

FOR VENEZUELAN QUESILLO



INGREDIENTS

- 4 eggs
- 1 can of condensed milk
- Powdered milk (approximately as much as a can of condensed milk can hold)
- A little bit of rum

PREPARATION

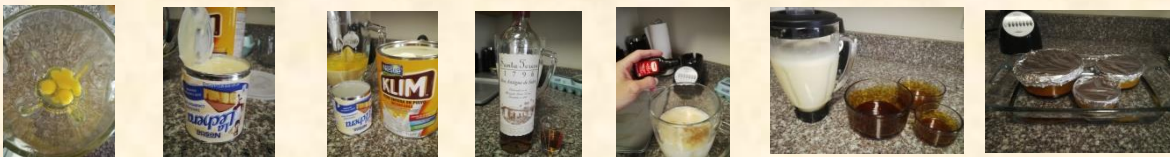
- For the caramel...
 - 1/3 cup of water
 - ½ cup of sugar

Cook them together until the caramel is golden brown.



- For the mix...

Take the eggs, condensed milk, powdered milk and rum and mix the together in a blender for 1 minute.



Finally put the caramel in a round mold and then put the mix right after.

- Then put the mold in a bigger pot with water so you can steam it in the oven.
- Leave it in the oven for 40 minutes at 350 degrees Fahrenheit.
- Take it out a let it cool down before taking it out of the mold.
- Enjoy



MARBEL RAMOS

The venezuelan quesillo is very typical for birthday parties. It is commonly served with a slice of birthday cake and Jello. Parties are not the same without it.

Venezuelan Chicken Salad

INGREDIENTS:

6 big potatoes
3 carrots
1/2 a jar of sliced green olives
2 eggs
1 can of peas
1 big chicken breast
3 tablespoons of mayo
1 tablespoon of mustard
1 teaspoon of sugar



PREPARATION:

Peel and cut the potatoes and the carrots in small squares. Then in a pot, boil them for 30 minutes. Add salt to taste while boiling. Then, rinse the water off and place them in a bowl.

In another pot, boil the chicken breast until it is tender. Add salt and onions to add flavor to the water. Then, shred the breast in small stripes.

Boil the eggs for 20 min, take them out when ready and rinse them so that you can peel them easily. Cut each one of them in four pieces.

Then mix all of the ingredients in a bowl and decorate with the eggs on top.

This salad is typically served for Christmas holidays in Venezuela. The typical Christmas dish includes sliced oven roasted pork, ham bread, chicken salad and the famous hallaca.

MEXICAN COLD MACARONI SALAD

By: Rubiela Garcia Rodriguez



Ingredients:

1 pound elbow pasta
2 tablespoons of olive oil
Water
1 can crushed pineapple
2 Red apples

2 - 7.6 oz. Cans Nestle® media crema
1 cup McCormick® mayonnaise
1 pound of cooked ham (from the deli)
Salt to taste

Directions:

Fill 2/3 of a large pot with water and add 2 tablespoons olive oil. When the water is boiling, add the pasta and cook for 20-25 min. When the pasta is soft, drain and rinse with cold water.

Then put it in a container to mix with the pineapple, media crema and mayonnaise.

Peel the apples and cut in cubes. Cut the ham in cubes.

Mix all ingredients and salt to taste. Then put in the refrigerator to chill. When it is cold it is ready to eat!

Story:

This pasta is very popular in Mexico. We prepare it to eat with chicken, barbacoa (cooked beef similar to barbecue) and turkey. This cold macaroni salad is never missing from any Mexican party or festival.

NOPAL SALAD (Mexico)

By: Francisca Rangel



The following recipe is for eight portions

Ingredients

<p>Salad:</p> <ul style="list-style-type: none">• 8 spineless and peeled cactus paddles• 2 avocados• 2 tomatoes• Half white onion• 2 cilantro sprigs• ¼ tablespoon salt• Half cup of crumbled mexican fresh cheese (queso fresco) (optional)	<p>Dressing:</p> <ul style="list-style-type: none">• Two tablespoons of extra virgin olive oil• 1 teaspoon of oregano• 1 lime• 1/4 tablespoon of salt
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Directions

Cut the cactus paddles into small strips, and put in a saucepan. Add enough water to cover the strips, and add ¼ tablespoon of salt. Bring to boil. When it boils reduce to medium high heat. Let cook 12 minutes until they get soft and turn to a light color. Then transfer to a colander, and rinse with cold water.

Dice the avocados and tomatoes, and mix it in the bowl with the nopal strips. Finely chop the onion and cilantro, and put in the bowl. Add the fresh cheese (optional).

To make the dressing, mix the lime juice, the oregano, the olive oil and the salt, and beat with a whisk, and add to the bowl of salad, and mix well. To garnish the salad, put on some tomatoes slices, avocado strips and half onion moons.

History

The cactus, or nopal, is a staple linked to the Mexican history and nationality. When someone wants to express that they are very Mexican, they say that they are “mas mexicanos que el nopal” (more Mexicans than the nopal). The Aztecs used to eat the nopal paddles and fruits in a lot of ways. When the Spanish conquered the Aztec Empire, they brought other ingredients that were added to the Mexican gastronomy, like the onion and lime, which are used in this recipe.

Potatoes Omelette

Recipe from Spain
(by: Pilar Praena, Ana María García)



- 5 little potatoes
- 4 large eggs
- 1 little onion
- olive oil, salt

- First wash and peel the potatoes. Then cut them in half and each half into thin crescents.
- Second, peel and cut the onion into small dices.
- After that mix the onion and the potatoes pieces in the same bowl and add salt.
- Put a pan with enough olive oil to fry the potatoes and onion and when the oil is hot add it on.
- Then make sure to cover the pan with a lid, so that the mixture turns soft not crunchy and keep it on medium heat for about 20 minutes.
- Once the potatoes are ready, take them out of the pan and drain them well and put them on a plate.
- Then break the eggs, put them in a bowl and add some salt and beat them well.
- Add the potatoes and onion mixture into a bowl with the eggs and beat them all together.
- To cook the mixture, prepare a little pan with a trickle of olive oil and when it is hot, add it and let it cook.
- While it is cooking, move a little the pan forward and backward without taking it away from the heat.
- When you see that the eggs are almost done and the omelette looks a little dry at the bottom, put a bigger plate on top of the pan upside down. Then flip the plate with the pan at the same time so that you can cook the other side of the omelette sliding it from the plate to the pan.
- Use a spatula to shape the sides of the omelette.
- Lower the heat, wait 5 minutes and turn it over. Do this several times until the omelette is made. The omelette will be ready when you pinch it with a fork and you take it out and it is clean.
- Serve the potatoes omelette on a plate. You can accompany it with many things: tomato, roasted peppers, serrano ham, salad,...

Pandebono (Columbian cheese bread)

Andres Pinto



Servings: 12

Ingredients:

2/3 cup cassava starch or yucca flour

¼ cup precooked cornmeal or masarepa

1 cup Mexican fresh queso or Colombian quesito

1 ¼ cup feta cheese

1 large egg

Directions:

Preheat oven to 400 degrees.

In a food processor, place the yucca flour, cheese and masarepa. Process until well combined. Add the egg slowly while food processor is running.

Divide the mixture into 12 equal size portions, shaping them into balls.

Place on a baking sheet lined with parchment paper and baked for about 15 to 20 minutes or until golden on top. Serve warm.

History:

Pandebono is traditional Colombian cheese bread. It is accompanied with a cup of coffee or chocolate. It is a custom in our region. I eat it at breakfast or midafternoon and it is delicious.

TORREJAS

(Honduras)

By: Pastor Rodolfo Gómez



- Two egg yolk breads - see recipe below
- Three eggs
- Milk
- Lard or vegetable shortening
- ½ block of moscovado, or panela
- Cinnamon sticks
- Water

Place water in a pan, and add moscovado and the cinnamon sticks. Bring to boil, and wait until the mixture takes the texture of syrup. Beat the eggs into a foam. Cut bread into slices the thickness of a finger. Coat the slices in the milk, and then, in the beaten eggs. Fry the slices until lightly browned on both sides. Let it sit on a paper towel to remove the excess fat. Put the fried slices into the syrup, and cook for 20 or 30 minutes. Let cool, and place in refrigerator. Serve cold.

How to make egg yolk bread

Although you can make torrijas with a wide variety of breads, the traditional Honduran way to do it is with egg yolk bread. To make a traditional egg yolk bread, follow the next recipe:

- 1 pound of white flour
- ¾ cup of sugar
- 6 oz. of margarine or shortening
- 7 big egg yolks
- 1 teaspoon of salt
- 2 tablespoon of dry yeast
- 1 ½ cup of water
- cinnamon to taste

If you use natural dry yeast, dissolve it into ½ cup of warm water. Add two tablespoons of sugar. Let stand 15 minutes until foaming. Sift the flour, and place it in a bowl along with sugar, dissolved yeast, water and salt. Stir well. Add the yolk eggs and margarine -or shortening- and beat. Add the cinnamon, and beat again. Let the dough rest one and a half hour. Then, put the dough in a greased pan, and bake in a preheated oven 25 minutes at 400 degrees Fahrenheit.

The Torrejas in the Spanish and Latin American tradition

In the Latin American world, each country has its own torrijas recipes. Honduras, of course, has its particular recipes. It can be said that each house has its own. The one that I wrote is a tradition in my family, and I have taken it from my grandmother's recipe book.

At Christmas, she used to bake a stuffed turkey, and the final desserts included a big pan with torrijas. We used to eat it with a glass of sweet Spanish wine. One New Year's Eve, all the grandchildren were seated around a table -with our parakeet Lulu over the table- each one with their torrijas dish and their glass of sweet wine, waiting for the stroke of twelve, to light fireworks. When the clock began to mark the hour, we went outside, and we forgot that we had our parakeet loose on the table. When we returned, we realized that Lulu was lying on her back with her legs purple, beside a cup, and she was absolutely drunk.

Arroz con Pollo (Chicken & Rice)

By: Nurian Viquez

(Costa Rica)



12 servings

Ingredients

Chicken: 1 pound of chicken parts 2 tablespoons vegetable oil 2 cloves garlic 1 rib celery Salt, pepper, oregano, and cumin to taste	Rice: 1 pound long grain rice 2 tablespoons of vegetable oil 2 carrots, cut in fine slices 1 teaspoon of annatto (achiote) Salt to taste 1 (15 oz.) can peas	Sauce: 1/2 cup onions, finely chopped 1/2 cup red bell pepper, finely chopped 1 ripe tomato 2 tablespoons cilantro, finely chopped 2 teaspoons of Salsa Lizano (like Worcestershire sauce) 1 (15 oz.) can of tomato paste
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Directions

To cook the chicken, heat the vegetable oil over medium high. Add the deboned chicken, salt, pepper, garlic, oregano, cumin, and celery. Turn occasionally until chicken is browned evenly.

In a medium heavy saucepan put the vegetable oil over medium heat. Add rice stirring often until rice is slightly brown. Add carrots, annatto, and salt. Add 1 1/4 quart water. Bring mix to a boil over medium high heat. Cover saucepan and simmer until rice is tender. Turn off heat and leave rice in saucepan covered for 10 minutes.

To make the sauce, sauté onions, red bell peppers, tomato, cilantro, Lizano sauce, and salt in a saucepan over medium heat. Add tomato paste and stir until sauce is ready. Combine chicken and sauce in a saucepan over low heat for 2 minutes. Stir in rice and peas. Cover and cook for 5 minutes. If desired, serve with ketchup.

History

Chicken and fried rice is one of the most popular dishes of Costa Rica. We usually serve it with salad or tortilla chips. Although chicken and rice is a worldwide dish, every country has its own recipe. There is not a party in Costa Rica without a huge pan of chicken and rice. The dish is so popular that the Costa Rican usually call it "arroz con siempre", which means "rice forever". The recipe that I show here is the one that we prepare with my family for special celebrations.