remaining 4 fl. oz. of stock along with the chocolate and sugar. Cover mole and simmer for 2 to 3 hours. The mole is ready when it is very thick and has developed a thick layer of fat on top. Adjust seasoning with salt to taste.
6. To prepare the chicken, heat water in a large stockpot. Add chicken, onions, carrots, garlic, celery, bay leaves, and salt. Cook over low heat for 30 minutes. Remove from heat and allow chicken to cool in broth. Add chicken pieces to mole sauce and cook for 30 minutes.
7. Serve mole from a clay pot garnished with toasted sesame seeds, or serve on individual plates, sprinkling sesame seeds over mole-covered chicken.

Source: *The Taste of Mexico* by Patricia Quintana

Note: Mole also may be prepared outdoors on a brazier or over firewood, giving the sauce a rustic flavor.

GREEN RICE WITH POBLANO STRIPS

ARROZ VERDE CON RAJAS

PUEBLA

Yield: 6 portions

| Ingredients | Amounts |
|---|----------------|
| Bok choy, chopped | 8 wt. oz. |
| Parsley, fresh leaves | 1 ¾ wt. oz. |
| Cilantro, fresh, leaves | 1 ½ wt. oz. |
| Water | 4 fl. oz. |
| Onion, yellow, chopped | 4 wt. oz. |
| Garlic, clove, chopped | 4 ea. |
| | |
| Oil, vegetable | 2 fl. oz. |
| Onion, yellow, chopped | 8 wt. oz. |
| Chile, poblano, roasted, seeded, small diced | 4 ea. |
| Rice, white, long-grain | 2 cups |
| Stock, chicken | 1 ½ pt. |
| Salt, kosher | 2 tsp. |

Method

1. Heat a sauté pan until very hot. Dry sauté the bok choy, parsley, and cilantro until wilted.
2. Transfer lettuce-cilantro mixture to a blender. Add the water, onions, and garlic, and blend until puréed. Reserve.
3. Heat oil and sauté the onions and poblanos until soft. Add the purée and cook for 1 minute.
4. Sauté the rice for 1 minute. Add stock and salt and bring to a boil. Reduce heat, cover, and cook until rice is tender, about 18 minutes.

ULU WITH TOMATO AND SERRANO SAUCE

COLIFLOR EN SALSA DE SERRANO Y TOMATE

PUEBLA

Yield: 6 portions

| Ingredients | Amounts |
|-----------------------------------|---------------|
| Lard | 3 Tbsp. |
| Onion, yellow, julienned | 8 wt. oz. |
| Garlic, chopped | 4 ea. |
| Chile, serrano, seeded, julienned | 3 ea. |
| Tomato, crushed | 28 wt. oz. |
| Cilantro, fresh, bunch, chopped | 1/2 ea. |
| Salt, kosher | 2 tsp. |
| Pepper, black, ground | 1 tsp. |
| Ulu, peeled, cored, large diced | 2 lb. |
| Water | 2 qt. |
| Salt, kosher | 1 1/2 Tbsp. |
| Flour, all-purpose | 2 1/2 wt. oz. |
| Pepper, black, ground | 1/2 tsp. |
| Egg, yolk | 3 ea. |
| Egg, white | 3 ea. |

Method

1. For the sauce, heat the lard and sauté the onion, garlic, and serrano chiles until soft. Add the tomatoes and simmer for 10 minutes. Add cilantro and cook for 2 minutes. Season with salt and pepper. Remove from heat and reserve.
2. Bring the water to a boil with 1 tablespoon of salt. Add the ulu and cook at a rolling boil for 4 minutes. Drain and shock in cold water. Drain again and dry on paper towels.
3. Combine the flour with the remaining salt and pepper. Reserve.
4. Beat egg whites in mixing bowl until stiff. Add yolks one at a time, beating well after each addition.
5. Roll the ulu in flour, dip in egg mixture, and dip again in flour.
6. Deep fry in batches until golden brown. Remove the ulu when golden brown and drain on paper towels.
7. Pour the sauce over the hot ulu and serve.

DAY FOUR

GREATER ANTILLES

LEARNING OBJECTIVES

By the end of this day, you should be able to ...

- identify the countries and geographic terrain of the Greater Antilles.
- list the types of ingredients (starches, vegetables, fruits, and proteins) used in the preparation of Caribbean dishes as they relate to the Greater Antilles.
- identify contemporary cultural influences that affect Caribbean cuisine.
- prepare traditional Caribbean dishes of the Greater Antilles.
- discuss the relevance of Caribbean cuisine, and specifically the Greater Antilles, in the U.S. market.

LEARNING ACTIVITIES

Lecture and Discussion
Demonstrations
Hands-On Production
Product Evaluation

KEY TERMS

| | | |
|-----------------|----------------|-----------------|
| Adobo | Culantro | Picadillo |
| Ajilimojili | Cumin | Pineapple |
| Alcapurias | Escabeche | Piquillo pepper |
| Annatto Beans | Hearts of Palm | Rice |
| Cachucha pepper | Jerk seasoning | Sauce Ti-Malice |
| Chorizo | Malanga | Tostones |
| Citrus products | Masa | Yuca |
| Conch | Mojo | |
| Cubanela pepper | Paw paw | |

INSTRUCTOR DEMONSTRATIONS

Alcapurias
Chicken breakdown
Tostones
Jamaican Patties

DAY FOUR

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE – PUERTO RICO

Shredded Root Vegetables Filled with Beef

Chicken and Rice Stew

Chickpeas with Chorizo

Ulu Chips with Ajilimójili Sauce

TEAM TWO – DOMINICAN REPUBLIC

Shrimp and U'ala Potato Cakes

Stuffed Flank Steak

Fried Rabbit with Lime Wedges

Dominican Sun Rice

Soak black beans overnight for Black Bean Cakes with Mango Salsa on day Five

TEAM THREE - HAITI

Pumpkin Soup

Glazed and Braised Pork

Rice with Kidney Beans

Fried Ulu with Sauce Ti-Malice

Marinate chicken for Curried Chicken on Day Five

TEAM FOUR - CUBA

Annatto Fried Chicken Wings

Braised Lobster in Chili Sauce

Rice with Black Beans

Taro with Garlic Sauce

TEAM FIVE - JAMAICA

Jamaican Patties

Jerk Chicken

Black-Eyed Peas and Rice with Coconut Cream

Festival

SHREDDED ROOT VEGETABLES FILLED WITH BEEF

ALCAPURIAS RELLENAS CON PICADILLO DE CARNE

PUERTO RICO

Yield: 6 portions

| Ingredients | Amounts |
|---|-----------------------|
| Oil, olive, extra-virgin | 2 fl. oz. |
| Onion, yellow, small diced | 4 wt. oz. |
| Garlic, clove, chopped | 4 ea. |
| Pepper, bell, green, small diced | 1 ea. |
| Beef, ground | 1 lb. |
| Tomato, small diced | 4 wt. oz. |
| Tomato, sauce | 4 fl. oz. |
| Pepper, bell, red, seeded, chopped | 3 ea. |
| Bay leaf, dried, crushed | 2 ea. |
| Oregano, dried | 2 Tbsp. |
| Chile, Hawaiian, small diced | 3 ea. |
| Raisins | $\frac{3}{4}$ wt. oz. |
| Capers, drained | $\frac{3}{4}$ wt. oz. |
| Olive, green, pitted, minced | 4 ea. |
| Stock, chicken | 2 fl. oz. |
| Vinegar, wine, red | 2 Tbsp. |
| Adobo seasoning | 1 Tbsp. |
| Tabasco sauce | $\frac{1}{2}$ tsp. |
| Sugar, brown, dark | $\frac{1}{2}$ tsp. |
| Salt, kosher | $\frac{1}{4}$ tsp. |
| Pepper, black, ground | $\frac{1}{4}$ tsp. |
| | |
| Oil, annatto | 2 fl. oz. |
| Plantain, green, peeled | 1 $\frac{1}{2}$ ea. |
| Potato, sweet, Hawaiian, purple, peeled | 3 lb. |
| Salt, kosher | 1 Tbsp. |
| Pepper, black, ground | $\frac{1}{2}$ tsp. |
| Adobo seasoning | $\frac{1}{2}$ tsp. |

Method

1. Heat the olive oil in a sauté pan and sauté the onions, garlic, and peppers until translucent.
2. Add the ground beef and cook until just browned. Drain off excess oil.
3. In a mixing bowl, combine the tomatoes, tomato sauce, red peppers, bay leaves, oregano, chiles, and raisins. Add to the meat mixture and cook, covered, over moderate heat for about 10 minutes. Add the capers and cook another 5 minutes.

4. Add the olives, stock, vinegar, adobo seasoning, Tabasco, sugar, salt, and pepper. Cook over low heat until almost all of the liquid is absorbed, 20 to 25 minutes.
5. Spread the picadillo mixture on a half sheet pan lined with parchment paper. Cool the mixture in the refrigerator.
6. For the masa, grate the sweet potato on the finest side of box grater to form a fine paste. Combine with the annatto oil, salt, pepper, and adobo seasoning. Mix until smooth and refrigerate for 10 minutes.
7. Cut a 2 ½ x 2 ½-inch square of parchment paper. Spread about ½ cup of masa in the center of the parchment paper. Place several tablespoons of the picadillo meat in the center of the masa. Cover the meat with the masa and shape the alcapurias. (See chef demo.)
8. Immediately fry the alcapurias in 350°F oil until crispy. Drain on absorbent paper and season with salt.

CHICKEN AND RICE STEW

ASAPAO PUERTO RICO

Yield: 6 portions

| Ingredients | Amounts |
|---|----------------|
| Chicken, whole, cut into 6 pieces | 2 ½ lb. |
| Garlic, coarsely chopped | 1 tsp. |
| Salt, kosher | 1 tsp. |
| Oregano, dried | ½ tsp. |
| Lard | 3 Tbsp. |
| Pepper, bell, green, finely chopped | 4 wt. oz. |
| Onion, yellow, finely chopped | 2 wt. oz. |
| Pork, ham, small diced | 4 wt. oz. |
| Tomato, concassé | 4 ea. |
| Stock, chicken | 1 ½ qt. |
| Rice, white, long-grain | 2 cups |
| Pepper, black, ground | to taste |
| Peas | 10 wt. oz. |
| Cheese, Parmesan, grated | 1 ½ wt. oz. |
| Olive, green, stuffed with pimiento | 2 wt. oz. |
| Capers, rinsed | 1 Tbsp. |
| Pimiento, whole, canned, drained, cut into ½-in. strips lengthwise | 1 ea. |

Method

1. Combine the garlic, salt, and oregano to form a paste. Dry the chicken pieces. Rub them with the paste.
2. In a heavy pan, heat the lard over high heat. Brown the chicken, skin-side down, a few pieces at a time. Turn and brown evenly on the other side, removing each piece when done.
3. Reduce heat, add the peppers and onions, and sweat in the remaining lard. Stir in the ham.
4. Add the tomatoes and cook until most of the liquid evaporates and the mixture thickens.
5. Return the chicken to the pan and coat with tomato mixture. Cover and simmer until chicken is tender, about 30 minutes. Transfer to a plate and remove meat from the bones. Cut into 2-inch squares.
6. Stir the stock, rice, and ground pepper into the remaining tomato mixture. Bring to a boil. Cover and simmer until done, about 20 minutes. The mixture will still be soupy, or asapao, when rice is done.
7. Add the peas, cheese, olives, and capers. Mix well, then add chicken, arranging pimiento strips on top. Cover and simmer for a few minutes to heat peas and chicken. Adjust seasoning as needed and serve. The final consistency should be that of a "thick" soup.

CHICKPEAS WITH CHORIZO
GARBANZOS GUISADOS CON CHORIZO
PUERTO RICO

Yield: 6 portions

| Ingredients | Amounts |
|-----------------------------------|----------------|
| Oil, annatto | 2 fl. oz. |
| Pork, chorizo, sliced ¼-in. thick | 1 lb. |
| Sofrito | ½ cup |
| Tomato, purée | 2 wt. oz. |
| Stock, chicken | 1 qt. |
| Chickpeas, dry, cooked | 1 lb. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |

Method

1. Heat annatto oil in a sauté pan and the sauté chorizo for 5 minutes. Remove chorizo from oil and reserve.
2. Add the sofrito and cook for 3 minutes.
3. Stir in the tomato purée and cook for another 2 minutes.
4. Add the chicken stock, chickpeas, and chorizo.
5. Reduce heat and cook for 15 minutes. Season with salt and pepper to taste.

ULU CHIPS WITH AJILIMÓJILI SAUCE

TOSTONES CON SALSA AJILIMÓJILI

PUERTO RICO

Yield: 6 portions

| Ingredients | Amounts |
|---|----------------|
| Chile, poblano, minced | 5 ea. |
| Garlic, clove, minced | 2 ea. |
| Oil, olive, extra-virgin | 2 Tbsp. |
| Vinegar, white | 1 Tbsp. |
| Lemon, Meyer, juiced | 1 ea. |
| Salt, kosher | 1/2 tsp. |
| Pepper, black, ground | 1/4 tsp. |
| | |
| Ulu, young, peeled, cut in 1-in. pieces | 2 ea. |
| Adobo Seasoning (Recipe follows) | 1 Tbsp. |

Method

1. For the ajilimójili sauce, in a mixing bowl, combine the chiles, garlic, olive oil, vinegar, lemon juice, salt, and pepper. Mix well to blend. Adjust the seasonings to taste. Reserve.
2. In batches, deep fry the ulu pieces in 350°F oil until golden brown and soft. Do not allow them to become crisp. Remove from the oil and drain on absorbent paper.
3. To make the ulu chips, flatten the ulu pieces, pressing evenly into 2-inch rounds.
4. Place them in the oil and fry again until golden and crisp. Remove and drain.
5. Sprinkle the chips with the Adobo Seasoning. Serve with 1½ tsp. of ajilimójili sauce over the top.

ADOBO SEASONING

Yield: ½ cup

Ingredients

Amounts

| | |
|-----------------------|-----------|
| Tomato, paste | 3 wt. oz. |
| Oil, vegetable | 1 ½ Tbsp. |
| Salt, kosher | ½ tsp. |
| Garlic powder | ¼ tsp. |
| Oregano, dried | ¼ tsp. |
| Onion, powder | ¼ tsp. |
| Chili powder | ¼ tsp. |
| Pepper, black, ground | ¼ tsp. |

Method

Combine the tomato paste, oil, and seasonings in a blender and process until smooth.

Note: If well-covered in the refrigerator, adobo will keep for a few days. It tends to harden quickly so it is better to use immediately, if possible.

SHRIMP AND SWEET POTATO CAKES

BOMBAS DE CAMARONES Y BATATAS

DOMINICAN REPUBLIC

Yield: 14 cakes

| Ingredients | Amounts |
|--|-------------|
| Potato, sweet, Hawaiian, peeled, quartered | 8 wt. oz. |
| Butter, unsalted, med. diced | 6 Tbsp. |
| Cheese, Munster, grated | 4 wt. oz. |
| Egg, yolk | 1 ea. |
| Parsley, fresh, finely chopped | 1 ½ wt. oz. |
| Salt, kosher | 1 ½ tsp. |
| Pepper, white, ground | ¼ tsp. |
| Onion, yellow, finely diced | 4 wt. oz. |
| Shrimp, peeled, deveined, chopped | 1 lb. |
| Flour, all-purpose | 2 ½ wt. oz. |
| Egg, lightly beaten | 1 ea. |
| Fresh breadcrumbs, ground to a powder | 1 cup |
| Oil, vegetable | as needed |

Method

1. Cover the sweet potatoes with water and bring to a boil, cooking until tender. Drain, dry and pass through a ricer or mash by hand. Add four tablespoons of butter, cheese, egg yolk, parsley, salt, and pepper. Beat until smooth. Cover and reserve.
2. Melt the remaining butter in a sauté pan and sweat the onions. Add the shrimp, and cook, stirring, until just pink, 2 to 3 minutes. Add them to the sweet potato mixture and gently stir together.
3. Flour hands and scoop about 3 Tbsp. shrimp mixture into hand. Shape into 2-inch cylinders about ¾-inch in diameter. Roll the cylinder in flour, shaking off excess. Brush with beaten egg then dip in breadcrumbs. Continue with the remaining mixture. Place bombas on parchment then chill for at least 30 minutes to set coating.
4. Fill a deep-fryer or deep saucepan with oil to a depth of 3 to 4 inches and heat to 375°F.
5. Fry bombas in hot oil, 4 or 5 at a time, turning with slotted spoon until golden brown on all sides. Drain on paper towels and serve immediately.

STUFFED FLANK STEAK

CARNE RELLENA

DOMINICAN REPUBLIC

Yield: 6 portions

| Ingredients | Amounts |
|---|----------------|
| Beef, flank steak | 2 ½ lb. |
| Garlic, clove, crushed | 3 ea. |
| Salt, kosher | 1 ½ tsp. |
| Oregano, dried | 1 tsp. |
| Pepper, black, ground | ¼ tsp. |
| Pork, ham, cooked, cut into thin strips | 4 wt. oz. |
| Carrot, peeled, thinly sliced | 1 ea. |
| Chile, Hawaiian, fresh, seeded, chopped | 1 ea. |
| Onion, yellow, finely diced | 1 ea. |
| Egg, whole, hard-cooked, sliced | 2 ea. |
| Oil, vegetable | 2 fl. oz. |
| Stock, beef | 20 fl. oz. |
| Tomato, paste | 4 Tbsp. |
| Worcestershire sauce | 1 Tbsp. |
| Vinegar, wine, red | 1 Tbsp. |
| Bay leaf, dried | 1 ea. |

Method

1. Trim and butterfly the flank steak, slitting horizontally in the direction of the grain.
2. Mix the garlic, salt, oregano, and pepper together. Spread onto steak, leaving ¼-inch border uncovered along the edges.
3. Layer the ham over the seasoned steak, then top with the carrots. Mix the chiles and onion together and spread over the carrots. Arrange egg slices down the center of the steak.
4. Roll steak in a jellyroll style. Fasten with toothpicks and tie with twine.
5. Heat oil in a heavy pan large enough to hold steak. Brown steak on all sides.
6. Add the beef stock, tomato paste, Worcestershire sauce, vinegar, and bay leaf. Cover and simmer until steak is tender, about 2 to 2 ½ hours, turning once or twice during cooking. If sauce seems too thin, cook for the last hour partially covered.
7. Place steak on a platter; remove toothpicks and twine. Cut into slices about 1-thick. Serve with sauce poured over slices.

FRIED RABBIT WITH LIME WEDGES

CHICHARRONES DE CONEJA

DOMINICAN REPUBLIC

Yield: 6 portions

| Ingredients | Amounts |
|------------------------|----------------|
| Rabbit, whole, 3 ½ lb. | 2 ea. |
| Lime, juice, fresh | 3 fl. oz. |
| Worcestershire sauce | 2 fl. oz. |
| Garlic, sliced | 2 Tbsp. |
| Salt, kosher | as needed |
| Flour, all-purpose | 7 wt. oz. |
| Salt, kosher | 2 tsp. |
| Paprika | 1 tsp. |
| Oil, vegetable | as needed |
| Lime, cut into wedges | 4 ea. |

Method

1. Cut the rabbit into serving portions and rinse.
2. Season the rabbit with lime juice, Worcestershire, garlic, and salt. Set aside.
3. Mix the flour with the salt and paprika. Roll each piece of chicken in the flour mixture twice.
4. Fry rabbit in hot oil until golden brown and rabbit reaches an internal temperature of 165 F. Remove and drain on paper towels.
5. Garnish with lime wedges.

DOMINICAN SUN RICE

ARROZ DEL SOL

DOMINICAN REPUBLIC

Yield: 6 portions

| Ingredients | Amounts |
|---------------------------------|----------------|
| Oil, vegetable | 2 Tbsp. |
| Carrot, grated | 1 ea. |
| Salt, kosher | 1 tsp. |
| Water | 12 fl. oz. |
| Stock, chicken | 6 fl. oz. |
| Rice, white, long-grain, rinsed | 1 ½ cup |
| Corn, kernels | 8 wt. oz. |
| Butter, unsalted, cold | 1 Tbsp. |

Method

1. Combine the oil, carrots, and salt in a saucepan or deep-frying pan. Sauté over medium heat until carrot's color loses intensity.
2. Add the water and stock and bring it to a boil.
3. Add the rice. Cover and simmer for about 10 minutes.
4. Add the corn. Cover and simmer for an additional 10 minutes.
5. Stir in the butter.

PUMPKIN SOUP

SOUPE AU GIROMONT

HAITI

Yield: 6 portions

| Ingredients | Amounts |
|---|----------------|
| Butter, salted | 2 wt. oz. |
| Onion, yellow, chopped | 6 wt. oz. |
| Celery, chopped | 3 wt. oz. |
| Stock, chicken | 2 qt. |
| Potato, sweet, Hawaiian, peeled, large diced | 2 lb. |
| Salt, kosher | 1 Tbsp. |
| Pepper, black, ground | 1 ½ tsp. |
| Tabasco sauce | 1 tsp. |
| Cinnamon, ground | 1 tsp. |
| Allspice, ground | ½ tsp. |
| Heavy cream | 1 pt. |

Method

1. Heat the butter in a saucepot; sweat the onions and celery until they are soft.
2. Add the stock, diced sweet potato, salt, pepper, Tabasco, cinnamon, and allspice. Bring the mixture to a simmer and cook until the sweet potato is tender, about 30 minutes.
3. Purée the mixture with an immersion blender. Strain through a chinois.
4. Stir in the heavy cream and simmer for 5 more minutes.

GLAZED AND BRAISED PORK

GRIOTS

HAITI

Yield: 6 portions

| Ingredients | Amounts |
|--|-----------------------|
| Pork, shoulder, 2-in. diced | 3 lb. |
| Onion, yellow, finely chopped | 1 ea. |
| Chile, Hawaiian, fresh, finely chopped | 3 ea. |
| Orange, bitter, juice | 8 fl. oz. |
| Chive, finely chopped | $\frac{3}{4}$ wt. oz. |
| Salt, kosher | 1 tsp. |
| Thyme, fresh | $\frac{1}{2}$ tsp. |
| Pepper, black, ground | to taste |
| | |
| Oil, vegetable | 4 fl. oz. |
| | |
| Onion, yellow, julienned | 6 wt. oz. |
| Garlic, clove, chopped | 3 ea. |
| Shallot, chopped | 2 wt. oz. |
| Lime, juice, fresh | 4 fl. oz. |
| Oil, olive, extra-virgin | 2 fl. oz. |
| Chive, bunch, chopped | 1 ea. |

Method

1. Combine the onions, chiles, juice, chives, salt, thyme, and pepper in a mixing bowl; mix well. Place the pork in the marinade and refrigerate overnight.
2. The following day, add enough water to cover pork and simmer for 1 $\frac{1}{2}$ hours. Drain.
3. For the sauce, marinate the onions, garlic, and shallots in lime juice for 1 $\frac{1}{2}$ hours. Add olive oil to mixture and bring to a boil. Remove from heat and allow to cool to room temperature. Add the chives and mix well to blend.
4. Heat the oil until it is very hot. Sear pork until brown and crispy on the outside, but tender on the inside.
5. Serve pork covered with the sauce.

RICE WITH KIDNEY BEANS

RIZ ET POIS COLLÉS

HAITI

Yield: 6 portions

| Ingredients | Amounts |
|------------------------------|----------------------|
| Stock, chicken | 1 $\frac{3}{4}$ qt. |
| Beans, kidney | 8 wt. oz. |
| Smoked ham hock | 1 ea. |
| Butter, salted | 4 wt. oz. |
| Onion, yellow, small diced | 6 wt. oz. |
| Shallot, chopped | 4 wt. oz. |
| Chile, jalapeño, small diced | 2 ea. |
| Rice, white, long-grain | 2 cups |
| Salt, kosher | 1 $\frac{1}{2}$ tsp. |
| Pepper, black, ground | $\frac{1}{4}$ tsp. |

Method

1. Cook the beans in chicken stock with the ham hock until tender. Drain and reserve liquid and beans separately. Cut the ham hock into small dice. Reserve.
2. Heat the butter in a sauté pan and sauté the onions, shallots, and jalapeños until they are soft.
3. Add the rice and toss to thoroughly coat the grains in the butter. Add 1 $\frac{1}{4}$ quarts reserved stock, along with the beans and diced ham hock. Season with salt and pepper.
4. Bring to a boil, cover, and cook until the rice is tender, about 18 minutes.

FRIED ULU WITH SAUCE TI-MALICE
ULU PESÉES ET SAUCE TI-MALICE
HAITI

Yield: 6 portions

| Ingredients | Amounts |
|---------------------------------|----------------|
| Onion, yellow, julienned | 6 wt. oz. |
| Garlic, clove, chopped | 3 ea. |
| Shallot, chopped | 2 wt. oz. |
| Lime, juice, fresh | 4 fl. oz. |
| Oil, olive, extra-virgin | 2 fl. oz. |
| Chive, bunch, chopped | 1 ea. |
| | |
| Ulu, peeled, cut on 1-inch bias | 3 ea. |

Method

1. For the sauce ti-malice, marinate the onions, garlic, and shallots in lime juice for 1 ½ hours.
2. Add olive oil to mixture and bring to a boil. Remove from heat and allow to cool to room temperature. Add chives when cool and mix well to blend.
3. In batches, deep-fry the ulu in 350°F oil until golden brown.
4. Remove from oil and drain on absorbent paper. Serve with the Sauce Ti-Malice.

ANNATTO FRIED CHICKEN WINGS

POLLO CON ANNATTO

CUBA

Yield: 6 portions

| Ingredients | Amounts |
|-----------------------|----------------|
| Chicken, wings | 3 lb. |
| Achiote, paste | 4 wt. oz. |
| Lime, juice, fresh | 4 wt. oz. |
| Cumin, powder | 2 tsp. |
| Coriander, powder | 2 tsp. |
| Oregano, dried | 2 tsp. |
| Garlic, minced | 1 Tbsp. |
| Sugar, granulated | 1 tsp. |
| Salt, kosher | 2 Tbsp. |
| Pepper, black, ground | 2 tsp. |
| Oil, vegetable | 2 Tbsp. |
| Flour, all-purpose | as needed |

Method

1. Marinate the chicken wings in the achiote paste, lime juice, cumin, coriander, oregano, garlic, sugar, salt, pepper, and oil.
2. Dredge the chicken wings in the flour, then deep-fry in hot oil until golden brown and cooked through.

BRAISED LOBSTER IN CHILI SAUCE

LANGOSTA CRIOLLA

CUBA

Yield: 6 portions

| Ingredients | Amounts |
|--|----------------|
| Lobster, spiny, 1 ½ lb. | 3 ea. |
| Oil, annatto | 4 fl. oz. |
| Wine, white, dry | 1 ½ pt. |
| Sofrito (Recipe follows) | 2 cups |
| Chile, Hawaiian, fresh, finely chopped | 1 Tbsp. |
| Salt, kosher | 1 Tbsp. |

Method

1. Split the lobster in half lengthwise. Remove and discard the gelatinous sac in the lobster head and the long intestinal vein attached to it. Scoop out greenish brown tomalley and black caviar-like eggs (coral) if any and reserve. Cut off the tail section of the lobster at the point where it joins the body.
2. Heat the annatto oil over high heat. Add the lobster tails. Constantly turn, with tongs, until shells begin to turn pink. Transfer to a large plate or bowl.
3. Pour off all but a thin layer of oil from the pan; add the wine and bring to a boil over high heat. Stir in the sofrito, chiles, and salt. Return the lobsters and any liquid to the pan. Coat evenly with sauce, then reduce the heat to medium. Cover the pan tightly and cook for 8 to 10 minutes, basting occasionally.
4. Before serving, press reserved tomalley and coral through a fine sieve directly into the sauce. Simmer for a few minutes and adjust seasoning to taste.
5. Serve lobster pieces with sauce spooned over top.

SOFRITO

Yield: 3 cups

| Ingredients | Amounts |
|---------------------------------------|----------------|
| Pork, salt pork, finely diced | 3 wt. oz. |
| Oil, annatto | 1 Tbsp. |
| Onion, yellow, finely chopped | 10 wt. oz. |
| Pepper, bell, green, coarsely chopped | 3 ea. |
| Pepper, bell, red, coarsely chopped | 2 ea. |
| Garlic, finely chopped | 3 Tbsp. |
| Ham, med. diced | 6 wt. oz. |
| Tomato, canned | 1 cup |
| Cilantro, fresh, finely chopped | 1 ½ Tbsp. |
| Oregano, dried, crumbled | 1 tsp. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |

Method

1. Sauté the salt pork, turning pieces frequently until crisp and brown and fat is rendered. Remove salt pork and discard. Add annatto oil to remaining fat.
2. Add onions, peppers, and garlic and cook, stirring frequently, until vegetables are soft but not brown.
3. Add diced ham, tomatoes, cilantro, oregano, salt, and pepper. Reduce heat to low; cover and simmer for about 30 minutes, stirring occasionally.

Note: Sofrito can be stored for long periods of time if placed in hot sterilized canning jars or kept in a jar or bowl in the refrigerator for 1 to 2 weeks.

RICE WITH BLACK BEANS

MOROS Y CRISTIANOS

CUBA

Yield: 6 portions

| Ingredients | Amounts |
|----------------------------------|---------------------|
| Beans, black | 8 wt. oz. |
| Stock, chicken | 1 $\frac{3}{4}$ qt. |
| Pork, ham hock, smoked | 1 ea. |
| Pepper, bell, green | $\frac{1}{2}$ ea. |
| Bay leaf, dried | 2 ea. |
| Oregano, dried | 2 tsp. |
| Oil, olive, extra-virgin | 1 fl. oz. |
| Pork, salt pork, small diced | 1 wt. oz. |
| Onion, yellow, small diced | 4 wt. oz. |
| Garlic, clove, chopped | 2 ea. |
| Chile, jalapeño, small diced | 1 ea. |
| Pepper, bell, red, small diced | 1 ea. |
| Pepper, bell, green, small diced | $\frac{1}{2}$ ea. |
| Rice, white, long-grain | 3 cup |
| Salt, kosher | 1 Tbsp. |
| Pepper, black, ground | $\frac{1}{4}$ tsp. |

Method

1. Cook the beans in chicken stock with the ham hock, green pepper, bay leaves, and oregano until tender.
2. Drain and reserve the liquid and the beans separately. Cut the ham hock into small dice. Reserve.
3. Sauté the salt pork until crispy. Add the onions, garlic, chile, and peppers; stir in the rice.
4. Add the cooked beans, ham hock, and 1 $\frac{1}{4}$ quart of the reserved stock. Season with salt and pepper to taste.
5. Bring to a boil, then reduce heat to a simmer. Cover and cook until the rice is tender, about 18 minutes.

TARO WITH GARLIC SAUCE

TARO CON MOJO

CUBA

Yield: 6 portions

| Ingredients | Amounts |
|------------------------------------|----------------|
| Taro, Chinese, peeled, large diced | 2 lb. |
| Water | 1 qt. |
| Milk, whole | 8 fl. oz. |
| Salt, kosher | 1 ½ tsp. |
| | |
| Oil, olive, extra-virgin | 8 fl. oz. |
| Garlic, clove, chopped | 10 ea. |
| Orange, juice, fresh | 4 fl. oz. |
| Lime, juice, fresh | 4 fl. oz. |
| Parsley, fresh, bunch, chopped | ½ ea. |
| Cilantro, fresh, chopped | 1 tsp. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ½ tsp. |

Method

1. Place the Chinese taro in a saucepan and cover with the water, milk, and salt. Simmer until fork tender. Remove from liquid and allow it to cool to room temperature. Reserve.
2. For the mojo, heat the oil and sauté the garlic. Remove from the heat and let stand to infuse the flavors.
3. When the mojo mixture reaches room temperature, stir in the orange and lime juice, parsley, cilantro, salt, and pepper. Toss the malanga in the mojo.

JAMAICAN PATTIES

JAMAICA

Yield: 6 portions

| Ingredients | Amounts |
|---------------------------------|----------------|
| Flour, all-purpose | 18 ½ wt. oz. |
| Turmeric, ground | 1 tsp. |
| Salt, kosher | 1 tsp. |
| Baking powder | 1 tsp. |
| Butter, salted, softened | 8 wt. oz. |
| Water, cold | as needed |
| | |
| Oil, olive, extra-virgin | 1 fl. oz. |
| Onion, yellow, chopped | 6 wt. oz. |
| Garlic, clove, chopped | 3 ea. |
| Chile, jalapeño, chopped | 2 ea. |
| Chicken, ground | 1 lb. |
| Tomato, chopped | 4 wt. oz. |
| Thyme, fresh, sprig | 4 ea. |
| Cilantro, fresh, bunch, chopped | ¼ ea. |
| Cumin, ground | 2 tsp. |
| Allspice, ground | 1 tsp. |
| Salt, kosher | 1 ½ tsp. |
| Pepper, black, ground | ¾ tsp. |
| | |
| Stock, chicken | 8 fl. oz. |
| Egg, whole, beaten | 2 ea. |

Method

1. Sift the flour, turmeric, salt, and baking powder together 3 times.
2. Add the butter and mix well. Add enough water to form a dough. Wrap the dough and refrigerate for 1 hour.
3. Heat the oil and sauté the onions, garlic, and jalapeños until soft. Add the chicken, tomato, thyme, cilantro, cumin, allspice, salt, and pepper. Cook the chicken until it is lightly brown.
4. Add the stock and continue to cook until the liquid has evaporated, about 20 minutes. Remove from the heat and cool.
5. Preheat oven to 400°F.
6. Roll out the dough and cut into 8-inch circles. Put 2 Tbsp. of chicken in the middle of each round. Brush the edges of the dough with beaten eggs. Fold the dough over and crimp the edge with a fork. Brush the top of the patties with the beaten eggs.
7. Bake in the preheated oven until golden brown, about 20 minutes.

JERK CHICKEN

JAMAICA

Yield: 6 portions

| Ingredients | Amounts |
|---------------------------------|----------------|
| Chicken, thighs | 12 ea. |
| Garlic, clove, peeled | 3 ea. |
| Chile, Scotch bonnet, seeded | 2 ea. |
| Scallion (Green onion), chopped | 2 wt. oz. |
| Vinegar, malt | 6 fl. oz. |
| Rum | 1 Tbsp. |
| Salt, kosher | 1 ¼ Tbsp. |
| Thyme, fresh, chopped | 1 Tbsp. |
| Allspice, ground | 1 Tbsp. |
| Nutmeg, grated | ¾ tsp. |
| Cinnamon, ground | ¾ tsp. |
| Clove, ground | ¼ tsp. |

Method

1. Combine all the ingredients except the chicken in a food processor or blender and purée.
2. Brush the purée thickly over the chicken pieces and marinate the chicken for at least 1 to 2 hours, or overnight in the refrigerator.
3. Grill the chicken, then finish in 350°F oven to cook through. Baste as needed.

Note: Scotch bonnets are the traditional choice for chiles in jerk seasoning. For a less spicy dish, use just one instead of 2.

BLACK-EYED PEAS AND RICE WITH COCONUT CREAM

JAMAICA

Yield: 6 portions

Ingredients

Amounts

| | |
|--------------------------|-----------|
| Peas, black-eyed, cooked | 8 wt. oz. |
| Pork, ham hock, smoked | 2 ea. |
| Stock, chicken | 1 pt. |
| Oil, vegetable | 1 fl. oz. |
| Onion, yellow, chopped | 4 wt. oz. |
| Coconut, cream | 2 fl. oz. |
| Rice, white, short-grain | 1 cup |

Method

1. Cook the peas and ham hocks in chicken stock until it is almost done. Drain, reserving broth and ham hocks. Cut the ham hocks into small dice.
2. In a separate pan, heat the oil and sauté the onions until soft. Stir in the cooked peas, diced meat, coconut cream, and rice.
3. Mix the reserved broth with water until volume reaches 1 qt. Add the liquid to the pan and bring it to a boil. Reduce heat and simmer until rice is tender, about 18 minutes.

FESTIVAL

JAMAICA

Yield: 6 portions

| Ingredients | Amounts |
|--------------------|----------------|
| Cornmeal, yellow | 1 cup |
| Flour, all-purpose | 1 cup |
| Egg, whole | 1 ea. |
| Sugar, brown | 1 Tbsp. |
| Baking powder | 2 tsp. |
| Salt, kosher | ½ tsp. |
| Water, cold | as needed |
| Oil, vegetable | as needed |

Method

1. Mix the cornmeal, flour, egg, sugar, baking powder, and salt. Add enough water to make a soft dough. Knead lightly.
2. Divide the dough into 6 portions. Form each portion into 3-inch doughnut shapes.
3. Fry in plenty of hot oil, until golden brown, turning when necessary.
4. Remove from the oil and drain on paper towels. Serve hot.

Note: Festival is a fried dumpling named for the celebration commemorating Jamaica's independence in 1962.

Source: *Cook Up Jamaican Style* by Novelette C. Jones

DAY FIVE

LESSER ANTILLES

LEARNING OBJECTIVES

By the end of this day, you should be able to ...

- identify the countries and geographic terrain of the Lesser Antilles.
- list the types of ingredients (starches, vegetables, fruits, and proteins) used in the preparation of Caribbean dishes as they relate to the Lesser Antilles.
- identify contemporary cultural influences that affect Caribbean cuisine.
- prepare traditional Caribbean dishes of the Lesser Antilles.
- discuss the relevance of Caribbean cuisine, and specifically the Lesser Antilles, in the U.S. market.

LEARNING ACTIVITIES

Lecture and Discussion
Demonstrations
Hands-On Production
Product Evaluation

KEY TERMS

| | | |
|----------|-------------|-----------------|
| Accra | Ducanas | Pumpkin |
| Allspice | Mango | Rum |
| Callaloo | Metette | Salted Cod Fish |
| Cassava | Okra | Scotch Bonnet |
| Ceviche | Papaya | Sofrito |
| Cilantro | Pelau | Tamarind |
| Coo Coo | Pigeon Peas | |
| Curry | Plantain | |

INSTRUCTOR DEMONSTRATIONS

Fabrication of cassava and plantains
Folding procedure for the ducanas

DAY FIVE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE - TRINIDAD

Salted Salmon Fish Fritters
Beef Curry
Creole Rice
Cassava with Warm Onion Garlic Sauce

TEAM TWO - BARBADOS

Johnny Cakes
Barbados Barbecued Chicken
Black Bean Cakes with Mango Salsa
Okra Cornmeal

TEAM THREE - MARTINIQUE

Curried Chicken
Braised Marinated Opakapaka with Tomato, Shallot, and Garlic Sauce
Vegetable Kebabs with Sauce Piquant
Martinique Rice

TEAM FOUR - DOMINICA

Hawaiian Kalo Callaloo

Lamb Curry

Turkey Stew

Ulu with Garlic and Bacon

TEAM FIVE - ANTIGUA

Tako Fritters with Creole Sauce

Ducana

Snapper with Mango Papaya Salsa

Stuffed Roti Bread

SALTED SALMON FISH FRITTERS

ACCRA
Trinidad

Yield: 6 portions

| Ingredients | Amounts |
|--|----------------|
| Fish, salmon, salted | 1 lb. |
| Oil, vegetable | 1 fl. oz. |
| Garlic, clove, chopped | 4 ea. |
| Pepper, bell, red, small diced | 1 ea. |
| Pepper, bell, green, small diced | 1 ea. |
| Onion, yellow, small diced | 2 wt. oz. |
| Flour, all-purpose | 7 wt. oz. |
| Baking powder | 2 tsp. |
| Water | 8 fl. oz. |
| Chive, bunch, chopped | ¼ ea. |
| Scallion (Green onion), bunch, green only, sliced on bias | ¼ ea. |
| Pepper, black, ground | 2 tsp. |
| Oil, vegetable | as needed |

Method

1. Place fish in a saucepan and add enough water to cover. Bring to a simmer, reduce heat, and simmer 3 times, each time changing the water. Flake the fish finely and reserve.
2. For the sofrito, sauté the garlic, red and green peppers, and onions in vegetable oil until soft. Remove it from the heat and allow it to cool.
3. Combine the flour and baking powder and sift together. Place it in a medium-sized mixing bowl and add water. Mix thoroughly with a wire whisk to dissolve any lumps. Fold in the flaked fish and sofrito along with the chives, green onions, and black pepper.
4. To form the accra, drop the mixture by tablespoons into hot oil and fry until golden brown. Drain on paper towels and serve hot.

BEEF CURRY

TRINIDAD

Yield: 6 portions

| Ingredients | Amounts |
|---------------------------------|----------------|
| Oil, vegetable | 2 fl. oz. |
| Onion, yellow, finely chopped | 2 ea. |
| Garlic, clove, finely chopped | 2 ea. |
| Chile, hot, seeded, chopped | 1 ea. |
| Curry powder | 2 Tbsp. |
| Chive, finely chopped | 1 Tbsp. |
| Ginger root, finely chopped | 1 Tbsp. |
| Beef, round, 1-in. diced | 3 lb. |
| Coconut, milk | 1 pt. |
| Salt, kosher | to taste |
| | |
| Rice, white, long-grain, boiled | 3 cups |
| Coconut, grated | as needed |
| Raisins | as needed |
| Cucumber, chopped | as needed |
| Tomato, chopped | as needed |
| Peanuts | as needed |

Method

1. Heat the oil in a rondeau; add the onions, garlic, chile, curry, chives, and ginger root. Cook, stirring constantly, over medium heat for about 5 minutes, being careful not to let curry powder burn.
2. Add the beef cubes and cook, stirring, for a few minutes longer.
3. Stir in the coconut milk, then cover and simmer gently until the meat is tender, about 1½ hours.
4. Season with salt to taste. Serve with rice and small dishes of coconut, raisins, cucumbers, tomato, and peanuts.

CREOLE RICE

PELAU

TRINIDAD

Yield: 6 portions

| Ingredients | Amounts |
|----------------------------------|----------------|
| Salt, kosher | 1 Tbsp. |
| Onion, yellow, small diced | 1 lb. |
| Garlic, clove, chopped | 2 ea. |
| Pepper, bell, green, small diced | 2 ea. |
| Worcestershire sauce | 4 Tbsp. |
| Ketchup | 3 wt. oz. |
| Cilantro, fresh, bunch, chopped | ¼ ea. |
| Pork, med. diced | 3 lb. |
| Stock, chicken | 1 ½ qt. |
| Beans, red | 8 wt. oz. |
| Butter, salted | 6 wt. oz. |
| Oil, olive, pure | 2 fl. oz. |
| Sugar, brown, dark | 5 Tbsp. |
| Carrot, small diced | 8 wt. oz. |
| Rice, basmati | 2 cup |
| Stock, chicken | 1 pt. |
| Coconut, milk | 1 pt. |
| Salt, kosher | 2 Tbsp. |
| Raisins | ½ cup |

Method

1. For the marinade, in a mixing bowl, combine the salt, onion, garlic, peppers, Worcestershire sauce, ketchup, and cilantro. Mix well.
2. Add the pork to the marinade and marinate for 1 hour.
3. Cook the beans in chicken stock until tender, then drain.
4. Heat the butter and oil in a sauté pan. Add the sugar and cook until dissolved.
5. Add the pork and marinade to the pan and cook until meat is browned.
6. Add the carrots and sauté until slightly cooked. Stir in the rice and mix well so that all the grains are well coated.
7. Stir in the cooked beans, stock, coconut milk, and salt. Simmer for 20 minutes over low heat until the rice is tender and all the moisture has been absorbed. Serve garnished with raisins.

CASSAVA WITH WARM ONION GARLIC SAUCE

TRINIDAD

Yield: 6 portions

| Ingredients | Amounts |
|------------------------------------|----------------|
| Oil, olive, extra-virgin | 4 fl. oz. |
| Butter, salted | 3 wt. oz. |
| Garlic, clove, minced | 10 ea. |
| Onion, yellow, julienned | 6 wt. oz. |
| | |
| Orange, juice, fresh | 4 fl. oz. |
| Lime, juice | 2 fl. oz. |
| Cilantro, fresh, bunch | ¼ ea. |
| Salt, kosher | 1 Tbsp. |
| Pepper, black, ground | ½ tsp. |
| | |
| Ulu, peeled, cut into 2-in. sticks | 2 lb. |

Method

1. For the sauce, heat the oil and butter in a sauté pan. Add the garlic and onions and sweat until tender. Remove from heat and allow the flavor of the vegetables to infuse with the oil for 15 minutes.
2. Mix the juices, cilantro, salt, and pepper together. Reserve.
3. Cover the ulu with cold water and bring it to a boil. Reduce the heat and continue simmering until it is fork tender. Drain, shock, and thoroughly dry.
4. Deep fry the ulu in 350°F oil until golden brown. Remove and drain.
5. Mix the garlic and onion mixture with the lime and orange juice mixture in a medium bowl. Add the fried ulu. Toss well to coat.

JOHNNY CAKES

Yield: 6 portions

| Ingredients | Amounts |
|--------------------|----------------|
| Flour, all-purpose | 9 ¼ wt. oz. |
| Sugar, granulated | 2 Tbsp. |
| Baking powder | 1 Tbsp. |
| Salt, kosher | ½ tsp. |
| Shortening | 2 wt. oz. |
| Milk, whole | 4 fl. oz. |

Method

1. Combine the flour, sugar, baking powder, salt, and shortening in a mixing bowl. Mix until the shortening blends evenly with the flour.
2. Gradually add enough milk to form a soft dough.
3. Knead the dough for several minutes. Divide dough into small balls, about 1 tablespoon each.
4. Press it gently with your hands. Fry in oil. Drain and serve hot.

Note: Johnny cake, originally journey cake, is made from a dough mixture shaped into balls and fried in hot oil. They are served at breakfast mainly but may be eaten at lunch with some sort of fish or meat. They can also be baked.

Source: Adapted from *The Real Taste of Jamaica* by Enid Donaldson

BARBADOS BARBECUED CHICKEN

BARBADOS

Yield: 6 portions

| Ingredients | Amounts |
|-------------------------------------|----------------|
| Lime, juice, fresh | 4 fl. oz. |
| Oil, olive, light | 4 fl. oz. |
| Rum | 4 fl. oz. |
| Sugar, brown | 4 wt. oz. |
| Cilantro, fresh, chopped | 3 ½ Tbsp. |
| Ginger, minced | 3 Tbsp. |
| Chile, jalapeño, fresh, minced | 2 tsp. |
| Nutmeg, grated | 2 tsp. |
| Allspice, ground | ½ tsp. |
| Cinnamon, ground | ½ tsp. |
| Salt, kosher | ¼ tsp. |
| | |
| Chicken, breasts, boneless, skin on | 6 ea. |

Method

1. For the barbecue sauce, in a small bowl, combine the lime juice, olive oil, rum, brown sugar, cilantro, ginger, chiles, nutmeg, allspice, cinnamon, and salt. Whisk to blend.
2. Rinse and dry the chicken breasts. Trim any excess fat. Combine chicken with two thirds of the barbecue sauce. Marinate 30 to 45 minutes.
3. Preheat grill to 350°F. Brush with oil. Grill chicken, skin-side down for approximately 6 minutes. Brush chicken with barbecue sauce. Turn and cook for an additional 6 minutes or until done.
4. Before serving, spoon the remaining barbecue sauce over chicken.

BLACK BEAN CAKES WITH MANGO SALSA

BARBADOS

Yield: 6 portions

| Ingredients | Amounts |
|--|----------------|
| Beans, black, dried, soaked overnight | 13 wt. oz. |
| Egg, white, slightly beaten | 2 ea. |
| Cilantro, fresh, chopped | 3 ½ Tbsp. |
| Onion, red, finely chopped | 2 wt. oz. |
| Garlic, minced | 1 ½ tsp. |
| Cumin, ground | 1 ½ tsp. |
| Allspice, ground | ¾ tsp. |
| Chile, cayenne, ground | 1 pinch. |
| Breadcrumbs | 2 wt. oz. |
| Oil, olive, pure | 2 Tbsp. |
| | |
| Mango, peeled, diced | 18 wt. oz. |
| Chile, Hawaiian, fresh, seeded, minced | 3 ea. |
| Pepper, bell, red, seeded, chopped | 3 ½ wt. oz. |
| Onion, red, finely chopped | 2 wt. oz. |
| Cilantro, fresh, coarsely chopped | 3 Tbsp. |
| Lime, juice, fresh | 1 ½ Tbsp. |
| Ginger, minced | 1 Tbsp. |
| | |
| Lime, cut into wedges | 2 ea. |
| Cilantro, fresh, coarsely chopped | as needed |

Method

1. For the black bean cakes, cover the beans with enough liquid to cover by 1 inch. Bring to a boil for 15 minutes, reduce heat, and cover. Simmer until water is absorbed and beans are tender, about 1 ½ hours.
2. For the salsa, combine the mango, chile, peppers, onion, cilantro, lime juice, and ginger. Toss well to blend, then set aside.
3. Place beans in a large bowl and mash until they stick together. Combine with the egg whites, cilantro, onion, garlic, cumin, allspice, and cayenne. Mix until well-blended.
4. Divide the bean mixture into 12 equal parts. Shape into ½-inch thick patties and coat with breadcrumbs.
5. Heat oil in a sauté pan over medium-high heat. Add the bean cakes. Fry until golden brown on both sides.
6. Serve warm with salsa, lime wedges, and cilantro.

OKRA CORNMEAL

Coo Coo

BARBADOS

Yield: 6 portions

| Ingredients | Amounts |
|---------------------------------|----------------|
| Water | 1 ½ pt. |
| Okra, stemmed, sliced | 15 ea. |
| Salt, kosher | 2 tsp. |
| Pepper, black, ground | 1 tsp. |
| Butter, salted | 4 wt. oz. |
| Cornmeal, yellow, finely ground | 12 wt. oz. |

Method

1. Bring the water to a boil. Add the okra, salt, and pepper. Cook for 10 minutes until the okra is cooked and water is thick. Add the butter.
2. In a slow steady stream, stir in the cornmeal using a wire whisk. Cook over medium heat until the coo coo is thick and smooth.
3. Serve warm.

CURRIED CHICKEN

Yield: 6 portions

| Ingredients | Amounts |
|-----------------------------------|----------------|
| Chicken, 3 lb., cut into 8 pieces | 2 ea. |
| Lime, juice, fresh | 2 Tbsp. |
| Curry powder | as needed |
| Oil, coconut | 2 fl. oz. |
| Garlic, clove, minced | 3 ea. |
| Scallion (Green onion), chopped | 3 ea. |
| Thyme, fresh, sprig | 3 ea. |
| Ginger root, peeled, finely diced | 1 wt. oz. |
| Curry powder | 1 Tbsp. |
| Allspice, ground | 1 tsp. |
| Pepper, black, ground | ½ tsp. |
| Stock, chicken | 8 fl. oz. |
| Carrot, sliced ¼-in. thick | 2 ea. |
| Squash, chayote, peeled | 1 ea. |
| Potato, peeled, 1-in. diced | 1 ea. |

Method

1. Season the chicken with lime juice and curry powder and marinate overnight.
2. Heat coconut oil in a heavy-bottom stockpot. Add the garlic, scallions, thyme, ginger, curry powder, pimento, and pepper. Sauté until scallions are bright green.
3. Add the marinated chicken; cover and simmer over low heat for 10 minutes.
4. Add the stock, carrots, chayote, and potatoes. Cook, covered, for 30 to 40 minutes.
5. Serve the curry over rice.

BRAISED MARINATED OPAKAPAKA WITH TOMATO, SHALLOT, AND GARLIC SAUCE

COURT BOUILLON À LA CRÉOLE MARTINIQUE

Yield: 6 portions

| Ingredients | Amounts |
|---|----------------|
| Water | 2 ½ cups |
| Lime, juice, fresh | ¾ cup |
| Salt, kosher | 1 ½ Tbsp. |
| Fish, snapper, pink (Opakapaka), fillet | 6 ea. |
| Oil, annatto | 3 fl. oz. |
| Shallots, finely chopped | 8 wt. oz. |
| Scallion (Green onion), finely chopped | 1 ½ wt. oz. |
| Garlic, finely chopped | 1 Tbsp. |
| Chile, hot, fresh, finely chopped | 1 tsp. |
| Tomato, concassé | 4 ea. |
| <i>Bouquet garni</i> | |
| Parsley, fresh, sprigs | 6 ea. |
| Bay leaf, dried | 2 ea. |
| | |
| Thyme, dried | ¼ tsp. |
| Pepper, black, ground | 1 pinch |
| Water | 10 fl. oz. |
| Oil, olive, pure | 3 Tbsp. |
| Lime, juice | |
| Garlic, finely chopped | 1 ½ Tbsp. |

Method

1. In a large, shallow baking dish, combine the water, lime juice, and salt. Stir to dissolve the salt.
2. Rinse the fish pieces under cold running water and place them in the lime juice mixture. The liquid should cover the fish completely. Add more water, if needed. Let the fish marinate for 1 hour, then pour off marinade.
3. In a heavy 10 to 12-inch skillet, heat the annatto oil over medium heat until light haze forms. Add the shallots, green onions, garlic, and chiles. Cook, stirring frequently, until soft, but not browned or burned, about 5 minutes.
4. Add the tomatoes, bouquet garni, thyme, and black pepper. Simmer, stirring frequently, for 6 to 8 minutes.

5. Stir in the water. Add the fish pieces and baste with sauce. Bring to a boil over high heat, then reduce heat to low. Cover tightly and simmer for 8 to 10 minutes or until fish feels firm when pressed lightly or flakes easily with a fork. Do not overcook. Using a slotted spoon, transfer the fish to a heated platter.
6. Add the olive oil, lime juice, and garlic to the tomato mixture. Stirring constantly, bring the sauce to a boil over moderate heat.
7. Adjust the seasoning to taste. Pour the sauce over the fish. Serve immediately.

VEGETABLE KEBABS WITH SAUCE PIQUANT

MARTINIQUE

Yield: 6 portions

| Ingredients | Amounts |
|--|----------------|
| Skewers, 14", soaked in water | 6 ea. |
| Onion, pearl | 24 ea. |
| Pepper, bell, red, cut into 1½-in. squares | 24 ea. |
| Pineapple, 1-in. diced | 24 ea. |
| Pepper, bell, green, cut into 1½-in. squares | 24 ea. |
| Tomato, cherry | 24 ea. |
| Pineapple, juice | 6 fl. oz. |
| Vinegar, white | 2 fl. oz. |
| Molasses | 2 tsp. |
| Salt, kosher | 2 tsp. |
| Pepper, black, ground | 1 tsp. |
| Sauce Piquant (Recipe follows) | 1x recipe |

Method

1. Place the pearl onions in boiling water and simmer for 5 minutes. Drain. Remove the skin and reserve.
2. Thread the onion, red pepper, pineapple, green pepper, and cherry tomatoes alternately on six 14-inch skewers.
3. Combine the pineapple juice, vinegar, molasses, salt, and pepper in a medium mixing bowl; mix well.
4. Place the skewers in a hotel pan; pour pineapple juice mixture over the kebabs. Marinate for 1 hour.
5. Drain and grill until the vegetables are tender.
6. Brush with Sauce Piquant before serving.

SAUCE PIQUANT

MARTINIQUE

Yield: 6 portions

| Ingredients | Amounts |
|--------------------------------|----------------|
| Oil, olive, pure | 3 fl. oz. |
| Vinegar, wine, red | 1 fl. oz. |
| Garlic, clove, minced | 3 ea. |
| Chile, jalapeño, red, minced | 3 ea. |
| Onion, yellow, minced | 2 wt. oz. |
| Shallot, minced | 2 wt. oz. |
| Parsley, fresh, bunch, chopped | ¼ ea. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ½ tsp. |

Method

1. Whisk the oil and vinegar together to form an emulsion.
2. Blend the garlic, chiles, onion, shallots, and parsley into the emulsion. Season with salt and pepper to taste.
3. Brush the vegetable kebabs with the sauce before serving.

MARTINIQUE RICE

METETTE

MARTINIQUE

Yield: 6 portions

| Ingredients | Amounts |
|--------------------------------|----------------|
| Oil, olive, pure | 2 fl. oz. |
| Onion, yellow, chopped | 6 wt. oz. |
| Shallot, minced | 4 wt. oz. |
| Garlic, clove, minced | 4 ea. |
| Chile, jalapeño, red, minced | 3 ea. |
| Rice, basmati | 2 cups |
| Stock, vegetable | 1 qt. |
| Thyme, fresh, sprig | 4 ea. |
| Bay leaf, dried | 3 ea. |
| Salt, kosher | 2 tsp. |
| Pepper, black, ground | 1 tsp. |
| Lime, juice, fresh | 4 Tbsp. |
| Parsley, fresh, bunch, chopped | ¼ ea. |
| Chive, bunch, chopped | ¼ ea. |

Method

1. Heat olive oil in a sauté pan and sauté the onions, shallots, garlic, and jalapeños until soft. Cook for 5 minutes.
2. Stir the rice into the onion mixture and cook for 3 minutes, making sure the grains are well coated with the oil.
3. Add the vegetable stock, thyme, bay leaf, salt, and black pepper. Bring to a boil, then reduce heat to low. Cover and simmer until all the liquid has been absorbed and the rice is tender.
4. Mix in the lime juice, parsley, and chives.

HAWAIIAN KALO CALLALOO

DOMINICA

Yield: 6 portions

| Ingredients | Amounts |
|-----------------------------------|---------------------|
| Oil, olive, extra-virgin | 2 Tbsp. |
| Pork, bacon, slab, small diced | 3 wt. oz. |
| Onion, yellow, chopped | 6 wt. oz. |
| Garlic, minced | 2 tsp. |
| Kalo greens | 1 lb. |
| Okra, stemmed, sliced | 12 wt. oz. |
| Stock, chicken | 1 $\frac{3}{4}$ qt. |
| Coconut, milk | 8 fl. oz. |
| Thyme, fresh, chopped | 2 ea. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | $\frac{1}{2}$ tsp. |
| Chile, Hawaiian, fresh, in sachet | 2 ea. |
| Lime, juice, fresh | $\frac{3}{4}$ cup |

Method

1. Cook the bacon in a sauté pan until the meat is browned and fat has been rendered. Add the onions and garlic to the rendered fat and sauté until softened.
2. Add the kalo greens and cook until wilted.
3. Add the okra, stock, coconut milk, and thyme. Season with salt and pepper to taste. Cook for 20 minutes, stirring frequently.
4. Add the scotch bonnet and cook another 15 minutes, stirring occasionally.
5. Stir in the lime juice and remove the scotch bonnet before serving.

LAMB CURRY

DOMINICA

Yield: 6 portions

| Ingredients | Amounts |
|-------------------------------------|----------------|
| Lamb, boneless, 2-in. diced | 3 lb. |
| Salt, kosher | 2 Tbsp. |
| Pepper, black, ground | 2 ½ tsp. |
| Oil, olive, pure | 1 fl. oz. |
| Garlic, clove, minced | 5 ea. |
| Onion, yellow, small diced | 4 wt. oz. |
| Curry powder | 1 ½ Tbsp. |
| Tamarind, paste | 1 Tbsp. |
| Wine, white, dry | 1 pt. |
| Stock, brown | 1 pt. |
| Potato, peeled, med. diced | 1 lb. |
| Squash, kabocha, peeled, med. diced | 4 wt. oz. |
| Chayote, pitted, med. diced | 1 ea. |
| Salt, kosher | 1 Tbsp. |
| Pepper, black, ground | 1 ½ tsp. |
| Lemon, juice, fresh | 2 Tbsp. |

Method

1. Season the lamb with the salt and pepper. Heat the oil and sear the lamb, working in batches, if necessary, until well browned on all sides. Remove the lamb from the pan and reserve.
2. Sauté the garlic and onions until soft. Add the curry powder and cook for an additional 3 minutes.
3. Mix the tamarind with the white wine and use it to deglaze the pan.
4. Return the lamb to the pan. Add the stock, potatoes, squash, chayote, salt, and pepper. Simmer gently for 1 hour.
5. Just before serving, stir in the lemon juice. Cook for another 2 minutes.

TURKEY STEW

DOMINICAN REPUBLIC

Yield: 6 portions

| Ingredients | Amounts |
|--|----------------|
| Turkey, 8 lb., cut into pieces, bones left on, skin removed, fat trimmed | 1 ea. |
| Flour, all-purpose | 4 ½ wt. oz. |
| Oil, vegetable | 2 Tbsp. |
| Garlic, clove, minced | 4 ea. |
| Onion, yellow, chopped | 2 ea. |
| Pepper, bell, green, chopped | 1 ea. |
| Pepper, bell, red, chopped | 1 ea. |
| Broth, chicken | 2 qt. |
| Tomato, purée | 12 fl. oz. |
| Olive, green, pitted, halved | 12 ea. |
| Potato, white, peeled, quartered | 8 ea. |
| Capers | 6 Tbsp. |
| Peas | 10 wt. oz. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |

Method

1. Preheat oven to 350°F.
2. Place the flour in a medium bowl. Dredge each turkey piece in flour and shake off excess. Heat oil over medium-high heat in a large skillet. Add the turkey pieces and fry until evenly browned. Transfer to a large ovenproof dish.
3. Add the garlic, onions, and peppers to the skillet and cook until the vegetables are tender. Stir in the chicken broth and tomato purée. Bring to a boil and pour over turkey the pieces.
4. Cover tightly and bake for 1 hour in the preheated oven.
5. Remove from the oven and stir in the olives, potatoes, and capers. Continue baking until turkey and potatoes are tender, about 30 minutes.
6. Stir in peas and bake until heated through, 5 to 10 more minutes. Season with salt and pepper and serve immediately.

ULU WITH GARLIC AND BACON

DOMINICA

Yield: 6 portions

| Ingredients | Amounts |
|--------------------------|----------------|
| Ulu, mature, peeled | 3 ea. |
| Salt, kosher | 1 Tbsp. |
| Pork, bacon | 4 wt. oz. |
| Oil, olive, extra-virgin | 1 Tbsp. |
| Garlic, clove, minced | 3 ea. |
| Stock, chicken | 4 fl. oz. |

Method

1. Cut each ulu into about 25 slices. Cover the ulu with water; add salt and bring to a boil. Reduce heat and simmer until soft.
2. Remove the ulu from the water and mash it in a mortar and pestle. Reserve.
3. Cook the bacon until crisp. Remove from fat and reserve. Stir oil into the rendered bacon fat; add the garlic and sauté briefly.
4. Return the bacon pieces to the pan and add the mashed plantains and chicken stock. Blend until well combined.

TAKO FRITTERS WITH CREOLE SAUCE

Yield: 24 fritters

| Ingredients | Amounts |
|-------------------------------|----------------|
| Octopus, ground 1/8-in. | 2 lb. |
| Onion, yellow, small, ground | 1 ea. |
| Celery, ground | 4 ea. |
| Pepper, bell, red, ground | 1 ea. |
| Pepper, bell, yellow, ground | 1 ea. |
| Egg, whole | 2 ea. |
| Cornmeal | 3 wt. oz. |
| Flour, all-purpose | 10 wt. oz. |
| Baking powder | 1 Tbsp. |
| Milk, whole | 4 oz. |
| Hot sauce | 2 tsp. |
| Parsley, fresh, chopped | 1/2 cup |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |
| | |
| Lime, cut into wedges | 2 ea. |
| Creole Sauce (Recipe follows) | 1x recipe |

Method

1. Combine all ingredients together and mix well.
2. Form into 2-ounce balls and deep-fry.
3. Serve with lime wedges and Creole Sauce.

CREOLE SAUCE

Yield: 6 portions

| Ingredients | Amounts |
|--------------------------------|----------------|
| Oil, vegetable | 1 fl. oz. |
| Annatto, seed | 2 Tbsp. |
| Onion, yellow, chopped | 8 wt. oz. |
| Celery, chopped | 8 wt. oz. |
| Garlic, clove, chopped | 4 ea. |
| Chile, Hawaiian, fresh, minced | 1 tsp. |
| Bay leaf, dried | 1 ea. |
| Tomato, canned | 2 ½ cup |
| Parsley, fresh, chopped | 3 Tbsp. |
| Sugar, granulated | 2 tsp. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |

Method

1. For the annatto oil, combine the oil and annatto seeds and cook on low heat for 5 minutes. Remove the seeds from the oil.
2. Sweat the onions, celery, garlic, chiles, and bay leaf in annatto oil. Add the flour and cook for 5 minutes.
3. Add the tomatoes and reduce to the desired sauce consistency.
4. Finish with the parsley, sugar, salt, and pepper.

DUCANA

ANTIGUA

Yield: 6 portions

| Ingredients | Amounts |
|---|----------------|
| Potato, sweet, Hawaiian, peeled, grated | 1 ½ lb. |
| Coconut, grated | 2 ea. |
| Flour, all-purpose | 1 lb. |
| Coconut, milk | 12 fl. oz. |
| Sugar, brown, dark | 5 wt. oz. |
| Baking powder | 2 wt. oz. |
| Raisins | 3 wt. oz. |
| Cinnamon, ground | 2 tsp. |
| Allspice, ground | 1 tsp. |
| Vanilla, extract | 1 tsp. |
| | |
| Banana, leaf | 6 ea. |

Method

1. Place all the ingredients except for the banana leaf in a mixing bowl and blend until smooth.
2. Cut the banana leaves in half. Spoon 3 ounces of the ducana mix onto the center of each banana leaf. Fold leaf and tie with butcher twine.
3. Steam in salted, simmering water for 1 hour.

SNAPPER WITH MANGO PAPAYA SALSA

ANTIGUA

Yield: 6 portions

| Ingredients | Amounts |
|--|----------------|
| Mango, peeled, small diced | 2 ea. |
| Papaya, peeled, seeded, small diced | 2 ea. |
| Cucumber, English, peeled, seeded, diced | 1 ea. |
| Tomato, concassé | 1 lb. |
| Lemon, juice, fresh | 4 Tbsp. |
| Lime, juice, fresh | 4 Tbsp. |
| Garlic, chopped | 2 Tbsp. |
| Ginger, chopped | 1 ½ Tbsp. |
| Scallion (Green onion), bunch, minced | 1 ½ ea. |
| Cilantro, fresh, bunch, chopped | ½ ea. |
| Chive, bunch, cut on bias | ½ ea. |
| Cumin, ground | 1 tsp. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ¼ tsp. |
| | |
| Fish, snapper, red, fillet, 6 oz. | 6 ea. |
| Salt, kosher | 1 Tbsp. |
| Pepper, black, ground | ½ tsp. |
| Oil, olive, extra-virgin | 2 Tbsp. |
| Cilantro, fresh, bunch, chopped | ¼ ea. |

Method

1. For the salsa, combine the mango, papaya, cucumbers, tomato concassé, lemons, limes, garlic, ginger, green onions, cilantro, chives, cumin, salt, pepper. Mix well. Refrigerate for at least 30 minutes.
2. Season the snapper fillets with salt and pepper. Brush with olive oil and sprinkle with cilantro. Grill over an open flame until done.
3. Place the Mango Papaya Salsa on each plate and arrange a snapper fillet on top.
4. Serve immediately.

STUFFED ROTI BREAD

TRINIDAD

Yield: 6 portions

| Ingredients | Amounts |
|-----------------------|----------------|
| Flour, all-purpose | 14 wt. oz. |
| Baking powder | 1 Tbsp. |
| Salt, kosher | 1 tsp. |
| Lard | 3 Tbsp. |
| Water | as needed |
| Peas, split, yellow | 4 wt. oz. |
| Cumin, ground | 1 Tbsp. |
| Curry powder | 1 Tbsp. |
| Garlic, powder | 1 Tbsp. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |
| Vegetable shortening | as needed |

Method

1. For the dough, mix the flour, baking powder, and salt together. Work in the lard and enough water to make a soft dough. Cover and let it rest for about 15 minutes.
2. For the split-pea filling, cook the split peas in water until they are halfway done, then drain and set aside to cool.
3. In a food processor, combine the split peas with the cumin, curry powder, garlic powder, salt, and pepper. Purée until very fine.
4. Divide the dough into 12 pieces. Roll out the pieces and spread each with the shortening or butter, then with the lentil mixture. Roll into a cylinder, then fold the ends inward to form a ball. Rest and then roll out and cook in a sauteuse in oil until lightly browned.

RECIPE INDEX

| | | | |
|---|------------|--|-----|
| Adobo Seasoning | 103 | Festival | 120 |
| Annatto Fried Chicken Wings | 112 | Fish with Tomatoes and Onions | 29 |
| Annatto Oil | 10 | Flour Tortillas | 58 |
| Aromatic Sour Cream Mixture | 74 | Fresh Salsa | 73 |
| Avocado Salad | 53 | Fried Chicken Turnovers | 43 |
| Barbados Barbecued Chicken | 129 | Fried Rabbit with Lime Wedges | 106 |
| Béchamel Sauce | 44 | Fried Rice | 17 |
| Beef Curry | 125 | Fried Ulu | 52 |
| Beef in Pumpkin Seed Sauce | 38 | Fried Ulu with Sauce Ti-Malice | 111 |
| Belizian Fry Jacks with Refried Beans | 40 | Glazed and Braised Pork | 109 |
| Black Bean Cakes with Mango Salsa | 130 | Green Oaxacan Mole | 78 |
| Black Rice | 88 | Green Rice with Poblano Strips | 93 |
| Black-Eyed Peas and Rice with Coconut Cream | 119 | Grilled Pork Skewers | 51 |
| Braised Lobster in Chili Sauce | 113 | Guacamole | 75 |
| Braised Marinated Opakapaka with Tomato, Shallot, and Garlic Sauce | 133 | Hawaiian Kalo Callaloo | 138 |
| Braised Taro Leaves | 13 | Jamaican Patties | 117 |
| Brazilian Rice | 22 | Jerk Chicken | 118 |
| Cassava with Warm Onion Garlic Sauce | 127 | Johnny Cakes | 128 |
| Chicken and Rice Stew | 100 | Kanpachi in Coconut, Ginger, and Lime Sauce | 47 |
| Chicken in Orange Sauce | 32 | Lamb Curry | 139 |
| Chicken with Puebla-Style Sauce | 91 | Lentils with Fruit | 84 |
| Chickpeas with Chorizo | 101 | Martinique Rice | 137 |
| Corn Bread with Cheese | 11 | Moi Fillet in Coconut Milk | 12 |
| Corn Pancakes | 28 | Okra Cornmeal | 131 |
| Corn Pudding | 68 | Old Clothes | 19 |
| Corn Tortillas | 62, 71, 86 | Orange and Jicama Salad | 89 |
| Costa Rican-Style Moi | 59 | Pickled Radish with Carrots | 46 |
| Creamed Pinto Beans | 34 | Pork and Hominy Soup | 67 |
| Creole Rice | 126 | Pork Baked in Leaves | 87 |
| Creole Sauce | 143 | Pork in Chile Sauce | 50 |
| Crêpes with Huitlacoche | 81 | Potato Cakes with Peanut Sauce | 61 |
| Curried Chicken | 132 | Pumpkin Soup | 108 |
| Dominican Sun Rice | 107 | Quesadillas with Ulu and Pipi Kaula | 66 |
| Drunken Chicken | 14 | Quinoa Pilaf | 24 |
| Ducana | 144 | Red Pepper Sauce | 42 |
| Dumpling Soup | 25 | Red Tomato Marinade | 56 |
| Eggs Motuleños Style | 90 | Refried Beans | 41 |
| Farofa | 23 | Rice with Black Beans | 115 |
| Feijoada Completa | 20 | Rice with Kidney Beans | 110 |

| | | | |
|--|--------|--|--------|
| Roast Pork Tenderloin with Red Tomato Marinade..... | 55 | Stuffed Roti Bread | 146 |
| Roasted Ulu | 33 | Tako Fritters with Creole Sauce | 142 |
| Salted Salmon Fish Fritters | 124 | Tamal Casserole..... | 60 |
| Sauce Piquant..... | 136 | Tamales Wrapped in Banana Leaves | 76 |
| Sautéed Spinach | 49 | Taro Root in Green Sauce | 70 |
| Seafood with Coconut Water..... | 80 | Taro with Garlic Sauce | 116 |
| Shredded Root Vegetables Filled with Beef | 98 | Tomatillo Salsa..... | 72 |
| Shrimp and Sweet Potato Cakes..... | 104 | Turkey Stew..... | 140 |
| Shrimp Turnovers | 15 | Ulu Chips with Ajilimójili Sauce | 102 |
| Small Tacos with Chicken | 85 | Ulu with Garlic and Bacon | 141 |
| Snapper Fillet Baked in Ti Leaf..... | 83 | Ulu with Huancaína Sauce..... | 18 |
| Snapper with Mango Papaya Salsa | 145 | Ulu with Tomato and Serrano Sauce | 94 |
| Sofrito..... | 9, 114 | Vegetable Kebabs with Sauce Piquant..... | 135 |
| Spicy Pork | 16 | Vigorón Salad | 57 |
| Squash Filled with Beef Stew..... | 30 | Watercress and Herb Soufflé | 48 |
| Stewed Chicken..... | 54 | White Rice | 27, 39 |
| Stuffed Flank Steak..... | 105 | White Roux..... | 45 |
| | | Zucchini with Cheese | 69 |

Memo To: CIA Continuing Education Students
From: Office of the Registrar
Re: Privacy of Student Records

The *Family Educational Rights and Privacy Act* (FERPA) is the federal law that governs release of and access to student education records. These rights include:

1. **The right to inspect and review your education record within a reasonable time after the CIA receives a request for access.** If you want to review your record, contact the Registrar's Office to make appropriate arrangements.
2. **The right to request an amendment of your education record if you believe it is inaccurate or misleading.** If you feel there is an error in your record, you should submit a statement to the Registrar's Office, clearly identifying the part of the record you want changed and why you believe it is inaccurate or misleading. The Registrar will notify you of the decision and advise you regarding appropriate steps if you do not agree with the decision.
3. **The right to consent to disclosure of personally identifiable information contained in your education records, except to the extent that FERPA authorizes disclosure without consent.** One exception which permits disclosure without consent is disclosure to school officials with "legitimate educational interests." A school official has a legitimate educational interest if the official has a need to know information from your education record in order to fulfill his or her official responsibilities. Examples of people who may have access, depending on their official duties, and only within the context of those duties, include: CIA faculty and staff, agents of the institution, students employed by the institution or who serve on official institutional committees, and representatives of agencies under contract with the CIA.
4. **The right to file a complaint with the U.S. Department of Education concerning alleged failures by the CIA to comply with the requirements of FERPA.**

Release of student record information is generally not done at the CIA without the expressed, written consent of the student. There are, however, some exceptions. For example, directory information includes the following, and may be released without the student's consent: name, permanent address, campus box number, CIA email address, photographs, program of study, dates of attendance, and degrees or certificates awarded with dates. Please note that you have the right to withhold the release of directory information. To do so, you must complete a "Request for Non-Disclosure of Directory Information" form, which is available from the CIA Consulting Department at 845-905-4417. Please note two important details regarding placing a "No Release" on your record:

1. The CIA receives many inquiries for directory information from a variety of sources outside the institution, including friends, parents, relatives, prospective employers, the news media, and others. Having a "No Release" on your record will preclude release of such information, even to those people.
2. A "No Release" applies to all elements of directory information on your record. The CIA does not apply "No Release" differently to the various directory information data elements.

A copy of the *Act*, more details about your rights, and any CIA policies related to the *Act* are available at <http://www.ciachef.edu/consumer-information/#psr>.

Questions concerning FERPA should be referred to the Office of the Registrar, The Culinary Institute of America, 1946 Campus Drive, Hyde Park, NY, 12538.

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CIP Vibrant Dishes of Latin America Course Guide 2025 v.100.docx

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