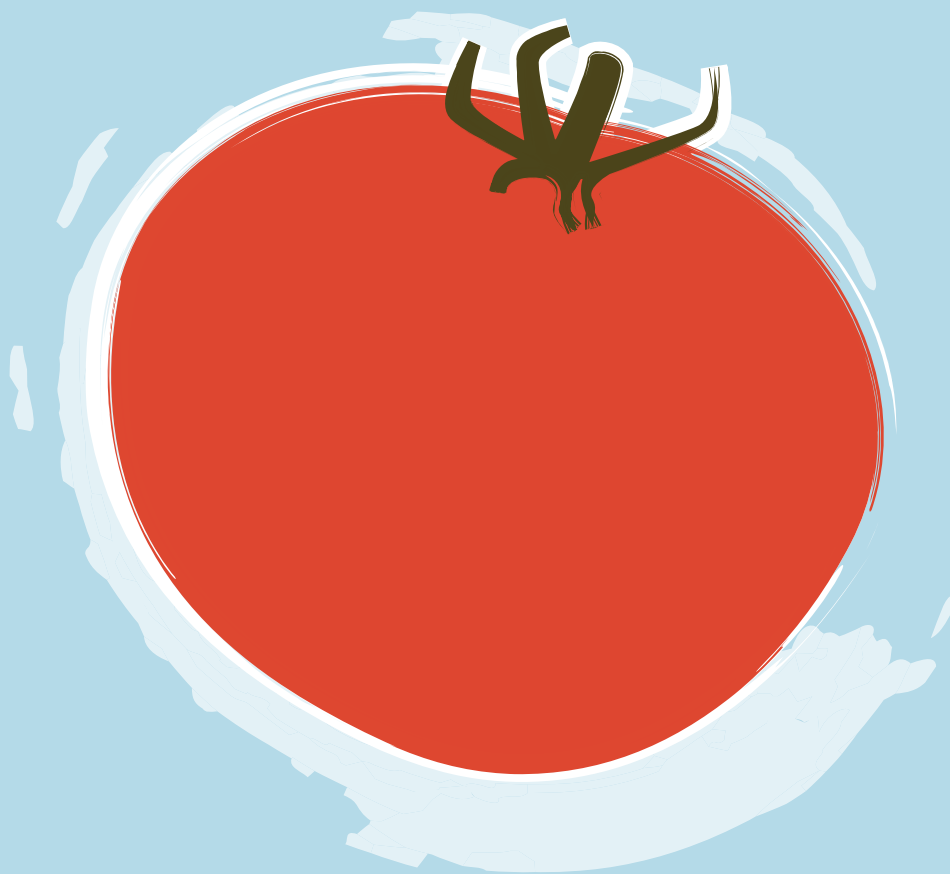


iBUEN

PROVECHO!



A GUIDE TO THE PEACE CORPS ECUADOR
VOLUNTEER KITCHEN

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ACKNOWLEDGEMENTS



References used to prepare Buen Provecho past and present:

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PC Dominican Republic Newsletter

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TRIBUTE TO LAUREL ZAKS, CREATOR OF BUEN PROVECHO



Dear PCVs, Staff, and Friends,

You're holding a wonderful book in your hands, one that was crafted with a scientist's mind and an artist's heart. It's a collection of recipes, wisdom, care, and knowledge that if used right will ease your day, fuel your dreams, and spread a bit of goodness in the world.

Buen Provecho wasn't always this way. When Peace Corps staff passed it around to us in the late nineties, the book wasn't a whole lot more than a dense collection of odd recipes, badly formatted and accompanied by stick-figure illustrations. You might use it a few times and think, "yeah, I could survive with this book." But you wouldn't be inspired.

Laurel Zaks.

"Zackie" to many of her Peace Corps friends, Laurel served as a Health Volunteer in Ecuador from 1997 to 2001. With a Masters in Public Health and a Registered Dietician, Ecuador didn't know what it was in for! Laurel did a stint in Tena as a health promoter and later found her way to Santa Domingo de Los Colorados, where she worked at CRN a.k.a. the Center for Malnourished Children, devoting countless hours to ensure that children ate what they needed to thrive and grow, that parents understood what foods were best, and that her professional colleagues learned all they could so the healing would continue upon her departure. Her technical skills and sense of compassion literally saved lives. Dozens, hundreds, maybe more. Sometime during her stay, Laurel's bright gaze - it could lighten a room at high noon - turned to the nondescript green cover that was the old Buen Provecho. She started scheming, plotting, experimenting, note-taking and scribbling. Testing, testing again, more notes. A plan grew vibrant and clear, like the kids in her care: she'd make something memorable out of Buen Provecho. What started out as a cookbook became something more. You'll quickly see it in the content, and understand why Laurel didn't respond too well when a Peace Corps staffer told her he didn't have money to reprint a mere "cookbook". No, the new Buen Provecho wasn't a cookbook. Think of it instead as a Health and Wellness Book to complement your ragged copy of *Donde No Hay Doctor*.

Because for Laurel, food wasn't just something to keep us going, literally or figuratively. Food was to be experienced and celebrated. Its calories, its nutrients, its tastes and textures stimulated Laurel's intellect and artistry as much as it sustained her blood. Watching her couple ingredients in an open air market or her kitchen was like watching two halves: one part diligent scientist measuring ingredients with precisions; and one part florist plucking the gifts of a field for a bouquet on an altar. She was confident - convinced, really - that grains and fruits could calm one's restlessness and build community, be it around a malnourished child or between friends at the dinner table. Food was magic, and Laurel didn't compromise when it came to magic.

We hope this book brings you much nourishment for your body, your mind, your soul, and your community. For that is what Laurel would have wanted. And don't take our word for it – let her words from a letter speak for themselves:

Breathe deep and enjoy some dark chocolate covered pretzels - I am!
paz y abrazos, Zakie

Just don't call it a cookbook.

Buen provecho,
Laurel's friends (Omnibus 78)

INTRODUCTION



I remember telling my nervy self before I hopped on the plane bound for staging in Miami that if nothing else came of my two years in the Peace Corps, at least I'd try my best to become a good cook. Happily, I think I accomplished more in my service than cooking, but my premonitions weren't too off; the pace of life in Ecuador moves much more slowly than my 8 to 5 lifestyle in the states, and has offered me time to experiment with many new things. Cooking has been my favorite. It's unlikely that you will ever again have such easy access to such cheap ingredients in your lifetime. Hay que aprovecharlo.

Enjoy getting to know your local vendors and being closer to the source of what you put into your body. Ask the lady who sells you your avocados about her farm; more likely than not, you'll learn something. Not only that, you might make a friend and enjoy some nice yapas to boot.

Use food to integrate. If you don't have a blender and you want to make hummus, ask your neighbor to use his or hers. If you make some yummy banana bread, bring a plateful to your next youth group meeting. If you see a strange fruit at the market, buy it and ask your vecino how to make juice out of it. Chances are, your friends will find your lack of Ecuadorian cooking know-how humorous and you'll learn lots of new things.

In this edition of Buen Provecho, I've tried my best to compile for you a comprehensive guide to food in Ecuador along with a good collection of recipes containing ingredients accessible in Ecuador. While many recipes include ingredients that may not be available in your local campo tienda, I hope you find enough to keep you going until your next stock-up opportunity at the nearest Supermaxi, Tia, Akí, or Mi Comisariato. While taking the PCV budget into consideration, I encourage you to invest in quality, nutritious ingredients.

Use Buen Provecho as a guide, and when it falls short, ask someone from home to send you a copy of *The Joy of Cooking*. It's the best thing I packed.

Happy eating.

Erin Hays McCoy
Editor, Buen Provecho 2010
PCV Youth and Families, Omnibus 100

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COOKING IN THE CAMPO

ENGLISH-SPANISH FOOD VOCABULARY (VOCABULARIO INGLÉS-ESPAÑOL)

English

abalone
alfalfa
allspice
almond
anchovy
anise
annatto
apple
apricot
artichoke
asparagus
avocado
bacon
baking powder
baking soda
baloney, bologna
banana
barley
barley, pearl
barley, sweetened powdered
basil, sweet
bass
bay leaf
bean
bean, fresh
bean, dried
bean, green or string
bean, horse or broad
bean, lima
bean, wax
beef
beet
berry, variety of
bird seed
biscuit
blackberry
blueberry
bone marrow
bran
Brazil nut

Español

oreja marina
alfalfa
pimienta dulce
almendra
anchoa
anís
achiote
manzana
albaricoque
alcachofa
espárrago
aguacate
tocino; tocineta
polvo de hornear; Royal (brand name)
bicarbonato de soda
mortadela
banano; guineo; orito
cebada
cebada perlada
pinol
albahaca
corvina
laurel; hoja de laurel
fréjol; poroto
fréjol tierno
fréjol; seco
vainita
haba
pallar; habichuela
vainita de mantequilla
res
remolacha; betarraga
mora
alpiste
galleta
zarzamora; mora
arándano azul; agraz; mortiño
médula de res
salvado
nuez de Brasil

| | |
|----------------------------|--|
| bread | pan |
| breaded | apanado |
| broccoli | brócoli |
| broth | caldo |
| brussel sprouts | bruselas; col de bruselas |
| butter | mantequilla |
| buttermilk | leche agria; buttermilk |
| cabbage | col |
| cabbage, red | col morada |
| cactus fruit | tuna |
| cake | torta; pastel: queque |
| cantaloupe | melon; melon pasposo |
| cardamon | cardamomo |
| caraway seeds | acaravea |
| carrot | zanahoria; zanahoria amarilla |
| cashew | maranón; anacardo |
| cassava; manioc; yuca | yuca |
| catfish | bagre |
| cauliflower | coliflor |
| cayenne | ají; pimienta roja |
| celery | apio |
| chamomile | manzanilla |
| cheese | queso |
| cheese, cream | queso crema |
| cheese, cottage | requesón |
| cheese, soft white | queso fresco |
| cherry | cereza |
| cherry, ground; gooseberry | uvilla |
| cherry, Maraschino | guinda |
| chervil | perifolio |
| chestnut | castaña |
| chickpea; garbanzo | garbanzo |
| chicken | pollo |
| chicory; succory | achicoria |
| chili powder | ají en polvo más oregano, comino y ajo |
| Chinese cabbage | nabo chino |
| chives | cebollina |
| chocolate | chocolate |
| chop; cutlet | chuleta |
| cinnamon | canela |
| clam | almeja |
| clove | clavo de olor |
| coconut | coco |
| cod | bacalao |
| cookie | galleta |
| coriander; cilantro | culantro; cilantro |
| corn | maiz; morocho |

corn, fresh ear of
corn kernels, fresh
corn starch
corn grits; polenta
cornmeal
corn syrup
crab
cracker
crackling
cranberry
cream
cream of wheat
cucumber
currant
custard apple; cherimoya
cumin
curry
date
dessert
dill
duck
egg
egg white
egg yolk
eggplant
endive
fennel
fig
filling; stuffing
fish
fish, salted dried
flax; linseed
flounder; sole
flour
flour, wheat
flour, barley
flour, corn
fowl; hen
fruit
garlic
garlic clove
garlic salt
grape
grapefruit
ginger
green bean
guava

choclo
choclo desgranado
maicena (almidón de maíz)
polenta
sémola de maíz
miel de maíz
cangrejo
galleta
chicharrón
arándano
crema; crema de leche
sémola de trigo
pepino; pepinillo
grosella
chirimoya
comino
condimento de curry
dátil
postre
eneldo
pato
huevo
clara
yema
berenjena
endibia
hinojo común
higo
condumio; relleno
pescado (to eat); pez (living fish)
pescado seco
linaza
lenguado
harina
harina de trigo; harina de castilla
harina de cebada; máchica
harina de malz
gallina
fruta
ajo
diente de ajo
sal de ajo
uva
toronja
jengibre
vainita
guayaba

| | |
|-----------------------|-----------------------------------|
| guinea pig | cuy |
| haddock | merluza |
| halibut | hipogloso |
| ham | jamón |
| herring | arenque |
| hominy | mote |
| honey | miel de abeja |
| honeydew melon | melón; melón verde |
| horseradish | raíz picante |
| huckleberry, wild | mortino |
| ice cream | helado |
| ketchup; catsup | salsa de tomate |
| lamb; mutton | borrego; cordero |
| lard | manteca de chanco |
| leek | cebolla puerro |
| legume | leguminosa |
| lemon | limón |
| lemongrass | hierba luisa |
| lemon verbena | cedrón |
| lentil | lenteja |
| lettuce | lechuga |
| lime | limón |
| liver | hígado |
| lobster | langosta |
| loquat | níspero |
| lunch meat | embutido |
| mace | macis; macia |
| mackerel | caballa |
| mandarin; tangerine | mandarina |
| mango | mango |
| manioc; cassava; yuca | yuca |
| margarine | margarina |
| marjoram | mejorana |
| meat | carne |
| meat: rib | costilla |
| meat tenderizer | ablandador de carne |
| meatballs | albóndigas |
| milk | leche |
| monosodium glutamate | glutamato monosódico; "Ajinomoto" |
| mussels | mejillones |
| mushrooms | champiñones; hongos |
| mustard | mostaza |
| noodles | fideos; tallarín |
| nut, hazel | avellana |
| nut, pistachio | pistacho |
| nut, walnut | nuez |
| nutmeg | nuez moscada |

| | |
|---------------------------|-------------------------------|
| oats; oatmeal | avena |
| octopus | pulpo |
| oil | aceite |
| olive | aceituna |
| orange | naranja |
| orange, navel; Washington | naranja sin pepa |
| onion | cebolla |
| onion, green | cebolla blanca |
| onion, red | cebolla colorada; paiteña |
| onion, pickled | cebolla encurtida |
| onion salt | sal de cebolla |
| onion, white | cebolla perla |
| oregano | oregano |
| organ meat; offal | menudo |
| oyster | ostión, ostra |
| palm hearts | palmito |
| papaya | papaya |
| paprika | pimentón dulce y español |
| parsley | perejil |
| passion fruit | granadilla |
| peach | durazno; melocotón |
| pea | arveja |
| peanut | maní |
| pear | pera |
| pecan | pacana |
| pepper | pimienta |
| pepper, black | pimienta negra |
| pepper, green | pimiento verde |
| pepper, red sweet | pimiento rojo |
| peppermint | menta |
| pigs feet | pata de chancho |
| pimiento | pimiento rojo |
| pineapple | piña |
| plantain | plátano verde; plátano maduro |
| plum | claudia; ciruela |
| pomegranate | granada |
| popcorn | canguil |
| poppy seeds | semilla de amapolas |
| pork | cerdo; chancho |
| pork pieces, fried | fritada |
| pork skin | cuero |
| potato | papa |
| potato, sweet | camote |
| prawns | langostino |
| prune | ciruela pasa |
| pumpkin | zapallo |
| pumpkin seeds | pepas de zambo; pepita |

| | |
|-----------------------|------------------------------------|
| quince | membrillo |
| quinoa | quínua; quínoa |
| rabbit | conejo |
| radish | rábano |
| raisin | pasa |
| raspberry | frambuesa |
| red pepper, hot | ají |
| red snapper | pargo |
| rhubarb | ruibarbo |
| rice | arroz |
| rice, brown | arroz integral |
| rosemary | romero |
| rye | centeno |
| saffron | azafrán |
| sage | salvia |
| salmon | salmon |
| salt | sal |
| salt, iodized | sal yodada |
| salt, rock or sea | sal en grano |
| sapota; sapodilla | zapote |
| sardine | sardina |
| sausage | chorizo; salchicha |
| savory | ajedrea |
| scallion; green onion | cebolla blanca |
| sea bass; whitefish | corvina |
| seafood | mariscos |
| sesame seed | ajonjolí |
| shark | tiburón |
| shortening | manteca |
| shrimp | camarón |
| smelt | esperiano |
| soursop | guanábana |
| soybean | soya |
| soy sauce | salsa china; salsa de soya |
| spearmint | hierbabuena |
| spinach | espinaca |
| squash | zapallo: sambo; zambo |
| squid | calamar |
| starch | aimidén |
| strawberry | fresa |
| sugar | azucar |
| sugar, brown | azucar morena |
| sugar, unrefined | panela raspadura |
| sugar, powdered | azucar impalpable; azucar en polvo |
| sunflower | girasol |
| sweet potato | camote |
| swiss chard | acelga |

| | |
|--------------------------|----------------------|
| swordfish | picudo; pez espada |
| syrup | almíbar; miel |
| tamarind | tamarindo |
| tangerine; mandarin | mandarina |
| tapioca | tapioca |
| tarragon | estragón |
| thyme | tomillo |
| tomato | tomate |
| tomato, tree | tomate de árbol |
| tripe | tripa |
| trout | trucha |
| tumeric | cúrcuma |
| tuna | atún |
| turkey | pavo |
| turnip; rutabaga | papanabo; nabo |
| vanilla | vainilla |
| vegetables | vegetales; legumbres |
| vegetables, green | verduras |
| vinegar | vinagre |
| walnut | nuez |
| watercress | berros |
| watermelon | sandia |
| wiener; hot dog; sausage | salchicha |
| wheat | trigo |
| wheat, cream of | sémola de trigo |
| wheat germ | germen de trigo |
| whitefish; seabass | corvina |
| whole wheat flour | harina de trigo |
| yam | barata |
| yeast; leaven | levadura |
| yeast, dry | levadura seca |
| yeast, compressed | levadura fresca |
| zucchini | zuquin; zuquini |

ENGLISH – SPANISH – LATIN COMMODITY REFERENCE WITH BOTANICAL NAMES
(GENUS, SPECIE)

A

Abeto, pinabeto, FIR, *Abies* sp.
 Aceituna, olivo, OLIVE, *Olea europaea*
 Acelga alcachola, SWISS CHARD, *Beta vulgaris*
 Achiote ANNATTO SEED, *Bixa orellana*
 Achojcha (Bolivia; pepino de relleno, Colombia), *Cucurbitaceae cyclanthea pedata*
 ACORN, bellota, *Quercus* sp.
 Agapanthus, LILY OF THE NILE, *Agapanthus africanus*
 Aguacate, palta, AVOCADO, *Persea americana*
 Aguaturma tupinabu, ARTICHOKE JERUSELEM, *Helianthus tuberosus*
 Ajedra, SAVORY, *Satureja hortensis*
 Ají, chile, PEPPER (CHILE), *Capsicum* sp.
 Ajo, GARLIC, *Allium sativum*
 Ajonjolí, SESAME, *Sesamum indicum*
 Alamo, POPLAR, *Populus* sp.
 Albahaca, BASIL, *Ocimum basilicum*
 Albaricoque, chabacano, APRICOT, *Prunus armeniaca*
 Alcachofa, ARTICHOKE (GLOBE), *Cynara scolymus*
 Alcachola, acelga, SWISS CHARD, *Beta vulgaris*
 Alcanfor, CAMPHOR, *Cinnamomum camphora*
 Alfalfa, ALFALFA, *Medicago sativa*
 Algarroba, ST. JOHN'S BREAD, *Ceratonia siligua*
 Algodón, COTTON, *Gossypium* sp.
 ALLSPICE, PIMENTO, malagueta, pimienta inglesa, *Pimenta dioica*
 Almendra, ALMOND, *Prunus dulcis*
 ALOE, (aloe vera), sábila, *Aloe* sp.
 Alverja (Colombia), arveja, chicharo, guisante, PEA, *Pisum* sp.
 Amapola, POPPY (OPIUM), *Papaver somniferum*
 Ananas, piña, PINEAPPLE, *Ananas comosus*
 ANNATTO SEED, achiote, *Bixa orellana*
 Anona, tís, SWEETSOP, SUGAR APPLE, *Annona squamosa*
 Apio, CELERY, *Apium graveolens*
 APPLE, manzana, *Malus sylvestris* or *** *Malus communis* & *paradisiaca* and *Pyrus malus*
 APRICOT, albaricoque, chabacano, *Prunus armeniaca*
 Arandano, mortiño, BLUEBERRY, *Vaccinium* sp.
 Arbol de pan, BREADFRUIT, *Artocarpus altilis* or *communis*
 Arce, MAPLE, *Acer* sp.
 Arracacha, Peruvian CARROT, *Arracacia xanthorrhiza*
 ARROWROOT, maranta, arrurruz, *Maranta arundinacea*
 Arroz, RICE, *Oryza sativa*, short grain: japonica, and long grain: indica
 Arrurruz, maranta, ARROWROOT, *Maranta arundinacea*
 ARTICHOKE GLOBE, alcachofa, *Cynara scolymus*
 ARTICHOKE JERUSELEM, aguaturma tupinabu, *Helianthus tuberosus*

Arveja, alverja (Colombia), chicharo, guisante, PEA, *Pisum* sp.
Arveja china, SNOW PEAS, *Pisum sativum macrocarpon*
Atis, anona, SWEETSOP, SUGAR APPLE, *Annona squamosa*
ASPARAGUS, esparrago, *Asparagus officinalis*
Ave del paraiso, BIRD OF PARADISE, *Strelitiae reginae*
***Avellano, HAZELNUT, *Corylus avellana*
Avena, OAT, *Avena sativa*
AVOCADO, aguacate, palta, *Persea americana*
Azafran, SAFFRON, *Crocus sativus*
Azalea, AZALEA, *Rhododendron calendulaceum*

B

*BALSAM, balsamo, *Myroxylon pereirae* (Peru, El Salvador) or balsamum (Tolu, Colombia, Bolivia)
Bambu, BAMBOO, *Bambusa* sp.
BANANA, guineo, orito, banano aleroso/gualele (Bolivia), *Musa* sp. (paradisiaca most commercial type, cavendishii, wilt-resistant)
Banano oleroso, gualele (Bolivia; see BANANA)
BARLEY, cebada, *Hordeum vulgare*
BASIL, albahaca, *Ocimum basilicum*
Batata, boniato, camote, SWEET POTATO, *Ipomoea batatas*,
YAM, *Dioscorea* sp.
BAY LEAF, laurel, *Laurus nobilis*
Bayas especies, BRAMBLEBERRIES, *Rubus* sp.
BEAN, frijol, frejol, habichuela, *Phaseolus vulgaris*
BEET, betabel, betarraga, remolacha, *Beta vulgaris*
***BEET (SUGAR), *Beta vulgaris altissima*
Bellota, ACORN, *Quercus* sp.
***BELL/SWEET PEPPER, pimienta, pimenton, *Capsicum annuum*
Berenjena, EGGPLANT, *Solanum melongena*
Berro, WATERCRESS, *Nasturtium officinale*
Betabel, betarraga, remolacha. BEET, *Beta vulgaris*
Betarraga, betabel, remolacha, BEET, *Beta vulgaris*
BIRD OF PARADISE, ave del paraiso, *Strelitzia reginae*
*BLACKBERRY zarzamora, *Rubus fruticosus*
**BLACK-EYE PEA, COWPEA, vicia, *Vigna sinensis*
BLUEBERRY, arandano, mortiño, *Vaccinium* sp.
Boniato, batata, camote, SWEET POTATO, *Ipomoea batatas*, YAM, *Dioscorea* sp.
BRAMBLEBERRIES, bayas especies, *Rubus* sp.
BRAZILNUT, *Bertholletia excelsa*
BREADFRUIT, pan de arbol, *Artocarpus allitis* or *communis*
BROCCOLI, brocoli, *Brassica oleracea*
Brocoli, BROCCOLI, *Brassica oleracea*
BROOMCORN, popote, *Sorghum bicolor*
BRUSSEL SPROUTS, col de Bruselas, *Brassica oleracea* or *gemmifera*

C

CABBAGE, col, repollo, *Brassica oleracea capitata*
 Cacahuete, mani, PEANUT, *Arachis hypogaea*
 Cacao, COCOA BEAN, *Theobroma cacao*
 CACTUS FRUIT, tuna, *Opuntia* sp.
 Café, COFFEE, *Coffea* sp. (arabica or canephora, robusta)
 Caimito, STAR APPLE, *Chrysophyllum cainito*
 Calabaza, zapallo, PUMPKIN, SQUASH, *Cucurbita* sp.
 Calendula, MARIGOLD, *Tagetes* sp.
 CALIA LILY, lirio, *Zantedeschia aethiopica*
 Camelia, CAMELLIA, *Camellia japonica*
 Camote, batata, boniato, SWEET POTATO, *Ipomoea batatas* YAM, *Dioscorea* sp.
 *CAMPHOR, alcanfor, *Cinnamomum camphora*
 Caña, SUGARCANE, *Saccharum officinarum*
 *Caña de Indias, RATTAN, *Calamus* sp.
 Canela, CINNAMON, *Cinnamomum verum*
 **CANOLA, RAPE, colza, *Brassica* Spp.
 CANNONBALL FRUIT, guira, higuena, totumo, *Couroupita guianensis*
 CANTALOUPE, melon, *Cucumis melo*
 *CARDAMON, cardamomo, *Elettaria cardamomum*
 CARNATION, clavel, *Dianthus caryophyllus*
 *Carabola, STAR FRUIT, *Averrhoa carambola*
 CARROT, zanahoria, *Daucus carota* subsp. *Sativus*
 Caqui, parsimonio, PERSIMMON, *Diospyros* sp.
 CASHEW NUT, maranon, *Anacardium occidentale*
 *CASSAVA, MANIOC, yuca, *Manihot dulcis* (yellow, sweet), or utilissima (white, cyanide)
 Castana de agua, WATERNUT, *Eleocharis dulcis* or WATER CHESTNUT, *Trapa natans*
 Castana, CHESTNUT, *Castanea* sp.
 *CASTOR SEED, higuerilla, ricino, *Ricinus communis*
 *Caucho, chicle, CHICLE, RUBBER, *Achras zapota* or *Hevea brasiliensis*
 CAULIFLOWER, coliflor, *Brassica oleracea botrytis*
 Cebada, BARLEY, *Hordeum vulgare*
 Cebolla, ONION, *Allium cepa*
 CELERY, apio, *Apium graveolens*
 Centeno, RYE, *Secale cereale*
 Cereza, CHERRY, *Prunus avium* and *cerasus*
 Chabacano, albaricoque, APRICOT, *Prunus armeniaca*
 Chalote, SHALLOT, *Allium cepa*
 CHAMAEDOREA PALM, palmita, *Chamaedorea* sp.
 CHAMOMILE, manzanilla, *Chamaedorea* sp.
 Champiñon, hongo, seta, MUSHROOM
 Chayote, patate, CHRISTOPHINE FRUIT, VEGETABLE PEAR, *Sechium edule*
 CHERIMOYA, Chirimoya, *Annona cherimola*
 CHERRY, cereza, *Prunus avium*
 CHERVIL, perifollo, *Anthriscus cerefolium*

COOKING IN THE CAMPO

CHESTNUT, castana, *Castanea* sp.
Chicharo, alverja, arveja, guisante, PEA, *Pisum* sp.
CHICKPEA, garbanzo, *Cicer arietinum*
*CHICLE, RUBBER, Caucho, chicle, *Achras zapota* or *Hevea brasiliensis*
Chile, ají, PEPPER (CHILE), *Capsicum* sp.
China dulce, PARSNIP, *Pastinaca saliva*
Chirimoya, CHERIMOYA, *Annona cherimola*
Choclo, elote, maiz, CORN, MAIZE, *Zea mays*
Chontaduro, palmito, pejebaye, PALMHEART,
Chanaedorea sp.; *Bactris gasipea* or *Cuiliel gasipea*
CHRISTOPHINE FRUIT, VEGETABLE PEAR, chayote, pataste, *Sechium edule*
Cilantro, culantro, CORIANDER, CILANTRO, *Coriandron sativum*
*CINNAMON, canela, *Cinnaomomum verum*
Ciruela, PLUM, *Prunus domestica*, OMOBIN, *Spondias* sp.
Citron, cidra, CITRON (similar to SHADDOCK), *Citrus medica*
Clavel, CARNATION, *Diathus caryophyllus*
*Clavos, CLOVES, *Eugenia caryophyllus*
Coco de agua, COCONUT, *Cocos nucifera*
COCOA, cacao, *Theobroma cacao*
COCONUT, coco de agua, *Cocos nucifera*
*COCOYAM, TARO, EDDOE, DASHEEN, *Colocasia antiquorum*
COFFEE, café, *Coffea* sp. (arabica or canephora, robusta)
Col, repollo, CABBAGE, *Brassica oleracea capitata*
Col de Bruselas, BRUSSEL SPROUTS, *Brassica oleracea*
Coliflor, CAULIFLOWER, *Brassica oleracea borbytis*
Comino, CUMIN, *Cuminum cyminum*
COMMON JASMINE ORANGE, jazmin, *Murraya paniculata*
CORIANDER, cilantro, culantro, *Coriandrum sativum*
CORN, choclo, elote, Maiz, *Zea mays*
**CORN (FEED), *Zea mays indentata*
COTTON, algodón, *Gossypium* sp.
**COWPEA, BLACK-EYE PEA, vigna, *Vigna sinensis*
Crisantemo, MUMS, *Chrysanthemum* sp.
CUCUMBER, pepino, *Cucumis sativus*
*CUMIN, comino, *Cuminum cyminum*
*CURARE, *Chondondendron tomentosum*
*Curcuma, TUMERIC, *Curcuma longa*
CUSTARD APPLE, mamón, *Annona reticulata*

D

DAISY, margarita, *Bellis perennis*
DASHEEN, yautia, *Colocasia esculenta*
*DASHEEN, TARO, EDDOE, COCOYAM, *Colocasia antiquorum*
Datil, DATE, *Phoenix dactylifera*
DILL, eneldo, *Anethum graveolens*
Durazno, melcoton, PEACH, *Prunus persica*

DURIAN, durio, Durio zibethinus

E

*EDDOE, TARO, DASHEEN, COCOYAM, Colocasia antiquorum

EGGPLANT, berenjena, Solanum melongena

*Ejote, STRING BEAN, GREEN/STRING BEAN, Phaseolus vulgaris & coccineus

ELM, olmo, Ulmus sp.

Elote, choclo, maiz, CORN, Zea mays

Encina, roble, OAK, Quercus sp.

***ENDIVE, ESCAROLE, escarola, Chicorium endivia

Eneldo, DILL, Anethum graveolens

***Escarola, ESCAROLE, ENDIVE, Chicorium endivia

Esparrago, ASPARAGUS, Asparagus officinalis

Espinaca, SPINACH, Spinacia oleracea

Estargon, TARRAGON, Artemisia dracunculus

ETHROG, limon chivo, Citrus medica

Eucalipto, EUCALYPTUS, Eucalyptus sp.

F

FABA BEAN, habas, Vicia faba

FERN, helecho

FIG, higo, Ficus carica

FIR, abeto, pinabeto, Abies sp.

**FLAX, lino, Linum usitatissimum

Frambuesa, mora de castilla, RASPBERRY, Rubus sp.

*FRENCH BEAN, GREEN/STRING BEAN, ejote, Phaseolus coccineus & vulgaris

Fresa, frutilla, STRAWBERRY, Fragaria sp.

G

Gandul, PIGEON PEA, Cajanus cajan

Garbanzo, CHICKPEA, Cicer arietinum

Gardenia, GARDENIA, Gardenia sp.

GARLIC, ajo, Allium sativum

Gengibre rojo, RED GINGER, Alpinia purpurata

*Gengibre, GINGER, Zingiber officinale

Geranio, GERANIUM, Pelargonium sp.

GERANIUM, Geranio, Pelargonium sp.

GHERKIN, pepinillo, Cucumis anguria

*GINGER, gengibre, Zingiber officinale

**Girasol, SUNFLOWER, Helianthus annuus

Gladiolo, gladio, GLADIOLA, Gladiolus sp.

Granada, POMEGRANATE, Punica granatum

Granadilla, PASSION FRUIT, Passiflora sp.

GRAPE, uva, Vitis sp.

COOKING IN THE CAMPO

GRAPEFRUIT, toronja, *Citrus paradisi*

*GREEN/STRING BEAN, FRENCH BEAN, ejote, *Phaseolus vulgaris* & *coccineus*

Grosella china, KIWI, *Actinidia chinensis*

Guanabana, SOURSOP, *Annona muricata*

Guisante, arveja, alverja (Colombia), chicharo, PEA, *Pisum* sp.

GUAVA, guayaba, *Psidium guajava*

Guayaba, GUAVA, *Psidium guajava*

Guineo (see BANANA, *Musa* sp.)

Guira, higüena, totumo, CANNONBALL FRUIT, *Couroupita guianensis*

H

Haba verde, LIMA BEAN, *Phaseolus lunatus macrocarpus*

Habas, FAVA BEAN, *Vicia faba*

Habichuela, frijol, frejol, BEAN, *Phaseolus vulgaris*

HAWTHORN, tecojote, *Crataegus* sp.

***HAZELNUT, avellano, *Corylus avellana*

Helecho, FERN

HIBISCUS, jamaica, *Hibiscus* sp.

Hierba becerra, SNAPDRAGON, *Antirrhinum majus*

Higuerilla, recino, CASTOR SEED, *Ricinus communis*

Higo, FIG, *Ficus carica*

Higüena, guira, totumo, CANNONBALL FRUIT, *Couroupita guianensis*

HOG PLUM, YELLOW MOMBIN, jobo, *Spondias mombin*

HONEYDEW, melon dulce, *Cucumis melo*

Hongo, champiñon, seta, MUSHROOM

HUSK-TOMATO, tomatillo, *Physalis* sp.

I

Injerto, GREEN SAPOTE, *Pouteria viridis*

IRIS, lirio, *Iris* sp.

J

JACKFRUIT, jaca, *Anocarpus heterophyllus*

Jaca, JACKFRUIT, *Anocarpus heterophyllus*

Jamaica, HIBISCUS, *Hibiscus* sp.

Jazmin, COMMON JASMINE ORANGE, *Murraya paniculata*

Jengibre, GINGER, *Zingibre officinale*

Jicama, JICAMA, YAM BEAN ROOT, *Pachyrhizus erosus*

Jobo, HOG PLUM, YELLOW MOMBIN, *Spondias mombin*

*JOJOBA, jojoba, *Simmondsia californica*

JUNIPER, junipero, *Juniperus* sp.

Junipero, JUNIPER, *Juniperus* sp.

*JUTE, yute, *Corchorus capsularis* and *olitorius*

K

KIWI, grosella china, *Actinidia chinensis*
 *KENAF, THAI JUTE, kenaf, *Hibiscus cannabinus*
 KEY LIME, LIME, limon/lima agria/limon criollo, *Citrus aurantiifolia*

L

Laurel, LAUREL, BAY LEAF, *Launis nobilis*
 Lechuga, LETTUCE, *Lactuca* sp.
 LEEK, cebolla puerro, *Allium ampeloprasum*
 LEMON, limon, *Citrus limon*
 LEMONGRASS, te de limon, hierba luisa, *Cymbopogon citratus*
 LETTUCE, lechuga, *Lactuca* sp.
 LILY, lirio, *Lilium* sp.
 LILY OF THE NILE, agapanthus, *Agapanthus officanus*
 Lima (Bolivia, Pen, Central America), LIME (SWEET), *Citrus limenioides*
 LIMA BEAN, haba verde, *Phaseolus lunatus macrocarpus*
 LIME, KEY LIME, limon/lima agria/limon criollo, *Citrus aurantiifolia*
 LIME (PERSIAN or TAHITIAN LEMON), limon persa, *Citrus latifolia*
 LIME (SWEET), lima, *Citrus limenioides*
 Limon, LEMON, *Citrus limon*
 Limon chivo, ETHROG, *Citrus medica*
 Lima agria/limon, LIME, *Citrus aurantiifolia*
 Limon persa, LIME (PERSIAN or TAHITIAN LEMON), *Citrus latifolia*
 Limon ponderosa, PONDEROSA LEMON, *Citrus limon* var. *ponderosa*
 **Lino, FLAX, *Linum usitatissimum*
 Lirio, CALIA LILY, *Zantedeschia aethiopica*
 Litchi, LYCHEE, *Litchi chinensis*
 LOQUAT, nispero, *Eriobotrya japonica*
 LYCHEE, litchi, *Litchi chinensis*
 *MACADEMIA NUT, macademia, *Macademia terniflora*
 Maguey, MAGUEY PLANT, *Agave* sp.
 Maiz, choclo, elote, CORN, *Zea mays*
 *Malagueta, pimienta inglesa, ALLSPICE, PIMENTO, *Pimenta dioica*
 Malanga, CALADRUM, *Caladium* sp.
 MALANGA, taro, *Colocasia esculentus*
 MAMMEE, mamey, *Mammea americana*
 MAMMEE SAPOTE, mamey, *Pouteria sapota*
 Mamey, MAMMEE, *Manunea americana*
 Mamey, MAMMEE SAPOTE, *Pouteria sapota*
 Mamon, CUSTARD-APPLE, *Annona reticulate*
 MANDARIN ORANGE, TANGERINE, mandarina, *Citrus reticulate*
 Mandarina, MANDARIN ORANGE, TANGERINE, *Citrus reticulate*
 Mango, MANGO, *Mangifera indica*
 *MANGOSTEEN, *Carcinia mangostana*
 Mani, cacahuete, PEANUT, *Archis hypogaea*

MANIOC, CASSAVA, yuca, *Manihot dulcis* (yellow, sweet) or *utilissima* (white, cyanide)
Manzana, APPLE, *Malus sylvestris* or *** *Malus communis* & *paradisiaca* and *Pyrus malus*
Manzanilla, CHAMOMILE, *Chamaemelum nobile*
MAPLE, arce, *Acer* sp.
Maracuya, PASSION FRUIT, *Passiflora endulis*
Maranon, CASHEW NUT, *Anacardium occidentale*
Maranta, arrurruz, ARROWROOT, *Maranta anandinacea*
Margarita, DAISY, *Bellis perennis*
MARIGOLD, *calendula*, *Tagetes* sp.
MARIHUANA, marijuana, *Cannabis saliva*
* Mate, PARAGUAYAN TEA, *Ilex paraguariensis*
MELISA, toronjil, *Labiatae* or *Lamiaceae melisa officinalis*
Melocoton, durazno, PEACH, *Prunus persica*
MELON PEAR, pepino, *Solanum muncatum airon*
Melon, CANTALOUPE, *Cucumis melo*
Melon dulce, HONEYDEW, *Cucumis melo*
Membrillo, QUINCE, *Cydonia oblonga*
Menta, MINT, *Mentha alvenses*
MESQUITE, mesquite, *Prosopis* sp.
MEXICAN ELDER, sauce, *Sambucus mexicana*
* MILLET, milo, esp. *Setaria italica*, *Panicum miliaceum*, *Pennisetum glaucum*
MINT, menta, *Mentha alvenses*
MISTLETOE, muerdago, *Phoradendron* sp.
MOMBIN, ciruela, *Spondias* sp, PLUM, *Prunus domestica*
Mora (macho), MULBERRY, *Morus alba*
Mora de castilla, frambuesa, RASBERRY, *Rubus* sp.
Mortiño, BLUEBERRY
MOSS (SPANISH), musgo, *Tilandsia usneoides*
Mostaza, MUSTARD, *Brassica juncea*
Muerdago, MISTLETOE, *Phoradendron* sp.
MULBERRY, mora (macho), *Morus alba*
MUMS, crisantemo, *Chrysanthemum* sp.
Musgo, MOSS (SPANISH), *Tilandsia usneoides*
MUSTARD, mostaza, *Brassica juncea*
MUSHROOM, champiñon, hongo, seta

N

Nabo, TURNIP, *Brassica rapa*
Naranja dulce, ORANGE (SWEET), *Citrus aurantium*
Naranja agria, ORANGE (SOUR), *Citrus sinensis*
Naranjilla, NARANJILLA, *Solanum quitoense*
Nardo, vara de nardo, TUBEROSE, *Polianthes tuberosa*
NASEBERRY, sapodilla, *Manilkara zapota*
Nectarina, NECTARINE, *Prunus persica nectarina*
* Nim, NEEM, *Azadirachta indica*
Nispero, LOQUAT, *Eriobotrya japonica*

Nogal, WALNUT, *Juglans* sp.
 Nopal, CACTUS PAD, PRICKLY PEAR, *Opuntia* sp.
 *NUTMEG, nuez moscada, *Myristica fragrans*
 *Nuez moscada, NUTMEG, *Myristica fragrans*

O

OAK, encina, roble, *Quercus* sp.
 OAT, avena, *Avena sativa*
 OKRA, okra, quimbombo, *Abelmoschus esculentus* or **Hibiscus esculentus* Oleander,
 OLEANDER, *Nerium oleander*
 OLIVE, aceituna, olico, *Olea europaea*
 Olivo, aceituna, OLIVE, *Olea europaea*
 Olmo, ELM, *Ulmus* sp.
 ONION, cebolla, *Allium cepa*
 ORANGE (SOUR), naranja agria, *Citrus aurantium*
 ORANGE (SWEET), naranja dulce, *Citrus sinensis*
 Oregano, OREGANO, *Lippia* sp.

P

*Pacana, PECAN, *Carya pecan & illinoensis*
 PALMHEART, palmito, pejobaye, chontaduro, *Chamaedorea* sp.; *Bactris gasipea* or
 Guiliel gasipea palmilla, CHAMAEDOREA PALM, *Chamaedorea* sp.
 Palmito, pejobaye, chontaduro, PALMHEART, *Chamaedorea*
 Palta, aguacate, AVOCADO, *Persea americana*
 PLANTAIN, plátano verde, plátano maduro, *Musa paradisiaca* sp.
 Puerro, LEEK, *Allium ampeloprasum*
 PUMPKIN SQUASH, calabaza, zapallo, *Cucurbita* sp.
 PURSLANE, verdolaga, *Portulaca oleracea*
 *PYRETHRUM, *Chrysanthemum cinerariaefolium*

Q

Quimbombo, okra, OKRA, *Abelmoschus esculentus* or **Hibiscus esculentus* QUINCE,
 membrillo, *Cydonia oblonga*
 *QUININE, quinina, *Chichona ledgeriana*
 *Quinoa (Bolivia, Peru), QUINOA, *Chemopodium album*

R

Rabano, RADISH, *Raphanus sativus*
 Rambutan, HAIRY LYCHEE, *Nephelium lappaceum*
 *Ramio, RAMIE, *Boehmeria nivea*
 **RAPE CANOLA, colza, *Brassica* spp.
 RASPBERRY, frambuesa, mora de castilla, *Rubus* sp.
 *RATTAN, cana de Indias, *Calamus* sp.

*Recino, higuera, CASTOR SEED, *Ricinus communis*
RED GINGER, jengibre rojo, *Alpinia purpurata*
Remolacha, betarraga, betabel, BEET, *Beta vulgaris*
Repollo, col, CABBAGE, *Brassica oleracea capitata*
*RICE, arroz, *Oryza sativa*, short grain japonica and long grain indica
Roble, encina, OAK, *Quercus* sp.
Romero, ROSEMARY, *Rosmarinus officinalis*
ROSEMARY, romero, *Rosmarinus officinalis*
Rosa, ROSE, *Rosa* sp.
*RUBBER CHICLE, chicle, caucho, *Achras zapota* or **Hevea brasiliensis*
Rubus sp. bayas especies, BRAMBLEBERRIES
RYE, centeno, *Secale cereale*

S

SAFFRON, azafran, *Crocus sativus*
SAGE, salvia, *Salvia officinalis*
SALSIFY OYSTER PLANT, salsifi, *Tragopogon porrifolius*
Salvia, SAGE, *Salvia officinalis*
Sandia, patilla, WATERMELON, *Citrullus lanatus*
Sapodilla, NASEBERRY, *Manilkara zapota*
Sapote, SAPOTE (BLACK), *Diospyros digyna*
Sapote, SAPOTE (WHITE), *Casimiroa edulis*
Sauce, sauz, WILLOW, *Salix* sp.
Sauce, MEXICAN ELDER, *Sambucus mexicana*
Savila, ALOE, *Aloe* sp.
SAVORY, ajedrea, *Satureja hortensis*
SESAME, ajonjolí, *Sesamum indicum*
Seta, hongo, champiñón, MUSHROOM
SHADDOCK (similar to citron), pomelo, *Citrus grandis*
SHALLOT, chalote, *Allium cepa*
SNAPDRAGON, hierba becerra, *Antirrhinum majus*
SNOW PEAS, arveja china, *Pisum sativum macrocarpon*
**SORGHUM (for GRAIN), *Sorghum bicolor*
**SORGHUM (for FEED), *Sorghum vulgare saccharatum*
Sorgo, SORGHUM, *Sorghum vulgare*
SOURSOP, guanabana, *Annona muricata*
Soja, soya, SOYBEAN, *Glycine max*
SPINACH, espinaca, *Spinacia oleracea*
SQUASH, PUMPKIN, calabaza, zapallo, *Cucurbita* sp.
STAR APPLE, caimito, *Chrysophyllum cainito*
*STAR FRUIT, carabola, *Averrhoa carambola*
STRAWBERRY, fresa, frutilla, *Fragaria* sp.
STRING/GREEN BEAN, FRENCH BEAN, ejote, *Phaseolus vulgaris* & *coccineus*
**SUDAN GRASS, *Sorghum vulgare* Sudanese
SUGARCANE, caña, *Saccharum officinarum*
SUGAR APPLE, SWEETSOP, anona, atis, *Annona squamosa*

**SUNFLOWER, girasol, *Helianthus annuus*
 SWEET POTATO, batata, boniato, camote, *Ipomoea batatas*
 SWEETSOFT SUGAR APPLE, anona, atis, *Annona squamosa*
 SWISS CHARD, acelga, alcachola, *Beta vulgaris*

T

TAHITIAN or PERSIAN LEMON/LIME, limon, persa, *Citrus latifolia*
 *TAMARILLO (TREE TOMATO), tomate de arbol, *Cyphomandra betacea* & *crassifolia*
 Tamarindo, TAMARIND BEAN, *Tamarindus indica*
 TANGERINE, MANDARIN ORANGE, mandarina, *Citrus reticulata*
 Taro, MALANGA, *Colocasia esculenta*
 *TARO, EDDOE, DASHEEN, COCOYAM, *Colocasia antiquorum*
 TARRAGON, estargon, *Anemisia dracunculoides*
 Te, TEA, *Camellia sinensis* (chinese) and *assamica* (Assam)
 Te de limon, LEMON GRASS, *Cymbopogon citratus*
 Tecojote, HAWTHORN, *Crataegus* sp.
 *THAI JUTE, KENAF, kenaf, *Hibiscus cannabinus*
 THYME, tomillo, *Thymus vulgaris*
 *TOBACCO, tobacco, *Nicotiana tabacum* & *rustica*
 Tomate, TOMATO, *Lycopersicon esculentum*
 Tomate de arbol, TAMARILLO (TREE TOMATO), *Cyphomandra betacea* & *crassifolia*
 Tomatillo, HUSK TOMATO, *Physalis* sp.
 Tomillo, THYME, *Thymus vulgaris*
 Toronja, GRAPEFRUIT, *Citrus paradisi*
 Toronjil, MELISA, *Labiatae* or *Lamiaceae melisa officinalis*
 Trigo, WHEAT, *Triticum aestivum*
 TUBEROSE, nardo, vara de nardo, *Polianthes tuberosa*
 *TUMERIC, curcuma, *Curcuma longa*
 Tuna, CACTUS FRUIT, *Opuntia* sp.
 TURNIP, RUTABAGA, nabo, *Brassica rapa*

U

Uva, GRAPE, *Vitis* sp.

V

Vainilla, VANILLA, *Vanilla planifolia*
 Vara de nardo, nardo, TUBEROSE, *Polianthes tuberosa*
 VEGETABLE PEAR, CHRISTOPHINE FRUIT, chayote, patate, *Sechium edule* Verdolaga,
 PURSLANE, *Ponulaca oleracea*
 **Vigna, BLACK-EYE PEA, COWPEA, *Vigna sinensis*

W

WALNUT, nogal, *Juglans* sp

COOKING IN THE CAMPO

WATERMELON, sandia, patilla, *Citrullus lanatus*
WATERNUT, castaña de agua, *Eleocharis dulcis*
WATER CHESNUT, castaña de agua, *Trapa natans*
WATERCRESS, berro, *Nasturtium officinale*
WHEAT, trigo, *Triticum aestivum*

Y

YAM, batata, camote, *Dioscorea* sp.
YAM BEAN ROOT, JICAMA, jicama, *Pachyrhizus erosus*
Yautia, DASHEEN, *Colocasia esculenta*
*Yuca, CASSAVA, MANIOC, *Manihot dulcis* (yellow, sweet) or *utilissima* (white, cyanide)
*Yute, JUTE, *Corchorus capsularis* and *olitorius*

Z

Zanahoria, CARROT, *Daucus carota* subsp. *Siuivus*
Zapallo, calabaza, PUMPKIN SQUASH, *Cucurbita* sp.
ZUCCHINI, *Cucurbita maxima*

SOURCES:

FHIA - Fundación Hondureña para la Investigación Agrícola (master list)
*Robbins Tropical Commodities and Their Markets
** Cullison and Lowrey, Feeds and Feeding
***Biblioteca Practica Agrícola y Ganadera (Spain) plus some local names from Bolivia, Colombia and Central America; Compiled March/97 by J. Nash.

ENGLISH – SPANISH COOKING AND KITCHEN TERMS (TÉRMINOS DE LA COCINA)

| English Verb | Spanish Verb | Command Form (Usted) – Spanish |
|-------------------|-------------------------|-----------------------------------|
| to add | agregar, añadir | agregue, añada |
| to bake | hornear | hornee |
| to baste | untar, pringar | unte, pringue |
| to beat | batir | bata |
| to blend | mezclar, ablandar | mezcle, ablande |
| to boil | hervir, bullir | hierva, bulla |
| to bread | apanar | apane |
| to broil | asar | ase |
| to brown | dorar | dore |
| to brush | cepillar | cepille |
| to chop | picar | pique |
| to clean | limpiar | limpie |
| to cook | cocinar, cocer | cocine, cueza |
| to cover | cubrir | cubra |
| to crack | partir | parta |
| to crumble | desmigajar, hacer migas | desmigaje, haga migas |
| to cut | cortar, partir | corte, parta |
| to defrost, thaw | deshelar, descongelar | deshiele, descongele |
| to dip | bañar | bane |
| to drain | desaguar, escurrir | desague, escurra |
| to dress | aderezar | aderece |
| to dry | secar | seque |
| to put out to dry | poner a secar | ponga a secar |
| to dust | sacudir | sacuda |
| to eat | comer | coma |
| to fill | llenar | llene |
| to fold into | verter | vierta |
| to flour | enharinar | enharine |
| to freeze | congelar, helar | congele, hiele |
| to fry | freír | fría |
| to fry eggs | estrellar | estrelle |
| to grate | raspar, rallar | raspe, ralle |
| to grease | engrasar | engrase |
| to help | ayudar | ayude |
| to knead | amasar | amase |
| to lift | levantar | levante |
| to make | hacer | haga |
| to marinate | marinar | marine |
| to melt | derretir | derrita |
| to mix | mezclar | mezcle |
| to mold | moldear | moldee |

COOKING IN THE CAMPO

| | | |
|------------------|-------------------------|------------------------|
| to mop | trapear | trapee |
| to oil | engrasar | engrase |
| to peel | pelar, descascarar | pele, descascare |
| to pour | echar, verter | eche, vierta |
| to remove | remover | remueva |
| to rinse | desaguar | desague |
| to roll out | extender | extienda |
| to sauté | dorar | dore |
| to scald | escaldar | escalde |
| to scrape | raspar | raspe |
| to scrub | fregar, restregar | friegue, restregue |
| to simmer | hervir a fuego lento | hierva a fuego lento |
| to spread, smear | untar | unte |
| to sprinkle | rociar, esparcir, regar | rocíe, esparza, riegue |
| to squeeze | exprimir | exprima |
| to steam | cocinar al vapor | cocine al vapor |
| to stew | estofar, guisar | estofe, guise |
| to turn | voltear | voltee |
| to wash | lavar | lave |
| to whip | batir | bata |

ENGLISH – SPANISH WEIGHTS AND MEASURES TERMS

| English | Spanish |
|------------|-------------|
| teaspoon | cucharadita |
| tablespoon | cucharada |
| cup | taza |
| gram | gramo |
| liter | litro |
| pound | libra |

SUBSTITUTIONS

| If you don't have... | You can substitute... |
|-------------------------------------|---|
| Apples or cooked fruit | Green papaya (in recipes that are to be cooked) |
| Buttermilk for baking (1 cup) | <ul style="list-style-type: none"> • 1 cup milk plus 1 tablespoon vinegar or lemon juice (let sit 10 minutes before using) • 1 cup plain yogurt |
| Chili powder | Equal parts dried oregano, garlic powder, cumin and cayenne/aji powder |
| Chocolate, unsweetened (1 ounce) | 3 tablespoons unsweetened cocoa with 1 tablespoon butter |
| Flour (1 tablespoon for thickening) | <ul style="list-style-type: none"> • 2 egg yolks • ½ tablespoon cornstarch |
| Flour, self-rising (1 cup) | 1 cup flour mixed with 2 teaspoons baking powder and ½ teaspoon salt |
| Honey (1 cup) | 1 – 1 ¼ cup sugar plus ¼ cup liquid |
| Milk, skim (1 cup) | 1 cup water and 4 tablespoons nonfat powdered milk |
| Milk, whole (1 cup) | <ul style="list-style-type: none"> • 1 cup water, 4 tablespoons nonfat powdered milk, and 2 teaspoons melted butter • ½ cup water and ½ cup evaporated milk |
| Molasses | Thick panela syrup (miel de panela), honey, or dark corn syrup |
| Mustard, dry (1 teaspoon) | 1 teaspoon prepared mustard |
| Powdered sugar | White sugar, blended in blender until it becomes the consistency of powdered sugar |
| Sour cream for baking (1 cup) | <ul style="list-style-type: none"> • Yogurt (1 cup) • 1 cup milk plus 1 tablespoon vinegar or lemon juice |
| Sugar, brown | Panela |
| Tahini | Ground sesame seeds and olive oil |
| Tomato juice (1 cup) | ½ cup tomato sauce with ½ cup water |
| Whipping cream | ½ cup powdered non-fat milk and 1/3 cup boiled water. Mix and chill, then whip until mixture stands in soft peaks. Add 1 tablespoon lemon juice; whip again, then carefully beat in 2 - 4 tablespoons sugar to taste. |
| Yogurt (1 cup) | <ul style="list-style-type: none"> • 1 cup buttermilk • 1 cup milk plus 1 tablespoon lemon juice or vinegar |

TEMPERATURE CONVERSION SCALE

| Farenheit | Celcius |
|-----------|---------|
| 300 | 150 |
| 325 | 160 |
| 350 | 175 |
| 375 | 190 |
| 400 | 200 |
| 425 | 222 |
| 450 | 230 |

WEIGHTS AND MEASURES

| This much... | Is equivalent to this much... |
|-----------------------------|--|
| 1 teaspoon | 5 ml |
| 3 teaspoons | 1 tablespoon |
| 1 tablespoon | 3 teaspoons / 15 ml |
| 2 tablespoons | 1 liquid ounce |
| 4 tablespoons | $\frac{1}{4}$ cup |
| 5 $\frac{1}{3}$ tablespoons | $\frac{1}{3}$ cup |
| 8 tablespoons | $\frac{1}{2}$ cup |
| 12 tablespoons | $\frac{3}{4}$ cup |
| 16 tablespoons | 1 cup |
| $\frac{1}{4}$ cup | 4 tablespoons / 60 ml |
| $\frac{1}{3}$ cup | 5 $\frac{1}{3}$ tablespoons / 80 ml |
| $\frac{1}{2}$ cup | 8 tablespoons / 120 ml |
| $\frac{2}{3}$ cup | 160 ml |
| $\frac{3}{4}$ cup | 12 tablespoons / 180 ml |
| 1 cup | 16 tablespoons / $\frac{1}{2}$ pint / $\frac{1}{4}$ liter / 8 oz. / 240 ml |
| 2 cups | 1 pint / $\frac{1}{2}$ liter / 16 oz. / 480 ml |
| 4 cups | 1 quart / 1 liter |
| 1 pound | 16 oz. / 460 grams |
| 1 level cup of flour | 150 grams |
| 1 level tablespoon | 10 grams flour / 15 grams sugar |
| 8 oz. | $\frac{1}{2}$ cup / 240 ml |
| 4 oz. | $\frac{1}{4}$ cup / 120 ml |
| 2 oz. | 2 tablespoons / 60 ml |
| 1 oz. | 1 tablespoon / 30 ml |
| 1 gallon | 3.8 liters |
| 460 grams | 1 pound |
| 230 grams | $\frac{1}{2}$ pound |

| | |
|------------|------------------|
| 1 liter | 4 cups / 1 quart |
| 1 quart | 4 cups / 1 liter |
| 1 kilogram | 2.2 pounds |

The Recipe Calls for...

½ cup butter
 1 pound butter
 1 oz. baking chocolate
 1 pound grated cheese
 1 pound white flour
 1 pound whole wheat flour
 1 pound white sugar
 1 pound powdered sugar
 1 pound brown sugar
 1 pound rice
 3 cups cooked rice
 2 cups cooked spaghetti
 2 cups cooked macaroni
 1 cup bread crumbs
 1 cup cracker crumbs
 1 cup chopped nuts
 1 cup chopped celery
 1 cup chopped onion
 1 teaspoon grated lemon peel
 1 cup egg yolks
 1 cup egg whites

You'll Need...

4 tablespoons
 2 cups / 460 grams
 1 square or 3 ½ tablespoons
 4 cups, ½ pound
 4 cups
 4 ½ cups
 2 cups
 3 ½ cups sifted
 2 ¼ cups, packed
 2 1/3 cups
 1 cup uncooked
 1 cup uncooked spaghetti
 1 cup uncooked macaroni
 2 slices of bread
 20 saltines
 ¼ pound
 2 medium stalks
 2 medium onions
 1 lemon
 14 eggs
 10 eggs

BASIC ENGLISH COOKING TERMS

Bake – To cook in an oven.

Beat – To mix ingredients together using a fast, circular movement with a spoon, fork, whisk or mixer.

Blend – To mix ingredients together gently with a spoon, fork, or until combined.

Boil – To heat a food so that the liquid gets hot enough for bubbles to rise and break the surface.

Broil – To cook under direct heat.

Brown – To cook over medium or high heat until surface of food browns or darkens.

Chop – To cut into small pieces (to finely chop is to cut into very small pieces).

Dice – To cut into small cubes (to finely dice is to cut into very small cubes).

Drain – To remove all the liquid using a colander, strainer, or by pressing a plate against the food while tilting the container.

Grate or Shred – To scrape food against the holes of a grater making thin pieces.

Grease – To lightly coat with oil, butter, margarine, or non-stick spray so food does not stick when cooking or baking.

Knead – To press, fold and stretch dough until it is smooth and uniform, usually done by pressing with the heels of the hands.

Marinate – To soak food in a liquid to tenderize or add flavor to it (the liquid is called a “marinade”).

Mash – To squash food with a fork, spoon, or masher.

Mince – To cut into very small pieces, smaller than chopped or diced pieces.

Mix – To stir ingredients together with a spoon, fork, or electric mixer until well combined.

Preheat – To turn oven on ahead of time so that it is at the desired temperature when needed (usually takes about 5 to 10 minutes).

Sauté – To cook quickly, tossing, in a little oil or butter.

Simmer – To cook in liquid over low heat (low boil) so that bubbles just begin to break the surface.

Steam – To cook food over steam without putting the food directly in water (usually done with a steamer).

Stir Fry – To quickly cook small pieces of food over high heat while constantly stirring the food until it is crisply tender.

EQUIPPING THE PCV KITCHEN

All kinds of things can find their way into a kitchen, especially pieces passed down from volunteer to volunteer. The number of items you choose to equip your kitchen with will depend on your culinary prowess and resourcefulness.

A **campo oven** can be used just as one would use a convection oven. Buy a large pot at your local market. To prepare your campo oven, start by placing a brick (ladrillo) or several empty tuna cans inside. Light a burner on your stove (or two, depending on the size of your pot). Make sure you will be able to leave at least 6 inches of air between the bottom of your pot and your baking dish to prevent burning the bottom of your food. Next, place a baking dish on top of the brick or cans. You may find it useful to place a round baking sheet under the dish to support the dish and catch any drips. Lastly, seal the lid to the pot to secure the heat. Some people also place a layer of sand evenly across the bottom of the pot to help distribute the heat in your oven more evenly. You may choose to preheat your oven before beginning to bake your dish, but you may also find that it works to skip the preheating by turning your burner on high heat, and then reducing as necessary once the oven has sufficiently heated up. Be careful not to open the lid to peek too often, as heat escapes more quickly than in a convection oven and will affect your end result. Also be very careful not to burn your arms and fingers when removing your dish from the hot oven. Some volunteers buy a **toaster oven**, which is capable of baking and toasting things in small quantities just like a convection oven.



A **blender** is a good investment. Use it to make jugos, sorbets, batidos, salad dressings, spreads, pesto, mayonnaise, bread crumbs, and to puree soups. An immersion blender, found in local mercados, looks like a wooden spoon with spikes.

You will not regret buying a quality deep-dish **skillet/frying pan**. The best version available here is a Brazilian brand called Tramotina. Spend \$15-20 on a non-stick or cast-iron variety, and you will use it multiple times daily.

A **pressure cooker** is an under-utilized time and gas saver. Pressure cookers make it possible to have food in minutes, especially at high altitudes, where everything takes longer to cook. However, they can be dangerous since they involve pressure and high heat, so make sure that you know exactly what you are doing and take all safety precautions in order to prevent accidents.

Buy two **knives** and you should be set to go. A small paring knife and a large chopping knife should be adequate for your needs. Nothing beats a sharp knife (and it is much safer than using dull knives), so this might be a good item to request from visitors in the U.S. You can also go to a larger store in a large city here in Ecuador and pay a bit more for a sharp knife if you choose. Make sure to use plastic or wooden cutting boards; cutting on glass and tile will dull your knives quickly.



Measuring cups and spoons are worth the small investment in order to make your measurements accurate and prevent guessing games in the kitchen. Ecuadorians are not taught to rely on measurements in cooking the same way that North Americans are, so take advantage of the opportunity to learn new methods of cooking from your friends, and use your measuring cups for gringo recipes, which more heavily rely on accurate measurements. While measuring cups and spoons can require a little hunting, they are available at least occasionally in most cities at Supermaxi, Todo Hogar, Gran Akí, Mi Comisariato, and Tia.



If you do not like the taste of instant **coffee**, you do not need to drink it for two years. Contrary to what it might seem at first glance, Ecuador has great locally-roasted, even inexpensive coffee available in many places, including the supermarket and from PCV's that work on coffee projects. To prepare your coffee, you can buy a *manga*, a *cafetera*, a French press, or a percolator, all available in Supermaxi and Todo Hogar-type stores, or from a large local market.



Seives are great for juices, washing beans, and draining pasta. They are available in a variety of sizes everywhere.



A **citrus juicer** is a tool used for juicing limes and small lemons by cleverly turning the slice inside out to extract the juice. Slice a lemon or lime in half, place it flesh-side down into the round part with the holes, and squeeze. Plastic and metal versions are both available, although the metal type tends to get the job done best for its durability. They should only set you back about a dollar.

Drying dishes with a towel is less sanitary than letting them air dry. Cover dishes with a cloth for protection from flies as they dry, or buy a **drying rack** with a cover. A tall metal or plastic drying rack is useful to both dry and store dishes.

Wooden spoons are used for making soups and sauces that have plantain or banana. This keeps the fruit from turning dark and also helps preserve essential vitamins and minerals present in your food while cooking. They say that stirring milk-based soups in one direction keeps them from curdling.



If you love baking, an **electric mixer** is probably a worthy investment.

A set of **plastic canisters** will provide you with great, bug-free storage for your dry staples like flour, sugar, rice, oatmeal, and popcorn.

Zip-lock bags have some sticker-shock, but buy a couple of boxes of them at the beginning of your service; they have multiple uses and can be washed and re-used many times.



For a substitute **rolling pin**, use a glass jar, a wine bottle, or a cup.

FOOD PREPARATION AND STORAGE HINTS

Tasty, cheap and readily available mayonnaise substitutes for tuna or chicken salad or sandwich spread are mashed-up avocado or plain yogurt.

Sprinkle avocado, apple and banana with lemon juice to keep from darkening in salads.

Citrus fruits at room temperature yield more juice than chilled fruit. Roll around on a hard surface before squeezing to get more juice.

If your soup is too salty, add equal amounts of sugar and vinegar, or add chunks of raw potato; remove the salt-filled potato before you serve the soup.

To freshen raisins and other dried fruits that are stale and hard, place them in a strainer or steamer, then put them over a pot of boiling water for about five minutes. Raisins and other dried fruit that are sold in the open-air market should be washed well before using. They often are filled with little, live crawly things (or their eggs).

If you are going to use raisins or blueberries in baking, toss them with some flour to coat: they won't sink to the bottom of the dough or batter during baking.

When baking bread, put a small dish of water in the oven while the bread is baking; it keeps the crust soft. Brush the top with water before baking if you want a crisp crust.

Add a teaspoon of white vinegar added to rice while cooking to keep it from sticking to the pan.

Onions can be frozen.

To take the bite out of red onions if you want to eat them raw without tasting them in your mouth for the rest of the day, slice them and then soak them in ice cold water for 20 minutes.

Wrap a cloth moistened with vinegar around cheese to keep it fresh.

Do not store food in its opened can. Transfer it to a plastic or glass container. The metal leeches into the food once it is exposed to the air. This is a particular problem with anything acidic (i.e. tomato products).

If you aren't sure if something is still fresh—throw it out! Better safe than sorry.

Store fish, meat, and chicken on the bottom shelf in case of leaking.

Put warm leftovers in the fridge in uncovered shallow containers. Cover once they are cold. Keeping hot leftovers in a deep pot covered with a lid will stall cooling and is a recipe for food poisoning.

FOOD CHOICES AND NUTRITION

Learning to navigate your way through the open-air markets, local corner stores, and various supermarkets can be daunting for those of us who have only shopped at grocery stores in the States or have spent our lives eating other peoples' cooking. Since eating is something you do multiple times every day of your life, it's hardly debatable that it's worth doing well, and it's smart to make informed choices about what you put in your body. Instead of always choosing the cheapest option, go out of your way to make good choices whenever you can; Peace Corps gives us money in our living allowance to choose wisely in this arena. While most of us certainly do not have access to the same variety of options that we have in the U.S., just learning a few simple things can go a long way for your health.

CHOOSE BUTTER, NOT MARGARINE

Margarine is everywhere in Ecuador. And it's cheaper than butter. But do your heart a favor and spend a few extra cents to make a big difference for your health.

Take it from the experts at the Harvard School of Public Health:

For years, margarine was promoted as a heart-healthy alternative to butter. Since margarine was made from unsaturated vegetable oils, most people assumed it would be better for long-term health than butter, which was known to contain a lot of cholesterol and saturated fat. That assumption turned out to be wrong. Research showed that some forms of margarine—specifically the hard stick margarines—were worse for the heart than butter. This was because they contained large amounts of trans fats from partially hydrogenated oils.

The Nurses' Health Study found that women who ate 4 teaspoons of stick margarine a day had a 50 percent greater risk of heart disease than women who ate margarine only rarely. (21)

So should you choose butter over margarine? Whenever possible, skip both and use a liquid vegetable oil. At the table, try dipping bread in olive oil instead of slathering it with butter or margarine. When sautéing, try using olive, canola, or another liquid vegetable oil, with a little bit of butter for flavor.

Margarine often contains trans fats, which are made by heating liquid vegetable oils in the presence of hydrogen gas, a process called hydrogenation. Partially hydrogenating vegetable oils makes them more stable and less likely to spoil. It also converts the oil into a solid, which makes transportation easier. Trans fats are worse for cholesterol levels than saturated fats because they raise bad LDL and lower good HDL. They have been implicated in heart disease, stroke, diabetes, and other chronic conditions. Even small

amounts of trans fat in the diet can have harmful health effects. For every extra 2 percent of calories from trans fat daily—about the amount in a medium order of fast-food French fries—the risk of coronary heart disease increases by 23 percent. While butter and lard should be eaten in small amounts since both contain saturated fats, which your body can produce on its own and doesn't need from food, trans fats are much worse.

It's hard to say no to salchipapas and other wonderful street foods of Ecuador, so do what you can at home and choose butter instead of margarine! Or at least be as sure as you can that your margarine contains NO trans fat!

Information from <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-full-story/index.html>.

CHOOSE OLIVE OIL OR CANOLA OIL

Unsaturated fats are called good fats because they can improve blood cholesterol levels, ease inflammation, stabilize heart rhythms, and play a number of other beneficial roles. Monosaturated and polyunsaturated fats are your friends, and they can be found in both of these choices. Although it recently became law in the US that all food labels list trans fat content, this is not yet the case in Ecuador, so you'll have to do a little bit of guessing. However, you will find that many oils and even margarines do list trans fat contents on their nutrition labels. As a general rule, if trans fats are not listed on the label, it's probably a pretty good bet that the product DOES contain trans fats. In addition to olive and canola oils, soy, corn, peanut, and sunflower oils are other good choices.

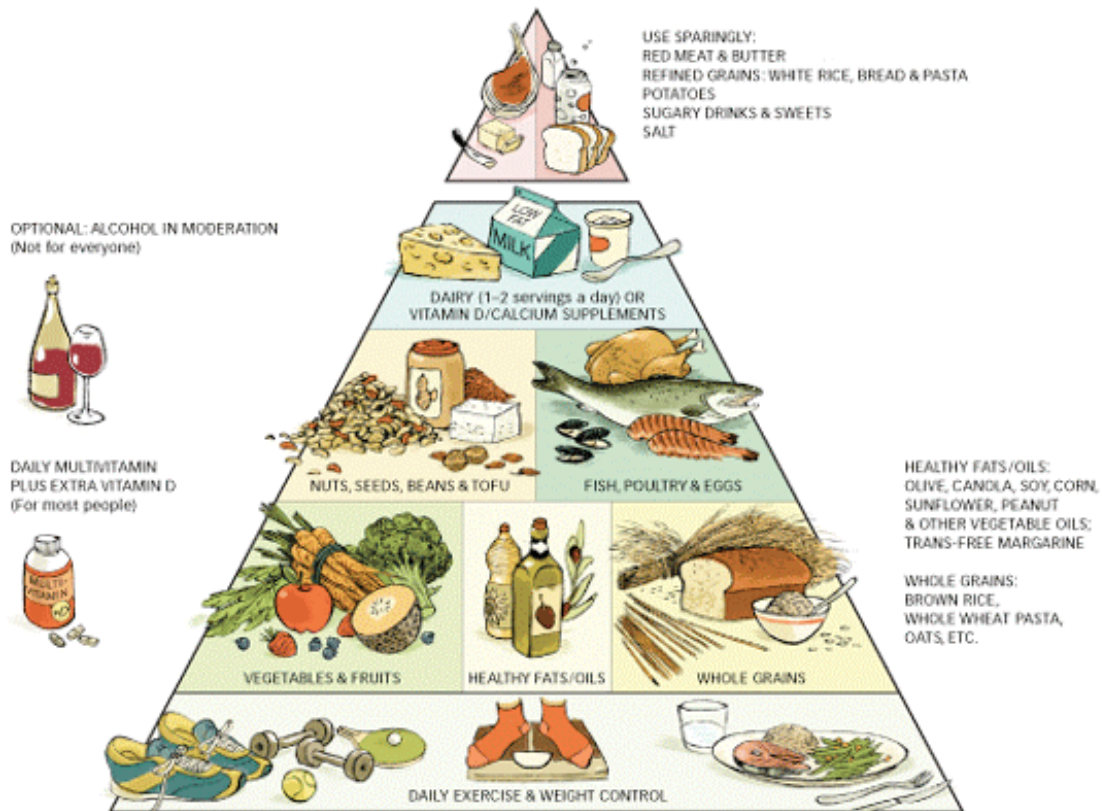
Information from <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-full-story/index.html>.

CHOOSE BROWN RICE OR QUINOA, NOT WHITE RICE

The body needs carbohydrates mainly for energy. The best sources of carbohydrates are whole grains such as oatmeal, whole wheat bread, and brown rice. They deliver the outer (bran) and inner (germ) layers along with energy-rich starch. The body can't digest whole grains as quickly as it can highly processed carbohydrates such as white flour or white rice. This keeps blood sugar and insulin levels from rising, then falling, too quickly. Better control of blood sugar and insulin can keep hunger at bay and may prevent the development of type 2 diabetes. Plus, a growing body of research suggests that eating a diet rich in whole grains may also protect against heart disease. Brown rice takes longer to cook, but let's be honest – more than likely, you have the time. Quinoa is also a great alternative to rice. It is seed (not a grain), and is a complete protein local to the Andes, meaning you can not go wrong with it. Cook it in the same manner that you cook white rice – a 2:1 ratio of water to quinoa covered for about 15 - 20 minutes until all the water is absorbed.

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



For more information about the Healthy Eating Pyramid:

WWW.THE NUTRITION SOURCE .ORG

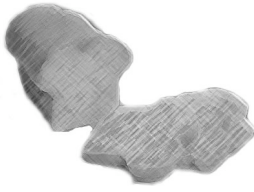
Eat, Drink, and Be Healthy
by Walter C. Willett, M.D. and Patrick J. Skerrett (2005)
Free Press/Simon & Schuster Inc.

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This pyramid was created by nutrition experts from the Harvard School of Public Health in 2008. It is based on the best available scientific evidence about the links between diet and health. This new pyramid fixes fundamental flaws in the USDA pyramid and offers sound information to help people make better choices about what to eat.

The Healthy Eating Pyramid sits on a foundation of daily exercise and weight control. Why? These two related elements strongly influence your chances of staying healthy. They also affect what you eat and how your food affects you.

They also offer the following advice, breaking down the food groups in this particular pyramid:



WHOLE GRAINS

The body needs carbohydrates mainly for energy. The best sources of carbohydrates are whole grains such as oatmeal, whole wheat bread, and brown rice. Eating whole grains keeps blood sugar and insulin levels from rising, then falling, too quickly. (See brown vs. white rice explanation above).

HEALTHY FATS AND OILS

Surprised that the Healthy Eating Pyramid puts some fats near the base, indicating they are okay to eat? Although this recommendation seems to go against conventional wisdom, it's exactly in line with the evidence and with common eating habits. The average American gets one-third or more of his or her daily calories from fats, so placing them near the foundation of the pyramid makes sense. Note, though, that it specifically mentions healthy fats and oils, not all types of fat. Good sources of healthy unsaturated fats include olive, canola, soy, corn, sunflower, peanut, and other vegetable oils, nuts, seeds, avocados, and fatty fish such as salmon. These healthy fats not only improve cholesterol levels (when eaten in place of highly processed carbohydrates) but can also protect the heart from sudden and potentially deadly rhythm problems.

VEGETABLES AND FRUITS

A diet rich in vegetables and fruits has bountiful benefits. Among them: It can decrease the chances of having a heart attack or stroke; possibly protect against some types of cancers; lower blood pressure; help you avoid the painful intestinal ailment called diverticulitis; guard against cataract and macular degeneration, the major causes of vision loss among people over age 65; and add variety to your diet and wake up your palate.

NUTS, SEEDS, BEANS, AND TOFU

These plant foods are excellent sources of protein, fiber, vitamins, and minerals. Beans include black beans, navy beans, garbanzos, lentils, and other beans that are usually sold dried. Many kinds of nuts contain healthy fats that are good for your heart.

FISH, POULTRY, AND EGGS

These foods are also important sources of protein. A wealth of research suggests that eating fish can reduce the risk of heart disease, since fish is rich in heart-healthy omega-3 fats. Chicken and turkey are also good sources of protein and can be low in saturated fat. Eggs, which have long been demonized because they contain fairly high levels of cholesterol, aren't as bad as they've been cracked up to be. In fact, an egg is a much better breakfast than a doughnut cooked in an oil rich in trans fats or a bagel made from refined flour. People with diabetes or heart disease, however, should limit their egg yolk consumption to no more than 3 a week. But egg whites are very high in protein and are a fine substitute for whole eggs in omelets and baking.



DAIRY (1 TO 2 SERVINGS PER DAY) OR VITAMIN D/CALCIUM SUPPLEMENTS

Building bone and keeping it strong takes calcium, vitamin D, exercise, and a whole lot more. Dairy products have traditionally been Americans' main source of calcium and,

through fortification, vitamin D. But most people need at least 1,000 IU of vitamin D per day, far more than the 100 IU supplied by a glass of fortified milk. (See the multivitamins section, below, for more information on vitamin D needs.) And there are other healthier ways to get calcium than from milk and cheese, which can contain a lot of saturated fat. Three glasses of whole milk, for example, contains as much saturated fat as 13 strips of cooked bacon. If you enjoy dairy foods, try to stick mainly with no-fat or low-fat products. If you don't like dairy products, taking a vitamin D and calcium supplement offers an easy and inexpensive way to meet your daily vitamin D and calcium needs.

USE SPARINGLY: RED MEAT AND BUTTER

These sit at the top of the Healthy Eating Pyramid because they contain lots of saturated fat. Eating a lot of red meat may also increase your risk of colon cancer. If you eat red meat every day, switching to fish, chicken, or beans several times a week can improve cholesterol levels. So can switching from butter to olive oil. And eating fish has other benefits for the heart.

USE SPARINGLY: REFINED GRAINS—WHITE BREAD, RICE, AND PASTA; POTATOES; SUGARY DRINKS AND SWEETS; SALT

Why are these staples at the top, rather than the bottom, of the Healthy Eating Pyramid? White bread, white rice, white pasta, other refined grains, potatoes, sugary drinks, and sweets can cause fast and furious increases in blood sugar that can lead to weight gain, diabetes, heart disease, and other chronic disorders. Whole grain carbohydrates cause slower, steadier increases in blood sugar that don't overwhelm the body's ability to handle carbohydrate. The salt shaker is a new addition to the "Use Sparingly" tip of the Healthy Eating Pyramid, one that's based on extensive research linking high-sodium diets to increased risk of heart attack and stroke.



MULTIVITAMIN WITH EXTRA VITAMIN D (FOR MOST PEOPLE)

A daily multivitamin, multimineral supplement offers a kind of nutritional backup, especially when it includes some extra vitamin D. While a multivitamin can't in any way replace healthy eating, or make up for unhealthy eating, it can fill in the nutrient holes that may sometimes affect even the most careful eaters. You don't need an expensive name-brand or designer vitamin. A standard, store-brand, RDA-level one is fine for most nutrients—except vitamin D. In addition

to its bone-health benefits, there's growing evidence that getting some extra vitamin D can help lower the risk of colon and breast cancer. Aim for getting at least 1,000 IU of vitamin D per day; multiple vitamins are now available with this amount. (Many people, especially those who spend the winter in the northern U.S. or have darker skin, will need extra vitamin D, often a total of 3,000 to 4,000 IU per day, to bring their blood levels up to an adequate range. If you are unsure, ask your physician to check your blood level.) Look for a multivitamin that meets the requirements of the USP (U.S. Pharmacopeia), an organization that sets standards for drugs and supplements.

ALCOHOL IN MODERATION OR NOT AT ALL

Scores of studies suggest that having an alcoholic drink a day lowers the risk of heart disease. Moderation is clearly important, since alcohol has risks as well as benefits. For

men, a good balance point is one to two drinks a day; in general, however, the risks of drinking, even in moderation, exceed benefits. For women, it's at most one drink a day; women should avoid alcohol during pregnancy.

FOCUS ON QUALITY NOT QUANTITY

You'll notice that the Healthy Eating Pyramid does not give specific advice about the number of cups or ounces to have each day of specific foods. That's because it's not meant to be a rigid road map, and the amounts can vary depending on your body size and physical activity. It's a simple, general, flexible guide to how you should eat when you eat.

There's just one basic guideline to remember: A healthy diet includes more foods from the base of the pyramid than from the higher levels of the pyramid. Within this guideline, however, there's plenty of flexibility for different styles of eating and different food choices. A **vegetarian** can follow the Healthy Eating Pyramid by emphasizing nuts, beans, and other plant sources of protein, and choosing non-dairy sources of calcium and vitamin D; someone who eats animal products can choose fish or chicken for protein, with occasional red meat.

Choose a variety of fresh, whole foods from all the food groups below the "Use Sparingly" category in the Healthy Eating Pyramid and you will get the nutrients you need. It will also dramatically lower your salt intake, since lots of salt lurks in processed food—canned soups, frozen dinners, deli meats, snack chips, and the like.

Source: <http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/pyramid-full-story/index.html>

ESSENTIAL VITAMINS

| Vitamin | Best Sources | Role in Health | Deficiency |
|---|---|---|--|
| A (Retinol in animal foods, Beta Carotene in plant foods) | Animal sources: milk, butter, cheese, egg yolks and margarine. Plant sources: carrots, apricots, squash, broccoli, leafy greens, and mangos. | Essential for vision, bone growth, and skin and tissue repair. Beta carotene acts as an antioxidant and protects the immune system. | Deficiency is characterized by poor night vision. Dry skin, and lower resistance to infection, especially respiratory disorders. |
| B1 (Thiamin) | Whole grain cereals, yeast, potatoes, nuts, and milk. | Essential for energy production, the nervous system, muscles, and heart. Promotes growth and boosts mental ability. | Deficiency is characterized by depression, irritability, nervous disorder, loss of memory. Common among alcoholics. |
| B2 (Riboflavin) | Cheese, eggs, milk yogurt, yeast, almonds and pumpkin seeds. | Essential for energy production for the functioning of B6 and niacin, as well as tissue repair. | Deficiency is characterized by lack of energy, dry cracked lips, numbness, and itchy eyes. |

FOOD CHOICES AND NUTRITION

| | | | |
|----------------------------|--|--|---|
| Niacin (part of B complex) | Potatoes, wheat germ, peanuts, milk, cheese, eggs, peas, mushrooms, leafy greens, figs, and prunes | Essential for healthy digestive system, skin, and circulation. It also is needed for the release of energy. | Deficiency is characterized by lack of energy, depression, and scaly skin. |
| B6 (Piridoxine) | Eggs, whole-wheat bread, nuts, bananas, broccoli, cabbage, and cauliflower. | Essential for assimilating protein and fat, to make red blood cells, and a healthy immune system. | Deficiency is characterized by anemia, dermatitis, and depression. |
| B12 (Cyanocobalamin) | Milk, eggs, cheese, cereals, and yeast. | Essential for formation of red blood cells, maintaining a healthy nervous system and increasing energy levels. | Deficiency is characterized by fatigue, increase risk of infection, and anemia. |
| Folate (Folic Acid) | Leafy greens, bread, nuts, bananas, and yeast. | Essential for cell division; makes genetic material (DNA) for every cell. | Deficiency is characterized by anemia and loss off appetite. |
| C (Ascorbic Acid) | Citrus fruits, melons, strawberries, tomatoes, broccoli, potatoes, and bell peppers. | Essential for the absorption of iron, health skin, teeth and bones. An antioxidant that strengthens immune system and helps fight off infection. | Deficiency is characterized by increased susceptibility to infection, fatigue, poor sleep and depression. |
| D (Calciferol) | Sunlight, margarine, vegetable oils, eggs, cereals, and butter. | Essential for bone and teeth formation. Helps the body to absorb calcium, and phosphorus. | Deficiency is characterized by softening of bones, muscle weakness, and anemia. |
| E (Tocopherol) | Seeds, nuts, vegetable oil, eggs, whole-wheat bread, leafy greens, oats, and cereals. | Essential for healthy skin, circulation, and maintaining cells-an antioxidant. | Deficiency is characterized by increased risk of heart attack, strokes, and certain cancers. |

ESSENTIAL MINERALS

| Mineral | Best Sources | Role in Health | Deficiency |
|---------|---|--|--|
| Calcium | Milk, cheese, yogurt, leafy greens, sesame seeds, broccoli, dried figs, almonds, spinach, and watercress. | Essential for building and maintaining bones and teeth, muscle function, and the nervous system. | Deficiency is characterized by soft and brittle bones, osteoporosis, fractures, and muscle weakness. |

| | | | |
|------------|---|--|--|
| Iron | Egg yolks, fortified breakfast cereals, leafy greens, dried apricots, prunes, whole-grains, and bean curd. | Essential for healthy blood and muscles. | Deficiency is characterized by anemia, fatigue, and low resistance to infection. |
| Zinc | Peanuts, cheese, whole-grains, sunflower and pumpkin seeds, milk, hard cheeses, and yogurt. | Essential for healthy immune system, tissue formation, normal growth, wound healing, and reproduction. | Deficiency is characterized by impaired growth and development, slow wound healing, and loss of taste and smell. |
| Sodium | Most salt we eat comes from processed foods, such as chips, cheese, and canned foods. It is also found naturally in most foods. | Essential for nerve and muscle function and the regulation of body fluid. | Deficiency is unlikely but can lead to dehydration, cramps, and muscle weakness. |
| Potassium | Bananas, milk, nuts, seeds, whole-grains, potatoes, fruits and vegetables. | Essential for water balance, normal blood pressure, and nerve transmission. | Deficiency is characterized by weakness, thirst, fatigue, mental confusion, and high blood pressure. |
| Magnesium | Nuts, seeds, whole grains, bean curd, dried figs and apricots, and green vegetables. | Essential for healthy muscles, bones and teeth, normal growth and nervous system. | Deficiency is characterized by lethargy, weak bones and muscles, depression and irritability. |
| Phosphorus | Milk, cheese, yogurt, eggs, nuts, seeds, and whole grains. | Essential for healthy bones and teeth, energy production, and the assimilation of nutrients, particularly calcium. | Deficiency is rare. |
| Selenium | Avocados, lentils, milk, cheese, butter, brazil nuts, and seaweed. | Essential for protecting against free radical damage and may protect against cancer-antioxidant. | Deficiency is characterized by reduced antioxidant protection. |
| Iodine | Seaweed and iodized salt. | Aids the production of hormones released by the thyroid gland. | Deficiency can lead to the formation of a goiter and a sluggish metabolism and apathy, as well as dry skin and hair. |
| Chloride | Table salt and foods that contain salt. | Regulates and maintains the balance of fluids in the body. | Deficiency is rare. |

Nutrition charts from *Vegetarian: Over 300 Healthy and Wholesome Recipes Chosen from Around the World*, editor Nicola Graimes.

HOLIDAY MEAL IDEAS

Spending holidays far from home is for many, a time of homesickness since they are usually times of being near loved ones and observing deep-rooted traditions. Many traditions around holidays involve food, and while you will likely be unable to replicate the dishes you usually eat, you will certainly be able to whip something up that will at least remind you of the flavors you enjoy at home. Get some PCV friends together on these days and put together a meal that will satisfy. Sharing your holiday foods with your Ecuadorian friends is also a great way to fulfill Peace Corps' goal three.

ST. PATRICK'S DAY

- Irish Soda Bread (85)
- Cabbage Rolls (210)
- Fried Potatoes with Yogurt Sauce (127)
- Green Velvet Cake – use green food coloring instead of red (218)

EASTER

- Asparagus Tart with Ricotta (168)
- Deviled Eggs (125)
- Hot Cross Buns – a Good Friday tradition (93), or Orange Rolls (81)
- (S)mashed Potatoes (126)
- Slow-Roasted Shoulder of Lamb with Roasted Vegetables (213)
- Dyed Easter Eggs

CINCO DE MAYO

- Chips with Dips: Guacamole (106), Pineapple Salsa (106), Salsa Fresca (105)
- Tacos: Mexican Flour Tortillas (98), Refried Beans (156), Guacamole (106), Tomatoes, Cheese, Rice, Sauteed/Grilled Green Peppers and Onions in Fajita Marinade (107)
- Black Bean Confetti Salad (120)
- Chicken Enchiladas (200)
- Lime Coconut Cake (219)

4TH OF JULY

- Dead Simple Slaw (117)
- Tzatziki Potato Salad (128)
- Burgers (207)
- Garbanzo Veggie Burgers (164)
- Chips and Guacamole (106)
- Grilled Veggies in Citrus Herb Marinade (107)
- Baked Macaroni and Cheese (159)
- Kaitlyn's Carolina Bean Salad (121)
- Cucumber Salad (123)
- Red Velvet Cake (218)

- Northwest Fruit Crisp (246)

OKTOBERFEST

- Braised Red Cabbage with Apples (118)
- Sausages
- Pilsener
- Soft Pretzels (100)

HALLOWEEN

- Black Bottom Cupcakes (222)
- Candy
- Roasted Zapallo Seeds
- Good Old Chili Con Carne (137)
- Cornbread (85)

THANKSGIVING

- Foster's Market Refrigerator Rolls (89)
- Cornbread (85)
- Perfect Roast Chicken (194) or Pavo
- (S)mashed Potatoes (126), or Yuca and Gravy
- Baked Macaroni and Cheese (159)
- Chicken Pasta Salad with Cucumber (196)
- Mom's Stuffing (129)
- Southwestern Shepherd's Pie (196)
- Scrumptious Apple Pie (233)
- Zapallo Pie (233)

CHRISTMAS

- French Vegetable Soup Au Pistou (136)
- Cumin-Roasted Carrots (122)
- Simple Cauliflower (122)
- Foster's Market Refrigerator Rolls (89)
- Red Beet Mash (119)
- Ginger-Oat Shorties (229)
- Sugar Cookies (228)

THE KITCHEN GARDEN

No ingredients are better tasting than the ones that you grow yourself.

Your time in Peace Corps will offer you a great opportunity to experiment in the kitchen, and for many it's also a great opportunity to experiment in the dirt. With a little patience and willingness to fail once or twice, a kitchen garden is a convenient, delicious way to add to your cooking repertoire.

When I first arrived to my site after training, I got my hands on a few buckets and some dirt and planted some tomato seeds. The routine of watering, thinning, and caring for my tomatoes gave me, if only in some small way, the structure that I needed to get through my first very unstructured months; caring for them provided analogies for my life in Ecuador. They went through a couple of phases where I thought they wouldn't make it, but after lots of love and care, sure enough they sprang back to life. In retrospect it's sort of funny to me now how much hope I put into those plants, but they did give me a small measure of hope that I'm thankful for. Although I did not exactly feel like I was thriving during those early months, my tomatoes did, and I think that the attention I gave those little seeds in part gave me reason to get me through what were some very tough weeks. Oftentimes caring for something else helps us care for ourselves.

Sometimes it's just nice to get on your hands and knees and get some dirt under your fingernails. Flowers are pretty, but vegetables you can EAT, and growing them is an entirely functional endeavor.

Use seeds straight from vegetables you buy at the market for free, buy seeds from a local supplier, or write to a seed company in the states, who will often be happy to donate and ship you a box of any surplus seed-packets they may have on hand. If you have questions, an agriculture volunteer in your cluster is bound to be able to give you good advice and guidance as you learn. All you'll need to get going is some pots (buckets, wooden fruit boxes, or the "pot" that is your front yard) and some seeds.

Here are four simple ideas to get your kitchen garden started:

HERB POTS – Fresh herbs make a huge difference to food and can turn a boring homemade dish into a luscious one. Basil, mint, rosemary, parsley, cilantro, thyme, oregano, and cedron are all good staples to have on hand and mean one less ingredient to hunt down at the market.



LETTUCE GREENS – Greens are one of the more "iffy" ingredients to buy at the grocery store or market, so by growing your own greens you can be sure they are not fertilized with anything questionable. Try to get your hands on some less-common varieties than are generally found in Ecuador for something different in your salad bowl.



AJÍ – Keeping your own ají plant is a way to always keep some spice at your fingertips. Ají comes in several different varieties depending on your geographic location. It's great to have on hand.

TOMATOES – Tomatoes are wonderful to have in your backyard and can be used in so many dishes. Nice, sun-warmed tomatoes make a great marinara sauce to put over pasta whenever you don't feel like thinking about what to cook.



GUIDE TO HERBS AND SPICES

Fresh herbs are the perfect way to bring life and character to an otherwise dull dish. If you are in the habit of using dried herbs, do a little experimenting with the fresh ones, which are superior in flavor and aroma.

You may also want to experiment with drying your own herbs to conserve freshness. Dry in small quantities; a long storage time yields a bland tasting herb. For drying purposes, the leaves of the herbs should be young and tender. Tie them in a loose bunch and hang them in the shade until all moisture has disappeared. The leaves also may be dried in a very slow oven over very low flame. After the leaves are dried they should be crushed to a powder with a rolling pin and then packed in air-tight containers.

ABLANDADOR DE CARNE - MEAT TENDERIZER

One kind sold in powdered form is composed of salt, dextrose, pineapple (*bromelina*) and calcium stearic (*estearato de calcio*). Many people use fresh papaya.

ACHICORIA - CHICORY, SUCCORY

Chicory is cultivated for its roots and as a salad plant. The rootstock is light yellow outside, white inside and, like the rest of the plant, contains a bitter milky juice. The leaves are pointed at the tips and wide at the base.

ACHIRA - CANNA

This native plant of Ecuador is known for its tuberous root, red flowers and its large green leaves resembling in shape (not size) those of the banana tree. Many people have them growing in the yard for cooking purposes as well as for ornamental use, as the leaves are used to wrap tamales and quimbolitos which are then steamed. The root is sometimes cooked and eaten.

ACHIOTE - ANNATO

Achiote is a reddish coloring agent made from the pulp around the seeds of the small annatto tree; found either in powder or pulp form or as seeds. The pods are spiny and contain numerous seeds the size of a BB shot, which are coated with a soft, clay like brick-red pigment. The seed itself is not eaten, but boiled in oil then strained. This colored oil takes the name of the seed.

The seeds may be pounded and made into the powder or pulp. Most Ecuadorian cooks stir the seeds in hot oil so that the coloring leaches out into the oil. This colored oil, *manteca de color*, or simply, *el color*, is used in many soups, many meat dishes and some rice dishes. *Achioteras* are small pots used to make and store *achiote*. It is designed to strain the seeds from the oil. The seeds stay inside, and can be reused two or three times.

Substitute a small pan or an empty tuna can with the lid and label removed. Use a wire mesh strainer to separate the oil from the seeds.

AJÍ - CAYENNE, HOT RED PEPPER

Available fresh, in powdered form and in a sauce (*salsa de ají*). *Rocoto* is a very hot pepper. *Ají* is usually served on the table to be added to foods instead of being cooked in the food.

AJO - GARLIC

Available fresh and in powdered form. Garlic is smaller and less pungent than typically found in the US.



AJONJOLÍ - SESAME SEEDS

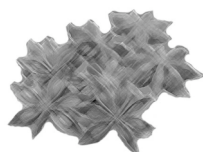
Nutty, slightly sweet flavor.

ALBAHACA - SWEET BASIL

Both fresh and dried basil are available.

ALCAPARRAS - CAPERS

Not grown locally, but imported from Colombia in pickled form and available at some supermarkets.



ANÍS - ANISE

Natures laxative. Sweet licorice flavor.

APIO O SEMILLAS DE APIO - CELERY OR CELERY SEED

Available fresh as a vegetable, as whole seeds or as celery salt (*sal de apio*).

ATACO - AMARANTH

The leaves may be eaten as a potherb. In Ecuador, the flowering tops are a common addition to a traditional drink called *Colada Morada*.

AZAFRÁN - SAFFRON

Saffron is not grown locally. The spice sold as *azafrán* is imported from Colombia, and is not genuine saffron. It does give the typical color but lacks saffron's taste.

CANELA - CINNAMON

Available in powder and freshly dried sticks.

CARDAMOMO - CARDAMON

Cardamon is grown locally but is hard to find as most of it is exported to the Middle East, England, and the US.

CEBOLLA - ONION

Onion is available fresh, ground (*cebolla pura molida*) and as onion salt (*sal de cebolla*).

CEDRÓN - LEMON VERBENA

The leaves are used to make a very popular aromatic tea.

CHILE EN POLVO - CHILI POWDER

Garlic, oregano, cumin, and cayenne (*pimiento rojo*) make up chili powder. This is not available commercially but can be made at home. Some cooks substitute *Paprika Húngara*, although the flavor is decidedly different.

CLAVO DE OLOR - CLOVE

Available in powder form and as whole seeds.

COMINO - CUMIN

Available in powder form and whole seeds.

CULANTRO, CILANTRO - CORIANDER

Wild cilantro has a significant amount of vitamin C. Found fresh in the markets.

CURCUMA - TURMERIC

This aromatic rootstock form the basis and gives the yellow color to curry powder. It is also used in making pickles.

CURRY EN POLVO - CURRY

Curry is a condiment from India containing tumeric, garlic, hot red pepper, ginger, and other spices. Different combinations of ingredients yield different varieties of curry powder.

ENELDO - DILL

Dill is a European herb, a member of the carrot family. It can be difficult to find locally, but the seeds are used to flavor pickles, sauces, and salads.

ESTRAGON - TARRAGON

A strong, distinct flavor.

GIRASOL - SUNFLOWER

The sunflower is used commercially in oil production and is not usually sold as food.



GLUTAMATO MONOSÓDICO, "AJINOMOTO" - MSG

HIERBABUENA - SPEARMINT

It's principle uses are in aromatic tea and for medicinal purposes.

HIERBA LUISA - LEMONGRASS

Primarily used in aromatic tea and for medicinal purposes; it has a pleasant lemon flavor.

HINOJO COMÚN - FENNEL

The bulb is available locally, although it can be difficult to find.

ISHPINGO – ISHPINGO

This spice is a seed covering or housing in the shape of a Chinese hat. It is a sweet spice used like cinnamon and is used to flavor coladas.

JENGIBRE – GINGER

Ginger roots are knobby and tan-colored. Peel and mince before adding to your recipes. A syrup can be made of peeled ginger cooked with sugar and water. This syrup, with the addition of soda and ice, makes a delicious gingerale. Fresh ginger can be found in local markets.



LAUREL, HOJA DE LAUREL – BAY LEAF

Most commonly used to flavor soups and sauces. Discard leaf before eating.

LINAZA – FLAX, LINSEED

Flax seeds may be ground into a meal and added to fruits or salads or be used as a flour in bread or whole in bread.

MANZANILLA – CHAMOMILE

An aromatic herb used for tea, known for its calming character.

MEJORANA – MARJORAM

Sweet, oregano-like flavor.

MENTA - PEPPERMINT, GARDEN MINT

It makes an excellent tea.

NUEZ MOSCADA - NUTMEG

Warm, spicy and sweet flavor.

OREGANO - OREGANO, WILD MARJORAM

Belongs to the mint family.

PANELA, RASPADURA

Unrefined brown sugar, *panela*, is the brown crude sugar which is sold in rectangular or round blocks. It can also be bought ground (*panela molida*) in supermarkets. It is rich and has many more vitamins and minerals than white sugar. For use in beverages, it should be melted in a little water, boiled and strained. You can use the *molida* form as a substitute for brown sugar.

PAPRIKA, PIMENTON DULCE - PAPRIKA

Paprika, a mildly pungent spice, is made of the ripe fruit of the long, pointed paprika pepper. The spice is used to give added color to food as a condiment. Two kinds, *Paprika Húngara* and *Paprika Española*, are available.

PEREJIL - PARSLEY

Rich in vitamin A and C.

PIMIENTA DULCE - ALLSPICE

Allspice is usually found whole, not ground.

RAÍZ PICANTE - HORSERADISH

Horseradish sauce is commonly used as a condiment.

ROMERO - ROSEMARY

In Ecuador, rosemary is not used as an herb. Instead, it is used once a year for celebrating Palm Sunday. However, it is a great one to grow in a pot at home and add to your baking dish as you roast potatoes, vegetables, and meat.

SALSA CHINA, SALSA DE SOYA - SOY SAUCE

Salsa China has a different flavor than soy sauce, but similar enough to use as a substitute. Imported brands of *Salsa de Soya* are available in most supermarkets.

SALVIA - SAGE

Slightly bitter mint taste.

TOMILLO - THYME

Minty, light-lemon aroma.

VAINILLA - VANILLA

Most of the vanilla made in Ecuador is an imitation vanilla made from coconut, and has a very strong flavor.

ETHNIC SEASONINGS

Mexican: cayenne pepper chili powder, cilantro, cinnamon, cumin, garlic powder

Italian: anise, basil, crushed red pepper, fennel, garlic powder, oregano, rosemary, sage

Chinese: crushed red pepper, garlic powder, ground ginger, sesame seed, white pepper, whole red chilis

Thai: basil, cilantro, cinnamon, crushed red pepper, garlic powder, ground ginger, mint

DRYING HERBS

Drying is the easiest way to preserve herbs. The best time to harvest most herbs for drying is just before the flowers first open when they are in the bursting bud stage. Gather the herbs in the early morning after the dew has evaporated to minimize wilting. Avoid bruising the leaves. They should not lie in the sun or unattended after harvesting. Rinse herbs in cool water and gently shake to remove excess moisture. Discard all bruised, soiled, or imperfect leaves and stems.

LESS-TENDER HERBS

Sturdier herbs such as sage, thyme, summer savory and parsley are the easiest to dry. They can be tied into small bundles and air-dried. Air-drying outdoors is fine. However, better color and flavor retention usually result when drying is done indoors.

TENDER LEAF HERBS

Basil, tarragon, lemon balm and mints have high-moisture content and will mold if not dried quickly. Try hanging tender-leaf herbs or those with seeds inside paper bags to dry. Tear or punch holes in the sides of the bags. Suspend a small bunch (large amounts will mold) of herbs in a bag and close the top with a rubber band. Place where air currents will circulate through the bag. Any leaves and seeds that fall off will be caught in the bottom of the bag.

Another method, especially effective for mint, sage, or bay leaf, is to dry the leaves separately. Remove the best leaves from the stems. Lay the leaves on a paper towel, without allowing leaves to touch. Cover with another towel and layer of leaves. Five layers may be dried at one time using this method. Dry in a very cool oven. Leaves will dry flat and retain good color.

When leaves are crispy-dry and crumple easily between the fingers, they are ready to be packaged and stored. Dried leaves may be left whole and crumpled as used, or coarsely crumpled before storage. Husks can be removed from seeds by rubbing the seeds between the hands and blowing away the chaff. Place herbs in airtight containers and store in a cool, dry, dark area to protect color and fragrance.

HOW TO USE DRIED HERBS

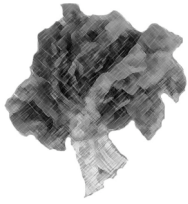
To release the full flavor, cut or chop dried leaves into fine bits before adding to food. Alternatively, crush the leaves by rubbing them between your palms and by grinding them with a mortar and pestle. The quantity of herbs you use will depend on your taste and the effect herbs have in different foods. The flavor of an herb will be best if you add it to your food at the proper time. Add herbs as follows:

- Soups and stews – Add during the last 15 minutes of cooking. The delicate flavor and aroma of herbs will be lost by overcooking.
- Uncooked foods like juices – Add 3-4 hours before serving, or even overnight, to release the full flavor of the herb.

To draw out maximum flavor, barely moisten herbs with a little lemon juice, water, cooking oil, or other liquid suitable for the food you are preparing, and let stand for 10 minutes or more before using. Infuse vinegar or oil with fresh or dried herbs for two weeks or more before using to flavor salads or other foods.

Drying Herbs section adapted from Cheers to the Penny, PC Nicaragua.

GUIDE TO VEGETABLES



ACELGA - SWISS CHARD

A variety of greens, a member of the beet family, with large ruffled leaves and succulent stalks, which is similar to spinach and used the same way. Choose it for its tender greens and crisp stalks.

ACHOCHA

Pale green, long and pointed at one end, this five-inch-long pod-like vegetable has a cavity in the middle, similar to a green pepper, which lends itself to being served stuffed. It is also used in soups.

AJÍ - CAYENNE, HOT RED PEPPER

A small pointed pepper, used typically as a condiment for food in the form of a sauce called ají which is hot and spicy, or as a dried powder for hot dishes and curries. Varies in hotness. Avoid peppers that are too wrinkled.

ALCACHOFA - ARTICHOKE

The flower bud of a thistle, harvested before it matures. Artichoke heart is sometimes made into ceviche; it replaces the shrimp or fish as the main ingredient. The artichoke needs to be boiled in water or baked with salt and lemon added. When tender, drain and eat, or cool to prepare for stuffing or to just remove the tender bottom of the heart. Buy deep green, heavy artichokes with a tight leaf formation and uniform color; watch out for insects. The leaves should squeak when pressed together. Heavy browning on the leaves usually indicates that it is past its prime, though slight discoloration won't affect the quality. Store unwashed artichokes in the fridge for up to 4 days and wash just before cooking. Contains potassium and vitamin A.



ALFALFA - ALFALFA

Alfalfa has an erect smooth stem with oblong leaves and grows in groups of threes. It contains more protein than most vegetables and is high in vitamin A and vitamin K. The tender sprouts of the seeds are used in salads and sandwiches. The fresh leaves are added to soup. The dried herb is used for tea; alfalfa is good mixed with mint.

APIO - CELERY

White and green celery are available, sometimes only the leafy part. The green has a stronger flavor and stringier ribs. The fresh stems are served raw or in soups and other dishes. The dried seeds are used as a condiment.

ARVEJA - PEAS

These can be bought shelled or in pods but are usually more mature and not as sweet as what we eat in the U.S. They should have small pods and be well-filled with a deep-green color. Avoid pods that are bulging or withered, yellow, dry, or discolored. Salt during cooking will make them hard.

BERRO - WATERCRESS

Watercress has smooth, bright-green leaves on long slender stems. It has a pungent, slightly bitter flavor. It is rich in minerals and is principally used as salad greens or in soups.

BROCOLI - BROCCOLI

Buy strong green heads, free of yellowing, with tight closed buds and no smudgy spots. You might find less common varieties of broccoli, including purple or cone-shaped and yellow-green. Excellent source of vitamin C.

**CAMOTE - SWEET POTATO**

The *camote* is related to the yam although it is drier in taste. It is generally white to a very light yellow color. The purple-skinned variety, *camote morado* is also available. Avoid those that are soft, shriveled, or blackened. The purple sweet potatoes can be prepared as a sweet dish and the white is served more similar to a potato. To prepare, boil without paring, then when tender, drain and slip off skins, serve as is or mash with seasonings. They are delicious roasted, but can be very hard to work with.

CEBOLLA - ONION

There are many kinds of onions. Onions harvested before they form a bulb are called green onions or scallions in English and *cebolla blanca* in Spanish. The white onion is called *cebolla perla* in Spanish. The onions that are purple in color and whose bulbs grow in clusters are called *cebolla paiteña* or *cebolla colorada*. *Cebolla encurtida* is used in ceviche.

CEBOLLA PUERRO - LEEK

Leeks have flat instead of round/hollow leaves like onions, and look like large scallions but are milder in flavor. Choose those with crisp, brightly colored leaves and an unblemished white portion. Before using, trim rootlets and leaf ends. Slit the leeks from top to bottom and wash thoroughly to remove all the dirt trapped between the leaf layers. Use for soups or as a cooked vegetable.

CHAMPIÑÓN, SETA, HONGO - MUSHROOM

Mushrooms should be light-colored and tightly closed around the stem, with no spots or a fishy smell.

COL, REPOLLO - CABBAGE

Col blanca has whitish green leaves while *col verde* has green leaves. Red cabbage, *col morada*, is purple in color. There is also a Chinese cabbage available called *col chino*. Cabbage may be eaten raw or cooked. When choosing a cabbage, the head should be heavy for its size. Avoid those with holes (worms). Cabbage, a cruciferous vegetable, contains a good amount of vitamin C and some vitamin A.

COLIFLOR - CAULIFLOWER

Look for firm heads, whose flower clusters are tight, curds well formed and white. Avoid those with smudgy or dirty spots, which indicates insect infestation.

ESPINACA - SPINACH

The local spinach is thicker and more bitter than what is available in the U.S. Spinach is a rich source of vitamin A, C, folic acid, and iron. Spinach contains oxalic acid which inhibits the body's absorption of calcium and iron.

LECHUGA - LETTUCE

Lechuga común is iceberg (head) lettuce. *Lechuga lisa* is Boston lettuce. *Lechuga de seda* is leaf lettuce. As with all greens, lettuce should be well washed, soaked in disinfectant, and either drained completely or blotted with a towel to remove excess moisture. Keep in mind that the darker green leaves contain the most nutrients. Avoid those with a bitter smell (scratch and sniff), and soggy or wilted heads.

MELLOCO

A tiny, yellow skinned, potato-like vegetable is often used in soups and salads. To prepare, wash thoroughly, cook in boiling salted water, then drain, slice and add lemon juice, salt, parsley and oil for a vegetable salad or serve hot with a sauce. Can be slimy.



NABO, NABO CHINA, COL CHINA - CELERY CABBAGE, CHINESE CABBAGE

Used for salads and soups, especially locro, a thick potato soup. Great source of vitamin C and iron.

OCA

Similar to a sweet potato, ocas are whitish and longer and thinner and smoother textured. They will sweeten if placed in sun for two weeks. Serve cooked in syrup. These may also be cooked, sliced and then fried.

PALMITO - HEARTS OF PALM

Hearts of palm are ivory-colored and delicately flavored. Their texture is smooth and firm. Hearts of palm are often used in ceviche, replacing shrimp or fish as the main ingredient. *Palmito* is available fresh or canned.

PAPA - POTATO

Potatoes come in many varieties in Ecuador, and are mainly grown in Carchi. They should be firm, with shallow eyes, and even color. Avoid those with rot (unpleasant odor), and green color (indicates poison).

PEPINILLO, PEPINO - CUCUMBER

This long, cylindrical, green-skinned fruit has edible seeds surrounded by a mild, crisp flesh. Avoid cucumbers that are yellowed or soft and shriveled-looking. They should be medium to dark green, long and slender, and firm.

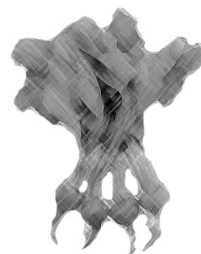
PIMIENTO - SWEET PEPPER

Sweet green peppers most commonly found in Ecuador are *pimiento verde* and/or red peppers called *pimiento rojo* or *pimiento marrón*. Yellow peppers can often be found in Supermaxi-type stores. The red peppers are simply vine-ripened green bell peppers that,

because they have ripened longer, are very sweet. They should be firm, without soft spots or wrinkles. With their tops cut off and seeds removed, bell peppers are excellent for stuffing with a variety of fillings. Peppers are an excellent source of vitamin C.

REMOLACHA - BEET

This firm, round root vegetable has edible leafy green tops, which are very nutrient rich and an easy addition to soup. Because the greens leach moisture from the bulb, they should be removed as soon as you get them home. Leave about 1" of the stem attached to prevent loss of nutrients and color during cooking. Just before cooking, wash beets gently so as not to pierce their skin, which causes nutrient loss. Peel beets after they have been cooked. They are delicious roasted or with carrots, potatoes, garlic, and rosemary with a vinaigrette dressing. Choose beets that have firm skin with bright greens; can be stored up to 3 weeks in the refrigerator.



SAMBA, ZAMBO - WINTER SQUASH

Because of the hard protective shell they have a long shelf life – up to a month if stored in a cool dry place. *Zambo* looks like a green watermelon on the outside, but inside it looks like white-yellow squash. The flesh is stringy which makes it harder to cook than *zapallo*. When it is immature (*tierno*) it is used in soups. When mature (*maduro*) it is used for jams. It is a must for Holy Week as an ingredient of Fanesca. There are many other types in the markets including pumpkins.



TOMATE, TOMATE RIÑON - TOMATO

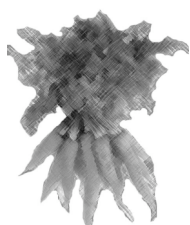
Tomatoes are actually a fruit, but are usually prepared as vegetables. Cherry tomatoes are called *tomates pequeños*, but are not commonly found outside of Supermaxi. Tomatoes should be peeled due to the high pesticide content found in the skin.

VAINITA - GREEN BEAN

These are often found in markets tied in bundles or in the local Akí or Supermaxi very inexpensively. Steam, sauté, or add to soup.

YUCA - CASSAVA, MANIOC

Yuca is a root vegetable with a thick brown skin, similar to a tree root. The inside is either cream colored, *yuca crema*, or white, *yuca blanca*. Flour is made from *yuca*, and when mixed with bread flour can be used as a substitute for cake flour. It can also be used as a substitute for potatoes, although it can be quite stringy. To prepare, peel, cut in pieces, and cook in boiling salted water until pieces become almost transparent. Drain. Remove center fibers if possible. Also very tasty when roasted. Be sure to peel *yuca* well as the bark and pink part are poisonous.



ZANAHORIA - CARROT

Carrots are larger here than in the U.S. Like most other fruits and vegetables, they become slightly bitter and woody the larger they are grown, so try to choose smaller ones. They should have a uniform bright

orange color, be blemish free, and measure no longer than 6" long and 1" in diameter at their widest point.

ZANAHORIA BLANCA - PARSNIP (A BLAND VARIETY)

Parsnips are a creamy-white root vegetable similar to carrots. In Ecuador it is most commonly prepared in pureed form or made into fried patties, both of which are served with fresh cheese.

ZAPALLO - SQUASH, PUMPKIN

Zapallo is shaped like a pumpkin but the skin is not as orange in color and the flesh is light orange. Can be used as substitute for pumpkin. When making pies and other sweets, ask for *zapallo dulce* or *zapallo maduro*. When purchasing for use in desserts make sure the skin is very hard. For making soups, buy when the skin is not very hard. Scoop and roast the seeds for a nutritious treat.

ZUQUINI, ZUQUÍN - ZUCCHINI

There are two kinds of zucchini squash, one dark green in color and the other a speckled green, although they are equal in flavor. The skins should be free of blemishes and have a vibrant color. Zucchini can be cooked a variety of ways including steaming, grilling, sautéing, or baking.



GUIDE TO FRUITS

AGUACATE - AVOCADO

Unlike most other fruits, the avocado is exceptionally high in fat – good fat! Avocados derive approximately 71-88% of their calories from fat. But, the fat is mostly monounsaturated, the same types found in olive oil, which has been shown in studies to lower blood cholesterol. And, of course, like all fruits, avocados do not contain any cholesterol. Like all foods, enjoy avocados in moderation. They can be used in any fruit or vegetable salad, chopped or used as a binder, made into a cream of avocado soup, sliced and served on top of soup, prepared as guacamole, or even made into ice cream. Avocado will turn black after cutting so it is best not to cut too long in advance or else coat the cut avocado with lemon or lime juice and leave in the pit. There are several types of avocados available in Ecuador: the green local avocado called *aguacate guatemalteco* which is often said to be the best and creamiest, the *aguacate nacional* which is smaller with a shiny black skin, and the *aguacate negro* which is bigger. Avocados are available almost year-round. To check for ripeness, hold avocado in your palm; the fruit should yield to gentle pressure. Avoid fruit that is too dark or soft.



ALBARICOQUE - APRICOT

A small peach-like yellow or orange fruit. It will ripen or soften at room temperature. Look for deep color with rosy blush, and firm, not shriveled. Eat fresh or cook in sweetened syrup for dessert or as a juice.

BABACO



A green and yellow skinned fruit that becomes entirely yellow as it ripens. It ranges in size from the size of a small papaya to a large squash, is torpedo shaped, and has five flattened facets. When sliced crosswise, the facets give this exotic fruit a pentagonal outline. It is semi-acidic but mild in flavor, white in color with the seeds contained in a stringy pulp in the middle. It is most often cooked in

water, adding sugar to taste and either cloves or cinnamon. It can also be used in salads, made into juice, served as a sauce, or prepared as a pie. Some people use the fruit unpeeled in pies, but usually it is peeled and the seeds are scraped out. It is generally available year-round and is a good source of vitamins A and C. Look for a firm fruit, with green and yellow skin. When ripe, it should be entirely yellow.

BADEA

Badea looks similar to a smallish watermelon but the skin is lighter in color. The flesh is a pale yellow. The seeds are edible and a good source of protein and fat. On the coast, the seeds are a prized treat when served in juice.

BANANO, GUINEO, ORITO - BANANA

There are numerous varieties of bananas in Ecuador. The large yellow bananas we are most accustomed to eating and using for dessert recipes in the U.S. are called *plátanos de*

seda or *guineos*. The small finger bananas are called *oritos*. They are very sweet and have an apple-like flavor. *Rosados* have pink colored skin and pink pulp. The riper the better when you are using bananas for baking.

BERENJENA – EGGPLANT

Eggplants should be a deep purple, and firm with a glossy shine. Avoid fruit that lacks gloss or that has soft spots. Some varieties are greenish or lavender.

CAIMITO

This fruit from the coast is violet-purple color with a shiny smooth skin and is the size of a large lemon or a small apple. Its flesh is white and milky with a tart flavor.

CAPULÍ

Capulí is a variety of a black cherry, resembling a bing cherry because of its size and purple color. It has a tart to sweet flavor and is used to make dessert sauces or is eaten raw. It cannot be used as a suitable substitute for cherries in baked goods.

CHAMBURO, CHIGUALCAN

This fruit belongs to the papaya family and looks like a small yellow babaco. When viewed from one end, it resembles a star shape because of its side indentations, making it difficult to peel. It has white flesh and black seeds, and has a stronger more acidic flavor than a papaya. It can be eaten as is or used in the same way as one would use *babaco*. Although it is produced year around, it is scarce because the trees do not bear a lot of fruit. Do not confuse it with the light green *grosella china*.



CHIRIMOYA - CUSTARD APPLE, CHERIMOYA

A cherimoya looks like an oversized green pinecone on the outside. The cream colored flesh, with large, shiny black seeds, is the texture of firm custard. The taste resembles a combination of pineapple, papaya and banana. The easiest way to eat it is to scoop the pulp out with a spoon from its shell. Cherimoyas contain a fair amount of niacin, iron and vitamin C. They should be an irregular oval shape like a large pinecone on the outside, with a firm, custard-like creamy, black seed-filled flesh.

Look for firm fruits that are heavy for their size and without blemishes (avoid brown splotches). Store at room temperature until ripe, then refrigerate up to four days.

REINA CLAUDIA, CIRUELA - PLUM

There are various types of plums: *reina claudia* (light purple), *maravel* (bright purple) and *amarillo* (yellow) are a few. Look for fruit with uniform color, and firm but slightly soft skin. All are good eating and frequently are used for jams and jellies. Plums contain a fair amount of vitamin A and potassium.

COCO - COCONUT

Used for rich desserts and/or drinks. Can be found either brown or green. Look for well-rounded cocos, heavy for their size. They should make a sloshing sound when shaken. To obtain the milk from the mature coconut, pierce the two dark spots at bottom of coconut with a nail and drain. To remove the brown outer husk, bake the coconut over

medium flame for 15-25 minutes and then throw it on the floor to break open or give it several hard taps with a hammer. The husk comes off easily, but should the meal adhere, it can be pried off with a knife. The brown skin on the meat of the coconut is cut off, the coconut washed in cold water, then dried, and grated. Fresh-grated coconut can be kept in the freezer after wrapping it in aluminum foil. Thaw about an hour before using. Coconut is high in saturated fat and is a good source of potassium. Coconut milk and coconut cream are sometimes called for in recipes, particularly in curried dishes. Green coconuts have a softer interior and can be scooped out with a spoon and whirled with its liquid to make a cream.

DURAZNO, MELOCOTÓN - PEACH

The peaches from Ambato have a pinkish flesh, while those from Cuenca are more yellow inside. *Abridores* or *Guaytambos* (both names refer to the same variety of peach) have a softer flesh and are somewhat sweeter. All varieties tend to be small, very firm and lacking in juice. Avoid fruit with a green tint or with bruises. Peaches contain both vitamins A and C.

FRUTA CHINA, GROSELLA, CARAMBOLA - STARFRUIT

This pale yellow fruit is 3 – 5" long and has a star shape when cut crosswise. This five-sided, glossy skinned fruit is juicy and fragrant when ripe. It does not need to be peeled when sliced.

FRUTILLA, FRESA - STRAWBERRY

Available all year. Strawberries are grown close to the ground and have extremely porous skin. Therefore, it is very important to wash well before using, or boil them for several minutes if making juice.



FRUTIPAN - BREADFRUIT

The size of a large melon (8 – 10"), breadfruit is a somewhat bland food known for its high carbohydrate content. It is also a good source of vitamin C. It is a tree fruit covered with a scaly green rind with a starchy consistency and a pale-yellow flesh. The flesh resembles a potato when unripe and can be used as such at this stage. As breadfruit ripens, it softens and is creamier and stickier when cooked. Like squash, breadfruit can be baked in its skin, grilled, or it can be peeled, cut up and boiled.

GRANADILLA - PASSION FRUIT

This orange-skinned fruit has a sweet gelatinous pulp with soft edible black seeds. It is about the size of a small orange and resembles the *maracuya*. When ripe, it has a dimpled, deep purple-orange skin and a soft flesh generously punctuated with tiny, edible black seeds. Choose heavy, large, firm fruit. Can be stored for up to 5 days. The flavor is seductively sweet-tart. It is usually eaten raw. Break open the top and scoop the seeds and pulp out with a spoon or simply slurp. It can be made into a sherbet.



GROSELLA - CURRANT

A small light green berry of the currant family. Although it has a very acidic flavor,

Ecuadorians normally eat it raw, dipped in salt. It is high in pectin and good to add to low-pectin fruits when making jelly.



GUANABANA - SOURSOP

Belonging to the custard apple family, it is similar to the cherimoya in flavor, but is much larger in size and the skin texture is more pebbly. It has a slightly acidic, fibrous white pulp that contains black seeds. It is ripe when slightly soft, like an avocado. It is eaten in the same way as a cherimoya or used for juice, ice cream, and sauces.

GUAYABA - GUAVA

A round yellow fruit with a soft skin about the size of a small apple. One type has pinkish flesh and another has a yellowish flesh. Can be eaten raw but watch out for little worms and the hard seeds. It is usually cooked and made into jelly or preserves served as a dessert. Take note that guava jelly is made from this fruit and not the fruit called *guaba*, listed next. Fresh guavas are a good source of vitamins A and C.

GUABA

A long, large pod-like fruit with a very hard thick green covering. The *guabas* from the coast and eastern jungle are larger, ranging in size from approximately eight inches to two feet long. The *guabas* from the highlands are much smaller and thinner with a dark green furry covering. Both contain a white cotton-like pulp with large black seeds. The pulp should be eaten soon after breaking open the fruit or the fruit will become wormy. To eat, open pod with fingers, put one pulp-covered seed in your mouth, chew off pulp, and spit out seed. No jelly or preserves are made from this fruit.



HIGO - FIG

Figs are usually picked when they are green. They turn black when cooked. They are usually cooked with water and a local raw brown sugar called *raspadura* or *panela* for a sweet dessert and accompanied with white fresh cheese. *Higos de Dulce* (sweetened figs) found in stores or in the delicatessen department of supermarkets, can usually be substituted in recipes calling for dates. Figs are a good source of iron, calcium and phosphorus.

LIMA - LIME

The lima does not look like a lime as we know it. It looks more like a greenish orange and it has a very sweet faint lemon flavor. It is used for juice or eaten as is. Limes are used to cure foods as well as to add flavor. To slice a lime for easy squeezing make two parallel cuts, one on each side of the part that was attached to the tree. The seeds should stay in the middle section which is normally discarded or used to make lime-aid.

LIMÓN - LEMON

The small round *limón sutil* is a lemon which looks like a lime, but it turns yellow as it ripens. It is popular for making juice. The larger *limón real* or *limón amarillo* is a lemon used to decorate beverage glasses or is used for making juice. It is not as juicy as the *limón sutil* nor is it as acidic in flavor. Excellent source of vitamin C. Look for lemons that are heavy for their size with smooth, thin skins.

MAMEY

This coastal fruit is a brown, egg-shaped, rough, thick-skinned fruit with a smooth red or orange-colored flesh. It is rich and sweet, used to make a thick dessert sauce.

**MANDARINA – MANDARINE, TANGERINE**

A loose-skinned, orange-green color, small or large orange with lots of seeds. Peel and eat, add to salads, or use it to make juice.

MANGO - MANGO

There are many varieties of mangoes, the most popular being the mango de chupar which is golden and about the size of an apple. The *mango de comer* or *mango de cuchilla* is larger and reddish yellow. Some mangoes are best eaten as is, while others should be cooked. Fresh mangoes are rich in vitamins A, C and D. They have one season: November through March. Ripe mangoes can be held in a refrigerator for up to 5 days.

MANZANA - APPLE

Lots of varieties are available, most of which come from Chile or Washington State. Makes a great snack dipped in *dulce de leche*. Avoid bruised or blemished apples.

MARACUYÁ – PASSION FRUIT

Ripe fruits are yellow egg-shaped, the size of an apple, very fragrant, and give to gentle pressure. They should be fragrant and give to gentle pressure, with a thick, waxy skin or rind, filled with black seeds covered with a yellow or orange gelatin-like substance. Scoop out flesh and seeds with a spoon and eat raw. For juice, blend pulp and seeds slowly for 30 - 60 seconds, strain, and add a sweetener and water to make juice. They are an excellent source of vitamin C and a form of soluble fiber called pectin. Excellent for mixing with other juices.

MELON

Many kinds with orange, white, or green flesh. Choose firm but fragrant ones without damage. Eat fresh or blend into juice, adding lemon juice or sugar to taste. Cantaloupe (*melon*) should have webbed skin with yellowish coloring underneath, smoothly rounded depression at the ends, stem ends that yield to slight pressure, and a fragrant aroma. Avoid fruit that is sunken or that has a calloused scar on the end.

**MEMBRILLO - QUINCE**

This fragrant, fuzzy fruit can be round to pear-shaped and resembles a yellow apple. Many seeds are contained in the core. Its flesh is hard, bruises easily, and is rarely eaten raw because it is very acidic. Most commonly used for marmalades, jellies, and desserts.

MORA - BLACKBERRY, BOYSENBERRY, HUCKLEBERRY

The variety found in Ecuador is usually much larger and more tart than those available in the U.S. Used for juice, drinks, ice cream, dessert sauce, jams, pies and in baked goods. To make juice, cook to boiling point, blend berries with water and sugar to taste. Add milk or yogurt for a great drink.

MORTIÑO - BLUEBERRY

These very tart, dark purple berries are a variety of the wild huckleberry. In November they are mixed with *mora* and special herbs to make a traditional drink called *Colada Morada*.

NARANJA - ORANGE

The common orange has lots of seeds and is used for making juice, drinks, sauces, and in desserts. They are available year-round, but the sweetest are available from June through September. Navel oranges, called *Washington* or *naranja sin pepa* (orange without seeds), are also available. Oranges are an excellent source of vitamin C.

NARANJILLA

A round bright orange and green thin-skinned, hairy fruit, measuring about 1 ½" in diameter. The pulp is a transparent light green containing small pale-colored seeds. For juice, drop into boiling water, then peel, press the pulp through a sieve, and add sugar and water. Many prefer to blend the unpeeled fruit with a small amount of water and then strain before adding sugar and water. This juice does not keep well for more than a day or two. It is excellent for mixing with other juices and makes a good sauce for a fruit salad when mixed with a little vanilla. Use for pies, sauces or flavoring as you would use orange juice.

NISPERO - LOQUAT

A golden-skinned fruit resembling an apricot but it's firm with a sweet-tart flesh. The juicy, crisp flesh is pale yellow and has a delicate, sweetly tart cherry-like flavor. It has 1-3 large seeds. Choose fruit with no sign of bruising. Store them at room temperature or, if very ripe, refrigerate in a plastic bag. Eat raw after stemming, peeling and seeding, or poach them alone or with other fruits. Loquats are a good source of beta carotene.

OBOS

This fruit is from the plum family. The small yellow 1" *obitos* come from the province of Carchi. The red juicy 2" fruits are often found on the coast. Both types are sucked after removing the skins and are quite tart.

PAPAYA - PAPAYA

The papaya is green, turning orange-yellow as it ripens. The smallest ones are oval, but they become even more elongated as they increase in size. The flesh should be bright orange for good eating, or in some cases red if from a certain coastal variety. When ripe it has a vivid golden-yellow skin and should give slightly to pressure. *Papaya*

Hawaiana are smaller and sweeter. The sweet mild flavor may be enhanced by adding sugar, lemon, or lime juice. Some prefer sprinkling it with salt. Many people discard the seeds, but they are totally edible; they have a spicy, peppercorn type flavor and can be chewed and swallowed as a natural laxative. Alternatively, rinse and use them like capers as a garnish or blend to a consistency similar to pepper and use as pepper.

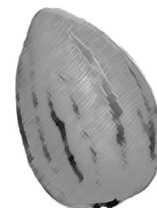
Papaya is one of the ingredients used in meat tenderizer since it contains an enzyme that dissolves protein. Many people put pieces of papaya, seeds and all, on top of meat before cooking to improve tenderness of the meat. Unripe peeled green papaya can be cooked as a vegetable. To bake, cut in serving pieces without peeling, remove seeds, dot



with butter, sugar and cinnamon and bake with a little water for about a half hour. Papaya is a very good source of beta carotene and vitamin C.

PEPINO DULCE - MELON PEAR

This small oval fruit with a melon-like flavor has smooth golden skin with purple streaks and fragrant yellow flesh surrounding a central pocket of seeds. Choose fruit that is fragrant and gives slightly to pressure. Peel and eat as is, or add to fruit salads. It is not to be confused with cucumber also called *pepino* or *pepinillo*.



PERA - PEAR

Familiar types, will ripen at room temperature. Choose fruit that is slightly under-ripe/firm; should be slightly soft at the stem end.



PIÑA - PINEAPPLE

The traditional Ecuadorian pineapple, *piña nacional*, has white to pale yellow flesh and small dark seeds. The skin is green and turns a golden brown when ripe. The *milagrena* from the coast is a very delicious and juicy variety. The Hawaiian pineapple, *piña hawaiana*, is more elongated and has a brighter yellow flesh with a dark green skin that becomes a lighter green and golden brown when ripe, with a sweeter, less acidic flavor. Look for fruit with a small, tight crown, sweet fragrance, bulging eyes; center leaves come out easily when tugged gently; makes dull solid sound when thumped. Try slicing into rounds and grilling. They are a good source of vitamins A and C.

PLATANO - PLANTAIN

A banana relative with a high starch content that must be cooked before eating. Green plantains, *verdes*, are not sweet and are used in a similar way as potatoes: boiled, fried, or baked. If you buy green plantains and store them refrigerated, they will stay green for about a week. The *barraganete* and *dominico* are varieties of plantains with pointed ends, while the *maqueño* has rounded ends. The *barraganete* is longer and fatter than the *dominico* and is best used green (it becomes sweet when yellow). It can be fried or used in soups. The *maqueño* or *maduro* is the sweetest and softest of the plantains when cooked; use when yellow with black spots. *Verdes* are good sliced thin and fried in oil to make chifles. Ripe plantains, *maduros*, can be used even when black in color. To boil, cut off ends and boil in skins until the skin pops. Fried ripe plantains are very popular. Peel, slice and then fry in a little fat. The peel releases a sticky sap that will stain clothing. If skin is sticking to the fruit, peel off as much as you can, and cut the rest off with a knife. If you are not using the peeled plantains immediately, keep them in a bowl of cold water or sprinkle with lime juice to avoid darkening. Using *achiote* in the sauce and cooking with a wooden spoon keeps the plantain from turning dark. They are a good source of potassium and vitamin C. Watch out for sap stains.

SANDIA - WATERMELON

Nature's Gatorade and always available. The ends should be filled-out. Choose fruit with a smooth surface, creamy color, that when scraped with a fingernail, yields thin

green shavings. Avoid those with shiny surface or creamy color on more than half the melon. Try the different varieties available. Great as is or juiced.

TAMARINDO - TAMARIND

The 5" long dry brown pods of the tamarind tree have one to four seeds and are covered with a soft brownish fibrous pulp that contains sugar, tartaric and citric acids. It is prepared as a sour-sweet juice, marmalade, ice cream, as a sauce for meats and certain Chinese dishes, or as a filling. To prepare the juice, drop whole pods into boiling water to separate the pits from the flesh. Mash, then add sugar and water.

TAXO

There are two kinds of *taxo*. The most commonly type is about 3" long and yellow when ripe. The other is the *taxo de castilla* which is round, partly orange in color and very delicious in flavor. The flesh of both is a bright orange gelatinous substance surrounding many small black seeds (like a pomegranate or *grenadilla*). To obtain the juice, swirl the insides briefly in a blender with a small amount of water. Strain to remove the seeds. Used as a juice, for ice cream or for a unique flavor in a chiffon pie. They can also be eaten raw by cutting off the tip and sucking out the juice, seeds and pulp.

TOMATE – TOMATO

Tomatoes should be a deep red color and yield to pressure without looking shriveled or showing signs of molding. Avoid tomatoes with a green tinge – they are bitter.



TOMATE DE ÁRBOL - TREE TOMATO

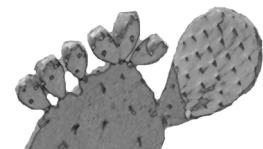
The *tomate de árbol* is an orange-red oblong fruit whose pulp is a bright orange-red color containing tomato-like seeds. It is used for juice, fruit desserts, marmalade, and in ají sauce. To prepare juice, cover fruit with boiling water, peel, blend in blender, then strain and add sugar and water. For a dessert sauce, peel leaving stems on, then cook in a mixture of water and sugar with a cinnamon stick until most of the liquid is gone.

TORONJA – GRAPEFRUIT

Grapefruit should be heavy for its size, with smooth, thin skin. Avoid fruit that is light, has puffy skin, or has sunken, withered, brown, or soft areas.

TUNA - CACTUS FRUIT

These are from the prickly pear family. Some are soft green in color while others have a somewhat orange and red skin. The skin tends to be quite thick. The white reddish or orange pulp surrounding the many small hard seeds is juicy. To eat the juicy flesh, you have to get past the prickly skin.



UVA - GRAPE

This name applies to both regular grapes and in the Oriente to a tree grape which comes on a cluster and is eaten as a fresh fruit, discarding the tough skin and pits. They should be plump, uniform in color, in tight clusters on dark green stems. Avoid grapes with brown stems or grapes that are soft or discolored.

UVILLA - GROUND CHERRY, GOOSEBERRY

This fruit looks like a grape, but is yellow or olive green in color with a leaf covering the small round berry and tart in flavor. Eaten as is or can be made into jam. A great addition to salads.

ZAPOTE - SAPODILLA, SAPOTA

Fruit of the *sapodilla* tree. The tree contains a milky juice that is boiled down to make *chicle*. The fruit measures about 3" across and may be round, oval or cone-shaped. The bright orange stringy pulp surrounding the seed is eaten raw, sucked on like a mango. Eat the fruit whole, or spoon the fruit from its slightly bitter skin. A little lemon or lime juice will enhance its flavor.



JUICES AND DRINKS

MELON JUICE

Equal parts melon and ice
A couple drops of vanilla
Sugar to taste

Blend ingredients in blender and serve.

LIMONADA

6 tablespoons fresh lemon or lime juice
1/4 cup sugar or honey to taste
1 LITER WATER



Mix sugar or honey with lemon/lime juice until dissolved. Mix with water.

SPARKLING HONEY LEMONADE

Serves 4

1/2 cup fresh lemon juice
1/4 cup honey
3 cups sparkling or still cold water

Zest of 1/2 lemon
Salt

Combine lemon juice and honey in a saucepan. Heat until honey is completely blended with the juice. Chill until cold, then stir and pour into a pitcher. Add cold water and stir to combine completely.

Mix lemon zest with salt in a small dish. Rub the rim of serving glasses with a wedge of lemon or lime. Invert glass into dish of salt and turn to coat rim. Add ice and lemonade, and serve immediately.

Adapted from a recipe from www.wholefoodsmarket.com.

WATERMELON LEMONADE

Makes 2 glasses

2 tablespoons sugar
2 tablespoons water
1/4 cup fresh-squeezed lemon juice

1/2 cup fresh watermelon puree, strained
through a coarse strainer to remove
seeds
3/4 cup cold water

Make simple syrup by simmering 2 tablespoons water with 2 tablespoons sugar until sugar has dissolved. Let cool. Stir all ingredients together with the simple syrup and serve over ice. Garnish it with a thin watermelon or lemon wedge, if you're feeling fancy.

Spritzzy variation: Swap one-third ($\frac{1}{4}$ cup) or more of the water with sparkling water.

Boozy variation: Add a splash of vodka.

MANGO AGUA FRESCA

Serves 2

1 ripe mango, peeled, pitted, and cut
into chunks
1 $\frac{1}{2}$ cups cold water

$\frac{1}{2}$ teaspoon fresh lime juice
 $\frac{1}{2}$ teaspoon honey, or to taste

In a blender, combine mango and water and blend until smooth. Pour through a strainer into ice-filled glasses. You should end up with about 1 cup of liquid. Stir in lime juice and honey and serve.

Adapted from a recipe from www.wholefoodsmarket.com.

MARACUYA JUICE

Cut the maracuya and put rind, pulp, and seeds in the blender with warm boiled water and blend on the lowest speed possible for just a few seconds. Pour into a strainer and stir with a spoon until all the gelatin substance is off the seeds. Dilute with water or milk and sweeten with sugar to taste. A great mixer with other juices.

GUANABANA JUICE

Peel guanabana and remove seeds. Blend the white pulp with water and add sugar, if necessary. Blend on high, then strain through a sieve, pressing the pulp with the back of a spoon to squeeze out as much juice as possible.

MORA JUICE

Place washed moras in a pan with water to cover amply. Cook until soft, 20 - 30 minutes. Strain through a damp cloth, squeezing out all the juice possible. Sweeten to taste and cool. It may be strong and can be diluted. This concentrate may also be mixed with other juices to give a lovely red color and good flavor. Mora juice tends to separate and does not keep well.

PAPAYA-ORANGE JUICE

6 cups frozen chunks of papaya*
Juice from 3 oranges

Place papaya and oranges in a blender and blend well; use just enough orange juice to cover chunks of papaya. May add sugar, honey, or lemon juice to taste. Tastes like orange sherbet!

* If your papaya isn't frozen, use fresh papaya and add ice before blending; whirl and serve.



PINEAPPLE JUICE

Peel and core pineapple. Chop coarsely and put in blender with water to cover. Blend until liquefied. Pour through sieve and sweeten to taste. To get pineapple flavored juice for mixing in punches or other juices, take skin and core of pineapple, cover with water and boil for 20 - 30 minutes. Allow to sit until cool, then strain and sweeten. Juice is not as strong, but a great mixer.

TAXO JUICE

Cut ripe fruit in half. Scoop out pulp and seeds. Blend in a blender on low for just a few seconds with water or milk. Strain. Taxo is very sour; add sugar to taste.

TOMATE DE ÁRBOL JUICE

6 - 7 tomates de árbol, peeled and halved
1.5 liters water
½ cup sugar

Mix everything in a blender together well, then strain through a sieve.

BANANA MILKADE

| | |
|----------------------------------|----------------------------------|
| 4 - 5 large ripe bananas, mashed | ½ cup pineapple juice (optional) |
| 1 quart milk | ½ teaspoon vanilla (optional) |
| 4 tablespoons sugar | Dash of nutmeg in each glass |

Beat bananas, sugar, and milk with egg beater. Add other ingredients if desired. Makes 4 large servings. 1 cup or more of fresh pineapple can be used in place of the pineapple juice and the ingredients can be processed in a blender.



BANANA MILKSHAKE

2 bananas (frozen or room temperature)
1/4 cup sugar

4 cups milk
Vanilla

Blend together until chunkless.

SOY MILKSHAKE

Serves 1

1 cup soy milk
1 tablespoon sugar or honey
1 teaspoon vanilla

Flavor addition(s) of choice*
Ice (optional)

Blend all ingredients in a blender until smooth.

*Possible flavor additions – 1/2 banana, 1/4 cup any frozen fruit, 1/4 cup any fruit juice, 1 tablespoon peanut butter, 1 tablespoon jam, 1 tablespoon cocoa powder, 1 tablespoon instant coffee granules, 1/4 cup ice cream, 1/2 teaspoon cinnamon and/or nutmeg.

BANANA ORANGE ROYALE

1 orange, peeled, sectioned and seeded
1 banana

1 cup plain yogurt
3 tablespoons honey, or to taste

Process in a blender until smooth. Makes two glasses.

COLADA DE NARANJILLA

4 cups water
2 naranjillas, liquefied
2 cinnamon sticks

2 tablespoons oats
1 cup raw sugar, or to taste

In a pot, combine water, liquefied naranjillas, and cinnamon. Boil for 5 minutes. Add oats and boil for another 5 minutes. Sweeten to taste.

COLADA DE ZAPALLO

2 cups water
1 1/2 cups zapallo, diced
1/2 cup brown sugar

1 teaspoon cinnamon
1 cup milk
3 tablespoon máchica

JUICES AND DRINKS

Boil water and zapallo together in pan. While the mixture is boiling add sugar and cinnamon, stirring until dissolved. Add milk and máchica and simmer for another 15 - 20 minutes.

COLADA MORADA

| | |
|---|----------------------|
| ½ pound (2 cups) mora | 3 quarts water |
| ½ pound (2 cups) mortiños | ½ cup cornstarch |
| 6 naranjillas, halved with pulp extracted | 1 cup sugar |
| 2 tablespoons stick cinnamon | ½ pineapple, chopped |
| 1 teaspoon cloves | |

Boil the moras, mortiños, naranjillas, cinnamon, cloves, and water for 30 minutes. Strain. Then mix 1 cup juice with the cornstarch; cook the rest of the juice with the sugar and pineapple. As it boils, add the cornstarch mixture little by little. Cook until thickened, adding more sugar as necessary.

COCONUT MILK

Drain milk from one large coconut into blender. Crack coconut and extract meat. Place chunks into blender and add 1 cup water and ½ - 1 cup sugar. Liquefy and strain through sieve. Reserve both milk and shredded coconut meat. The resulting sweetened coconut milk can be used for coconut shrimp, Thai curries, coco-locos and other exotic rum drinks. The shredded coconut meat can be used in coconut shrimp, curries, cookies, breads, etc.

SHANNON AND RUSS'S KAHLUA

| | |
|-------------------------|-----------------------|
| 6 cups sugar | 3 cups vodka |
| 8 cups water | 3 tablespoons vanilla |
| 2 ounces instant coffee | |

Cook first three ingredients until dissolved. Cool and add vanilla and vodka.

DESAYUNO ANYTIME

Breakfast is the most important meal of the day. Although not everyone is ready to face food in the morning as soon as they wake up, it's a good habit to start every day with some kind of nourishment. Breakfast fuels the body with energy and nutrients that help us meet the demands of a Peace Corps lifestyle.

Many of the foods we associate with breakfast are also great for lunch or dinner. Try French Toast or Apple Pancakes in the evening.

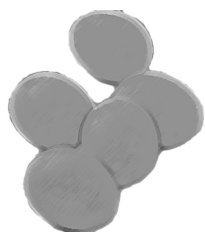
BREAKFAST CEREALS

Breakfast cereals can be made from all kinds of grains. Tips for making hot cereals that work on both cocinetas and over burning wood:

- The smaller the grain, the quicker it cooks.
- All cereal is made the same way. Stir the cereal into lightly salted boiling water; usually one part cereal to three parts water, then cook over medium-low heat, stirring occasionally, until it has thickened and tastes good.
- Water is the usual liquid used for cooking cereal, but milk and juice are other possibilities – oatmeal cooked in milk, or quinoa cooked in naranjilla juice for example. A little butter or sweetener can be added at the end.
- Tired of “Quaker”? Put some life into the old stand-by. When boiling the water, add fruit, chocolate powder, or even jello. Or when it's hot and simmering, stir in an egg.
- Toasting grains can give cereal a flavor boost. Put cereal in a dry skillet set over medium heat and stir frequently until they begin to smell toasty and take on a little color. Remove to a plate as soon as they are toasted so they don't burn. Cook the grains as you normally would.

EGGS

You need not worry how to use up a dozen eggs since you buy them by the unit: one or two or as many as you may need at any given time. Eggs are an excellent source of protein and a real bargain when compared to the cost of meat. The size and color do not



affect the quality of the egg inside. Check eggs for cracked shells before you buy them. A crack in the shell can let in dangerous bacteria and can lead to food poisoning. Shells should be dull, not shiny. A fresh egg does not rattle, will not float in a bowl of water, and when held up to candlelight has no dark spots. Eggs keep for several days without refrigeration in moderate or cold climates. Do not wash dirty eggs before storing since this removes a natural

protective coating from the shell and will cause them to spoil faster. Right before using them, wash them off. Crack eggs apart from other ingredients to avoid adding dirty eggshell or a rotten egg to your pancakes or quiche. Room temperature eggs are usually best for baking.

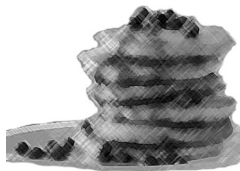
SIMPLE PANCAKES

Makes about 6 5-inch pancakes

$\frac{3}{4}$ cup flour
1 $\frac{1}{2}$ tablespoons sugar
 $\frac{3}{4}$ teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt

$\frac{3}{4}$ cup milk
1 $\frac{1}{2}$ tablespoons melted butter or oil
1 egg
 $\frac{1}{4}$ teaspoon vanilla (optional)

In a large bowl, whisk together flour, sugar, baking powder, and salt. In another bowl, whisk together milk, butter or oil, egg, and vanilla. Pour the wet ingredients into the dry ingredients and mix together just until combined. Spoon batter onto hot frying pan. Cook until top of pancake is speckled with bubbles and some have popped open. Flip and cook the other side.



BANANA-NUT PANCAKES – Add thinly sliced bananas and lightly toasted chopped nuts to batter of Simple Pancakes above.

BANANA CHOCOLATE CHIP PANCAKES – Add thin banana slices and chopped chocolate bar to batter of Simple Pancakes above. Also try uvillas or mora in place of banana.

APPLE OR PEAR PANCAKES – Stir thinly sliced apple or pear into the batter of Simple Pancakes above. Flavor batter with a couple of spoonfuls of honey and a pinch of cinnamon and/or nutmeg.

RICE PANCAKES – For a chewier pancake, fold $\frac{1}{4}$ - $\frac{1}{2}$ cup cooked rice into batter of Simple Pancakes above.

QUINOA PANCAKES – Fold in $\frac{1}{4}$ - $\frac{1}{2}$ cup cooked quinoa or as much as batter of Simple Pancakes will hold. The tiny grains will pop in your mouth.

PEANUT BUTTER PANCAKES – Blend 3 tablespoons peanut butter into Simple Pancake batter above. Top with sliced bananas.

YOGURT PANCAKES – Prepare Simple Pancakes, above, substituting yogurt for milk.

SWEET WHOLE-WHEAT PANCAKES

Makes about 4 6-inch pancakes

$\frac{2}{3}$ cup whole wheat flour
1 $\frac{1}{2}$ teaspoons baking powder
4 teaspoons panela or sugar
Dash salt

1 teaspoon cinnamon
1 egg, beaten
 $\frac{2}{3}$ cup liquid (juice or milk)
4 teaspoons oil

In medium bowl, stir together flour, baking powder, sugar, salt, and cinnamon. In a small bowl, beat together egg, milk, and oil. Add wet mixture to dry mixture and stir to

combine. Spoon batter onto hot frying pan. Cook until top of pancake is speckled with bubbles and some have popped open. Flip and cook the other side.

MOIST OATMEAL PANCAKES

Serves 2 - 4

2 cups oats
1 ½ cups milk, water, or juice
¼ cup brown sugar
1 teaspoon baking powder

2 eggs, well beaten
Dash salt
¼ teaspoon cinnamon

Mix all the ingredients and beat into a thin batter. Cook over medium heat. Add raisins if desired.

BASIC SWEET CREPES

Makes about 12 crepes

½ cup flour
½ cup milk
¼ cup lukewarm water
2 eggs

2 tablespoons butter, melted
1 ½ tablespoons sugar
Pinch of salt

In a blender, combine all ingredients. Let stand for 30 minutes if you can. Stir batter and pour about 2 tablespoons into a hot greased pan, lifting the pan off the flame and tilting and rotating so that the batter forms an even, very thin layer. Cook until the top is set and the underside is golden. Flip and cook the second side until done.

Recipe from The Joy of Cooking.

CHERYL'S BANANA CAKES (EMBORAJADOS DE SEDA)

Serves 1 - 2

2 eggs
4 tablespoons sugar
½ teaspoon baking soda
1 cup flour

Water
2 bananas, sliced
Vegetable oil

Beat eggs and sugar together in a large bowl. Stir in baking soda and flour. Add water, stirring, until the mixture is a thick batter. Coat banana slices with batter and fry in vegetable oil.

FRENCH TOAST

Makes 3 slices

1/3 cup milk
2 eggs
1 tablespoon sugar
1/2 teaspoon vanilla

1/4 teaspoon salt
1/4 teaspoon cinnamon (optional)
3 slices bread
1 tablespoon butter

In a shallow bowl, whisk together milk, eggs, sugar, vanilla, salt, and cinnamon if desired. Turn bread slices in the egg mixture until saturated but not falling apart. In frying pan, melt butter, and add bread slices. Flip when the underside is golden, and serve immediately or keep warm. Dust with powdered sugar and/or syrup.

PEANUT BUTTER FRENCH TOAST – Prepare French Toast above, whisking a couple of tablespoons of peanut butter and 1 teaspoon honey into the egg mixture.

ORANGE TOAST

2 tablespoons orange juice
1 - 2 teaspoons orange rind, grated

1/4 cup sugar
1/2 teaspoon cinnamon

Mix all ingredients and spread on buttered toast. Place on cookie sheet and place in hot oven until slightly browned.

HOT BREAKFAST CEREAL

Makes 2 cups

2 cups water
1/2 cup coarse cereal (barley, rice, quinoa)
Salt

1 - 2 cups additional water if using quinoa

Bring water to a boil. Add a dash of salt. Gradually whisk in the cereal. Lower heat and simmer, partially covered. Stir occasionally to keep from sticking or boiling over. Most cereals thicken before the grain is actually cooked, but you can detect its raw taste. Cook until cereal tastes done, 15 - 30 minutes, depending on the grain.

FRIED CORNMEAL MUSH

Fried cornmeal mush is also known as polenta. Cut cooked, cooled cornmeal cereal into 1/2" slices and fry in a little oil or butter. Add more substance by first dipping slices into cornmeal, then frying until crispy and golden. Serve with panela, honey, or marmalade. Oatmeal may also be prepared this way.

SWEET RICE BREAKFAST SOUP

Serves 2 - 3

½ cup rice
3 cups water or milk
Salt

1 cinnamon stick
Butter and panela to taste

Put rice, water or milk, dash of salt, and cinnamon stick in a pot, bring to a boil, and simmer slowly until the mixture is creamy and thick, 20 minutes for white rice and about 45 minutes for brown. Remove the cinnamon stick and serve with butter and panela.

SIMPLE GRANOLA

Makes about 8 servings

3 ½ cups oats
¼ cup cooking oil
¼ cup honey

1 tablespoon vanilla
½ cup chopped raisins
½ cup chopped nuts

Combine all ingredients. Spread on a cookie sheet and bake for 10 minutes on medium flame, or alternatively toast in a skillet on the stove. Serve with milk and shredded coconut, if desired. Store in a tightly sealed container.

HARD-BOILED EGGS

To hard-boil eggs, place in a pot and cover with cold water by a ½" or so. Bring the water to a gentle boil. Now turn off the heat, cover, and let sit for exactly seven minutes before pouring the water out and rinsing with cold water.

EASY EGGS WITH HERBS

Serves 1

2 eggs
1 - 2 tablespoons chopped fresh herbs, such as cilantro, thyme, parsley
Salt and pepper to taste

Lightly beat eggs in a bowl, add fresh herbs and season to the taste. Melt the butter in a saucepan and swirl it around to coat the base evenly. Pour in egg mixture and, as the eggs set, push edges toward the center using spoon. Cook for about two minutes, without stirring, until the egg is lightly set. Quickly flip over and serve at once.

Adapted from a recipe found in Vegetarian: Over 300 Healthy and Wholesome recipes Chosen from Around the World.

VEGETABLE OMELET

Serves 2

2 tablespoons butter or oil
1/4 cup minced onion
1/2 cup chopped green pepper
1 medium tomato, chopped

12 green olives, chopped
2 tablespoons chopped parsley
1 teaspoon salt
4 eggs, beaten

Heat oil or butter in skillet. Add onions and cook until tender. Add green pepper and tomatoes and cook until green pepper is tender. Remove from pan and drain. Return to skillet and stir in olives, parsley, salt, and eggs. Cook until firm, lifting edges to allow uncooked egg to flow underneath if necessary. When firm but still glossy, lift edges and fold over omelet.

HUEVOS RANCHEROS

Serves 1

1 - 2 eggs
1/4 cup cooked black beans
1/4 avocado, diced

1/2 diced tomato or salsa
Flour tortilla

Scramble the egg(s). Place the eggs, black beans, avocado, and tomato/salsa on top of the tortilla.

MIGAS

Serves 2

1 tablespoon canola oil
2 cups crushed tortilla chips
1/2 cup chopped tomato
2/3 cup chopped onion

1 ají, stemmed, seeded, and chopped
2 eggs
1/2 cup cheese

In a large frying pan, heat the oil over medium heat and sauté the tortilla chips until slightly crisp, 1 - 2 minutes. Add the tomato, onion, and ají and cook for 5 minutes. Pour in the eggs and mix, scraping up the eggs as they cook. When the eggs are partially set, add the cheese. Cover. Toss a few more times until the cheese melts.

Adapted from a recipe by Robb Walsh.

BOLÓN

Serves 2 - 4

2 verdes, peeled
1 tablespoon oil
1 tablespoon butter

1 teaspoon salt
1/2 cup crumbled cheese

Bake plantains for 15 minutes in an oven over high flame. Turn and bake 15 minutes on the other side. They should be soft inside and crusty on the outside. Sprinkle hard surface with salt. Mash plantains in salt, working quickly (very important). Mash in oil and butter until the plantains form a dough with small plantain pieces obvious. Knead in cheese. Form into a fist-sized ball. Serve while still hot.

QUICK COFFEE CAKE

| | |
|---------------------------|------------------------|
| 1 cup sugar | 4 tablespoons butter |
| 1 $\frac{3}{4}$ cup flour | 1 egg, beaten |
| 2 teaspoons baking powder | $\frac{1}{2}$ cup milk |

Topping:

2 tablespoons sugar mixed with 3 teaspoons cinnamon

Mix sugar, flour, and baking powder together; work in butter with fork until mixture resembles coarse meal. Blend in eggs and milk. Sprinkle sugar and cinnamon mixture evenly on top. Bake 20 minutes over medium-high flame.

CINNAMON BREAKFAST CAKE

| | |
|--|--------------------------------|
| 1 $\frac{1}{4}$ cup flour | 1 egg |
| $\frac{1}{4}$ cup sugar plus $\frac{1}{3}$ cup | $\frac{2}{3}$ cup chopped nuts |
| 1 tablespoon baking powder | $\frac{1}{4}$ cup flour |
| $\frac{1}{4}$ cup shortening/manteca | 3 tablespoons butter, softened |
| $\frac{2}{3}$ cup milk | 1 teaspoon cinnamon |

Sift together flour, $\frac{1}{4}$ cup sugar, and baking powder. Cut in shortening. Add milk and egg. Mix only until ingredients are moistened. Fold in nuts. Pour into a greased 8x8ish pan. Combine flour, $\frac{1}{3}$ cup sugar, butter, and cinnamon. Sprinkle over batter. Bake on high flame for 25 minutes. This may be made the night before.

MORA COFFEE CAKE

Makes about 10 slices

| | |
|--|--|
| 1 cup flour | 4 tablespoons butter at room temp |
| 3 tablespoons oatmeal | $\frac{1}{4}$ cup brown sugar |
| $\frac{1}{2}$ teaspoon baking powder | 1 egg |
| $\frac{1}{2}$ teaspoon baking soda | Zest of 1 lemon |
| $\frac{1}{2}$ teaspoon salt | 2 teaspoons vanilla |
| $\frac{1}{4}$ teaspoon fresh thyme, chopped (or a pinch if dried) | $\frac{1}{4}$ cup yogurt |
| $\frac{1}{4}$ teaspoon fresh rosemary, chopped (or a pinch if dried) | 1 $\frac{1}{3}$ cups blackberries, chopped |

In a medium bowl, whisk together the flour, oatmeal, baking powder, baking soda, salt, thyme, and rosemary. In a separate large bowl, beat the butter up until as light and fluffy as possible. Add the brown sugar and beat until well mixed in well. Beat in the egg, lemon zest, and vanilla. Add half the flour, stir, add a splash of yogurt, and stir again (but not too much). Add the rest of the flour and stir a bit, and now the rest of the yogurt. Stir until everything barely comes together and then gently fold in one cup of blackberries.

Scrape the batter evenly into a greased loaf pan. Bake over medium-high flame for about 45 minutes or until golden and a knife inserted into the center comes out clean. Let cool for five minutes, remove from the pan, and let cool. Also makes a good dessert cake.

Adapted from a recipe found on www.101cookbooks.com.

CINNAMON ROLLS

Makes lots!

Dough:

| | |
|----------------------|---------------------|
| 1 cup milk | 1 egg |
| 3 tablespoons butter | 2 ¼ teaspoons yeast |
| 3 ½ cups flour | 1 teaspoon salt |
| ½ cup sugar | |

Filling:

¾ cup packed brown sugar/panela
2 tablespoons cinnamon
4 tablespoons butter, room temperature

Glaze:

About 1 cup powdered sugar
About 2 tablespoons milk

To make dough, warm butter and milk to about 120 degrees (hot, but not scalding). Pour into a large bowl. Add 1 cup flour, sugar, egg, yeast, and salt. Beat with a fork or mixer for about 3 minutes. Add 2 ½ cups flour. Beat until flour is absorbed and dough is sticky. If very sticky, add flour by spoonfuls until dough begins to form a ball and pulls away from side of bowl. Turn dough onto a lightly floured surface and knead until smooth and elastic, 8 minutes. Form into a ball. Oil large bowl. Transfer dough into a bowl, turning to coat. Cover bowl and let rise about 2 hours.

While the dough is rising, make the filling by mixing the brown sugar and cinnamon in a bowl.

After the dough has risen, punch it down. Transfer to a floured work surface. Roll out into a 15" x 11" rectangle. Spread butter over dough, leaving ½" border. Sprinkle cinnamon sugar evenly over butter. Starting at one long side, roll dough into a log,

pinching gently to keep it rolled up. With seam side down, cut dough cross-wise with a thin sharp knife into 18 equal slices (each about $\frac{1}{2}$ - $\frac{3}{4}$ " wide).

Grease a square or round baking dish or two, depending on size. Divide the rolls into the dishes, arranging them with no space in between them (they should be squished). Cover and let rise until about doubled, 40 - 45 minutes.

Bake rolls over medium-high flame until tops are golden, about 20 minutes. While rolls are baking, make the glaze by combining powdered sugar with a little milk, and stirring well to absorb the sugar. Adjust consistency by adding more milk or sugar to your taste. Remove rolls from the oven, pour over glaze, and serve warm.

ORANGE ROLLS – These are delicious variation of cinnamon rolls. Follow recipe above, substituting $\frac{1}{4}$ cup orange juice and $\frac{3}{4}$ cup milk for the 1 cup milk. Add zest of $\frac{1}{2}$ orange to the dough as you are kneading it. Substitute zest of $\frac{1}{2}$ orange for the cinnamon in the filling, and as you are rolling the roll up into a log, rub some orange flesh on the dough. Substitute the milk in the glaze with orange or lemon juice.

SCONES

Makes 1 dozen

| | |
|------------------------------------|--|
| 4 $\frac{1}{2}$ cups flour | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup sugar | $\frac{3}{4}$ pound (3 sticks) cold butter, cut into |
| 2 teaspoons baking powder | $\frac{1}{4}$ " pieces |
| $\frac{1}{2}$ teaspoon baking soda | 1 $\frac{1}{4}$ cups plus 2 tablespoons yogurt |

Egg wash:

1 large egg beaten with 2 tablespoons milk

In a large bowl, combine the flour, sugar, baking powder, baking soda, and salt. Add the butter and cut it into the flour mixture using 2 knives until the mixture resembles coarse meal. Do not overwork the dough. Add 1 $\frac{1}{4}$ cups of the yogurt and mix until just combined and the dough begins to stick together. Add the remaining yogurt one tablespoon at a time if the dough is too dry. Turn the dough out onto a lightly floured surface and roll or pat into two 6" rounds, about 1 $\frac{1}{2}$ " thick. Cut each round in half, then cut each half into 3 triangles (pie-shaped wedges) and place on the baking sheets. Brush the tops with the egg wash.

Bake over high flame on a greased baking sheet for about 30 - 35 minutes, until golden brown and firm to touch. Remove from the oven and serve.

Adapted from a recipe found on www.fostersmarket.com.

EASY YOGURT

Makes 1 liter yogurt

3 tablespoons starter OR natural yogurt w/o preservatives

1 liter milk

Vanilla flavoring (optional)

Boil milk. As soon as the milk begins to rise, turn the heat to very low and simmer for one minute. Remove from heat and let cool until only slightly warm to the touch. You should be able to stick your finger in the middle and hold it there for 10 seconds, but not much longer. Put the yogurt/starter in a non-metallic container or bowl and beat until smooth. Add a tablespoon of milk at a time and whisk in. After you have added ¼ cup, the rest may be poured in a bit faster. Keep beating gently as you pour. Leave covered in a warm, non-drafty place overnight, wrapped in blankets or a fleece to keep warm.

Once set, your yogurt should be refrigerated and will keep for up to one week. If the yogurt turns out lumpy, it means too much starter yogurt was used, and you should adjust your recipe. After the yogurt has thickened, stir in fresh fruit, fruit preserves, honey, or nuts if desired. Eat with granola or fruit.

VANILLA BEAN SYRUP

Makes about 1 cup

2 ½ cups water

3 tablespoons sugar

1 moist vanilla bean, split lengthwise

Simmer sugar in water and scrape in the seeds from the bean. Simmer 40 minutes or until the liquid has been reduced to 1 cup. Cool to room temperature and strain. Add toasted walnuts or pecans, if desired.

ORANGE YOGURT DRESSING

To dress up your french toast or pancakes and add a bit of calcium while you're at it, simply pour about a half cup of yogurt into a bowl, squeeze juice of an orange over yogurt, sprinkle with cinnamon and/or nutmeg, and mix well. Pour over your breakfast.

MANGO PUREE

2 large ripe mangoes

½ cup fresh lime or orange juice

Nutmeg

Peel the mangoes and slice off as much flesh from the pit as possible. Puree it with the lime juice. Add a little nutmeg to taste. Spoon over fresh fruit, pancakes, or blend into smoothies.

FRUIT TOPPING

2 - 4 cups chopped fruit
1/2 teaspoon cinnamon

2 tablespoons flour or cornstarch
1 cup fruit juice

Mix ingredients together and cook until thickened.

GO GET 'EM SMOOTHIE

Serves 1

1 peeled large frozen banana, quartered
2/3 cup milk
1 tablespoon honey

4 teaspoons cocoa powder
1/2 teaspoon instant coffee

Put all ingredients in blender and blend. Adjust ingredients to taste.

Adapted from a recipe by Nigella Lawson.

MANGO - LIME SMOOTHIE

Serves 2

1 ripe mango, peeled and chopped
1 large ripe banana, peeled and chopped.
1/2 cup orange juice

2 tablespoons plain yogurt
1 tablespoon fresh lime juice

Combine all ingredients with 6 ice cubes in a blender. Puree and serve. For a tropical variation, substitute pineapple juice for the orange juice, and the pulp of 1 maracuya for the lime juice.

BANANA AND STRAWBERRY SMOOTHIE

Serves 2

2 bananas, quartered
2 cups strawberries

2 tablespoons oatmeal
2 1/2 cups plain yogurt

Place the bananas, strawberries, oatmeal and yogurt into the blender and process for a few minutes until combined and creamy. Pour into tall glasses and serve.

BREADS

At one time, carbohydrates, made up of starches, fiber, and sugars, were considered to be fattening and less valuable than protein rich foods. However, they are now recognized as the body's major source of energy and carbohydrate rich foods supply a substantial amount of proteins, vitamins, minerals, and fibers with very little fat. About half the food we eat should be unrefined complex carbohydrates such whole-wheat cereals, whole-wheat bread, whole-wheat pasta, and brown rice. These high fiber foods are broken down slowly by the body and provide a steady supply of energy. They are preferable to sugars or simple carbohydrates because they are quickly absorbed into the blood stream and give only a short-term energy boost. When feasible, opt for unrefined carbohydrates, as the refined versions such as white flour, rice, and sugar are stripped of nutrients including vitamins, minerals, and fiber. It is important to remember that the more carbohydrates that you eat the more you depend on them for supplying essential nutrients. (*Exerpt from Vegetarian: Over 300 Healthy and Wholesome Recipes Chosen from Around the World*)

Choose carbs and breads wisely.

Learning to bake with yeast is no easy endeavor; but like all things worth doing well, after sufficient time and practice, your house will be wafting with the warm aroma of campo-oven bread and you may never want to buy standard-issue store-bought bread again.



QUICK BREADS

PILSENER BREAD

Makes 1 loaf

| | |
|----------------------------------|---------------|
| 1 small Pilsener (or other beer) | Pinch of salt |
| 3 ½ cups flour | ¼ cup sugar |
| 1 ½ teaspoons baking powder | 1 egg |

Mix all ingredients together. Cover batter and let sit for about 2 hours.

Place batter in greased pan (batter is sticky) and bake 45 minutes on medium-high flame. Paint with butter to achieve golden brown crust.

BASIC CORNBREAD

Makes an 8" square

| | |
|-----------------------------|---------------------------|
| 1 tablespoon butter, melted | 2 teaspoons salt |
| 1 cup flour | 2 teaspoons baking powder |
| 1 cup yellow cornmeal | 1 cup milk (or yogurt) |
| 1 tablespoon sugar | 2 large eggs |

In a medium bowl, whisk together flour, cornmeal, sugar, salt, and baking powder. In a small bowl, whisk together the milk, butter, and eggs until frothy. Pour the milk-and-egg mixture into the dry ingredients, and mix until just incorporated. Do not overmix; the batter should be lumpy.

Pour the batter into greased 8" square baking dish (or round dish will do). Cook over high flame until top is golden brown and a knife inserted in the center comes out dry, 20 - 25 minutes.

Adapted from a recipe found on www.fostersmarket.com.

IRISH SODA BREAD

Makes 1 loaf

| | |
|---------------------------|---------------|
| 4 ½ cups flour | 2 eggs |
| 5 teaspoons baking powder | 1 cup sugar |
| 1 ½ teaspoons salt | 2 cups milk |
| 1 teaspoon baking soda | ½ cup raisins |
| 1 cup butter | |

In a large bowl, sift together the dry ingredients; set aside. In another bowl, cream together the butter, eggs, and sugar until light and fluffy. Fold the dry ingredients into the wet ingredients alternately with the milk. Stir in the raisins. Spoon the batter into a

BREADS

greased round pan. Bake on medium flame for about 90 minutes or until a tester inserted into the center comes out clean. Remove the bread from the oven, and cool.

This version is missing the traditional caraway seeds, but we do what we can, don't we? Add a tablespoon if you can miraculously find them.

EASY DROP BISCUITS

| | |
|---------------------------|-----------------------------------|
| 2 cups flour | 1 cup cold milk |
| 2 teaspoons baking powder | 4 tablespoons butter at room temp |
| 1 teaspoon baking soda | 1 tablespoon sugar |
| 1 teaspoon salt | |

Lightly grease a baking sheet.

Measure dry ingredients into a medium bowl. Add butter and milk to the dry ingredients and stir until just combined (do not overwork the batter!). Immediately drop by $\frac{1}{4}$ cupfuls onto a greased baking sheet about 2" apart. Bake for 10 - 15 minutes over high flame. For larger biscuits, drop by half cupfuls onto baking sheet about 3" apart, and bake for 20 - 25 minutes over high flame. Biscuits are done when golden brown on top and lightly browned on the bottom.

Adapted from a recipe found on www.cooks.com.

BANANA BREAD

| | |
|--|---|
| $\frac{1}{2}$ cup butter | $\frac{3}{4}$ cup panela |
| 1 $\frac{1}{2}$ cup white flour | 2 eggs |
| $\frac{1}{2}$ cup wheat flour (more white flour is fine if you can't find wheat) | 3 ripe bananas, mashed with a fork |
| 1 teaspoon salt | 1 teaspoon vanilla |
| 1 $\frac{1}{2}$ teaspoon baking powder | $\frac{1}{2}$ cup walnuts (optional) |
| | $\frac{1}{2}$ cup shredded coconut (optional) |

Mix together flour, salt, baking powder, and panela in a bowl. Add butter, eggs, and vanilla to the mixture. Mix in bananas, nuts and coconut. Place in greased pan and bake over medium-high flame until slightly brown or until an inserted toothpick comes out clean, about 30 minutes.

Adapted from a recipe by Lucy Abernethy.

ORITO BREAD

Makes 1 loaf

| | |
|----------------------------|---------------------------|
| 1 $\frac{1}{2}$ cups flour | 2 teaspoons baking powder |
|----------------------------|---------------------------|

| | |
|------------------------|---|
| Dash salt | 1 teaspoon vanilla |
| ½ cup butter, softened | 1 cup mashed orito (the browner the better) |
| 1 cup sugar | ½ cup plain yogurt |
| 2 eggs | |

In a small bowl, mix together flour, baking powder, and salt. In a large bowl, cream butter with sugar, then incorporate eggs and vanilla. Beat until light and fluffy. Add dry ingredients alternately with oritos and yogurt to butter mixture; stir until well-blended. Pour into a greased pan, and bake on medium-high flame for about 1 hour.

ZUCCHINI BREAD

Serves 8 - 10

| | |
|--------------------------|----------------------------------|
| 3 cups flour | 1 cup chopped walnuts (optional) |
| 2 cups sugar | 3 eggs |
| 1 teaspoon salt | 2 cups grated fresh zucchini |
| ½ teaspoon baking powder | 3 teaspoons vanilla |
| 1 teaspoon baking soda | 1 cup canola oil |
| 3 teaspoons cinnamon | |

Mix all dry ingredients (flour through walnuts) in a large bowl. Add all remaining ingredients and mix well. Grease and flour a large pan; pour in batter. Bake for 1 hour. Let cool for about 20 minutes, then remove from pan and let finish cooling.

Adapted from a recipe found on www.thekitchencafe.com.

CARROT COCONUT BREAD

Makes 1 loaf

| | |
|----------------------------|---|
| ¼ cup oil | 1 ½ cups whole wheat flour |
| 1 teaspoon vanilla | 2/3 cup oatmeal, blended into a flour in your blender |
| 2 cup carrots, shredded | 1 teaspoon baking powder |
| 1 cup coconut, shredded | 1 teaspoon baking soda |
| 1 cup walnuts, chopped | 1 teaspoon cinnamon |
| ½ cup honey | ½ teaspoon salt |
| 1 cup raisins (optional) | |
| 3 eggs, beaten until light | |

In a large bowl, stir together oil, vanilla, carrots, coconut, walnuts, honey, and raisins together, then add the beaten eggs. Mix remaining dry ingredients together and add to the wet mixture, being careful not to over-mix. Spread in an oiled loaf pan and bake over medium-high flame for about an hour, or until done. Let stand for 10 minutes and turn out of pan, right side up to cool.

BREADS

PEANUT BUTTER RAISIN BREAD

Makes about 10 slices

| | |
|-----------------------------------|--------------------|
| 2 cups whole wheat flour | 3 tablespoons oil |
| 2 tablespoons brown sugar/panela | 1 teaspoon vanilla |
| 2 teaspoons baking powder | 1 ½ cups milk |
| ½ teaspoon cinnamon | ½ cup raisins |
| ¼ cup peanut butter, at room temp | |

In a large bowl, combine flour, sugar, baking powder, and cinnamon. In a medium bowl, whisk together the peanut butter, oil, and vanilla until smooth. Stir in the milk. Add wet mixture to dry mixture and stir until just combined. Gently stir in raisins. Spoon the batter into a greased loaf pan and bake for about 1 hour over medium-high flame.

YEAST BREADS

HIGH-PROTEIN HONEY WHOLE WHEAT BREAD

Makes 2 loaves

| | |
|----------------------|---|
| 2 tablespoons yeast | 2/3 cup dry milk powder (or substitute with 2/3 cup additional flour) |
| ½ cup warm water | ½ cup wheat bran or wheat germ (germen de trigo or salvo de trigo) |
| 1 teaspoon sugar | 3 cups whole wheat flour |
| 1 cup water | 2 cups white flour |
| 1 cup milk | |
| ½ cup honey | |
| 2 tablespoons butter | |
| 1 tablespoon salt | |

Dissolve the yeast in ½ cup warm water and sugar and let sit for about 10 minutes. In a saucepan, warm 1 cup of water with milk, honey, butter, and salt. Pour into a large bowl and add the yeast mixture along with dry milk powder, wheat bran/germ, 1 ½ cups whole-wheat flour, and 1 cup white flour. Blend together and stir for 3 - 5 minutes. Stir in another 1 ½ cups whole-wheat flour and 1 cup white flour.

Turn out onto a floured board (or leave in the bowl) and knead 10 minutes, using additional white flour as needed (approx. 1 cup additional). Let rise until doubled, about two hours. Punch down and knead briefly. Let rest 10 minutes. Divide dough and place in two 9" x 5" greased loaf pans. Let rise until almost doubled. Brush with beaten egg and sprinkle with sesame seeds or oatmeal. Bake at medium-high to high flame for approx. 35 minutes, or until loaf sounds hollow when tapped with a butter knife.



FOCACCIA BREAD*Makes 12 servings*

| | |
|----------------------------|-------------------------------------|
| 2 $\frac{3}{4}$ cups flour | $\frac{1}{2}$ teaspoon dried basil |
| 1 teaspoon salt | 1 pinch pepper |
| 1 teaspoon sugar | 1 tablespoon canola oil |
| 1 tablespoon dry yeast | 1 cup water |
| 1 teaspoon garlic powder | 2 tablespoons olive oil |
| 1 teaspoon dried oregano | 1 tablespoon grated Parmesan cheese |
| 1 teaspoon dried thyme | 1 cup mozzarella |

In a large bowl, stir together the flour, salt, sugar, yeast, garlic powder, oregano, thyme, basil and black pepper. Mix in the oil and water. When the dough has pulled together, turn it out onto a lightly floured surface, and knead until smooth and elastic. Lightly oil a large bowl, place the dough in the bowl, and turn to coat with oil. Cover with a damp cloth, and let rise in a warm place for 20 minutes.

Preheat oven on high flame. Punch dough down; place on greased baking sheet. Pat into a $\frac{1}{2}$ " thick rectangle. Brush top with olive oil. Sprinkle with Parmesan cheese and mozzarella cheese. Bake in preheated oven for 15 minutes, or until golden brown. Serve warm.

Recipe by Terri McCarrell

EASY BREAD ROLLS

| | |
|---|------------------------------|
| 2 cups milk | $\frac{1}{4}$ cup warm water |
| $\frac{1}{4}$ cup oil | 6 cups flour |
| $\frac{1}{4}$ cup sugar plus 1 teaspoon | 1 teaspoon salt |
| 2 tablespoons yeast | |

Heat milk to scalding. Pour into a bowl with oil and $\frac{1}{4}$ cup sugar. Let mixture cool. In a separate large bowl, add yeast, 1 teaspoon sugar, and water. Let the yeast mixture sit for a few minutes, then add cooled milk mixture. Add 2 cups flour and mix until smooth; let rest 10 minutes. Beat in 4 cups flour and salt. Turn out and knead for 5 minutes. Shape rolls and place on an oiled baking sheet. Let rise 30 minutes. Place in oven on medium-high flame. Once they are golden on one side, flip to the other side and quickly let brown.

Adapted from a recipe in Cheers to the Penny, PC Nicaragua.

FOSTER'S MARKET REFRIGERATOR DINNER ROLLS*Makes about 18 rolls*

| | |
|--|-------------------------|
| $\frac{1}{4}$ cup warm water (105 - 115 degrees) | $\frac{1}{4}$ cup sugar |
| 1 teaspoon yeast | 4 tablespoons butter |

BREADS

1 cup milk
½ teaspoon salt

3 ¼ cups flour
2 tablespoons butter, melted

Grease a baking sheet and set aside. In a small bowl, place the warm water, yeast, and about 1 teaspoon of the sugar. Stir once or twice just to mix. Let stand in a warm place for 5 - 7 minutes, until small bubbles form on top.

Meanwhile, in a saucepan, combine the butter, milk, salt, and remaining sugar and cook over very low heat, stirring constantly, until the sugar dissolves and the butter melts. Do not let the mixture get too hot; it should be just hot enough for the sugar to dissolve. Remove from the heat and pour the mixture into a large bowl. Add the yeast mixture to the milk mixture and stir until combined. Stir in about 3 cups of the flour and mix until the mixture forms a soft dough. Add the remaining flour if the dough is still sticky.

Remove the mixture from the bowl and knead on a lightly floured work surface 5 - 8 times, until dough forms a ball or comes together. Lightly oil a large bowl and place the dough in the bowl; cover and let rise in a warm place for 30 - 45 minutes, until the dough has doubled in size. Punch down the dough and divide it into 2 pieces. Cover loosely with a towel and let rest 5 - 10 minutes. (At this point, the dough can be refrigerated for up to two weeks until ready to use. Remove from the refrigerator and let rest for 15 - 20 minutes, then proceed.)

Working with one piece of dough at a time, roll out on a lightly floured work surface until about an inch thick. Cut into 2 ½" circles. Place rolls on a baking sheet and let rise 20 - 25 minutes more, until the rolls have doubled in size. (A bit longer if dough has been in the fridge.) Brush the tops lightly with melted butter. Repeat with the remaining dough. Bake about 25 minutes over medium-high flame, until golden brown.

Adapted from a recipe found on www.fostersmarket.com.

ENGLISH MUFFINS

Makes about 18 muffins

4 teaspoons dry yeast
½ tablespoon sugar
1 ½ cups warm water, divided
1 egg, beaten

1/3 cup honey
½ teaspoon salt
4 ½ cups flour

In a mixing bowl, dissolve yeast and sugar in 1 cup water. Beat in egg, honey, salt, 1 cup flour and remaining water. Add enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6 - 8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down.

On a floured surface, roll to ½" thickness. Cover and let stand for 5 minutes. Cut into 4" circles using a tuna can or glass. Place 2" apart on greased baking sheets. Bake over

medium-high flame for 8 minutes or until bottoms are browned. Turn and bake 7 minutes longer or until second side is browned. Cool. To serve, split with a fork.

Adapted from a recipe by Loretta Kurtz.

OATMEAL BREAD

Makes 2 loaves

| | |
|----------------------|--------------------------------------|
| 2 cups boiling water | 2 teaspoons yeast |
| 1 cup oatmeal | ½ cup warm water (about 110 degrees) |
| ½ cup honey | 4 cups flour |
| 2 tablespoons butter | 2 tablespoons honey, warmed slightly |
| 2 teaspoons salt | 2 tablespoons oatmeal |

In a large mixing bowl, combine boiling water, oatmeal, ½ cup honey, butter and salt. Let stand for 1 hour.

In a small bowl, dissolve yeast in warm water. Let stand until creamy, about 10 minutes. Pour the yeast mixture into the oat mixture. Add 2 cups of flour; mix well. Stir in the remaining flour, ½ cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 20 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.

Punch down the dough and turn it out onto a lightly floured surface. Divide the dough into two equal pieces and form into loaves. Place the loaves into two lightly greased loaf pans. Cover the loaves with a damp cloth and let rise until doubled in volume, about 40 minutes.

Bake on medium-high flame for about 30 minutes or until the top is golden brown and the bottom of the loaf sounds hollow when tapped. Remove loaves from pans, brush tops of loaves with 2 tablespoons honey and sprinkle with oats.

Recipe found on www.allrecipes.com.

CLASSIC CHALLAH

| | |
|----------------------|--------------------|
| ½ cup lukewarm water | 4 cups flour |
| 6 tablespoons oil | 1 ½ teaspoons salt |
| ¼ cup honey | 1 tablespoon yeast |
| 2 eggs | |

Combine all of the ingredients and mix and knead them until you have a soft, smooth dough. Allow the dough to rise, covered, for about 2 hours or until dough is puffy and nearly doubled in size.

Gently punch down the dough and transfer to a lightly greased work surface. Braid the challah into a three-strand braid, or four strands if you want to be fancy. Roll each of three or four strands into a 15" rope, cover, and let rest for 10 minutes. Continue rolling strands until they're about 20" long; they'll shrink a little as they sit. Lay strands parallel to one another, pinch ends on your left together, take the rope nearest you, and move it up over the two adjoining ropes. Next, move the rope back under the rope next to it. Fan the ends of the ropes out again. Repeat the process, but start with the rope farthest away from you. Bring it down and across the two adjoining ropes, and then back under the rope nearest it. Continue in this fashion, alternating the side you begin with, until the whole loaf is braided. Pinch the loose ends together and tuck them underneath the loaf. Gently lift the loaf, and place it on a lightly greased baking sheet. Cover and let rise until very puffy, about an hour. Whisk together an egg and 1 tablespoon of water and brush glaze over risen loaf before baking for 40 minutes over medium-high flame until golden.

Recipe found on www.kingarthurfLOUR.com.

SUMMER HERB BREAD

Makes one loaf

| | |
|---|---|
| 2 ¼ teaspoons yeast | 2 tablespoons cooking oil |
| 2 tablespoons sugar | 1 ½ teaspoons grated lemon peel |
| 1 ¼ cups warm water | 2 tablespoons lemon zest |
| 2 cups white flour | ¼ teaspoon salt |
| 1 cup whole wheat flour (or white if unavailable) | 1 ½ teaspoons dried dill, or whatever other herb you'd like |

In a small bowl, dissolve the yeast and 1 tablespoon of the sugar in the warm water. Let the mixture stand for 5 minutes. Meanwhile, in a large bowl, combine 1 cup of the white flour, ½ cup of the whole wheat flour, oil, lemon peel, lemon juice, salt, and herbs.

Add the yeast mixture to the flour mixture and stir together until well mixed, about 5 minutes (or if you have an electric beater, 2 minutes on medium speed). Add the remaining flour and sugar and stir well. Cover and let rise in a warm place for 40 minutes or until doubled in size.

Stir or punch the dough down. Grease a loaf pan and pour the batter in, smoothing the top with floured hands into a loaf shape. Cover dough again and let rise in a warm place for another 40 minutes or until doubled.

Bake over medium-high flame for about 40 minutes or until the bread sounds hollow when tapped.

*Adapted from a recipe found in *The Compassionate Cook*, by PETA and Ingrid Newkirk.*

HOT CROSS BUNS**Buns:**

2 cups whole milk

 $\frac{1}{2}$ cups canola oil $\frac{1}{2}$ cups sugar2 $\frac{1}{4}$ teaspoons yeast

4 cups flour

 $\frac{1}{2}$ cups (additional) flour $\frac{1}{2}$ teaspoons (heaping) baking powder $\frac{1}{2}$ teaspoons (scant) baking soda

2 teaspoons salt

 $\frac{1}{4}$ cups sugar

1 teaspoon cinnamon

Spices: Cardamom, Nutmeg, Allspice
(optional) $\frac{1}{2}$ cups Raisins**Glaze:**

1 whole egg white

Splash of milk

Icing:

1 whole egg white

Powdered sugar

Splash of milk

To prepare the buns:

Combine 2 cups milk, canola oil, and $\frac{1}{2}$ cup sugar in a saucepan. Stir and heat until very warm but not boiling. Turn off the heat and allow to cool until mixture is still warm, but not hot—about 30 minutes. Sprinkle yeast over mixture. Add 4 cups of flour and stir to combine. Mixture will be very sticky. Cover with a towel and set aside for 1 hour. Add $\frac{1}{2}$ cup flour, baking powder, baking soda, and salt. Stir till combined. Combine $\frac{1}{4}$ cup sugar with cinnamon and whatever other spices you want to use. Lightly flour surface. Press to slightly flatten dough. Sprinkle a couple tablespoons of the sugar/cinnamon mixture. Sprinkle on about a third of the raisins. Then fold the dough over on itself and flatten again so the dough is “plain” again. Repeat the sugar/raisin process, then fold the dough again. Repeat a third time until all the raisins are used. (You won’t use all the sugar/cinnamon mixture.)

Pinch off ping pong or golf ball-size bunches of dough. With floured hands, quickly roll it into a ball, then turn the edges under themselves slightly. Place on a lightly greased cookie sheet. Cover and allow to rise in a warm place for at least 30 minutes...an hour-plus is better.

To prepare the glaze:

Mix 1 egg white with a splash of milk. Brush onto each roll. Bake for 20 minutes, give or take, over high flame, or until tops of buns have turned nice and golden brown. Remove from pan and allow to cool on a cooling rack.

To prepare icing:

Mix 1 egg white with enough powdered sugar for icing to be very thick. Splash in milk as needed for consistency. Add icing to a small Ziplock bag and snip the corner. Make icing crosses on each roll, making sure they’re completely cooled first.

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Adapted from a recipe found on www.thepioneerwoman.com.

CARAMEL APPLE STICKY BUNS

Rolls:

2 cups whole milk

½ cup sugar

½ cup canola oil

2 ¼ teaspoons dry yeast

4 cups flour

½ cup flour

2 teaspoons salt

½ teaspoon baking soda

½ teaspoon baking powder

¾ cup melted butter

¾ cup sugar

4 tablespoons ground cinnamon

Caramel Topping:

4 tablespoons salted butter

¾ cup packed brown sugar

2 teaspoons honey

1 tablespoon cream

2 tablespoons apple juice

1 green apple, peeled/diced fine

To make the dough, heat milk, oil, and sugar until warm but don't boil; let cool to lukewarm. Sprinkle in yeast and 4 cups flour and stir gently; cover w/ a towel and let rise 1 hour, then stir in remaining dry ingredients. Make the caramel topping: melt all ingredients except apples and apple juice over low heat till combined, let boil a few seconds, remove from heat.

Roll out half the dough into a large rectangle. Pour on half the melted butter, sugar, and cinnamon. Roll into a long roll, then slice into rolls. Roll roll roll, repeat with other half or save in the fridge. Lightly grease a 9" cake pan, pour in half the caramel topping and scatter apple bits, then arrange rolls in pan. Let rise 20 - 30 minutes, then bake 30 - 35 minutes on medium-high flame, covered in foil for first 25 minutes. Invert on a serving plate, let cool a bit, and serve.

Adapted from a recipe found on www.thepioneerwoman.com.

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WHOLE WHEAT APPLE MUFFINS

Makes 12

1 cup whole wheat flour

1 cup white flour

1 teaspoon baking powder

1 teaspoon baking soda

¼ teaspoon salt

1 tablespoon cinnamon

½ cup unsalted butter, at room temp

½ cup white sugar

½ cup brown sugar/panela, packed

1 large egg, lightly beaten

1 cup yogurt

2 large apples, peeled, cored, and coarsely chopped

Grease and flour 18 muffin cups and set aside.

Mix together the flours, baking powder, baking soda, salt, and cinnamon, and set aside. In a separate bowl, cream the butter and add the granulated sugar and $\frac{1}{4}$ cup of the brown sugar. Beat until fluffy. Add the egg and mix well; stop once to scrape the sides and bottom of the bowl. Mix in the yogurt gently. (If you over-mix, the buttermilk will cause the mixture to curdle.) Stir in the dry ingredients and fold in the apple chunks.

Divide the batter into a greased and floured muffin tin, sprinkling the remaining $\frac{1}{4}$ cup brown sugar on top. Bake for 10 minutes over high flame, turn the heat down just a tad, and bake for an additional 5 - 10 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Cool the muffins for 5 minutes in the tin, remove from tin to cool completely.

Adapted from a recipe found on www.smittenkitchen.com.

BANANA-OATMEAL CHOCOLATE CHIP MUFFINS

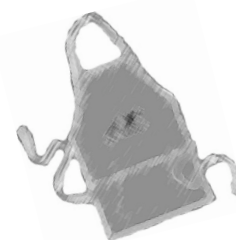
Make 1 dozen

- | | |
|--|-----------------------------|
| 1 $\frac{1}{2}$ cup oatmeal | 3 eggs |
| 2 $\frac{1}{2}$ cups flour | 2 very ripe bananas, mashed |
| 1 tablespoon baking powder | $\frac{3}{4}$ cup yogurt |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{4}$ cup oil |
| $\frac{3}{4}$ cup sugar | 1 cup chocolate chips |
| 12 tablespoons (the equivalent of a stick and a half) butter, melted | |

In a large bowl, combine the oatmeal, flour, baking powder and salt, and sugar and stir to mix. In a separate bowl, whisk together the butter, eggs, bananas, yogurt, and oil and blend well. Combine the two mixtures and stir just until all the dry ingredients are moist. Stir in the chocolate chips.

Grease a muffin tin. Scoop the batter into the muffin tin, filling about $\frac{3}{4}$ full. Place in the oven and bake about 30 minutes over medium-high flame, until the tops of the muffins spring back when touched.

Adapted from a recipe found on www.fostersmarket.com.



CHOCOLATE CHIP ORANGE MUFFINS

- | | |
|-------------------------------|-----------------------------------|
| 1 $\frac{1}{2}$ cups flour | 1 egg |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{2}$ cup milk |
| $\frac{1}{2}$ cup sugar | $\frac{3}{4}$ cup chocolate chips |
| 2 teaspoons baking powder | 2 teaspoons grated orange peel |
| $\frac{1}{4}$ cup cooking oil | |

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In a large bowl, sift together flour, salt, sugar, and baking powder. In a separate bowl, beat oil, egg, and milk together. Add wet ingredients to dry ingredients, stirring only to moisten. Mix in the chocolate chips and orange peel. Fill muffin tins 2/3 full. Bake on medium-high flame for 20 - 25 minutes.

ORANGE BREAKFAST MUFFINS

Makes 1 dozen

| | |
|--------------------------|---|
| 1 2/3 cups flour | 1/3 cup plus 1 tablespoon fresh-squeezed orange juice |
| 1/2 teaspoon baking soda | 1/3 cup plus 1 tablespoon milk |
| 1 teaspoon baking powder | 1 egg |
| 1/4 cup sugar | 6 tablespoons butter, melted |
| Zest of 1 orange | |

In a large bowl, combine the flour, baking soda, baking powder, sugar, and orange zest. In a separate bowl, whisk together the milk, orange juice, egg, and melted butter. Pour the liquid mixture into the dry mixture and mix together with a fork until just barely combined. The batter should be lumpy.

Spoon batter into a greased muffin tin and cook for 20 minutes over medium-high flame. Let cool slightly, and serve.

Adapted from a recipe by Nigella Lawson.

PAPAYA MUFFINS

| | |
|------------------------|---------------------------|
| 2 cups flour | 2 eggs |
| 1 teaspoon baking soda | 1 cup brown sugar/panela |
| 1/2 teaspoon salt | 1/4 cup cooking oil |
| 2 teaspoons cinnamon | 1 tablespoon vanilla |
| 1 teaspoon nutmeg | 1 1/2 cups blended papaya |
| 1/2 cup walnuts | |

In a bowl, sift together flour, baking soda, salt, cinnamon, and nutmeg. Add nuts and stir. In a separate bowl, beat together the eggs, sugar, oil, and vanilla. Add the dry ingredients to the wet ones and stir well. Add the papaya to combine. Grease and flour a muffin tin, pour in the batter, and let stand for 10 minutes. Bake over medium-high flame for 1 - 1 1/2 hour. Cool in pans, then remove and cool on rack.

BERRY MUFFINS

Makes a dozen

| | |
|--------------|---------------------------|
| 3 cups flour | 2 teaspoons baking powder |
| 1 cup sugar | 1/2 teaspoon salt |

1/2 teaspoon cinnamon
 8 tablespoons butter, melted
 3 large eggs
 3/4 cup milk

Grated zest and juice of 1 lemon
 2 1/2 cups berries (blackberries chopped
 up or blueberries, if available)

In a large bowl, combine the flour, sugar, baking powder, salt and cinnamon. In a separate bowl, whisk together the butter, eggs, milk, lemon zest, and lemon juice until well combined. Stir the berries into the egg mixture. Add the egg mixture to the flour mixture and stir just until the dry ingredients are moist and blended. Do not over-mix.

Scoop the batter into a greased muffin pan. Bake 25 - 30 minutes over medium-high flame, until lightly golden brown and a toothpick inserted in the center of a muffin comes out clean. Remove from the oven and cool for 5 minutes. Turn the muffins out of the pan and serve immediately.

Adapted from a recipe found on www.fostersmarket.com.



SPICED BANANA MUFFINS

Makes 12

3/4 cup whole-wheat flour
 1/2 cup white flour
 2 teaspoons baking powder
 Pinch of salt
 1 1/2 teaspoon mixed cinnamon, nutmeg
 and all-spice
 1/4 cup panela

1/4 cup butter
 1 egg, beaten
 2/3 cup milk
 Rind of 1 orange
 1 ripe banana
 1/4 cup oats
 1/4 cup chopped walnuts or almonds

Mix together both flours, baking powder, salt and mixed spices into a bowl, then stir in the sugar. Melt the butter and pour it into the mixing bowl. Cool slightly, then beat in the egg, milk and grated orange rind. Gently mix with dry ingredients. Mash the banana with a fork, and then stir it gently into the mixture. Spoon the mixture into muffin molds. Combine the oats and nuts and sprinkle a little mixture over each muffin. Bake for 20 minutes over high flame, until the muffins are well risen and golden, and a toothpick inserted in the center comes out clean. Serve warm or cold.

Adapted from a recipe found in Vegetarian: Over 300 Healthy and Wholesome Recipes Chosen from Around the World.

QUINOA MUFFINS

Makes 12

1 cup quinoa, rinsed
 1/4 cup cooking oil
 2 cups flour
 3/4 cup brown sugar/panela

1 1/2 teaspoons baking powder
 1 teaspoon salt
 1/2 cup raisins
 3/4 cup milk

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1 large egg

1 teaspoon vanilla

In a pot, bring quinoa and 1 cup of water to a boil. Reduce to a simmer, cover, and cook until water has been absorbed and quinoa is done, about 12 minutes. In a medium bowl, whisk together flour, sugar, baking powder, salt, raisins, and 2 cups cooked quinoa. In a small bowl, whisk together oil, milk, egg, and vanilla. Add milk mixture to flour mixture, and stir until just combined. Divide batter into an oiled and floured muffin tin, and bake over medium-high flame for about 25 minutes.

MISCELLANEOUS BREADS

MEXICAN FLOUR TORTILLAS

Makes 6 - 8 tortillas

2 cups flour

1 teaspoon salt

1 tablespoon sugar

¼ cup cooking oil or butter

½ cup warm water (almost hot)

Combine flour, salt, and sugar in a large mixing bowl. Slowly add oil while mixing together. Add water and mix until the dough comes together. Knead on a floured surface until smooth and elastic, 4 - 6 minutes. Separate dough into 6 - 8 balls. Let balls rest at least 15 minutes, covered. With a rolling pin or bottle, roll each ball on floured surface into a very thin circle. Cook each tortilla in a very hot frying pan (no need to grease). Turn over to cook other side. Each side will have brown spots and probably air bubbles.

PIZZA DOUGH

Makes 2 pies

1 cup warm water

1 tablespoon yeast

1 teaspoon honey

1 tablespoon oil

1 teaspoon salt

2 cups flour (all white, or ½ white ½ whole-wheat)

Combine water, yeast, honey, oil, and salt; mix well and set in a warm place until it starts to bubble with vigor. Sift together dry ingredients and add to liquid. Knead for 10 minutes until smooth and elastic. Use extra flour as needed when kneading. Divide dough in half and stretch or roll each ball into a 12" circle. Bake on a pan for 10 minutes over medium-high flame, then remove from oven and top with sauce and toppings before baking again for 10 minutes.

WHOLE WHEAT HONEY PIZZA DOUGH*Makes 2- 1 pound dough balls*

| | |
|-------------------------|------------------------|
| 1 tablespoon honey | 1 cup white flour |
| 1 cup warm water | 1 teaspoon salt |
| 4 ½ teaspoons dry yeast | 3 tablespoon olive oil |
| 1 cup whole wheat flour | |

In large bowl, mix together honey and 1/3 cup water. Sprinkle in yeast and wait until it proofs, or becomes foamy. While yeast is proofing, mix together 2 cups flour and salt and set aside. Once yeast is foamy, add 2 tablespoons oil to the mixture. Pour into flour mixture. Mixture will form a wet ball. Coat the bottom of another large bowl with remaining oil. Transfer dough to bowl, rolling the ball a little bit to coat it with oil. Cover bowl tightly with towel and set aside to rise for 1 hour. Dough will be very soft and sticky. Transfer dough to floured surface adding more flour to dough ball to prevent stickiness. Separate into two balls as it is much easier to work with. Lightly knead for 30 seconds. Dough is now ready to be formed into pizza crust.

BEER PIZZA DOUGH

| | |
|-----------------------------|-----------------|
| 1 ½ cup flour | ½ teaspoon salt |
| 1 ½ teaspoons baking powder | ¾ cup beer |

Heat oven over high flame. In a bowl, mix together flour, baking powder and salt. Stir in beer just until flour is moistened (may need to add more flour). Spread dough in pan. Spread pasta sauce and toppings over dough. Bake 15 - 20 minutes in an oven on high flame or until toothpick comes out clean. Sprinkle with basil or other spices you might like. Chow down.

WHOLE WHEAT BAGELS*Makes 12 - 15 bagels*

| | |
|-----------------------|--|
| 2 teaspoons dry yeast | 4 - 6 cups whole wheat/white flour mix |
| 2 tablespoons honey | 2 teaspoons salt |
| 2 cups warm water | Poppy seeds (optional) |

Dissolve yeast and honey in water. Blend 2 - 3 cups flour and the salt and add to the liquid. Stir until a soft dough is formed. Turn it out onto a floured board and knead the dough adding up to 3 more cups of flour, as necessary, to form a firm, non-sticky dough. Let rise until double in size, about 1 ½ hours. Punch it down and knead some more. Divide the finished dough into 12 - 15 even pieces and roll into tubes 6" in length. Shape into rings (moisten ends slightly with water to fasten them securely together). Allow to sit for 15 minutes.

BREADS

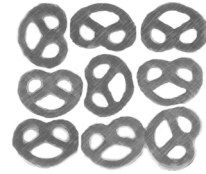
Meanwhile, boil 3 $\frac{1}{2}$ quarts of water and 1 teaspoon salt in a deep pot. Drop rings into boiling water and boil for three minutes. Take them out and sprinkle with poppy seeds if desired. Bake on a well-greased cookie sheet for 25 minutes at high flame, until bagels are golden brown.

SOFT PRETZELS

Makes 30 – 40 pretzels

1 tablespoon dry yeast
1 $\frac{1}{2}$ cups warm water
1 tablespoon sugar
1 teaspoon salt

4 cups flour
1 egg, beaten
Salt



Dissolve yeast in warm water. Add remaining ingredients, except egg. Mix until all flour is moistened and knead until smooth. Cut off small pieces and roll between palms to form a "rope," then twist into a pretzel shape. Arrange pretzels on lightly greased cookie sheet, brush with beaten egg, and sprinkle with salt. Bake at high flame for 12 - 15 minutes.

SHELLY'S POPOVERS

1 cup flour
 $\frac{1}{2}$ teaspoon salt
2 eggs

1 cup milk
1 tablespoon oil

Sift together flour and salt. In a separate bowl, beat together eggs, milk, and oil. Add to flour mixture and stir well. Fill greased muffin tins less than $\frac{1}{2}$ full, and bake for 35 minutes on high flame. Serve hot.

DRESSINGS, SALSAS, MARINADES, SAUCES, AND SPREADS

Dressings are an easy way to make a simple dish delicious and interesting. As a general rule, less is more when it comes to dressings; keep it simple and use dressings to enhance the natural flavor of your food, not to overpower them. Try your hand at some good experimentation and learn what you like and what your palate prefers.

WHY YOU SHOULD NEVER BUY A SALAD DRESSING AGAIN

Salad dressing is way too easy, and way too good to buy from the store. Let your two years in Ecuador on your budget teach you that salad dressing is just much better made at home from scratch.

At it's most basic, vinaigrette is simply acid and oil combined, with other ingredients to add a flavor twist. The acid is usually vinegar, but it can also be fresh squeezed lemon, lime, or orange juice. The oil is most often olive, but can be canola if that's what you have in your cupboard. The classic ratio of acid to oil is 1:3, but you should adjust this ratio to whatever suits you best. Add a flavor if you'd like, perhaps garlic or mustard or herbs, then some salt and pepper to taste. Shake in a jar, blend in a blender, or whisk in a bowl with a fork, and you have yourself a delicious, simple, cheap dressing that you can use over a variety of salads or as a marinade for vegetables or meat dishes.

VINAIGRETTES AND SALAD DRESSINGS

BASIC VINAIGRETTE

Makes $\frac{3}{4}$ cup

$\frac{1}{2}$ cup oil (olive is best)

3 tablespoons or more acid (citrus juice
or vinegar)

Salt and pepper to taste

1 teaspoon mustard (Dijon is best)

1 teaspoon minced garlic or onion

Combine all ingredients except for the garlic/onion in a blender and turn the machine on; a creamy emulsion will form within 30 seconds. Taste and add more acid a teaspoon or two at a time, until the balance tastes right. You can also blend with a fork in a bowl, or shake it in a jar instead. Add the garlic/onion, and turn the machine on and off a few times until the shallot is minced within the dressing. Taste, adjust seasoning and serve. This is best made fresh but will keep a few days refrigerated; bring back to room temperature and whisk briefly before using

FRESH HERB VINAIGRETTE – Prepare Basic Vinaigrette above, adding a couple of tablespoons of minced fresh herbs instead of or in addition to the mustard (basil, parsley, and/or thyme).

BASIL-BALSAMIC VINAIGRETTE

Makes about 1 cup

$\frac{1}{2}$ cup balsamic vinegar

Juice of 1 lime

5-ish basil leaves, chopped into thin strips

Salt and pepper to taste

$\frac{1}{2}$ cup olive oil

In a small bowl, whisk together vinegar, lime juice, basil, salt and pepper. Slowly add the olive oil, whisking to incorporate. Add salt and pepper to taste. Can be stored in the refrigerator for up to a week.

Adapted from a recipe found on www.fostersmarket.com.

HONEY MUSTARD VINAIGRETTE

Makes about $\frac{3}{4}$ cup

2 tablespoons fresh lemon juice

1 tablespoon vinegar (preferably white
wine vinegar)

1 tablespoon honey

1 teaspoon mustard

Salt and pepper to taste

6 tablespoons olive oil

In a small bowl, whisk together lemon juice, vinegar, honey, mustard, salt, and pepper. Add olive oil in a slow stream, whisking constantly. Taste and adjust seasonings. Can be refrigerated.

TOMATO MINT VINAIGRETTE

Makes 1 cup

- | | |
|--|------------------------------|
| ½ ripe tomato, peeled and seeded | ½ teaspoon mustard |
| ¼ cup fresh mint, chopped | 1 small clove garlic, minced |
| 1 tablespoon onion, chopped | Salt and pepper to taste |
| 1 tablespoon vinegar (preferably red wine vinegar) | ¼ cup olive oil |
| 1 tablespoon fresh lime juice | |

In a blender, puree tomato until smooth. Add mint, onion, vinegar, lime juice, mustard, garlic, salt and pepper and blend for about 15 seconds. With blender running, slowly pour olive oil through the top and blend until smooth. Taste and adjust the seasonings. Can keep in refrigerator if necessary.

Adapted from a recipe in The Joy of Cooking.

GREEN APPLE VINAIGRETTE

Makes 2 cups



- | | |
|--|--------------------------|
| 1 apple (preferably green), peeled and chopped | 1 tablespoon honey |
| ¼ cup white vinegar | ½ cup oil |
| 3 tablespoons lemon juice | Salt and pepper to taste |

In a blender, puree the apple, vinegar, lemon juice, and honey. Gradually add the oil. Season with salt and pepper to taste. Can be stored in the refrigerator for up to a week.

Makes a good marinade for vegetables or chicken, or as a salad dressing.

Adapted from a recipe found on www.fostersmarket.com.

CURRY VINAIGRETTE

Makes ½ cup

- | | |
|--------------------------|---------------------------------------|
| 1 garlic clove, smashed | 1 ½ tablespoons lemon or lime juice |
| ½ teaspoon salt | 5 tablespoons olive oil |
| 2 tablespoons yogurt | 2 tablespoons finely chopped cilantro |
| 2 teaspoons curry powder | |

In a small bowl, mash garlic and salt together until it forms a paste. Add the yogurt, curry, and lime juice, then whisk in the oil. Let stand for 15 minutes, then stir in the cilantro. Adjust seasonings to taste.

RANCH DRESSING

Makes 1 cup

1 clove garlic, smashed
2 - 3 pinches of salt
 $\frac{3}{4}$ cup plain yogurt
2 tablespoons lime juice

1 tablespoon fresh minced cilantro or parsley
Salt and pepper to taste

In a small bowl, mash together the garlic and salt until a paste is formed. Add yogurt, lime juice, cilantro/parsley, salt, and pepper, and whisk with a fork until well blended. Taste and adjust as needed. Can keep in refrigerator if necessary.

YOGURT HERB DRESSING

Makes $\frac{3}{4}$ cup

$\frac{1}{2}$ cup plain yogurt
3 tablespoon onion, minced
1 garlic clove, minced

2 tablespoons fresh herb (oregano, thyme, mint)
2 teaspoons mustard
Salt and pepper to taste

In a small bowl, whisk together all ingredients. Taste and adjust the seasonings. Can keep in the refrigerator if necessary.

Add a pinch of curry powder or cumin for a good variation.

FRENCH DRESSING

Makes enough to dress a salad for three

2 tablespoons sugar
2 tablespoons white vinegar
 $\frac{1}{4}$ cup canola oil
1 teaspoon lemon juice

1 tablespoon ketchup
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon paprika
 $\frac{1}{2}$ small onion, minced

Combine all ingredients in a small bowl and whisk together with a fork.

PINEAPPLE FRENCH DRESSING – Add 2 tablespoons pineapple juice to the French Dressing recipe above.

SALSAS

Ají

Ají peppers, seeded or not to taste
Water

Green onion, thinly sliced
Lemon juice

Red onion, sliced thinly (optional)

Salt (optional)

In a blender, combine aji with a bit of water and blend until smooth. Pour into a bowl and add green onion, lemon juice, and red onion to your liking.

Aji is made differently by everyone – there really is no one recipe. Ask your friends how they make their aji to perfect your own recipe.

SALSA FRESCA

Makes about 2 cups

½ onion or 4 green onions/scallions,
rinsed and finely chopped

2 tablespoons fresh lime juice or cold
water

3 large ripe tomatoes, seeded (if
desired), and finely diced

¼ - ½ cup chopped fresh cilantro leaves

1 - 3 aji peppers, or to taste, seeded (if
desired), and minced

1 clove garlic, minced (optional)

¼ teaspoon, or to taste

In a medium bowl, combine onions and lime juice/water. In another bowl, stir together tomatoes, cilantro, ajis, and garlic. Add to onion mixture along with salt, and stir together well. Serve immediately. Does not keep well.

MANGO SALSA

1 mango, peeled and cubed

2 tomatoes, coarsely chopped

½ cup pineapple, cubed

1 tablespoon cilantro, chopped

2 teaspoons vinegar

Juice of 2 limes

1 teaspoon cumin

Combine all ingredients in a bowl. Let flavors marry for a half hour before serving.

CANTALOUPE SALSA

Makes about 2 cups

2 cups cantaloupe diced into ¼" pieces

¼ cup diced ¼ " pieces of red onion

2 tablespoons chopped fresh basil or
cilantro

1 aji, seeded and minced

2 tablespoons fresh lime juice

¼ teaspoon salt

Mix everything and eat immediately. This is great over grilled fish or chicken.

Adapted from Gourmet Magazine.

BLACK BEAN SALSA

- | | |
|---|---------------------------------|
| 1 tablespoon ají, minced (seeds removed for a milder salsa) | 2 tablespoons cilantro, chopped |
| 1 medium avocado, chopped | 1 tomato, chopped |
| 2 cups cooked black beans | Juice of 1 lime |
| ½ cup cooked corn | 1 teaspoon cumin |
| | 4 - 5 drops ají (optional) |

In a large bowl, combine tomato, avocados, beans, corn, cilantro, and peppers. Stir in lime juice, cumin, and ají. Set aside at room temperature for at least one hour.

PAPAYA SALSA

- | | |
|------------------------|-------------------------|
| 1 ripe papaya, diced | 1 tablespoon lime juice |
| ½ cup pineapple, diced | 1 teaspoon honey |
| ¼ cup green onions | 1 teaspoon chili |
| 2 tablespoons cilantro | |

In a bowl, combine papaya, pineapple, green onions, cilantro, lime juice, honey, and chilis. Mix well.

PINEAPPLE SALSA

Makes about 2 cups

- | | |
|------------------------------------|-------------------|
| 2 cups pineapple, diced | 1/3 teaspoon salt |
| 2 garlic cloves, minced | ¼ teaspoon cumin |
| 2 - 3 tablespoons cilantro or mint | Cayenne to taste |
| 2 tablespoons fresh lime juice | |

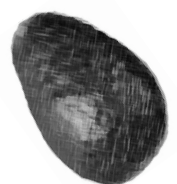
In a bowl, combine ingredients and mix well. Let sit for a few hours for flavors to meld.

GUACAMOLE

Makes 2 cups

- | | |
|---|----------------------------|
| ½ teaspoon salt | Black pepper to taste |
| 1 large garlic clove, minced | Garlic salt (optional) |
| 2 large avocados (not nacionales), peeled and diced | 2 tablespoons minced onion |
| Juice of 1 lime | 1 small tomato, diced |

In a medium bowl, mash the garlic clove with salt until it forms a paste. Add the avocado, lime juice, black pepper, and garlic salt, and mash with a fork until it reaches the guacamole consistency of your liking. Add onion and tomato, stir together. Adjust seasonings to taste. For a twist, add fresh minced ginger.



MARINADES

FAJITA MARINADE

Makes enough marinade for 4 servings

| | |
|-------------------------------------|-------------------------------------|
| 1/4 cup lime juice | 1 tablespoon vegetable oil |
| 2 green onions/scallions, minced | 1/2 to 1 teaspoon red pepper flakes |
| 3 cloves garlic, minced | 1/4 teaspoon cumin |
| 3 tablespoons minced fresh cilantro | |

Whisk all ingredients together.

Pour marinade over onions and bell peppers for vegetable fajitas or burritos, or over steak or chicken for a meat option. Turn to coat, cover, and refrigerate for up to 12 hours (steak), 3 hours (chicken), or 2 hours (veggies), tossing several times. Grill or sautee ingredients.

CITRUS HERB MARINADE

Makes about 1/2 cup

| | |
|----------------------------------|------------------------------------|
| 1/4 cup olive oil | 1/2 bay leaf, very finely crumbled |
| 2 tablespoons fresh lemon juice | 1 clove garlic, minced (optional) |
| 2 tablespoons fresh orange juice | 1 teaspoon salt |
| 1/3 cup chopped fresh parsley | 1/4 teaspoon pepper |
| 1 teaspoon dried thyme | |

Combine all ingredients in a dish and blend with a fork.

This is a great marinade for fish, chicken, and vegetables. Pour marinade over main ingredient(s) and let soak for up to 8 hours before cooking or grilling. A favorite for grilled zucchini.

Adapted from a recipe in The Joy of Cooking.

TROPICAL MARINADE

| | |
|---|---------------------------------------|
| 1 cup avocado, peeled and diced | 3 tablespoons oil |
| 1 tablespoon lemon juice | 3 tablespoons orange juice |
| 2 cups diced cucumber | 2 teaspoons honey |
| 2 cups diced cantaloupe | 2 teaspoons finely grated orange zest |
| Fresh herbs of choice (mint or cilantro are good) | Salt and pepper to taste |
| 1 tablespoon diced white onion | |

In a medium bowl, toss the avocado with the lemon juice. Add the cucumber, cantaloupe, fresh herbs, and onion; toss gently. In a small bowl, whisk together oil, orange juice, honey, and orange zest until slightly thickened. Season with salt and pepper. Brush on meat or veggies and let sit for at least 20 minutes before cooking. Add the remaining marinade to the avocado mixture and toss gently to combine. After the meat/veggies have been cooked, top with the remaining avocado/marinade mixture.

CHERMOULA

| | |
|-------------------------|-------------------------|
| 4 garlic cloves, minced | 1 teaspoon cumin |
| Salt | Pinch of cayenne or aji |
| 2/3 cup cilantro | 1/4 cup oil |
| 1/3 cup parsley | Juice of 2 - 3 limes |

In a Ziploc bag, combine garlic, salt, cilantro, and parsley and pound with a rolling pin (or anything else) until leaves are bruised, which releases flavor. Put in a small bowl, and add spices, oil, and juice.

This Moroccan marinade is good with fish and vegetables like beets and carrots.

BEEF MARINADE

| | |
|------------------------|---------------------------|
| 1 1/2 cups beer | 2 tablespoons lemon juice |
| 1/2 cup oil | 1 tablespoon sugar |
| 1 garlic clove, minced | 1 tablespoon salt |

Combine beer and oil slowly, then add remaining ingredients. Soak meat for a few hours and grill or cook meat as desired.

PORK MARINADE

| | |
|------------------------------------|----------------------|
| 3 tablespoons chili sauce | 1/2 teaspoon mustard |
| 1 1/2 teaspoons lemon juice | 1/2 teaspoon salt |
| 1 tablespoon minced onion | 1/2 teaspoon paprika |
| 2 tablespoons Worcestershire sauce | |

Combine all ingredients and soak meat for a few hours before cooking.

BEER MARINADE

Makes about 1 cup

| | |
|---------------|--|
| 3/4 cups beer | 2 tablespoons orange jelly (or use orange juice or zest) |
|---------------|--|

| | |
|---------------------------------------|---------------------------|
| 1 tablespoon mustard | Pinch of salt |
| 1 teaspoon fresh minced peeled ginger | ½ teaspoon sugar or honey |
| 1 clove garlic, minced | |

Whisk together with a fork until well blended.

SAUCES AND SPREADS

BLENDER MAYONNAISE

Makes 1 cup

| | |
|--|--------------------------------|
| 2 tablespoons well-beaten egg (yolk and white) | 1 teaspoon lemon juice |
| 1 large egg yolk | ¼ teaspoon salt |
| ¼ teaspoon mustard (preferably Dijon) | ¾ cup oil, at room temperature |

In a blender, combine 2 tablespoons well-beaten egg, egg yolk, and mustard. Process on high speed until well-blended, about 5 seconds. Scrape down the sides, then sprinkle with lemon juice and salt. Process for about 2 minutes. With the machine running, add the oil in the thinnest possible stream or drop-by-drop. After about one-third of the oil has been added—the mixture will have swollen and stiffened—add the oil in a slightly thicker stream. Stop the blender when all has been added and scrape down the sides and around the blade, mixing in any unabsorbed oil. Yum! Serve immediately or refrigerate in a covered container for no more than a couple days.

CREAM CHEESE

1 round of queso fresco
About ¼ - ½ cup milk

Blend in a blender until it becomes cream cheese.

Recipe by Sam Mills

BASIL PESTO

Makes about 1 cup of pesto

| | |
|----------------------------|--|
| 2 garlic cloves | 5 tablespoons olive oil |
| ½ - 1 cup grated parmesan | Salt and pepper to taste (be generous with the salt) |
| 2 cups packed basil leaves | |

Put all ingredients in a blender and puree. Taste and adjust ingredients to taste. Add to cooked pasta and toss to coat, adding more as needed.

MANGO CHUTNEY

| | |
|----------------------------------|-----------------------------------|
| 1 medium apple, diced | ½ cup sugar |
| 2 aji peppers, seeded (optional) | ½ cup vinegar |
| 2 tablespoons fresh ginger | 1 large mango, cut into ½" pieces |
| 2 garlic cloves | 1 medium onion, coarsely diced |
| ¼ teaspoon dry powdered cloves | ¾ cup raisins |
| 1 cup water | |

In a blender, blend apple, aji, ginger, garlic, cloves, and water. Strain through a sieve, then heat in a pan. Add sugar and vinegar and simmer gently for 2 - 3 minutes. Add mango, onion, and raisins. Simmer for another 5 minutes, until raisins are plump. Cool and serve or keep in the fridge.



QUICK BERRY PRESERVES

| | |
|--|---------------------------------------|
| 1 pound fresh berries (mora, mortiño, or frutilla), picked over and washed | ¼ cup water |
| ½ cup sugar | ¼ lemon, thinly sliced, seeds removed |

Chill a plate in the freezer for at least 30 minutes. Put all ingredients in a medium pot, cover and cook on medium-high heat, stirring once very briefly, until boiling and juicy, about 5 minutes. Uncover pot and continue boiling, without stirring, until thickened, 8 - 12 minutes more. To check if the preserves are thick enough, drop a small dollop onto a chilled plate. Tip the plate so that the preserves run then swipe your finger through the middle of the trail they've made. If the preserves don't run back together, they're thick enough and ready to remove from heat.

Carefully ladle hot preserves into a clean glass jar, seal tightly, and store in the fridge for up to two weeks.

Adapted from a recipe from www.wholefoodsmarket.com.

BARBECUE SAUCE

| | |
|------------------------|------------------------------------|
| 1 cup ketchup | 2 tablespoons brown sugar |
| ¼ cup minced red onion | 2 tablespoons chili powder* |
| 2 cups water | 2 tablespoons lemon juice |
| ½ cup cider vinegar | 2 tablespoons Worcestershire sauce |
| 1 tablespoon paprika | (Salsa Inglesa) |
| ½ tablespoon honey | 2 cloves of garlic, finely minced |

Combine all the ingredients in a saucepan. Bring to a slow boil; cook until thickened (25 - 30 minutes), stirring constantly to prevent the sauce from scorching. Strain into a bowl to remove the onion and garlic. Cool, then refrigerate for 2 days.

*If you can't find chili powder locally, you can make your own by combining equal parts cumin, garlic powder, and dried oregano. If you don't have garlic powder, just improvise by mincing up a little fresh garlic.

CILANTRO SAUCE

Makes 2/3 cup

| | |
|---|--------------------------------|
| 1 aji, seeded and coarsely chopped | 1/2 cup oil (preferably olive) |
| 1 large bunch cilantro, stems removed, coarsely chopped | 1/4 cup water |
| 1/2 cup mint leaves, coarsely chopped (optional) | Juice of one lime |
| 2 garlic cloves, minced | 1 teaspoon cumin |
| | Salt |

In a blender, puree all ingredients. Good tossed with warm pasta.

GINGER-GARLIC SAUCE WITH GREEN ONION

| | |
|---|--|
| 3" finger fresh ginger, peeled and grated | 1 tablespoon salt |
| 1/2 head of garlic, peeled and minced | Oil to cover (do not use olive), about 1/2 cup |
| 1 cup chopped green onion | |

Mix, roughly grind, or blend all ingredients together. Add oil as needed to cover the mix completely. Store for up to six months.

Adapted from a recipe from Cheers to the Penny, PC Nicaragua.

TZATZIKI SAUCE

Makes about 3 cups

| | |
|---------------------------------------|--|
| 2 medium cucumbers, peeled and seeded | 1 tablespoon mint, minced |
| 2 cups plain yogurt | Pinch of salt |
| 1 clove garlic, smashed | 1/4 teaspoon pepper |
| 1 tablespoons fresh dill, minced | 1/4 teaspoon red wine vinegar (or white vinegar) |

Finely grate cucumbers and place in center of a clean cloth. Gather at the ends to wring out liquid over sink until the cucumbers are dry. Cucumbers should release about 2/3 cup of liquid. In a large bowl, fold cucumbers into yogurt. Mix in garlic, dill, mint, salt, pepper and vinegar. Chill for at least 1 hour before serving. Dip will keep for up to 2 days in refrigerator.

WHIPPED CHICKPEA HUMMUS

Makes plenty

| | |
|---|------------------|
| 1 cup dried chickpeas/garbanzos, rinsed | Juice of 1 lemon |
| 1 small potato, peeled and quartered | Salt and pepper |
| 5 - 6 handfuls of spinach, washed well | ¼ cup olive oil |
| ¼ cup red onion, chopped | Warm water |
| Zest of one lemon | |

Soak garbanzos overnight. Drain soaking liquid, and refill with enough water to cover the beans by about an inch in a pot. Bring water to a boil, reduce heat, and allow to simmer until beans are tender. Add the potato to the pot until tender, approximately 10 minutes. Drain any extra water and set beans and potato aside.

Throw a splash of oil into a hot frying pan, and add the spinach. As soon as it collapses, remove from heat and salt to taste.

Combine the garbanzos, potato, spinach, red onion, lemon zest and juice, and a few big pinches of salt in a blender. With the machine running, add the oil. You may need to add warm water a few spoonfuls at a time if it is dry until the spread has a creamy consistency. Add salt and lemon juice to taste.

Adapted from a recipe published on www.101cookbooks.com.

BLACK BEAN HUMMUS

Makes about 3 ½ cups

| | |
|------------------------------------|-------------------------|
| 3 garlic cloves, coarsely chopped | ¼ cup lemon juice |
| Large handful fresh parsley | 1 teaspoon salt |
| 2 green onions, cut into 1" pieces | Pinch of cayenne or aji |
| 1 ½ cups cooked chickpeas, drained | Pinch of cumin |
| 2 cups cooked black beans, drained | ¼ cup water |

Combine all ingredients in a blender on high speed, or mash ingredients together by hand.

EGGPLANT DIP

Makes 2 cups

| | |
|-------------------------------------|---------------------|
| 1 large eggplant (about 2 pounds) | ¼ cup packed basil |
| ½ teaspoon olive oil | 1/8 teaspoon pepper |
| 4 cloves garlic | ¼ teaspoon salt |
| ½ cup white onion, coarsely chopped | |

Preheat oven on high flame. Cut eggplant in half and brush both sides with olive oil. Toss leftover with garlic and onion. Place eggplant cut-side-down in a large roasting pan. Arrange garlic and onion around eggplant. Roast in oven over high flame for 30 minutes. When eggplant is cool enough to handle, remove seeds and scoop out meat with a spoon. Place eggplant meat, garlic, onion, basil, 1 teaspoon of olive oil, pepper, and salt into a blender. Blend until smooth. Serve immediately. Great as a dip with carrots and cucumber.

Also great as a pasta sauce.

BABA GHANOUSH

Makes about 1 cup

| | |
|---|-------------------------|
| 1 large eggplant | 1 tablespoons olive oil |
| ½ cup parsley | 3 garlic cloves |
| 3 tablespoons tahini (sesame seed paste)* | ½ teaspoon salt |
| 3 tablespoons fresh lemon juice | ¼ teaspoon cumin |

Pierce eggplant several times with a fork and place directly into a pan, cut-sides down. Roast eggplant until skin is charred and eggplant is tender. Take out eggplant meat with a spoon. Add remaining ingredients to a blender and puree. Serve immediately.

*You can make your own tahini by mashing sesame seed and olive oil together.

TOMATO - AVOCADO SAUCE

| | |
|--|-------------------------------|
| 1 avocado, peeled and diced | 1 garlic clove, minced |
| 1 ripe tomato, seeded and finely chopped | ¼ teaspoon salt |
| 2 - 3 green onions, thinly sliced | A few drops vinegar |
| 1 ají, seeded and finely minced | 1 tablespoon chopped cilantro |

Combine the avocado, tomato, green onions, ají, and garlic in a bowl. Add ¼ teaspoon salt and the vinegar to bring out the flavors. Stir in the cilantro and let sit for 20 minutes before serving. Good on chicken or as a salsa dip.

CREMA A LA HUANCAINE

| | |
|----------------------|------------------------|
| 3 yellow ajís | 1 ½ - 2 cups milk |
| Juice of 1 lemon | 3 - 6 saltines |
| ½ campo cheese round | Pinch of salt |
| 1 red onion, diced | 2 teaspoons canola oil |

Soak aji in lemon juice. The helps diminish hotness. Blend all ingredients together on high speed in a blender. Sauté the onion in oil until soft and clear. Add blended sauce to sauted onion and simmer for 10 minutes. Serve over boiled potatoes .

QUICK PEANUT SAUCE

| | |
|-----------------------------|------------------------------|
| 3 tablespoons peanut butter | 2 teaspoons soy sauce |
| 2 tablespoons vinegar | 1 teaspoon panela |
| 1 tablespoon cilantro | 2 - 4 tablespoons warm water |
| 1 garlic clove, minced | |

Combine all ingredients in a saucepan over medium heat.

SPINACH CREAM SAUCE

Makes 4 servings

| | |
|-------------------------------|-------------------------------------|
| ½ cup campo cheese, crumbled | 2 teaspoons butter |
| 2 teaspoons grated lemon peel | ½ cup diced onion |
| ¼ teaspoon nutmeg | 1 bunch spinach (or chard), steamed |
| 1 cup milk, divided | |

In a blender, blend together the cheese, lemon peel, nutmeg, and 1 tablespoon milk. In a saucepan over medium heat, melt the butter. Stir in the onions, and continue to stir for 4 - 5 minutes. Stir in the cheese mixture, spinach, and remaining milk. Cook, stirring constantly until the liquid is reduced by half.

Tastes good as a pasta sauce, or on meat or potatoes.

ANIMAL, VEGETABLE, MIRACLE'S FRIJOLE-MOLE

| | |
|------------------------------|-------------------------------------|
| ½ pound green beans, trimmed | 2 cups fresh basil leaves |
| 1 onion, coarsely chopped | 1 tablespoon lemon juice (optional) |
| 1 tablespoon olive oil | Mayonnaise or yogurt |
| 3 eggs, hard boiled | Salt and pepper to taste |

Bring a pot of water to a boil. Add green beans and cook for about 4 minutes, until tender. In a frying pan, sauté onions in olive oil until they are slightly transparent. In a blender, combine green beans, cooked onions, eggs, basil, and lemon juice and blend into a coarse puree. Remove the puree to a bowl and combine with enough mayonnaise and yogurt to hold the mixture together. Add salt and pepper to taste.

This spread is good served on bread, crackers, or pita.

Adapted from a recipe found in Animal, Vegetable, Miracle, by Barbara Kingsolver.

CREAMY CHILI HOT SAUCE

| | |
|--|---------------------------------|
| 3 tablespoons mayonnaise | 1 teaspoon lemon/lime juice |
| 1 teaspoon hot sauce (ají in a bottle) | ¼ teaspoon soy sauce (optional) |

In bowl, combine ingredients until smooth. Adjust heat level to your tolerance.

Use as dip or spread for your favorite dishes. Good on french fries.

Adapted from a recipe found on www.whiteonricecouple.com.

GROUND CHILI PASTE

| | |
|-------------------------|---------------------|
| ¼ pound ajís | 2 tablespoons sugar |
| 7 cloves garlic, peeled | 1 tablespoon salt |

Grind all ingredients together and store in a clean glass jar. Allow to sit for two days before using. Good for up to six months.

SPICY RED SAUCE

| | |
|---------------------------|-----------------------------------|
| 2 tablespoons olive oil | ¼ teaspoon red pepper flakes |
| ¼ cup minced onion | ½ teaspoon ají sauce, or to taste |
| 2 cloves garlic, minced | 1 bay leaf |
| 2 cups diced tomatoes | 2 tablespoons chopped parsley |
| 1 tablespoon tomato paste | Pinch of sugar |
| ½ cup white wine | 3 tablespoons red wine vinegar |

Heat olive oil in a skillet. Sauté onions and garlic until tender. Add all remaining ingredients except vinegar. Simmer for 20 minutes. Remove bay leaf. Puree in blender. Season with salt, pepper, and vinegar.

Excellent over roasted potatoes.

Recipe by Suzy Loughlin

BECHAMEL – MOTHER OF WHITE SAUCES

Makes about 1 cup

| | |
|-------------------------------------|--------------------------|
| 1 ¼ cups milk | 2 tablespoons butter |
| ¼ onion with a bay leaf stuck to it | 2 tablespoons flour |
| Pinch of nutmeg | Salt and pepper to taste |

In a small saucepan over low flame, combine milk, onion with bayleaf, and nutmeg. Simmer for about 15 minutes to flavor the milk. Throw out the onion and bayleaf. Meanwhile, in a medium saucepan over low flame, melt the butter. Stir in flour and cook, uncovered over medium flame, stirring occasionally for about 2 minutes. Remove from heat. Whisk in the warm milk and return saucepan to heat. Bring the sauce to a slow simmer, whisking to prevent lumps, and cook, stirring frequently and skimming off skin that forms on the surface. Do not let boil. Continue to simmer until it reaches a thick soupy consistency, about 10 minutes. Season with salt and pepper. Serve on meat, fish, over vegetables, or over pasta, or add your own variation.

Possible Variations: Add 2 - 4 tablespoons mustard to taste; Add chopped, sauted onions, minced bell pepper, and curry powder; Add 2 tablespoons tomato paste.

SIDES, SALADS, AND SNACKS

APPLE SLAW

Serves 4

| | |
|-------------------------|-------------------------------|
| 1/4 cup mayonnaise | 1/2 teaspoon salt |
| 3 teaspoons sugar | Dash pepper |
| 2 teaspoons lemon juice | 1/4 head of cabbage, shredded |
| 2 teaspoons milk | 1 apple, cored and chopped |

In a large bowl, mix together mayonnaise, sugar, lemon juice, milk, salt, and pepper until creamy. Toss with cabbage and chill for several hours. Toss in apples just before serving.

DEAD SIMPLE SLAW

| | |
|---|---|
| 2 1/2 pounds green cabbage, cored and cut into 3" chunks, then shredded | 1 1/4 cups mayonnaise |
| 1 medium onion, finely chopped | 1/3 cup apple cider vinegar (or white if unavailable) |
| 1 - 2 green bell peppers, finely chopped | 2 teaspoons sugar |
| 1 large carrot, coarsely grated | |

Toss all vegetables in a large bowl with 1 teaspoon each of salt and pepper. Whisk together mayonnaise, vinegar, and sugar, then toss with slaw. Chill, covered, stirring occasionally, at least 1 hour (for vegetables to wilt and flavors to blend).

Adapted from a recipe found on www.smittenkitchen.com.

COCONUT SLAW

| | |
|-------------------|-----------------------|
| 1 coconut, grated | Juice from one orange |
| 1 carrot, grated | Cinnamon (optional) |
| 1 cup raisins | |

Combine all ingredients in a bowl.

RED CABBAGE-CARROT-APPLE CHOP-CHOP SALAD

Serves 3 (*but easily adjustable to suit needs*)

| | |
|--|---|
| 1/4 of small head red cabbage, thinly sliced and chopped crosswise | 1 large carrot, peeled and grated |
| | 1 apple, cored and cut into matchsticks |

2 tablespoons oil
2 tablespoons vinegar

1 teaspoon dried thyme or oregano
Salt and pepper to taste

In a medium serving bowl, combine red cabbage, carrot, and apple. In a small cup, whisk together oil, vinegar, thyme, salt, and pepper. Add dressing to salad and toss. Good with a variety of vinaigrettes. Experiment!

BRAISED RED CABBAGE WITH APPLES

Serves 4

1 small head red cabbage (about 2 pounds), quartered, cored, and thinly sliced
2 slices bacon, diced, OR 2 tablespoons butter or oil
3 tablespoons finely chopped onion

1 large apple, peeled, cored, and cut into matchsticks
3 tablespoons red wine vinegar
2 tablespoons honey
¼ teaspoon salt if bacon is used, or 1 teaspoon if butter or oil are used

Rinse red cabbage by immersing it briefly in a bowl of cold water. In a large pot, cook bacon or butter or oil over low flame for a few minutes. Turn up the flame a tad, add the onions, and cook until golden. Add the cabbage to the pot along with the apple, vinegar, honey, and salt. Cover the pan and cook over low-medium flame until the cabbage is very soft, 1 to 1 ½ hours, adding boiling water during cooking if needed.

Adapted from a Joy of Cooking recipe.

APPLESAUCE

Makes 1 quart

3 pounds apples, peeled and quartered
Honey or sugar

Fresh lemon juice
½ teaspoon cinnamon and cloves

Cook apples in at least 1/3 cup water until completely tender, about 20 minutes, or put them in a pressure cooker with 3 tablespoons water, bring pressure to high and cook for 10 minutes.

Process the cooked fruit in a blender or with hand-held masher or blender device. Taste and sweeten with honey or sugar at the very end. Add lemon juice if you want a tart taste. Add the spices. Simmer for 5 minutes, then cool.

SAUTÉED BROCCOLI WITH GARLIC

2 servings

1 pound broccoli (a small head)
1 tablespoon olive oil

1 clove garlic, thinly sliced or minced
1 pinch red pepper flakes (optional)



Salt and pepper to taste

Rinse broccoli and cut into florets. Heat olive oil in a frying pan on medium-high heat. Add garlic, red pepper flakes if desired, and stir, cooking for about a minute. Add broccoli and cook until heated through and tender, about 5 minutes. Season with salt and pepper.

Add fresh minced ginger for a different variation.

QUICK SAUTÉED BEANS

Serves about 3

| | |
|--|---|
| 1/4 cup olive oil | 1/2 tablespoon fresh thyme leaves (or a little less if dried) |
| 1/2 tablespoon aji, seeded and chopped | 2 cups cooked white beans |
| 2 cloves garlic, sliced | Salt and pepper |

Heat a large frying pan over medium-high flame. Add oil, aji, garlic, and thyme. Sauté for about 15 seconds. Add beans and salt and pepper to taste. Warm beans through and serve.

Adapted from a recipe found on www.thekitchencafe.com.

RED BEET MASH

Serves 8 - 10

| | |
|--|--|
| 2 medium beets | 1/4 cup vinegar (apple or white wine if available) |
| 3 tablespoons butter | 4 medium potatoes |
| Salt | 1/2 cups cream or milk |
| 2 cups water (vegetable or chicken broth if available) | Butter and salt to taste |
| 1 cup white wine | |

Peel beets and chop into small, 1/3" cubes. Place in a frying pan with butter, salt, water/broth, wine, and vinegar. Bring to a boil, reduce heat, and simmer until beets are firm but cooked through, about 45 minutes. Remove from heat. You should have dark red liquid and some yummy beets.

Peel potatoes. Boil in salted water until soft. Drain and mash with a fork.

When ready to serve, heat cream/milk in a medium-large pot, starting with one cup and adding more to taste. Once it starts to bubble around the edges, add mashed potatoes and mix. Next, add the beets without their liquid. Once beets are mixed in, add a little bit of the beet liquid until you get a rich, reddish-pink color. The more red liquid, the more

SIDES, SALADS, AND SNACKS

beet flavor, but also the looser the potatoes will be. Stir in a bit of butter and some salt to taste. Remove from heat and serve.

A good dish for a holiday or as a side dish for a crowd.

Adapted from a recipe found on www.thekitchencafe.com.

ROAST BEETS WITH ANISE VINAIGRETTE

1 pound beets (about 4)
Olive oil
Salt and pepper to taste

1 garlic clove
2 teaspoons vinegar
1 tablespoon anise seeds



Peel the beets and cut into ½" cubes. Toss with enough olive oil to coat lightly and season with salt and pepper. Spread beets in a baking dish or sheet and bake in oven over medium-high flame until juices begin to caramelize and the beets are tender, about 25 minutes.

Crush garlic and anise seeds with a little salt. Whisk in the vinegar and more olive oil. Pour the vinaigrette over the beets and marinate for several hours or overnight.

BLACK BEAN CONFETTI SALAD

2 cups cooked, drained, and rinsed black beans
4 bell peppers (red and green), chopped into a small dice
1 medium white onion, chopped into a small dice

Juice of one lime
3 tablespoons olive oil
1 teaspoon ground cumin
¾ teaspoon salt
½ teaspoon honey
1/8 teaspoon cayenne

Optional: If you're the kind of person who loves cilantro, it's a great match for this salad.

Mix beans, bell peppers and white onion in a large bowl. In a separate, smaller bowl, whisk remaining ingredients into a vinaigrette. Pour it over the bean mixture, toss it well and adjust seasonings to taste.

Adapted from a recipe found on www.smittenkitchen.com.

BLACK BEAN CITRUS SALAD

Makes 4 servings

3 oranges, peeled and chopped
2 cups cooked black beans

2 cups cooked red beans
2 medium cucumbers, chopped

½ cup chopped red onion
2 tablespoons canola oil
2 tablespoons lemon juice

2 tablespoons chopped cilantro
Salt and pepper to taste

In a large bowl, combine oranges, black beans, red beans, cucumbers, and onion. In a small bowl, whisk together oil, lemon juice, cilantro, and salt and pepper to taste. Pour dressing over salad; toss to combine. Cover and chill if desired.

KAITLYN'S CAROLINA BEAN SALAD

Serves 2

1 tomato, diced
2 - 3 green or red bell peppers, diced
1 onion, diced
2 cups cooked black beans, rinsed and drained

1 can of mote/hominy, drained
1 ½ cup salsa
Cilantro, chopped

Combine the tomato, peppers, onion, black beans, and mote in a large bowl. Stir in salsa and cilantro. Serve immediately, or for best results chill overnight.

ROASTED CARROT AND AVOCADO SALAD

1 pound carrots, peeled and cut into 2" segments
3 tablespoons olive oil, divided
¼ teaspoon ground cumin

Salt and pepper
½ an avocado, pitted and sliced
Juice of half a lemon

Roast the carrots: Preheat your oven on high flame. Toss the carrot chunks in a medium bowl with two tablespoons of the olive oil, cumin and as generous of a helping of salt and pepper as you like.

Spread them on a baking sheet and roast over medium flame in oven for about 20 minutes, or until tender and browned. Of course, roasting time will vary depending on the thickness of your carrots.

Finish the salad: Once the carrots are roasted, arrange them on a serving platter with slices of avocado on top. Drizzle the salad with the last tablespoons of olive oil, lemon juice and extra salt and pepper, if it needs it. Eat immediately.

Adapted from a recipe found on www.smittenkitchen.com.

CUMIN-ROASTED CARROTS

Serves 4

| | |
|---|------------------|
| 2 medium to large carrots, peeled, cut on diagonal into ½"-thick pieces | ½ teaspoon cumin |
| 2 tablespoons olive oil | 2 teaspoons salt |

Combine all ingredients in large bowl; toss to coat. Spread in single layer on a baking sheet. Roast carrots in oven over high flame until tender and lightly caramelized, turning carrots over once, 35 - 40 minutes.

CITRUS-GLAZED CARROTS

Makes 8 servings

| | |
|--|---|
| 2 ½ pounds carrots, peeled, cut on diagonal into ¼"-thick slices | 2 tablespoons butter |
| 2 cups (or more) water | 2 ½ teaspoons finely grated orange peel |
| 1 cup fresh orange juice | 2 teaspoons finely grated lime peel |
| ½ cup sugar | 1 teaspoon salt |
| ¼ cup fresh lime juice | 1 tablespoon chopped fresh parsley |

Combine carrots and 2 cups water in heavy large skillet. Add all remaining ingredients except parsley. If needed, add enough water to just cover carrots. Bring to boil, stirring until sugar dissolves. Boil just until carrots are crisp-tender, stirring occasionally, 8 - 9 minutes. Transfer carrots to medium bowl (without water); cool. Boil cooking liquid in skillet until slightly reduced, about 5 minutes. Add carrots and boil until just tender and liquid is thickened to light syrup consistency, stirring occasionally, about 5 minutes. Season with salt and pepper. Transfer to serving bowl. Sprinkle with parsley.

Adapted from Bon Appétit Magazine.

SIMPLE CAULIFLOWER

Serves 2 - 3

| | |
|-----------------------------|---|
| ½ large head of cauliflower | 2 tablespoon chopped parsley or chives (optional) |
| 2 tablespoons olive oil | Zest of one lemon |
| A couple pinches of salt | Freshly grated Parmesan |
| 1 clove garlic, minced | |

To prep the cauliflower, remove any leaves at the base and trim the stem. Now cut it into tiny trees not much bigger than a grape, relatively equal in size. Rinse under running water, and set aside.

Heat the olive oil and salt in a large skillet over medium-high heat. When hot, add the cauliflower and stir until the florets are coated. Wait until it gets a bit brown on the

bottom, then toss the cauliflower. Brown a bit more and continue to sauté until the pieces are deeply golden, about six minutes. In the last 30 seconds stir in the garlic.

Remove from heat and stir in the parsley/chives, lemon zest, and dust with a bit of freshly grated Parmesan cheese and a pinch of salt. Serve immediately.

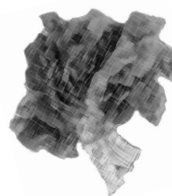
CHARD SAUTÉED WITH GARLIC

4 - 6 servings

1 bunch swiss chard
2 tablespoons olive oil
2 cloves garlic, thinly sliced

1/4 - 1/2 teaspoon red pepper flakes
(optional)
Salt to taste
Juice of 1/2 lemon

Remove the stems from chard and discard. Rinse leaves, then coarsely chop. Heat olive oil with garlic and red pepper flakes in a large skillet over medium heat until the oil smells good. Add the chard and season with salt to taste. Cook, partially covered, until the leaves are tender, 3 - 5 minutes. Season with lemon juice and serve.



CUCUMBER SALAD

Serves 4

1 cup white vinegar
1/4 cup sugar
1 large carrot, grated
1/2 sweet red bell pepper, thinly sliced

1 large cucumber, peeled, seeded, and sliced
1/2 teaspoon crushed red pepper flakes
1 small red onion, thinly sliced

In a small pan, heat vinegar and sugar for 5 minutes. Remove from heat and cool. In a serving bowl, toss all ingredients together with the vinegar/sugar mixture.

SIMPLE SAUTÉED ZUCCHINI

2 small zucchinis, sliced into rounds
2 teaspoons olive oil
Salt and pepper to taste

In a frying pan, heat olive oil. Add zucchinis with salt and pepper, and sauté until soft and a bit golden.

Add toasted almonds, garlic, or herbs for a good variation, or marinate zucchini in advance.

MARK BITTMAN SIMPLE SALADS

Chop or slice radishes (or jicama) and combine with chopped or sliced unripe mango, lime juice and mint or cilantro.

Roughly chop cooked or canned chickpeas (you can pulse them, carefully, in a food processor) and toss with olive oil, lemon juice, lots of chopped fresh parsley and mint, and a few chopped tomatoes. Call this chickpea tabbouleh.

Dice cucumbers (if they're fat and old, peel and seed them first) and toss with cubes of avocado, a little honey, rice vinegar and soy sauce. (You could mix in a little lump of crab meat, even rice, and call it a California roll salad.)

Thinly slice some cucumbers (if they're fat and old, peel and seed them first), red onions, radishes and fresh chili pepper. Soak for a few minutes in equal amounts vinegar and water, with some salt and sugar. When they taste lightly pickled, drain and serve, alone or over rice.

Roast beets whole, then slice or cube and toss with a little chopped garlic (or a lot of roasted garlic), toasted walnuts, orange juice and olive oil.



Mix cooked or canned chickpeas with toasted coconut, shredded carrots, chopped celery, curry powder, olive oil, lime juice, and cilantro.

Yucatecan street food as salad: Roast fresh corn kernels in a pan with a little oil; toss with cayenne or minced chilis, lime juice and a little queso fresco. Cherry tomatoes are optional.

Halve avocados and scoop out some but not all of their flesh. Roughly chop and toss with black beans, queso fresco, cilantro, chopped tomatillos and lime juice. Serve in the meaty avocado shells.

Cereal for grown-ups: Start with puffed brown rice; toss with chopped tomatoes, green onions, a minced aji, cooked or canned chickpeas and toasted unsweetened shredded coconut. Dress with coconut milk and lime juice.

Cook and cool quinoa. Toss with olive oil, loads of lemon juice, tons of parsley, and some chopped tomatoes.

Mix cooked couscous or quinoa with orange zest and juice, olive oil, maybe honey, sliced oranges, raisins, chopped red onion and chopped almonds. Serve over greens, or not.

From www.nytimes.com.

THE KITCHEN'S BRAISED CHICKPEAS WITH TOMATO AND CUMIN

Serves 4

| | |
|--|-----------------------------|
| ½ pound dry chickpeas, soaked in water overnight | ½ tablespoon cumin |
| 1 onion, halved | 1 large onion, finely diced |
| 1 carrot | 2 largish tomatoes, diced |
| 1 stalk of celery | 1 garlic clove, sliced |
| 2 bay leaves | Pinch of red pepper flakes |
| | ¼ cup olive oil |

In a large pan, place the soaked chickpeas and cover them with water. Add the carrot, celery, halved onion, and bay leaves. Bring to a simmer. Cook for about 1 hour, testing chickpeas to see when done. Remove from heat.

In a large frying pan, add the oil, cumin, diced onion, garlic, and chili flakes. Sauté until golden. Add the strained chickpeas, fry for a couple minutes, then add tomatoes. Reduce heat and leave to simmer for 30 minutes until the tomatoes have reduced a fair amount.

Adapted from a recipe found on www.thekitchencafe.com.

DEVILED EGGS

Makes 4 servings (8 egg-halves)

| | |
|---|-----------------------|
| 4 hard boiled eggs, cooled and shelled | 1 teaspoon vinegar |
| 2 tablespoons mayonnaise | ¼ teaspoon salt |
| 2 teaspoons minced fresh herbs (parsley, basil) | Pinch of pepper |
| 2 teaspoons mustard | Pinch of curry powder |
| | 3 drops of liquid aji |

Slice eggs lengthwise in half. Carefully remove the yolks, leaving the whites intact. Place the yolks in a bowl, and add the remaining ingredients, and mash. Spoon the filling into the whites. Garnish with paprika if available. Refrigerate until serving.

ONION RINGS

Serves 4

| | |
|--|-----------------|
| 3 large onions, sliced to ¼" thickness | ½ teaspoon salt |
| ½ cup milk | Oil |
| 1 cup flour | |

Separate onion slices into rings. In a frying pan, heat about ½" of oil. Pour milk into a small bowl. In another small bowl, mix together the flour and salt. Add spices to your liking if desired. Dip onion in milk, then flour to coat. Dip again in milk, then again in the flour. Fry in the hot oil until golden brown.

PRESSURE COOKER SWEET AND SOUR RED ONION RINGS

| | |
|---|---------------------|
| 4 ½ cups red onions, cut into ¾" slices | ¼ teaspoon salt |
| 1 tablespoon sugar | ½ cup water |
| 3 tablespoons balsamic vinegar | Pinch of pepper |
| 1 tablespoon chopped fresh parsley | 1 tablespoon butter |

In a 4 or 6-quart pressure cooker, combine the onions, salt and water. Lock lid in place. Over high heat, bring cooker up to pressure. Reduce heat to maintain pressure. Cook for 2 minutes. Quick-release the pressure, by setting cooker in cold water. Carefully remove lid. Drain onions. Return onions to pressure cooker. Add the sugar, pepper, vinegar, and butter. Without covering bring to a boil, then reduce heat. Cook, stirring constantly, until the vinegar has evaporated and the onions are glazed, 5 - 7 minutes. Sprinkle with parsley. Serve with meats, use as sandwich topper, or toss with steamed green beans.

(S)MASHED POTATOES

3 servings

| | |
|--|--------------------------|
| 1 pound potatoes, peeled and cut into large chunks | 1 - 2 tablespoons butter |
| 3 tablespoons cream, milk, or yogurt | Salt and pepper to taste |

In a large pot, boil potatoes until tender, about 20 minutes. Drain water and return potatoes to the pot. In a small pan, heat cream/milk/yogurt and butter over low heat. Meanwhile, mash hot potatoes with a fork. Add hot milk and butter mixture and mix together well.

Good additions to basic mashed potatoes: roasted garlic cloves, ¼ cup chopped fresh basil or other fresh herb, ¼ cup grated cheese, ¼ cup pesto.

CLASSIC MASHED POTATOES

Serves 4 - 5

| | |
|---|--------------------------|
| 2 pounds potatoes (russetish, if available), peeled and cut in half | 1/3 cup milk |
| 4 tablespoons butter, cut into chunks | Salt and pepper to taste |

Place potatoes in a large pot and cover with water by 2". Bring to a boil and cook, uncovered, 25 - 30 minutes, until potatoes are tender when pierced with a knife. Drain potatoes and return to saucepan while still warm. Add the butter and milk and mash with a fork until all the butter and milk are incorporated and potatoes are creamy. Season with salt and pepper.

Adapted from a recipe found on www.fostersmarket.com.

FRIED POTATOES WITH YOGURT SAUCE

Serves 1

| | |
|---|---|
| 3 small potatoes, or as many as you want to eat in a sitting | 2 tablespoons queso fresco, finely grated |
| 3 - 4 tablespoons oil | 2 to 3 teaspoons mustard |
| ½ cup plain yogurt | Pepper |
| | 1 tablespoon white wine vinegar |

Halve the potatoes lengthwise, then slice them slightly thinner than 1/8". Fry them in the hot oil in a large skillet over medium-high heat until golden brown in places. Drain them on paper towels.

Combine the yogurt, cheese, mustard, and pepper. Add the vinegar and stir well, until creamy.

Put the potatoes on a plate with some of the sauce on the side and dip the forked potatoes into the sauce as you go.

Adapted from a recipe found on www.thewednesdaychef.com.

MUSTARD-ROASTED POTATOES

Makes 5 servings

| | |
|--|---|
| ¼ cup whole grain Dijon mustard (get the good stuff at Supermaxi) | ½ tablespoon dried oregano |
| 1 tablespoon olive oil | ½ teaspoon finely grated lemon peel |
| 1 tablespoon butter, melted | ½ teaspoon salt |
| 1 tablespoon fresh lemon juice | 1 ½ pounds 1"-ish diameter unpeeled red-skinned and white-skinned potatoes, cut into ¾"-wide wedges |
| 2 garlic cloves, minced | |

Grease a baking sheet. Whisk mustard, olive oil, butter, lemon juice, garlic, oregano, lemon peel, and salt in large bowl to blend. Add potatoes; sprinkle generously with freshly ground black pepper and toss to coat. Place potatoes on baking sheet, leaving any excess mustard mixture behind in bowl. Spread potatoes in single layer. Roast potatoes 20 minutes on oven over high flame. Reverse baking sheets and roast until potatoes are crusty outside and tender inside, turning occasionally, about 25 minutes longer. Transfer potatoes to serving bowl.

Adapted from Gourmet Magazine.

FRENCH POTATO SALAD

Makes 6 - 8 servings

| | |
|--------------------------|-------------------------------------|
| 2 pounds potatoes | 2 tablespoons fresh parsley, minced |
| 1/3 cup red wine vinegar | 1 tablespoon mustard |
| ½ red onion, minced | |

SIDES, SALADS, AND SNACKS

1 tablespoon minced fresh mint, dill, or thyme (optional)
Salt and pepper to taste
6 tablespoons olive oil

1 bell pepper, minced (optional)
3 radishes, minced (optional)

Bring a pot of salted water to a boil and add potatoes. Reduce the heat and simmer, uncovered, until potatoes are tender when pierced with a fork, about 20 minutes. Drain, peel and cut into bite-sized pieces.

Whisk vinegar, onion, parsley, mustard, herbs, salt, and pepper together in a small bowl. Add olive oil slowly, whisking. Pour dressing over the potatoes and combine. If desired, add bell pepper and/or radishes and combine. Serve warm or cold.

TZATZIKI POTATO SALAD

Serves 6

2 cups plain yogurt
1 cucumber, peeled, seeded, and finely diced
1 ½ teaspoons salt, divided
2 tablespoons olive oil
1 tablespoon finely snipped dill (optional)

1 tablespoon minced fresh mint
1 tablespoon red wine vinegar, or more to taste
Salt and Pepper to taste
2 cloves garlic, peeled
2 pounds red or other waxy potatoes

Drain yogurt: This step is optional, but advisable especially if you are working with watery yogurt. Set a fine mesh sieve or a colander lined with a coffee filter over a bowl. Add yogurt and let drain at room temperature for at least 2 hours.

Drain cucumber: Also optional but recommended, toss cucumber together with 1 teaspoon salt in a colander set over a bowl and let drain for at least 1 hour. Squeeze the cucumber in a dishtowel to remove as much liquid as possible, then dry completely on towels.

Meanwhile, bring the potatoes to a boil in a large pot with enough salted cold water to cover them. Reduce the heat and simmer, uncovered, until potatoes are tender when pierced with a fork, 20 - 25 minutes. Drain, peel, and cut into bite-sized pieces. Place in a medium-sized bowl while still warm and let cool to room temperature with salt and pepper to taste.

In a large bowl, combine the yogurt, cucumber, olive oil, dill, mint, vinegar, and pepper. In a separate bowl, mash the garlic cloves and ½ teaspoon salt together until a paste is formed; stir into the yogurt mixture. Let stand for 1 hour or refrigerate, covered. Add mixture to potatoes and toss gently to coat evenly. Serve chilled or at room temperature. Garnish with thin cucumber slices, fresh dill sprigs, or fresh mint sprigs to make it pretty.

FRIED SPINACH BALLS

| | |
|--------------------------------|----------------------------|
| 3 cups cooked spinach or chard | 1 egg |
| 2 tablespoons butter | Pinch of hot pepper flakes |
| 2 tablespoons grated cheese | Dash of paprika |
| 2 tablespoons onion, minced | 1 tablespoon oil |
| 1 cup bread crumbs | |

In frying pan, combine and heat greens, butter, cheese, and onion. Remove from heat and let cool to room temperature. Shape by spoonfuls into balls. Roll in additional bread crumbs, then in beaten egg, and again in the bread crumbs. In a frying pan with a little oil, fry until golden brown.

SPROUTS

Soak seeds overnight. Rinse on second day; drain, place in a cloth-covered jar. Store in the dark. Rinse 2 times a day for days 2 - 4.

MOM'S STUFFING

Serves 8 - 10

| | |
|--|---|
| 12 cups bread, cubed | 1 teaspoon pepper |
| 1 cup butter | 1 tablespoon ground sage |
| $\frac{3}{4}$ cup minced onion | 1 $\frac{1}{2}$ teaspoon thyme |
| 1 $\frac{1}{2}$ cups chopped celery, stalks and leaves | $\frac{3}{4}$ - 1 cup chicken broth (*best for stuffing baked in a pan) |
| 2 tablespoons salt | |

In a large, heavy skillet over medium heat melt the butter, then sauté the onion and celery until the onion is soft, stirring occasionally. Stir in the salt, pepper, sage, and thyme. Cook for an additional 3 minutes. Place the bread cubes into a large, deep bowl. Pour $\frac{1}{4}$ cup of the butter/celery mixture over the cubes and toss well, then repeat steps until all of the butter mixture is used. Toss the cubes thoroughly to coat.

*Chicken broth: for dry stuffing, add little or no liquid; for moist stuffing mix in chicken broth to moisten dry cubes. Use as stuffing for turkey or place in baking pan, cover with foil, and bake over medium flame for 15 minutes or until desired crisp or heat is achieved.

Recipe by Joy Love's mom

CHILEAN RICE

Sauté shredded carrots, onion, green peppers, and garlic in cooking oil. Add rice and let sizzle until browning a bit, then add water.

TOMATO AND GINGER RICE

Makes 4 servings

- | | |
|-------------------------|---------------------------------|
| 1 large tomato | 1 cup rice |
| 1 tablespoon oil | 1 teaspoon powdered ginger or 2 |
| ½ cup onions, chopped | teaspoons freshly grated ginger |
| 2 garlic cloves, minced | A few drops of aji |
| 2 teaspoons cumin | |

Puree tomatoes in a blender. Add enough water to make 2 ½ cups; set aside. In a saucepan over medium heat, warm the oil. Add the onions, garlic and cumin. Cook, stirring frequently for 2 - 3 minutes or until onions are tender. Stir in rice to coat with the oil. Add the tomatoes and water, ginger and aji. Bring to a boil, then reduce heat to low. Cover and simmer for 30 minutes, or until the rice is tender and the liquid has been absorbed. Remove from heat and let stand, covered, for 10 minutes.

RICE WITH SPINACH AND LIME

Makes 4 - 6 side servings

- | | |
|-----------------------------|----------------------------------|
| 2 tablespoons oil | 1 bunch spinach, chopped |
| 1 cup green onions, chopped | 2 tablespoons cumin |
| 1 cup rice | Grated zest and juice of 2 limes |

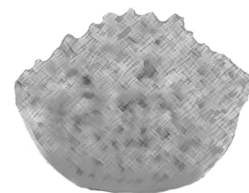
Warm the oil in a saucepan over medium heat. Add the green onions and cook, stirring frequently, 3 - 4 minutes. Add the rice, spinach, spices, lime zest and ½ teaspoon salt. Add 1 ¾ cups water. Bring to a boil, then lower the heat, cover, and cook until liquid is absorbed, about 20 minutes. Add the juice and gently fluff rice with a fork. Cover and let stand 5 minutes. Season with pepper.

Stir in some campo cheese or nuts for some protein.

POPCORN IDEAS

Melt a few tablespoons of butter, and add one or more of the following:

- 1 garlic clove, minced
- Paprika
- Curry powder
- Onion salt
- Parmesan cheese
- Garlic salt
- Lemon juice



ROASTED PEANUTS

Pour boiling water over peanuts to loosen the skins. Rub off skins and remove bad peanuts. Put into a shallow pan and place in oven over high flame. When peanuts begin to toast, add ½ tablespoon of butter and salt to taste. Brown the peanuts in melted butter in a skillet on top of the stove.

MANICHO

2 tablespoons butter
½ cup sugar
1 pound raw peanuts (watch for stones)

Melt butter with sugar, then add peanuts. Cook over medium heat for 8 minutes or until sugar is dark/golden brown in color and peanuts are toasted. Sprinkle with salt, toss and add additional salt if necessary.

QUIMBOLITOS

| | |
|---------------------------|---------------------------------|
| 1 cup butter | 4 ounces fresh cheese, grated |
| 1 ¾ cup sugar | 1 tablespoon anise |
| 6 eggs | 2 tablespoons liquor (optional) |
| 3 cups corn flour, sifted | Achira leaves, washed/greased |
| 2 teaspoons baking powder | Raisins |

Cream the butter and sugar. Add the eggs, one at a time while beating. Sift the flour and baking powder together and add along with the cheese, anise, and liquor to the creamed mixture. When well mixed, put approximately 2 tablespoons of the dough in each leaf, add about 8 raisins to the center of the dough. Fold the leaf by first folding one long edge, then the bottom, the other long edge, then fold down the top. Place in a single layer and cook by steaming until well done (leaves are dry), about 15 - 20 minutes.

SWEET YUCA QUIMBOLITOS

| | |
|------------------------------|---------------------|
| 1 yuca | 1 teaspoon vanilla |
| 2 eggs, beaten | ¼ teaspoon cinnamon |
| 2 tablespoons butter, melted | Sugar to taste |

Peel and cut the yuca into small pieces. Boil until tender and mash as for mashed potatoes. Add yuca along with eggs, butter, and flavorings to a bowl. Mold by hand into small cakes. Fry the cakes in oil until they are golden brown on both sides. Serve with honey.

CORN PUDDING

| | |
|------------------------------|-----------------|
| 2 cups corn | 3 eggs |
| 1 cup milk | 2 tablespoons |
| 2 tablespoons butter, melted | 1 teaspoon salt |
| 1 tablespoon sugar | Pinch of pepper |

In a large bowl, combine everything but eggs. Mix well. Beat eggs and add to mixture. Bake in a buttered dish at medium flame for 40 minutes.

LLAPINGACHOS

| | |
|---------------------|--------------------------|
| 2 pounds potatoes | ¼ pound soft cheese |
| 1 tablespoon butter | Salt and pepper to taste |
| 1 onion, minced | |

Boil and mash the potatoes. Add butter and seasonings. Sauté the onion in butter. Add cheese. Form patties, place in center of a frying pan over high heat and fry until brown.

BOLITAS DE VERDE

Makes 4 - 6 bolitas

| | |
|--|----------------------------|
| 1 verde, peeled and grated as finely as possible | 1 small onion, chopped |
| ½ teaspoon salt | 1 clove garlic, minced |
| Oil | 1 tablespoon peanut butter |

Sprinkle salt on a hard surface. Knead grated verde into salt until no longer sticky. Heat oil and sauté onion and garlic (add whatever dried herbs you'd like). Mix ingredients together with plantain, kneading together until well-blended. Wet your hands. Divide dough into 4 - 6 balls. Drop balls directly into boiling broth.

CHIFLES

3 verdes, peeled and dry
Oil
Salt

Slice the plantains as thin as possible. Heat ¼" of oil in a heavy skillet. Test oil with a tiny piece of plantain; it should bubble on contact, but not burn. Sprinkle a handful of plantain slices evenly in the oil. Stir with a metal slotted spoon or spatula to keep from sticking. Remove quickly from oil when golden and crisp, about 30 seconds. Drain and sprinkle with salt.

TOSTADO WITH ONION

| | |
|---|------|
| 4 cups yellow field corn | Oil |
| 3 green or white onions, finely chopped | Salt |

Cover the bottom of a heavy skillet with oil and heat over medium-high heat. Have a long handled wooden spoon and lid ready. When the oil is hot, put the corn in and begin to stir steadily, holding the lid with the other hand over the pan. To keep the tostado from burning, you must move it constantly with the spoon. At the same time, you must keep the lid over the pan to keep tostado in. It takes approximately 15 minutes for the corn to pop and become golden brown. Just before it is ready, add salt or other spices to taste. When the tostado is golden brown, turn off heat, add the onion, and mix well. It will sizzle. Allow tostado to cool; when cool, store in a covered container.

EMPANADAS

Makes 8

| | |
|--------------------------|------------------------|
| 2 cups flour | 1 cup cheese, crumbled |
| 1 teaspoon baking powder | ½ - 1 cup cold water |
| 2 pinches salt | Oil for frying |
| 2 - 4 tablespoons butter | ¼ cup sugar (optional) |

Sift together flour, baking powder, and salt. Cut in butter until crumbly. Mix in the water a few tablespoons at a time until you have a soft dough that is not sticky. Knead dough slowly on a lightly floured surface until smooth, about 10 minutes. Divide dough into 8 balls and place in a bowl. Cover and let sit for 15 minutes.

Roll each ball into a very thin circle about 6" wide. Use a saucer and a knife to cut out a round circle. Place a spoonful of cheese in the center of the dough circle. Rub water around edge of half of the circle. Fold the other edge to make a half moon. Use a fork to seal the edges. Place the empanada on a lightly floured surface while you prepare the rest. You can also bake these in an oven 10 minutes on each side.



Heat ½" oil in a skillet. Test with a tiny piece of dough. It should bubble on contact. Fry empanadas a few at a time, spooning oil over them. Cook until brown on each side, about 1 minute per side. Drain and sprinkle with sugar if desired.

Other options are to add chopped green onion, cooked ground meat, cooked and diced peas and carrots, diced hard-boiled egg, or a mashed banana with cheese. If using unsalted cheese, add a bit of salt to the mixture, if desired.

SOUPS

MAKING STOCKS

In order to make stocks or broths that make soups and other dishes so rich, you have a few options here in Ecuador. One is to use the bouillon cubes available in markets that you simply dissolve in boiling water. The great thing about using these is that they are easy and require no chopping or forethought whatsoever. The downside is that they are full of sodium and other ingredients that are not so natural. The most flavorful stock is made when you make it atop a stove with real vegetables and/or chicken. When making stock, avoid veggies like rutabagas, brussel sprouts, beets, leafy greens, broccoli, and spoiled vegetables.

HOW TO MAKE CHICKEN STOCK



Method 1: Leftover chicken bones

1. Put the leftover bones and skin from a chicken carcass into a large stock pot and cover with cold water. Add veggies like celery, onion, carrots, parsley.
2. Add salt and pepper, about $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon pepper.
3. Bring to a boil and immediately reduce heat to bring the stock to barely a simmer.
4. Simmer uncovered at least 4 hours, occasionally skimming off the foam that comes to the surface.
5. Remove the bones and strain the stock.
6. If making stock for future use in soup you may want to reduce the stock by simmering a few hours longer to make it more concentrated and easier to store.

Method 2: Chicken backs, wings, and legs

4 pounds chicken backs, wings, and or legs that have been hacked with a cleaver into 2" pieces

1 large yellow onion, chopped

Olive oil

2 quarts of boiling water

2 teaspoons of salt

2 bay leaves

1. Heat 1 tablespoon olive oil in a large stock pot. Add one chopped onion. Sauté until softened and slightly colored - 2 to 3 minutes. Transfer to a large bowl.
2. Add half of the chicken pieces to the pot. Sauté until no longer pink, about 4 - 5 minutes. Transfer cooked chicken to bowl with onions. Sauté the rest of the chicken the same way. Return onion and chicken pieces to the pot. Reduce heat to low, cover, and cook until chicken releases its juices, about 20 minutes.
3. While the chicken pieces are cooking, boil 2 quarts of water.

4. After the chicken pieces have been cooking for 20 minutes, raise the heat level to high, add the 2 quarts of boiling water, 2 teaspoons of salt and 2 bay leaves. Return to a low simmer, then cover and barely simmer for about 20 minutes.
5. Strain broth and discard solids. Broth can be covered and refrigerated for up to 2 days or frozen for several months.

Adapted from explanation in The Best Recipe, by Cook's Illustrated.

HOW TO MAKE VEGETABLE STOCK

To make 4 cups of vegetable stock, use:

- 2 large onions, cut into large chunks
- 2 medium carrots, peeled and chopped into large pieces
- 3 stalks of celery, cut into large pieces, leaves discarded
- 1 whole bulb of garlic, cloves peeled
- Dash of pepper
- 1 bay leaf, or stems from various herbs

Place all ingredients into a pot large enough to contain them all, and add enough water to cover them. Bring the stock to a boil, reduce heat, and allow to simmer for one hour (but not longer). Strain stock using a sieve.

FRENCH VEGETABLE SOUP AU PISTOU

Makes about 10 cups (good for a crowd)

| | |
|--|---|
| 1/4 cup plus 2 tablespoons olive oil | Small handful of spaghetti, broken up into short pieces |
| 1 medium onion, chopped | 1 small zucchini, quartered and sliced |
| 1 green onion, cleaned and chopped | Handful of green beans, cut into 1" pieces |
| 1 medium carrot, peeled and chopped | 2 cups fresh basil leaves |
| 1 large celery stalk, chopped | 2 cloves garlic, chopped |
| 2 medium tomatoes, peeled, seeded, and chopped | 2/3 cup grated Parmesan cheese |
| 1 small potato, peeled and chopped | 1 teaspoon pepper |
| 8 cups water | |
| 2 teaspoons salt | |
| 1 - 2 cups cooked white beans | |

In a large pot, heat 2 tablespoons olive oil. Add onion, green onion, carrot, and celery stalk, and cook until tender but not brown, about 5 minutes. Stir in tomatoes, potato, water, and salt, and bring to a boil. Reduce the heat and simmer until potatoes are tender, about a half hour. Stir in beans, spaghetti, zucchini, and green beans. Simmer until pasta is tender. Meanwhile in a blender, blend the basil, garlic, and olive oil until smooth. Remove soup from heat and stir in the basil mixture (pistou), the parmesan, and the pepper.

Adapted from a recipe found in The Joy of Cooking.

GARLIC SOUP FOR ONE

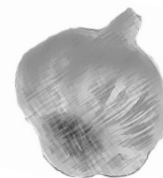
| | |
|------------------------------|---|
| 2 cups water | 1/4 - 1/2 cup green vegetable, such as broccoli florets (broken into small pieces), diced or sliced zucchini or chopped greens (spinach, chard) |
| 1 plump garlic clove, minced | 1 egg |
| Pinch of dried thyme | Pepper to taste |
| Salt to taste | 2 to 3 teaspoons chopped parsley (optional) |
| 1 teaspoon olive oil | 1 tablespoon freshly grated Parmesan |
| 3 tablespoons small pasta | |

Bring the water to a simmer over medium-high heat in a small saucepan. Add the garlic, thyme, olive oil and salt to taste (about 1/2 teaspoon). Cover and simmer for 15 minutes until the broth is fragrant.

Add the green vegetables (except if using spinach, which should be simmered for no more than a minute) and the pasta, and simmer uncovered for another five to eight minutes until the vegetables are tender and the pasta cooked al dente. Taste and adjust salt.

Beat the egg in a bowl, and add a little freshly ground pepper to it. Remove a small ladleful of the soup, and whisk it into the egg to temper it. Turn the heat off under the soup, and stir in the egg mixture. The egg should cloud the soup but shouldn't scramble. Stir in the parsley if using. Ladle into a bowl, top with a little Parmesan, and serve.

Adapted from a recipe found on www.nytimes.com.



WHITE BEAN PANTRY SOUP

Makes 3 cups

¾ cup large white beans, cooked
3 ½ cups water
½ teaspoon dried rosemary
4 cloves garlic, peeled and chopped
¼ cup tomatoes, chopped
2 tablespoons chopped fresh parsley

1 tablespoons oil (preferably olive)
2 teaspoons vinegar (preferably red wine vinegar)
½ teaspoon salt
Pinch of pepper

In a pot, combine beans, water, rosemary, and garlic. Bring to a boil, reduce heat, and simmer. Stir in tomatoes, parsley, oil, vinegar, salt, and pepper. Allow flavors to marry for about 15 minutes, and serve.

*Adapted from a recipe found in *The Joy of Cooking*.*

GOOD OLD CHILI CON CARNE

Serves 6

¼ cup olive oil
2 medium onions, finely chopped
2 cloves garlic, finely chopped
2 medium carrots, finely chopped
2 ribs celery, finely chopped
2 red bell peppers, cored, seeded and roughly chopped
1 heaping teaspoon chili powder*
1 heaping teaspoon ground cumin
1 heaping teaspoon ground cinnamon
Salt and freshly ground black pepper

1 15-ounce can garbanzo beans, drained OR two cups cooked and drained
1 15-ounce can red kidney beans, drained OR two cups cooked and drained
2 14-ounce cans diced tomatoes OR 4 cups chopped fresh tomatoes
1 pound ground beef
½ cup (packed) fresh cilantro
2 tablespoons balsamic vinegar (or red wine vinegar)
Salt and pepper to taste

Place a large pot over medium-high heat, and add ¼ cup olive oil. When the oil is hot, add the onions, garlic, carrots, celery and red bell peppers. Stir, and add chili powder, cumin, cinnamon and a good pinch of salt and pepper. Stir every 30 seconds for about 7 minutes, until softened and lightly colored.

SOUPS

Add the garbanzo beans, kidney beans, tomatoes and ground beef, stirring to break up the meat. When meat is brown, add 2 cups water. Coarsely chop the cilantro leaves and refrigerate until needed. Add balsamic vinegar and season with salt and pepper to taste.

Bring to a boil, then reduce heat to low. Simmer, partly covered, for about 1 hour, stirring occasionally to prevent sticking. Transfer to a warmed serving bowl or individual bowls, and garnish with cilantro leaves. If desired, serve with basmati rice, bread, or baked potato, accompanied by yogurt, guacamole and slices of lime.

*If you can't find chili powder locally, you can make your own by combining equal parts cumin, garlic powder, and dried oregano. If you don't have garlic powder, just improvise by mincing up a little fresh garlic.

Adapted from a recipe by Jamie Oliver.

VEGETARIAN BLACK BEAN CHILI

Serves 4

| | |
|--------------------------------------|--------------------------------------|
| 1/4 cup olive oil | 1/2 teaspoon cayenne pepper |
| 2 cups chopped onions | 6 cups black beans, drained, 1/2 cup |
| 1 2/3 cups coarsely chopped red bell | liquid reserved |
| peppers (about 2 medium) | 2 cups chopped tomatoes |
| 6 garlic cloves, chopped | Chopped fresh cilantro |
| 2 tablespoons chili powder* | Grated cheese |
| 2 teaspoons dried oregano | Chopped green onions |
| 1 1/2 teaspoons cumin | |

Heat oil in large pot over medium-high heat. Add onions, bell peppers, and garlic; sauté until onions soften, about 10 minutes. Mix in chili powder, oregano, cumin, and cayenne; stir 2 minutes. Mix in beans, 1/2 cup reserved bean liquid, and tomato sauce. Bring chili to boil, stirring occasionally. Reduce heat to medium-low and simmer until flavors blend and chili thickens, stirring occasionally, about 15 minutes. Season to taste with salt and pepper.

Ladle chili into bowls. Garnish each bowl with chopped cilantro, grated cheese, and green onions.

*Make your own by mixing together equal parts cumin, cayenne, paprika, garlic powder, and oregano adding up to 2 tablespoons.

Adapted from a recipe from Bon Appétit.

SPICY BLACK BEAN CHOCOLATE CHILI*Serves 4 (great for leftovers)*

| | |
|---|---|
| 1 large onion, chopped | 2 cloves garlic, finely minced |
| 1 fresh aji, seeded and minced | ¼ bar (about 2 oz.) chocolate bar, finely chopped |
| 1 cup water | ½ teaspoon red pepper flakes (optional) |
| 3 cups cooked black beans, without their juice | ½ teaspoon cumin |
| 3 cups tomatoes, diced | ¼ teaspoon dried oregano |
| 1 medium potato, peeled and diced into ½" squares | ¼ teaspoon cinnamon |
| 1 tablespoon vinegar, preferably red wine vinegar | Salt and pepper to taste |

In a medium pot, sauté onion in a bit of olive oil. Add remaining ingredients. Bring to a boil. Reduce heat and simmer 25 - 30 minutes.

Great for leftovers as the flavors get richer with time.

Recipe by Daniel Schwartz

VEGETARIAN TORTILLA SOUP*Serves 4*

| | |
|--------------------------------------|---|
| 1 tablespoon oil | 4 6"-diameter corn tortillas, cut into ½"-wide strips (or tortilla chips) |
| ¾ cup chopped onion | 1 ½ cups chopped tomatoes |
| 2 garlic cloves, minced | 2/3 cup black beans, rinsed, drained |
| 1 tablespoon tomato paste | 2/3 cup chopped zucchini |
| 1 teaspoon ground cumin | 1 ½ tablespoons minced seeded aji |
| ¾ teaspoon chili powder | Pepper |
| 4 cups vegetable stock (water is OK) | |
| 4 tablespoons chopped fresh cilantro | |

In a saucepan, toss together oil, onion and garlic; cover and cook over medium-low heat until almost tender, stirring often, about 5 minutes. Stir in tomato paste, cumin and chili powder. Add broth and 2 tablespoons cilantro; bring to boil. Reduce heat; cover and simmer until flavors blend, about 15 minutes. Add tortillas, tomatoes, beans, zucchini and aji to soup. Cover; simmer until zucchini is tender, about 5 minutes. Season with salt and pepper. Ladle soup into bowls. Sprinkle with remaining 2 tablespoons cilantro.

**Make your own by mixing together equal parts cumin, oregano, and cayenne.*

Adapted from recipe in Bon Appétit Magazine.

SOUPS

MEXICAN CHICKEN SOUP

Serves 6 - 8

| | |
|---|--|
| 4 split (2 whole) chicken breasts, bone in, skin on | 1 (28-ounce) can whole tomatoes in puree, crushed OR 4 cups chopped fresh tomatoes |
| Olive oil | 2 - 4 ají peppers, seeded and minced |
| Salt and pepper | 1 teaspoon ground cumin |
| 2 cups chopped onions (2 onions) | 1 teaspoon ground coriander seed |
| 1 cup chopped celery (2 stalks) | ¼ - ½ cup chopped fresh cilantro leaves, (optional) |
| 2 cups chopped carrots (4 carrots) | 6 (6") corn tortillas |
| 4 large cloves garlic, chopped | |
| 2 ½ quarts chicken stock | |

For serving: sliced avocado, grated cheese, and tortilla chips

Place the chicken breasts skin side up on a sheet pan. Rub with olive oil, sprinkle with salt and pepper, and roast in an oven over medium-high flame for 35 - 40 minutes, until done. When the chicken is cool enough to handle, discard the skin and bones, and shred the meat. Cover and set aside.

Meanwhile, heat 3 tablespoons of olive oil in a large pot. Add the onions, celery, and carrots and cook over medium-low heat for 10 minutes, or until the onions start to brown. Add the garlic and cook for 30 seconds. Add the chicken stock, tomatoes with their puree, jalapenos, cumin, coriander, 1 tablespoon salt (depending on the saltiness of the chicken stock), 1 teaspoon pepper, and the cilantro, if using. Cut the tortillas in half, then cut them crosswise into ½" strips and add to the soup. Bring the soup to a boil, then lower the heat and simmer for 25 minutes. Add the shredded chicken and season to taste. Serve the soup hot topped with sliced avocado, grated cheese, and broken tortilla chips.

Adapted from a recipe by Ina Garten.

SOPA DE BOLAS DE VERDE

Serves 2

| | |
|----------------------------|-----------------------------|
| 4 cups broth | ¼ cup ground raw peanuts |
| ¼ cup ground meat, cooked | Salt and pepper |
| Achiote | 4 small potatoes |
| 2 verdes | 1 large cabbage leaf |
| 2 tablespoons oil | ½ tablespoon minced parsley |
| 1 tablespoon onion, minced | |

Make a meat broth; strain it and add a bit of the achiote. Boil one of the plantains in this broth for 15 minutes. Meanwhile, grate and knead the other plantain. In 1 tablespoon of oil, place a few grains of the achiote until you get a good color. Remove them and in this oil, brown the onion, peanuts, and meat. Add salt and pepper to taste. Mix the raw, grated plantain with the cooked one and the other tablespoon of oil and knead well;

make the little balls with this using about a teaspoon of the browned mixture in each for a filling. Meanwhile, boil the potatoes; cut in pieces and add the diced cabbage pieces to the broth. When almost done, add the plantain balls and cook about 2 minutes longer. Add the parsley just before serving.

COLD AVOCADO SOUP

Makes about 4 cups

| | |
|-------------------------------|-----------------------------|
| 2 avocados, peeled and pitted | 4 teaspoon fresh lime juice |
| 1 clove garlic, chopped | ¼ teaspoon salt |
| 2 cups plain yogurt | Pinch of pepper |

In a blender, puree the avocados and garlic. Stir in yogurt, lime juice, salt, and pepper. Remove to a bowl and refrigerate until cold. Garnish with salsa fresca if desired, and serve.

Adapted from a recipe in The Joy of Cooking.

BEET SOUP

Serves 4

| | |
|--|--|
| 2 tablespoons butter | Salt and pepper |
| 1 large onion, sliced | 1 pound red beets, peeled and finely chopped |
| 1 clove garlic, sliced | 2 cups water (or stock if available) |
| 1 tablespoon fresh thyme leaves (or a bit less if dried) | 1 cup milk or cream |
| 1 pinch red pepper flakes | |

In a medium pot over low flame, melt butter. Add onion, garlic, thyme, red pepper flakes, and a pinch of salt and pepper. Let cook on low for about 15 minutes without browning anything. Add beets and continue cooking on low for about 15 more minutes, until the beets are soft.

Add water/stock and simmer until soup is very soft. Add milk/cream and simmer for another 10 minutes. Remove from heat. Puree soup in a blender. Adjust seasonings to taste. May serve with a dollop of yogurt.

Adapted from a recipe found on www.thekitchencafe.com.

CREAM OF CAULIFLOWER SOUP

Makes about 6 cups

| | |
|--------------------------------|----------------------------------|
| ¼ cup water or stock | 1 medium onion, coarsely chopped |
| 1 tablespoon butter (optional) | 2 cloves garlic, sliced |

SOUPS

| | |
|---|-----------------------|
| Pinch of nutmeg (optional) | ½ to 1 teaspoon salt |
| 4 ½ cups chicken or vegetable stock | Pinch of pepper |
| ½ cup white wine (optional) | Chopped fresh parsley |
| 1 ½ pounds trimmed cauliflower, coarsely chopped | |
| ¼ - ½ cup milk or cream | |

In a pot over medium-low heat, heat ¼ cup water/stock and butter until butter is melted. Add onion, garlic, and nutmeg, and cook, covered, stirring occasionally, until tender but not browned, 5 - 10 minutes. Stir in 4 ½ cups stock, white wine, and cauliflower. Bring to a boil, reduce heat, and simmer until cauliflower is tender, 15 - 20 minutes. Puree until smooth in a blender. Return to pot and stir in milk/cream, salt, and pepper. Simmer briefly and ladle into bowls. Garnish with parsley.

CREAM OF CARROT SOUP – Follow the recipe above, substituting carrots for the cauliflower, 1 tablespoon fresh minced ginger for the garlic, and ½ teaspoon curry powder for the nutmeg; using 4 cups stock and 1 cup orange juice; and omitting the wine. Simmer for 15 minutes. Puree the soup, adding ¼ - ½ cup milk/cream, salt to taste, and a pinch of pepper. Simmer briefly and ladle into bowls.

CREAM OF BROCCOLI SOUP – Follow the recipe above, substituting broccoli for the cauliflower. Simmer the broccoli until tender but still brightly colored, 5 - 8 minutes. Proceed with the basic recipe.

Adapted from a recipe found in The Joy of Cooking.

SMOOTH POTATO-LEEK/GREEN ONION SOUP

Makes about 4 cups

| | |
|---|--|
| 1 tablespoon butter | 2 ½ cups chicken stock, vegetable stock, or water |
| 4 leeks or large green onions (white part only), chopped | Salt to taste |
| 1 large baking potato, peeled and thinly sliced | Pinch of pepper |

In a soup pot, melt butter over low heat. Add leeks/green onions and stir until tender but not browned, about 20 minutes. Stir in potatoes, stock/water, and bring to a boil. Reduce heat and simmer until potatoes are soft, about 30 minutes. Puree until smooth in a blender. Season with salt and pepper. Thin with more water or stock in necessary.

Adapted from a recipe in The Joy of Cooking.

FRESH TOMATO SOUP

Makes about 4 cups

- | | |
|--|-------------------------------|
| 2 tablespoons olive oil | $\frac{3}{4}$ teaspoon salt |
| 1 medium onion, coarsely chopped | $\frac{1}{4}$ teaspoon pepper |
| 3 pounds ripe tomatoes, peeled, seeded, and chopped, with juices | |

In a soup pot, heat olive oil over medium-low heat. Add onion and cook, stirring, until tender but not browned, 5 - 10 minutes. Stir in tomatoes, and simmer until they are covered in their own liquid, about 25 minutes. Puree in a blender until smooth. Return to the pot and stir in salt and pepper. Serve hot or cold.

Adapted from a recipe in The Joy of Cooking.

GAZPACHO

Serves 4 - 6

- | | |
|---|------------------------------------|
| 3 cloves garlic, smashed | 1 aji, seeded and chopped |
| 2 $\frac{1}{2}$ pounds best quality tomatoes available, roughly chopped | $\frac{1}{4}$ cup red wine vinegar |
| 1 green or red bell pepper, seeded and chopped | $\frac{1}{2}$ cup olive oil |
| 1 onion, chopped | 2 rolls bakery white bread |
| | 1 tablespoon salt |

In a large bowl, place all ingredients except for the bread and toss. Let stand for about an hour.

Transfer all ingredients including the bread to a blender and puree. For an even smoother gazpacho, push through a sieve. Adjust seasonings to taste.

Adapted from a recipe found on www.thekitchencafe.com

BLACK BEAN SOUP

Serves 6

- | | |
|--|--------------------------------|
| 1 tablespoon olive oil | 1 teaspoon red pepper flakes |
| 2 red onions, chopped | 7 cups water |
| 1 red bell pepper, chopped | 2 tablespoons fresh lime juice |
| 1 green bell pepper, chopped | 2 teaspoons salt |
| 4 garlic cloves, minced | $\frac{1}{4}$ teaspoon pepper |
| 4 teaspoons ground cumin | Plain yogurt |
| 1 pound dried black beans, soaked and cooked | |

SOUPS

Heat olive oil in soup pot over medium-high heat. Add onions and both bell peppers and sauté until beginning to brown, about eight minutes. Add garlic and cumin; stir one minute. Add beans and red pepper flakes, then 7 cups water. Cover and cook about 30 minutes.

Transfer two cups bean mixture to blender; puree until smooth. Return puree to remaining soup in pot. Stir in lime juice, salt, and pepper. Adjust seasonings to taste. Ladle soup into bowls. Spoon dollop of yogurt over each bowl and serve.

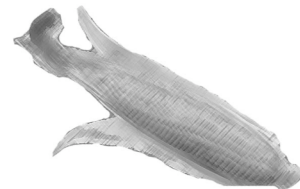
CARROT SOUP WITH GINGER AND LEMON

Serves 4

| | |
|---|---|
| 1/4 cup butter | 2 tomatoes, seeded, chopped |
| 1 1/2 cups chopped onion | 1 1/2 teaspoons grated lemon peel |
| 1 tablespoon finely chopped peeled fresh ginger | 3 cups (or more) chicken stock or water |
| 1 1/2 teaspoon minced garlic | 2 tablespoons fresh lemon juice |
| 1 1/4 pound carrots, peeled, chopped (about 3 cups) | Yogurt |
| | 1 small carrot, peeled and grated |

Melt butter in large pot over medium-high heat. Add onion; sauté 4 minutes. Add ginger and garlic; sauté 2 minutes. Add chopped carrots, tomatoes and lemon peel; sauté 1 minute. Add 3 cups stock and bring to boil. Reduce heat, cover partially and simmer until carrots are very tender, about 20 minutes. Cool slightly. Puree soup in batches in blender. Return soup to pot. Mix in lemon juice. Season with salt and pepper. Bring soup to simmer, thinning with more stock/water, if desired. Ladle into bowls. Top each with yogurt and grated carrot.

Adapted from a recipe in Bon Appétit Magazine.



CORN CHOWDER WITH CHILI PEPPERS

Makes about 5 cups

| | |
|-------------------------|--|
| 1 tablespoon butter | 2 cups corn kernels |
| 1 tablespoon oil | 1 teaspoon salt |
| 1 medium onion, diced | 1 large tomato, peeled, seeded, and coarsely chopped |
| 1 ají, seeded and diced | 1 tablespoon fresh cilantro, chopped |
| 2 cloves garlic, minced | Lime wedges for squeezing (optional) |
| 3 cups milk | |

In a pot over medium-low flame, heat the butter and oil until butter is melted. Add the onion, ají, and garlic, and cook while stirring until tender but not yet brown, about 5 - 10 minutes. Stir in milk, corn, and salt. Bring to a boil, reduce heat, and simmer until the corn is tender, about 3 minutes. Stir in the tomato. Simmer for about 2 minutes.

Optional: With a slotted spoon, remove 1 ½ cups of the solids from the soup, puree in a blender, and return to the soup (optional). Stir in the cilantro. Serve with lime wedges.

Adapted from recipe in Joy of Cooking.

LENTIL SOUP

Serves 3

| | |
|--------------------------|--------------------------------|
| 1 cup lentils | ½ tablespoon basil |
| 7 cups water | ½ tablespoon oregano |
| ½ teaspoon salt | ¼ teaspoon pepper |
| 4 cloves garlic, crushed | Red wine vinegar for drizzling |
| 2 carrots, chopped | Grated cheese (optional) |

Boil water and add lentils and salt in a medium-sized pot. Lower heat and simmer for 20 minutes. Add garlic, carrots, herbs, and black pepper. Partially cover and simmer another 20 minutes, stirring occasionally. Serve warm with red wine vinegar drizzled over each steaming bowlful, and grated cheese if desired.

LOCRO DE PAPAS

Serves 4

| | |
|------------------------------------|---------------------------------------|
| Cooking oil | 1 cup milk |
| 1 cup onion, chopped | 1 cup queso fresco, crumbled by hand |
| 2 cloves garlic, minced | Salt and pepper to taste |
| 4 cups water | Avocado and cheese, sliced (optional) |
| 1 pound potatoes, peeled and cubed | |

Place oil in a soup pan on medium heat. Add onion and garlic and sauté 5 - 7 minutes. Add water and bring to a boil. Add potatoes and boil 20 minutes. Add milk, cheese, salt, and pepper, and continue to cook over medium heat until creamy. Add sliced avocado and cheese if desired.

This is a good base. Add paprika, cayenne, chopped cilantro, or other spices or herbs you may have on hand for more flavor.

MINISTRONE SOUP WITH WHITE BEANS

| | |
|-------------------------|--------------------------------|
| 3 tablespoons olive oil | 1 bunch spinach, chopped |
| 2 onions, chopped | 2 cups diced tomatoes |
| 3 cloves garlic, minced | 2 cups white beans |
| 5 white potatoes, diced | 8 cups water or chicken stock |
| 5 carrots, diced | 3 cups cooked pasta (optional) |
| 6 celery stalks, diced | |

SOUPS

Heat oil in a large pot over medium-high heat. Add onions and sauté for about 5 minutes. Add garlic and continue to cook for another minute. Add potatoes, carrots, and celery and cook for about 5 minutes. Now add the spinach and tomatoes. Heat through for several more minutes and then add the liquid. Bring to a boil and then reduce heat to simmer and cook for approximately 45 minutes. At this point, add the white beans and cook for an additional 15 minutes.

Recipe by Suzy Loughlin

CHICKEN AND NOODLES SOUP

Serves 6

| | |
|------------------------------------|---|
| 1 whole chicken | ¼ teaspoon thyme |
| 2 whole carrots, diced | 2 teaspoons dried parsley (or a little more if fresh) |
| 2 stalks celery, diced | 1 pound noodles |
| ½ medium onion, diced | 3 tablespoons flour |
| 1 teaspoon salt | |
| ¼ teaspoons pepper (more to taste) | |

Cover chicken in 4 quarts water. Bring to a boil, then reduce heat to low. Simmer for 30 minutes.

Remove chicken from pot with a slotted spoon. With two forks, remove as much meat from the bones as you can, slightly shredding meat in the process. Return bones to broth and simmer on low, covered, for 45 minutes. Remove bones from broth with a slotted spoon, making sure to get any small bones that might have detached.

Add the carrots and celery and onions to the pot, followed by the herbs and spices. Stir to combine and simmer for ten minutes to meld flavors. Increase heat and add frozen egg noodles and chicken. Cook for 8 - 10 minutes.

Mix flour and a little water together, stirring until smooth. Pour into soup, stir to combine, and simmer for another 5 minutes, or until broth thickens a bit. Test and adjust seasonings as needed.

Adapted from a recipe found on www.thepioneerwoman.com.

CHICKEN AND RICE SOUP

Serves 6

| | |
|-----------------------------------|----------------------|
| 1 cup (before cooking) white rice | ¼ cup green pepper |
| 2 whole chicken breasts | ¼ cup celery |
| 4 chicken bouillon cubes | 6 tablespoons butter |
| 2 quarts (plus 2 cups) water | 4 tablespoons flour |
| ¼ cup onion | |

Cook up the rice. Wash two whole chicken breasts (skin, bones and all) and place them in a pot; cover with 2 quarts of water. Add 4 bouillon cubes. Bring to a boil and then reduce heat to medium and cook until chicken is done, about twenty minutes. Remove the chicken from the pot and let cool for a few minutes. Cut all the meat from the bones and chop into bite-sized pieces.

Finely dice the vegetables. In a skillet, melt 4 tablespoons of butter. When it is all melted, make a roux by adding 4 tablespoons of flour. Stir until thickened and then add it to the pot of chicken broth. Stir well.

In a skillet, melt another few tablespoons of butter and throw in all of the diced veggies. Stir, then add the chicken. Sprinkle with a dash or two of salt. Cook for a couple of minutes and then add the chicken mixture to the broth. Add in the cooked rice. (You can vary the amount of rice based on your preferences). Serve.

Adapted from a recipe on www.thepioneerwoman.com.

THAI CHICKEN AND COCONUT SOUP

Makes 6 cups

| | |
|---------------------------------------|------------------------------------|
| 3 cups chicken stock | 1 pound boneless, skinless chicken |
| 2 2/3 cups unsweetened coconut milk | breasts, thinly sliced |
| 1 - 3 aji peppers, seeded and sliced | 2 tablespoons fresh lime juice |
| 3 tablespoons soy sauce | Chopped fresh cilantro |
| 1 teaspoon minced peeled fresh ginger | |
| Pinch of salt | |

In a soup pot, bring stock and coconut milk to a boil. Reduce heat and stir in peppers, soy sauce, ginger, and salt. Simmer for 10 minutes, then stir in chicken breasts and lime juice. Simmer, stirring occasionally, until the chicken is no longer pink, about 5 minutes. Ladle into bowls and garnish with cilantro.

Adapted from a recipe in [The Joy of Cooking](#).

HOT AND SOUR SOUP

Serves 2 - 3

| | |
|--------------------------------------|-----------------------------------|
| 4 cups chicken stock | 1 cup sliced mushrooms |
| 1/4 cup white vinegar | 1 cup thinly sliced carrots |
| 2 tablespoons soy sauce | 2 teaspoons cornstarch (or flour) |
| 1 tablespoon red pepper flakes | 1 1/2 tablespoons water |
| 2 tablespoons sesame oil (or canola) | Chopped green onion |

SOUPS

In a pot, combine the stock, vinegar, soy sauce, red pepper flakes, and oil. Bring to a boil, then simmer for 10 minutes. Add mushrooms and carrots and simmer for 10 more minutes. Combine the cornstarch with the water. Add to the soup and continue to cook for 5 minutes, until it thickens.

CREAM OF ACELGA SOUP

Serves 2

| | |
|------------------------------|--------------------------|
| ¼ pound acelga (swiss chard) | 1 tablespoon flour |
| 2 tablespoons oil | 2 cups milk |
| 1 onion, chopped | Nutmeg |
| 2 - 3 garlic cloves, minced | Salt and pepper to taste |

Simmer the acelga in a bit of water for about 5 minutes, until just wilted, but still bright in color. Puree the acelga in a blender, or mash with a bottle. Set aside. Over medium heat, sauté the onion and garlic in the oil. Add the flour and mix. Slowly add the milk, stirring until it begins to thicken. Add acelga, salt and pepper, and a sprinkle of nutmeg. If the soup is too thick, add a bit more milk or water. Cover and simmer for 10 - 15 minutes.

CURRIED LENTIL AND SPINACH SOUP

| | |
|------------------------------|--|
| 2 tablespoons olive oil | 1 bay leaf |
| 1 ½ cups chopped onion | ¼ teaspoon dried crushed red pepper |
| 1 cup chopped celery | 9 ½ cups (or more) water |
| 1 cup chopped peeled carrots | 1 pound dried lentils (about 2 ½ cups) |
| 3 garlic cloves, minced | 1 bunch spinach |
| 1 tablespoon curry powder | ½ cup chopped fresh cilantro |
| 1 tablespoon minced ginger | ½ cup plain yogurt |
| 1 teaspoon cumin | |

Heat oil in large pot over medium-high heat. Add next 4 ingredients; sauté until golden, about 10 minutes. Stir in curry powder, ginger, cumin, bay leaf, and dried crushed red pepper. Add 9 ½ cups water and dried lentils; bring to boil. Reduce heat to medium-low and simmer uncovered until lentils are tender, adding more water by ½ cupfuls to thin soup, if desired, about 25 minutes. Add spinach and cilantro; simmer until spinach is wilted, about 5 minutes. Season soup with salt and pepper. Ladle soup into bowls. Top each serving with spoonful of yogurt.

Recipe adapted from Bon Appétit.

MINT TEA SOUP

Serves 2 - 4

| | |
|------------------------------|------------------|
| 3 mint tea bags | 2 teaspoon sugar |
| 3 ½ cups water | 1 cup milk |
| 4 cups green beans (1 pound) | Salt and pepper |

Boil tea in a saucepan. Steep on high heat for 4 minutes. Remove tea bags. Add peas and sugar. Simmer 15 minutes. Puree soup in a blender. Return to saucepan and add milk. Heat over medium flame, stirring constantly.

MELON SOUP

Makes 4 cups

| | |
|---|---|
| 1 medium very ripe cantaloupe or other orange-fleshed melons, peeled, seeded, and cut into chunks | 2 tablespoons fresh lime juice |
| ½ cup fresh orange juice | 1 tablespoon fresh lemon juice |
| | 2 tablespoons freshly grated peeled ginger |

Puree melon in a blender until smooth. Pour into a large bowl and stir in orange juice, lime juice, and lemon juice. Refrigerate until cold, about 2 hours. When ready to serve, stir in ginger. Serve.

Adapted from a recipe in The Joy of Cooking.

GARLIC CROUTONS

1 tablespoon butter
2 garlic cloves, minced
Bread, cubed

Melt butter in a saucepan. Add garlic. Stir in bread cubes. Brown over very low heat, stirring often until they are crisp and golden. You can also opt to toss bread cubes in butter/garlic and then bake in oven over high flame until brown.

ZUCCHINI CORIANDER SOUP

Serves 2

| | |
|--|---|
| ¼ cup chopped onion | ¾ cup chicken stock |
| 1 tablespoons olive oil | ¾ cups chopped fresh coriander |
| 1/3 - ½ pound zucchini, scrubbed and cut into ½" pieces | 1 teaspoon fresh lemon juice, or to taste |

In a saucepan cook the onion in the oil over moderately low heat, stirring until it is softened, add the zucchini and salt and pepper to taste, and cook the mixture, covered, stirring occasionally, for 4 minutes. Add the broth and 2/3 cup water and simmer the mixture, covered, for 10 minutes, or until the zucchini is tender. Remove the pan from the heat, stir in the coriander, and let the mixture cool. In a blender purée the mixture in batches, transferring the soup to a bowl as it is puréed. Stir in the lemon juice, season the soup with salt and pepper, and serve it at room temperature or chilled.

PRESSURE COOKER BACON CORN SOUP

Makes 5 servings

| | |
|---------------------------------------|--------------------------|
| 4 strips bacon, chopped | 2 ½ cups chicken broth |
| 1 ½ cups onion, coarsely chopped | 2 cups milk |
| 1 ½ cups potatoes, peeled and chopped | ¼ cup chopped parsley |
| 1 cup coarsely chopped celery | Salt and pepper to taste |
| 3 cups corn kernels | |

In a 4 or 6-quart pressure cooker, cook the bacon until crisp. Add the onion, potatoes, celery, corn, and chicken broth. Lock lid in place. Bring cooker up to pressure over high heat. Reduce heat just enough to maintain pressure and pressure regulator rocks gently. Cook for 3 minutes. Quick-release the pressure. Carefully remove lid. Mash potato mixture slightly with a fork or potato masher. Stir in milk and parsley. Season with salt and pepper. Heat through.

PRESSURE COOKER SPICY BEAN CHORIZO SOUP

Makes 6 servings

| | |
|--------------------------------------|-----------------------------------|
| ½ cup dry beans, soaked overnight | 1 tablespoon chili powder* |
| 8 ounces chorizo, cut into ¼" slices | ½ teaspoon dried oregano |
| 1 cup carrots, peeled and sliced | 2 cups chicken or vegetable broth |
| ½ cup chopped onion | 1 cup water |
| ½ cup chopped red and green pepper | Green onions, chopped |
| 1 clove garlic, minced | Tomatoes, chopped |

Drain and rinse the beans. In a 4 or 6-quart pressure cooker, place beans, sausage, carrots, onion, peppers, garlic, chili powder, oregano, broth, and water. Lock lid in place. Over high heat, bring cooker up to pressure. Reduce heat just enough to maintain pressure and pressure regulator rocks gently. Cook for 12 minutes. Quick release the pressure and carefully remove the lid. Sprinkle with green onions and tomatoes.

*You can make your own by mixing together equal parts cumin, dried oregano, and garlic powder.

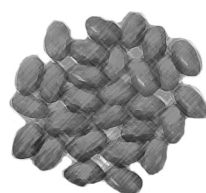
MEATLESS MEALS

Legumes have nourished Ecuadorians since long before Spanish conquerors arrived. Legumes are considered a simple, humble food but are economically and nutritionally full of value, an excellent protein and fiber source for vegetarians and non-vegetarians alike.

Legumes are available in both fresh and dry forms. Fresh beans cook in about 10 minutes under pressure and about 30 minutes without pressure. Legumes purchased dry have a much faster cooking time when soaked first, although soaking is not absolutely necessary.

HOW TO SORT BEANS

All legumes come with some share of the earth, so before soaking, pick through them to remove all unwanted items. Presoak dry beans for quickest cooking time by using one of the methods listed below. Soak beans until they expand completely to fill their skins.



HOW TO SOAK BEANS

Soaking beans reintroduces moisture, shortens cooking time, and allows beans that are overdry or immature to float and be skimmed off. Soaking also removes a portion of the complex sugar that can cause gastric issues. Although soaking is helpful, it can be skipped, especially if using a pressure cooker. Lentils and split peas do not need to be soaked.

For an overnight soak, place rinsed and sorted beans in a cooking pan and cover with water by a couple of inches. Remove any beans that float. Cover and let stand eight hours or overnight.

For a quick one-hour soak, prepare beans as above. Boil for a few minutes, turn off heat, cover, and let sit for one hour. Proceed to cook as desired.

After beans have been soaked, pour off soaking water, cover them with fresh water, and bring to a rolling boil for 5 - 10 minutes. This step helps eliminate the sugars that cause gastric distress.

HOW TO COOK BEANS

The cooking time of dried beans depends on many factors, including the type of bean, where they were grown, their age, the altitude, and the quality of water they are cooked in. There are no hard and fast rules regarding timing, so you'll need to experiment and keep your eye on the beans while they are cooking, adding water as necessary and checking for doneness.

To cook on the stove, pour off the soaking water, then cover the beans generously with cold water. Boil hard for 10 minutes, remove the scum (coagulated protein), then add aromatics, garlic, oil, vegetables, etc., if desired. Lower the heat and simmer. If you

choose to add salt, do so after the beans have cooked for about an hour. All beans should be cooked until tender.

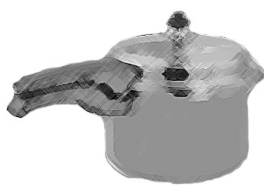
OTHER THINGS TO KNOW ABOUT COOKING BEANS

- In hot weather, oriente, and coastal sites in particular, soaking beans can actually ferment if left at room temperature for too long.
- Tomatoes, wine, vinegar, and other acidic ingredients inhibit the tenderizing process and for that reason should not be added until after the beans are tender.
- Salt draws out moisture and works against the cooking process, so add once the beans are tender but not completely cooked, after about an hour of cooking. Do not add salt to soaking water.
- All canned beans should be rinsed before eating.

COOKING BEANS USING A PRESSURE COOKER

At **sea level** the use of a pressure cooker makes foods cook three times as fast as without pressure. But since beans sometimes sputter foam which could clog the vent tube, it is important to follow the manufacturer's recommendations. Most cookers warn against filling over one-half to three-fourths full to prevent such clogging. Oil can be added to cut down the foaming, at about one tablespoon per package of beans.

At **high altitude**, cooking time varies because of the length of storage time. Beans cooked in a pressure cooker take from 30 - 45 minutes. After 30 minutes check to see how tender the beans are; if not tender, bring back to pressure and continue cooking for a period of time based on the lack of tenderness. Soybeans take longer to cook and should not be checked until 40 minutes have passed. They may need 10 minutes or more of cooking. Drain the legumes, reserving the liquid. Add seasonings and cook uncovered about 20 minutes. As the mixture thickens, add some of the reserved liquid to thin to your liking.



PRESSURE COOKER BASICS

With a pressure cooker, you can cook food in one-third the usual cooking time. After the lid is locked, the liquid in the cooker starts boiling and produces steam. The trapped steam causes pressure to build and the temperature in the cooker actually rises above the boiling point. Due to the higher temperature and additional steam, pressure-cooked foods cook more quickly than normal.

When the cooking pressure is reached, the pressure regulator rocks gently and makes a hissing sound. When movement begins, reduce the heat just enough to maintain the rocking.

Fill the pressure cooker no more than two-thirds full. Food may clog the vent pipe and the pressure regulator will not work properly, which poses danger. If cooking soups and stews, the maximum liquid capacity is 10 cups in a 4-quart pressure cooker and 16 cups in a 6-quart cooker.

Some foods cannot be cooked in a pressure cooker: pasta, rice, oatmeal and other cereals, split peas, pearl barley, and applesauce. Meat can be cooked in a pressure-cooker, but will likely toughen and make the quality of your end result lower than other methods of cooking.

Always make sure the vent pipe is clear. Hold the lid to the light and look through the vent pipe to make sure. If it is blocked, use a wire or a wooden toothpick to clean it. If the vent pipe is clogged, pressure may build to unsafe levels.

Never open a cooker when it is under pressure. When the cover is difficult to remove, do not force it. Allow the pressure to decrease naturally. Turn off the heat and let cooker stand until no more pressure remains. The food continues to cook as the pressure drops. It may take a few minutes or as long as 20 minutes. When pressure is reduced, the lid will open easily. If there is resistance, there may be remaining pressure in the cooker. Wait a few minutes or quick-release pressure by placing cooker in the sink and running cold water down one side of the lid.

It is best to cook with a rack to hold the food above the liquid during cooking. If yours did not come with a rack, you can use a small wire cooling rack.

ARVEJA – PEA

The variety of pea available in Ecuador is harder and chewier than the variety found in the U.S. and elsewhere. Some people feel that a pinch of sugar in the cooking water improves the flavor and the texture while others claim that cooking peas (or any vegetable) with a pinch of baking soda retains their bright color. When choosing peas, note that the bigger ones are more tender; small peas tend to be harder. Peas do not freeze well. Dried peas are more economical than fresh ones and when soaked and cooked, yield a creamier texture. Dried peas take from 25 - 60 minutes to cook. Pea flour is available and usually used in soup.

CHOCHO – CHOCHO

The chocho is a seed from the lupine plant which is a member of the pea family and is a flattish, round, white seed with a skin. This legume has a very high protein and calcium content, and when eaten together with corn or other cereals is as nutritious as eating meat or drinking milk. Chochos must be rinsed well to remove the bitter taste before cooking. Some people soak them for three days, changing the water each day. Keep in water until ready to use, then pop the chochos out of the skin and eat with salt, or serve with aji sauce or in soups or salads.

FRÉJOL – BEAN

There is a wide variety of beans to choose from: yellow, white, cream, red, purple, spotted, brown, and black. Many people use the red spotted elongated beans for baked beans and the rounded red beans for chili. Black beans are popular for *Moros y Cristianos*, a Cuban rice dish with black beans. These are also served refried. *Sopa de Fréjol* is a soup made with fresh beans (*fréjol tierno*). The small white beans are often

used for soups or salads. For salad, combine the beans (or other legume) with chopped onion, parsley, tomato, green pepper, and celery. Add olive oil and vinegar to taste.

GARBANZO – CHICKPEA

Slightly larger than green peas, this buff-colored legume has a mild, nut-like flavor. Although chick peas are available, they are not marketed in great quantity, and thus cost more than other beans. The Spaniard introduced chick peas from Spain. They are often served cold in salads, hot in casseroles, or as hummus for a sandwich spread.

HABA – BROAD BEAN, HORSE BEAN, FAVA BEAN

At first glance, habas look like large lima beans. However, they are closer to a fava bean. They are very popular fresh and are served in soup or salad, cooked as is and peeled at the table, or fried as snacks. Habas are fried in both the fresh and dried forms. To prepare for cooking, the bean may be shelled by snapping the pods open and removing the beans, or by cutting a thin strip from the inner edge of the pod and pushing the beans out. Then the outer skin of the haba itself is removed. Cook in boiling salted water 20 - 30 minutes. If cooked too long they turn black. Drain. Puree and add butter, salt, and a bit of milk. An easy way to peel them is to freeze them shelled and then peel when they are thawing; the skins are easy to remove when they are partially frozen.

LENTEJA – LENTIL

There are two types of these small, lens-shaped legumes. One is a dark brownish color, and the other a light tannish-green color. The latter are bigger and more expensive, but have a creamier texture. Lentils have a lower protein content than dry beans and like other legumes are complemented by grains. Lentils are the quickest dry legume to prepare since they take only about 10 minutes to cook under pressure if they have been soaked. Lentils are popular in soup or menestra. Some people sprout lentils by putting the dry seeds in a plastic bag, sprinkling them with water, and setting the bag in the sun for a few days. The sprouts can be cooked slightly stir-fried or eaten raw in salads.

MANI – PEANUT

When buying unshelled raw peanuts, only buy hard ones. Knock them against a table top to hear how hard they are. Soft ones have started to mold and contain a deadly toxin. Peanuts used for cooking are sold raw. *Mani rosita* are those with rose-colored skins, and *mani negro* have dark purple skins. When using in soup and sauce recipes, the peanuts are first toasted and the skins rubbed off, then put in the blender before added to the soup or sauce. They are also sold roasted or salted, as are the red-skinned Spanish peanuts.

HABICHUELA, PILAR – LIMA BEAN

Although not available in the sierra, lima beans are grown and are available on the coast. Lima beans contain a decent amount of protein, phosphorous, potassium, and iron.

SOYA – SOYBEAN

Soybeans are available for human consumption in dried form only. They contain everything required for good nutrition: complete protein, carbohydrates, fat, vitamins, and minerals. Soybeans are one of the few high-protein foods containing no saturated fats. In fact, soybeans contain lecithin, which helps in the absorption and utilization of any kind of

fat, including cholesterol. Always presoak dry soybeans in salted water at least eight hours. They will not become soft like other beans, and they never get mushy. Soybeans are eaten mostly as tofu, miso, tempeh, oil, flour, soy sauce, and soy dairy products rather than as beans served at the table.

COOKING WITH QUINOA

Quinoa is a grain-like crop that has been grown and harvested in the Andean region over the past 6,000 years for its seeds. The Incas referred to quinoa as *chisaya mama* (mother of all grains). During the European conquest of South America, the Spanish colonists forbade the growing of quinoa and scoffed at it as “food for Indians,” requiring them to grow corn instead.

Quinoa has been one of the most nutritionally important foods of Andean civilization. With a protein content of 12 - 18%, it also contains a balanced set of essential amino acids, making it a complete protein, or a superfood. It is a good source of dietary fiber, phosphorous, magnesium, and iron. Since it is gluten-free, it is especially easy to digest.

Quinoa should be cooked just like white rice. Use a 2:1 ratio of water to quinoa in a pot, bring to a boil, and reduce heat to a simmer for 15 - 20 minutes until the water is absorbed. Make any of the quinoa recipes in this section, and you truly have a complete, balanced, meatless meal. (Info from <http://en.wikipedia.org/wiki/Quinoa>)

MEATLESS MEALS

LAUREL'S BLACK BEANS

Serves 2

| | |
|------------------------------------|---------------------------------------|
| 1 tablespoon olive oil | 1 carrot, diced |
| 1 red onion, chopped | 2 cups black beans, cooked |
| 4 medium garlic cloves, minced | Juice of 2 oranges |
| 1 tablespoon cumin | Salt, ground pepper, cayenne to taste |
| 1 - 2 teaspoons allspice or nutmeg | Cilantro, freshly chopped |

Heat oil in saucepan and add onion. Sauté until translucent. Add garlic, cumin, allspice or nutmeg, carrot, and beans. Sauté until carrot is tender. Add salt and pepper to taste. Stir in orange juice and simmer for 5 - 10 minutes. Add cilantro a few minutes before serving. Serve over rice and/or in flour tortillas. When available, add a chopped yellow bell pepper to the beaten mixture.

RICE COOKED IN BLACK BEAN BROTH

Serves 2 - 4

| | |
|--------------------------|--------------------------------------|
| 2 tablespoons oil | Pinch of anise seeds |
| ½ onion, diced | 2 cups broth from cooked black beans |
| 2 garlic cloves, chopped | 1 cup tomato, peeled and diced |
| 1 ¼ cup rice | Salt |

Garnish: Campo cheese, diced ají, chopped cilantro, slivered scallions

In a large saucepan, heat oil. Add the onion and sauté over medium-high heat for 4 - 5 minutes. Add the rice and the anise and stir to coat the rice. Cook until it is golden, 3 - 4 minutes. Add the broth, tomatoes, and a pinch of salt and bring to a boil. Cover and cook over low heat until the rice is done, 15 - 20 minutes. Serve with any or all of the garnishes.

REFRIED BEANS

Makes 4 cups

| | |
|-------------------|---|
| 2 tablespoons oil | 2 cans drained beans OR 4 cups cooked beans |
| ½ onion, diced | ½ cup water |
| 1 teaspoon cumin | Salt and pepper to taste |

Heat up oil in a pot and sauté onions until tender. Add cumin and sauté one minute until well combined. Add beans and about ½ cup water. Smash beans and cook for 5 - 7 minutes until they are heated through and well combined. Add salt and pepper to taste.

MENESTRA

Serves 4 - 6

1/3 cup diced onions
3 garlic cloves, minced
3 tablespoons oil
1 teaspoon salt

1/4 teaspoon pepper
4 cups cook beans
4 tomatoes, peeled and chopped

In a pressure cooker or large pot, sauté onions and garlic in oil; add salt and pepper and cook until meat is brown. Add beans, tomatoes, and sufficient water to cover the mixture. If using a pressure cooker, cook approximately 25 minutes at medium pressure. Otherwise, cook over medium-low heat until beans are tender, 2 - 4 hours, adding water when necessary to maintain a good sauce.

Add cheese for something different.

BAKED PESTO-PASTA CASSEROLE

Serves 3 - 4

1 bunch basil
1/4 - 1/2 cup olive oil
2 - 3 garlic cloves
1/4 cup parmesan cheese
1 teaspoon salt
1/2 teaspoon ground black pepper

1 package pasta, cooked al dente
Two medium tomatoes, chopped
1/2 medium onion, diced
1 cup mozzarella or ricotta cheese, grated
1/2 teaspoon red pepper flakes (optional)

To make pesto, combine olive oil, garlic, parmesan cheese, salt, and pepper in blender. Blend, adding more olive oil as necessary until smooth.

Put pasta in a pie dish or other casserole-type baking dish. Pour pesto over top and toss until pesto evenly coats pasta. Add tomatoes, onion, half of cheese, and red pepper flakes to dish and toss together. Spread the remaining cheese on top.

Bake over high flame for approximately 30 minutes or until cheese is melted and noodles are slightly golden. Makes great leftover lunch the next day.

CRUSTLESS VEGETABLE QUICHE

Serves 3 - 4

1 cup combination of vegetables, cooked
1 cup cheese, grated
Dash pepper
6 eggs, beaten
3 tablespoons minced onion

1 teaspoon salt
1 cup milk
1 tablespoon fresh parsley, chopped (optional)
1/4 teaspoon ground nutmeg (optional)

MEATLESS MEALS

Spread vegetables and cheese over bottom of a pie dish. In separate bowl, beat together remaining ingredients and pour over veggies. Bake on medium-high flame for 35 minutes. A knife inserted in the center should come out clean. Allow to sit for 5 minutes before cutting and serving.

TORTILLA ESPAÑOLA

Serves 4 - 6

| | |
|---|-------------------|
| 1 ½ cups oil | 1 tablespoon salt |
| 2 ½ pounds boiling potatoes, peeled and cut into 1/3" dice | 10 large eggs |
| 2 ½ cups chopped onion | |

Heat oil in a skillet over moderate heat until hot but not smoking and add potatoes, onion, and half of salt. Cook over moderately low heat, stirring occasionally, until vegetables are very tender but not colored, about 45 minutes. Drain vegetables in a large colander set over a bowl and cool 5 minutes. Lightly beat eggs in a large bowl. Gently stir in vegetables with 1 tablespoon oil, salt, and pepper to taste.

Return 1 tablespoon oil to skillet and add mixture, pressing potatoes flush with eggs. Cook over low heat, covered, 12 - 15 minutes, or until almost set. Turn off heat and let stand, covered, 15 minutes. Shake skillet gently to make sure tortilla is set on bottom and not sticking to skillet. Invert tortilla onto a large flat plate and slide back into skillet, bottom side up. (Alternatively, especially if top is still loose at this point, slide tortilla onto plate first. Cover it with skillet and invert tortilla back into skillet.) Round edge and cook over low heat, covered, 15 minutes more, or until set. Slide tortilla onto a serving plate and serve warm or at room temperature.

Adapted from a recipe in Gourmet Magazine.

ANNA MARIA'S CORN AND CHEESE SOUFFLÉ

Serves 8

| | |
|-----------------------|----------------------------|
| 1 can evaporated milk | 2 cups fresh corn |
| 2 tablespoons sugar | 1 tablespoon baking powder |
| 7 eggs | 3 tablespoons butter |
| 1 cup cheese, grated | Salt and pepper, to taste |

Put corn and a little milk in the blender and liquefy. Strain and blend again with evaporated milk; set aside. In separate bowl, blend together the eggs, butter, sugar and baking powder. Add the corn mixture, salt and cheese; mix well. Put the mixture in a greased and floured baking pan and bake over medium flame for 30 minutes. Serve hot.

BAKED MACARONI AND CHEESE

Serves 2 - 4

| | |
|-----------------------------|----------------------|
| 200g package elbow macaroni | 1 teaspoon mustard |
| 4 tablespoons butter | ½ cup milk |
| 1 small onion, minced | 1 cup cheese, grated |
| 1 tablespoon flour | Pepper to taste |
| 1 teaspoon salt | |

Cook macaroni. Melt 3 tablespoons of butter in a saucepan; add onions and cook until translucent. Slowly stir in milk; cook until slightly thickened. Add grated cheese and stir into mixture as it melts. Place cooked macaroni in baking dish. Pour cheese mixture over macaroni and mix until evenly distributed/coating all pasta. Melt the remaining tablespoon of butter in a saucepan; add breadcrumbs and toast. Sprinkle cheese on top of macaroni. Bake for about 20 minutes, medium-high flame.

BAKED LEMON PASTA

Serves 4 - 6

| | |
|----------------------------------|------------------------------------|
| 1 pound spaghetti | 2 cups yogurt |
| 2 - 4 tablespoons butter | ½ teaspoons salt, or more to taste |
| 2 tablespoons olive oil | Plenty of grated parmesan cheese |
| 2 cloves garlic, minced | Flat-leaf parsley, chopped |
| 1 whole lemon, juiced and zested | Extra lemon juice |

Cook spaghetti until al dente. In a skillet, melt butter with olive oil over LOW HEAT. When butter is melted, add minced garlic. Squeeze lemon juice into the pan. Turn off heat. Add yogurt and stir mixture together. Add lemon zest and salt. Taste, then add more salt if necessary. Pour mixture over drained spaghetti and stir together, then pour spaghetti into an oven safe dish.

Bake, covered with foil if you can, over medium-high flame for 15 minutes. Then remove foil and bake for an additional 7 - 10 minutes. (Don't bake too long or the pasta will dry out.) When you remove it from the oven, squeeze a little more lemon juice over the top. Top generously with Parmesan cheese, then chopped parsley. Give it a final squeeze of lemon juice at the end.

Adapted from a recipe found on www.thepioneerwoman.com.

PEANUT CURRY SPAGHETTI (THAI-STYLE)

Serves 2

| | |
|--------------------------------|---------------------------|
| 200g package spaghetti, cooked | 4 cloves garlic, crushed |
| ¼ cup oil | 1 tablespoon curry powder |
| 1 large onion, chopped | 1 tablespoon chili powder |

MEATLESS MEALS

1 cup water (or, for a special occasion,
use coconut milk)
½ teaspoon fresh ginger, chopped
2 oz. peanuts

2 carrots, chopped
2 green peppers, chopped
1 tablespoon honey

Heat the oil in a saucepan. Add the onion, garlic, and ginger, and sauté for about 3 minutes. Add curry, chili powder, carrots, and peppers. Stir in the water, honey, and one ounce of peanuts and bring to a boil. Keep simmering until the ingredients form a sauce. Crush the remaining peanuts. Toss the sauce with the spaghetti and top with crushed peanuts.

PASTA WITH VODKA SAUCE

Makes 2 main servings

1 tablespoons butter or olive oil
½ medium onion, finely chopped
1 clove garlic, finely minced
1 pound ripe tomatoes, chopped
Pinch red pepper flakes

2 tablespoons vodka
¼ cup cream or milk
6 basil leaves, chopped (optional)
Salt and pepper to taste
Pasta of choice

In a large frying pan, melt or heat the butter or oil. Add the onion and cook, stirring, about 5 minutes. Add the garlic and cook, stirring, until just beginning to color, about 1 minute. Stir in the tomatoes, and red pepper flakes for about 10 minutes. Add the vodka and stir for a few minutes, then add the cream/milk and heat through. Stir in basil, salt, and pepper. Meanwhile, cook pasta. When done, toss with the sauce and serve hot.

SPAGHETTI AND MARINARA SAUCE

Makes 2 - 3 servings

½ pound spaghetti, cooked
2 tablespoons olive oil
1 large onion, finely chopped
8ish cloves of garlic, minced

1 pound tomatoes, chopped
Several leaves of basil
Salt and pepper to taste

In a frying pan, sauté onions and garlic in oil until tender. Add chopped tomatoes and simmer until the mixture is tender and looks like a sauce, and not just separate ingredients. You may need to add water and oil. When done, add basil (if you cook basil too much it kills the flavor). Season with salt and pepper, and add more oil if you desire. Use on pasta or pizza.

Recipe by Chris Beeler

PASTA AND TOMATO SAUCE WITH ONION AND BUTTER*Serves 4*

1 pound pasta, cooked
28 ounce can whole peeled tomatoes OR
4 cups chopped fresh tomatoes
5 tablespoons unsalted butter

1 medium-sized onion, peeled and
halved
Salt to taste

Put the tomatoes, onion and butter in a saucepan over medium heat. Bring the sauce to a simmer then lower the heat to keep the sauce at a slow, steady simmer for about 45 minutes, or until droplets of fat float free of the tomatoes. Stir occasionally, crushing the tomatoes against the side of the pot with a wooden spoon. Remove from heat, discard the onion, add salt to taste and keep warm while you prepare your pasta. Serve with spaghetti.

Adapted from a recipe found on www.smittenkitchen.com.

**BASIL PESTO WITH SPAGHETTI***Makes about 1 cup of pesto*

2 garlic cloves
½ - 1 cup grated parmesan
2 cups packed basil leaves
5 tablespoons olive oil

Salt and pepper to taste (be generous
with the salt)
Pasta, cooked

Put all ingredients in a blender and puree. Taste and adjust ingredients to taste. Add to cooked pasta and toss to coat, adding more as needed.

BROCCOLI PESTO & FUSILLI PASTA*Serves 2 - 3 main servings, 6 side servings*

1 head of broccoli, cut into very small
florets
½ cup walnuts, toasted
1/3 cup Parmesan, grated
1 clove garlic
Juice of ½ lemon
¼ teaspoon salt

1/3 cup olive oil
8 oz (200ish grams) bite-sized pasta
(fusilli, penne, etc.)
3 handfuls of spinach or chard, well
chopped
Handful of black olives, pitted (optional)

Bring a medium pot and a large pot of water to boil. The medium one is for the broccoli, the large for the pasta.

To cook the broccoli, salt the boiling water and add the broccoli. Cook for 15 seconds. Drain immediately. Reserve a few of the small broccoli florets and puree the rest in a blender along with the walnuts, parmesan, garlic, lemon juice, and salt. Drizzle in the

MEATLESS MEALS

olive oil while blending. Taste, adjust with more salt or lemon juice if needed and set aside.

To cook the pasta, salt the boiling water generously and add the pasta. Boil until just barely tender. Drain, transfer the hot pasta to a large bowl, and stir in the spinach until it wilts. Stir in about half the pesto (the rest is for leftovers). Taste, add more pesto if needed. Serve topped with olives (optional), the reserved florets, and a little more parmesan.

Adapted from a recipe found on www.101cookbooks.com.

CURRIED EGG SALAD

Serves 3

| | |
|------------------------------|---|
| 5 eggs | 1/2 small onion, minced |
| 3 tablespoons plain yogurt | 1/4 - 1/2 cup nuts, chopped (optional) |
| 1 1/2 teaspoons curry powder | 1 small bunch chives or parsley, chopped (optional) |
| 1/2 teaspoon salt | |
| 1 small apple, chopped | |

Hard-boil the eggs properly by placing them gently in a pot of boiling water. Turn down heat if necessary to maintain a gentle boil for 10 minutes. Remove eggs from boiling water and place in a bowl of ice water to stop cooking. While the eggs are boiling and cooling, in a small bowl mix together yogurt, curry powder, and salt. Set aside. Crack and peel each egg and place in a medium bowl. Add the apple, onion, nuts, and parsley, and mash all ingredients together with a fork. Add more yogurt to moisten and more salt if needed. Serve in lettuce or on toasted bread. Chill to store.

Adapted from a recipe found on www.101cookbooks.com.

HABA BURGERS

Serves 1 - 2

| | |
|------------------------|--------------------------|
| 1 1/2 cup fresh habas | 2 garlic cloves, minced |
| 1 egg | 1 tablespoon cooking oil |
| 1/4 cup chopped onions | |

Blend fresh habas with egg in blender until there are no haba chunks. Blend in onions and garlic. Season with salt, pepper, or spice of choice. Fry in pan with a little oil. Good with ketchup.

CURRIED CHICKPEAS AND VEGETABLES*2 servings*

| | |
|--|-------------------------------------|
| 2 tablespoons oil | ½ cup of 1" pieces green beans |
| 1 teaspoon cumin | ½ cup water |
| ½ tablespoon minced peeled fresh ginger | ½ teaspoon salt |
| 1 clove garlic, minced | Pepper to taste |
| 1 teaspoon curry powder | ½ cup yogurt |
| 1 cup cooked chickpeas (1/3 cup dried) | 1 tablespoon flour |
| 1 cup of ½" peeled and cubed potatoes (sweet potatoes, if available) | ½ tablespoon finely chopped aji |
| 1 cup cauliflower florets | 1 tablespoon shredded dried coconut |

In a large frying pan over medium flame, heat oil and cumin until sizzling. Add ginger and garlic and cook, stirring, over low heat for one minute; do not brown. Stir in curry powder and cook for one minute. Stir in chickpeas, potatoes, cauliflower, green beans, water, salt, and pepper. Cook over medium flame until the veggies are tender, about 10 minutes. In a small bowl, stir together the yogurt and flour. Add to the vegetables, along with the aji. Cook, stirring, over low flame until heated through; do not allow to boil. In another skillet, toast the dried coconut flakes. Sprinkle over vegetables and serve.

Adapted from a recipe from Joy of Cooking.

PAN-FRIED GARBANZO SALAD*Serves 2 - 3*

| | |
|-------------------------------------|--|
| 1 tablespoon butter or oil | 1 ½ teaspoons curry powder |
| 2 cups cooked garbanzos | ¼ teaspoon salt |
| 1 cup chopped leeks or green onions | ½ cup loosely packed fresh cilantro, chopped |
| 1 clove of garlic, minced | ½ cup red onion, chopped |
| Zest of one lemon | |
| 1/3 cup plain yogurt | |

Heat the cooking oil in a large frying pan and add the chickpeas. Saute over medium-high heat, stirring occasionally, until they start getting golden in color. Stir in the leeks or green onions and cook until the chickpeas are more golden and the leeks/green onions have browned as well, about 10 minutes. At the last minute, stir in the garlic and lemon zest. Remove from heat and set aside.

Make the yogurt dressing by combining the yogurt, curry powder, and salt in a small bowl. Taste and adjust as needed. Set aside.

Toss the chickpea mixture with most of the cilantro and most of the chopped red onion. Add about half of the yogurt dressing and toss again. If you like more dressing, keep adding to your liking. Serve sprinkled with the remaining red onions and cilantro.

MEATLESS MEALS

Adapted from a recipe found on www.101cookbooks.com.

GARBANZO VEGGIE BURGERS

Makes 6 mini burgers

| | |
|---------------------------------------|---|
| 1 ¼ cups garbanzo beans | ½ medium onion, chopped |
| 2 eggs | Grated zest of 1 small lemon |
| ¼ teaspoon salt | ½ cup bread crumbs (preferably toasted) |
| 3 tablespoons fresh cilantro, chopped | ½ tablespoon oil or butter |

Combine garbanzos, eggs, and salt in a blender. Puree until the mixture is the consistency of a very thick, slightly chunky hummus. Pour into a mixing bowl and stir in the cilantro, onion, and zest. Add the breadcrumbs and stir. At this point, you should have a moist mixture that you can easily form into 1 ½" thick patties. Heat the oil/butter in a frying pan over medium heat. Add a couple of patties and cook for 7 - 10 minutes, until the bottoms begin to brown. Flip the patties and cook the other side for 7 minutes, or until golden. Remove from pan and cool.

Good to store in the refrigerator for lunches throughout the week.

Adapted from a recipe on www.101cookbooks.com.

JAPANESE PIZZA (CABBAGE PANCAKES)

Serves 2 - 3

| | |
|--|-----------------------------|
| 2 cups cabbage (red or green), very finely chopped | ½ teaspoon salt |
| 1 cup green onions, chopped | 2 eggs (3 if small), beaten |
| 2/3 cup flour | 1 tablespoon oil |

Combine the cabbage, green onion, flour, and salt in a bowl. Toss until everything is coated with a dusting of flour. Stir in the eggs and mix until everything is evenly coated.

Heat a large frying pan over medium heat and add a splash of oil. Scoop about a third of the cabbage mixture into the pan, and press into a round pancake shape as flat as you can get it. Cook for 4 - 5 minutes, or until the bottom is golden. Flip the pancake and cook the other side, another 3ish minutes.

Serve with a yogurt – curry sauce or with ketchup if desired.

Adapted from a recipe found on www.101cookbooks.com.

SKILLET CABBAGE

Serves 2 - 3

| | |
|-----------------------------------|----------------------------------|
| 2 tablespoons butter or oil | 1 teaspoon salt |
| 2/3 cup onions, chopped | Dash freshly ground pepper |
| 1 clove garlic, minced | 1 teaspoon cayenne pepper or aji |
| 3 - 4 cups finely chopped cabbage | 2 - 3 teaspoons soy sauce |
| 1/2 cup coarsely shredded carrots | Chopped roasted peanuts |
| 1/4 teaspoon paprika | |

In a large frying pan, heat the butter/oil. Add onions and garlic, and sauté for a couple minutes. Add cabbage and carrots. Sauté for about 5 minutes over medium heat until vegetables are crisp-tender. Add paprika, salt, pepper, aji, and soy sauce. Top with roasted peanuts and soy sauce to taste over rice.

VEGETABLE STIR-FRY

Serves 3

| | |
|---|---|
| 1 tablespoon canola oil | 1 1/2 cups small broccoli florets |
| 2 medium carrots, peeled, cut diagonally into 1/4"-thick slices | 1 1/2 cups sliced cabbage |
| 1/2 large onion, cut into 1" pieces | 1/2 cup canned chicken broth or water |
| 1 red bell pepper, cut into 1" triangular pieces | 1 1/2 tablespoons chopped fresh mint (optional) |

Heat oil in skillet over medium-high heat. Add carrots, onion and bell pepper. Sauté 6 minutes. Add a little more oil, broccoli and cabbage. Add broth/water; stir-fry until cabbage wilts and vegetables are crisp-tender, about 8 minutes. Stir in mint if desired. Season with salt and pepper.

Adapted from a recipe in Bon Appétit Magazine.

LENTIL BURGERS

Makes 4 - 6 burgers

| | |
|--------------------------------|---|
| 2 cups cooked lentils, drained | 1 tablespoon tomato paste |
| 1 egg | Salt and pepper to taste |
| 1 cup cracker or bread crumbs | 1/2 teaspoon garlic powder |
| 1 small onion, minced | Basil, oregano, red pepper flakes or aji to taste |
| 1 small pepper, minced | |

In a large bowl, combine all ingredients. Mix together, adjusting tomato paste and bread crumbs so that the mixture holds its shape when pattied. Fry like hamburgers in a small amount of oil.

MEATLESS MEALS

Serve on an arepa with mayo, BBQ sauce, ketchup, lettuce, onion and tomato.

These are a great copy of the vegetarian lentil burgers served at Moliendo Cafe, a Colombian restaurant and local PCV tradition in Cuenca.

BASIC LENTILS

Serves 1 - 2

1 cup dried lentils
1 large onion, chopped
4ish cloves of garlic, minced
2 tablespoons butter

Salt to taste
Cumin to taste
Flour to taste

Cook lentils. Sauté garlic and onions. After cooking lentils (but while still hot), add garlic and onions then mix. Add butter. Season with salt and cumin. Don't be shy with the cumin... it takes more than you may think. If the mixture is too watery for your liking, add a little flour.

Recipe by Chris Beeler



KUSHERIE (EGYPTIAN RICE AND LENTILS)

Serves 6 - 8

2 tablespoons oil
1 ¼ cup dried lentils
3 cups boiling water or stock
1 teaspoon salt

Dash pepper
1 ½ cup rice
1 cup boiling water or stock

Sauce:

¾ cup tomato paste
3 cups tomato juice, tomato sauce, diced tomatoes, or pureed tomatoes
1 green pepper, chopped
Chopped celery leaves (optional)

1 tablespoon sugar
½ teaspoon salt
1 teaspoon cumin
¼ teaspoon cayenne pepper, ají, or chopped chilis

Browned onions:

2 tablespoons oil
3 onions, sliced
4 cloves garlic, minced

In a pot, heat oil. Add lentils and brown over medium heat for about 5 minutes, stirring frequently. Add 3 cups boiling water or stock, salt, and pepper. Cook uncovered for 10 minutes over medium heat. Stir in 1 ½ cups rice and 1 additional cup of boiling water or stock. Bring to a boil, reduce heat to low, cover, and simmer 25 minutes without stirring. If you are using brown rice, simmer for 45 minutes and increase water or stock or add

water as necessary. Don't stir. You may have a bit of rice and lentils stick to the bottom, but they are easily cleaned off after soaking.

To make the sauce, heat together in a saucepan the tomato paste, tomato juice/sauce/puree, green pepper, celery leaves, sugar, salt, cumin, and cayenne. Bring to a boil, reduce heat, and simmer 20 - 30 minutes.

To brown the onions, heat oil in a small frying pan. Sauté onions and garlic over medium heat until brown.

To serve, put rice-lentil mixture on a plate or in a bowl. Pour tomato sauce over. Top with browned onions. Serve with plain yogurt.

EASY VEGETARIAN PAD THAI-ISH NOODLES

Serves 3 - 4

| | |
|--------------------------------------|---|
| 1 pound Asian-style noodles | 1 teaspoon fresh ginger, grated or minced |
| 1/4 cup soy sauce | 2 tablespoons sesame oil |
| 1/2 cup lime juice (adjust to taste) | 3 carrots, sliced thin |
| 2 tablespoons peanut butter | 1/2 cup bean sprouts |
| 1/4 cup sugar | 1/4 cup chopped or crushed peanuts (optional) |
| 1 green chili, minced | 4 green onions, sliced |
| 1 onion, diced | |
| 4 cloves garlic, minced | |

Cook noodles according to package instructions.

Whisk together the soy sauce, peanut butter, lime juice, chili, and sugar.

In a large frying pan, sauté the onion, garlic and ginger in sesame oil for a minute or two, stirring frequently. Add the carrots and allow to cook for another minute or two. Add the bean sprouts, cooked noodles and the peanut butter and soy sauce mixture. Stir well, and allow sauce to thicken as it cooks for about 3 minutes. Stir in the peanuts and green onions and serve hot.

POLENTA

Serves 4

| | |
|------------------------|-------------------------------------|
| 6 - 8 cups water | 2 - 6 tablespoons butter (optional) |
| 2 cups coarse cornmeal | 1 1/2 teaspoons salt or to taste |

In a large saucepan, bring water to boil. Add salt and then cornmeal in a steady stream, stirring constantly with a wooden spoon or whisk to avoid lumps. Lower heat and cook, stirring frequently for 20 - 30 minutes. Taste for salt and turn off the heat. Stir in butter if desired, to taste.

MEATLESS MEALS

Firm polenta can be sliced, grilled, fried, and baked. Make it into a meal with marinara sauce and cheese, or get creative. You can also add campo cheese or queso fresco towards the end of cooking.

CHARD/SPINACH TART

| | |
|---|---|
| 1 $\frac{3}{4}$ cup flour | 2 tablespoons fresh chopped basil, or 1 |
| 1 teaspoon salt, divided | $\frac{1}{2}$ teaspoons dried basil |
| $\frac{1}{2}$ cup plus 2 tablespoons olive oil | Pinch of pepper |
| $\frac{1}{3}$ cup cold water | 3 large eggs, lightly beaten |
| 1 red onion, finely diced | $\frac{1}{3}$ cup cream |
| 1 pound chard or spinach leaves, stems removed, leaves washed and chopped | 1 cup grated Parmesan cheese |
| 2 cloves garlic, chopped | |

Pastry: In a medium bowl, whisk together flour and $\frac{3}{4}$ teaspoon salt. Stir in $\frac{1}{2}$ cup olive oil and water with a fork until thoroughly blended. The dough will be very crumbly and difficult to roll, so press it evenly into an 11" pie dish. Bake over high flame until the crust is set and lightly golden, 10 - 15 minutes.

Filling: Meanwhile, cook onion in 2 tablespoons olive oil over medium heat until well softened, 10 - 15 minutes. Increase the heat to medium and add and cooked chard/spinach and garlic until tender, 8 - 10 more minutes. Season with basil, $\frac{1}{4}$ teaspoon salt, and pepper. In a separate bowl, combine eggs, cream, and parmesan. Add the chard mixture, then scrape into the prepared tart shell and spread evenly. Bake over medium-high flame until the filling is golden and firm, 25 - 35 minutes. Let cool before serving.

Adapted from a recipe found in Joy of Cooking.

ASPARAGUS TART WITH RICOTTA

Serves 4

Crust:

6 tablespoons butter
1 $\frac{1}{2}$ cups flour
Pinch of salt

Filling:

$\frac{1}{2}$ pound asparagus
2 eggs, beaten
1 cup ricotta cheese

2 tablespoons plain yogurt
6 tablespoons parmesan cheese
Salt and pepper, to taste



To prepare the crust:

Rub the butter into the flour and salt. Stir in enough cold water to form a smooth dough and knead lightly on a floured surface for a few minutes. Roll out the dough and press firmly into a buttered 9"-round tart/pie dish. Prick all over with a fork. Bake for about 10 minutes in an oven over medium-high flame, until the pastry is firm but still pale.

To prepare the filling:

Trim the asparagus if necessary. Cut 2" from the tops and chop the remaining stalks into 1" pieces. Bring a pan of water to a boil. Add the asparagus stalks, then the tips, to the boiling water. Simmer for 4 - 5 minutes and drain. Beat together the eggs, ricotta, yogurt, and parmesan. Season, stir in the asparagus stalks and pour into the pastry shell. Place the tips on top. Bake for 35 - 40 minutes over medium flame, until golden. Serve warm or cold.

Adapted from a recipe from Vegetarian.

SHREDDED ZUCCHINI WITH NOODLES

Serves 2

½ pound spaghetti noodles or other pasta
Olive oil
1 garlic clove, minced
2 small zucchinis
Juice of ½ lemon

Herbs, fresh or dry (optional – basil works well)
Red pepper flakes (optional)
Salt and pepper to taste
Shredded parmesan cheese to taste

Cook noodles and set aside. Meanwhile, grate zucchini. In a frying pan, heat olive oil over medium-high heat; add grated zucchini and garlic and sauté for about 3 minutes. Add lemon juice, herbs and red pepper flakes to taste (if desired), and salt and pepper to taste, and continue to sauté until done. Toss with parmesan cheese. Serve over pasta.

CILANTRO AND CHICKPEA PATE

Makes about 4 servings

3 cups cooked chickpeas/garbanzos
1 tablespoon oil
1 cup finely chopped onions
2 garlic cloves, minced
2 tomatoes, finely chopped
1 green pepper, chopped

¾ cup breadcrumbs
2 tablespoons chopped cilantro
½ teaspoon cumin
Pinch of ground red pepper
Crackers or bread

Mash chickpeas well in a large bowl. In a skillet, sauté onions and garlic in oil until tender; add to chickpeas. Stir in the tomatoes, green pepper, bread crumbs, cilantro, cumin, and red pepper. Spoon mixture into a greased loaf pan. Bake 35 - 40 minutes over medium-high flame until golden. Let cool before serving.

MEATLESS MEALS

PRESSURE COOKER CURRIED GARBANZOS WITH CAULIFLOWER

Makes 4 servings

| | |
|--|-------------------------------|
| 1 cup dry garbanzo/chickpeas, soaked overnight | ¾ teaspoon minced ginger |
| 2/3 cup chopped onion | ½ teaspoon salt |
| 1 large garlic clove, minced | ½ teaspoon ground cumin |
| 2 cups water | ¼ teaspoon mustard |
| 2 tablespoons oil | 1 pound tomatoes, chopped |
| 2 cups cauliflower florets | 1 tablespoon chopped cilantro |
| 1 ½ teaspoons curry powder | |

Drain and rinse beans. In a 4 or 6-quart pressure cooker, combine the beans, onion, garlic, water, and oil. Lock lid in place. Bring cooker up to pressure. Reduce heat and cook for 8 minutes. Quick-release the pressure with the valve and carefully remove lid. Drain beans. Return beans to pressure cooker. Add the cauliflower, curry powder, ginger, salt, cumin, mustard, and tomatoes. Bring to a boil, then reduce heat. Cover loosely (do not lock lid) and cook for 8 - 10 minutes or until cauliflower is tender. Stir in cilantro.

JULIE'S VEGGIE CURRY

| | |
|-------------------------|---|
| ¼ cup honey | 2 teaspoons fresh minced ginger |
| ¼ cup mustard | Pinch of red pepper flakes |
| 2 tablespoons water | 3 teaspoons curry powder |
| 1 small onion, diced | Vegetables of choice (broccoli, carrots, cauliflower, etc.) |
| 3 tablespoons butter | Raisins or nuts (optional) |
| 2 cloves garlic, minced | |

Boil together all ingredients except the last two. While it simmers, add veggies and raisins/nuts (if desired).

PASTA WITH CHICKPEAS IN GARLIC SAUCE

Serves 3

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|----------------------------|-------------------------------|
| 3 handfuls chopped spinach | ¼ teaspoon crushed red pepper |
| ½ pound pasta | 2 cups cooked chickpeas |
| ¼ cup olive oil | Parmesan cheese, to taste |
| 6 garlic cloves, minced | |

Steam spinach until wilted. Cook pasta, reserving ¼ cup pasta water. Heat olive oil in frying pan over medium heat. Add garlic and red pepper flakes. Cook 2 minutes. Add chickpeas. Sauté until slightly golden. Add spinach and ¼ cup pasta water. Cook about 3 minutes. Mix with pasta and sprinkle with parmesan.

VEGETARIAN ENCHILADAS

Serves 2

| | |
|-------------------------|----------------------------|
| 1 onion, chopped | 2 pounds tomatoes, chopped |
| 1 green pepper, chopped | 12 soft corn tortillas |
| 4 garlic cloves, minced | Refried beans |
| ½ teaspoon cumin | Grated cheese |
| ½ can tomato paste | |

Sauté onion, pepper, and garlic. Mix spices with tomato paste; add with tomatoes to other vegetables; bring to a boil and simmer 1 hour.

To assemble: dip tortillas in sauce, fill with several spoonfuls of beans, top with cheese and roll up. Place close together in a baking dish. Cover with remaining sauce; top with extra cheese. Bake 30 minutes in oven over medium-high flame.

FREJOLES BORRACHOS

Serves 2

| | |
|-----------------------------|---|
| 2 cups cooked beans | 2 - 3 tablespoons chopped green chilies |
| ½ cup beer | 1 teaspoon cumin |
| 3 green onions, sliced thin | Chopped cilantro to taste |

Combine all ingredients in a large saucepan and bring to a simmer. Mash ½ of the beans; simmer gently for another 2 - 3 minutes or until liquid base becomes a thick sauce. Add fresh cilantro at the last minute.

MEXICAN LASAGNA

Serves 2 - 4

| | |
|-----------------------------|--------------------------|
| 2 cups cooked beans | 1 teaspoon cumin |
| 2 cups chopped tomatoes | 1 teaspoon oregano |
| ½ cup chopped green chilies | 8 soft corn tortillas |
| 2 cups corn | 1 ½ cups shredded cheese |
| 2 green onions, minced | |

In a large bowl, mix together first 7 ingredients. Lightly oil a 2-quart baking dish and layer 4 tortillas overlapping; add a layer of ½ bean mixture, then layer ½ of the cheese on top and repeat. Bake over high flame for 15 - 20 minutes.

TORTILLA BEAN CASSEROLE

Serves 2 - 3

| | |
|---------------------|----------------------------|
| 1 cup chopped onion | 1 cup chopped green pepper |
|---------------------|----------------------------|

MEATLESS MEALS

4 tomatoes, seeded and chopped
2 cloves garlic, minced
2 teaspoons cumin
2-3 teaspoons ají sauce

2 cups cooked beans
2 cups grated cheese
6 small tortillas (corn or flour)

In a large frying pan, combine onion, green pepper, tomatoes, garlic, cumin, and ají. Sauté for about 10 minutes. Stir in beans. In a baking dish, spread 1/3 of bean mixture over the bottom. Top with 1/2 the tortillas, overlapping. Add 1/3 of the cheese. Add another 1/3 of the bean mixture, then add the remaining tortillas, 1/3 of the cheese, and bean mixture. Add the rest of the cheese. Cover and bake over medium-high flame for 30 minutes.

JAMAICAN STYLE RICE AND PEAS

Serves 2

1/2 cup chopped onion
1/2 cup grated coconut
Oil
1/2 cup rice

1 cup green peas
1 cup water
1 cup coconut water (or water)
Salt to taste

Sauté onion and coconut in a small amount of oil in a pan over medium-high heat. Add rice and peas, and stir to combine. Add liquids and bring to a boil, cover, lower heat and simmer for 20 minutes.

QUINOA

BASIC/PLAIN QUINOA

Serves 2 - 3

1 cup quinoa
2 cups stock or water
Salt and pepper

Pick out dirt pieces from dry quinoa. Rinse the quinoa several times in a bowl of cold water to remove saponin (bitter covering), draining each time. Bring water to a boil in a small saucepan, then add a dash of salt and the quinoa. Lower the heat, cover the pan, and simmer until the liquid is absorbed (just like rice), 12 - 15 minutes. Fluff and let stand for 5 minutes.

QUICK QUINOA TABOULI

Serves 2 - 4

2 cups water

1 cup quinoa, cleaned and rinsed

½ teaspoon salt
½ cup chopped parsley
Olive oil
2 cups chopped tomatoes

4 tablespoons chopped mint
4 tablespoons chopped green onions
2 tablespoons lemon juice

Boil water and add quinoa. Reduce heat to a simmer and cook 15 minutes. Remove from heat and put quinoa in a bowl. When cool, add the remaining ingredients.

QUINOA SALAD WITH LIME-GINGER DRESSING

Serves 4

Dressing:

2 tablespoons lime juice
1 tablespoon vinegar
1 teaspoon minced fresh ginger (more to taste)
1 small garlic clove, minced

Salt to taste
Pinch of cayenne or aji
¼ cup canola oil
2 tablespoons plain yogurt

Salad:

3 cups cooked quinoa (¾ cup uncooked)
2 green onions, white and light green parts, sliced thin

1 small cucumber, halved, seeded and thinly sliced on the diagonal
¼ cup chopped cilantro

In a small bowl or measuring cup, whisk together the lime juice, vinegar, ginger, garlic, salt, cayenne, canola oil, and yogurt.

In a salad bowl, combine the cooked quinoa, green onions, cucumber, and cilantro. Toss with the dressing and divide among salad plates.

For a Seafood Variation, cook 12 medium, peeled shrimp, and top each portion with 3 - 4.

Adapted from a recipe found on www.nytimes.com.

QUINOA WITH CORN AND ZUCCHINI

Serves 6 - 8

1 cup quinoa
3 cups water, chicken stock or vegetable stock
½ teaspoon salt, or to taste
1 tablespoon olive oil
½ small onion, finely chopped

1 - 2 garlic cloves (to taste), minced
Kernels from 1 ear corn
1 medium zucchini, cut in small dice
2 - 4 tablespoons chopped fresh cilantro
¼ - ½ cup crumbled queso fresco (optional)



MEATLESS MEALS

Place the quinoa in a bowl, and cover with cold water. Let sit five minutes. Drain through a strainer, and rinse until the water runs clear.

Bring the water or stock to a simmer in a medium saucepan. Heat another medium saucepan or lidded skillet over medium-high heat, and add the quinoa. Toast, stirring, until the grains have separated and begin to smell fragrant. Add the water or stock and salt. Bring to a boil. Reduce the heat to low, cover and simmer 15 - 20 minutes, until the quinoa is tender and translucent and each grain displays a little thread. Drain and return to the pan. Cover the pan with a clean dish towel, replace the lid and allow to sit undisturbed for 10 minutes.

Meanwhile, heat the olive oil in a large, heavy skillet over medium heat, and add the onion. Cook, stirring, until tender, about five minutes, and add the garlic, corn and zucchini. Season with salt and pepper, and cook, stirring, until the zucchini is tender and translucent and the corn tender, five to eight minutes. Stir in the quinoa and toss together. Heat through, add the herbs and serve with a little crumbled queso fresco sprinkled on top if desired.

Adapted from a recipe found on www.nytimes.com.

CURRIED QUINOA SALAD WITH MANGO

Serves 2

| | |
|-----------------------------|---|
| 1 cup quinoa | 1 cup chopped peeled mango plus mango spears for garnish |
| ¼ cup canola oil | 1 cup chopped unpeeled cucumber |
| 2 tablespoons white vinegar | 5 tablespoons chopped green onions, divided |
| 1 ½ teaspoons curry powder | 2 cups (packed) spinach |
| ½ teaspoon mustard | |

Cook quinoa in medium pot of boiling salted water over medium heat until tender but still firm to bite, stirring occasionally, about 12 minutes. Drain well; cool. Transfer to medium bowl.

Meanwhile, whisk oil and next 3 ingredients in small bowl to blend. Season dressing to taste with salt and pepper. Add chopped mango, cucumber, 4 tablespoons green onions, and ¼ cup dressing to quinoa; toss to coat. Divide spinach between 2 plates. Spoon quinoa salad over spinach. Garnish with mango spears and 1 tablespoon green onions. Drizzle with remaining dressing; serve.

Adapted from a recipe from Bon Appetit.

BLACK BEAN AND TOMATO QUINOA*Makes 2 main-dish servings*

| | |
|---|------------------------------|
| 2 teaspoons grated lime zest | 1 cup quinoa |
| 2 tablespoons lime juice | 2 cups cooked black beans |
| 2 tablespoons unsalted butter, melted and cooled | 2 medium tomatoes, diced |
| 1 tablespoon canola oil | 4 green onions, chopped |
| 1 teaspoon sugar | ¼ cup chopped fresh cilantro |

Whisk together lime zest and juice, butter, oil, sugar, ½ teaspoon salt, and ¼ teaspoon pepper in a large bowl.

Wash quinoa in 3 changes of cold water in a bowl, draining in a sieve each time. Cook quinoa in a medium pot of boiling salted water (1 tablespoon salt for 2 quarts water), uncovered, until almost tender, about 10 minutes. Drain in sieve, then set sieve in same pot with 1" of simmering water (water should not touch bottom of sieve). Cover quinoa with a folded kitchen towel, then cover sieve with a lid (don't worry if lid doesn't fit tightly) and steam over medium heat until tender, fluffy, and dry, about 10 minutes. Remove pot from heat and remove lid. Let stand, still covered with towel, 5 minutes.

Add quinoa to dressing and toss until dressing is absorbed, then stir in remaining ingredients and salt and pepper to taste.

Adapted from a recipe from Gourmet Magazine.

QUINOA WITH MANGO AND CURRIED YOGURT*Makes 3 main-dish servings*

| | |
|---|---|
| 1/3 cup plain yogurt | 1 pound firm-ripe mango, peeled, pitted, and cut into ½" chunks (2 cups) |
| 1 tablespoon lime juice | 1 red bell pepper, cut into ¼" dice |
| 2 teaspoons curry powder | 1 ají, seeded (if desired for less heat) and minced |
| 1 teaspoon finely grated peeled fresh ginger | 1/3 cup chopped fresh mint |
| ¾ teaspoon salt | ½ cup salted roasted peanuts (2 ½ ounces), chopped (optional) |
| ¼ teaspoon black pepper | |
| 2 tablespoons canola oil | |
| 1 1/3 cups quinoa | |

Whisk together yogurt, lime juice, curry powder, ginger, salt, and pepper in a large bowl. Add oil in a slow stream, whisking until combined.

Rinse quinoa in a bowl using 5 changes of water, rubbing grains and letting them settle before pouring off water (if quinoa does not settle, drain in a large sieve after each rinsing). Cook quinoa in a 4- to 5-quart pot of boiling salted water 10 - 12 minutes. Drain in a large sieve.

MEATLESS MEALS

Toss quinoa with curried yogurt and remaining ingredients in a large bowl. Serve warm or at room temperature.

Adapted from a recipe from Gourmet Magazine.

SPICY QUINOA AND POTATO CROQUETTES

Serves 4

| | |
|-------------------------------|-----------------------------------|
| 1 large potato | ¼ cup chopped parsley or cilantro |
| 1 cup cooked quinoa | 2 garlic cloves, minced |
| 1 small onion, finely chopped | 1 egg, beaten |
| 2 tablespoons canola oil | 1/3 cup cheese |
| 1 teaspoon cumin | Salt |
| ½ teaspoon dried oregano | 1 cup bread crumbs |

Boil or steam the potato until tender, then mash it with a fork, mixing in the quinoa. Sauté the onion in oil for about 2 minutes, then add the spices, cooking until onion is soft. Add garlic and cook for another minute. Add this to the potato-quinoa mixture along with the parsley, cilantro, egg, cheese, and salt to taste. Work the mixture together, then divide into 8 portions and shape them into ovals. Press each croquette gently into the bread crumbs. Sauté in oil and set over medium heat until nicely browned on both sides.

QUINOA AND ZUCCHINI WITH AVOCADO-CILANTRO DRESSING

Serves 4 - 6

| | |
|--|--|
| 1 large avocado, ripe | ¼ cup olive oil |
| Juice of 1 lime | Couple pinches of salt |
| ¼ cup lightly packed cilantro | 2 cups quinoa, cooked, room temperature |
| 1 clove garlic | ¼ cup walnuts, toasted (optional) |
| ¼ cup plain yogurt | ¼ cup cheese (cambo, fresco, mozzarella), crumbled |
| ¾ cup water | A bit of chopped cilantro for garnish |
| ½ teaspoon fine grain sea salt | |
| 3 large eggs | |
| 1 large zucchini, cut into ¾" thick slices | |

Prepare the cilantro-avocado dressing by blending the avocado, lime juice, cilantro, garlic, yogurt, water, and salt in a blender. Set aside.

Hard boil the three eggs. Place the eggs in a pot and cover with cold water by a ½" or so. Bring to a gentle boil. Now turn off the heat, cover, and let sit for exactly seven minutes. Have a big bowl of ice water ready and when the eggs are done cooking place them in the ice bath for three minutes or so - long enough to stop the cooking. Set aside.

While the eggs are cooling start preparing the zucchini by tossing it with olive oil and salt in a medium-sized bowl. Sauté zucchini until tender and cooked through, roughly 5 minutes on each side. Remove from heat and cut each zucchini coin into quarters.

Crack and peel each egg, cut each egg into quarters lengthwise. Assemble the salad by tossing the quinoa with about 2/3 cup of the avocado vinaigrette. Top with the grilled zucchini, nuts, eggs, cheese, and a bit of chopped cilantro for garnish.

Adapted from a recipe found on www.101cookbooks.com.

SOY

SOYBEAN "MEATLOAF"

Serves 4 - 6

2 ½ cups soybeans (soya en grano),
cooked and mashed
½ cup cottage cheese (or ½ cup yogurt
with ricotta cheese mashed into it)
½ cup fresh tomatoes, diced
1 medium onion, diced
1 medium pepper, diced
1 cup oatmeal
3 eggs

½ to 1 cup ketchup (to taste)
2 tablespoons oil
1 ½ teaspoons salt
½ cup bread crumbs
1 teaspoon dried basil
1 teaspoon dried oregano
2 tablespoons parsley, chopped
Red pepper flakes or ají, to taste

White sauce:

3 tablespoons butter
3 tablespoons flour
¼ teaspoon salt

½ teaspoon garlic powder
1 cup milk

In a large bowl, combine soybeans, cottage cheese/yogurt, tomatoes, onion, pepper, oatmeal, eggs, ketchup, oil, 1 ½ teaspoons salt, breadcrumbs, basil, oregano, parsley, and red pepper flakes/ají. Mix well, and pour into a greased loaf pan.

To make white sauce, melt butter in a sauce pan. Blend in flour, salt, and garlic powder, stirring until bubbly. Add and stir in milk.

Pour white sauce over loaf mixture and bake on medium-high flame for about an hour.

TOFU (QUESO DE SOYA)

Makes 1 block the size of a queso fresco block

1 cheesecloth, a pañal or any thin towel
will do that has smaller holes

1 thick pot
1 pot for straining

MEATLESS MEALS

2 cutting boards, or 2 large solid objects
1 pound dry soy beans
Water

Juice of 2 lemons
2 pinches of salt

Soak soy overnight, minimum 15 hours. Blend 1 cup of soy with 2 cups of water. Strain this mixture through the cheesecloth and discard the soy left in the cloth. Continue until all blended soy has been strained. Pour liquid (soy milk) into a thick pot. Stir liquid and remove foam. Continue removing foam until brought to a boil. Once brought to a boil, turn off heat. Add lemon juice and salt. Boil on low heat until curds begin to form. Strain soy curds with cheese cloth into another pot. Press the soy, found inside the cheesecloth, with two cutting boards. Press hard. Open cheesecloth and buen provecho. To store in fridge, add water to container so it stays fresh.

Recipe by Sam Mills

SOY MILK

1 pound soy beans
1 cheesecloth, a pañal or any thin towel will do that has smaller holes
Vanilla, cinnamon, hierba luisa

Soak soy overnight, minimum 15 hours. Blend 1 cup of soy with 2 cups of water. Strain this mixture through the cheesecloth and discard the soy in the cloth. Continue until all blended soy has been strained. Pour liquid (soy milk) into a thick pot. Stir liquid and remove foam. Continue removing foam until brought to a boil. Once brought to a boil, turn off heat. Add vanilla, cinnamon, or hierba luisa to your gusto.

Recipe by Sam Mills

JESSICA'S VEGETARIAN TOFU BURGERS

Serves 4

2 eggs, beaten
1 ½ cups soft tofu, drained
½ cup onions, finely chopped
½ teaspoon dried basil
½ teaspoon dried oregano
1 ½ cups brown rice or bulgar, cooked

Pinch of pepper
2 tablespoons cheese
1 clove garlic, minced
½ cup bread crumbs, more if needed
Oil for frying

In a large bowl, combine eggs and tofu; use fork to mash them together. Add onions, garlic, spices, and cheese. Mix well. Stir in rice, then bread crumbs until you can form patties that stick together. Heat oil and fry 2 - 3 minutes on each side until lightly brown.

PEANUT PAD TAI

Serves 4 - 6

| | |
|------------------------------|---|
| 1/4 cup oil | 1 cup water |
| 1 large onion | 1/2 cup peanut butter |
| 4 cloves garlic | 2 chopped carrots |
| 1/2 tsp chopped fresh ginger | 3 - 4 green peppers, chopped |
| 3 tablespoons curry powder | 1 tablespoon honey |
| 1/4 teaspoon cumin | 1 block tofu (queso fresco size), cubed |
| 1/4 teaspoon garlic powder | Chinese noodles, cooked |
| Pinch of dried oregano | 1/2 cup coconut milk* |
| 1/8 teaspoon aji powder | |

Sauté onion, garlic, and ginger in oil. Add remaining ingredients. Simmer until you have a nice sauce. Add to Chinese noodles, or cook with lentils and/or quinoa, etc. It often needs more water as it all cooks depending on what you add. Garnish with peanuts and/or coconut.

*Coconut Milk: 1 1/2 Cups dried coconut ratio to 1 cup milk. Bring to boil then remove from heat. Let stand 30 minutes. Strain and squeeze out all milk.

Recipe by Sam Mills

TOFU CURRY CUMIN

Serves 4

| | |
|---|----------------------------|
| 1 block tofu, broken into very small pieces or cut into squares | 3 garlic cloves, minced |
| 2 peppers, chopped | 3 tablespoons curry powder |
| 1 1/2 onion, chopped | 1 1/2 tablespoons cumin |
| 1 small broccoli head | 1 teaspoon salt |

Start by steaming broccoli. Meanwhile, sauté onion, garlic, and peppers with a little bit of olive oil in a large sauce pan. When broccoli is soft add to pan with tofu, curry, cumin, and salt. Mix together until tofu has been cooked. Serve immediately.

Recipe by Sam Mills

TOFU STIR-FRY WITH EGG NOODLES

Serves 4

| | |
|-----------------------------|---|
| 8 ounces tofu (1/2 pound) | 1 " piece fresh ginger root, peeled and finely grated |
| 1 teaspoon red wine vinegar | 1 - 2 fresh red ajís, seeded and sliced into rings |
| 3 tablespoons soy sauce | |

MEATLESS MEALS

1 small pepper
1/2 cup mushrooms
2/3 cup vegetable stock, 1/3 water will
do as well
2 teaspoons honey

2 teaspoons cornstarch
8 ounces medium Chinese egg noodles,
cooked
Salt and pepper

Cut the tofu into 3/4" cubes. Put it into a bowl with soy sauce and red wine vinegar. Toss to coat each piece and then let marinate for about 30 minutes. Put the ginger, mushrooms, ajís, pepper and stock into a frying pan. Bring to a boil and cook quickly over high heat for 2 - 3 minutes until all the ingredients are tender. The vegetables will look limp if they are over cooked. Strain the tofu, reserving the marinade, and set tofu aside. Mix the honey and cornstarch into marinade, set aside. Put the egg noodles into a large pot of boiling water. Remove from heat and let stand for about 6 minutes, until cooked. Heat a frying pan and quickly sauté the tofu until lightly golden brown on all sides. Place vegetable mixture and the tofu in a saucepan with the marinade and stir well until the liquid is thick and glossy. Spoon onto the egg noodles and serve at once.

Recipe by Sam Mills

MARINATED TOFU KEBABS

1 cup tofu
1 tablespoon olive oil
2 garlic cloves, crushed
Few pinches of fresh ginger
3 tablespoons soy sauce

1 teaspoon honey
1/2 zucchini, cut into chunks
1 onion, cut into chunks
1 cup mushrooms

Cut a block of tofu into 1/2" cubes and marinate in a mixture of soy sauce, olive oil, crushed garlic, fresh ginger, and honey for at least one hour. Thread cubes onto skewers with chunks of zucchini, onions, and mushrooms, brush with marinade and broil or grill until golden turning occasionally.

Recipe by Sam Mills

TOFU FRUIT FOOL

1/2 - 1 cup of tofu
2 cups fruit (e.g. fruitilla, mora)
Sugar to taste

Place 1/2 a cup of tofu into a blender. Add some soft fruit or berries. Process the mixture until it forms smooth puree, and then sweeten to taste with a little honey or maple syrup.

Recipe by Sam Mills

SELECTIONS FROM THE SEA

Cooking seafood is rather simple, and the abundance of cheap, fresh seafood available especially on the coast of Ecuador provides for a great opportunity to learn and experiment. The benefits of the high levels of omega-3 oils in seafood has been shown to lower risk for coronary heart disease, cancer, and stroke. Try to eat three or more servings a week.

As for preparing seafood, keep ingredients and technique simple and it's hard to go wrong.

HOW TO BUY SEAFOOD

Fresh fish has bright eyes and gills, unmarred, translucent, firm elastic flesh, scales tightly attached and no overly strong fishy smell (sweet seawater smell is best). Good whole fish should look almost alive. Trust your instincts and your nose.

Shrimp should be grayish when purchased. If it has a pinky color to it like it does when cooked, it has been sitting out too long and could be spoiled.

HOW TO CLEAN SEAFOOD

To clean whole fish, first remove the fins. If you are going to cook the fish with the skin on, remove the scales by holding the tail and running a dull knife up and down the flesh from the tail to the head. It's messy. Try to do this inside a bag to catch most of the scales. Next, remove the innards by cutting along the fish's belly from under the gills to the anal opening, and pull out all the guts. Now wash the fish. If you are preparing a whole fish, remove the gills and the head and tail if desired. If you would like to cut the fish into steaks, ask an Ecuadorian to show you how.



To clean shrimp, first consider whether or not you'd like to cook them in their shells. Cooking shrimp in their shells keeps the meat from drying out, meaning lots of guaranteed flavor. If you choose to cook sans shell, remove the blackish-green vein running along the back of the shrimp (which is actually the intestinal track and has a bitter taste). Do this by slicing the back open along the line of the vein, then remove it with your fingers.

HOW TO STORE SEAFOOD

To store fish, wrap it tightly in plastic wrap, refrigerate or store temporarily in a cool place. If you are freezing fish, make sure it's well-sealed. Do not store un-gutted fish.

To store shrimp, throw it in the freezer if you've got one. Thaw them not more than one day before you are ready to cook them, by placing them in the refrigerator or in a bowl of running water.

HOW TO COOK SEAFOOD

As a general rule, fish cooks quickly and is easily overcooked. Perfectly cooked fish flakes easily and is slightly moist; over-cooked it is dry and tasteless.



Cook fish for 8 - 10 minutes per inch of thickness. Most fish and seafood can be baked, grilled, fried or poached in a pan with liquid or wrapped in foil, with or without lemon juice, herbs, or other seasonings.

Shrimp are done cooking as soon as they turn pink, which usually takes 2 - 4 minutes depending on the size. They are opaque in the center when fully cooked.

HIGH ALTITUDE HINTS FOR SEAFOOD

Seafood must be cooked carefully to prevent moisture loss because of the rapid evaporation rate in high altitudes. The use of butter, batter, and sauces helps to maintain moisture. Aluminum foil helps to seal in the natural juices. Leaving the head and tail on when baking helps to ensure retention of the natural juices.

CHEESEY TUNA WARM PASTA SALAD

Serves 2 - 4

1 tablespoon butter
1 onion, chopped
2 tablespoons flour
1 cup milk

1 pound cooked macaroni or other small pasta
1 cup cheese, grated
1 can tuna fish, drained
Juice of 2 lemons

Saute butter and onion. Add flour and stir together about 3 minutes. Slowly pour in milk, stirring well. Add tuna and cook until heated. Mix pasta, sauce, and cheese.

AVOCADO AND TUNA PASTA SALAD

Serves 2

Large handful of pasta, cooked
2 tablespoons canola oil
2 tablespoons vinegar
¼ cup chopped fresh basil
2 cloves garlic, minced
¼ teaspoon cayenne or aji

1 can tuna, drained
2 tomatoes, chopped
½ avocado, chopped
¼ cup chopped red onion
Olives (if available)

In a large bowl, combine pasta, tuna, tomatoes, avocado, and onion. In a small bowl, combine oil, vinegar, basil, garlic, and cayenne in a small bowl. Add dressing to salad and toss to coat.

TUNA RICE SALAD

Serves 2 - 3

1 cup cooked rice
2 tomatoes, chopped
2 hard-boiled eggs, chopped
1 can tuna, drained

2 teaspoons canola oil
½ teaspoon vinegar
½ teaspoon salt
Dash of pepper



Combine rice, tomatoes, eggs, and tuna in a medium bowl. In a small bowl, combine oil, vinegar, salt, and pepper; pour over salad and stir to combine.

TUNA BURGERS

Serves 2 - 4

1 can tuna, drained
10 Rica/Ritz crackers, crushed

Spices (garlic powder, basil, oregano, paprika)
1 onion, finely chopped

SELECTIONS FROM THE SEA

Worcestershire sauce (Salsa Inglesa) OR
BBQ Sauce

1 egg
Green peppers, chopped

Mix all ingredients together until you attain a burger-like consistency. Form into patties and fry in a small amount of oil.

TUNA ON TOAST

Serves 2

1 teaspoon butter
1 onion, diced
1 carrot, diced
1 can tuna

½ cup milk
2 tablespoons flour
4 tablespoons parmesan cheese

Melt butter in a saucepan. Add onion and carrot and sauté until tender. Drain tuna and add to vegetables. Add milk and bring mixture to a boil; simmer 5 - 10 minutes. Mix flour with a little water to make a batter and stir into the mixture. Add cheese and serve over toast.

Variation: Add peas, green peppers, broccoli, or tomatoes.

CEVICHE

Serves 2

1 pound tender raw fish or shrimp, or
even a can of tuna
¼ cup lime juice
1 medium tomato, chopped
Drops of aji (optional)
1 tablespoon ketchup

1 teaspoon mustard
¼ cup onion, diced
½ teaspoon salt
Cilantro/hierba
1 tablespoon oil

If using shrimp, wash, de-vein, and boil or steam for 2 minutes until pink. Drain, reserving ½ cup cooking liquid. Chill shrimp.

If using fish, wash and cut into 1/3 - ½" pieces. Steam fish for 2 - 4 minutes. Drain, reserving ½ cup cooking liquid. Chill fish.

In a bowl, stir together tomato, aji, onion, ketchup, mustard, salt, hierba, lime juice, cooking water, and oil. Add fish or shrimp.

Serve cold with chifles or patacones.

Experiment with ceviche seasonings available at supermarkets, or for an alternative, also try adding a bit of coconut milk to your ceviche for a subtle sweet turn.

ENCOCADO DE PESCADO

| | |
|--|--|
| 2 ½ pounds fresh fish, cut in medium size chunks | 1 medium onion, diced |
| ¼ cup lime juice, from about 2 limes | 2 bell peppers, diced |
| Juice from 2 oranges | 4 roma tomatoes, peeled and chopped |
| 4 garlic cloves, crushed | 2 cups coconut milk |
| 1 teaspoon cumin | 3 tablespoons cilantro, finely chopped |
| 1 teaspoon paprika | Salt to taste |
| 2 tablespoons oil | |

Mix the lime juice, orange juice, crushed garlic, cumin, paprika, coriander powder and salt in a small bowl. Marinate the fish chunks for 1 – 2 hours.

Heat the oil to prepare a base for the sauce, add the diced onions, tomatoes, bell peppers and salt, cook for about 5 minutes on medium heat. Add the coconut milk, mix in well and cook for about 10 minutes, if you prefer a thicker sauce you can thicken the sauce by adding ½ teaspoon of cornstarch. Add the fish fillets, cover partially and let simmer for about 20 - 25 minutes. Sprinkle with cilantro and serve with rice and fried ripe plantains.

FISH TACOS

| | |
|------------------------------|---|
| White fish (tilapia is good) | Red bell pepper, chopped |
| Onion, chopped | Tortillas |
| Cilantro, chopped | Your favorite cheese (queso fresco is good) |
| Canola oil | |
| Juice of a lime | |

In a large pan, throw together some white fish, fresh cilantro, a small amount of oil, onion, and red bell pepper. Squeeze lime juice all over and simmer for about 15 minutes, flipping the fish often and breaking up into small pieces. Scoop onto a tortilla, add your cheese and some more cilantro if you'd like, and enjoy.

DEEP-FRIED FISH WITH HUSH PUPPIES

Serves 3 - 4

| | |
|--------------------------|-------------------------|
| 2 medium fish* | 1 teaspoon pepper |
| ½ cup cornmeal | 2 eggs |
| ½ cup flour | 1 small onion, chopped |
| 1 teaspoon baking powder | Water OR beer |
| 1 teaspoon salt | Campo cheese (optional) |

Mix the dry ingredients on a plate. Beat one egg in a bowl. Dip fish into egg and then the cornmeal mixture, coating it well. Place into hot grease (about ½" deep) and brown

SELECTIONS FROM THE SEA

on each side 3 - 5 minutes on each side until the fish is flaky and opaque; do not over-cook. While the fish fries, beat the second egg into the egg remaining from the fish. Add a few drops of liquid if needed. When the fish is done, form balls of dough, dip in eggs, and fry in hot oil until golden brown.

* Fillets are easiest, but you can also cook whole fish, which takes a little longer.

BATTER FOR FRIED FISH

Makes enough batter for 1 ½ pounds fish

1 cup flour
¼ teaspoon salt

1 ½ teaspoon baking powder
¾ cup water

Mix dry ingredients, then add the water a little at a time, stirring until the flour is moistened. If a thinner batter is desired, add more water. Coat fillets with batter before frying in hot oil. Lemon juice is a good addition, as are herbs.

FRIED FISH

Serves 3 - 4

1 pound boned white fish
1 teaspoon salt
½ teaspoon pepper

2 tablespoons flour
2 eggs
3 tablespoons oil

Clean and slice fish into 2" pieces. Sprinkle with salt and pepper. Roll the pieces in flour. In a small bowl, slightly beat eggs, then roll the pieces into the eggs. In a frying pan with a small amount of oil, brown fish until tender on both sides.

HERBED BAKED FISH

Serves 2

2 fish fillets
1 tablespoon butter
1 cup milk
2 tablespoons flour
¼ teaspoon salt

1 clove garlic, minced
Pinch of pepper
Pinch of dried oregano
¼ cup chopped green onions
Pinch of paprika



Dot fillets with butter; set aside. Thoroughly blend milk with flour; cook over medium heat, stirring constantly until sauce thickens and bubbles. Cook and stir 1 minute longer. Stir in other seasonings, except paprika. Pour sauce over fish, and sprinkle with paprika. Bake uncovered over medium-high flame, 20 - 25 minutes.

BAKED TILAPIA*Serves 4*

4 tilapia fillets
Salt and pepper

1 lime, finely grated zest and juice
2 tablespoons butter

Rinse fish and pat dry; place on a buttered baking sheet. Season each fillet with salt, pepper, lime zest and lime juice. Add fish to the pan. Place a pat of butter on each fillet and cook in the oven for 8 - 12 minutes.

FISH CORVICHE*Makes 10*

1 green onion, chopped
1 tablespoon achiote
3 tablespoons water
2 teaspoons aliño
1 small red onion, chopped
¼ pound fish fillet

Cumin
Dried oregano
4 green plantains, peeled
1 tablespoon salt
3 tablespoons peanut butter

Sauté onions and achiote in water or oil. Add aliño. Fry until the 3 tablespoons of water have evaporated. Let cool. Cut fish into finger-size pieces. Rub fish with remaining aliño and dry spices.

Grate plantains as fine as possible. Sprinkle salt on a flat surface. Knead grated plantain on salt until it does not stick to your hands. Squeeze out any liquid that the plantain produces. Knead in the peanut butter. Add the sauté and continue kneading until it is not sticky.

Wet hands and grab a small ball of dough. Flatten your palm. Wrap flattened dough around a piece of fish so it is covered well and seal. Repeat using all the dough, wetting your hands each time. Place corviches into a greased baking dish. Bake 15 minutes over medium-high flame. Turn and bake about 20 minutes.

*Cheese corviches are prepared as above by replacing the fish for an equal amount of cheese. Be sure to seal dough so cheese does not seep through.

CHUPE*Serves 2 - 4*

1 white onion, chopped
1 green pepper, chopped
1 cup water
1 tablespoon aliño
1 tablespoon achiote

1 pound potatoes, peeled
5 cups water
1 ear of corn, cut into rounds
1 cup cabbage, chopped
Salt and pepper to taste

SELECTIONS FROM THE SEA

2 cups milk

1 pound fish fillet

1 tablespoon chopped fresh parsley

Sauté the onion, green pepper, water, aliño, and achiote in oil in a pot. Add water and boil until sauce thickens, about 15 minutes. Cut potatoes into 1" chunks. Add water and potatoes to sauté. Cover and bring to a boil. Add corn rounds. In 10 minutes, add carrot, cabbage, salt, and pepper. Simmer uncovered until vegetables are soft, about 30 minutes. Remove from heat and let cool. Stir in milk and parsley. Reheat soup but do not boil. Fry fish and divide into bowls and ladle soup over it.

FISH SOUP

Serves 4 - 6

2 onions, chopped

2 cups water

2 green peppers, chopped

2 cups milk

2 tomatoes, quartered

3 pounds potatoes, peeled and halved

Oil for frying

½ pound crumbled cheese

2 pounds corvina, filleted and cut into pieces

Sauté the onions, peppers and tomatoes in a little oil. Add fish and brown. Add liquids, potatoes, and cheese and cook until tender.

SOPA MARINERA

Serves 4

1 lobster

1 cup milk

1 kg shrimp

1 - 2 onions, chopped

2 bags oysters

Fresh parsley, chopped

Any other seafood you like

1 - 2 tablespoons flour

5 - 6 potatoes

Precook the seafood and potatoes. Drain, dice, and put in a clean pot. Add enough milk to suit the number of guests. Once the milk is hot, add onions, parsley, and flour. Cook until it thickens and the onions are cooked.

COQUINA (CLAM) SOUP

Serves 2

1 onion, finely chopped

2 ½ cups heavy cream

2 cups washed coquinas

Salt and pepper

1 cup water

Paprika

2 cups white wine

Put the onion in the bottom of a large pot and add the coquina; pour in the water and wine and bring to a boil. Simmer for 15 - 20 minutes until the shells open and their juice blends with the wine. This should produce about 1 - 1 ½ quarts of broth. Carefully strain the broth through several thicknesses of cheesecloth in a colander and then stir in the cream. Heat, but do not bring to a boil. Serve with a dash of paprika.

SPICY SHRIMP

Serves 6

3 pounds unpeeled shrimp
½ cup olive oil
Salt and pepper, to taste
Juice of 3 lemons

¼ - ½ cup) Worcestershire sauce (Salsa
Inglesa)
Ají sauce
8 tablespoons butter

First, thoroughly rinse raw shrimp with shells still on. Place the shrimp in a large baking pan in a single layer. Over top of the shrimp, drizzle about ½ cup of olive oil. Generously sprinkle black pepper over top of the shrimp. Be very generous! Sprinkle generously with salt. Squeeze the juice of about 3 - 4 lemons over top of all of the shrimp. GENEROUSLY drizzle Worcestershire all over the shrimp. Drizzle ají over the top to your desired temperature.

Cut stick of butter into pats. Place the pats of butter on top of the shrimp as evenly spaced as possible.

Place the pan of shrimp in your oven over preheated very high heat for just about 15 minutes until the shrimp are no longer translucent (you could also sauté it). Serve with bread and make a peeling party of it...Careful not to eat the veins (unless you like them - most people don't).

Adapted from a recipe on www.thepioneerwoman.com.

SZECHWAN SHRIMP

Serves 2 - 3

1 pound shrimp, peeled and cooked
Cooking oil
1 - 2 teaspoons ginger, minced
3 large garlic cloves, minced
1 - 2 tablespoons green or red bell
pepper
4 - 6 green onions, diced

2 teaspoons ketchup
1 tablespoon flour
1 tablespoon Worcestershire sauce
(optional)
1 tablespoon sugar
¼ cup water
½ teaspoon salt

Heat oil in saucepan. Add shrimp, ginger, and garlic, and sauté for 5 minutes. Add bell pepper and onion, and cook for 5 more minutes. Prepare the remaining ingredients for

SELECTIONS FROM THE SEA

sauce by blending together in a separate bowl. Add sauce to shrimp and cook until sauce thickens. Serve with rice.

SHRIMP AND PAPAYA SALAD

Serves 2 - 3

Salad:

1 cup cubed papaya
1 pound shrimp, shelled and cooked

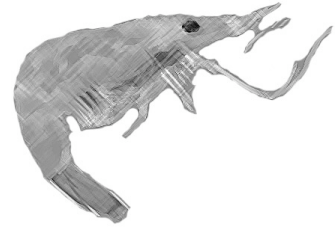
1 green pepper, diced
1 cup cooked rice, chilled

Vinaigrette:

2 tablespoons fresh lime juice
1 tablespoon oil
½ teaspoon sugar or honey

2 teaspoons curry powder
1 teaspoon cumin
1 garlic clove, minced

Mix vinaigrette ingredients well and let meld for 10 minutes before combining with salad ingredients.



GARLIC SHRIMP

Serves 2 - 3 as main dish

¾ pound shrimp in their shells
4 tablespoons olive oil
4 cloves garlic, sliced
¼ teaspoon red pepper flakes

1 tablespoon lemon juice
2 tablespoons white wine
2 tablespoons minced parsley
Salt

Shell the shrimp. Sprinkle with salt. Heat oil, garlic, and red pepper flakes in a skillet over medium-high heat. Add shrimp and cook about 1 minute or until pink. Stir in lemon juice, wine, and parsley. Serve immediately.

Recipe by Suzy Loughlin

GRIFFIN'S FRIED GARLIC SHRIMP

Serves 2

½ pound shrimp, peeled and de-veined
Salt
Pepper
1 egg

5 cloves garlic, minced
1 cup flour
Oil

Season shrimp with a sprinkle of salt and pepper. In a medium bowl, beat the egg. Add shrimp and toss. Add minced garlic and combine. In a zip-lock bag, combine shrimp and flour and shake vigorously to coat. Heat at least ½" of oil in a frying pan. Shake off excess flour from shrimp, and fry in oil.

MAMA JANE'S JAMBALAYA

Serves 4

| | |
|---|-----------------------------|
| 2 cups uncooked rice | 1 - 2 garlic cloves, minced |
| Shrimp, chicken, ham, and/or sausage (any combination) | Salt and pepper |
| 1 large onion, chopped | Ají or jalapeño pepper |
| 4 celery stalks, chopped | Parsley |
| 2 tomatoes, chopped | 1 bell pepper, chopped |

Cook rice and set aside. Brown meat and shrimp in butter. Add the remaining ingredients and let cook for about 20 minutes. Add rice and seasonings to taste.

JESSICA'S DELICIOUS FRIED SHRIMP (A LA ISLA PUNA)

Serves 2 - 3

| | |
|------------------------------------|----------------------|
| 2 eggs, beaten | ¼ cup oil for frying |
| ½ teaspoon salt | ½ cup flour |
| 3 cloves minced garlic | ¼ cup honey or syrup |
| 5 crushed Ritz/Ritz crackers | Juice of 1 lemon |
| 1 pound peeled and deveined shrimp | |

In bowl, mix eggs, salt, garlic, and crackers. Add shrimp and let sit for one hour. When you're ready to cook, heat oil in frying pan. Lightly coat shrimp with flour and honey or syrup. Fry 4 - 5 minutes until shrimp is pink (don't overcook). Sprinkle with lemon juice.

PAD PRIG KING – GREEN BEANS AND SHRIMP

Serves 1 - 2

| | |
|-------------------------|-------------------------------|
| 1 tablespoon canola oil | 1 ½ cups green beans |
| 2 teaspoons sugar | 2 teaspoons sesame oil |
| ½ cup shrimp | 1 tablespoon curry (to taste) |

Stir-fry shrimp and beans in oil, stirring occasionally. Add curry (paste or powder), sesame oil, and sugar. Serve when shrimp is cooked (and beans still crunchy).

SHRIMP PASTA IN A FOIL PACKAGE

Serves 4

| | |
|-------------------------|--|
| ¼ cup olive oil | 1 pound large shrimp, peeled And de- veined |
| 2 cloves garlic, minced | Salt and pepper, to taste |
| 3 cups diced tomatoes | Fresh parsley, minced |
| ¼ cup white wine | |

SELECTIONS FROM THE SEA

½ pound spaghetti or tallarín, uncooked

Red pepper flakes, to taste

Cook pasta for half the recommended cooking time. Pasta should still be very firm. In a large skillet or pot, heat olive oil over medium heat. Add garlic and sauté for a minute. Dump in the tomatoes and wine. Stir the mixture together, season with salt and pepper, and allow to cook for ten minutes.

Meanwhile, prepare a large parcel of heavy duty aluminum foil. It should be large enough to hold the entire pasta dish.

Throw the shrimp on the top of the pasta sauce. Throw the drained pasta over the top, then pour the whole dish onto the foil. Tightly wrap the foil into a parcel.

Bake over medium-high flame for 15 minutes. Remove from oven and keep warm until serving. Open the foil parcel right before serving. Drizzle a tiny bit of olive oil over the top. Squeeze on lemon juice, if desired.

Adapted from a recipe found on www.thepioneerwoman.com.

SPICY MANGO SHRIMP (A MIRACLE)

3 tablespoons canola oil

1 cup chopped onion

2 teaspoons minced garlic

1 teaspoon red chili flakes

½ cup chopped fresh basil

2 tablespoons soy sauce

1 tablespoon fresh lime juice

1 pound peeled and deveined shrimp

2 cups cubed fresh or frozen mango
(preferably unripe)

¼ cup toasted shredded unsweetened
coconut

Heat oil in a large frying pan over medium heat and sauté onion in oil until golden brown, about 5 minutes. Add garlic, chili flakes, basil, soy sauce, lime juice, and shrimp; cook, stirring often, until shrimp turn pink, 3 - 5 minutes. Add mango and cook until warm. Sprinkle with toasted coconut and serve with steamed rice.

Adapted from a recipe found on www.sunset.com.

POLLO PICKS

Poultry in Ecuador is sold by the pound or by the bird. When purchasing poultry, avoid foul odor, or skin that is bruised or torn. Also try to avoid buying chicken from places where it has clearly been exposed to flies. The bird should be plump and not discolored. Remove the giblets from the body cavity and store separately. Store chicken in the coldest part of the refrigerator for up to 2 days. Cooked birds may be kept refrigerated for up to 3 days. Before cooking, pluck off the remaining feathers and singe off fine hairs.



Salmonella bacteria are present on most poultry. To avoid any chance of bacterial contamination, it is important to handle raw poultry with care. Never eat poultry raw. After cutting or working with poultry, thoroughly wash utensils, cutting tools, cutting board and your hands with soap.

Boning chicken will shorten the cooking time but will also slightly diminish flavor.

Poultry is a good source of protein, and also contains niacin and iron.

High altitude cooking methods are the same for both poultry and meat. See carne section for tips.

PERFECT ROAST CHICKEN

Serves 4 - 6

1 approximately 1.5 kg chicken
2 medium onions
2 carrots
2 sticks of celery
1 bulb of garlic

Olive oil
Salt and pepper
1 lemon
A small bunch of fresh thyme, rosemary,
bay or sage, or a mixture

To prepare chicken:

Take chicken out of the fridge 30 minutes before it goes into the oven. Preheat your oven on high flame. Wash and roughly chop vegetables. Break the garlic bulb into cloves, leaving unpeeled. Pile all the vegetables and garlic into the middle of a large roasting tray and drizzle with olive oil. Drizzle the chicken with olive oil and season well with salt and pepper, rubbing it all over the bird. Carefully prick the lemon all over, using the tip of a sharp knife. Put the lemon inside the chicken's cavity, with the bunch of herbs.

To cook chicken:

Place the chicken on top of the vegetables in the roasting tray and put it into the preheated oven. Cook the chicken for around 1 hour and 20 minutes. Baste the chicken halfway through cooking and if the veggies look dry, add a splash of water to the tray to stop them burning. When cooked, take the tray out of the oven and transfer the chicken to a board to rest for 15 minutes or so. Cover it with a layer of tinfoil and a towel.

To carve chicken:

Remove any string from the chicken and take off the wings. Carefully cut down between the leg and the breast. Cut through the joint and pull the leg off. Repeat on the other side, then cut each leg between the thigh and the drumstick so you end up with four portions of dark meat. Place these on a serving platter. You should now have a clear space to carve the rest of your chicken. Angle the knife along the breastbone and carve one side off, then the other. When you get down to the fussy bits, just use your fingers to pull all the meat off, and turn the chicken over to get all the tasty, juicy bits from underneath. You should be left with a stripped carcass and a platter full of lovely meat.

Adapted from a recipe found on www.jamieoliver.com.

CHRISSY T'S CHINESE DUMPLINGS

½ pound of meat (pork, chicken, or
ground beef)
Half a head of lettuce if big or whole
head if small
3 Maggi cubes (gallina)

12 empanada discs
Small onion or half if big
2 eggs

Bring 2 - 4 liters of water to a boil with the three maggi cubes. While the water is heating up, chop the cabbage. When the water boils add the cabbage and cook 15 minutes.

Chop the onion, saute with garlic cloves, and set aside. Cook the meat with soy sauce, sweet and sour sauce, curry, and grated ginger, and set aside. When the cabbage is very soft use a strainer to remove the water, and set aside, save the water! Do not turn off the stove, keep the water boiling! Break and separate egg whites from the yolks. Beat the yolks and add to the boiling broth. Brush the outer edges of the empanada discs with the egg whites. Fill disc with cabbage, meat, onion, and press closed. Add to boiling water for 5 - 8 minutes. Dumplings!!!

If you want a more of a wonton, fry the empanadas in some oil. One of the discs opens in the broth? Have extra cabbage, onion, egg whites, meat, just add to the broth! No big deal, you now have a delicious soup. Save the broth and eat as soup, with the dumplings!!

Recipe by Christine Tenzycki

CHRISSY T'S CRAZY DELISH INDIAN

6 tomatoes, peeled and deseeded
1 large red onion, chopped
1 cup of milk or yogurt, or ½ cup of cream
Lots of garlic cloves
Curry

Pepper
Aji
Any other spices you like!!
Cooked chicken cubes (rotisserie chicken works well)

Sauté the onion with some oil and garlic cloves (to taste, I like 4 - 6). When the onion is transparent and cooked all the way, add the chopped up tomatoes. Add the spices. Cook until the tomatoes are just paste. Add to blender, blend until puree. Place back in the pan. Add milk (or whatever dairy) and chicken. Spice to taste and heat until hot. It's that easy!! Enjoy! Super cheap.

Recipe by Christine Tenzycki

JULIE'S CHICKEN CURRY

Serves 2

½ cup honey
¼ cup mustard
2 tablespoons water
1 small onion, diced
2 cloves garlic, minced

2 teaspoon freshly grated ginger
Pinch of red pepper flakes
3 teaspoons curry powder
½ pound boneless chicken, cooked
Steamed veggies as desired (optional)

Combine all of the ingredients except the chicken and veggies and bring to a boil. While it simmers, add cooked chicken and/or veggies. Serve over rice.

CURRIED CHICKEN SALAD

Serves 3 - 4

2 chicken breast halves, cooked and
chopped or shredded
¼ cup finely chopped celery
4 green onions, thinly sliced
2 tablespoons chopped walnuts
1 apple, shredded

5 - 7 tablespoons mayonnaise, or to taste
1 teaspoon curry powder, or to taste
1 tablespoon chopped fresh parsley
(optional)
Salt and pepper, to taste

In a bowl, combine the chopped chicken, chopped celery, green onion, walnuts, and apple. Toss to blend. Stir in the mayonnaise, curry powder, and parsley, if using. Add more mayonnaise, as needed, and season to taste with salt and pepper.

Adapted from a recipe found on www.southernfood.about.com.

CHICKEN PASTA SALAD WITH CUCUMBER

1 cup uncooked macaroni
¾ cup mayonnaise
1 tablespoon onion, finely chopped
½ teaspoon salt

¼ teaspoon pepper
1 ½ cups cooked chicken, chopped
1 cup chopped cucumber
1 stalk celery, chopped

Cook macaroni according to package directions. Combine mayonnaise, onion, salt and pepper in bowl; mix well.

Add warm macaroni, chicken, celery, and cucumber; mix gently. Chill, covered, for 2 hours or longer.

Adapted from a recipe found on www.southernfood.about.com.

SOUTHWESTERN CHICKEN SHEPHERD'S PIE

Serves 8 - 10 (*a labor-intensive dish, good for holidays and potlucks*)

3 tablespoons oil
2 tablespoons butter
1 onion, chopped
2 stalks celery, diced
1 red pepper, seeded and diced
1 green pepper, seeded and diced
3 garlic cloves, minced
1 ají, seeded and minced
¼ cup flour
8 cups shredded cooked chicken

¾ cup white wine
3 cups water
¼ cup parsley, chopped
½ teaspoon dried thyme
1 teaspoon red pepper flakes
1 cup corn kernels
Salt and pepper to taste
2 recipes Classic Mashed Potatoes
2 teaspoons powdered ají, (or a few
drops liquid ají instead)

In a large skillet, heat oil and butter. Add onions and cook, stirring, until slightly brown. Add the celery, red pepper, and green pepper and cook 3 minutes more. Add the garlic and aji and cook 3 minutes more. Add the flour and cook, stirring constantly, until the flour starts to brown, about 5 minutes. Add the chicken and wine and stir until the wine begins evaporating, about 1 minute. Slowly add the water, and continue to cook, stirring frequently, until the mixture begins to thicken. Reduce heat and bring the mixture to a low boil, and cook about 10 minutes more, until the mixture thickens and is creamy.

Remove from heat and add parsley, thyme, red pepper flakes, and corn. Season to taste with salt and pepper, and transfer to a baking dish (about 9" x 13").

To make chili mashed potatoes, mix Classic Mashed Potatoes with 1 teaspoon of the aji powder (or drops) in a bowl and stir to combine. Spoon the chili mashed potatoes on top of the chicken and bake 20 - 30 minutes over high flame or until the potato peaks are golden and the chicken mixture is bubbling.

Serve immediately. This is a homey dish that makes a good addition to a Thanksgiving or Christmas meal. The filling can be made a day in advance.

Adapted from a recipe from www.fostersmarket.com.



CHICKEN PARMESAN

Serves 4

3 tablespoons olive oil
1 teaspoon chopped fresh rosemary leaves
1 teaspoon chopped fresh thyme leaves
1 teaspoon chopped fresh parsley leaves
Salt and freshly ground black pepper

8 (3-ounces each) chicken cutlets
1 ½ cups tomato/marinara sauce
½ cup shredded mozzarella
¼ cup grated Parmesan
2 tablespoons butter, cut into pieces

Preheat the oven on high flame to as hot as you can get it.

Stir the oil and herbs in a small bowl to blend. Season with salt and pepper. Brush both sides of the cutlets with the herb oil. Heat a large skillet over high heat. Add the cutlets and cook just until brown, about 2 minutes per side. Remove the skillet from the heat and transfer chicken to a baking dish.

Spoon the marinara sauce over and around the cutlets. Sprinkle 1 teaspoon of mozzarella over each cutlet, then sprinkle 2 teaspoons of Parmesan over each. Sprinkle the butter pieces atop the cutlets. Bake over high flame until the cheese melts and the chicken is cooked through, about 3 - 5 minutes.

Adapted from a recipe by Giada De Laurentiis.

WHITE BEAN AND CHICKEN SALAD WITH CITRUS VINAIGRETTE

Serves 2

2 cups cooked white beans
1 skinless chicken breast
2 tablespoons oil
½ red onion, chopped

1 clove garlic, minced
½ cucumber, thinly sliced
1 red bell pepper, seeded and chopped
2 tablespoons cilantro and mint, chopped

Vinaigrette:

¼ cup orange juice
1 teaspoon grated orange rind
1 tablespoon vinegar

1 teaspoon cumin
2 tablespoons olive oil
Salt and pepper to taste

Place rinsed beans in salad bowl and set aside. Grill the chicken breast in a skillet. When done, let cool 5 minutes and sliced thinly. Coat the skillet with oil and sauté the onions. Add the garlic and continue to sauté for one more minute. Add to beans. Add the cucumber, red bell pepper, cilantro, and mint. Toss. In a small bowl, whisk together the orange juice, orange zest, vinegar, cumin, olive oil, salt, and pepper. Toss into salad. Top with sliced chicken.

CHICKEN MARINADE

½ cup honey
1/3 cup soy sauce
2 tablespoons olive oil

2 tablespoons lime juice
3 - 5 garlic cloves, minced

Combine all ingredients. Marinate chicken for at least 30 minutes.

HONEY-BAKED CHICKEN

Serves 6 - 8

1 3-pound chicken, cut up
1 teaspoon salt
1 teaspoon curry powder

2 tablespoons mustard
1/3 cup butter, melted
1/3 cup honey

Arrange chicken in a shallow baking dish, skin side up. Combine rest of ingredients and pour over chicken. Bake on medium-high flame for about 1 hour 15 minutes or until tender, basting every 15 minutes.

SWEET AND SOUR CHICKEN

Serves 6 - 8

3 pounds chicken

Garlic salt (optional)

¾ cup sugar OR pineapple juice
1 teaspoon minced garlic
Chopped green pepper (optional)
Chopped pineapple (optional)
½ cup vinegar

¼ cup chicken stock
3 - 4 tablespoons ketchup
1 tablespoon soy sauce
Sesame seeds
Green onions, sliced thin

Sprinkle chicken with garlic salt if desired and place in a baking dish. Let sit in refrigerator for 1 hour.

Meanwhile, make the sauce by combining sugar/pineapple juice, garlic, green pepper, pineapple, vinegar, chicken stock, ketchup, and soy sauce in a bowl. Pour over chicken and bake in oven or cook in a frying pan. After chicken is done, garnish with sesame seeds and onions.

TANGY CHICKEN

Serves 2 - 3

½ cup flour
1 teaspoon salt
1 pound chicken pieces
Oil for frying
2 tablespoons butter
½ cup chopped celery

1 cup water
2 tablespoons brown sugar, packed
½ teaspoon pepper
½ cup chopped onion
1 cup ketchup

Combine flour and salt; roll chicken pieces in flour mixture to coat. Fry in skillet in hot oil until browned on all sides. In a small bowl, combine melted butter, chopped celery, water, brown sugar, pepper, onion, and ketchup; pour over chicken in a skillet. Cover and simmer 30 minutes, or until thick and celery and onion are tender.

AVOCADO RICE WITH CHICKEN

Serves 2 - 4

2 ½ teaspoons oil
1 ½ green peppers, chopped
½ cup corn
1 - 2 tomatoes, chopped
3 cups cooked rice

½ - ¾ pound chicken
¼ cup oil
½ cup lemon juice
1/3 cup chopped fresh parsley
1 avocado, chopped

Heat oil in skillet over medium-low heat. Add green peppers, corn, and tomatoes, and sauté for 5 minutes. Stir in cooked rice and continue cooking for another 5 minutes. Keep warm. Heat other oil and cook chicken 5 minutes per side, or until cooked through. Remove chicken from pan and discard skin. Remove from heat and add lemon juice and parsley. Gently stir chopped avocado into rice mixture. Place chicken on top of each plate of rice. Pour lemon juice over chicken and rice. Arrange more avocado slices on top.

CHICKEN ENCHILADAS

Serves 6

| | |
|---|------------------------|
| 1 (8 ounce) package cream cheese | 2 cups cooked beans |
| 1 cup salsa | 6 (6") flour tortillas |
| 2 cups chopped cooked chicken breast meat | 2 cups shredded cheese |

In a small saucepan over medium heat, combine the cream cheese and salsa. Cook, stirring until melted and well blended. Stir in chicken and beans. Fill tortillas with the mixture, roll and place into lightly greased baking dish. Spread cheese over the top. Cover with aluminum foil.

Bake for 30 minutes or until heated through over medium-high flame. Garnish with your favorite toppings such as lettuce and tomatoes.

CARNE CONCOCTIONS

If you are like many volunteers, the prospect of buying and preparing meat in Ecuador is a bit intimidating. Here's some help.

BUYING MEAT

Meat should be firm, have no foul odor and no brown or greenish tinge. Beef should be bright red, and other meats somewhat paler. Fat should be white.

You will likely not see meat in the form you are accustomed to except at city supermarkets or some butcher shops.



Meats should be stored for no more than one or two days without refrigeration if kept in a cool place (not the coast or oriente). Wrap loosely to let air in, but keep flies and dirt off.

Tough meat can be tenderized by marinating (overnight only if you have a fridge). Tenderize meat by soaking in 2 cups water with 1 teaspoon vinegar or lemon juice and spices.

Meat should be well cooked to destroy all bacteria. Pork, chicken, and shellfish should all be white when cooked, not pink.

HIGH ALTITUDE HINTS: MEAT AND POULTRY

When cooking meat in high altitudes, you must take care to retain the moisture in the meat to prevent toughening. It is also necessary to take care in cooking meats thoroughly. It may not be necessary to make adjustments in cooking time at altitudes up to 7,000 feet, but longer cooking times are needed for higher altitudes.

Since meat has so much liquid (its natural juices), the rapid evaporation rate of these juices during cooking and their lower boiling point both affect the cooking results. Use generous amounts of moistening agents such as wine, consommé, broths, and sauces. Use heavy pans with tight-fitting lids. The use of aluminum foil is helpful in the prevention of evaporation of the natural juices. You may find the use of the pressure cooker to be the most successful and quickest method use in cooking many meats at high altitudes.

ENGLISH – SPANISH MEAT CUT VOCABULARY

Res

Cortes blandos

Cadera

Club steak

Delmónico

Beef

Tender cuts

Rump

Club steak

Prime rib

CARNE CONCOCTIONS

Lomo de falda
Lomo fino
Molida especial
Molida corriente
Pulpa Blanca
Pulpa Negra
Pulpa Redonda

Cortes Menos Blandos

Asado
Asado de brazo
Asado de paleta
Caucara
Cola
Costilla
Estofado
Falda
Lomo de aguja
Milanesa
Minoneta
Pecho
Pulpa
Rodaja
Salón
Steak de brazo
Steak al minute
Steak de paleta
Steak suizo

Cerdo

Asado de brazo
Brazo
Chuleta
Costilla y pecho
Lomo
Lomo delantero
Lomo enrollado
Osobuco
Paleta
Paleta enrollado
Pata
Pierna
Pierna enrollado
Steak de brazo
Steak de paleta
Tocino, tocineta

Borrego y Ternera

Loin
Tenderloin; Filet Mignon
Ground round
Ground beef
Outside round; bottom round
Inside round; top round
Knuckle

Less-Tender Cuts

Roast
Arm roast
Blade roast
Flank steak
Tail
Rib
Stew meat
Flank fillet
Chuck steak
Chuck
Flank
Brisket
Round steak
Shank
Eye round
Arm steak
Minute steak
Blade steak
Swiss steak

Pork

Arm roast
Picnic shoulder
Chop
Spareribs
Loin
Boston butt
Crown roast
Shank
Blade roast
Rolled Boston butt
Foot
Ham
Rolled fresh ham roast
Arm steak
Blade steak
Bacon

Lamb and Veal

| | |
|----------------------|------------------|
| Cortes blandos | Tender cuts |
| Asado de Costilla | Rib roast |
| Asado de lomo | Loin roast |
| Chuleta de Costilla | Rib chop |
| Chuleta del lomo | Loin chop |
| Costilla | Ribs |
| Costillitas | Riblets |
| Lomo enrollado | Rolled loin |
| Pierna | Leg |
| Steak de pierna | Round steak |
| Cortes menos blandos | Less tender cuts |
| Espaldilla | Shoulder |
| Osobuco | Shank |
| Pecho | Brisket |
| Rodajitas | Neck slices |
| Steak de brazo | Arm steak |

HOW TO PAN-FRY A STEAK

You do not want to boil or poach your steak. A steak needs to be fried or grilled, it's juices sizzling and fat perfectly browned and caramelized and beautiful with character and depth.

If you like your steak a little pink on the inside and you get your meat from a local butcher instead of a supermarket where it's already wrapped up when you choose it, ask your butcher to cut your steak 2 – 2 ½ centimeters thick. This will give you the tender pink center that is so delicious.

The first thing you need to do is make sure your frying pan is very hot. Heat it up for 5 minutes before throwing your steak on. Don't add any oil or butter to the pan; you want dry heat for your steak. This is important.

Season your steak with salt, and good amount of pepper, and give it a good little olive oil drizzle. Use a spoon to smear it in, turn it over, and do the same thing to the other side.

If you want to do a marinade, try soaking your steak in olive oil, fresh rosemary, lemon zest, pepper, and minced garlic for a couple of hours. Add your salt right before you cook it.

Throw your steak in the pan and give it a pat-down. You want to let it cook on each side for about a minute before flipping it over and patting it down again. Remember: your pan needs to be nice and hot. Continue to flip and pat every 60 seconds until the meat is cooked to your liking.

If you want to give your steak a little flavor boost, you can do a few things. Try cutting a garlic clove in half and rubbing it on top of your steak after you've flipped it a couple of times. Take a chunk of butter and do the same. Pat it with a fresh rosemary sprig. It doesn't seem like it'll make much of a difference, but it will.

When you cook meat, you need to use your instincts. Like most things worthwhile, it takes practice. Don't expect to make a perfect steak the first time you try, or even the second or third time you try. It will take patience and persistence, but it's a great thing to master.

Adapted from www.jamieoliver.com.

FILET MIGNON: A PRIMER



Most Ecuadorian butcher shops are not equipped with the technology or know how to cut good steaks. However, you really don't need any special equipment to butcher Filet Mignon, as there is no bone involved. You can get it wherever cows are hanging and bloody on the side of the street.

The filet mignon comes from the tenderloin, which runs along side of the lower spine and

is non-weight bearing (which is why it is so tender). Usually Ecuadorian butchers quarter the cow and leave the tenderloin connected to hip. Look for a longish piece of meat hanging off the bone, about three inches thick at the widest point. This is the "lomo fino," which is what you want. If your butcher is like mine, all "puro" costs the same, meaning you can score filet mignon for \$1.70 a pound.

Take the tenderloin home, wash it, and trim off the fat. Cut into steaks about an inch and a half wide. Season with salt, and if you're feeling dangerous, pepper as well. That's it. Then pan-fry in a minimum of oil for 2 - 3 minutes on each side on high flame. You want the outside to be seared (i.e. almost burnt) and the inside to be rare. This assures that the filet (which is very low in fat...for beef) won't dry out and become tough. If you do it right, this cut should be extremely tender and tasty.

*If you are feeling really dangerous, sauté some onions in oil and panela then top the steaks with the sweet and tangy concoction before serving.

Excerpt by Chris Beeler.

PERFECT ROAST BEEF

| | |
|---|---|
| 1.5 kg topside of beef (or rib of beef) | A small bunch of fresh thyme, rosemary, |
| 2 medium onions | bay or sage, or a mixture |
| 2 carrots | Olive oil |
| 2 stalks celery | Salt and freshly ground black pepper |
| 1 bulb of garlic | |

Take your beef out of the fridge 30 minutes before it goes into the oven. Preheat your oven on high flame. Rinse and roughly chop vegetables. Break the garlic bulb into cloves, leaving them unpeeled. Pile all the vegetables, garlic and herbs into the middle of a large roasting tray and drizzle with olive oil. Drizzle the beef with olive oil and season well with salt and pepper, rubbing it all over the meat. Place the beef on top of the vegetables.

Place the roasting tray in the preheated oven and cook for 1 hour for medium beef. If you prefer it medium-rare, take it out 5 - 10 minutes earlier. For well done, leave it in for another 10 - 15 minutes. Baste the beef halfway through cooking and if the vegetables look dry, add a splash of water to the tray to stop them burning. When the beef is cooked to your liking, take the tray out of the oven and transfer the beef to a board to rest for 15 minutes or so. Cover it with a layer of tinfoil and a towel and set aside.

Adapted from a recipe found on www.jamieoliver.com.

BASIC MEATLOAF

| | |
|-------------------------------|-------------------------------|
| 1 pound ground beef | ½ cup bread or cracker crumbs |
| ½ cup ketchup or tomato sauce | Salt and pepper, to taste |

CARNE CONCOCTIONS

1 onion, minced
1 green pepper, minced

1 egg

Combine all ingredients and mix well using hands. Form into a loaf shape and put in loaf pan, or use muffin tin. Spread additional ketchup/sauce over top. Bake 40 - 60 minutes over medium-high flame.

POT-ROAST MEATLOAF

Serves 4 - 6

2 medium onions
Olive oil
Salt and pepper
1 teaspoon cumin
1 heaped teaspoon ground coriander
12 plain crackers (Saltin Noel or Ricas would work)
2 teaspoons dried oregano
2 heaped teaspoons Dijon mustard
1 pound ground beef
1 large egg

2 cloves of garlic
½ - 1 fresh ají, to your taste
1 teaspoon paprika
2 tablespoons worcestershire sauce (salsa inglesa)
2 cups cooked garbanzo beans
4 cups diced tomatoes
2 tablespoons balsamic vinegar
2 sprigs fresh rosemary
12 slices bacon
1 lemon

To make meatloaf:

Preheat the oven on high flame. Peel and finely chop one of the onions. Place in a large frying pan on a medium high heat with 2 glugs of olive oil and a pinch of salt and pepper. Add the ground cumin and coriander. Fry and stir every 30 seconds for around 7 minutes or until softened and lightly golden, then put into a large bowl to cool. Wrap the crackers in a kitchen towel and smash until fine, breaking up any big bits with your hands. Add to the cooled onions with oregano, mustard and ground beef. Crack in the egg, and add another good pinch of salt and pepper. With clean hands, scrunch and mix up well. Move the meat mixture to a board, then pat and mold into a large football shape. Rub it with a little oil. You can either cook it straight away or put it on a plate, cover and place in the refrigerator until needed. Place the meatloaf in a baking dish, put into the preheated oven, and bake for a half an hour.

To make meatloaf sauce:

Peel the other onion and chop into ¼" pieces. Peel and slice the garlic. Finely slice the ají. Place the onion, garlic and ají in a large pan on a medium high heat with 2 glugs of olive oil, the paprika, and a pinch of the salt and pepper. Cook for around 7 minutes, stirring every 30 seconds until softened and lightly golden. Add the worcestershire sauce, garbanzo beans, tomatoes and balsamic vinegar. Bring to a boil then turn the heat down and let it slowly simmer for 10 minutes. Taste the sauce and season with salt and pepper if needed.

To finish off and serve meatloaf:

Pick the rosemary leaves off the woody stalks and put them into a little bowl. Remove the

meatloaf from the oven and pour all the fat from the pan over the rosemary leaves and mix up well. Spoon your sauce around the meatloaf. Lay the slices of bacon over the top of the meatloaf and sauce. Scatter over the rosemary leaves. Put the pan back in the oven for 10 - 15 minutes, until the bacon turns golden and the sauce is bubbling and delicious. Serve with some wedges of lemon for squeezing over—this will add a nice sharp twang.

Adapted from a recipe found on www.jamieoliver.com.

BURGERS

Serves 6

| | |
|--|--|
| Olive oil | 1 teaspoon salt |
| 2 medium red onions, peeled and finely chopped | 1 heaped teaspoon pepper |
| 6 Saltin Noel or Ricas crackers or 4 slices of bread, crusts removed | 1 large egg, beaten |
| 1 pound ground beef | A handful of freshly grated Parmesan cheese (optional) |
| | All the fixings |

Put a splash of olive oil into a large frying pan on a low heat and add your chopped onions. Fry for 10 minutes or until the onions have softened, then put to one side to cool completely. Blitz your crackers or bread in a blender until you get a fine consistency. Oil a clean baking tray and put aside. Put the cooled onions into a large bowl with the rest of the burger ingredients. Use clean hands to scrunch the mixture together really well, then divide into 6 equal balls for burgers. Wet your hands and roll the balls into burger-shaped patties about 1" thick. Place your burgers on the oiled baking tray and pat with a little olive oil. Cover them with plastic wrap and put the tray into the fridge for at least an hour, or until the patties firm up.

If using a frying pan or griddle pan, put it on a high heat now and let it get really hot. However you decide to cook your burgers, they'll want around 3 or 4 minutes per side – you may have to cook them in batches if your pan isn't big enough.

Adapted from a recipe found on www.jamieoliver.com.

CLASSIC MEATBALLS

Makes 18 meatballs

| | |
|--------------------------------------|---|
| 1 pound ground beef | 1 ½ slices white bread, torn into small pieces (1 cup packed) |
| 1 garlic clove, minced | ¼ cup milk |
| ½ cup finely grated parmesan cheese | Marinara Sauce |
| 3 tablespoons finely chopped parsley | Olive oil (about 3 tablespoons) |
| 2 eggs, lightly beaten | |
| Salt and pepper | |

CARNE CONCOCTIONS

In a large bowl, stir together beef, garlic, cheese, parsley, eggs, and $\frac{3}{4}$ teaspoon salt; season with pepper. Soak bread in milk for 5 minutes, and then stir into meat mixture. Lightly dampen hands, and roll mixture into 1 $\frac{1}{2}$ " balls, transferring to a rimmed baking sheet as you work. Stick meatballs in the freezer for about 10 minutes, or in the refrigerator for an hour.

Bring sauce to a gently simmer in a medium pot. Meanwhile, heat oil in a frying pan over medium-high heat. Working in batches, fry meatballs, shaking pan occasionally, until brown all over, about 6 minutes, and transfer to sauce. Simmer until meatballs are cooked through, about 10 minutes. Toss with spaghetti.

Adapted from a recipe found on www.marthastewart.com.



BBQ MEATBALLS

Serves 4

For Meatballs:

$\frac{1}{2}$ kilo ground beef

$\frac{3}{4}$ cups oats

1 cup milk

3 tablespoons finely minced onion

1 $\frac{1}{2}$ teaspoon salt

Plenty of pepper, to taste

For Cooking Meatballs:

1 cup flour (coating for frozen meatballs)

Canola oil

For Sauce:

1 cup ketchup

2 tablespoons sugar

3 tablespoons vinegar

4 - 6 tablespoons onion

2 tablespoons worcestershire (salsa inglesa)

1 dash ají sauce

In a bowl, combine all meatball ingredients. Roll into medium-small balls and place on a cookie sheet. Place sheet in freezer for 5 minutes. Remove meatballs from freezer and immediately dredge in unseasoned flour. Brown meatballs in canola oil until just brown (do not cook all the way through). Place into a baking dish.

Combine all sauce ingredients. Pour over meatballs and bake on medium flame for 45 minutes. Mashed potatoes are a good accompaniment.

Adapted from a recipe found on www.thepioneerwoman.com.

LASAGNA

Serves 12

1 kg ground beef

2 cloves garlic, minced

| | |
|--|--|
| 2 cans (15 ounces each) whole tomatoes | ½ cups grated or shredded parmesan cheese |
| OR 4 cups fresh tomatoes, chopped | |
| 2 cans (6 ounces) tomato paste | 2 tablespoons dried parsley |
| 2 tablespoons dried parsley | 1 teaspoon salt |
| 2 tablespoons dried basil | 1 pound sliced mozzarella |
| 1 teaspoon salt | 1 package (10 ounces) lasagna noodles, cooked al dente |
| 3 cups ricotta | |
| 2 eggs, beaten | |

Meanwhile, in a large skillet or saucepan, combine ground beef and garlic. Cook over medium-high heat until browned. Drain half the fat. Add tomatoes, tomato paste, 2 tablespoons parsley, basil and salt. Set aside.

In a medium bowl, mix ricotta, beaten eggs, parmesan, 2 more tablespoons parsley, and 1 more teaspoon salt. Stir together well. Set aside.

To assemble:

Arrange 4 cooked lasagna noodles in the bottom of a baking pan, overlapping if necessary. Spoon half the ricotta mixture over the noodles. Spread evenly. Cover ricotta with a layer of mozzarella cheese. Spoon a little less than half the meat mixture over the top. Repeat, ending with meat mixture. Sprinkle top generously with extra parmesan.

Either freeze, refrigerate for up to two days, or bake immediately over medium-high flame oven for 20 - 30 minutes, or until top is hot and bubbly.

Adapted from a recipe found on www.thepioneerwoman.com.

BOLOGNESE SAUCE

Makes 3 cups

| | |
|---------------------------------|--------------------------------------|
| 1 tablespoon butter | 1 cup milk |
| 1 small onion, finely chopped | 1 pinch of nutmeg |
| ½ celery stalk, finely chopped | ½ cup white wine |
| 1 medium carrot, finely chopped | 1 cup chicken stock (water will do) |
| 1 pound ground beef | 2 cups tomatoes, pureed (or one can) |
| Salt | |

Melt butter in a pot over medium heat. Cook onion, celery, and carrot, stirring often, until tender, about 10 minutes. Add beef and ½ teaspoon salt. Cook, stirring and breaking up meat with a fork, until meat has cooked through but not browned, about 8 minutes. Add milk and nutmeg. Reduce heat to medium-low, and simmer gently until liquid reduces by half and meat is above liquid, 20 - 25 minutes. Add wine, and simmer gently until liquid reduces by half, about 15 minutes. Add celery stalk, pureed tomatoes, and ½ teaspoon salt. Gently simmer, stirring occasionally, until sauce is thick, 1 ½ - 2 hours. Season with pepper and serve on pasta.

CARNE CONCOCTIONS

PRESSURE COOKER THAI BEEF AND BROCCOLI

Serves 4

| | |
|------------------------------------|-------------------------|
| 1 pound beef round steak, ½" thick | 2 tablespoons soy sauce |
| 2 tablespoons oil | 4 cups broccoli florets |
| 1 ½ teaspoons grated lemon peel | 1 tablespoon flour |
| 1 teaspoon crushed red pepper | 2 tablespoons water |
| ¾ cup water | 2 cups hot cooked rice |

Trim fat and any bone from the meat. Cut meat into 4 equal portions. Set aside. In a 4 or 6-quart pressure cooker, heat 1 tablespoon of the oil over medium heat. Cook meat, one half at a time, until brown on all sides. Add more oil if needed. Remove the meat and set aside. Drain off fat. Return all the meat to the cooker and add lemon peel, crushed red pepper, ¾ cup water, and soy sauce. Lock lid in place. Over high heat, bring up to pressure. Reduce heat just enough to maintain pressure. Cook for 8 minutes. Quick-release the pressure. Carefully remove lid. Transfer meat to a serving platter and keep warm. Add broccoli to the cooker. Bring to boil; reduce heat. Cover loosely (do not lock lid) and cook for 2 - 3 minutes until broccoli is crisp and tender. Transfer broccoli to service platter with meat. In a small bowl, stir together flour and 2 tablespoons water. Add to liquid in cooker. Cook and stir until thickened and bubbly. Cook and stir for an addition 2 minutes. Serve over rice.

CABBAGE-BEEF CASSEROLE

Serves 6

| | |
|-----------------------------------|-----------------------|
| 1 pound ground beef | 2 ½ teaspoons salt |
| 2 medium onions, chopped | 1 Maggi beef cube |
| 1 medium head of cabbage, chopped | 2 - 2 ½ cups water |
| 2 medium carrots, thinly sliced | ¾ cup long-grain rice |
| ¼ teaspoon pepper | |

In a saucepan over high heat, cook beef and onions until meat is browned, stirring occasionally. Remove from heat and drain fat. Add cabbage, carrots, pepper, and salt; toss to mix well. Pour rice into a 3-quart casserole dish; spoon ground beef mixture on top of rice. Prepare beef broth (2 - 2 ½ cups of boiling water and Maggi beef cube) and pour over beef and rice mixture. Cover casserole; bake over medium-high flame for 1 hour. To serve, stir ground beef mixture with rice to mix well.

CABBAGE ROLLS

| | |
|------------------------------------|----------------------|
| 1 small head of cabbage | ½ cup onion, minced |
| 1 pound ground meat (beef or pork) | 1 egg |
| 1 teaspoon salt | ½ cup rice, uncooked |
| ½ teaspoon pepper | 1 bouillon cube |
| 2 tablespoons ketchup | 2 cups hot water |

Toothpicks

Immerse cabbage leaves in boiling broth for 2 minutes; drain. Combine meat, seasonings, ketchup, onion, egg, and rice; mix thoroughly. Spoon mixture into each leaf. Roll and fasten with toothpick. Place in saucepan with tight lid. Dissolve bouillon cube in hot water; pour over cabbage rolls, cover, and simmer for 1 hour.

CHIMICHANGAS

| | |
|-------------------------|---------------------|
| 1 pound ground meat | ½ teaspoon cumin |
| ½ onion, chopped | ¼ teaspoon cinnamon |
| ½ green pepper, chopped | 12 flour tortillas |
| 1 teaspoon salt | Toothpicks |
| ¼ teaspoon pepper | Cooking oil |

Fry meat until slightly brown; add onion and pepper and continue to cook until they are tender. Add spices and simmer for 20 minutes. Place 2 tablespoons meat mixture in the center of a tortilla; fold tortilla once lengthwise, then from two ends and finally the unfolded side. Secure with toothpicks. Do this with all 12 tortillas. Heat oil for deep frying and fry each chimichanga until it is a nice golden hue. Serve with guacamole.

SECO DE CHIVO

Serves 4 - 6

| | |
|-------------------------|--------------------------------------|
| 2 pounds sheep meat | 1 pound tomatoes, peeled |
| 2 tablespoons oil | 1 cup beer or juice of 6 naranjillas |
| 1 red onion | Cilantro and oregano to taste |
| 3 garlic cloves, minced | 2 bell peppers, chopped |
| 1 teaspoon pepper | 2 cloves |
| 1 teaspoon cumin | 1 tablespoon panela |
| 1 teaspoon achiote | Salt to taste |

In a large pot, sauté the meat with the onion and garlic until the onion is almost golden. Add pepper, cumin, and achiote. Chop or blend the tomatoes and mix with the beer or naranjilla juice and then strain the tomatoes. Mix this liquid with the cilantro, oregano, bell peppers, cloves, and panela. Add this mixture to the large pot in which the meat, onion, and garlic have been sautéed. The sauce must cover the meat. If not, add more beer, juice or water and cook for 1 ½ hours, until the meat is soft and sauce thickens. Add salt to taste.

SANCOCHO

| | |
|------------------------|----------------------|
| 1 pound breast of beef | Onions |
| ½ pound beef bone | Green peppers, diced |

CARNE CONCOCTIONS

Salt and pepper
Parsley
7 cups water
2 plantains
Corn on cob

Yuca
Warm milk
Grated cheese
Butter
Lemon

Make a soup with the first 7 items and strain. Then add pieces of corn on the cob and yuca. In a separate pan, cook the plantains which should be rubbed with the lime juice for 10 - 20 minutes or until soft. Mash while hot, add salt, pepper, warm milk (a little achiote will also prevent discoloration), grated cheese, and butter. Cut onions in fine slices and sprinkle them with salt and lemon juice. To serve soup, pour onto a plate and add to each a piece of corn, yuca, meat, and two tablespoons of the plantain mixture; cover with the onion slice.



SIMPLE, PAN-FRIED PORK CHOPS

Serves 4

4 pieces very thin bone-in pork chops
½ cup flour
½ teaspoon salt
½ teaspoon pepper

Cayenne pepper to taste
¼ cup canola oil
1 tablespoon butter
Extra salt and pepper, to taste

Salt and pepper both sides of the pork chops.

Combine all dry ingredients. Dredge each side of the pork chops in the flour mixture, then set aside on a plate.

Heat canola oil over medium to medium-high heat. Add butter. When butter is melted and butter/oil mixture is hot, cook 2 pork chops at a time, 2 - 3 minutes on the first side; 1 - 2 minutes on the other side. (Make sure no pink juices remain.) Remove to a plate and repeat with remaining pork chops. Delicious and simple! Serve with smashed potatoes.

Adapted from a recipe found on www.thepioneerwoman.com.

MAGGIE'S SHANGHAI PORK AND VEGETABLES

½ pound spaghetti, cooked
Cooking oil
2 eggs, beaten
½ pound shredded pork
3 tablespoons soy sauce

1 teaspoon sugar
1 pound green cabbage, shredded
4 - 5 mushrooms, sliced
2 tablespoons water
½ teaspoon salt

Mix 2 tablespoons oil into spaghetti. Heat 1 tablespoon oil in a skillet. Pour in beaten eggs to form a large pancake. Do not stir, cook until egg sets. Cool and cut into strips. Heat 1 tablespoon oil in skillet. Add pork and stir one minute. Stir in soy sauce, sugar,

cabbage, mushrooms, and water. Cover and simmer 8 - 10 minutes. Heat 2 tablespoons oil in another skillet. Spread spaghetti evenly in pan and cook 2 minutes. Turn, mix, and cook for 2 more minutes. Sprinkle with salt and mix lightly. Pour 4/5 of pork mixture over spaghetti. Mix and place on a platter. Top with remaining pork mixture and egg strips.

PRESSURE COOKER TANGY BBQ PORK RIBS

Serves 4

| | |
|------------------------------|----------------------------|
| 3 pounds pork loin back ribs | 1/2 teaspoon pepper |
| 2 cups water | 1 8 ounce can tomato sauce |
| 1/2 cup panela | 1/3 cup water |
| 1 clove garlic, minced | 3 tablespoons vinegar |
| 1 teaspoon dried mustard | |

Place ribs in a 4 or 6-quart pressure cooker. Add 2 cups water. Lock lid in place. Place pressure regulator on vent pipe (if you have a 1st-generation cooker). Over high heat, bring cooker up to pressure. Reduce heat just enough to maintain pressure and pressure regulator rocks gently; cook for 5 minutes. Quick-release the pressure. Carefully remove lid and drain off the liquid.

In a medium mixing bowl, stir together panela, garlic, mustard, black pepper, tomato sauce, 1/3 cup water, and vinegar. Pour the tomato mixture over the ribs in the cooker.

Lock lid in place. Place pressure regulator on vent pipe (if you have a 1st-generation cooker). Over high heat, bring cooker up to pressure. Reduce heat just enough to maintain pressure and pressure regulator rocks gently; cook for 7 minutes. Quick-release the pressure and carefully remove the lid.

FRITADA

| | |
|------------------------------|--------------------|
| 2 pounds pork | 1 white onion, cut |
| 1 cup water | into large pieces |
| 5 garlic cloves, cut in half | Salt |
| Cloves | |



Cut the meat into small pieces. In a large frying pan or paila, add pork, water, garlic, cloves, onion, and salt. Let the ingredients fry up, stirring occasionally until the meat is well-cooked, approximately 45 minutes. Serve with mote and tostado.

SLOW-ROASTED SHOULDER OF LAMB WITH ROASTED VEGETABLES

Serves 6 - 8

| | |
|--------------------------------|-----------|
| 2 kg shoulder of lamb, bone in | Olive oil |
|--------------------------------|-----------|

CARNE CONCOCTIONS

Salt and pepper

1 whole head of garlic, broken into
cloves

A handful of fresh rosemary sprigs

2 red onions, peeled and quartered

3 carrots, peeled and roughly chopped

2 sticks of celery, cut into pieces

2 green onions, cut into pieces

A handful of ripe tomatoes, halved

2 bay leaves

A handful of fresh thyme sprigs

2 pounds fresh tomatoes OR 1 28-ounce
can diced tomatoes

1 bottle of red wine

Rub the lamb with oil, salt and pepper and put it into a baking dish/tray. Using a sharp knife, make small incisions all over the lamb and poke rosemary leaves and some quartered cloves of garlic into each one. This will give great flavor to the meat. Add the rest of the garlic cloves, the onions, carrots, celery, green onions, and handful fresh tomatoes to the tray, then tuck the remaining herbs under the meat. Pour the 2 pounds tomatoes over the top, followed by the wine. Cover the tray tightly with a double layer of foil and put it into the oven. Cook over medium-high flame for 3½ - 4 hours, or until the lamb is soft, melting and sticky and you can pull it apart with a fork. Gently break up the meat, pull out the bones, and extract any herb stalks. Squeeze the garlic out of the skins and mush it in. Shred the lamb, and check the seasoning.

This is also a good way to cook in an outdoor wood-fired oven if you are so lucky. A lamb leg can be prepared similarly.

Adapted from a recipe found on www.jamieoliver.com.



ENDING ON A SWEET NOTE

Baking sweet things for your Ecuadorian friends is a great way to express friendship. When you have free time, make a few batches of cookies and bring them to your neighbors. If you can't win them over with your mad skills and amazing Spanish, why not try with a cake?

While measurements in cooking are fluid and open to much improvisation, in baking things tend to be a bit more precise. Next time you're in the big city, try to find some measuring cups and spoons to buy for all your baking adventures, which are difficult to find since Ecuadorians eye everything. If you choose to go without them as many volunteers do, expect plenty of trial and error. Do expect, however, to come out of your service a great baker with strong measuring instincts. How's that for mad skills?

HIGH ALTITUDE ADJUSTMENTS – OVEN TEMPERATURE

If you live higher than 3,000 feet, increase oven temperature by 25 degrees Fahrenheit. Since most volunteers use campo ovens, this translates to simply turning up your flame a bit. The higher oven temperature helps to set the structure of fast-rising baked goods so that they won't fall.

HIGH ALTITUDE ADJUSTMENTS – MOISTURE, LEAVENINGS, AND SUGAR

At high altitudes the air is very dry, so the flour is also dry and more absorbant. If you are baking bread, you may find that you can't incorporate all the flour called for. Adding oil or an extra egg to breads not only provides more liquid so that it can absorb more flour, but also helps prevent dryness in a finished product. Keep the baking soda the same. In cakes, increase the liquids, and decrease the baking powder and sugar as follows:

- 900 – 1,500 meters (3,000 – 5,000 feet): increase liquid by 2 tablespoons for every cup of flour called for; reduce baking powder by $\frac{1}{4}$ teaspoon; reduce sugar by 1 tablespoon per cup called for.
- 1,500 – 2,100 meters (5,000 – 7,000 feet): increase liquid by 3 tablespoons for every cup of flour called for; reduce baking powder by $\frac{1}{4}$ teaspoon; reduce sugar by 2 tablespoons for every cup called for.
- Over 2,100 meters (7,000 feet): increase liquid by 3 - 4 tablespoons for every cup of flour called for; reduce baking powder by $\frac{1}{4}$ teaspoon; reduce sugar by 2 tablespoons for every cup called for.

When preparing cakes that rise with beaten egg whites, beat the eggs a little less than you would at sea level so that the whites form only soft peaks.

Yeast doughs tend to rise more quickly at higher altitudes.

***Powdered Sugar** – You don't need to buy powdered sugar if you have a blender! Instead, simply throw some regular white sugar in, turn it on, and watch it transform into powdered sugar.



PINEAPPLE UPSIDE-DOWN CAKE

| | |
|-----------------------------------|---------------------------------|
| 1/3 cup plus 3 tablespoons butter | 1 teaspoon vanilla |
| 1/2 cup brown sugar/panela | 1 cup flour |
| 5 slices pineapple, cored | 1 1/2 teaspoons baking powder |
| 1/2 cup sugar | 1/4 teaspoon salt |
| 1 egg | 1/2 cup milk OR pineapple juice |

Melt butter in round cake pan. Mix in brown sugar, then lay sliced pineapple in pan. Cream the butter, sugar, egg, and vanilla in a mixing bowl. In a separate bowl, sift together dry ingredients; add to creamed mixture. Add liquid and mix well. Pour batter over pineapple slices in pan. Bake 45 minutes over medium-high flame. Let cool 10 minutes. Set a cake plate on top of pan, grasp both the plate and the pan tightly, and flip over. Carefully ease the pan off the cake.

*Note: Big hit with Ecuadorians!

PEAR UPSIDE-DOWN CAKE – Peel, halve, and core 2 large pears. Slice pears evenly. Heat butter and sugar in a round cake pan. Lay sliced pears, overlapping, in the sugared pan. Follow remaining directions above for Pineapple Upside-Down Cake.

APPLE UPSIDE-DOWN CAKE – Peel and core 3 apples, then halve them lengthwise. Slice them crosswise about 1/4" thick. Heat butter and sugar in a cake pan. Lay apple slices, overlapping, the sugared pan. Follow remaining directions above for Pineapple Upside-Down Cake.

GERMAN APPLE CAKE

| | |
|--|-----------------------------------|
| 6 apples | 1 cup vegetable/canola oil |
| 1 tablespoon cinnamon | 2 cups sugar |
| 5 tablespoons sugar | 1/4 cup orange juice |
| 2 3/4 cups flour, sifted through sieve | 2 1/2 teaspoons vanilla |
| 1 tablespoon baking powder | 4 eggs |
| 1 teaspoon salt | 1 cup walnuts, chopped (optional) |

Grease a tube pan (a one layer pan will work too, but you'll need to improvise on the cooking time). Peel, core and chop apples into chunks. Toss with cinnamon and sugar and set aside.

Stir together flour, baking powder and salt in a large mixing bowl. In a separate bowl, whisk together oil, orange juice, sugar and vanilla. Mix wet ingredients into the dry ones, then add eggs, one at a time. Scrape down the bowl to ensure all ingredients are incorporated.

Pour half of batter into prepared pan. Spread half of apples over it. Pour the remaining batter over the apples and arrange the remaining apples on top. Bake for about 1 ½ hours on medium flame, or until a knife or toothpick comes out clean.

A great recipe to make if you're missing autumn back home!

Adapted from a recipe found on www.smittenkitchen.com.

EASY CHOCOLATE CAKE (DAIRY-FREE, VEGAN)

Serves about 8

| | |
|----------------------------|----------------------------|
| 1 ½ cups flour | 1 cup cold water |
| 1 cup sugar | ¼ cup oil |
| 6 tablespoons cocoa powder | 1 tablespoon white vinegar |
| 1 teaspoon baking soda | 2 teaspoons vanilla |
| 1/8 teaspoon salt | |

In a large bowl, sift together flour, sugar, cocoa, baking soda, and salt. In a small bowl, combine water, oil, vinegar, and vanilla. Add the liquid mixture to the dry mixture, and stir until smooth. Bake in a greased and floured pan over medium flame for about 30 minutes. Let cool in the pan for 10 minutes, then slide a thin knife around the pan to detach it from the cake. Flip it over and let it cool. Serve plain, with a dusting of powdered sugar, or with the frosting of your choice.

*Adapted from a recipe found in *The Joy of Cooking*.*

BEATTY'S CHOCOLATE LAYER CAKE

Serves 8

| | |
|------------------------------------|-----------------------------|
| Butter, for greasing the pans | 1 teaspoon salt |
| 1 ¾ cups flour, plus more for pans | 1 cup yogurt |
| 2 cups sugar | ½ cup vegetable oil |
| ¾ cups cocoa powder | 2 eggs, at room temperature |
| 2 teaspoons baking soda | 1 teaspoon vanilla |
| 1 teaspoon baking powder | 1 cup brewed hot coffee |

Butter 2 (8") round cake pans. Butter and flour the pans.

Sift the flour, sugar, cocoa, baking soda, baking powder, and salt into the bowl and mix on low speed with a beater or by hand until combined. In another bowl, combine the yogurt, oil, eggs, and vanilla. With the mixer on low speed, slowly add the wet ingredients to the dry. With mixer still on low, add the coffee and stir just to combine, scraping the bottom of the bowl with a rubber spatula. Pour the batter into the prepared pans and bake for 35 - 40 minutes over medium-high flame, until a knife comes out clean. Cool in the pans for 30 minutes, then turn them out and cool completely.

ENDING ON A SWEET NOTE

Place 1 layer, flat side up, on a flat plate. With a knife, spread the top with frosting. Place the second layer on top, rounded side up, and spread the frosting evenly on the top and sides of the cake.

Adapted from a recipe by Ina Garten.

ESPRESSO BROWNIE CAKE

Serves 8 - 9

| | |
|---|---|
| $\frac{3}{4}$ cup butter, cut into chunks | 1 teaspoon vanilla |
| 3 ounces unsweetened chocolate | $\frac{1}{2}$ cup all-purpose flour |
| $\frac{3}{4}$ cup sugar | 1 $\frac{1}{4}$ cups powdered sugar |
| $\frac{1}{4}$ cup instant coffee granules | 2 - 3 tablespoons coffee-flavored liqueur |
| 2 large eggs | (if available) |

In a pan, combine $\frac{1}{2}$ cup butter and the unsweetened chocolate. Stir often over low heat until melted and smooth. Remove from heat and beat in sugar, 3 tablespoons instant coffee, the eggs, and vanilla until well blended. Stir in flour just until incorporated.

Pour batter into a lightly buttered 8" or 9" cake pan. Bake over medium flame until center springs back when gently pressed, 20 - 25 minutes. Let cool completely in pan, about 1 hour.

In a bowl, combine remaining $\frac{1}{4}$ cup butter and 1 tablespoon instant coffee with the powdered sugar and 2 tablespoons liqueur. Beat mixture until smooth and fluffy, adding up to 1 more tablespoon liqueur (or milk) if necessary to make a smooth, spreadable mixture. Spread evenly over the top of the cool brownie cake. Cut brownie cake into wedges and serve.

Adapted from a recipe from www.sunset.com.

RED VELVET CAKE

Serves about 10

| | |
|-----------------------------------|---|
| 2 $\frac{1}{4}$ cups sifted flour | 1 tablespoon red food coloring |
| 2 tablespoons cocoa powder | 1 teaspoon white vinegar |
| 1 teaspoon baking powder | 1 teaspoon vanilla |
| 1 teaspoon baking soda | 1 $\frac{1}{2}$ cups sugar |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{2}$ cup butter, at room temperature |
| 1 cup yogurt | 2 eggs |

In a medium bowl, sift together flour, cocoa, baking powder, baking soda, and salt. In a small bowl, whisk together yogurt, food coloring, vinegar, and vanilla.

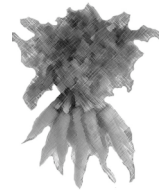
In a large bowl, beat together sugar and butter until well-blended. Add eggs one at a time, beating until well-blended after each addition. Beat in dry ingredients in four additions, alternating with yogurt mixture in 3 additions.

Divide batter into two round, greased and floured cake pans. Bake over medium flame for about 25 - 30 minutes. Cool for 10 minutes, then flip out to cool.

SAM'S CARROT CAKE

Serves about 10

| | |
|------------------------|-------------------------|
| 1/2 cup panela | 3/4 cup oil |
| 2 cups flour | 3 eggs |
| 2 teaspoons cinnamon | 1 teaspoon vanilla |
| 1 teaspoon baking soda | 3 cups shredded carrots |
| 1/2 teaspoon salt | 1/2 cup nuts (optional) |



In a large bowl, mix together panela, flour, cinnamon, baking soda, and salt. Add the oil, eggs, vanilla, and carrots. Mix well. Bake in a greased pan over high flame until a toothpick inserted in the cake comes out clean. Cool and enjoy.

CALIFORNIA OATMEAL CAKE

| | |
|--------------------------|----------------------------------|
| 1/2 cup oatmeal | 1/2 cup panela/brown sugar |
| 1/4 cup butter, softened | 3/4 cup flour |
| 1/2 cup boiling water | 1/2 teaspoon baking powder |
| 1 egg | 1/2 teaspoon cinnamon |
| 1/2 cup white sugar | 1/4 teaspoon nutmeg or all-spice |

Mix first three ingredients together and let cool while you mix together the remaining dry ingredients together in a separate bowl. Add the oatmeal mixture to the latter and mix well (batter will be watery). Add fruit, nuts, and/or raisins if desired. Bake in a loaf pan for 45 - 55 minutes over medium-high flame for about 30 minutes.

LIME COCONUT CAKE

Serves 10

| | |
|-----------------------------------|-----------------------------------|
| 1 cup sweetened flaked coconut | 1 teaspoon salt |
| 1 stick unsalted butter, softened | 2 teaspoons baking powder |
| 1 1/4 cups sugar | 3/4 cup milk |
| 1 tablespoon grated lime zest | 1/4 cup fresh lime juice, divided |
| 2 large eggs | 1 cup powdered sugar |
| 1 3/4 cups flour | 1 tablespoon rum (optional) |

Toast coconut in a small frying pan, stirring to prevent burning until golden, 8 - 12

minutes. Cool.

Beat together butter, sugar, and zest with an electric mixer until fluffy. Beat in eggs one at a time. Stir together flour, salt, baking powder, and $\frac{1}{2}$ cup coconut (reserve remainder for topping). Stir together milk and 2 tablespoons lime juice. At low speed (if using an electric mixer), mix flour and milk mixtures into egg mixture alternately in batches, beginning and ending with flour.

Spoon batter into a buttered 8 x 8" square or 9 x 2" round pan and smooth top. Bake over medium-high flame until golden and a wooden pick inserted into center comes out clean, 40 - 45 minutes. Cool to warm, then turn out of pan.

Whisk together powdered sugar, remaining 2 tablespoons lime juice, and rum (if using) and pour over cake. Sprinkle with remaining coconut.

Adapted from a recipe found on www.smittenkitchen.com.

GRAPEFRUIT YOGURT CAKE

| | |
|-------------------------------|---|
| 1 $\frac{1}{2}$ cups flour | 3 teaspoons grated grapefruit zest |
| 2 teaspoons baking powder | (approximately one large grapefruit) |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{2}$ teaspoon pure vanilla extract |
| 1 cup plain yogurt | $\frac{1}{2}$ cup canola oil |
| 1 cup plus 1 tablespoon sugar | $\frac{1}{3}$ cup freshly squeezed grapefruit juice |
| 3 extra-large eggs | |

For the glaze:

1 cup powdered sugar
2 tablespoons freshly squeezed grapefruit juice

Sift together the flour, baking powder, and salt into a bowl. In another bowl, whisk together the yogurt, 1 cup sugar, the eggs, grapefruit zest, and vanilla. Slowly whisk the dry ingredients into the wet ingredients. With a wooden spoon, fold the oil into the batter, making sure it's all incorporated. Pour the batter into a greased and floured loaf pan and bake for about 50 minutes over medium-high flame, or until a cake tester placed in the center of the loaf comes out clean.

Meanwhile, cook the $\frac{1}{3}$ cup grapefruit juice and remaining 1 tablespoon sugar in a small pan until the sugar dissolves and the mixture is clear. Set aside.

When the cake is done, allow it to cool in the pan for 10 minutes. While the cake is still warm, pour the grapefruit-sugar mixture over the cake and allow it to soak in. Cool.

For the glaze, combine the powdered sugar and grapefruit juice and pour over the cake.

Adapted from a recipe by Ina Garten.

LEMON CAKE

| | |
|--------------------|---------------------------|
| 1 cup butter | Zest of one lemon |
| 1 cup sugar | 2 cups flour |
| 4 eggs | 2 teaspoons baking powder |
| 1 teaspoon vanilla | ¼ cup lemon juice |

Topping:

1 cup powdered sugar
2 tablespoons lemon juice

Cream together butter and sugar until light and fluffy. Add the eggs one at a time. Beat in the lemon rind and vanilla. Add flour and baking powder. Add the lemon juice and mix well. Bake on medium-high flame for about 30 minutes.

Make the topping by mixing together powdered sugar and lemon juice. Add more juice or powdered sugar until you get desired consistency to spread on top.

Adapted from Cheers to the Penny, PC Nicaragua.

TORTA RAPIDA

| | |
|----------------------------|------------------|
| 3 eggs | Zest of 1 orange |
| 1 cup sugar | 1 cup oil |
| 1 tablespoon baking powder | 3 cups flour |
| 1 cup orange juice | |

Combine all ingredient except flour in blender. Blend for 3 - 5 minutes. Add mixture to flour. Pour into a greased pan and bake for 40 minutes, over medium-high flame. Add nuts and raisins if desired.

NEW YORK CHEESECAKE

Makes a big cake

Crumb crust:

| | |
|-----------------------------------|-----------------|
| 8 ounces Bena Vita honey crackers | ½ cup sugar |
| 8 tablespoons butter, melted | ¼ teaspoon salt |

Cheesecake filling:

| | |
|--|-------------------------------|
| 5 (8-oz.) packages cream cheese, softened | 1 teaspoon grated orange zest |
| 1 ¾ cups sugar | 5 large eggs |
| 3 tablespoons flour | 2 large egg yolks |
| 1 teaspoon grated lemon zest | ½ teaspoon vanilla |

ENDING ON A SWEET NOTE

Make crumb crust: Stir together crust ingredients and press onto bottom and up sides of a buttered 9 ½"-ish (or 24 cm) pan (springform is great, but it's doubtful you have one). You can fill it right away but if you pop it into the freezer, it quickly sets while you prepare the filling.

Make the filling: Preheat oven to get it as hot as you possibly can. Beat together cream cheese, sugar, flour and zest with an electric mixer (if you have one) until smooth. Add vanilla, then eggs and yolks, one at a time, beating on low speed until each ingredient is incorporated. Scrape bowl down between additions.

Put pan with crust on a baking sheet (to catch drips). Pour filling into crust (pan will be completely full) and bake in baking pan in the middle of the oven for 12 minutes or until puffed. Reduce the temperature to low flame and continue baking until cake is mostly firm (center will still be slightly wobbly when pan is gently shaken), about one hour more.

Run a knife around the top edge of the cake to loosen it and cool the cake completely in pan, then chill it, loosely covered, at least 6 hours.

Adapted from a recipe found on www.smittenkitchen.com.

BLACK BOTTOM CUPCAKES

Makes about 18 cupcakes

| | |
|--|-----------------------------|
| 8 oz. package cream cheese, room temp | 1 ½ teaspoons baking soda |
| 2 ½ cups sugar | ¼ cup cocoa powder |
| Salt | 1/3 cup canola oil |
| 1 large egg yolk | 1 ½ teaspoons white vinegar |
| 1 bar chocolate (about 6 oz.), chopped into chips | 1 ½ teaspoons vanilla |
| 2 ¼ cups flour | |

In a bowl, combine cream cheese, 1 cup sugar and a pinch of salt. Beat together. Add the egg yolk and mix well. Fold in the chocolate chips and set aside.

In a large bowl, whisk together the flour, remaining 1 ½ cups sugar, ¾ teaspoon salt, baking soda, and cocoa powder. Add 1 ½ cups water, the oil, vinegar, and vanilla and stir until smooth.

Line muffin pans with liners, fill each cup two-thirds full with the cake batter and top with a big spoonful of the cream cheese mixture. Bake on medium-high flame for about 30 minutes, or until the edges are firm to the touch.

CREAM CHEESE FROSTING

| | |
|--|------------------------|
| 16 oz (1 pound) cream cheese, softened | ½ cup butter, softened |
|--|------------------------|

2 cups sifted powdered sugar

1 teaspoon vanilla

In a medium bowl or blender, cream together the cream cheese and butter until creamy. Mix in the vanilla, then gradually stir in powdered sugar. Store in the refrigerator after use.

CAMPO CREAM CHEESE FROSTING

1 queso fresco round

About ¼ - ½ cup milk

2+ cups powdered sugar

In a blender, blend together queso fresco and milk. Add powdered sugar and blend more. Add more powdered sugar as needed.

Recipe by Sam Mills

CHOCOLATE GANACHE

Makes 3 ½ cups

1 ½ cups heavy cream (crema de leche)

1 pound (500 grams) semisweet or bittersweet dark chocolate (Chocolate Superior is fine)

In a saucepan, boil heavy cream. Turn off the heat. Add chopped chocolate pieces and let it rest until melted. Stir the mixture until all the pieces are melted. Pour it into a room-temperature bowl and cover with plastic wrap. Refrigerate the ganache until firm. Keeps up to 2 weeks.

Adapted from a recipe from The Well-Decorated Cake.



VANILLA BUTTERCREAM FROSTING

Makes about 3 cups

½ cup butter, softened

1 ½ teaspoons vanilla

4 ½ cups powdered sugar

5 - 6 tablespoons milk

In a large bowl, cream butter until light and fluffy. Beat in the powdered sugar, vanilla and enough milk to achieve desired consistency.

CHOCOLATE BUTTERCREAM FROSTING – Prepare as directed above, except use 4 cups powdered sugar, ½ cup baking cocoa and 6 - 7 tablespoons milk.

LEMON BUTTERCREAM FROSTING – Prepare as directed above, except use 5 - 6 tablespoons lemon juice instead of the milk and 1 teaspoon grated lemon peel.

ENDING ON A SWEET NOTE

ORANGE BUTTERCREAM FROSTING – Prepare as directed above, except use 5 - 6 tablespoons orange juice instead of the milk and add 1 teaspoon grated orange peel.

PEANUT BUTTER BUTTERCREAM FROSTING – Prepare as directed above, except use $\frac{1}{2}$ cup peanut butter instead of the butter and use 6 - 8 tablespoons milk.

KEITH'S CARAMEL ICING

| | |
|--------------------------|------------------------|
| $\frac{1}{2}$ cup butter | $\frac{1}{4}$ cup milk |
| 1 cup brown sugar/panela | 2 cups powdered sugar |

Bring butter and brown sugar to a boil over low heat. Boil 2 minutes. Add milk and bring to boil again. Cool to lukewarm. Add powdered sugar and mix well. If the icing becomes too thick, add a few drops of milk or water to desired consistency.

BLACK BEAN BROWNIES

Makes 45 brownies

| | |
|--|----------------------------------|
| 4 oz. unsweetened chocolate (or least-sweet available) | $\frac{1}{4}$ cup instant coffee |
| 1 cup butter | $\frac{1}{4}$ teaspoon salt |
| 2 cups soft-cooked black beans, drained | 4 large eggs |
| 1 cup walnuts, chopped (optional) | $1\frac{1}{2}$ cups honey |
| 1 tablespoon vanilla | |

Melt the chocolate and butter. Stir with a spoon to melt the chocolate completely. Place the beans, $\frac{1}{2}$ cup of the walnuts if desired, the vanilla, and a couple of spoonfuls of the melted chocolate mixture into the bowl of a blender. Blend about 2 minutes, or until smooth. The batter should be thick and the beans smooth. Set aside.

In a large bowl, mix together the remaining $\frac{1}{2}$ cup walnuts, remaining melted chocolate mixture, instant coffee, and salt. Mix well and set aside.

In a separate bowl, beat the eggs until light and creamy, about 1 minute. Add the honey and beat well. Set aside.

Add the bean/chocolate mixture to the coffee/chocolate mixture. Stir until blended well.

Add the egg mixture, reserving about $\frac{1}{2}$ cup. Mix well. Pour the batter into a greased pan. Beat the remaining $\frac{1}{2}$ cup egg mixture until light and fluffy. Drizzle over the brownie batter. Use a wooden toothpick to pull the egg mixture through the batter, creating a marbled effect. Bake for 30 - 40 minutes over medium-high flame, until the brownies are set. Let cool in the pan completely before cutting into squares. (They will be soft until refrigerated.)

Adapted from a recipe found on www.101cookbooks.com.

BROWNIE-COOKIE MOUNDS

Makes 2 - 3 dozen mounds

| | |
|----------------------------|---------------------|
| 1/2 cup butter | 1/3 cup sugar |
| 1/2 cup cocoa | 2 tablespoons milk |
| 1 1/2 cups flour | 2 teaspoons vanilla |
| 1/2 teaspoon baking powder | 1 egg |
| 1/4 teaspoon salt | |

Melt butter in saucepan and stir in coca; set aside. Sift together dry ingredients in a bowl. In a separate bowl, blend remaining ingredients. Add dry mixture gradually, mixing well after each addition. Add butter mixture and mix well. Drop by heaped teaspoon onto a greased cookie sheet. Bake for 10 minutes over medium-high flame.

KAITLYN'S DOUBLE CHOCOLATE CHUNK FUDGE BROWNIES

| | |
|----------------------------------|--|
| 3/4 cup butter | 1 teaspoon vanilla extract |
| 2/3 cup unsweetened cocoa powder | 1 cup flour |
| 1 2/3 cup granulated sugar | 3/4 cup very coarsely chopped semisweet or bittersweet chocolate |
| 1/4 teaspoon salt | |
| 2 eggs | |

Melt the butter in a saucepan, stirring occasionally. Once melted, remove from heat and add the coca. Whisk until smooth. Add the sugar and salt and whisk until blended. Add eggs and vanilla and whisk until just blended. Sprinkle the flour over the mixture and stir until blended. Add the chopped chocolate and stir until combined. Pour the batter into a greased 8" square or round baking dish. Bake on medium-high flame until a toothpick inserted in the center comes out with a small, gooey clumps of brownie sticking to it, about 35 minutes. Don't over-bake or the brownies won't be fudgy. Transfer the baking dish to a rack and let cool completely.

LEMON CURD SQUARES

| | |
|--------------------------------------|---------------------------|
| 1 cup flour | 2 eggs, beaten |
| 1/4 cup sugar | 2 tablespoons lemon juice |
| 2 teaspoon lemon peel, finely grated | 1/2 cup butter, melted |
| 1/2 cup coconut flakes | 1 cup sugar |
| 1/2 teaspoon baking powder | |

Combine flour, sugar, and melted butter. Pour into an 8" pan and bake 20 minutes over medium-high flame. Combine remaining ingredients, and place over warm baked crust and bake an additional 25 minutes.

OATMEAL MARBLE SQUARES

Makes 8 large slices/squares

| | |
|--------------------------------------|--|
| $\frac{3}{4}$ cup flour | $\frac{1}{2}$ teaspoon vanilla |
| 1 teaspoon baking soda | 1 egg |
| $\frac{1}{2}$ teaspoon salt | 1 cup oats |
| $\frac{1}{3}$ cup butter, softened | 1 cup chopped chocolate |
| $\frac{2}{3}$ cup white sugar | $\frac{1}{2}$ cup nuts, chopped (optional) |
| $\frac{1}{2}$ cup brown sugar/panela | |

In a small bowl, combine flour, baking soda, and salt. Set aside. In large bowl, combine butter, sugars, and vanilla. Beat until creamy. Beat in egg. Blend in flour mixture. Stir in oats and nuts. Spread into greased baking pan (round or square). Sprinkle chocolate squares. Place in oven for 3 minutes over medium-high flame. Run knife through to marbleize, then bake again for 10 - 12 minutes.

ORIGINAL TOLL HOUSE COOKIES

Makes about 3 dozen cookies

| | |
|-------------------------------|--------------------------------|
| 2 $\frac{1}{4}$ cups flour | 1 cup butter, softened |
| 1 teaspoon baking soda | 2 eggs |
| 1 teaspoon salt | 1 teaspoon vanilla |
| $\frac{3}{4}$ cup sugar | 2 cups chocolate chips |
| $\frac{3}{4}$ cup brown sugar | 1 cup nuts, chopped (optional) |

In small mixing bowl, combine flour, baking soda, and salt. Set aside. In large bowl, cream butter and sugars; beat in eggs and vanilla. Gradually add dry mixture to butter mixture, mixing well after each addition. Stir in chocolate chips and nuts (if desired). Drop balls onto greased cookie sheet. Bake 10 minutes at medium flame.

CHOCOLATE CHIP COOKIES

Makes about 20 cookies

| | |
|---|---|
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ teaspoon baking soda |
| $\frac{1}{2}$ cup brown sugar/panela | 1 $\frac{1}{4}$ cups flour |
| 8 tablespoons butter, cold, cut into $\frac{1}{2}$ " pieces | $\frac{1}{4}$ teaspoon salt |
| 1 egg | 1 $\frac{1}{2}$ cups chocolate chips |
| 1 teaspoon vanilla | 1 cup walnuts, toasted and chopped (optional) |

Beat the sugars and butters together until smooth. Mix in the egg, vanilla, and baking soda. Stir together the flour and salt, then mix them into the batter. Mix in the chocolate chips and nuts.

Scoop the cookie dough into 2-tablespoon balls and bake on medium flame for approximately 18 minutes, until pale golden brown.

Recipe by David Lebovitz

OATMEAL COOKIES A LA TABACUNDO

Makes about 2 dozen cookies

| | |
|------------------------|--|
| 1/2 cup flour | 2 eggs |
| 1 teaspoon baking soda | 1 teaspoon vanilla |
| 1 teaspoon cinnamon | 1 cup raisins |
| 1/2 teaspoon salt | 3/4 cup chopped chocolate pieces (optional) |
| 3 cups oats | 1/2 cup shredded coconut flakes (optional) |
| 1 cup butter, softened | |
| 1 cup brown sugar | |
| 1/2 cup white sugar | |

In small mixing bowl, mix flour, baking soda, cinnamon, salt, and oats. Set aside. In a large mixing bowl, cream butter and sugars. Add eggs and vanilla, and beat until well mixed. Add dry mixture gradually to butter mixture, mixing well after each addition. Stir in raisins, and/or chocolate and coconut if desired. Drop in balls onto ungreased cookie sheet. Bake about 10 minutes on medium-high flame.

*Note: Big hit with Ecuadorians!

KINGSOLVER ZUCCHINI CHOCOLATE-CHIP COOKIES

Makes about 2 dozen

| | |
|---|--------------------------|
| 1 egg, beaten | 1/2 teaspoon baking soda |
| 1/2 cup butter, softened | 1/4 teaspoon salt |
| 1/2 cup panela | 1/4 teaspoon cinnamon |
| 1/3 cup honey | 1/4 teaspoon nutmeg |
| 1 tablespoon vanilla | 1 cup shredded zucchini |
| 2 cups flour (1/2 white, 1/2 whole-wheat, if available) | 1 cup chocolate chips |

In a large bowl, combine egg, butter, panela, honey, and vanilla. In a small bowl, combine and blend flour, baking soda, salt, cinnamon, and nutmeg into a liquid mixture. Gradually add liquid mixture to flour mixture, mixing together well. Stir in zucchini and chocolate chips, mixing well. Drop by spoonfuls onto a greased baking sheet and flatten slightly. Bake over medium-high flame about 10 - 15 minutes.

Adapted from a recipe in Animal, Vegetable, Miracle, by Barbara Kingsolver.

ENDING ON A SWEET NOTE

SUGAR COOKIES

Makes about 30 cookies

| | |
|-------------------------|----------------------------------|
| 2 cups flour | 1 cup granulated sugar or panela |
| 1 teaspoon baking soda | 1 egg |
| ½ teaspoons salt | 1 teaspoon vanilla |
| ½ pound unsalted butter | |

Whisk dry ingredients in a medium bowl. By hand or electric mixer, cream butter and sugar until fluffy, about 3 minutes. Add egg and vanilla. Combine well. Add dry ingredients and mix until combined. Gather dough in a ball and press into a flat disk between 2 pieces wax paper. Chill at least 1 hour. Roll chilled dough to ½" thick. Cut into circles with cup or cookie cutters. Place on lined cookie sheet. Add sprinkles if you like. Bake for 10 - 11 minutes. Let sit on cookie sheet 1 - 2 minutes more. Yum!

Recipe by Suzy Loughlin

PEANUT BUTTER COOKIES

| | |
|---|--|
| 1 cup sugar, ¼ cup additional to roll cookies | 1 teaspoon salt (if using unsalted peanut butter) ½ teaspoon (if using salted peanut butter) |
| 8 tablespoons butter, at room temp | ½ teaspoon baking soda |
| 2 eggs | 1 ½ cups flour |
| 1 cup creamy peanut butter | ½ cup chocolate chips (optional) |
| 1 teaspoon vanilla | |

Grease a baking sheet. In a large bowl, cream together sugar and butter. Beat in egg. Mix in peanut butter and vanilla until smooth and creamy. Stir in salt, baking soda and flour until well combined. Roll dough into 1" balls and then roll in sugar. Place on baking sheet and flatten with fork. Bake for 12 - 15 minutes in oven over medium-high flame.

Recipe by Joy Love

HOT WATER GINGERBREAD

| | |
|------------------------|---------------------------|
| ½ cup butter, softened | 2 ½ cups flour |
| ½ cup sugar | 1 ½ teaspoons baking soda |
| 1 egg | ½ teaspoon ground cloves |
| 1 cup miel de panela* | 1 teaspoon cinnamon |
| 1 cup boiling water | 1 teaspoon ginger |

Preheat oven over medium-high flame. Beat butter and sugar together. Add the rest of the ingredients, mixing well. Grease and flour pan (large loaf pan or 2 small loaf pans). Bake for 50 - 55 minutes.



*To make miel de panela, put panela in a saucepan and add water so that the panela is barely covered. Cook mixture until it is the consistency of honey. Make sure to stir constantly. Get rid of hot water. It may be necessary to add more flour, depending on how liquidey the miel de panela turns out.

GINGER-OAT SHORTIES

| | |
|--------------------------|--------------------------|
| 3/4 cup oats | 1 teaspoon ground ginger |
| 1 cup butter, softened | 1 1/2 cups flour |
| 1 cup brown sugar/panela | |

Put oats in blender and process briefly so that some of the oats are broken and others remain whole. Set aside. By hand, beat the butter with sugar until light and fluffy, then add the salt, ground ginger, and oats. Work into the flour. Press evenly into a pan, in whatever shape you'd like. Bake until lightly browned, 30 - 35 minutes, over medium-high flame. Set aside to cool.

BELIZEAN BANANA FRITTERS

| | |
|------------------------|----------------------------|
| 3 bananas | 1 teaspoon salt |
| 1 teaspoon lemon juice | 3 teaspoons baking powder |
| 1 egg | 1 tablespoon sugar |
| 1/3 cup milk | Sugar and cinnamon mixture |
| 1 cup flour | |

Mash bananas and lemon juice; beat in egg and milk. Sift dry ingredients and add to mixture, eliminating lumps. Heat a frying pan with oil and drop batter in by spoonfuls. Cook until golden brown. Drain; roll in sugar and cinnamon.

GRILLED PINEAPPLE

1 pineapple
Nutella or chocolate sauce, if desired

Slice a pineapple into 1/2"-thick rounds. Heat a frying pan and grill in pan for several minutes until all the sweet sugars are released and the pineapple starts to look grilled. Add brown sugar and/or a squeeze of lime juice desired. Serve with nutella or chocolate sauce, if desired.

APPLE CRISP

Serves 6 - 8

| | |
|--------------------------------|---------------|
| 10 apples (about 2 1/2 pounds) | 3/4 cup flour |
|--------------------------------|---------------|

ENDING ON A SWEET NOTE

$\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon cinnamon

$\frac{1}{4}$ teaspoon nutmeg
8 tablespoons cold butter, cut into small pieces

Peel and core the apples, then cut into 1" chunks. Spread them evenly in an ungreased baking dish. In a medium bowl, combine flour, sugar, salt, cinnamon, and nutmeg. Using 2 knives, cut the butter into the dry mixture until the mixture is the texture of course breadcrumbs. Scatter the topping evenly over the apples. Bake over medium-high flame until top is golden, the juices are bubbling, and the apples are tender, about 1 hour.

Adapted from a recipe found in The Joy of Cooking.

SHORTCAKES

Makes 6

2 cups flour
 $\frac{1}{4}$ cup sugar
1 teaspoon baking powder
1 teaspoon baking soda

$\frac{1}{2}$ teaspoon salt
8 tablespoons cold butter, cut into $\frac{1}{4}$ " cubes
 $\frac{3}{4}$ cup cream

In a medium bowl, combine the flour, sugar, baking powder, baking soda, and salt. Stir to mix. Add the butter and cut into the flour with your fingertips until the mixture resembles coarse meal. Add the cream and stir to mix until the dough starts to come together. Do not overwork the dough.

On a lightly floured work surface, press the dough together in a flat, round shape. Roll the dough to a thickness of $\frac{1}{2}$ - $\frac{3}{4}$ ". Cut six 3" rounds with a knife.

Place on a greased baking sheet and bake 12 - 15 minutes over medium-high flame, until golden brown. After the shortcakes have cooled, slice each one through the center (like a sandwich) to make 12 halves.

Serve with berries with whipped cream.

Adapted from a recipe found on www.fostersmarket.com.

BLACKBERRY COBLER

Serves 8

$\frac{1}{2}$ cup butter, melted
1 $\frac{1}{4}$ cup sugar
1 cup flour
2 teaspoons baking powder

$\frac{1}{2}$ teaspoon salt
1 cup milk
2 cups blackberries



Pour 1 cup of sugar and flour into a mixing bowl, whisking in milk. Mix well. Pour in melted butter and whisk it all well together. Butter a baking dish.

Rinse and pat dry the blackberries. Pour the batter into the buttered baking dish. Sprinkle blackberries over the top of the batter; distributing evenly. Sprinkle $\frac{1}{4}$ cup sugar over the top.

Bake in the oven over medium-high flame for about 1 hour, or until golden and bubbly. If you desire, sprinkle an additional teaspoon of sugar over the cobbler 10 minutes before it's done.

Adapted from a recipe found on www.thepioneerwoman.com.

NORTHWEST FRUIT CRISP

Makes 5 - 6 servings

| | |
|--|--|
| 2/3 cup oatmeal | 4 cups berries or fruit of choice (mora, apples, etc.) |
| 2/3 cup packed brown sugar/panela | $\frac{1}{2}$ cup sugar |
| 2/3 cup flour | 2 tablespoons flour |
| $\frac{1}{2}$ teaspoon cinnamon | Whipped cream or ice cream (optional) |
| 6 tablespoons ($\frac{3}{4}$ stick) cold butter, cut into small cubes | |

Combine the oatmeal, brown sugar, flour, and cinnamon in a bowl. Add the diced butter and cut into flour with two knives (or your fingers) until crumbly. Set aside.

In a separate bowl, toss the fruit with the sugar and 2 tablespoons flour. Pour into a pie dish. Cover with the crisp topping. Set the filled pie pan on a baking sheet to catch any juices, then bake over medium flame until the top is golden and juices bubbling, about 45 minutes.

Adapted from a recipe by Tom Douglas.

EASY JAM TART

| | |
|--|---------------------------------------|
| 1 $\frac{1}{2}$ cups flour | $\frac{1}{2}$ cup sugar |
| $\frac{1}{2}$ cup cornmeal | 1 large egg, whole |
| 2 teaspoons baking powder | 1 large egg, separated |
| $\frac{1}{2}$ teaspoon salt | 1 $\frac{1}{2}$ cups jam or marmalade |
| 9 tablespoons unsalted butter, at room temperature | 2 tablespoons sugar or panela |

In a small bowl, whisk together the flour, cornmeal, baking powder and salt. Mix together the butter and $\frac{1}{2}$ cup sugar until smooth. Add the egg and egg yolk (keep the egg white from the second egg on hand for later) and beat until combined. Gradually

add the flour mixture and mix until the dough just comes together.

Transfer about one-third of the dough to a lightly floured surface and shape it into a log about 2" in diameter. Wrap it in plastic wrap and refrigerate it until needed.

Transfer the remaining dough to a buttered 9" tart/round pie pan. Using your hands, press the dough evenly into the bottom. Press the dough up the sides to the rim of the pan. Refrigerate the dough-lined pan until firm, at least one hour. (Or the freezer for 30 minutes.)

Spread the jam or marmalade evenly over the dough in the pan. Cut the chilled dough log into very thin discs with a sharp paring knife. Arrange them slightly overlapped in concentric circles over the jam to form a top crust. Whisk the remaining egg white with a teaspoon of water until frothy; brush evenly over tart lid and then sprinkle with 2 tablespoons sugar. Bake over medium-high flame until the top crust is golden brown, about 25 minutes. Let cool completely.

This tart keeps well for up to 3 days if well-wrapped at room temperature.

Adapted from a recipe found on www.smittenkitchen.com.

OLD FASHIONED PIE CRUST

Makes crust for one pie

| | |
|--|----------------------------|
| 4 cups flour, plus extra for dusting | Zest of 1 lemon (optional) |
| $\frac{3}{4}$ cup powdered sugar, sifted | 2 large eggs, beaten |
| 1 cup cold butter, cut into small cubes | A splash of milk |

Sieve the flour into a large bowl and sieve the powdered sugar over the top. Run your hands under cold water, then, using your hands, work the cold cubes of butter into the flour and sugar by rubbing your thumbs against your fingers until you end up with a fine, crumbly mixture. Try to be confident and bring the pastry together as quickly as you can – don't knead it too much or the heat from your hands will melt the butter. This is also the point where you can spike the mixture with interesting flavors, so mix in your lemon zest or others below.*

Add the eggs and milk to the mixture and gently work it together till you have a ball of dough. Flour it lightly. Don't work the pastry too much at this stage or it will become elastic and chewy, not crumbly and short. Flour your work surface and place the dough on top. Divide it into two equal balls, pat each into a flat round, flour lightly, wrap them in plastic wrap and put them into the fridge to rest for at least half an hour.

After chilling the dough, roll each round out thin. Place one round in the bottom of your pie dish, add the pie filling, then cover with the second round and seal the edges in the pattern of your liking. Cut a few slits in the top for air, and place in the freezer for about 15 minutes before baking in the oven.

*If you don't want to use lemon zest, try another dry ingredient like orange zest instead. Or a pinch of cinnamon, nutmeg or cocoa powder. Minced fresh rosemary is great too. Just remember to be subtle and don't go overboard with any of these flavors!

Adapted from a recipe found on www.jamieoliver.com.

GRAHAM CRACKER CRUST

| | |
|--|----------------------|
| 1 ½ cups crumbs of Bena Vita honey crackers | ¼ teaspoon cinnamon |
| 2 tablespoons brown sugar/panela | Pinch of nutmeg |
| | ¼ cup butter, melted |

Combine all ingredients and mix well. Press into a 9" pie plate or baking pan. Bake over medium-high flame for 8 minutes.

SCRUMPTIOUS APPLE PIE

| | |
|--|--|
| 1 whole pie crust | ½ cups flour |
| 6 - 7 cups peeled and sliced apples (preferably green ones) | ¾ cup butter |
| Juice of ½ lemon | 1 cup brown sugar |
| ½ cup sugar | ½ cups oats |
| 4 tablespoons flour | ¼ teaspoons salt |
| ¼ teaspoons salt | Dulce de leche/manjar de leche for topping (optional) |

In a bowl mix peeled apples, lemon juice, sugar, flour and ¼ teaspoon salt. Set aside. For crumb topping, cut the butter into the flour with a knife, then add in brown sugar, oats, and ¼ teaspoon salt.

Add apples to prepared pie shell and top with crumb topping. Cover crust edges with aluminum foil and bake over medium-high flame for 25 minutes. Remove foil from crust and place back into the oven for another 30 minutes.

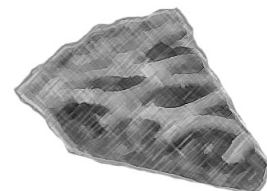
Remove the pie from the oven and pour warm dulce de leche topping over the top. Allow to cool slightly before serving, or don't if you can't wait.

Adapted from a recipe found on www.thepioneerwoman.com.

ZAPALLO PIE

Serves 8

| | |
|--------------------------|----------------------------|
| ¾ cup packed brown sugar | ¼ teaspoon ground nutmeg |
| 1 ½ teaspoons cinnamon | 1/8 teaspoon ground cloves |
| 1 teaspoon ground ginger | ¼ teaspoon salt |



ENDING ON A SWEET NOTE

3 eggs
1 $\frac{3}{4}$ cups cooked zapallo

1 cup cream
1 unbaked pie crust, in pie pan

Preheat oven to medium-high flame. In a large mixing bowl, stir together brown sugar, spices, and salt. Whisk in eggs, then add zapallo, whisking it in completely. Gently whisk in cream, then pour filling into unbaked pie shell and bake for 45 minutes, or until set.

HONEY RICE PUDDING

Serves 4

3 $\frac{3}{4}$ cups milk
 $\frac{1}{2}$ cup white rice
2 tablespoons sugar
1 teaspoon vanilla

Pinch of salt
3 tablespoons honey, plus more for
drizzling

Bring 3 $\frac{1}{2}$ cups milk, the rice, sugar, vanilla, and salt to a boil in a medium saucepan. Reduce heat, and simmer, stirring often, until rice is tender and liquid has been absorbed, 20 - 25 minutes. Remove from heat. Stir in remaining $\frac{1}{4}$ cup milk and the honey. Let stand for 5 minutes. Divide among bowls and drizzle with honey.

You can also experiment with cinnamon stick and orange zest in this recipe.

Adapted from a recipe found on www.marthastewart.com.

MANGO AND ORANGE SORBET

Serves 2-4

$\frac{1}{2}$ cup sugar
2 large mangoes

Juice of 1 orange
1 egg white (optional)

Gently heat the sugar and 1 $\frac{1}{4}$ cups water in a pan until the sugar has dissolved. Bring to a boil, then reduce heat and simmer for 5 minutes. Leave to cool. Cut away the two sides of the mango close to the stone (pit). Dice the fruit and discard the stone. Process the mango flesh and orange juice in a blender with the sugar syrup until smooth. Pour the mixture into a freezer-proof container and freeze for 2 hours until semi-frozen. Whisk the egg white, if using, until it forms stiff peaks, then stir it into the sorbet. Whisk well to remove any ice crystals and freeze until solid. Transfer the sorbet to the refrigerator 10 minutes before serving.

Adapted from a recipe in Vegetarian.

HERBAL AND NATURAL REMEDIES

FOR RELIEF OF COLDS

To open and cleanse the mucous membranes, take:

Horseradish (*raiz picante*)
Garlic (*ajo*)
Cayenne (*ají*)
Ginger (*jenibre*)

Each may be chewed in its fresh form—Be careful!

A helpful tea—Mix equal parts of:

Ephedra (*pingo pingo*)
Balm (*toronjil*)
Borage (*borraja*)
Eucalyptus (*eucalipto*)

Steep 1 - 2 tablespoons in 2 cups boiling water for 10 minutes. Take with lemon.

TO RELIEVE CONSTIPATION

A good laxative tea—Mix equal parts of:

Fennel seed (*hinojo semilla*)
Cinnamon (*canela*)
Flaxseed (*linaza*)
Senna (*sen*)
Aloe (*sabila*)

Boil 2 tablespoons in 2 cups water for 5 - 10 minutes; take 2 - 3 cups a day. Usually the cause of constipation is improper diet and possibly lack of exercise. Eat more fruit and less plátanos and rice!

TO RELIEVE DIARRHEA

Good tasting astringent teas which will help control diarrhea:

Matico
Plantain (*llanten*)
Peppermint (*hierba buena*)

Shavegrass (*cabalio chupa*)

Steep 2 tablespoons mixture in 2 cups boiling water for 10 minutes. Drink as much as necessary.

STIMULANT TEA

May serve as a good coffee substitute if strong enough.

- 3 parts guayuse
- 1 part cinnamon (*canela*)
- 1 part mint (*menta*)
- 1 part marjoram (*mejorana*)



Decoct for 1 minute and let steep for at least 5 minutes. The amount of water will determine the strength. A little cayenne added will increase the stimulant properties.

CALMING TEA

- Slices of fresh ginger
- Half a lemon or lime
- Honey
- Hot water

To a mug of boiling water, squeeze a little lemon/lime juice, then drop the rind in. Add some drops of honey and slices of ginger. Good sick tea.

TO CONTROL PARASITES

WORMS—There are many kinds of intestinal worms of which most may be expelled through a good intestinal cleansing. A common recipe:

- 1 part wormseed (*paico*)
- 1 part rue (*ruda*)
- 1/3 part wormwood (*ajenjo*)
- 1 part fern root (*calaguala*)

Decoct 3 tablespoons mixture in 1 cup of water for 1 minute; let steep for 5 minutes and drink. On the third day, follow the tea with a strong purgative such as Castor oil. A good practice is to use raw garlic and onions regularly in the diet. These will also help kill worms.

AMOEBAS—Parasitic amoebas are varied and difficult to get rid of. General awareness as to the presence of amoebas is important as they tend to multiply and eventually may infest other internal organs besides the intestine at which time they become dangerous to health and more difficult to eradicate. It appears that resistance to amoebas may be

built over time; foreigners to Ecuador are more prone to amoebic disorders than are Ecuadorians. A well-balanced diet low in fats appears to help build resistance. The following are two herbal remedies for amoebas; they may or may not work but they are worth trying when the alternative is a strong chemical medicine. These will also serve for the worms.

1. Fast for one day eating only fruit and drinking juice. The next morning make the following tea. Mix equal parts of:

Wormseed (*paico*)
Rue (*ruda*)
Vervain (*verbena*)
Peppermint (*hierba buena*)

Infuse 2 tablespoons mixture in one cup of water for 5 minutes and drink various times during the day. In the evening, infuse five stems with leaves of Petty Spurge in 1 cup boiling water for 5 minutes and drink.

2. Fast for one day eating only fruit and drinking juices. In the evening, drink a strong laxative tea (see above laxative tea recipe). During the following morning, drink the tea given in 1 (above) one hour; blend ½ cup papaya seed with 1 cup grapefruit juice and ¼ cup lemon juice and drink. Wait for it to pass through your system. After one more hour, mix equal parts of:

Flaxseed (*linaza*)
Plantain (*llanten*)
Wormseed (*paico*)
Rue (*ruda*)
Marshmallow (*malva*)

Infuse 2 tablespoons of this mixture in 2 cups water for 5 minutes and drink. The remainder of the day, only bland fruits should be eaten.

These two remedies should not be used if any internal intestinal inflammation exists. Also the quantities may vary for different people in order to achieve positive results.

MOSQUITO RELIEF

Don't be a mosquito magnet. The annoying biters are attracted to dark colors, so wear lighter shades. They also are repelled by garlic, so take garlic pills or eat lots of garlic if you don't mind stinking. When you do get bitten, treat bites with a dab of toothpaste, soap or even alcohol.

RED ANT BITES

The itchy sting can be calmed by using a homemade paste of baking soda and apple-cider vinegar. Wet, earthy mud helps too.

RASHY ITCHES

Not sure what it is? Try rubbing with the juice of a ripe tomato, banana skin, or the rinds of watermelon, lemon, or orange.

DIARRHEA

Eat a banana or two to replenish your potassium, or use a salt-sugar solution: ¼ teaspoon salt and 4 teaspoons of sugar per glass of water. Rice is a good thing to plug you back up too.

ATHLETE'S FOOT

Soak your feet in black tea (its tannic acid can kill fungus and will sooth the itch). Fill a large bowl with a quart of boiling water and add six tea bags. Let cool a bit, then soak your feet for about 30 minutes.

MINOR BURNS

Slice open a raw potato and place it on the affected area.

MOTION SICKNESS

Ginger, either in the form of 500mg capsules of powdered ginger, or as a tea. Grate a spoonful of fresh ginger into hot water. A piece of candied, crystallized ginger works well too.

TOOTHPASTE

Blend 3 tablespoons baking soda with 1 tablespoon salt. Mix in 3 teaspoons of glycerin and add enough water to make a smooth paste. For a fresher taste, you can mash in some mint or a couple drops of peppermint oil.

HOUSEHOLD HINTS

Periodically (at least every couple of months) clean out your boiled water storage containers with bleach and boiled water.

To rinse your dishes without hot water, dip your dishes in a solution of a gallon of cold water and $\frac{1}{4}$ cup liquid bleach; store in a clean dry place.

Candles are handy to have around even if your house or apartment does have electricity, lighting fixtures may be so few that you will appreciate the extra light provided by candles.

If a gas tank provides your cooking fuel, keep the indicator closed any time the burners are not in use. Seepage is potentially dangerous, always costly in terms of wasted gas.



If food boils over in your campo oven, sprinkle the spill generously with salt while the oven is still hot; once the oven has cooled, scrape up the spill with a metal spatula.

To make defrosting the freezer easier, wipe the inside with a clean towel; put a small amount of shortening on a paper napkin or toilet paper, and wipe off the metal with it. Next time the ice builds up, it will fall off with ease!

Rig up a doorway curtain (in this screen-door-less country) to help keep flies out when your home is fairly windowless and you must keep a door open for proper ventilation.

Mildew thrives where it's stuffy, dark and damp. Let air and sunshine in. Don't store things away in suitcases. Hang bedclothes outside during the day while you're home. When you go away for more than a couple of days, don't leave the bed made up.

To get mildew off paper, sprinkle cornstarch over the mildew, let it stand for at least 48 hours, and remove it with a soft brush.

A hot box is a good way to preserve tape players, tapes, radios, camera lenses or books if you live in a particularly damp or humid area. Make your closet into one by installing a high wattage bulb or use any closed-in box or container inside to which you can affix a light. Leave this light on all the time.



For moth control, buy mothballs, sold individually at drug stores. Ask for *bolas de naftalina*. Crush them and scatter in drawers and closets.

If you are short on furniture for storage and also short on money to buy it or tools to make it, start pounding nails into the walls to hang towels, clothes, food baskets, pots and utensils.

HOUSEHOLD HINTS

For garbage, containers of plastic will not rust or rot like metal or straw containers. Keep a lid on it to avoid attracting flies. Empty in often, clean it with soap and water, dry it in fresh air and sunshine.

Sharpen scissors by cutting a piece of sandpaper to bits.



Toothpaste makes a good silver polish. Soap and water or baking soda is also a good jewelry cleaner.

To remove coffee or tea stains from cups, wet them with vinegar; dip damp cloth in salt and rub the stains away.

The wet head of a kitchen match takes paint off leather shoes.

A good copper and brass cleaner is equal parts of salt, flour and vinegar; rub on, let dry and wash off with hot soapy water.

Hot vinegar will take paint off windows. Cold vinegar and old newspapers makes a great window cleaner.

Mix talcum powder or cornstarch with water to mend small holes in walls (cheap and easy caulking!).

An *estera* (straw mat) works well as a bulletin board if you can't find a cork board.



Wipe fresh lemon juice on your hands (avoid cuts) to take away the smell of onions.

To get musty odors out of suitcase/backpack, wipe the inside with a mixture of baking soda and water and let the suitcase dry in the sun.

To get rid of body odor that did not disappear during laundering, soak the clothing in a mixture of one cup of salt in a gallon of water for at least an hour; repeat the laundering.

Cure for headaches: Take a lime, cut it in half and rub it on your forehead. The throbbing will go away.

Potatoes will take food stains off your fingers. Just slice and rub raw potato on the stains and rinse with water.

Ants, ants, ants everywhere ... Well, they are said to never cross a chalk line. So get your chalk out and draw a line on the floor or wherever ants tend to march - see for yourself...

When you get a splinter, reach for the scotch tape before tweezers. Simply put the scotch tape over the splinter, and pull off. Scotch tape removes most splinters painlessly.

RECIPES FOR THINGS YOU CANNOT EAT

ALL-PURPOSE NON-TOXIC CLEANER

Juice of 2 lemons

1 part water

1 part vinegar

Mix together in a squirt bottle and use to clean any surface. Good for mopping.

WINDOW CLEANER

Mix together vinegar and water and use newspaper to wipe directly on windows.

ANT KILLER

1 part water to 1 part vinegar with chopped aji

DRAIN CLEANER

2 tablespoons baking soda

500 ml vinegar

2 liters boiling water

Pack the baking soda down the drain with the back of a spoon. Pour the vinegar over the baking soda, and let it sit for 5 - 10 minutes. Pour the boiling water over the drain. Repeat as necessary.

SPOT REMOVER

2 parts water to 1 part rubbing alcohol

FABRIC WHITENER

Linen or cotton can be whitened by boiling in a mixture in water with lemon slices.

SOILED COLLAR STAIN REMOVER

Use shampoo before laundering, which is made to dissolve body oils.

DEODORANT STAIN REMOVER

Sponge area with white vinegar

BODY SCRUB

Mix together salt and olive oil in a jar. Makes a great moisturizing exfoliator in the shower (do not use on your face).

USES FOR BAKING SODA

- Sprinkle it in your shoes to kill odor.

RECIPES FOR THINGS YOU CANNOT EAT

- Mix into a paste with water and use it to soothe insect bites and skin irritations.
- Get your combs and brushes sparkling clean by soaking them in a mixture of warm water, a few drops of shampoo and a dash of baking soda.
- Use it to extinguish kitchen fires, especially those involving grease.
- Swirl it into warm water and soak your feet at the end of the day.
- Combine it with salt to make toothpaste.

MAGGIE'S ZOOM PLAY DOUGH

2 cups flour

½ cup salt

½ cup water

1 tablespoon oil

Food coloring

Mix and knead for 10 minutes. NOT to eat but to PLAY WITH! Great for kids groups.

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