

## **Arepas (Corn Flatbread)**

2 cups P.A.N. Pre-cooked White Corn Meal  
2 ½ cups of water  
1 t. salt

### **Dough Preparation**

Pour water and salt in a bowl. Slowly add P.A.N. cornmeal. Knead for 1-2 minutes until dough is smooth. The texture will be very loose, similar to cake batter. Let the dough rest for 3-5 minutes.

### **Arepa Preparation**

Divide the dough into 8-10 equal portions, form balls and shape into discs about 4-5 inches wide using the palm of your hands. Keeping your hands wet will prevent the dough from sticking to them.

Cook for 5 minutes on both sides on a grill or pan (slightly oiled if desired) over medium heat. Slice open lengthwise, creating a pocket, and add a filling of choice while they are hot.

*P.A.N. Pre-cooked Corn Meal, which is different from other corn meals, is available in Global or other specialty food stores. Check for kosher certification which is only on the white, not the yellow corn meal.*

## **Mango Salsa** (from Bon Appétit, September 1988)

2 cups chopped, pitted, peeled mango  
1 cup chopped red bell pepper  
2/3 cup chopped green onions  
¼ cup chopped fresh cilantro  
2 T. fresh lime juice  
4 t. olive oil

Mix all ingredients in small bowl. Season with salt and pepper. Can be made up to 6 hours in advance, cover and chill.

## Mexican Lentil Soup (from yummy mummy kitchen)

2 T. extra virgin olive oil  
1 yellow onion, diced  
2 carrots, peeled and diced  
2 celery stalks, diced  
1 red bell pepper, diced  
3 cloves of garlic, minced  
1 T. ground cumin  
¼ t. smoked paprika  
1 t. oregano  
2 cups diced tomatoes and juices (canned/boxed fine)  
2 (4 oz.) cans diced green chilies  
2 cups green lentils, rinsed and picked over  
8 cups of vegetable broth  
½ t. salt  
dash, or to preference, hot sauce, plus more for serving  
fresh cilantro, for garnish  
1 avocado, peeled, pitted, and diced for garnish

Heat olive oil in large pot over medium heat. Add onion, carrots, celery and bell pepper. Sauté until beginning to soften, about 5-7 minutes. Add garlic, cumin, paprika and oregano and sauté another minute.

Add tomatoes, chilies, lentils, broth and salt. Bring to a simmer. Simmer the soup with the lid tilted until lentils are tender, about 30-40 minutes. Add more stock or water if needed.

Season to taste with salt and pepper. Serve with fresh cilantro, avocado and dashes of hot sauce, as desired.

Serves about 6.

## **Oaxacan Chicken with Oregano and Garlic** (adapted from Pati Jinich)

15 large garlic cloves  
1 cup fresh oregano leaves (do not sub dried oregano)  
½ cup olive oil  
¼ cup freshly squeezed lime juice  
1 ½ t. course kosher salt, or to taste  
freshly ground black pepper  
1 3-pound chicken cut into 10 serving pieces, breasts cut in half  
1 ½ cups chicken broth

Preheat oven to 450 degrees Fahrenheit.

Using food processor, process the garlic, oregano, olive oil, lime juice, salt and pepper until course and well mixed, yet not completely pureed.

Rub the garlic mixture all over chicken and place skin side down in a non-stick baking pan. If not cooking right away, may marinate for several hours, covered, in the refrigerator.

Place in oven and bake for 15 minutes. Remove from the oven and reduce temperature to 375 degrees. Flip over the chicken pieces, pour the chicken broth on the bottom of the sheet, and return to the oven for 45 minutes or until chicken is cooked through and the juices run clear when pierced with a knife.

Serves 4-6.

## Peruvian Quinoa Salad

### Quinoa Salad

- ¾ cup uncooked quinoa
- ¼ cup fresh corn kernels
- ¼ cup diced tomato
- ¼ cup cooked, diced sweet potato or squash
- ½ cup chopped ripe avocado
- ¼ cup minced red onion

### Lime-Jalapeño Dressing

- ¼ cup extra virgin olive oil
- 3 T. lime juice
- 3 T. fresh cilantro leaves, and more cilantro leaves set aside
- 1 t. sugar
- ½ t. salt
- ½ jalapeño pepper, stemmed and seeded (adjust quantity to preference)

Cook quinoa according to package directions, let cool and transfer to a medium bowl.

Puree all dressing ingredients in a small food processor or blender.

Toss remaining salad ingredients and dressing into quinoa. Cover and chill for at least one hour.

Garnish with remaining cilantro leaves.

Serves 6.

*This recipe originally appeared on the Peruvian Avocado Board website as Quinoa Stuffed Avocados. For our purposes of serving to a large group, the avocado was chopped and added to the salad.*

## Venezuelan Shredded Beef

- 1-2 lb. skirt steak, or preferred cut of beef
- 6-8 cups of beef broth
- salt and pepper to taste
- 4 T. olive oil
- 1 large onion, finely diced
- 1 cup green pepper, chopped into small cubes
- 3 cloves garlic, finely chopped
- 1 6 oz. can of tomato paste
- 1 8 oz. can of tomato sauce
- 1 T. Worcestershire sauce
- 2 t. ground cumin
- 1 T. dried oregano
- 2 bay leaves

Cut the meat into 4 pieces. Add to large pot and cover with beef broth. Cook over medium high, covered, for about 2 hours, or until meat is fully cooked and tender. Check broth levels while cooking and add more so meat is always covered by the broth. Taste liquid and add more salt and pepper if necessary.

Remove meat from pot and allow to cool. Reserve broth. Shred beef with forks or hands.

Heat the oil in a large skillet over medium heat. Sauté onion and pepper for about 5 minutes, or until onion is translucent. Add garlic and cook for 1 minute more. Stir in shredded beef and mix well.

In a medium bowl combine tomato paste, tomato sauce, Worcestershire sauce, cumin, oregano, and reserved beef broth. Mix well to combine. Add to beef along with the bay leaves and cook, covered, for another 20-25 minutes or until most of the liquid has been consumed.

Serve with white rice, black beans and fried plantains.

## Zucchini, Red Pepper and Mint Soup (adapted from Green's)

### The Stock

2-3 zucchini, sliced	handful of parsley
2 celery stalks, sliced	½ tsp. dried sage leaves
1 onion, sliced	1 tsp. salt
1 bay leaf	6 cups water

Add all stock ingredients to soup pot, bring to boil, simmer for 30-40 minutes. If you choose to skip this step and use store purchased stock, add the sage to it for fuller background flavor to soup.

### The Soup

- 2 ½ lbs. zucchini squash, sliced (can sub other squash in this recipe)
- 2 red bell peppers, or jarred fire roasted peppers
- 28 oz. canned tomatoes (such as Muir Glenn, fire roasted & crushed)
- 1 dried ancho chili, or 1 t. chili powder
- 2 T. olive oil
- 1 clove garlic, minced
- 1 large yellow onion, finely chopped
- 1 t. salt (or less)
- 4-5 cups stock
- 2 T. parsley, chopped
- 3 T. fresh mint, chopped, plus whole mint leaves for garnish

If using fresh red peppers, roast directly over a flame or under a broiler, turning as each side is charred. Set aside in bowl covered with plastic wrap for at least 10 minutes. Scrape off charred skin, remove stem and seeds and chop the pepper. Do not rinse.

If using ancho chili, soak in boiled water for 10 minutes. Remove stems and seeds (carefully without touching chili with fingers). Chop finely.

Heat oil in soup pot, add onion and garlic and cook over medium-low heat until onion is soft, about 10 minutes. Stir in tomatoes, half of chili, and

salt, and stew for 5 minutes. Add sliced squash, grilled peppers, and about 3 cups of stock. Simmer 30–40 minutes.

Thin with more stock, if needed. Taste soup and season with more salt and chili, if desired (the heat intensity will increase as soup rests). Allow soup to cool slightly, then puree, preferably with an immersion blender.

This soup is better after a day or two of chilling in the fridge. It also freezes well.

Reheat to serve, adding chopped herbs. Garnish with mint leaves.

Serves 6.