

**THE
WORST-CASE SCENERIO
Cooking Survival Handbook**



**Volunteer Advisory Council
Peace Corps Guatemala 2010**

A Note on Using This Cookbook:

This cookbook seeks to provide both amateur chefs and seasoned professionals with recipes that are delicious, nutritious and easy to prepare. Included you will find a variety of recipes, from those that require only local ingredients found in the market, to some which require a trip to any large super market. Each recipe is labeled with a certain level of difficulty, from beginner (★) to advanced (★★★★★) based upon the availability of ingredients, cooking techniques and time required

Regardless of your kitchen aptitude, trust in the creativity and cooking expertise of your fellow volunteers and get cooking!

Be sure to check out the sections in the appendix for extra tips and help. And - don't be afraid to try new things, modify recipes and experiment!

Buen Provecho!

Rachel Mowry

VAC gives a special thanks to Robin Schick for the cover design and to Dana Weddle and Grant Picarillo for their work on the veggie section.

Setting up your Kitchen

Mixing bowls- You'll find that you'll need more than one so buy one medium-size and one large bowl. Palanganas (the plastic bowls for the pila) make excellent mixing bowls. They can be found in any Mercado for super cheap.

Frying Pan- Look for a heavy durable pan with a non-stick surface. A 7-inch and a 10-inch come in very handy.

Pots- Again you will want a couple. Get one small or medium sauce pan (2-3 quart) and a large pot that can double as a cover for the Peace Corp oven and for making large quantities of pasta. This large pot (bote) is a great investment and can be found in most Mercado.

Cutting boards- Buy two- one for cutting meat and one for everything else.

Measuring cup/spoons- Serious necessity when trying to follow a recipe.

Measuring spoons- Buy a complete set this will make baking projects much easier.

Grater- Box graters are stronger than flat graters and less likely to collapse under pressure.

Strainer- Plastic strainers can also be found in almost any Mercado.

Can Opener- You may starve or at least spend hours pounding tuna cans with rocks if you don't have one of these.

Large Knife- It is worth the Quetzales to buy a good durable knife.

Oven Mitts- Buy two 😊.

Dish Towels- Buy at least three-one will always be dirty, one to dry dishes, and one as a tourniquet if things go awry.

Plastic containers- Useful for storing leftovers- just wash and save the empty containers that held yogurt, honey, and other foods.

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Basic Pancakes ☆☆☆

(Serves 2-3)

2 cups flour	2 eggs
2 TBS sugar	1 ½ cups milk
4 tsp baking powder	1 tsp salt
¼ cup cooking oil or melted butter	

Mix separately wet and dry ingredients. Add dry to wet and stir leaving a little lumpy. Let batter sit while heating pan. Pour ¼ cup batter into pan at a time and flip when edges are dry and topside has tiny air bubbles. Serve with butter, maple syrup or fruit.

For Banana Pancakes:

Cut the flour by ½ cup and use only one egg and a little less milk. Add 1 cup sliced bananas. Tastes great with chocolate chips too!

Incaparina Pancakes ☆☆☆

(Serves: 2-3)

1 egg, beaten	1 cup milk
½ cup Incaparina	1 cup flour
2 TBS margarine (or butter)	2 TBS sugar
2 tsp baking powder	3 bananas, mashed

Beat together the egg and milk. Add the rest of the ingredients and stir. Melt margarine in the pan, and add spoonfuls of batter, flip after 2-3 minutes and serve.

Puffed (Dutch) Pancake with Fruit and Cream ☆☆☆

1/8 cup sugar	nutmeg and cinnamon
½ cup flour	¼ cup butter
½ cup milk	fruit, sliced
2 eggs	cream and sugar

Mix ingredients (except butter). Melt butter in 8" mold by rotating it over the flame. Add mixture to the pan and bake for

18 minutes. Serve with a mixture of fruit, cream and sugar on top. Enjoy!

Oatmeal-Buttermilk Pancakes ☆☆☆

(Makes 10 pancakes)

2 cups milk with 1 TBS vinegar	½ cup water
or 2 cups buttermilk	½ cup powdered milk
2 TBS honey	1 ½ cups oats
1 mashed banana (optional)	1 cup flour
1 tsp baking soda	Pinch of salt
2 eggs, beaten	1 tsp cinnamon

Mix water, powdered milk and honey and stir in buttermilk and oats. Beat in remaining ingredients and fry on hot pan.

Lindsay's Fancy French Toast ☆☆☆

(Makes 5-6 pieces)

Beat together:

2 eggs	2 TBS milk
pinch of salt	grated rind of 1 orange

Mix on a plate:

½ cup oats (or mosh)	1 tsp cinnamon
1/2-1 tsp sugar	

Lay one piece of bread in the egg mix, flip. Only leave in mix long enough to coat the bread (don't let it soak through). Lay the bread over the oats mixture. Flip it over and coat on the other side. Place in a hot buttered frying pan. Cook until the toast is lightly browned on both sides.

Crepes ☆☆☆

(Makes 8-9 crepes)

1 cup flour	1 ¼ cup milk
2 eggs	1 grated orange rind
2 TBS oil or melted butter	

Blend eggs, oil/butter, milk and orange rind in a blender or by hand with a whisk or fork. Slowly add flour until mixed well, no clumps. Heat a non-stick frying pan (or melt butter in regular pan.) Once hot pour 1/3 cup of mix into pan, rotating the pan the whole time so that

the batter covers the whole bottom. Flip once. Top with fruit, yogurt, jam, nutella or any other thing your heart desires.

Crepe Fruit Filling ☆

(Accompany above crepe recipe)

1 lb of strawberries or blackberries	½ cup sugar
1 ½ cup water	1 tsp cinnamon
3 TBS Maizena (cornstarch)	powdered sugar

Clean fruit and, for strawberries, take out stem and slice into quarters. Add fruit and water to a pot and cook over low heat. After 10 minutes, add sugar, cinnamon and Maizena. Simmer on medium heat for another 5 minutes, adding water when needed to adjust consistency. Roll in crepe and drizzle sauce and sprinkle powdered sugar on top. You experiment with other fruits like apples or pears, they may need longer to cook.

Basic Scrambled Eggs ☆

(Serves 1)

1 small onion, diced	1 TBS oil
1-2 cloves of garlic, minced	2 eggs
1-2 tomatoes, chopped	salt and pepper

Heat frying pan and add oil. Add diced onion and cook until clear. Add tomato and garlic and cook for 2 minutes. In another bowl, crack eggs and mix well. Add to frying pan and cook on medium for 2-3 minutes being careful not to burn. Add salt and pepper to taste.

Additions: You can add almost any kind of vegetable or meat to eggs. Just clean and cook in pan before adding eggs. Ideas include: broccoli, cauliflower, spinach, mushrooms, eggplant, olives, chicken or ham. Cheese is also a great way to add some flavor and calcium to your eggs. You can also experiment with dry or fresh herbs: oregano, basil, etc.

Buenos Dias Squares ☆☆☆

(Makes 6 squares)

2 TBS butter, melted	1/2 cup chopped red pepper
1/2 cup shredded cheese	1/2 tsp salt 1 tsp baking
4 oz chopped green chilies	1 TBS chopped cilantro
6 eggs	or parsley

In large bowl, stir together baking powder and salt. Beat eggs until blended. and add. Stir in remaining ingredients. Pour into greased 9-inch baking dish. Bake in preheated 350°F oven until knife inserted near center comes out clean, about 30 to 35 minutes. Let stand 5 minutes before serving. Cut into 6 (2-inch x 4-inch) pieces. Serve with salsa, if desired. You can also add other vegetables, just fry veggies in some oil ahead of time and add to mixture before putting in the pan.

Eggs Benedict ☆☆☆

(Serves 2)

Hollandaise Sauce:

½ cup margarine	1 TBS lemon juice
3 beaten eggs	salt and pepper
1 TBS water	

Simmer everything, stirring or whisking quickly until thickens. If too thick or curdles add 1-2 TBS hot water.

The Rest:

4 eggs	Hollandaise Sauce
2 English muffins or 4 slices bread	Paprika
4 Slices Canadian Bacon	

(or sliced avocado and tomato to make a California Benedict)

Lightly grease frying pan. Add water to half-fill the pan. Bring to a boil, then reduce to a simmer. Break eggs into the pan, being careful not to break the yolk. Simmer until the whites are set and yolks begin to thicken. Toast muffin halves. Stack muffin on the bottom, bacon /avocado, egg, hollandaise, and paprika.

Potato pancakes ☆☆☆

(Serves 2)

3 potatoes	1 onion
2 TBS flour	Chopped fresh parsley
2 egg whites beaten	5 TBS dry milk
Salt and pepper to taste	Oil/Butter for frying
Chunks of cheese, campo, ricotta, whatever you can get	

Grate potatoes and squeeze liquid out. Finely chop onion and mix all ingredients together. Drop spoonfuls of batter onto hot oiled skillet and brown on both sides. Serve with applesauce.

Granola ☆

4 cups of oatmeal (integral)	¼ cup oil
1 cup shredded coconut	1/3 cup brown sugar
1 cup raisins	1/3 cup honey
½ cup peanuts or sliced almonds	1 tsp vanilla extract (or almond if using almonds)
1 tsp cinnamon	

Mix the oatmeal, coconut and peanuts in a medium bowl. Bring the oil, brown sugar, honey and cinnamon to a boil. Remove from heat and stir in the vanilla extract. Pour over the oatmeal mixture and stir. Place in greased pan in oven (or toaster oven) to bake at 350 stirring every 5 min until golden brown. Stir in raisins and let cool.

Additional options: Throw in pumpkin or sesame seeds in addition to the nuts before baking or add in wheat germ while cooling for extra protein.

Orange-Chocolate Chip Scones ☆☆☆

(Makes about 12)

2 cups flour	4 TBS cold butter
2 TBS sugar	½ cup chocolate chips
1 ½ tsp baking powder	1 large egg
½ tsp baking soda	grated rind of 1 orange
2/3 cups buttermilk, yogurt or crema	¼ tsp salt

In a large bowl combine flour, sugar, baking powder, soda and salt. Cut butter into the mix and work with fingers until no butter clumps are left. Stir in chocolate chips. Beat egg with orange rind. Add yogurt/crema. Stir mixture into the flour mixture. Knead on a flour surface. Pat into a circle about ¼ inch thick. Cut circle into 12 even triangles. Place on a buttered baking sheet and bake for 15 minutes or until baked all of the way through.

Coffee Cake ☆☆☆

(Makes 9 pieces)

¾ cup sugar	2 cups flour
¼ cup butter or margarine	2 tsp baking powder
1 egg	½ tsp salt
½ cup milk	

Toppings:

A:

½ cup brown sugar	2 TBS butter, melted
2 TBS flour	½ nuts, chopped
2 tsp cinnamon	

B:

¼ cup flour	¼ cup butter, melted
¼ cup sugar	1 tsp sugar

Mix first 3 ingredients thoroughly. Stir in milk. Mix dry ingredients and slowly stir into the wet mixture. Spread in a 9" pan. Pour one of the topping mixtures over batter. Bake at 375 F for 35 minutes.

Brown Sugar Apple Cake ☆☆☆

1 egg	3 TBS butter, melted
½ cup brown sugar	1 TBS vanilla
1 cup flour	2 tsp cinnamon
¾ tsp baking soda	½ tsp allspice
¼ tsp salt	¼ cup milk
1 large apple, peeled and cored	

Streusel:

1 TBS brown sugar	1 TBS white sugar
1 TBS butter, soft	½ tsp cinnamon

Beat egg with brown sugar. In a separate bowl mix flour, baking soda and salt. Mix remaining ingredients with egg mixture. Gradually add in flour mixture. Spread batter onto a greased 8x8 pan. Cover with apples and streusel on top. Bake at 350 F for 25 minutes. Let cool before cutting. Sprinkle with powdered sugar.

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Pita Bread ☆☆☆

1 package of yeast, or quick rising yeast	1 1/4 teaspoon salt
1/2 cup warm water	3 cups all purpose flour
1 teaspoon granulated sugar	1 cup lukewarm water

Dissolve yeast in 1/2 cup of warm water. Add sugar and stir until dissolved. Let sit for 10-15 minutes until water is frothy. Combine flour and salt in large bowl.

Make a small depression in the middle of flour and pour yeast water in depression. Slowly add 1 cup of warm water, and stir with wooden spoon or rubber spatula until elastic. Place dough on floured surface and knead for 10-15 minutes. When the dough is no longer stick and is smooth and elastic, it has been successfully kneaded.

Coat large bowl with vegetable oil and place dough in bowl. Turn dough upside down so all of the dough is coated. Allow to sit in a warm place for about 3 hours, or until it has doubled in size. Once doubled, roll out in a rope, and pinch off 10-12 small pieces. Place balls on floured surface. Let sit covered for 10 minutes. Preheat oven to 500 deg F. and make sure rack is at the very bottom of oven. Be sure to preheat your baking sheet also.

Roll out each ball of dough with a rolling pin into circles. Each should be about 5-6 inches across and 1/4 inch thick. Bake each circle for 4 minutes until the bread puffs up. Turn over and bake for 2 minutes. Remove each pita with a spatula from the baking sheet and add additional pitas for baking. Take spatula and gently push down puff. Immediately place in storage bags.

Storing Pita Bread: Pita bread can be stored for up to a week in a pantry or bread box, and up to a month in the freezer. Be sure to use freezer bags when storing in the freezer.

Sopapillas ☆☆☆

2 cup flour	2/3 cups luke warm water
1 table spoon baking powder	oil for frying
½ teaspoon salt	honey/sugar/cinnamon
1 tablespoon shortening (butter or lard)	

Sift in ingredients cut in shortening with a fork until it has a cornmeal consistency. Add water gradually and stir with a fork. Turn onto a flour surface, knead into a smooth ball. Divide in half and let stand for 10 minutes. Roll 12"x 10" rectangle. Cut into 2 ½ squares, do not patch or re roll dough. Fry a few at a time on paper towels.

Guicoy Nut Bread ☆☆☆

2 cups flour	1 ½ cups sugar
1 tsp cinnamon	2/3 cup vegetable oil
½ tsp salt	2 tsp vanilla
¼ tsp baking powder	½ tsp baking soda
confectioner's sugar	2 eggs
1 1/3 cup guicoy or zucchini, grated	
½ cup pecans or walnuts (if available)	

In a large bowl sift together flour, cinnamon, salt, soda and baking powder. Set aside. In another bowl beat eggs until foamy. Gradually add sugar, then oil to egg mixing well after each addition. Beat in vanilla. Slowly add the dry ingredients until well blended. Stir in the guicoy and nuts. Pour batter into greased pan. Bake for about an hour or until cooked through (test with a toothpick or knife).

Banana Bread ☆☆☆

1/3 cup shortening	1 tsp baking powder
½ cup sugar	½ tsp baking soda
1 ¾ cup all purpose flour	2 eggs
1 cup mashed ripe bananas	1 tsp cinnamon
½ cup walnuts or dates (optional)	

Cream together shortening and sugar; add eggs and beat well. Sift together dry ingredients; add to creamed mixture alternately with banana, blending well after each addition. Stir in nuts or dates. Sprinkle top with a bit of extra sugar. Pour into well greased pan. Bake at 350 degrees for 45 to 50 minutes or until done (put knife into center to make sure it's not gooey). Remove from pan and cool.

Zucchini Bread ☆☆☆

2 cups shredded zucchini	2 cups sugar
3 cups flour	2 tsp vanilla
½ tsp baking powder	2 eggs
1 cup oil	
1 tsp of each – salt, baking soda, cinnamon	

Mix eggs, oil, sugar, zucchini and vanilla together. Then add remaining ingredients. This recipe makes two 9x9 pans of bread. Add to pans

and bake for approx 45min (more or less depending on pan size and how full it is).

Cinnamon Rolls ☆☆☆

1/3 cup warm water	1 tsp vanilla
1/3 cup warm milk	3 ½ cups flour
¼ cup sugar	cinnamon
1 tbs dry active yeast	1/3 cup raisins
3 tbs oil	1 stick margarine
1 tsp salt	

Combine milk, water, 1 tbs sugar and yeast. Wait 5 minutes and add oil, salt, vanilla, and flour. Dough should be firm. Cover in a warm place and let rise for 30 minutes. Roll into an 8x12" rectangle. Spread with melted margarine and sprinkle cinnamon, remaining sugar, and raisins. Roll up tightly, coat again with margarine and cut into 1 inch rolls. Arrange 1 inch apart and let rise in a warm place until gaps between rolls are gone. Bake. Let cool, add glaze.

Cinnamon Roll Glaze:

Mix 1 ¼ cup sugar, little bit of salt, 1 tsp of vanilla, and 3 tbsp milk. Drizzle on when rolls are done.

Ambassador McFarland's Tex-Mex cornbread ☆☆☆

1 ½ cups sifted flour	2 eggs
5 tsp baking powder	5-6 tbs melted butter
1 tsp baking soda	1 ¾ cups milk
2 tbsp sugar or more, as desired	¼ cup bourbon (optional)
1 ½ tsp salt	2 ½ cups of cornmeal
1 10oz or 12 oz can of creamed or canned corn	1 cup chopped onions
1 cup of grated cheese (Monterrey Jack or Cheddar)	1 tbsp chopped garlic
½ cup or to taste, chopped jalapeno peppers, or anything similarly hellacious.	Chile Coban to taste.
	coarse grind pepper to taste
	½ cup chopped bacon bits

Mix flour, baking powder, baking soda, sugar, salt and cornmeal well. Beat the liquid ingredients above well. If you choose to include bourbon, be sure to taste before adding it, to ensure it hasn't spoiled en route.

Mix the ingredients above, and then mix everything together. Sample the result for texture and taste; this is also a good opportunity to add more chile pepper, cornmeal, milk, and of course bourbon.

Cook in a greased 9" by 13" pan at 425 degrees for about 25 minutes or until done. Enjoy, and ponder when you will get your next cholesterol test.

Drop Biscuits ☆

2 cups flour	1 TBS baking powder
1 tsp sugar	½ tsp salt
1 cup milk	Oil or margarine to grease pan
¼ margarine stick (or butter) cut into small pieces	

Preheat oven to 450. Mix dry ingredients. Cut in margarine or butter with two knives or rub with fingers. Add milk and stir until moist. Drop spoonfuls close by on pan and bake 12 minutes. Let cool.

Flour Tortillas ☆☆

¼ cup margarine or shortening	½ cup lukewarm water
2 cups flour	1 tsp salt

Mix flour, salt and margarine/butter with your fingers until you have a crumbly texture. Gradually add the water until the mixture holds together. Knead until smooth. Divide into balls and roll out as thinly as possible. Drop onto a hot, non-greased pan or comal. Heat until freckled. Flip and heat on the other side.

Naan (Indian Flatbread)



1 tsp yeast	1 ¼ cup warm water
1 tsp cumin seed (optional)	3 cup flour
1 egg, beaten with 2 TBS of water	1 ½ tsp salt
1 ¼ CUP spring onions (optional)	3 TBS oil

Dissolve yeast in water and let sit for 10 minutes. Combine flour and salt. Add oil to yeast and water, pour over flour and stir well. Knead dough for 5-8 minutes. Let dough rise for 1 hour. Punch down. Knead spring onions into dough. Cut dough into 3 balls, let rise 20 minutes.

Roll balls flat and cover one side with cumin seeds. Place rounds on floured baking sheet and let rise for 10 minutes. Transfer to preheated oven. Serve with Indian food or curries.

Foccacia Bread ☆☆☆

¾ cup warm water	1 ½ tsp sugar
1 tsp dry yeast	2-3 TBS olive oil
1 tsp salt	1 tsp rosemary
1 cup flour	1 cup whole wheat flour

Pour water in large bowl. Dissolve sugar and yeast in water. Let stand for 10 minutes or until bubbly. Stir in oil, salt rosemary. Add flour ½ a cup at a time, stirring until dough forms a ball. Knead for 5 minutes. Cover with a towel and let rise 1 hour. Knead 1 minute. Divide into flat circles, place on baking sheet and let rise for 30 minutes. Bake for 13 minutes and serve with Italian food.

Bagels ☆☆☆

4 ½ cups flour	4 TBS sugar
2 TBS dry yeast	1 TBS salt
1 ½ cup warm water	

Mix 1 ½ CUP flour and yeast. In a separate bowl mix water, 3 TBS Of sugar and salt. Pour this over the flour mixture. Beat together for 3 ½ minutes, scraping the sides of the bowl. Turn it onto a floured board and knead for 6-8 minutes. Cut the dough into 12 portions and shape each into a ball. Punch a hole in the center of each one, pulling gently to form the center. Place on a greased baking sheet and let rise for 20 minutes. Boil a pot of water with 1 TBS Of sugar. Reduce heat. Put 4-5 bagels in the water at a time and boil for 7 minutes. DRAIN THE BAGELS WELL. Bake for about 30 minutes. You can also top with sesame seeds, salt, garlic or sugar before baking.

Pretzels ☆☆☆

3 TBS dry yeast	½ tsp salt
1 1/3 cup warm water	3 ½ cups flour

1 TBS sugar
1 TBS water

1 egg, beaten
1 TBS salt

Dissolve yeast in warm water. Stir in sugar, ½ tsp salt and flour. Mix well. Turn out on lightly floured surface and knead for 5 minutes. Divide dough into 12 pieces and mold into pretzel shapes. Place on greased baking sheet. Brush with a mixture of beaten egg and 1 TBS water. Sprinkle on salt and bake.

Pizza/Calzone/Breadstick Dough



1 cup milk
1 TBS olive oil
1 TBS yeast

1 TBS sugar
1 tsp salt
3-4 cups flour

Warm milk and add yeast and sugar. Let mixture sit for 10 minutes. Next add olive oil and salt and then begin adding flour cup by cup, stirring as you go. When dough can be formed into a ball, turn out onto a floured baking surface and knead for 10 minutes. This is important to create elasticity in your dough. After 10 minutes, place dough in a greased bowl and cover, let sit in a warm place for an hour or until the dough doubles. Punch down the dough and choose one of the following options:

Pizza: Depending on size of your pan, you may need to divide your dough into 2 pieces. Roll out dough and place on a floured baking pan. Top with sauce, mozzarella cheese and your choice of toppings. Bake for 20 minutes.

Calzones: Divide dough into 3 pieces. Roll out each piece into a circle and cover one half (be careful not to cover the edges) with ricotta cheese, parmesan cheese, vegetables, meats, mozzarella cheese and herbs. Fold dough over, roll edges in and score top. Baste with olive oil and bake for 20-30 minutes, basting again with 10 minutes left. Sprinkle with a bit of parmesan cheese in second basting and serve with tomato sauce.

Breadsticks: Roll out dough into a thick slab and cut long pieces. Twist pieces or simply transfer to a floured baking sheet. Baste with a mixture of oil and water. Bake 10 minutes. Baste again and sprinkle with parmesan cheese, garlic, dehydrated onion or spices. Bake until golden brown. Serve with tomato dipping sauce. Yields 2 batches of breadsticks.

Whole Wheat Bread ☆☆

2 tsp active dry yeast
1 ½ cup water or milk
2 ½ TBS honey

2 TBS vegetable oil
2 tsp salt
4 cups wheat flour

Sprinkle yeast in ½ cup water, add honey and wait for 10 minutes, then add oil. Mix salt with flour in large bowl, mix well and pour into yeast mixture. Add the rest of the water and knead on floured surface. Let rise for 1 hour. Knead again; make oblong shape to fit bread pan. Let rise again 30-40 minutes. Bake. *Variation:* Add cinnamon and raisins for cinnamon raising bread or up to 1 cup of wheat germ in place of flour to make hardier bread.

Irish Herbed Beer Bread ☆☆☆

1 tsp baking powder
3 TBS sugar
1 cup parmesan cheese
3 cups whole wheat flour
(or all purpose)

1 TBS Italian spices
12 oz room temp beer
Melted butter to brush over
finished loaves

Mix dry ingredients in large bowl. Stir in beer to form stiff dough. Turn dough into greased bread pan. Bake at 325 degrees for 65 minutes.

Sesame Bread ☆☆☆

10 cups flour (½ whole wheat, ½ white) 2 tsp salt
1 cup toasted sesame seeds 1 ½ TBS dry yeast
3 ½ cups warm water 1 TBS sugar
Optional: Can add seeds/nuts, raisins, onions, etc.

Dissolve sugar, salt and yeast in water. Let stand until bubbly. Add flour and sesame seeds ½ CUP at a time. Knead well. Cover and let double in volume. Punch down, knead and form into 3 small or 2 large loaves. Place in greased loaf pans. Cover and let rise to double in size. Bake.



Challah (Traditional Jewish Bread)

2 tsp yeast	¼ cup oil
3 ½ cups flour	¼ cup honey
¼ cup warm water	1 ½ tsp salt
3 eggs	1 egg for glaze

Mix yeast and ½ cup flour. Mix in warm water and let sit for 5 min. Add eggs, honey, and salt. Mix. Add rest of flour, dough will be lumpy. Knead for 2 minutes. Put dough in a container; cover with a cool, damp towel. Wait 2 hours or until dough doubles in size. Remove and roll out dough cutting 3 even pieces. Roll out the 3 pieces of dough so that they look like foot-long snakes, thicker in the middle than at the ends.

To prevent dough from sticking, sprinkle hands and counter with flour. Pinch the three snakes together at one end and carefully braid them together. Tuck the end under itself. Cover with a cold, damp towel and let sit 2 hours until it doubles in size again. Beat the egg use for a glaze. Use a paper towel to paint on the egg over the entire bread. This will give it a golden, shiny crust. Poke holes all over the bread to prevent air pockets. Bake, rotating the bread until it is golden brown. Glaze again if necessary.

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Catalan Bruschetta ☆☆☆

1 piece of French bread per person Peeled garlic cloves
2 tomatoes per person fresh mozzarella
cheese
Olive Oil

Slice bread in halves horizontally. Toast the bread well. Set all the bread out in one plate. Slice tomatoes in half and set aside on another plate. Peel garlic and set aside on another plate.

On the dinner table, each person preparation their own: Take a piece of toasted French bread. With peeled garlic, rub over open side of bread. The toasted bread will act as a grater and the garlic will become part of the bread. Take a half of a tomato and squeeze the juice onto your toasted bread. Throw out the used tomatoes. Add some olive oil for taste. You can add a slice of fresh mozzarella cheese on top if you like.

Perfect Pan of Popcorn ☆

1/3 cup of popcorn kernels
Approximately 1/3 of oil (depends on pan/pot size)
Salt, butter or grated parmesan cheese topping

Pour oil in pot until the bottom is covered. Turn the flame on high and put 3 kernels in and put the top on. When you hear the kernels start to pop, add 1/3 cup of popcorn kernels to the pan and cover with the lid and reduce the flame to medium. Shake the pan and making sure to hold the lid on tightly to avoid splattering oil. Do this every 20 seconds. Pop until the popping sounds are less frequent. When the sounds have just about stopped turn the flame off. Add salt, butter, sprinkle parmesan cheese (or whatever topping you like) and immediately remove from pan to prevent burning.

Pin Wheels ☆

Pack of flour tortillas 8oz of cream cheese
Optional Ingredients:
Dill Tomato
Onion Chile
Ham

Take flour tortillas and spread on cream cheese in a thin layer. Add either dill, tomato and onion, chile or any other item that goes well with cream cheese and roll the tortillas in tightly wound burritos. Cut the tortillas into bit size pieces and serve.

Greek Spinach Frittata ☆☆☆

2 tablespoons olive oil	1 medium onion, thinly sliced
4 cups chopped spinach	1 teaspoon dried dill
Salt and pepper to taste	4 large beaten eggs
1 medium potato, cut into quarters and thinly sliced	½ cup campo cheese

Sauté potatoes and onions covered stirring frequently for about 8 minutes until golden. Add in the spinach until wilted. Stir in the herb and optional garlic. Pour the beaten eggs over the sautéed vegetables, tilting the pan to distribute them evenly. Cover the pan and cook on low heat for 10 minutes, until the eggs are set and golden on the bottom.

To brown the top of the frittata: carefully slide the frittata onto a plate and then flip it over, back onto the skillet to brown the other side.

Laura K's Roasted Vegetable Pasta Salad ☆☆☆

1 bag Pasta	Oil (vegetable or olive)
Onion sliced	Garlic
Carrots-peeled and sliced	Tomato sliced
Red Pepper –sliced and flattened	Protemas (optional)
Broccoli-boiled for 1 minute and sliced	
Fresh herbs, chopped-basil, thyme, or rosemary	
*salt, pepper, cobanero (or other hot pepper)	

Rub vegetables with oil. Roast vegetables on comal or in oven until slightly blackened. Chop roasted vegetables and add to cooked pasta-mix with a little oil so the noodles do not stick. Add chopped herbs and proteamas to noodle mixture (if you are not adding proteamas still add salt, pepper, and cobanero to taste)

Protemas: Mix dry proteamas with salt, pepper and cobanero. Add water, mix and let sit for 5 minutes. Sauté to your liking.

Lindsay's Sushi Salad ☆☆☆

(Serves 4-5)

1 ½ cups uncooked brown rice	¼ cup sugar
¼ cup + 3 TBS rice Vinegar	3 TBS vegetable oil
½ cup shredded carrot	4 scallions, chopped
2 TBS toasted sesame seeds	1 avocado, chopped
3 TBS finely chopped pickled ginger	
1 large cucumber seeded, quartered and chopped	
2 sheets dry roasted nori cut into 1x2 inch squares	

Dressing:

2 tsp wasabi powder	1 TBS hot water
2 TBS cold water	2 TBS soy sauce
2 tsp ginger juice (squeezed from freshly grated ginger)	

Cook rice. Bring ¼ cup vinegar to a boil with sugar until the sugar dissolves. Remove from heat. Cool rice until warm. Mix in the vinegar mix. Cool completely. Add remaining vinegar, oil, ginger, and carrot. Right before serving add scallions, cucumber, nori, avocado and sesame seeds. Toss. To make dressing, dissolve wasabi powder in hot water. Add remaining ingredients. Dress salad immediately before serving.

Mango Chicken Salad ☆

(Serves 4)

3 TBS honey	¼ cup olive oil
1 tsp orégano	2 TBS apple vinegar
chipotle al gusto	4 chicken breasts
salt and pepper al gusto	2 cups mixed lettuce
1 cup mango puree	

Mix above ingredients together. Use some as a marinade for the chicken and cook chicken. Place cooked chicken on bed of lettuce. Pour rest of the mixture over chicken and salad as a dressing.

Eggplant Salad ☆☆☆

(Serves 4)

4 TBS olive oil	2 medium onions, diced
2-3 cloves of garlic, minced	2 TBS honey
2 TBS ground cumin	1 TBS turmeric
4 TBS red wine vinegar	salt and pepper to taste
2 TBS fresh cilantro, chopped	1 TBS paprika
1 TBS fresh parsley, chopped	1 cinnamon stick
3-4 tomatoes, peeled, seeded and diced	
4 small eggplants, diced into 1 inch cubes	

Place diced eggplant in a colander and toss with salt. Set aside to drain for about an hour. Heat 2 TBS olive oil in a pan and brown eggplant quickly on all sides. Continue to cook in batches until all eggplant is done. In a separate large pot, heat the remaining oil and sauté garlic and onions until translucent. Add eggplant, tomatoes, honey and spices. Continue cooking until all liquids have evaporated, stirring occasionally so that the bottom does not burn. Remove from heat. Remove the cinnamon stick, add vinegar and adjust seasonings. Let cool to room temperature before serving. Toss with fresh herbs and serve.

Village Salad ☆

(Serves 2)

3 beets, diced	1 TBS olive oil
1 medium onion, diced	1 TBS lemon juice
2 stalks of celery, chopped	3 carrots, diced
1 bunch of cilantro, chopped	salt to taste

Boil beets until tender. Mix all vegetables together and add lemon juice, olive oil and salt. Enjoy!

Balsamic-Basil Beets ☆

1 bunch of beets, cubed into ½" pieces
1 orange, chopped into small pieces
1-2 TBS Balsamic vinegar
2 TBS Fresh basil (1 tsp Dried)
Olive oil, salt and pepper

Place chopped beets on a baking pan. Pour olive oil on them and roll them around so that they are coated. Sprinkle salt and pepper over

the beets. Bake until the beets are tender. Make a dressing with the orange, balsamic and basil. Pour over beets and enjoy!

Potato Salad ☆

(Serves 6)

4 cups potatoes, cooked and cubed	1 tsp salt
½ cup onion, chopped	1 TBS vinegar
1 cup celery, sliced	1 tsp sugar
2 hard boiled eggs, chopped	1 TBS mustard
1 cup mayonnaise	¼ tsp black pepper

Combine mayonnaise, salt, vinegar, sugar, mustard and pepper. Add potatoes, onion, celery, and egg. Mix well and serve.

Spanish Rice ☆☆

(Serves 4)

1 medium onion, finely chopped	2 tsp oil
1 large green pepper, chopped	¼ cup water or broth
3 large ripe tomatoes, cubed	1 ½ cups rice, precooked
1 package Natura's Ranchera salsa	
Pepper, cumin, and chili powder to taste	

Sauté onion and green pepper in oil in a large frying pan over medium heat for 3 minutes. Add remaining ingredients and cook 10 more minutes, stirring occasionally to prevent sticking. Serve.

Scalloped Potatoes ☆☆☆

4 cups very thinly sliced peeled potatoes	paprika 1 tsp salt
2/3 cup minced onions	3 TBS flour
3 TBS margarine	black pepper
¼ hot cup milk	

Pre-heat oven. Arrange layers of potatoes in greased casserole pan. Cover with some of the onions. Combine flour, salt, and pepper, and sprinkle ¼ on top of the 1st layer of potatoes. Add butter liberally. Repeat until you have used all the potatoes. Pour milk over everything. Sprinkle with paprika. Bake covered for 45 minutes, uncover and bake 15 minutes. (Serves 4)

Sweet Potato Soufflé ☆☆☆

2 cups mashed boiled sweet potatoes or camote	4 TBS margarine
¼ tsp allspice	¾ cup hot milk
2 egg whites	½ tsp cinnamon
2 egg yolks	1TBS grated orange rind

Pre-heat oven. Combine potatoes with milk, butter, spices (don't worry if you don't have allspice.) and orange rind. Add a pinch of salt, beat egg yolks well and add to potato mixture. In a separate bowl, beat egg whites until stiff. Fold potato mixture into egg whites. Put into un-greased casserole dish and bake 1 ½ hours. Takes a while to bake but well worth it! (Serves 4-5)

Rice Tabbouleh Salad ☆

3 cups cold cooked rice	¼ cup olive oil
Salt and pepper	½ cup thinly sliced onions
¼ cup chopped parsley	1 tomato, diced
1 tsp cumin	juice of one lime
½ cucumber, peeled, de-seeded, and diced	
1 jalapeño pepper, de-seeded and diced	
½ cup lightly packed, chopped mint	
¼ cup toasted sesame seeds	

Mix together and serve, great accompanied with hummus or falafel.

Lentejas (Lentils) ☆

(Serves 4)

¼ cup oil	2 large onions, chopped
1 clove of garlic minced	2 carrots chopped
4 celery stalks chopped	¼ cup parsley chopped
3 large tomatoes chopped	2 cups cooked lentils

In a pan, sauté until tender oil, garlic, celery, onion, carrot and parsley. Add tomatoes and lentils and heat. Serve hot, with grated cheese on top.

cheese and stir until melted. Add veggies and rice. Pour into a casserole dish and bake at 350 F for 45-60 minutes.

Potato Mushroom Delight ☆☆☆

(Serves 4-6)

3 medium potatoes, cooked and sliced	1-3 hard boiled eggs, sliced
2 TBS Butter	1/4-1/2 lb Fresh mushrooms, sliced
1 cup milk	Worcestershire Sauce
2 TBS Flour	1 tsp Salt
1 cup cheddar cheese, grated	toasted, ground sesame seeds
Pepper	

Sauté butter and mushrooms for 5 minutes. Add flour, milk, Worcestershire, cheese, salt and pepper. Layer a casserole: ½ potatoes, ½ eggs, ½ cheese mixture. Repeat. Top with cheese and sesame seeds. Bake for 20 minutes at 350.

Kate's Golden Rings ☆☆☆

(Serves 3-4)

2 Large White Onions, cut into rings
Oil

Batter:

1 Egg, beaten	1/4c milk
Flour to reach desired consistency	Pepper
Oregano	Salt

Heat oil in a pan so that bottom is covered by 1/4in of oil. (Medium Heat works best) Test heat of the oil by dropping a pea sized amount of batter, and if the oil is ready, the batter will turn golden in less than a minute. Dip raw onion rings into batter and gently place in oil in a single layer across the pan. Flip when bottom appears golden, but not burnt. Lay out fried rings on a paper towel to dry off excess oil. Enjoy with lots of barbeque sauce/ketchup/mustard and or ranch dressing. The more sauce, the better. (That's what she said..)

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Notes: _____

Homemade Peanut Butter ☆

2c. peanuts, shelled
salt

oil
Sugar

Pour about one Tablespoon of oil into blender, Add ¼ to ½ cup of peanuts, blend. Blend more peanuts little by little, add more oil if needed. When peanut butter has reached desired consistency, add sugar and salt to taste and blend once more.

Additional ideas to add to peanut butter for flavor:

1. Chocolate and bananas
2. Ginger, garlic, toasted sesame seeds, coriander and soy sauce
3. Basil, rosemary and sun dried tomatoes
4. Sauté garlic, curry, ginger, cumin, fenugreek. Add to a peanut butter and make sandwich with carrots, celery, tomatoes, onions, tomatoes and hot sauce.

(**Number 2, 3 & 4 are great to spread on veggie sandwiches)

Hungarian "Körözött" Cheese Spread ☆☆☆

1/2 lb. campo cheese
1 pinch of cumin
**1 - 2 tbsp. of milk, depending on consistency of campo cheese
salt to taste

1 tbsp. (Hungarian) paprika
1 medium-sized purple onion, finely chopped
chile coban / picante to taste

**If cream cheese is available in your site, substitute half of the campo cheese for 1/4 lb. of cream cheese, and don't use milk.

Finely chop onion. In a container, use a fork to work the campo cheese into a smooth texture, slowly add milk until texture is slightly creamy (if cream cheese is available, add cream cheese after forking campo cheese). Add in the rest of the ingredients, mixing well. Cover and let it sit for an hour. Eat with bread, crackers, or spoon.

Apple Butter ☆

4 lbs apples
2-4 cups sugar
½ tsp ground cloves

2 cups water
1 tsp ground cinnamon
1 pinch of salt

Betty's Spinach Dip ☆

1 lb spinach	2 TBS dried basil
1 cup crema	3 cloves garlic, minced
1 cup mayonnaise	

Blend the spinach in a blender or food processor. Add the other ingredients and blend until it has a smooth consistency. Chill in the fridge. Serve with chips, crackers, bread or as a sauce for pizza. Delicious!

Guacamole ☆

¼ cup chopped cilantro	salt
1 to 2 serrano chilies finely diced	3 large avocados
juice of 1 to 2 limes	2 medium tomatoes diced
1/3 cup finely diced white onion or scallion, including some of the greens	

Grind or chop onion, cilantro, and chili with ½ tsp salt to make a rough paste. Peel and mash the avocado. Add onion mixture and tomatoes and season with salt.

Acelga Dip ☆☆☆

2 manojos of acelga	1 block of cream cheese	2
red peppers	1 pound of tomatoes	
2 onions	2 or 3 cloves of garlic	
any spices like chili or cumin		

Soak chard leaves in water to clean off dirt. Boil in water with a little bit of salt until they are cooked through; then cool. Chop and sauté red peppers, onions, tomatoes and garlic. Add cream cheese and spices. Squeeze the excess water out of the acelga once it is cooled and cut it into smaller pieces. Add to the cream cheese mixture and let simmer for a few minutes. If you have an oven you can bake it for a few minutes. Eat on top of tostadas or with chips.

Artichoke Dip ☆

1 can of artichoke hearts	1 cup of mayonnaise
8 oz cream cheese	3 cloves garlic

8 oz shaved parmesan cheese

Dice artichoke hearts finely, mince garlic, and mix all ingredients together in a casserole dish. Bake at 350 degrees for 20 minutes. Serve warm and spread on sliced baguette.

Hummus spread ☆☆☆

Put following in blender:

3 TBS tahini	3 TBS fresh lemon juice
2 TBS vegetable oil	1 TBS olive oil
2 gloves minced garlic	¼ tsp ground cumin
1.5 cups good garbanzo beans (cooked from dry, or canned and drained)	salt to taste

Put all ingredients in a blender and blend until smooth. Serve with pita bread, tortillas or cracker or bread of your choice.

Roasted Red Pepper Spread ☆

Oil to fry	Honey or sugar
2-3 red peppers finely chopped	
Campo cheese	

Sauté red pepper for a few minutes in oil and then drizzle honey or sprinkle sugar into the pan of cooking red peppers and cook a few more minutes. Mix the red peppers in a blender with the campo cheese until the mixture is smooth.

Pesto ☆

2 cups basil leaves- diced if fresh, crumbled if dry
½ cup pine nuts or cashews
½ cup campo or parmesan cheese
salt if desired
1 large onion
1 cup oil
lots and lots of garlic

Blend everything adding oil or water if too thick.

Ricotta ☆

5 cups water

½ cup vinegar

2 cups whole milk powder

Stir milk into water and heat until hot but not boiling. Remove from heat, add vinegar and stir. Clumps of cheese will form. Strain to collect cheese and discard the liquid. Serve on crackers or use in lasagna, calzones or other dishes that call for cheese.

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Roasted Red Pepper Cream Sauce ☆☆☆

3 red peppers
1 TBS margarine
1 onion
2 TBS parsley
1 ½ cup creamy milk
salt and pepper to taste
2 cloves minced garlic

Split pepper and remove skins, roast on a comal or pan until blackened (push peppers down with a spatula to speed up process) and dice. Slice onions and garlic; caramelize in a frying pan with margarine. When onions are translucent, add the milk and peppers. Season to taste. Simmer sauce until thick and pink.



Spinach Cream Sauce

1 bunch spinach, chopped
1 cup milk
1 TBS consume
Italian spices to taste (basil, oregano, thyme)
salt and pepper to taste
8 oz cream cheese
1 TBS vinegar
2-3 cloves garlic, minced

Place spinach in a frying pan with 2 TBS water, heat and cover for a couple of minutes until the spinach is soft. Put all ingredients in a blender and blend. Place in a saucepan on low heat. Adjust flavors with the spices, salt and pepper. Serve over pasta.

Peanut Sauce ☆

¼ cup peanut butter
1 TBS brown sugar
1 TBS fresh lemon or lime juice
¼ cup water
1 small finely chopped onion
2 tsp soy sauce
red chili to taste
¼ cup milk
1 clove crushed garlic
1 TBS chopped ginger

Sauté garlic, onion and ginger with a little bit of oil in a pot. In a separate container, mix all remaining ingredients, adding milk and water last. Pour into pot with onion mixture and heat over medium heat until sauce begins to bubble and thicken.

Basic Tomato Sauce ☆

2 TBS fresh parsley, chopped
1 cup onion, chopped
1 tsp crushed red pepper
½ tsp dried Italian seasoning
1 tsp olive oil
1 TBS sugar
4 cloves garlic, minced
2 TBS tomato paste

¼ tsp black pepper
2 lbs tomatoes, diced
2 TBS balsamic vinegar or ½ CUP wine
1 TBS fresh basil, chopped or 1 tsp dried basil
1 TBS lemon juice

Heat oil in a saucepan over medium heat. Add onion and garlic. Sauté 5 minutes. Stir in vinegar, sugar, basil, red pepper, paste, lemon juice, seasoning, pepper and tomatoes. Bring to a boil. Reduce heat to medium and cook, uncovered about 15 minutes. Stir in parsley and serve with pasta.

Tomato Sauce with Veggies ☆☆☆

1 onion
4 cloves garlic, minced
1 red pepper, chopped
2 carrots, chopped
1 zucchini, peeled and chopped
1 eggplant, peeled and chopped
Broccoli or cauliflower, chopped and fried or steamed
2 lbs chopped tomatoes
basil
oregano
salt and pepper
olive oil

Chop one onion and sauté in a hot frying pan with oil. Fry on medium heat and when onions have turned translucent (5-10 minutes), add minced garlic. Cook for one minute and then add chopped red peppers, carrots, eggplant, and zucchini. Fry vegetables for 10 minutes or until soft. After vegetables are soft add dry seasonings and coarsely chopped tomatoes. You may want to add a little bit of water. Cook until tomato pieces break up a bit and you got a sauce going. Cauliflower or broccoli should be added at this point (better would be to cook the broccoli or cauliflower before and add it in). To finish add salt and pepper and any fresh herbs that you're using, turn off heat and serve.

Bolognese Sauce ☆

2 TBS oil
2 cloves garlic
1 diced onion
1 diced carrot
ground beef or Protemas
2 cups beef broth (chicken if you must)
1 tsp sugar
¼ cup parsley
salt and pepper
½ cup red wine
2 cups tomato paste

Sauté garlic, onion, carrot in oil. Brown meat (or cook Protemas). In a large pot, cook everything for about 20 minutes, serve atop pasta.

Sweet and Sour Sauce ☆

4 TBS cornstarch mixed with 3 TBS Water

½ cup fresh or canned pineapple	½ cup ketchup
½ cup vinegar	¼ cup orange marmalade
½ cup water	1 ½ tsp ginger, minced
2 tsp soy sauce	3 cloves garlic, minced
1 cup sugar	¼ tsp hot sauce
2 TBS pineapple juice	

In a saucepan combine all ingredients except for the cornstarch mixture. Blend well and bring to a boil. Add cornstarch mixture. Reduce heat and simmer, stirring frequently until it thickens.

Tejutla BBQ Sauce ☆

1 cup ketchup	1 tsp garlic powder
½ cup vinegar	1 tsp ginger
½ cup brown sugar	1 TBS oil
2 TBS soy sauce	1 tsp pepper
2 TBS worchester sauce	1 TBS honey
2 TBS mustard	Picamas al gusto

Simmer all those ingredients for 5min. If making ribs. Take ribs and simmer in a pot with: 1 TBS of garlic powder, 1 tsp pepper, 2 TBS of salt, until the ribs are cooked through. Take the sauce and pour on top of ribs and bake in PC oven for about 20min. Enjoy!

Basic Vinaigrette ☆

(Makes ¾ cup)

½ cup oil (preferably olive oil)	1/3 cup vinegar
2 tsp thyme, oregano and basil	1 TBS sugar
½ tsp paprika (optional)	1/8 tsp black pepper
¼ tsp dry mustard or 1 tsp Dijon mustard (optional)	

Mix ingredients, cover and shake.

Balsamic Caesar Vinaigrette ☆

(Makes 1 cup)

½ cup olive oil	2 garlic cloves, minced
¼ cup plain nonfat yogurt	2-3 TBS grated parmesan
2 TBS balsamic vinegar	

Mix all ingredients together, whisking well.

Lime Cilantro Dressing ☆

(Makes ½ cup)

½ cup cilantro, washed, dried	½ cup olive oil
juice of one lime	fresh ground black pepper
4 garlic cloves, peeled	salt and sugar to taste

In a blender, combine oil, lime juice, garlic, cilantro and black pepper. Blend until smooth. Add sugar and salt to taste.

1000 Island Dressing ☆

(Makes 2 cups)

1 cup mayonnaise	½ celery stalk, sliced
¼ cup chili sauce	¼ cup onion, chopped
2 eggs, hard boiled, quartered	1 tsp paprika
¼ green pepper, chopped	½ tsp salt

Put all ingredients in a blender and blend until all ingredients are finely chopped.

Tahini sauce ☆

2 garlic cloves	fine sea salt to taste
1/2 cup well-stirred tahini paste	1/3 cup fresh lemon juice
1/4 cup water	1/4 cup olive oil
1 tbsp finely chopped fresh cilantro	1 tablespoon finely chopped fresh flat-leaf parsley
1/4 teaspoon ground cumin	

Mince garlic, then mash to a paste with sea salt. Whisk together garlic paste and remaining ingredients until combined well.

Tahini Paste ☆

2 Tablespoons sesame seeds 1/2 teaspoon sesame oil
1/4 teaspoon salt 1/4 cup tepid water

Preparation: Place sesame seeds in a blender or food processor and grind until smooth. Add sesame oil and salt. Process until combined. With the motor running, add the water in a very slow, steady stream and blend until smooth. Yield: about ½ cup

Note: Sesame seeds turn rancid quickly, so make certain yours are fresh. Be sure to store them away from light and heat and use quickly. For more information on sesame seeds:

Sauce Pois ☆☆☆

2 cups dried red beans, rinsed 3 scallions
1 tbsp parsley 2 shallots
2 quarts water 1 cup cubed ham
2 chopped cloves of garlic
Salt, black, and hot pepper to taste

1. Combine scallions, parsley, shallots, and hot peppers to form a paste. 2. Heat oil medium heat and add seasoning paste, beans, and scallions. Add water, ham hock, parsley, and cubed ham and bring to boiling. 3. Cover and simmer for 2 hours, or until beans are tender. Remove ham hock. Process beans and juice in an electric blender or force through a strainer. 4. Return sauce to low heat and season to taste.

Basic Curry ☆

2 TBS butter 1 cup water
¼ cup of onions 1 tsp. consommé
2 TBS flour 1 tsp. curry powder

Sauté finely chopped onions in butter for 5 minutes. Stir in flour and then slowly 1 cup of water. Add consommé and curry powder. Cook constantly stirring until thick. Serve with naan, or over rice.

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Angie Martinez's Caldo de Queso ☆

6 potatoes
3 small tomatoes
1 onion
2 cloves garlic
1 block of any cheese
4 roasted and shredded green chilies

½ a bunch of cilantro
2 tablespoons of bullion
2 packages salsa Naturas
salt and pepper to taste

In a soup pot sauté tomatoes onion and garlic. Dice potatoes into bite sized cubes add to pot. Add 3-4 cups of water, salsa Naturas packets, bullion, shredded green chilies, salt and pepper to taste. Cook until potatoes are tender and add cilantro. Serve in soup bowls adding generous amounts of your favorite cheese cubed. This soup is best accompanied with fresh bread.

Marissa's Albondigas (Mexican meatball soup) ☆☆☆

1 lb of ground beef or Protemas
2 cups of white rice
2 large bell peppers
4 small tomatoes
1 onion
1 egg

3 cloves garlic
2 packets salsa Naturas
3-4 cups of water
Bullion to taste
salt, pepper, chili powder,
and cumin, to taste

Meat balls: mix meat or ground proteamas with egg and ½ cup of rice add 1 clove of garlic and salt and pepper and form into meatballs and set aside. In a soup pot sauté remaining rice until transparent add diced tomatoes, onions, and garlic. Add water, salsa naturas packet, spices, and bring to a rolling boil and add meatballs. Cook

Carrot Soup ☆

(Serves 4)

4 carrots, chopped
1 onion, chopped
2 stalks of celery, chopped
1 tsp salt
black pepper to taste

½ cup cooked rice
1 cup milk
1 cup water
2 TBS margarine

Boil the vegetables in the water until soft. Blend or mash the vegetables, rice and water until you have your desired texture. Add the milk, salt, pepper and margarine and mix well.

Ally's Veggie Soup ☆☆☆

(Serves 4-6)

1 TBS olive oil	1 large carrot, chopped
1 onion or leek, chopped	3 cloves garlic, minced
1-1 ½ lbs tomatoes, chopped	2-3 potatoes, chopped
1 red pepper, chopped	1 TBS rosemary
salt and pepper to taste	
1 TBS consume or vegetable stock	
1 bag or small can of tomato paste	
1 TBS dried basil or 2-3 TBS fresh basil	
4 leaves of Swiss chard or 1 cup spinach, chopped	

In a soup pot, add oil and sauté onions and garlic for 2 minutes. Add chopped tomatoes and sauté for another minute until the juices leak out. Add water, consume and veggies and bring to a boil. Boil for a few minutes then reduce to a simmer. Add tomato paste and remaining spices. Simmer for about 30 minutes or until potatoes and carrots are tender. Add salt and pepper to taste (can also add a little chili coban). Serve and enjoy! You can also add pasta or rice if you want a more hearty soup.

Gazpacho ☆☆☆

(Makes 6 servings)

4 cups cold tomato juice	juice of 1 lime
1 small onion, minced	2 TBS wine vinegar
2 cups tomatoes, freshly diced	1 tsp tarragon
1 cup green pepper, minced	1 tsp basil
1 tsp honey	Dash of ground cumin
¼ cup fresh parsley, chopped	1 clove garlic, minced
1 cucumber, diced	Dash of hot sauce
2 scallions, chopped	2 TBS olive oil
juice of ½ lemon	salt and pepper to taste

Combine all ingredients (can puree all, some or none). The flavor is best if the gazpacho sits in the fridge overnight before serving.

Egg Drop Soup ☆

(serves 6)

4 cups of chicken broth	3 eggs beaten
2 cups water	1 tablespoon scallions
1 teaspoon ginger	

In a medium pot, combine the broth water, and ginger. Bring to a boil. Stir in beaten eggs and scallions and cook for about a minute.

Cauliflower-Cheese Soup ☆☆☆

(Serves 6)

2-3 cups potato, diced
1 Cauliflower, cut into florets
1 medium carrot, chopped
4 cups water
2 cups cheddar, grated
1 tsp Dill
3 medium cloves of garlic, minced

1 ½ tsp salt
1 ½ cups onion, chopped
black pepper
¾ cup milk
½ tsp Caraway seed

In a large saucepan combine water, potato, ½ the cauliflower, carrot, garlic, onion and salt. Bring to a boil and simmer until vegetables are tender. Puree soup in a blender and transfer into a pot. Steam reserved cauliflower until tender. Add to puree with all remaining ingredients. Heat gently and serve topped with cheese and parsley.

Gingered Curry Carrot Soup ☆

(Serves 2)

5 or 6 carrots, chopped
2 onions, chopped
1 TBS oil or butter
2 TBS grated ginger
1 cup milk
1 tsp each cinnamon, cumin, curry powder

3 cups water
½ cup rice
4 cloves chopped garlic
Salt, pepper to taste
3 TBS lemon juice

Cook rice in a pot. Heat oil/butter in a pan and cook carrots and onions 5 minutes. Add garlic, ginger, lemon juice and spices and cook a few more minutes then add to the pot of rice along with water. Cook until soft and then blend half the mixture with milk. Stir it all together.

Kelly's Borsch (Beet Soup) ☆

(Serves 6)

6 medium size beets
1 onion
½ head of cabbage
1 can of tomato paste
crema (or sour cream or plain yogurt)
2 tablespoons of consomé

2 carrots
2 potatoes
3 garlic cloves
6 cups of water

Peel and chop all vegetables into small pieces. Boil water and add consomé and tomato paste. Add remaining ingredients. Simmer for 45 minutes. Serve cold or hot with a little dab of crema (or sour cream or plain yogurt) on top. Tastes even better on the 2nd day. Enjoy!

Broccoli Soup ☆

(Serves 2)

Small head of broccoli, chopped	2 TBS oil or butter
2 onions, chopped	3 cups water
3 cloves finely chopped garlic	1 potato, chopped
1 bay leaf	Salt and pepper to taste
3 TBS powdered milk	1 avocado
1 tsp of each, thyme, basil, oregano	

Heat butter or oil in pot and add onion, garlic, bay leaf and spices, cook 5 minutes. Add water, broccoli, potato and cook until all is soft. Remove bay leaf and blend half the mixture with avocado and milk. Stir it all together and serve hot.

Potato-Leek Soup ☆☆☆

(Serves 4)

1 lb Potatoes, chopped	2-3 TBS butter
1-2 leeks (or onions), chopped	1 ½ cups milk
1 large carrot, chopped	2-3 bay leaves
2 stalks of celery, chopped	4 TBS fresh basil
4 cloves of garlic, minced	salt and pepper to taste

Sauté leeks and garlic in butter. Place carrots, potato and celery into 1 ½ cups water. Simmer until the potatoes are tender. Add leek mixture, bay leaves, basil, salt, pepper and milk to the vegetables. Simmer for 5 minutes. Blend all or some of the mixture to make a creamier consistency.

Creamy Tomato Soup ☆

(Serves 4)

1 TBS olive oil	1 tsp dried basil
1 ½ cups onion, chopped	fresh ground pepper
2 garlic cloves, minced	½ tsp salt
2 lb tomatoes, chopped	4 oz cream cheese
½ tsp Crushed rosemary	minced fresh parsley

1 tsp honey (more if tomatoes are very acidic)

Cook tomatoes in saucepan for 10 minutes. Blend up entire mixture in blender. Sauté oil, onion, garlic, salt, rosemary, basil and pepper until onions are soft. Add tomatoes and honey to mixture and simmer for 10 minutes. Cut in cream cheese. Serve garnished with parsley.

Tomato Basil Soup ☆☆☆

(Serves 2)

3 TBS butter	¾ tsp sugar
1 large onion, sliced	1/3 tsp pepper
1 large carrot, peeled and grated	1 ¼ cup chicken broth
4 large ripe tomatoes, peeled, seeded and chopped	½ cup lightly packed chopped fresh basil
salt to taste	

In 3-quart sauce pan, melt butter over medium heat. Add onion and carrot and cook until onion is transparent, stirring frequently. Stir in tomato, basil, sugar and pepper. Heat to boiling, stirring constantly. Reduce heat and simmer covered for 10 minutes. Cool slightly. Pour into blender and puree until smooth. Return to pan and stir in broth and salt. Heat until steaming.

Ratatouille ☆☆☆

(Serves 2)

2 medium peppers (red and green) deseeded and diced into 1 inch pieces	1 ½ tsp salt parsley
1 medium zucchini, sliced into half moons	½ tsp thyme 1 ½ tsp fresh basil
1 medium eggplant, sliced	½ tsp rosemary
1 ½ lbs crushed tomatoes	1 tsp oregano
3 TBS olive oil	4 garlic cloves, minced
2 CUP onion, chopped	1 bay leaf

Place eggplant in a colander and sprinkle with salt. Leave to drain for 45 minutes. Rinse and pat dry. Heat oil in a deep skillet and sauté garlic, onion and bay leaf over medium heat for about 5 minutes. Add eggplant and sprinkle with salt and herbs. Cover and cook over medium heat, stirring occasionally for 15-20 minutes, until the eggplant is soft. Add zucchini, peppers, black pepper and tomatoes.

Bring to a boil. Simmer until zucchini and peppers are tender. Sprinkle with parsley.

White Bean Soup with Rosemary and Parmesan ☆☆☆

(Serves 4)

1 ½ cup dried white beans	2 cloves of garlic, minced
1 TBS baking soda	2-4 TBS rosemary
olive oil	7 cups chicken stock
1 onion, finely chopped	salt and pepper
1 carrot, finely chopped	1 TBS parsley, chopped
1 celery stalk, finely chopped	
½ cup parmesan (or campo cheese)	

Rinse and soak beans for at least three hours with 1 TBS of baking soda. Drain. In frying pan heat oil and sauté onions, carrots and celery. Stir until veggies are tender, 5-10 minutes. Add garlic and rosemary and sauté another 3 minutes. Place the beans and stock in a large soup pot. Bring to a boil and reduce heat to low and simmer uncovered until beans are tender, about 1 ½ hours. Remove from heat and let cool slightly. Add the vegetable mixture. Puree 1/3 of the mixture until smooth. Return the soup and reheat gently. Add parmesan. Season with salt and pepper and garnish with parsley.

Spicy Chickpea Potato Stew ☆

(Serves 6)

3 cups chickpeas, cooked, drained and rinsed	1 jalapeno pepper, chopped
1 TBS olive oil	1 TBS fresh cilantro, chopped
3 cloves garlic, minced	1 onion, finely chopped
¾ lb tomatoes, seeded and chopped	4 ½ tsp ground cumin
salt and pepper to taste	2 tsp ground turmeric
1 lb potatoes, peeled and cut into 1 ½ in. cubes	1 cucumber, peeled and sliced
	1 small onion, thinly sliced

Place ¾ cup chickpea and ¾ cup water in a blender. Blend until smooth. Set aside. Heat oil in a skillet over medium- high heat until sizzling. Add chopped onions, garlic and jalapenos and sauté until the onions browned on the edges, about 5 minutes. Add cumin and turmeric and stir. Add tomatoes and the reserved chickpea puree. Bring to a boil. Add potatoes and reduce heat. Simmer covered until the potatoes are nearly done, about 1 hour. Stir in the remaining

chickpeas. Simmer another 5-10 minutes until potatoes are tender and stew is heated through. Season with salt, black pepper and red pepper. Serve garnished with cucumber slices, onion rings and cilantro.

Lemon Curried Pea Soup ☆

(Serves 4)

1 large onion, chopped	2 carrots sliced
2 stalks celery, chopped	2 medium potatoes, diced
2 cloves garlic, minced	1 TBS lemon juice
2 tsp salt	2 tsp curry powder
¼ tsp turmeric	2 cup cream
4 cups of water or chicken broth	2 cup fresh peas

Place onion, carrots, celery potatoes, garlic, lemon juice, salt, curry and turmeric with 2 cups of broth and peas in a pot. Bring to a boil and then turn it down to a simmer. Cook until the vegetables are tender. Blend soup and return to pot. Add remaining broth and cream. Heat, uncovered, on low until heated through, but not boiling. Adjust flavors and serve with bread.

SOPA: Yo Odio Huevos Fritos ☆

(Serves 3)

3 eggs	1 onion
garlic	salt
pepper	any kind of vegetable

Boil 5 cups of water, add the chopped onion and all the cut vegetables, 10 minutes later drop the eggs in the water (as if you were frying the egg, take the shell off!), mix in the spices that you have and cook for about 5 more minutes. Volunteer a smile and share your sopa with someone you love, even if it is just eggs and onions.

Chickpeas in Tamarind Sauce ☆☆☆

½ cup oil	2 cups chopped onion
1 TBS finely chopped garlic	1tsp turmeric
1 ½ cups tomatoes, chopped	1tsp chili powder
2 TBS grated fresh ginger	1TBS curry powder
½ cup raisins	1tsp cumin powder
4 cups cooked chickpeas with 1 cup liquid	4 TBS tamarindo drink concentrate

Heat oil over medium heat and cook onion until caramelized, about 10 minutes. Add garlic, turmeric, chili powder and stir. Then tomatoes and ginger and cook 5 minutes. Add tamarind concentrate and 1 cup of water and chickpea liquid. Simmer 15 minutes. Dry roast cumin and curry powders 10 seconds and add along with chickpeas and raisins. Cook 10 minutes more. Better the next day.

Fresh Corn Chowder



(Serves 6)

1 medium potato, chopped	2 ½ cups water
1 ½ cups onion, chopped	1 TBS butter or oil
1 ½ tsp salt	5 cups corn
1 medium celery stalk minced	fresh black pepper
1 small red pepper, minced	¼ tsp Dried thyme
½ tsp dried basil	1 cup milk

Boil water in a saucepan and add potatoes. Cover and simmer until tender. Set aside. Melt butter in a frying pan and add onion and salt. Cook over med-low heat, stirring. After 5 minutes, add celery and cook 5 minutes. Add potatoes with all the liquid, bell pepper, corn, black pepper and herbs. Reduce heat and cook 5 minutes. Puree half the solids, combine puree and remaining soup. Add milk and simmer for 10 more minutes. Serve hot.

Armenian Lentil Soup (Vospapur)



(Probably serves 6 – 8)

1 medium onion, chopped	3 garlic cloves, minced
¾ teaspoon cumin	½ teaspoon coriander
½ teaspoon hot paprika	4 ½ cups chicken
Veggie or chicken broth	Salt and pepper to taste
1 1/3 cup brown lentils	1 Tbsp. lemon juice
1 package frozen spinach (10 ounces), thawed and drained	
1 can diced tomatoes (14 or 15 ounces) (undrained) and oil	

Heat vegetable oil in a soup pot – a tablespoon or two of it. Sauté the onion, garlic, cumin, coriander, and paprika over medium heat for about 5 minutes. Then add the lentils and spinach and sauté for two or three more minutes. Add the broth and tomatoes, and bring to a boil. Reduce heat to medium-low and simmer for 50 minutes. Then add the lemon juice and salt and pepper to taste.

Haitian Soup (Boillion) ☆☆☆

1 lb meat cubed beef	2 tspn salt
2 limes cut in half	1 malanga
2 sweet potatoes	1 green pepper, sliced
1 boniata	3 carrots
1 head of spinach	2 onions, sliced
2 potatoes	1 tsp thyme
1 tsp parsley	salt, black pepper and hot pepper to taste
3 tbsp tomato paste	
¼ cup scallions	

Clean the meat with hot water and lemon. Add seasoning salt and set aside for 2 hrs in a bowl. Combine meat and spinach in a stockpot with 2 quarts of water until meat is tender. Add remaining ingredients and cook additional 20 minutes or until potatoes are cooked

African Vegetable Stew ☆☆☆

1 Onion (very large), chopped	1 Swiss chard bunch
1 cn Garbanzo beans	1/2 c Raisins
1/2 c Rice, raw	2 Yams
Several fresh tomatoes	Salt and pepper, to taste
taste	Garlic clove
Tabasco sauce, to taste	

Fry onion, garlic and white stems of chard until barely limp. Add chopped greens and fry a bit. Either peel the yams or scrub them well with a vegetable brush, then slice them into thick slices. Add garbanzos, raisins, yams, tomatoes, salt and pepper. Cook a couple of minutes. Make a well in the center of the mixture in the pot. Put the rice in the well and pat it down until it's wet. Cover and cook until rice is done, about 25 minutes. Add Tabasco sauce to taste

Black Bean Soup ☆☆☆

2 cups black beans	Dried chiles	
2 – 3 onions	6 cloves garlic	
1 pound tomato	2 red peppers	Cumin
	salt	thyme
bay leaves	lemon, cilantro, avocado	
(optional garnishes)		

Soak beans overnight. Bring beans to a boil, then simmer over low heat until tender (around 2 hours). While the beans are cooking, add garlic, onion, bay leaves, and thyme to season. Boil several cups water, soak dried chiles to rehydrate, then liquify in blender. Saute onion and garlic in oil in soup pot, add in diced tomato and red pepper, continue stirring. Combine beans, add salt and cumin to taste, stir in blended chiles. Simmer for a half an hour. Blend part of soup for a smoother soup, or leave as is. Garnish with cilantro, lemon juice, and avocado if desired.

Chili con Carne ☆☆☆

(Serves 6)

Kidney beans, 1 can or from dry	1 lb ground beef
1 chopped onion	2 minced garlic cloves
½ cup beef bouillon	15 oz tomato sauce
1 or 2 chopped bell peppers	2 TBS chili powder
½ TBS cumin	½ tsp paprika
½ TBS salt	¼ tsp oregano
¼ tsp pepper	½ TBS cider vinegar
½ tsp sugar	
1 can stewed tomatoes	

Start by cooking beans in pressure cooker, if not using canned. Cook the ground beef with the onions and garlic until the onions are clear. Add to cooked beans. Add the bouillon, tomatoes, peppers, spices, and remaining ingredients. Let cook for about an hour, or until it has the right flavor and everything is cooked through

Chicken Noodle Soup from scratch ☆☆☆

(Serves 6)

Chicken Preparation:

3 lbs chicken	1 onion coarsely chopped
2 carrots cut in 3 inch pieces	2 celery ribs chunked

Soup Preparation:

2 celery ribs diced	3 carrots diced
cilantro to taste	salt and pepper to taste
dried oregano and basil to taste (optional)	4 oz noodles

Place the chicken in pressure cooker and cover with water. Add vegetables. Cook about 25-35 minutes until chicken is done. If you

don't have a pressure cooker, you can cook the chicken in a regular pot with a lid, just double the cook times. Remove chicken from pot and cool. Take meat from bones and add bones back to pot and cook 30 minutes more over medium heat. Strain the stock and put it into a large pot. To strained stock, add 2 cups of water, chilled chicken, and vegetables. Cook 20-25 minutes until vegetables are cooked. Add noodles to the soup and cook 10 minutes. Add salt, pepper, oregano and basil. *Note:* You can also prepare more chicken and have chicken one day and then use the leftovers the next day to make the soup.

Meat Dishes

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Note:

Many main courses in this section that call for meat can also be made vegetarian by substituting tofu or another vegetable for the meat.

Lauren's Chilaquiles ☆☆☆

2 lbs. small tomatillos	1 medium sized onion
4 cloves garlic	cilantro
2 serrano peppers	2 quetzales of tortillas
crema	queso fresco
avocado	oil
1 1/2 packets of consomé de pollo	chicken (or eggs)

Peel and clean tomatillos. Boil in a pot with the packet of consume de pollo until soft. Chop the onions into large pieces. In a blender, blend the tomatillos, onion, garlic, 2 serrano peppers, half a packet of consume de pollo, cilantro to taste and 1 cup of the broth from the boiled tomatillos. Pour the mixture into a pot and cook for another 10 minutes. Cut the tortillas into quarters. Heat a pan of oil and fry the tortillas like you would to make chips. The tortillas should be crispy. Add the tortilla pieces into the tomatillo sauce, stir and give the

tortillas times to soak up the sauce, but the mixture should still be saucy. Spoon into a bowl and top with boiled and shredded chicken (or eggs over-easy), avocado, crema and crumbled queso fresco.

Spaghetti alla Carbonara ☆☆☆

1 pound dry spaghetti
4 oz pancetta or slab bacon,
cubed or sliced into small strips
1 cup freshly grated Parmigiano-Reggiano,
plus more for serving (Queso Seco works as a great substitute)
freshly ground black pepper
1 handful fresh flat-leaf parsley, chopped

2 TBS extra-virgin olive oil
4 garlic cloves, finely chopped
2 large eggs

Prepare the sauce while the pasta is cooking to ensure that the spaghetti will be hot and ready when the sauce is finished; it is very important that the pasta is hot when adding the egg mixture, so that the heat of the pasta cooks the raw eggs in the sauce. Bring a large pot of salted water to a boil, add the pasta and cook for 8 to 10 minutes or until tender yet firm (as they say in Italian "al dente.") Drain the pasta well, reserving 1/2 cup of the starchy cooking water to use in the sauce if you wish. Meanwhile, heat the olive oil in a deep skillet over medium flame. Add the pancetta/bacon and sauté for about 3 minutes, until the bacon is crisp and the fat is rendered. Toss the garlic into the fat and sauté for less than 1 minute to soften. Add the hot, drained spaghetti to the pan and toss for 2 minutes to coat the strands in the bacon fat. Beat the eggs and Parmesan together in a mixing bowl, stirring well to prevent lumps. Remove the pan from the heat and pour the egg/cheese mixture into the pasta, whisking quickly until the eggs thicken, but do not scramble (this is done off the heat to ensure this does not happen.) Thin out the sauce with a bit of the preserved pasta water, until it reaches desired consistency. Season the carbonara with several turns of freshly ground black pepper and taste for salt. Mound the spaghetti carbonara into warm serving bowls and garnish with chopped parsley. Pass more cheese around the table.

Meat Lasagna ☆☆☆

(Serves 6)

8 oz lasagna noodles
1 pound mozzarella cheese, shredded
2 TBS grated parmesan cheese

¼ cup minced onion
1 tsp salt
1 tsp dried oregano

1 lb ground beef	1 egg, beaten
3 cloves minced garlic	2 TBSs dried parsley
1 tsp dried basil	1 tsp salt
1 (32 oz) jar tomato sauce	½ cup grated parmesan cheese
1 pint part-skim ricotta cheese	

In skillet over medium heat, brown ground beef, onion, and garlic; drain fat. Mix in salt, basil, and oregano and jar of spaghetti sauce. Simmer 25-35 minutes, stirring occasionally. If cooking lasagna noodles, bring large pot of lightly salted water to a boil. Add lasagna noodles, and cook for 5 to 8 minutes; drain. Lay noodles flat on towels and blot dry. In a medium bowl mix together egg, ricotta, parmesan cheese, parsley, and salt. Layer 1/3 of the lasagna noodles in the bottom of a baking dish. Cover noodles with ½ of the ricotta mixture, ½ of the mozzarella cheese and 1/3 of the sauce. Repeat. Top with remaining noodles and sauce. Sprinkle additional parmesan cheese over the top. Bake in over at 375 degrees for 30 minutes. Let stand 10 minutes before serving.

All American Meatloaf ☆☆☆

1 lb hamburger	1 cup bread crumbs
½ cup diced onions	½ cup ketchup
½ cup diced green pepper	2 eggs beaten
2 TBS Worcestershire sauce	1 cup oatmeal
salt and pepper	

Mix all ingredients together and form into a mound in baking dish. Bake one hour at 350 degrees.

Beef Tacos ☆☆☆

(Serves 4-6)

1 lb ground beef	taco shells or tortillas
1 chopped onion	shredded cheese
2 gloves of garlic	tomatoes or salsa
2-4 TBS taco seasoning	avocado
2-3 packets tomato sauce	

Sauté onion and garlic in a little bit of oil until onion is translucent. Add ground beef and cook until meat is cooked through. Add taco seasoning to taste and packets of tomato sauce (enough to coat all of

the meat). Let cook until meat, sauce, and seasoning is well combined. Serve meat mixture atop tortillas, taco shells or tostadas, top with tomatoes or salsa and avocado.

Beef Stuffed Peppers ☆☆☆

(Serves 4)

4 red bell peppers	1 pound ground beef
1 onion	3 cloves garlic
1 tsp salt	1 tsp pepper
2 cups of cooked rice	shredded cheddar cheese
1 15-oz can of stewed tomatoes (or 1 lb chopped tomatoes, saving the juice and seeds)	

In skillet over medium heat, brown ground beef, onion, and garlic; drain fat. Add can of stewed tomatoes or chopped tomatoes and salt and pepper. Cook rice according to package directions. Add to beef mixture. Finally, mix in shredded cheddar cheese. While beef and rice are cooking, cut the tops off of the bell peppers and remove seeds. Bring pot of water to boil and add bell peppers. Boil until peppers are soft. Stuff bell peppers with meat, rice, and cheese mixture. Serve.

Shish-kabobs with Lemon-Ginger Marinade ☆☆☆

sweet onions	mushrooms
red Pepper	zucchini or Guicoy
tomato	chicken (or tofu)
pineapple	skewers

Ginger Marinade:

3 cloves of garlic, minced	1/4- 1/2 cup olive oil
juice of 2 lemons/limes	3 TBS soy sauce
1/2-1 TBS grated ginger	salt and pepper to taste

Chop vegetables and chicken into shish-kabob size chunks. Mix marinade ingredients and pour over the chopped vegetables and chicken. Marinate for 1/2 an hour. Place vegetables and chicken on skewers and roast on a grill. Serve with rice.



Steak a la Naranja

2 oranges
2 teaspoons olive oil
1 teaspoon chili powder

4-8 ounce beef steaks
salt and pepper to taste

Heat up a large skillet grate the rinds from the oranges. Combine orange rind with oil and 1 teaspoon chili powder. Mix well and spread the orange mixture evenly over both sides of each steak. Grill steaks for about 5 minutes or till desired doneness. Squeeze some orange juice on each steak add salt and pepper.

Chicken Fajitas ☆☆☆

(Serves 1)

1 onion, sliced
2 garlic cloves, minced
1 TBS olive oil
1 red pepper, sliced
1 tomato, sliced
1 chicken breast, sliced

1 ½ tsp soy sauce
¼ tsp oregano
1/8 tsp chili powder
1 lime, wedged
1/8 tsp black pepper
1 flour tortilla

Sauté onions and garlic in olive oil. Add sliced chicken breast, soy sauce and spices. When the chicken is close to being done add the red pepper and tomato. Serve on hot flour tortilla with a squirt of lime.

Chicken Pasta Primavera ☆☆☆

(Serves 5-6)

Sauté:

½ cup broccoli, chopped
½ cup cauliflower, chopped
½ cup red pepper, chopped
3-4 garlic cloves, minced
1 cup chicken, chopped (optional)

1 onion, chopped
1/4-1/2 cup peas
½ cup carrots, chopped
1 ½ TBS olive oil

Cheese Sauce:

1 1/2- 2 cups cheese, grated
3 TBS flour
¼ tsp black pepper
1 tsp dried basil (or 2 TBS fresh basil)

2 TBS butter
1 ½ cup milk
½ tsp salt

Boil water and cook 2 cups dry pasta. Cheese Sauce: Melt butter and slowly add flour. Once mixed slowly add milk. Stir until it thickens.

Add salt, pepper and basil. Stir in the cheese. Mix sauce, vegetables, and pasta together. Top with fresh parsley. Serve.

Fiji Chicken Curry ☆☆☆

(Serves 4)

1-2 TBS olive oil	1 onion, finely chopped
4 cloves garlic, minced	1-2 lbs tomatoes, diced 1 small
hot pepper, minced	2 TBS curry powder
Salt and pepper to taste	1 cup rice
½ -1 lb chicken, boned and skinless	4 medium peeled potatoes

Cut up potatoes into small pieces, boil in separate pot until soft enough to bite (add a little salt to water for flavor). Potatoes will go into the sauce at the last minute before serving. Also start rice while preparing potatoes. Heat olive oil in skillet, add onion. With medium heat, sauté onion for 5 minutes or until onion is translucent and soft. Add garlic and hot pepper, continue to sauté for 2 minutes. Add chopped tomatoes, continue to cook over medium/high heat until tomatoes cook down into a sauce consistency. Add curry to taste, at least 2 TBS but keep taste testing as you add. Also add salt and pepper to taste. Bring the sauce to a boil and add cut up, raw chicken (chicken should be in small chunks). Chicken takes 10-15 minutes to cook through depending on size of chicken chunks. Once chicken is cooked, strain potatoes and add to sauce. Serve atop white or brown rice.

Mexican Chicken with Orange Juice ☆☆☆

(Serves 4)

3 TBS butter	Salt
1 tsp ground cinnamon	¼ tsp ground cloves
1 cup chopped pineapple	12 almonds
½ cup raisins	1 TBS flour
2 lbs chicken, boned and skinned	
2 cups fresh orange juice (NOT tampico!)	

Combine butter, salt, and spices in pan. Brown chicken on all sides in the mixture. Chop almonds, mix with raisins, pineapple, orange juice and add to chicken. Cover pan tightly and simmer until chicken is



tender. Work flour smooth with 2 TBS cold water and add slowly. Mix well. Simmer 5-8 minutes until gravy thickens. Serve chicken with gravy on top.

Indian Chicken

(Serves 4)

1 lb chicken, chopped into pieces	1 tsp salt
2 tsp cilantro, chopped	1 tsp turmeric
4 TBS vegetable oil	½ tsp ginger, minced
1 medium onion, chopped	2 garlic cloves, minced
1 lb tomatoes, diced	1 cup water
1 tsp cumin (or curry powder)	¼ pint of cream
1 cup dry rice	

Heat oil in a large skillet. Add onions and cook on high heat stirring continuously for 5-8 minutes or until nearly caramelized. Add ginger and garlic and tomatoes. Cook on medium heat for another 5 minutes. Add salt, turmeric and cumin (or curry). Start cooking rice. Add chicken to sauce, cover and cook until it is no longer red against the bone (test with a knife). Add water when chicken is cooked, then cream and simmer on low heat for 5 minutes until sauce is warm. Serve over the rice.

Cooked Chicken (from the Mercado) ☆☆☆

(Serves 4-6)

2-4 lbs bone chicken	1 onion, chopped
4 celery stalks, chopped	2 bay leaves
1 carrot, peeled and chopped	3 cloves of garlic, minced

Put all of the ingredients in a pressure cook or large pot. In the pressure cooker, cook for 25-35 minutes. In the pot, 1 hour or until fork tender. Remove meat from bones and strain broth.

Chicken Gravy: for each cup of broth, blend ½ TSB flour and 3TBS water, milk or cream to form smooth paste. Gradually stir paste into broth. Simmer gravy over low heat until smooth and thickened. Add any seasonings, such as curry or dried herbs. Pour gravy over chicken and/or mashed potatoes.

Tuna and Potato Patties ☆☆☆

(Serves 4)

Patties:

1 can tuna	2 cups potato puree
3 tsp cream cheese	1 egg
1 egg white	5 TBS oats
Salt and pepper to taste	

Crust topping:

1 egg, beaten	flour
sesame seeds	sliced almonds
bread crumbs (crumbled pan tostada works great)	

Mix all patty ingredients together and form patties. Take patty and dip it first in flour, then egg and then the toppings of your choice. Cook in a little bit of oil, just long enough to cook the eggs.

Sesame Chicken ☆☆☆

(Serves 2)

4 boneless, skinless chicken half breasts
4 tablespoons honey
3 tablespoons sesame seeds
1 teaspoon garlic powder 1/2 teaspoon pepper

Arrange chicken breast in large skillet (if you have a toaster oven or PC oven bake the chicken.) In a small saucepan warm honey and brush evenly over chicken. In a small bowl combine the sesame seeds, garlic powder, and pepper and sprinkle evenly over the chicken. Cook covered until no pink shows through the middle.

Trinidad Chicken Mango Stew ☆☆☆

1 chicken, cut in about 8 pieces	1 teaspoon salt
1/2 teaspoon black pepper	3 tablespoons olive oil
1 tablespoon brown sugar	1 onion, roughly chopped
2 limes, peeled, deseeded and cut into small cubes	3 cloves garlic, finely chopped
peppers	2 red bell peppers
Salt to taste	1 - 2 large mangoes, peeled and cut into strips (discard seed)

2 lbs. Stewing beef cubed	2 tbsp. Oil
4 tbsp. Sugar	2 large onions, sliced
1 bottle beer (12 oz)	1 tbsp. Worcestershire sauce
2 bay leaves	1 tbsp. Soy sauce
1 tsp. Basil	

salt & pepper (and optional hot pepper, of course) to taste

In a heavy frying pan or skillet, heat oil, add sugar and allow to burn until dark brown. Add seasoned beef and stir well to coat pieces of meat; cook for 6-8 mins., stirring constantly. Add onion and cook for 5 mins more Stir in beer, soy sauce, worcestershire sauce, bay leaves, hot pepper and basil. Bring to the boil. Cover, reduce heat and simmer until meat is tender. If potatoes or taro root are desired, cut them into small pieces and add them just before beef is tender.

This same recipe can be used for any other meat. Serve with white rice or dumplings.

Lime Chicken with Thyme

2 tablespoons of olive oil	2 onions
2 pounds chicken	1 tablespoon of butter
3 tablespoons of flour	1 cup chicken broth
1 1/2 teaspoons salt	1/2 tablespoon thyme
1 1/2 teaspoons pepper	
3-4 tablespoons lime juice (juice from 3 limes)	

Preparation

Wash chicken and pat dry. Combine flour salt and pepper in a plastic bag or bowl. Add chicken and cover with the flour mixture (may add more flour if needed). Heat one tablespoon olive oil in a pan on medium-high heat. Add the chicken to pan, cover and cook 5 minutes (until chicken starts to brown). Add the second tablespoon olive oil and turn chicken on its other side and cook 5 more minutes (again until brown). Move chicken to plate. Chop onion, add the butter to the same pan that the chicken was cooked in, melt on medium-high heat. Add onions and saute for 2-5 minutes. Add broth, 2 tablespoons lime juice and thyme to pan with onions and bring to a boil, mixing constantly.

Place chicken back into saute, reduce heat to medium-low and cover and cook for another 5 minutes. Remove chicken, add the last tablespoon of lime to the pan, mix then pour onions over chicken.

Vegetarian Dishes

Welcome to the fabulous vegetarian/vegan section of Que Rico! Everyone loves veggie food... they just may not know it yet. This section is for all you hip cats out there who are on the cutting edge of food evolution and are not afraid to try something new. Veg food is excellent for eating locally and sustainably and you will find that most of the fresh ingredients are easily available in your town's market. Why not use it as an excuse to start your very own garden?

In addition to the vegetarian recipes there are lots of dee-lish vegan recipes. Just to clarify the difference: a vegetarian diet consists of legumes, grains, fruits, vegetables, nuts, seeds, dairy and eggs. No meat or gelatin. Vegans additionally leave out all animal products- no milk, butter, cheese, eggs or honey.

And so, being veg, it is important to eat a good combination and variety of whole foods to ensure proper nutrition and lots of energy. Also, for vegans it is important to get plenty of Vitamin B12: which is most easily found in the Guate campo through ground flax seed (linaza molida). It is easy to add this to beans, oatmeal, spaghetti sauce- pretty much anything to get your extra yum yum boost.

It is important to mention that while most of these recipes are super campo-friendly, some (i.e. Vegan Mac 'N' Cheese) have one or two hard to find ingredients that may have to be your next care package request, but were still included due to popular demand.

So without further ado, we present you with delicious veg recipes to supplement your own personal diet needs, share with your crazy vegan site mate or bring to that Welcome Party where you just never know...

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Vegan Banana Bread ☆☆☆

2 cups flour	1 ½ tsp baking powder
½ tsp baking soda	½ tsp salt
¼ cup oil	¾ cup sugar
2 bananas, mashed	3 Tbsp soymilk or water
1 tsp vanilla	pinch of cinnamon
½ cup chopped walnuts (optional)	

Mix together flour, baking powder, baking soda and salt. Add oil and sugar to mixture. Fold in bananas, soymilk, vanilla and cinnamon (and walnuts if desired). Pour mixture into an oiled loaf pan. Bake 175°C (350°F) for 45- 50 minutes. Cool, slice and serve.

Lime Poppy Seed Bread ☆☆☆

¾ cup sugar	¼ cup margarine
2 Tbsp lime juice	1 tsp vanilla
1 ½ cups flour	1 Tbsp poppy seeds
1 ¼ tsp baking powder	1 tsp baking soda
¼ tsp salt	¾ cup soymilk

In a large bowl, cream together the sugar, margarine, lime juice and vanilla. Add the rest of the ingredients. Mix well and pour into an oiled loaf pan. Bake at 175°C (350°F) for 25-30 minutes. Cool, slice and serve!

Vegan Pancakes ☆☆☆

1 ¼ cups flour	¼ cup oats
1 ½ tsp baking powder	½ tsp baking soda
½ tsp salt	1 Tbsp sugar
½ tsp vinegar	1 ½ cups soymilk (or water)
1 tsp vanilla	1 Tbsp oil or margarine

Stir all dry ingredients together in a bowl. Add vinegar, soymilk and vanilla. Mix well. In a saucepan over medium heat, melt a small amount of margarine or oil a little at a time and spoon out pancakes ¼ cup at a time. Flip when bubbly and edges are dry. Cook other side until brown. The key to pancakes is the perfect temp- not too hot and not too cool. Serve with maple syrup, bananas, strawberries, shredded coconut,

peanut butter, jelly, chopped nuts and/or powdered sugar. Whatever you like- make it fun! Some variations to add to the batter: 1 large chopped or smushed banana; ¼ cup cocoa powder; ¼ cup pumpkin puree; coconut milk instead of soymilk; chocolate chips; chopped mango; chopped nuts. Use your imagination. P-cakes are the most fun-time food on the planet- they can be anything you want them to be ☺.

Homesick Biscuits and Gravy



Biscuits:

5 cups flour	1 ½ Tbsp baking powder
1 tsp baking soda	½ tsp salt
1 ½ sticks (¾ cup) margarine	2 ½ to 3 cups soymilk
1 Tbsp lemon juice	

Gravy:

½ cup oil	3 cloves garlic, minced
¼ cup onion, chopped	½ cup flour
4 tsp nutritional yeast (optional)	4 Tbsp soy sauce
2 cups water	½ tsp sage
½ tsp oregano	½ tsp salt
¼ tsp black pepper	

For biscuits:

In large bowl, mix flour, baking powder, baking soda and salt. Cut in margarine and mix with hands or pastry cutter until crumbly. Combine soymilk and lemon juice, stir into dry ingredients until flour sticks together. Turn out into floured counter top and knead until smooth. Dough may be pretty sticky, so add additional flour as needed. With rolling pin or smooth glass, roll out dough to ½-inch thickness. Cut into rounds with cookie cutter or round juice glass. Place biscuits on baking sheet and bake 12-15 min at 220°C (425°F). Makes 20-24 biscuits.

For gravy:

Put the vegetable oil in saucepan over medium heat. Add the garlic and onions and cook for about 2 minutes or until translucent. Add the flour, yeast (if omitting nutritional yeast, just add 1 more Tbsp of flour) and soy sauce to make a paste. Add the water gradually, stirring with a whisk constantly. Bring the gravy to a boil on medium-high heat continually stirring. Once gravy has thickened, add sage, oregano, salt and pepper. More flour or water can be added if gravy is too thick or thin. Adjust salt to taste as well.

And for the final touches:

Split each biscuit horizontally and spoon over a Mama-sized helpin' of that yummy gravy! Don't forget to share with a friend... or two... or three...

Vegan French Toast ☆☆☆

1 ½ Tbsp nutritional yeast	2 Tbsp flour
(optional, makes for a custard-y flavor)	1 cup soymilk
2 Tbsp sugar	½ tsp salt
2 tsp vanilla	dash cinnamon
dash nutmeg (optional)	sliced bread

Whisk in a large bowl all ingredients except bread. Dip bread slices in mixture just to coat- otherwise they'll be too soggy. Brown slices in heated skillet, each side about 2 min or until browned. Top French toast slices with fresh bananas, strawberries, syrup and powdered sugar for a breakfast that will make you squeal with joy. Really awesome with Chai coffee: just add a pinch of cinnamon, ground ginger, cloves and cardamom to coffee grounds in your French press or regular coffee pot and voila! You have yourself the perfect morning. ☺

"Green"go purification Liquado ☆

1 Quetzal worth of cilantro	1 Quetzal worth of mint
½ a cucumber	1 orange
Handful of pineapple pieces	Juice of one grapefruit*
Dash of cinnamon	Honey to taste*
Ice.	

Mix all ingredients together and blend until desired consistency is achieved.

* If I cannot find grapefruit juice I add the juice of another orange in addition to the orange already in the recipe.

*Use maple syrup, sugar or agave nectar to "vegan-ize" this recipe.

Iguana Perdida Rip-off Beet Burger ☆☆☆

4 medium sized beets, roasted and diced	½ red onion, minced
¾ cup beans (any type) or lentils, cooked	½ cup oats
½ cup maseca (cornmeal used for tortillas)	1 piece of bread, toasted and crumbled
1 clove of garlic, minced	1 Tbsp soy sauce
1 Tbsp fresh ginger, minced	

½ tsp salt
½ tsp Chinese 5-spice (optional)
¼ cup or more of water (to make things stick, but not too sticky)

¼ tsp cumin

Combine all ingredients with a food processor or smush by hand until well combined. Form into patties and bake at 175°C (350°F) for 30 min or fry with a tiny bit of oil in a pan on the stove 5-10 min until brown. These burgers are delish by themselves with a salad or on a bun with all the fixins and a side of stove fries. Awesome toppings include mustard, avocado, roasted red peppers, sliced onion, tomato, pickles, black olives... you name it. Have fun with them and enjoy!

Stove Fries ☆

3 or 4 medium potatoes
salt & pepper

2 Tbsp olive oil
pinch of ground rosemary

Cut potatoes longwise into thin wedges. Toss in a bowl with 1 Tbsp of oil, salt & pepper and rosemary until all wedges are well coated. Cook over medium heat in a sautee pan with the remaining 1 Tbsp of oil until browned and soft when pricked with a fork. Throw in some ketchup and we have ourselves a par-tay! P.S. Regular potatoes can also be substituted with camotes, our Guate version of sweet potatoes.

Yum Yum Veggie Chili ☆☆☆

1 medium onion, minced
1 Tbsp oil
2 bell peppers, chopped
½ cup corn kernels
(from a can or cut fresh off the cob)

2 cloves garlic, minced
1 carrot, peeled and chopped
1 jalapeño, seeded and diced
2 pounds of tomatoes, chopped
½ cilantro, minced

6 cups of various pre-cooked beans
(black, red, white, piloyes,
garbanzos, even lentils)
2 Tbsp paprika
1 Tbsp ground cumin
¼ to ½ cup of maseca cornmeal

¼ cup soy sauce
1 can of beer
1 Tbsp maple syrup
½ tsp red chili flakes
1 Tbsp cocoa powder
lots of salt to taste

In a large pot, sautee the garlic and onions in the oil. When they are translucent add the carrots and peppers, sautee until soft. Add the remainder of the ingredients except maseca. Add more water to cover ingredients, bring to a boil. Gradually add maseca until chili thickens up a bit. Simmer until ready to eat! Chili is way easy to throw together and can vary a bit every time you make it. There is a lot of room to experiment, so have fun! Diced potatoes and/or rice can also be added if desired and simply boil until all is cooked through. Also, can be served as is or with this easy salsa sprinkled as a finishing garnish to each bowl: one diced bell pepper, one diced green onion, a sprinkling of chopped fresh cilantro, one chopped avocado and the juice of one whole lime. Mix and spoon out on top and serve with cornbread or tortillas for a super-fun dinner party.

Southern Style Vegan Cornbread ☆

1 ½ cups flour	1 ½ cups maseca cornmeal
1 jalapeño, seeded and minced	½ cup corn kernels
1 Tbsp ground flax seed (optional)	3 Tbsp sugar
1 Tbsp baking powder	¾ tsp baking soda
1 ½ tsp salt	2 cups soymilk (or water will work just fine)
2 Tbsp vinegar (preferably apple cider if possible)	3 tbsp oil

Lightly oil a medium sized (8x8) baking pan and set aside. In a large bowl, mix together flour, cornmeal, sugar, baking powder, baking soda and salt. Stir in the remainder of ingredients until roughly mixed. Pour into oiled pan and bake at 220°C (425°F) for 25-30 min or until a knife stuck into the middle comes out clean. Let cool 10 min, cut into squares and serve.

Doña Mercedes' Easy Güicoyitos ☆

10-12 güicoyitos	3 cloves garlic, chopped
½ tsp thyme	2-3 Tbsp margarine
3 packets of salsa ranchera (tomato sauce)	
salt to taste	

Cut stems off of güicoyitos and cube them into big chunks. Put them into a pot with garlic, thyme and a bit of salt. Bring to a boil, cook until squash is soft. Drain off water. Mix in margarine and salsa ranchera and

add salt to taste. Serve as a yummy side. Perfect with Vegan Mac 'N' Cheese!

Vegan Mac 'N' Cheese ☆☆☆

*p.s. this recipe is not exactly campo-friendly, but worth it if you have nutritional yeast.

*p.p.s. nutritional yeast is a yellow powder or flakes full of vitamins that is dairy free but has a cheesy flavor. I get mine sent from home, but there is one place in the country that I am aware of that has it- the Health Food Store on Calle Santander in Panajachel. ☺

1 ½ - 2 cups macaroni or other pasta	½ cup nutritional yeast
2 Tbsp flour	½ tsp salt
1 cup water	2 tsp oil
1 ½ tsp Dijon mustard	1 ½ tsp soy sauce

Boil the pasta 10-ish minutes until cooked, drain, set aside. In a small saucepan, whisk all remaining ingredients together. Bring to a boil, reduce heat until thickened, may need to add more water if it gets too thick. Pour sauce over pasta until covered. Serve immediately or transfer to a baking dish, sprinkle with bread crumbs and paprika and bake until brown.

Vegan Potato Salad ☆☆☆

2-3 lbs red potatoes, cubed	½ large red onion, chopped
1 or 2 ribs of celery, chopped	¼ cup chopped fresh parsley
¼ cup dill pickle relish chop up some pickles)	large bunch fresh dill, chopped (or just (or 1 Tbsp dried dill)
3-4 tablespoon red wine vinegar	1 Tbsp yellow or Dijon mustard
1/3 cup or more tahini	juice of one lemon or lime
salt and pepper, to taste	

Cut up potatoes into small cubes and boil until cooked. Drain and set aside to cool. In a small bowl, whisk together dill, vinegar, mustard, tahini and lemon/lime juice. Pour over potatoes. Add in onion, celery, parsley and pickles. Adjust salt and pepper to taste. Refrigerate or serve immediately. Best when made the night before so flavors can mingle.

Veggie Pot Pie ☆☆☆

Crust:

1 cup flour	½ tsp salt
1/3 cup vegan margarine	2 Tbsp soymilk

Filling:

1 small onion, chopped	1 clove garlic, minced
1 Tbsp olive oil	2 celery stalks, chopped
1 large carrot, peeled and chopped	1 medium potato, chopped
1/3 cup peas	1/3 cup corn kernels
1 cup water	½ tsp salt
¼ tsp black pepper	1 tsp sage
¼ tsp thyme	2 Tbsp flour
½ cup soymilk	

To prepare crust blend the flour, salt and margarine in a bowl with pastry cutter or hands until crumbly. Add soymilk until dough forms. Roll into a ball, wrap in plastic and refrigerate for 1 hour. In a large saucepan sautee the onions and garlic until translucent. Add celery and carrots, cook an additional 3 minutes. Add potato, peas, corn, water, salt, pepper, sage and thyme. Bring to a boil, reduce heat and cover with lid. Simmer another 5 minutes or until all veggies are soft. Stir in the flour and milk until sauce thickens. Transfer veg mixture into baking dish. Roll out reserved dough and place evenly on top of veggies, tucking in the edges and cutting a couple of slits in the top for steam to escape. Bake 20-25 minutes until browned on top. Note: any veggies you have on hand can be thrown in or substituted as well as ¼ cup of lentils for a slightly more hearty version.

Vegetarian Sautéed eggplant with Mint-peanut sauce ☆☆☆

Rice wine vinegar	2 scoops of peanut butter
Handful peanuts, unsalted	1 quetzal worth of mint
1-2 tablespoons soy sauce	3 cloves garlic, minced
1 large onion, minced	2 tablespoons Olive oil
1 Eggplant	Salt, to taste
Black pepper, to taste	½ tablespoon rosemary

Peel and cube eggplant. Sprinkle with Salt and let sit for 15 minutes to "sweat" the eggplant. Drain liquid and gently rice eggplant cubes.

Mince garlic and onion. Sauté rosemary, garlic onion in olive oil for 2 minutes or until garlic begins to brown and onion is transparent. Add eggplant and let cook for 5-10 minutes or until eggplant is tender. Add two tablespoons of peanut butter along with soy sauce, chopped mint, and rice wine vinegar/cooking vinegar. In side pan, dry roast a handful of roughly peanuts for 4-5 minutes. Throw on top of eggplant and peanut sauce mixture and add salt and pepper to taste.

East meets west soba noodles ☆☆☆

Tablespoon Tahini*	Teaspoon Ginger, minced
Two cloves Garlic, minced	Two Tomatoes, chopped
3-4 sprigs of thyme	Olive oil, 2 tablespoons
Salt, to taste	Pepper, to taste
Five-spice, to taste	Turmeric, to taste
2 oz. Soba noodles	

Throw all ingredients aside from soba noodles into sauté pan and simmer for 5-7 minutes on medium flame. Remove thyme sprigs. Cook soba noodles separately. Watch – they cook fast, 3 minutes generally. Strain noodles through a colander then place directly in sauté pan with simmering sauce. Mix on heat for 1 minute. Plate and serve.

* Tahini can be hard to find here outside of the capital and Antigua. I find blending/pulverizing sesame seeds, which are readily available in some municipal markets in my coffee grinder works and using the “sesame dust” as an easy fast substitute.

Vegan Pumpkin-Coconut milk soup ☆☆☆

1 can of purée of pumpkin	2 cups water*
1 can coconut milk	1 red bell pepper
2 cloves garlic	1 large onion
2 tablespoons olive oil	Mint
Thyme, 4 sprigs	Salt
Pepper	

Blend together red pepper, garlic and onion. Sauté blended ingredients in deep sauté pan or pot with thyme for 5 minutes on medium heat. Add can of pumpkin, coconut milk, and water. Stir consistently and simmer for 5 minutes. Remove thyme springs and add salt/pepper to taste. Bowl and serve.

* You can adjust the amount of water to achieve a different i.e. thicker/thinner consistency.

Never-fail-to-be-rico-I-need fiber-but-don't-have-much-time roasted vegetables ☆

WHATEVER vegetables you have on hand

Olive Oil
Balsamic vinegar
Salt
Pepper
Rosemary

Dice vegetables (my favs are: sweet potatoes/camote, broccoli, eggplant, red pepper, and garlic). Douse generously with olive oil, salt and pepper. Sprinkle with a few drops of balsamic vinegar. Roast in oven/toaster oven on high temp (400 degrees) for 10-20 minutes. Different vegetables take different amount of time. Best to watch careful and take out of oven when veggies begin to turn brown and soften up. Can also drizzle a tad honey/sugar onto of veggies for some luscious caramelization action.

Cold Beet Salad ☆

Beets.	Olive oil (enough to cover beets).
Salt, to taste	Pepper, to taste
Dried Oregano, to taste	Dried Basil, to taste

Peel beets and boil until soft, appx 30 minutes. Cube and dress with enough olive oil to cover all beets. Sprinkle dried oregano, basil and salt then mix. Store in refrigerator or depending on your site inside your house until cold. Enjoy.

Spring spinach strawberry salad ☆☆☆ **with sweet tahini dressing**

1 bag of spinach. Chopped	Sesame seeds
Mint, chopped	Handful of strawberries
2 tomatoes, chopped	3 tablespoons olive oil
½ tablespoon apple cider vinegar	½ tablespoon balsamic vinegar
1-tablespoon tahini (pulverized sesame seeds if tahini is not available)	1 dollop of Dijon mustard
Honey (agave nectar or sugar to vegan-ize)	

Teaspoon of cardamom
Salt and pepper to taste

Chop and mix spinach, mint and strawberries. In another bowl mix together other ingredients to form the dressing. Dress salad and serve.

Cous Cous DELICIOUSNESS



1-cup cous cous	1 quetzal of Parsley, finely chopped
2 Tomatoes, diced	Juice of 2 limes
½ Cucumber, diced	Salt
Two tablespoons olive oil	
Pepper	

Pour one cup boiling water on top of 1 cup of cous cous. Cover and let sit for 7 minutes. Fluff with fork. Add additional ingredients. Mix. Simple, clean, fast, DELICIOUS. Even better served cold.

Asian Cole - Broccolini like veggie with small yellow flowers on tips of stalks



2-3 teaspoons Olive oil.	4 garlic gloves
Dash or two of ginger powder	1 soy sauce
Sesame seeds	
1 Bunch of cole	
Red pepper flakes/chili powder to taste	

Mince garlic and sauté in pan with olive oil, red pepper flakes (or chili powder), and ginger powder for 3-4 minutes. Add cole and soy sauce with a splash of water. Mix then top and leave for 5 minutes. Ready when stalks are soft enough to eat. Garnish with sesame seeds.

Add some cooked lentils to add bulk and protein. Serve on top of Cous Cous, Quinoa, or brown rice for a complete meal.

Oat “if the parasite don’t keep you regular this will” meal



½ cup pressed oatmeal (mosh)	¼ cup vanilla flavored incaparina
½ cup powdered soymilk	Lots of cinnamon powder
Honey to taste	Water.
Tspn of Peanut/Almond butter	
Banana pieces/cut strawberry/coconut flakes/raisins	

Mix together all dry ingredients, then add amount of water to achieve the desired consistency. (I enjoy cookie dough style so add very little water.) Add honey to taste and mix again. Put peanut butter on side of bowl and enjoy a little bit on each spoonful. Be warned, if consumed with coffee; be prepared for a bathroom run immediately after consumption.

Justin's Lentil Fritters ☆☆☆

1c uncooked lentils soaked overnight	2 Tb chopped fresh cilantro
1 Tb ground cumin	Oil
1 medium onion minced	Pinch of salt and pepper
1 clove garlic minced	Water
	Flour

Blend soaked raw lentils with water to get a paste-like consistency Stir together lentil paste with onions, garlic, spices, and cilantro in a mixing bowl

Fold in flour a couple tablespoons at a time to obtain a thick batter-like consistency. Drop spoonfuls of lentil-paste-batter into hot oil in frying pan and fry until golden brown on both sides

Set fried lentil fritters in a strainer with paper towels/napkins to soak out some of the grease

Mango Curry ☆☆☆

(Serves 2)

½ medium onion chopped	2 c milk
1 large carrot chopped	1 ½ Tb curry powder
¾ c chopped potato and/or yam	1 c chopped mango
Pinch of cumin	½ tsp cobanero seco molido
1Tb oil	

Sautee potatoes/yams and spices in oil until soft. Add carrots and onions and sauté until onions are translucent. Blend together mango and milk, adding milk slowly as needed to make a thick mango licuado. Add mango licuado and cooked rice to veggies and simmer stirring constantly until thickened to desired consistency, adding milk as needed



Fettuccini Alfredo

1 lb fettuccini (cooked)	4 oz butter
½ liter of crema	large onion, minced
2 TBS parsley, minced	4 oz parmesan salt, pepper and garlic sauce cheese

Sauté onion in butter. Add cream and cook. Add the other ingredients and mix with noodles.

Variation: You can add cooked chicken or steamed vegetables.

Fettuccini Primavera



(Serves 4)

1 lb of pasta	½ lb of peas
1 cup of cream	1 garlic clove, minced
3 TBS olive oil	2 TBS parsley
1 roasted bell pepper cut into strips	
½ cup of grated parmesan cheese (or sprinkle campo cheese)	

Heat olive oil, add garlic, peas, pepper and cook for a minute. Add cream and bring to a boil. Cook pasta and add to cream sauce, add cheese and parsley and serve.

Vegetarian Paella



yellow rice	2 red peppers
2 – 3 onions	4 cloves garlic
1 pound tomato	2 guicoys
2 carrots	½ cup green peas
Cumin	Paprika
Bay leaves	Parsley

Heat oil in pan over medium heat, saute garlic and onion. Add chopped vegetables and spices, cook five minutes. Add rice and enough water to cook (2 cups water for 1 cup rice). When rice is done, remove bay leaves and garnish with parsley.

Pasta with Garbanzo and Spinach in Garlic Sauce



Bunch of spinach	1 pound pasta
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Olive oil	6 cloves garlic
Red pepper flakes (or chile coban)	Half pound diced tomato
2 cups cooked chickpeas	Salt
Parmesan/campo cheese	

Clean spinach and remove items. Cook in skillet with small amount of water until wilted, then drain. Cook pasta until al dente. Heat olive oil and saute garlic and red pepper for one minute, add tomatoes and cooked chickpeas and continue cooking for 2 minutes more. Add spinach and salt to mixture, cook thoroughly. Spoon sauce onto pasta, add parmesan/campo cheese to serve.

Pasta Fajoli ☆☆☆

(Serves 4-5)

½ pound red beans	1 package of Pasta Ina
3 cups water	2 TBSs oil
1 medium onion, chopped	2 cloves garlic, minced
1 tsp basil	½ tsp oregano
½ tsp salt	¼ tsp pepper
1 package Natura's Ranchera salsa	

In a large pot, cover the beans with water and soak for 8 hours. Drain and cover the beans with fresh water. Bring the beans to a boil, then simmer, covered, until beans are soft, about 1 to 2 hours (20 minutes in a pressure cooker). In a different pot, make the pasta, drain, and set in separate bowl. In the pot used for pasta, heat the oil over medium heat. Add the onions, garlic, basil, oregano, salt, and pepper until the onion is transparent, about 5-7 minutes. Add this onion mixture, and the pasta to the cooked beans. Add the tomato sauce. Stir until it is well blended and serve hot.

Stuffed Pasta Shells ☆☆☆

(Serves 6)

1 box Canolini shells	8 oz pasta sauce
8 oz ricotta	1 ½ cup spinach, chopped
2 eggs	1 tsp basil
1 TBS butter	½ tsp oregano
½ cup onion, finely chopped	1 tsp parsley
2 garlic cloves, minced	salt and pepper to taste
1 cup broccoli, finely chopped	½ cup mozzarella cheese

Cook pasta in simmering water for 5 minutes. Remove and let cool. Sauté onion, garlic and broccoli in the butter with salt until tender. Add the spinach and cook for another minute. In a separate bowl mix ricotta, eggs, and spices. Add veggie mixture. Stuff shells and place in a pan cover with pasta sauce. Pour pasta sauce over top and sprinkle with cheese. Bake for 30 minutes.

Note: You can also buy pre-cooked pasta shells. These are easier to stuff and cook the rest of the way during baking.

Eggplant Parmesan- Campo Style ☆☆☆

(Serves 4)

2 eggplants	4 eggs scrambled
2 packets of Natura's Salsa	1cup of oil
½ lb of Campo Cheese	Salt
Sprinkly Parmesan Cheese (optional)	
2 cups of very crushed crackers (galletas saladas, like Saltines)	

Cut egg plants into ¼ inch thick pieces. Sprinkle a little salt on all the pieces and leave for 20min (this extracts the water). Wipe the water from the eggplants and dip each piece one by one into the egg and then into the crushed crackers. Make sure to coat both sides very well in the crackers. Let the eggplant pieces sit for 20min. Take the oil and pour it into a pan for frying to where the whole bottom is covered. Heat the oil and when hot put the egg plant pieces in the oil and fry until golden brown on both sides. You may need to add a bit of oil from time to time if pan is running low. Place fried pieces in a pan for baking. Cover the egg plant pieces in the two packets of salsa and then crumble campo cheese onto eggplant and you can sprinkly Parmesan Cheese if you have it as well. Bake for approximately 15min.

Supermarket Variation: In place of crackers, use bread crumbs and in place of queso campo use mozzarella cheese.

Veggie Sloppy Joes ☆☆☆

(Serves 6)

1 bag protemas	1 lb tomatoes, chopped
1 carrot, chopped	1 package of consume
1 onion, chopped	1 red pepper, chopped

1 cup ketchup or BBQ sauce burger buns or bread

Cook veggies and proteamas in 2 cups water until the carrot is tender. Drain mixture. Add tomatoes and cook for 5 minutes. Add consume and ketchup. Season to taste. Serve on burger buns or bread.

Protemas Veggie Burgers ☆☆☆

Serves 6

1 bag Proteamas	1 large tomato or 3 small tomatoes
1 medium onion	1 red pepper
1 egg	1 cup flour
Salt to taste	1 tsp garlic powder
½ tsp black pepper	1 tsp paprika
½ tsp cayenne pepper	Fresh parsley (optional)
Oil (for frying)	

Prepare proteamas according to package directions. Chop up tomato, onion and pepper and mix with the proteamas (make sure all water has been absorbed or drained) and egg. Add in spices to taste (the less you put in the more you'll taste the proteamas). Mix in flour little by little till you can make hamburger sized patties that do not fall apart. Heat oil in a pan and fry patties on medium heat, turning till both sides are browned. Serve with regular hamburger fixings

Veggie Quiche ☆☆☆

(Serves 6)

Crust:

1 cup flour	2-3 TBS water
½ tsp salt	¼ tsp sugar
½ cup margarine or butter	

Filling:

1 medium broccoli or cauliflower, chopped	
1 cup cheese (campo, cheddar, Swiss)	
1 onion, chopped	6 TBS milk powder
1 red pepper, chopped	1 cup water
1 TBS butter	4 eggs
salt and pepper to taste	

Crust Directions: Mix dry ingredients. Cut in and mix with fingers the margarine/butter. Mix until the mixture has a crumbly texture. Add water, little by little. Form into a ball and chill (if you can). Roll out and place into a pie pan. Bake for 10-15 minutes.

Filling Directions: Sauté onion and broccoli/cauliflower in the butter for 5 minutes. Add the pepper and cook for another 3 minutes. Crumble cheese onto the crust after baking. Add the veggie mixture. In a separate bowl mix eggs, milk powder, water and spices. Pour this over the veggies. Bake for 30-45 minutes until the egg looks done (stick a fork in it to check).

Veggie Bake ☆☆☆

(Serves 6)

Dough:

2 cups flour	½ cup oil
½ tsp salt	1 tsp baking powder
½ cup water	

Filling:

Vegetables, chopped (broccoli, carrots, onions, celery, etc.)	
4 eggs, beaten	½ tsp salt
1 cup milk	4 TBS cheese

Dough Directions: Mix all ingredients. Knead dough and form a large pancake. Place in a baking pan being sure that it covers the bottom. Bake for 10 minutes.

Topping Directions: Mix together all ingredients. Pour the filling over the dough and bake for 30-45 minutes (or until done).

Vegetarian Tacos ☆☆☆

(Serves 6)

1 small avocado, chopped	1/2 lbs dry lentils
3 cloves of garlic, minced	salsa (see recipe below)
1 med onion, finely chopped	2-3 TBS of crema
flour or corn tortillas	salt and pepper to taste
cumin to taste (optional)	

Rinse the lentils and put them in a 3-4 quart pot. Cover with 2 inches of water and bring to a rolling boil; let the lentils cook at a boil for 2-3

minutes, then reduce heat to a simmer. Let simmer for approximately 45 minutes or until tender. With the heat still on, add onion, garlic, salt, pepper, and cumin. Mix and mash the mixture until it is pasty. Turn off the heat and cover. Heat up the tortillas and spoon the lentils into the tortillas; garnish with avocado, salsa, crema, and whatever else you want. One half-pound of lentils makes about a million servings, and can be stored for up to three weeks in a sealed container. To reheat leftover lentils, heat 2 TBS of oil in a frying pan. Add lentil mixture and 1 tsp of lime juice. Refry the lentils until they are hot—they taste even better on the reheat!

Salsa: Mix ½ lb of chopped tomatoes, 1 medium chopped onion, and 3 small chopped jalapeño or Serrano peppers in a bowl. Add salt and lime juice to taste. Store in a sealed container for up to two weeks. It's really good as a dip for chips too.

Enchiladas- Casserole Style ★★★★★

(Serves 4)

Enchilada Sauce:

¼ cup oil	½ TBS peanut butter
1 quart water or stock	1 TBS soy sauce
¼ cup flour	2 TBS chili Coban
3 garlic cloves, minced	¼ tsp coriander
¼ tsp marjoram	¼ tsp basil
¼ TBS tahini (optional)	¼ tsp cinnamon
½ cup tomato paste (may substitute regular tomatoes, cooked down)	
1 TBS carob powder or cocoa powder (optional)	

Filling:

1 medium onion, chopped	3 garlic cloves, minced
1-2 zucchinis or guicoy, chopped	1-2 red peppers, chopped
1 can of sweet corn	1 can of whole black or white1 beans
block of cheddar cheese, grated	4 oz cream cheese (optional)
2 dozen small corn tortillas	
½ cup almonds, chopped and toasted (optional)	
1 can black olives, sliced	

Directions for the sauce: Heat water and oil. Slowly stir in flour. Once well mixed add chili, spices and garlic Mix. Add tomato paste, tahini, carob powder, peanut butter and soy sauce. Simmer for 10-15 minutes.

Directions for filling: Sautee the onion and garlic until it begins to turn transparent. Add the zucchini, pepper, corn and beans to the mix. Sautee until the veggies are tender (or as you like them).

Layer in a casserole dish about three times: sauce, tortillas, filling mixture, chunks of cream cheese, almonds and cheddar cheese. On the last layer place tortilla, sauce, black olives and cheddar cheese. Bake until the top layer melts (about 30 minutes). Enjoy!

Empanadas/Dobladas ☆☆☆

(Serves 4-6)

Del Comal Maseca	Water
potatoes	broccoli
carrots	frying oil
honey	

Spices: rosemary, basil, pepper, salt, cayenne, garlic, sesame seeds

To form maseca, mix together Del Comal, water and spices until the mixture is wet but not sticky. Prepare vegetables by dicing into small pieces and boiling or steaming them. Add spices to flavor, curry and cumin al gusto. Make tortillas with the maseca mixture and then put vegetable filling and some campo cheese inside and fold over making sure there are no holes. Fry in oil until brown and hard. Dip in honey.

Savory Crepes ☆☆☆

(Makes 8-9 crepes)

Crepe Preparation:

1 cup flour	1 ¼ CUP milk
2 eggs	1 grated orange rind
2 TBS oil or melted butter	

Blend eggs, oil/butter, milk and orange rind in a blender or by hand with a whisk or fork. Slowly add flour until mixed well, no clumps. Heat a non-stick frying pan (or melt butter in regular pan.) Once hot pour 1/3 cup of mix into pan, rotating the pan the whole time so that the batter covers the whole bottom. Flip once the sides are done.

Vegetable Preparation:

Sauté together 1 TBS Butter or oil, 1 small onion and a pinch of salt. When onions are clear, add one chopped tomato and 1 bunch of chopped chard or spinach.

Cream Sauce:

1 TBS Butter	1 ½ TBS Flour
¼ cup milk	¼ tsp Salt
1/8 tsp black pepper	1/2 tsp dried basil
¼ cup grated cheese	

Melt butter. Slowly mix in flour. Slowly add the milk followed by salt, pepper, basil and cheese. Let simmer for 10-15 until reach desired thickness. Place the vegetables on a crepe topped with sauce. Roll up and eat!

Stuffed Peppers ☆☆☆

(Serves 6)

2 tomatoes, chopped	3-4 garlic cloves, minced
1 ½ TBS olive oil	1 cup dry rice
2 celery stalks, chopped	½ cup cheese, grated
salt and pepper to taste	1 onion, chopped
2-3 TBS fresh basil, chopped	
6 green bell peppers, tops cut off (to make a bowl), deseeded	

Cook rice until done. Sauté onions, garlic, celery, and left- over pepper in olive oil. Mix sauté with tomato, cheese, rice, basil, salt and pepper. Fill the peppers with the mixture. Top with a little cheese or parmesan. Bake for 20-30 minutes or until the peppers are tender.

Mckenzie's Red, White and Yellow Lentil Dish ☆☆☆

(Serves 4)

1 cup red lentils (or split peas)	3 cups water
1 tsp garlic	1 ½ tsp Salt (or less)
1 ½ cups white rice	1 onion, sliced
Salt	
1 can of tomatoes (or about 4 fresh tomatoes)	
1 TBS red wine vinegar (or white vinegar)	
1 pasilla pepper (pepper flakes will do)	

Cook lentils with a ½ teaspoon of salt in 3 cups water until soft, adding more water as needed. Combine tomatoes, red wine vinegar, pepper, garlic and salt in pan and simmer. Cook rice separately. Fry onion and salt in a pan with oil. Place rice topped with lentils, topped with tomato mixture, topped with fried onions and eat.

Falafel ☆☆☆

(Serves 4)

1 cup dried garbanzo, cooked until soft
or a can of garbanzos

1 tsp coriander	1 onion
1 tsp cumin	2 cloves of garlic
½ tsp Royal	3 tsp parsley
salt and pepper	oil to fry

Blend everything until it forms a thick paste. Form ping pong sized balls and fry. Serve atop pita bread.

Garbanzo Curry ☆☆☆

(Serves 4)

1 TBS olive oil	4 cups tomato
1 cup onion, chopped	1 tsp curry powder
3-4 cloves garlic, minced	1 tsp sugar
1 TBS ginger, chopped	½ tsp salt
1 lb cooked garbanzo beans	¼ tsp turmeric
¼ cup fresh cilantro, chopped	1/8 tsp black pepper

Heat oil in a large saucepan over medium heat. Add onion and sauté for 5 minutes. Add ginger and garlic. Stir in tomato, sugar, curry powder, salt, turmeric and pepper. Cook 8 minutes until thick, stirring occasionally. Stir in chickpeas and cook for 5 minutes (until thoroughly heated). Serve over rice and garnish with cilantro.

Indian-Spiced Broccoli and Cauliflower Stir-Fry ☆☆☆

(Serves 4)

2 TBS olive oil	1 cup broth
1 ½ tsp cornstarch (maizena)	1 large onion, chopped
1 TBS ginger, peeled and minced	2 garlic cloves, minced
2 tsp fennel seed (if available)	1 ½ tsp ground coriander
1/8-1/4 tsp chili powder	1 tsp cumin
½ cup fresh cilantro, chopped	½ tsp salt
3 cups cauliflower flowerets cut into bite sized pieces	
4 cups broccoli flowerets, cut into bite sized pieces	

Mix broth and cornstarch in a small bowl. Set aside. Heat a large skillet over medium heat until hot. Add broccoli, cauliflower and 2 TBS

Water. Cook 2 minutes, stirring constantly. Add 1 tsp olive oil and cook 3 minutes longer. Transfer vegetables to a large bowl. In the same skillet, heat 1 TBS olive oil over medium heat and add onion. Cook about 5 minutes or until they are transparent. Add garlic, ginger, fennel, coriander, cumin, salt and pepper. Cook for 2 minutes, stirring constantly. Add chicken broth mixture, and vegetables into the skillet. Cover and cook 5 minutes or until vegetables are tender and broth thickens. Serve over rice and garnish with cilantro.

Pad Thai ☆☆☆

(Serves 4)

6 oz rice noodles or chow mein noodles

¼ cup rice vinegar or white vinegar

½ lb tofu or chicken, cubed and fried in oil

2 TBS hot sauce

3 scallion stalks, chopped

2 TBS sugar

1 carrot, peeled and chopped

2 TBS oil

¼ cup peanuts, chopped

1 red pepper, sliced

2 eggs, beaten

2 TBS soy sauce

1 lime, cut in wedges

¼ cup peanut butter

Cook noodles until tender. Drain and set aside to cool. Make a sauce by combining vinegar, hot sauce, and sugar in a bowl. Stir until sugar dissolves. Heat large frying pan and coat with oil. Fry the tofu/chicken until lightly browned. Coat in soy Sauce and set aside. Heat the frying pan and coat with oil again. Add eggs and stir continuously until firm. Add carrot, pepper and scallions and stir fry for 3-4 minutes. Add tofu/chicken and mix well. Add noodles. Pour sauce over noodles. Stir fry and mix all ingredients until sauce is absorbed, about 4-5 minutes. Turn heat off, toss with peanuts and serve garnished with cilantro and a lime wedge.

**“If I wasn’t told better, I’d think I was eating meat sauce”
red sauce.** ☆

Protemas

Rehydrate protomas (pour boiling water over it and let sit covered for 5-7 minutes). Blend to a puree, might need to add some additional water to blender to facilitate the pureeing process Add to whatever red sauce

you had made/bought. Adds bulk and protein to your pasta dish without that funky proteomas texture!

Vegan Oatmeal Raisin Cookies



1 stick (½ cup) margarine, melted	1/3 cup sugar
1 cup oats	1½ cup flour
½ tsp baking soda	½ tsp salt
1 tsp vanilla	1/3 c soymilk (or water)
½ tsp cinnamon	½ tsp ginger
½ tsp allspice	¼ cup raisins

Mix all ingredients in a big bowl. Wet hands and form dough into balls. Place on baking sheet and bake at 175°C (350°F) for 18 minutes. Makes 12-18 cookies.

Vegan Brownies



1½ cups flour	½ cup cocoa powder
1 ½ cup sugar	1 ½ tsp baking soda
1 tsp baking powder	1 tsp salt
1 ½ cups soymilk (or water)	1/3 cup oil
½ chopped nuts (optional)	

Lightly oil baking pan (make sure pan is not too small or brownies will overflow) and set aside. Mix together flour, cocoa, sugar, baking soda, baking powder and salt. Add soy milk, oil and nuts (if desired). Bake for 55-60 min at 165°C (325°F) or until knife comes out clean. Can be frosted with chocolate frosting or served as is. Perfect for sharing at meetings or school. Everyone loves "Branis"!

Chocolate Frosting



2 cups powdered sugar ("Azucar Glass")	1 stick (½ cup) margarine
¼ cup cocoa	2 Tbsp soymilk
1 tsp vanilla	pinch of salt

Mix all together with food processor or hand-held pastry cutter until smooth. Refrigerate for 30 min if possible before using.

Notes:

**Many of the recipes in this section can be made with meat. You can add cooked chicken, beef, or pork to many dishes or in place of tofu.*

*Replace Honey with Maple Syrup or Agave Syrup to vegan-ize an otherwise vegan recipe

*Random way to eat more greens:

Do not throw away the leaves of broccoli leaves. (or ask the market vendors if they have extra. They usually do as they feed them to the farm animals!) Peel the green leaves from the stalks and drizzle with olive oil and salt. Roast on high temp for 10 minutes in oven/toaster oven and enjoy. If you are a kale lover, it's a close substitute and puts crispy spinach to shame!

Comida Chapina

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Refried Beans ☆

2 TBS vegetable oil	1 cup water
1 medium onion, chopped	salt
4 cloves garlic, minced	queso fresco
1 cup cooked black beans	

Heat in a large skillet over medium-high heat vegetable oil. Add onion, stirring often until deep golden brown, about 10 minutes. Add garlic, stirring for 1 minute. Add beans one cup at a time. Mash each addition of beans with a large spoon or potato masher before adding the next cupful. Stir in 1 cup of water. Cook, stirring often until beans are a little soupier than you would like to serve them, they will thicken. Season with salt and queso.

Scrambled Flor de Izote ☆

1 bunch of Flor de Izote	garlic, chopped
tomato, chopped	some eggs
onion, chopped	salt
other seasonings	

Take the petals off of the flower and put into boiling water with a bit of salt. Discard the rest of the flower, including the bud in the middle of the flower, it is very sour. Boil petals for about 10 minutes. Meanwhile, chop garlic, tomato, and onion and place in a saucepan on low heat. Add eggs. Remove petals, drain and chop. Mix in with vegetables and eggs. Serve with campo cheese and tortillas if desired.

Chirmol ☆

10 tomatoes	cilantro
1 onion	1 TBS of lime juice
1 head of garlic	Chile picante

Dice tomatoes, the onion and garlic. Chill together. Add cilantro, lemon juice and salt.

Arroz con Leche ☆☆☆

½ lb of rice	½ tsp salt
1 stick of cinnamon	1 liter of milk
1 cup of sugar	

Rinse and clean rice. Cook rice with 2 cups of water and the cinnamon stick. Add milk, sugar and salt and let boil. Take off flame and serve topped with powdered cinnamon and raisins if desired.

Pepian ☆☆☆

(Serves 4)

1 onion, chopped	4-5 potatoes, chopped
18 miltomates, skinned	4-5 pieces of chicken
5 tomatoes, chopped	1 red pepper, deseeded
2 cloves, garlic, chopped	1 bunch of cilantro
3 chiles pasas	2 stale tortillas
2 chiles jacey	1 old piece of pan frances
1 guisquil	jalapenos
2 cups chicken stock	

Take paper skins off miltomates. Using no oil, roast onion, miltomates, tomatoes, garlic, chili pasas, chiles jacey, red pepper, ½ cilantro bunch, tortillas, bread and jalapenos until they are almost black over a comal. Meanwhile peel and cut the guisquil, potatoes and meat and soak with salt for 25 minutes. When the veggies are good and roasted add 2 cups of chicken stock to blender with vegetables and blend well. Take the chicken, potatoes, and squash out of the cal do. Add the rest of the chopped cilantro. Thicken with flour and water and cook for 15 minutes, then add chicken and vegetables. Serve with rice.

Horchata ☆☆☆

½ liter of milk	2 oz of sesame seeds
½ lb rice	2 oz pepitoria
1 stick of cinnamon	½ cup of sugar

Soak rice with cinnamon stick the day before. Brown the sesame seeds and pepitoria in a dry frying pan. Combine the rice with the sesame seeds and pepitoria with boiling water. Liquify in a blender and strain through a colander. Add the sugar and milk, cool and serve.

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Mango Upside Down Cake ☆☆☆

1 cup mango, peeled and sliced
(can also use apples instead)

1 TBS butter, melted	1 1/3 cups flour
¼ cup brown sugar	1 ½ tsp vanilla extract
2/3 cup sugar	½ tsp cinnamon
5 TBS butter, softened	¼ tsp salt
3 egg whites	¾ cup milk
2 tsp baking powder	

Coat the bottom of a 9" round with 1 TBS melted butter. Sprinkle with brown sugar. Arrange the mango slices (spoke like) over the brown sugar. Beat sugar and 5 TBS Butter until creamy. Add egg whites and vanilla. Mix well. In a separate bowl combine flour, baking powder, cinnamon and salt. Add flour mixture alternately with milk. Mix well and pour the batter into pan. Bake for 40 minutes. Cool in pan for 5 minutes. Loosen cake from sides. Place a plate upside down on top of the cake. Invert onto plate. Serve.

Carrot Cake ☆☆☆

1 ½ cups sugar	1 tsp vanilla
1 cup vegetable oil	½ tsp salt
3 eggs	½ tsp nutmeg
2 cups flour	3 cup shredded carrots
1 ½ tsp cinnamon	1 cup chopped nuts
1 tsp baking soda	

Preheat oven to 350, grease and flour pan. Mix sugar, oil and eggs. Blend. Beat for 1 minute. Stir in remaining ingredients except carrots and nuts. Stir in carrots and nuts. Bake for 35-45 minutes.

Cream Cheese Frosting ☆

8 oz cream cheese	1 TBS milk
1 tsp vanilla	4 cups powdered sugar

Beat cream cheese, milk and vanilla until smooth. Gradually beat in sugar, 1 cup at a time until smooth. Spread on the cooled carrot cake and serve.

Simple Yellow Cake + 3 Variations

2 1/3 cups all-purpose flour	1 TBS baking powder
3/4 tsp salt	1 1/2 cups sugar
1/2 cup shortening	1 cup milk
1 tsp vanilla extract	2 eggs

Sift together flour, baking powder, salt and sugar. Cut in shortening until fine crumbs are formed. Add eggs, milk and vanilla. Beat at low speed for 1 minute, then high for 2 minutes, scraping the bowl frequently. Pour batter into 2 greased and floured 9 inch pans. Bake for 25 to 30 minutes.

Variation for White Cake: Prepare same as above, substituting 3 egg whites for 2 whole eggs.

Variation for a Spice Cake: Add 1 tsp cinnamon, 1/4 tsp ground cloves, and 1/4 tsp ground allspice to the basic cake mix.

Variation for Pineapple Upside Down Cake: Melt 1/2 cup butter in the bottom of your pans. Add 2/3 cup brown sugar, stirring into the butter. Arrange pineapple slices in the pan. Top with yellow cake mix recipe. Bake 30 to 35 minutes, cool 5 minutes, invert to serve.

Colombian Cake

2 cups flour	2 cups butter
2 cups sugar	1 tsp Royal
4 eggs	raisins
1/2 cup milk	1 tsp vanilla
1 oz rum or red wine (more if you like)	

Beat sugar and butter. Add everything and mix. Bake. Drink the rest of the rum.

Really Thick Chocolate Cake

1 3/4 cup flour	3/4 cup of cocoa
2 cups sugar	1 cup milk
1 tsp salt	1/2 cup oil
1 1/2 tsp baking soda	2 eggs
1 1/2 tsp baking powder	

Mix everything and beat well. Put mix in a really well greased pan. Bake for about 45 minutes. Comes out REALLY dense.

Old Fashioned Chocolate Cake ☆☆☆

¾ cup butter, softened	1 ½ cup sugar
2 eggs	1 tsp vanilla
2 cups flour	1 cup water
½ tsp salt	1 ½ tsp baking soda
2/3 cup unsweetened cocoa	

In a large bowl beat sugar, butter, eggs and vanilla until light and fluffy (about 5 minutes). Add water, flour, cocoa, baking soda and salt. Beat until blended and smooth. Pour into two greased 9" cake rounds. Bake for about 30 minutes or until an inserted toothpick comes out clean.

Mocha Icing ☆☆☆

½ cup strong coffee	1 ½ sticks margarine
1 tsp vanilla	powdered sugar
4 TBS cocoa or melt chocolate bricks	

Melt everything except butter in a saucepan being careful not to burn the bottom. When melted, beat in the butter. Even if it's not as thick as traditional frosting, it will thicken when it cools.

Chocolate Icing ☆☆☆

3 cups confectioner's sugar	¼ cup + 2 TBS milk
½ cup cocoa (bitter chocolate)	¼ tsp vanilla extract
½ cup butter, softened	

In a large bowl combine 1 CUP sugar, cocoa, butter, vanilla and 2 TBS Milk. Beat until creamy. Gradually add remaining sugar alternatively with milk. Beat until smooth. Fills and frosts one 8 inch layer cake.

Lemon Cheesecake ☆☆☆

Crust:

1 cup graham cracker crumbs	2 TBS butter
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Filling:

2 cups cottage cheese	1 TBS grated lemon rind
3 eggs	1/3 cup lemon juice

½ cup evaporated milk

1/3 cup sugar

¼ cup flour

lemon slices

Place filling ingredients (except for flour) in a blender and mix until smooth. Add flour and blend a few seconds. Pour into a chilled crust. Bake 1 hour. Garnish with lemon slices.

Cheese Cake ☆☆☆

Crust:

¼ cup margarine or butter, softened

½ cup sugar

1 package of crushed cookies

(champurradas recommended)

Filling:

16 oz cream cheese

2 eggs

1 cup sugar

Combine margarine, sugar and cookie crumbs. Mix well and press into a baking pan. Bake for 15 minutes. Mix filling ingredients and pour over crust. Bake until center is set (about 1 hour). Let cool and top with fruit or preserves.

Fruit Crisp ☆☆☆

4 cups fruit (apples, berries etc)

½ cup flour

½ cup rolled oats

½ cup brown sugar

¼ cup margarine

½ tsp salt

1 tsp cinnamon

Place fruit into a baking pan. (Add 1 TBS flour if it needs to be thickened). In a bowl mix all other ingredients with fingers. Spread mixture over fruit and bake.

Caramel Nut Corn ☆☆☆

½ cup. butter

1 cup brown sugar

¼ cup corn syrup or honey

12 cups popped popcorn

½ tsp salt

3 cups nuts

½ tsp baking soda

Heat butter, corn syrup and salt until bubbly at edges. Add baking soda and brown sugar. Pour over popcorn and nuts. Stir to coat. Let cool and eat.

Mocha Mousse ☆

1/3 cup cocoa
(or melt chocolate bricks in the coffee)
4 TBS strong coffee
2/3 cup margarine

5 egg whites
1/3 TBS cinnamon
½ cup powdered sugar

Melt margarine and sugar. Blend with beating blade or beat in chocolate and coffee. Beat in egg whites. (If you don't like mocha you can make regular mousse by omitting the coffee).

Chocolate Pudding ☆

1/3 cup sugar
3 TBS Maizena (cornstarch)
2 TBS cocoa

1 tsp vanilla
1 TBS margarine
2 cups milk

Simmer sugar, Maizena, cocoa, and milk in a saucepan. You must stir this constantly or the Maizena will form clumps and burn on the bottom of the pan. When it reaches a pudding consistency, add vanilla and margarine. Let cool.

Rice Pudding ☆☆

1 cup white rice, uncooked
½ cup sugar
3 eggs
raisins and cinnamon

7 cups milk
pinch of salt
1 tsp vanilla

Combine 6 cups of milk, rice, sugar and salt. Bring to a low boil for about 1 hour (or until almost all liquid is absorbed). Remove from heat. Add remaining milk, eggs, vanilla, raisins and cinnamon. Let sit for 20 minutes. Serve.

Pie Crust ☆☆

1 cup flour
¼ tsp sugar
½ cup margarine or shortening

½ tsp salt
2-3 TBS water

Sift together dry ingredients, cut in margarine or shortening with a fork. Mix until crumbly. Add water, little by little. Form into a ball. Roll out. Place in a pie pan and fill with filling, bake.

Filling:

2-3 cups any fruit sliced	2-4 TBS sugar
1 TBS Maizena (cornstarch)	2 TBS water

Mix fruit with sugar, maizena, water and any spices like cinnamon. Let sit for 30-45 minutes. Put in pie pan. Can top with another pie crust or a mixture of oats, butter and brown sugar.

Martha's Oatmeal Cake

1 ¼ cup boiling water	1 cup Quick Quaker Oats
½ cup shortening	1 cup white sugar
1 cup brown sugar	2 eggs
1 ½ cup flour	1tsp baking soda
2 tsp cinnamon	1 tsp nutmeg
½ tsp salt	

Pour water over oatmeal and let stand 20 minutes Cream together shortening, white sugar and brown sugar in large bowl. Add the eggs and mix well. Sift baking soda, flour, cinnamon, nutmeg and salt together in a separate bowl. Add oatmeal mix to sugar/egg mixture, then add flour mix. Pour in well greased pan Bake 350° for 35 minutes and let cool

Frosting

6 Tbsp. butter – melted	1 cup brown sugar
1/3 cup cream	1 ½ tsp vanilla
1 ½ cup shredded coconut or nuts (optional)	

Mix together.

Pour on cake and put under broiler until it bubbles for a few minutes.

Martha's Pineapple Pompeii

One quarter lb. margarine	1 cup sugar
4 beaten eggs	2 cups pineapple chunks
5 slices of cubed bread	

Cream together: margarine, sugar and eggs. Add pineapple and bread cubes. Place in buttered casserole. Bake one hour at 350° - no lid needed

Tommi's Tiramisu ☆☆☆

3 fresh eggs	5 TBS powdered sugar
500g of mascarpone cheese (Hiper)	2 boxes of lady fingers (Hiper)
1 cup of hot espresso coffee	(or long thin tostadas)
or strong hot coffee	1-2 tsp of Amaretto
cocoa powder to sprinkle on top	(or substitute two TBSP sugar)

Separate egg yolks and whites. Mix the powdered sugar with the yolks well in a large bowl. Next, mix the mascarpone cheese with yolk mixture. Set aside. Fluff the egg whites until they are all bubbles. Fold into cheese/egg/sugar mixture. Mix amaretto in coffee. If you don't have amaretto, add sugar instead to make it very sweet. Dunk lady fingers/pan tostadita in coffee until completely soaked and place in large square container in a row. Cover row with cheese/egg mixture. Start a new layer of coffee soaked lady fingers/pan tostaditas and cover again with mixture. Repeat process until you run out. Make sure you have enough of the mixture to cover the last level! When finished, sprinkle cocoa powder on top. Cover and refrigerate for 12 hours.

Gloria's Apple Pie ☆☆☆

(Modified Version)

Crust:

Graham crackers	$\frac{1}{3}$ cup Sugar
Butter	

Pie filling:

8-10 Apples	$\frac{1}{2}$ cup Butter
3 tbsp Flour	$\frac{1}{4}$ cup Water
1 cup Sugar	Oatmeal
$\frac{1}{2}$ to 1 cup Sugar	Cinnamon

For the crust: crumble graham cracker, the finer the better (use the chopper!), Mix with melted butter and about $\frac{1}{3}$ cup sugar. Press into pie pan and refrigerate for an hour or so, until it is cool.

For the filling: peel and core 8-10 apples(*granny smith are best but any will work*), depending on the mold. pile them so they are higher in the center, *they will shrink so don't worry if it is higher than you think is stable.*

Melt 1/2 cup butter and stir in 3 tbsp. flour so it forms a paste. Add 1/4 cup water and add 1/2 to 1 cup sugar (*more if the apples are crappy, less if they are sweet*). Pour over crust. Melt some butter; add some oatmeal, sugar, vanilla and cinnamon. Add this crumbly mixture to the top of the pie. Bake at 425F for 15 min, reduce heat to 350F and continue baking 35-45 min.

Note - cut the apples thinly so you can bake them for less time and so they are mushy and not crunchy when the pie is done. Layer the apples well so the liquid can go through cracks and crevices and so the pie bakes evenly, in other words, don't just throw the apples in.

Shelly's Apple Crisp ☆☆☆

4 cups of apples (4 medium sized apples)	¾ cup Sugar
1 stick of margarine	½ c Flour
1½ cup Oatmeal	1 tspn Cinnamon
½ teaspoon nutmeg	

Thinly slice the apples and put them in a greased pan. Mix the remaining ingredients and sprinkle the mixture over the apples. (You can do 2 layers depending on the size of the pan you are using)
Bake 30-40 minutes, or until the apples are soft.

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Peanut Butter Cookies

1/2 cup butter or margarine	1/2 cup peanut butter
1/2 cup granulated sugar	1/2 cup brown sugar
1 egg	1/2 tsp vanilla
1 1/4 cups all purpose flour	3/4 tsp soda
1/4 tsp salt	

Thoroughly cream butter, peanut butter, sugars, egg, and vanilla. Sift together dry ingredients; blend into creamed mixture. Shape in 1-inch balls; roll in granulated sugar. Place 2 inches apart on ungreased cookie sheet. Crisscross with fork tines. Bake at 375 degrees for 10 to 12 minutes. Cool slightly and remove from pan. Variation: Add chocolate chips.

Chocolate Chip Cookies ☆☆☆

2 3/4 cup flour	1 tsp baking soda
1/2 tsp salt	1/2 cup butter or margarine
3/4 cup sugar	3/4 cup brown sugar
1 tsp vanilla	2 eggs
2 cups chocolate chips	

Mix dry ingredients. In a separate bowl mix butter, sugars and vanilla. Slowly add dry mixture. Add chocolate chips. Spoon into balls and place on a greased baking sheet. Bake.

Oatmeal Cookies – Campo Friendly Version ☆☆☆

3/4 cup sugar	1/4 cup incaparina
1/2 cup butter	1 egg
1 1/2 cups oats	3/4 cup flour
1/2 tsp baking soda	1/2 tsp cinnamon
1/2 tsp vanilla	1/4 tsp baking powder
1/4 tsp salt	
1 cup raisins or a mix of nuts, sunflower seeds, chocolate chips	

Mix all ingredients except last three and then stir in oats, flour and raisins. Drop by rounded tspfuls onto un-greased sheet. Bake about 10 minutes until light brown (375 in a real oven) These are easy to make with kids and all except sunflower seeds and vanilla can be found in tiendas.

Oatmeal Cookies – Like mom Makes Them ☆☆☆

1 cup (2 sticks) softened margarine/ butter
1 cup firmly packed brown sugar 1/2 cup granulated sugar
2 eggs 1 tsp vanilla
1 1/2 cups flour 1 tsp baking soda
1 tsp cinnamon 1/2 tsp salt (optional)
3 cups quaker Oats 1 cup raisins
(quick or old fashioned, uncooked)

Feel free to be creative with additions: dates, choc chips, butterscotch chips, etc

Heat oven to 350 degrees F. Beat together margarine and sugars until creamy. Add eggs and vanilla; beat well. Stir in oats and raisins; mix well. Drop by rounded Tablespoonfuls onto ungreased cookie sheet. Bake 10 to 12 minutes or until golden brown. Cool 1 minute on cookie sheet; remove.

Snickerdoodle Cookies ☆☆☆

1 cup butter or margarine 1 tsp baking soda
1 ¾ cups sugar ½ tsp salt
2 eggs 4 tsp cinnamon
2 ¾ cups flour
2 tsp cream of tartar (if available)

In a large bowl mix butter and 1 ½ CUP sugar. Add eggs, beating until combined well. In a separate bowl whisk together the flour, cream of tartar, baking soda and salt. Slowly add the flour mixture to the butter mixture, beating well. Let sit 10 minutes. In a small bowl, stir together the remaining ¾ sugar and cinnamon. Form dough into balls the size of a walnut. Roll in the sugar mixture. Arrange 2 inches apart on the baking sheet. Bake 10-12 minutes.

Granola Bars ☆☆☆

1/2 cup boiled honey (boiled for one minute) 3 cups granola
2/3 cup peanut butter
Raisins, craisins, chocolate chips &/or nuts

To boiled honey mix in peanut butter, granola and other additions.
Put in buttered dish and cool in the fridge.

Hamantashen (Purim Cookie)



Dough:

2/3 cup margarine	½ tsp vanilla
½ cup sugar	2 cup flour
1 egg	1 tsp Royal

Cream margarine, sugar, egg and vanilla in blender. Add the rest of the ingredients. Form into a ball of dough and chill 2-3 hours. Then roll dough and cut 2 inch circles; with your finger brush some water in a ring along the outside of each circle. Put in 1 tsp of filling and fold up with 3 corners (this cookie should look like a triangle with filling in the middle when done). Bake.

Filling options:

#1 Traditional Filling

¾ cups prunes	¼ apple
1/3 cup raisins	juice and rind of ¼ lime
¼ cup water	2 TBS sugar

Simmer prunes and raisins until soft; blend everything.

#2 The "Prunes are for old people, cookies need chocolate" Filling

1 package cream cheese	¼ cup sugar
3 tsp cocoa	1 egg

Beat everything.

#3 The Easy Filling

Whatever jam or jelly you have is a perfect filling. Make a few types for variety.

Chewy Chocolate Brownies



¾ cup sugar	2 tsp vanilla
½ cup butter	1 cup flour
2 TBS water	2 eggs
8 oz semi sweet chocolate	¼ tsp salt
¼ tsp baking soda	

Heat the sugar, butter and water to boiling. Add chocolate bars and stir until melted. Let cool and add eggs one at a time, stirring well. Add dry ingredients. Beat well. Bake for 15-20 minutes.

Strawberry-Cream Cheese Brownies ☆☆☆

Filling:

1/3 cup (3 oz) cream cheese, softened	
1/3 cup sugar	2 tsp flour
1/2 tsp vanilla extract	1 large egg white

Brownie:

3/4 cup flour	1/4 tsp baking powder
1/4 tsp baking soda	1/8 tsp salt
2/3 cup unsweetened cocoa	1 cup sugar
1/4 cup butter or margarine, melted	1 TBS water
1 tsp vanilla extract	2-3 large eggs
2 large egg whites	
3 TBS strawberry or raspberry preserves	

Beat the 5 ingredients of the filling together and set aside. Coat the bottom of the baking pan. Mix flour, baking powder and soda and salt in a medium bowl. In a separate bowl combine the sugar, cocoa, butter, water, vanilla and eggs. Mix well. Add the flour mixture and mix well. Pour half of the mixture in the bottom of the pan. Layer with the cream cheese filling and then the strawberry preserve and pour the rest of the brownie mix over that. Bake.

Tienda Brownies ☆☆

4 tsp Incaparina	1 stick of margarine
1 cup sugar	1 tsp Royal
1/2 cup flour	2 eggs
1/2 bar of tienda chocolate	1 tsp salt

Grease baking pan. Melt margarine and chocolate, be careful not to burn. Let cool for 5 minutes and beat in eggs. Stir in remaining ingredients and mix well. When there are no more lumps, pour batter

back into a greased pan and bake. Use a toothpick or knife to poke the center of brownies. If the toothpick comes out clean, they are done.

Variation: Add nuts, chocolate chips or M&M's.

Black Bean Brownies ☆☆☆

(Makes 45 (2-inch) brownies)

4 ounces unsweetened chocolate	1 cup unsalted butter
1 cup walnuts, chopped	1 tablespoon vanilla extract
¼ cup instant coffee	¼ teaspoon salt
4 large eggs	1½ cups light agave nectar
2 cups soft-cooked black beans, drained well (canned is fine)	

Preheat the oven to 325°F or whatever. Lightly oil or butter baking pan. Melt the chocolate and butter. Stir with a spoon to melt the chocolate completely. Place the beans, 1/2 cup of the walnuts, the vanilla extract, and a couple of spoonfuls of the melted chocolate mixture into blender or food processor. 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 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 agave nectar and beat well. Set aside. Add the bean/chocolate mixture to the coffee/chocolate mixture. Stir until blended well. Add the egg mixture. Mix well. Pour the batter into the prepared pan. Bake for 30 to 40 minutes, until the brownies are set. Let cool in the pan completely before cutting into squares. (They will be soft until refrigerated.)

Peanut Butter Fudge ☆

½ cup melted margarine	1 tsp vanilla
4 cups powdered sugar	¼ cup cocoa
2 spoonfuls of peanut butter	½ cup milk

Combine margarine and cocoa. Stir in powdered sugar and vanilla; add milk. Stir constantly on low heat until smooth. Add peanut butter. If too thick, add water; if too watery add peanut butter. Pour into a greased pan and let cool.

Oatmeal Bars ☆

1 cup margarine	1 ½ cup flour
1 cup panela	1 tsp baking soda

1 cup sugar
2 eggs
3 cups oats

pinch of salt
1 tsp vanilla

Cream or blend margarine, sugar, and eggs. Add everything else. Spread into a greased and floured pan. Bake until golden brown. (Awesome if you frost the bars afterwards.)

Fast Chocolate-Peanut Fudge ☆

½ cup margarine, melted
4 cups powdered sugar
½ cup evaporated milk

¼ cup cocoa
1 tsp vanilla
1 cup peanuts, toasted

Combine margarine and cocoa. Stir in powdered sugar and vanilla. Add evaporated milk. Stir constantly over low heat until warm and smooth. Add toasted peanuts. Pour into greased pan and let cool.

Rice Krispy Treats ☆

¼ cup margarine or butter
5 cups Rice Krispies Cereal
or other breakfast cereal

4 cups marshmallows

Melt butter and stir in the marshmallows until they are all melted too (being careful not to let them burn). Turn off the flame and stir in the rice krispies. Press into a greased pan. Eat.

Lemon Bars ☆☆☆

½ cup margarine
¼ cup powdered sugar
1 cup + 2 TBS flour
2-3 juicy lemons (4 TBS Juice)
dash of salt

1 cup sugar
2 eggs
½ tsp baking powder

Mix margarine, powdered sugar, 1 cup flour and salt. Press into an 8x8 pan and bake until lightly toasted. In a bowl beat the eggs and sugar together. Stir in the lemon juice, 2 TBS Flour and baking powder. Pour the mixture over the crust and bake until golden on top.

Mocha Frosted Drops ☆☆☆

2 one ounce squares unsweetened chocolate
1 six oz package (1 cup) semisweet chocolate chips

½ cup shortening

1 egg

½ cup butter milk or sour milk

½ tsp baking powder

¼ tsp salt

Mocha Frosting

1 cup brown sugar

1 tsp vanilla

1 ½ cups all-purpose flour

½ tsp baking soda

½ cup chopped walnuts

Melt shortening and unsweetened chocolate together in a saucepan. Cool 10 minutes. Stir in the brown sugar. Beat in the egg, vanilla, and buttermilk. Sift together dry ingredients and add to chocolate mixture. Stir in nuts and chocolate chips. Drop from tsp on greased cookie sheet. Bake at 375 degrees about 10 minutes. Remove from pan and cool. Frost with Mocha Frosting.

Mocha Frosting: Cream ¼ cup butter, 2 TBSs cocoa (regular-type, dry), 2 tsp instant coffee powder, and dash salt. Beat in 2 ½ cups powdered sugar, 1 ½ tsp vanilla, and enough milk for spreading consistency.

Ambassadorial Brownies ☆☆☆

(courtesy of Ambassador Stephen McFarland)

1 cup butter

4 eggs

1 ½ cups flour

½ cup cream or milk

2 tablespoons cinnamon

1 cup semi-sweet chocolate

chips and/or nuts

1 cup cocoa

2 cups sugar

1 teaspoon vanilla

1 cup pecans or walnuts

¼ tsp cloves

¼ tsp ginger

Melt together butter and cocoa. Beat eggs, slowly add sugar, and beat well until thick. Fold in remaining ingredients including cocoa/butter mixture. Using a greased 9" by 12" pan, pour in batter and bake at 350 for 25 minutes.

Beverages

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Notes: _____

Weston's Chai ☆☆☆

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1 part water to 4 parts milk
fresh crushed cardamom
Black tea leaves

fresh ginger
Cinnamon stick
sugar

Boil water with fresh ginger, cardamom and cinnamon. Add milk. Dry roast (place in a frying pan) black tea leaves until semi burned/browned. When milk mixture boils, add tea. Let steep for 3 minutes. Add sugar. Strain out the solid pieces and drink.

Chai Tea with Cardamom



Black tea bag
1 clove
tsp milk powder

pinch cardamom
pinch ginger
honey

Steep tea bag in cup of hot water, add spices and milk and serve. Use honey to sweeten.

ChocoMint Tea



Mint tea bag
Hot chocolate mix

milk

Capputeanu



1 cup milk
1 black tea bag

1 TBS panela

Indian Spiced Coffee



Pinch cardamom
Cinnamon
Nutmeg
1 clove

2 cups strong coffee
1 cup milk
2 TBS honey or sugar

Mexican Coffee



Cinnamon
1 cup milk
cocoa

2 TBS panela
vanilla

Moroccan Tea



VAC 2010

Green tea bag
sugar

crushed mint

Russian Tea ☆

1 tsp whole cloves

1 quart water

4 lemons

1 or two sticks of broken up cinnamon bark

5 green tea bags

3 cups orange juice

1 ½ cups sugar

Simmer tea, cloves, and cinnamon for 10 to 15 minutes. Strain and add orange juice, juice of 4 lemons, 1 ½ cup of sugar and mix well. Vodka or white rum can be added for a little holiday cheer.

Lemonade ☆

3 cups water

½ cup sugar

1 cup lemon juice

Mix until sugar is dissolved. Serve with ice as well as lemon or orange slices. Add fresh mint if desired.

***Sangria** ☆☆☆

2/3 cup lemon juice

1/3 cup orange juice

¼ cup sugar

1 bottle dry red wine

Stir juices and sugars together. Stir wine into juice mixture. Add ice if desired as well as orange, pineapple and lemon slices.

Johanna's Ponche Caliente ☆☆☆

(Traditional Guatemalan drink around Christmastime)

2 quarts water

1 ½ cups apple

1 cup raisins

½ cup grated/diced coconut

Sugar to taste

1 ½ c pineapple

1 ½ c papaya

1 cup cloves

Cinnamon to taste

Heat water and fruit, then add sugar and other ingredients. Boil until fruit is cooked and infused with flavour. Serve hot

Comitancillo Fruit Wine



1 gallon of crushed fruit	1 gallon of water
5 lbs of sugar	rubber bands
3 tsp. regular yeast (don't over do this, otherwise the wine will taste like yeast)	
small bags with no holes (very important)	

Disinfect your wine and/or beer bottles with boiling water.

**If you don't make the entire recipe, make sure you use the proper proportions, especially for the yeast. Remember 1 gallon = 3.78 liters. If you have a blender, the blender top is 1/3 gallon, or 1.25L

Let yeast sit in warm water. Add all ingredients into a container that will hold at least 2 gallons. Dissolve sugar completely. Add yeast and stir. If the fruit can't be crushed enough that you can fit them into wine or 1 liter beer bottles, then blend the fruit mixture (like a smoothie) and pour into disinfected bottles. Do not overfill the bottles. As a general rule of thumb, fill up to half an inch below the neck of the bottle, otherwise the fruit mixture will expand into the plastic bag during the fermentation process. Place the opening of a small plastic bag over the mouth of the wine or beer bottle and with a rubber band, seal the bag with rubber bands so no air can escape. Make sure the bag is completely empty of air. This is important as the wine will produce gases and the bag will naturally expand over time during the fermentation process. I recommend against using balloons from personal experience, as many of them have broken. Wait two months. Indulge.

How To

How to cook rice

The general rule is 2 cups of water for every 1 cup of rice. For firmer rice, reduce water by $\frac{1}{4}$ cup for every cup of rice. Brown rice and longer grain rice cook slower than white rice. Bring rice and water to a boil, then cover and keep on low heat until water has absorbed and rice has cooked.

How to soak and cook beans

Wash and check your beans, throw away any beans that don't look good. Add water, covering beans by at least 2 inches. Cover and let stand for at least 8 hours. Refrigerate if you live in a warm environment to prevent fermentation. Drain and rinse beans and discard soaking liquid. To cook, place beans in a large pot and cover with cold water with at least 2 inches. Bring to a boil over high heat, skim off the foam and then reduce heat to low. Cover and simmer stirring occasionally. Do not boil rapidly or it will take the skins off. You can add salt, onions and garlic for more flavor.

How to roast peppers

Cut pepper in half and deseed. Place peppers skin side down on a comal or saucepan over high heat. Use spatula to press them down until peppers are charred and evenly black. It's often easier to peel if the peppers are placed in a plastic bag for a few minutes.

How to make coconut milk

Find ripe coconut and bake in a 400F oven for 15-20 minutes; a little more will not hurt. Remove coconut from the oven and give it several hard whack with a hammer to break it open and into 4 or 5 pieces. The coconut water will drain away and is not used. Pry away the coconut meat from the shell. Cut the meat into 1-inch wide strips and then into horizontal thin slices. Put about 3 cups of the slices into a blender and pour in 4 cups of water (the less water, the richer the coconut milk). Blend for about 1 minute, which will be enough time to release the milk. Pour the mixture through a metal sieve and squeeze the coconut fragments. The liquid that remains is coconut milk. It can be stored in the fridge for 3 days.

How to make stocks

When cooking, try to always use beef stocks with beef and chicken stocks with chicken. Any vegetables or parts of vegetables can be used in a stock except cabbage, broccoli, cauliflower leaves, brussel sprouts, chard, eggplant and strong greens. Do not let stock sit out at room temperature very long as it is a good breeding ground for bacteria.

Vegetable stock: In general, 5 cups of vegetables to 6 cups of water makes about 3-4 cups of stock. Combine in pot; onion, potatoes, leeks, carrot, corncobs, ginger, turnip, lots of garlic and water to make your ratio even. Simmer gently partially covered until vegetables are completely softened, 45-60 minutes. Strain into a clean pot, pressing down on vegetables to extract the juices. Season with salt, pepper, soy sauce and red pepper flakes basil, thyme, rosemary, cilantro, bay leaf, and one hot pepper. Save veggie peels (i.e. onion ends, red pepper heart and stem, carrot ends and peels, etc.) while cooking for a few days to one week. Once you have enough scraps you can make your broth, adding herbs and spices before boiling. If you want. You can do this in a pressure cooker in 15 minutes.

Beef stock: Put bones, scraps a bay leaf, some coarsely chopped carrots, a quartered onion, quartered potatoes, one celery stalk, garlic and a pinch of dried herbs. Cover with water and simmer 2-3 hours, spooning off the foam. Strain through cheesecloth, really squeezing to extract all the juice. Pressure cooker it only takes 30 minutes.

Chicken Stock: Use the left over bones and parts, add the above ingredients for veggie stock or beef stock and cook 1-2 hours. Strain. Or cook simmered chicken and use some cooking liquid as stock. Pressure cooker takes only 20 minutes.

Asian Flavored Stock: Add ginger, some cilantro stems, 1 TBS soy sauce, and extra garlic to any stock for more Asian flavor.

How to make a Peace Corps Oven

Supplies to Buy:

Comal

1 tin can

1 large metal pot (bote- you can find this in the market). It needs to be big enough to cover your pan, but smaller than the size of your comal

Place the comal on your stove-top. Fill the tin can ½ with water. Place your baking pan on top of tin can. Cover with bote, being sure not to knock your baking pan over. Cook over medium heat. This oven is best for cakes, breads and pizzas. Cookies do not bake well because there is no top heat.

Cooking Vocabulary

Ingredients Vocabulary List	
allspice = pimienta gorda	lard = manteca de choncho
almond = almendra	leek = cebolla puerro
anchovie = anchoa	legume = leguminosa
apricot = albaricoque	lentil = lenteja
artichoke = alcachofa	lunchmeat = embutido
asparagus = esparrago	marshmallows = angelitos
avocado = aguacate	nut, hazel = avellana
baking powder = polvo de hornear o royal	nut, pistachio = pistacho
baking soda = bicarbonate de soda	nut, walnut = nuez
bogna = mortadela	nutmeg = nuez moscada
barley = cebada	oats = avena
basil = albahaca	olive = aceituna
bay leaf = laurel	onion, red = cebolla colorado
beet = remolacha	papirika = pimenton dulce y espanol
berry = mora	parsley = perejil
biscuit = galleta	passion fruit = granadilla
blackberry = zarzamora	peach = durazno
bran = salvado	pea = arveja
breaded = apanado	peanut = mani
breadcrumbs = miga de pan	pear = pera
broth = caldo	pecan = pacana
brussel sprouts = bruselas	peel = cascara
butter = mantequilla	pepper, black = pimienta negra
buttermilk – leche agria	pepper, red = pimienta dulce
cabbage = repollo	pepper, green = pimienta verde
cantaloupe = melon	peppermint = menta
cardamom = cardamomo	plum = ciruela
caraway seeds = alcaravea	pomegranate = granada
cashew = marañon	popcorn = poporopo, palomas de maiz
cayenne = ají	poppy seeds = semilla de amapolas
celery = apio	potato = papas
chamomile = manzanilla	

cheese, cream = queso cream	potato, sweet = camote
cheese, ricotta = requeson	prune = ciruela pasa
cheese, white soft = queso fresco	pumpkin = calabaza
cherry = cereza	radish = rabano
chestnut = castana	raisin = pasa
chickpea = garbanzo	raspberry = frambuesa
chili powder = ajo en polvo mas	rice, white = arroz
oregano, comino ajo	rice, brown = arroz integral
chives = cebollina	rosemary = romero
cinnamon = canela	sage = salvia
clam = almeja	scallion = cebolla blanca
clove = clavo de olor	seasoning = condimento
cocoa = chocolate amarga	sesame seed = ajonjoli
coconut = coco	shortening = manteca
coriander – culantro; cilantro	soybean = soya
cornmeal = semola de maiz, maseca	soy sauce = salsa de soya
cornstarch = maizena	spearmint = hierbabuena
cranberry = arandino	spinach = espinaca
cream of wheat = semola de trigo	squash = zapallo
crumbs = migas	starch = almidon
cucumber = pepino	strawberry = fresa
cumin = comino	string bean = ejote
curry = curry	sugar, brown = azucar morena
date = datil	sugar, unrefined = panela
dill = eneldo	sugar, powdered = azucar glass
dough = masa	sunflower = girasol
egg white = clara	sweet potato = camote
egg yolk = yema	swiss chard = acelga
eggplant = berenjena	syrup = miel
fennel = hinojo comun	tamarind = tararindo
fig = higo	tarragon = estragon
filling = relleno	thyme = tornillo
flax; linseed = linaza	tumeric = curcuma
flour, wheat = harina de trigo	vegetables = legumbres
flour, corn = harina de maiz	vegetables, green = verduras
garlic salt = sal de ajo	vinegar = vinagre
grapefruit = toronja	watercress = berros
ginger = jengibre	wheat = trigo
green bean = ejote	whole wheat flour = harina integral
horseradish = raiz picante	yeast = levadura

Cooking Verbs

add, to = agregar	heat, to = calentar
bake, to = hornear	juice, to = exprimir
baste, to = untar, pringar	knead, to = amasar
beat, to = batir	marinate, to = marinar
blend, to = mezclar, ablandar	mash, to = machacar
boil, to = hervir	melt, to = derretir
bread, to = apanar	mix, to = mezclar
broil, to = asar	mold, to = moldear
brown, to = dorar	oil, to = engrasar
chop, to = picar	peel, to = pelar, descascar
clean, to = limpiar	preheat, to = precalentar
cook, to = cocinar	pour, to = echar
core, to = despepitar	rinse, to = desaguar
crumble, to = desmigajar, hacer migas	roll out, to = extender
crush, to = aplastar	sauté, to = dorar
cut, to = cortar	scald, to = escaldar
defrost, to = deshelar	scrape, to = raspar
dissolve, to = disolver	scrub, to = fregar
drain, to = seagnar	simmer, to = hervir a fuego lento
dry, to = secar	spread, to = untar
fill, to = llenar	sprinkle, to = raiar, esparcir
fold into, to = verter	steam, to = a vapor
flour, to = enharinar	strain, to = colar
freeze, to = congelar, helar	turn, to = voltear
fry, to = freir	uncover, to = descubrir
fry eggs, to = estrellar	whip, to = batir
grease, to = engrasar	

Kitchen Items

aluminum foil = papel aluminio	rolling pin = rodillo
bottle opener = destapador	saran wrap = polietileno
can opener = abrelata	spatula = espátula
casserole dish = cacerola	strainer = colador
cheese grater = rallador de queso	tablespoon = cucharada
cork screw = saca corcho	teaspoon = cucharadita
cutting board = tabla para cortar	wine glass = copa
frying pan/skillet = frigidera/sarten	1 cup = taza
gallon = galon	$\frac{3}{4}$ cup = tres cuartos de taza
glass = vaso	$\frac{1}{2}$ cup = media taza
ladle = cuahron	$\frac{1}{3}$ cup = un tercio de taza
pitcher = pichel	$\frac{1}{4}$ cup = un cuarto de taza
pot = olla	$\frac{1}{8}$ cup = un octavo de taza

Temperatures

Temperature Conversions

Fahrenheit to Celsius Conversion:
Subtract 32, multiply by 5 and divide by 9

Celsius to Fahrenheit Conversion:
Multiply by 9, divide by 5 and add 32

The freezing point of water is 32°F, 0°C

The boiling point of water is 212°F, 100°C

Fahrenheit	Celsius
250°	120°
275°	140°
300°	150°
325°	160°
350°	180°
375°	190°
400°	200°
425°	220°
450°	230°

Measurements & Weights Conversions

Volume Measurements (dry)

1/8 teaspoon = 0.5 mL
1/4 teaspoon = 1 mL
1/2 teaspoon = 2 mL
3/4 teaspoon = 4 mL
1 teaspoon = 5 mL
1 tablespoon = 15 mL
2 tablespoons = 30 mL
1/4 cup = 60 mL
1/3 cup = 75 mL
1/2 cup = 125 mL
2/3 cup = 150 mL
3/4 cup = 175 mL
1 cup = 250 mL
2 cups = 1 pint = 500 mL
3 cups = 750 mL
4 cups = 1 quart = 1 Liter
1 liter = 34 ounces
8 ounces = 1 cup
4 quarts = 1 gallon

Volume Measurements (liquid)

1 fluid ounce (2 TBS) = 30 mL
4 fluid ounces (1/2 cup) = 125 mL
8 fluid ounces (1 cup) = 250 mL
12 fluid ounces (1 1/2 cups) = 375 mL
16 fluid ounces (2 cups) = 500 mL

Weight (mass)

1/2 ounce = 15 grams
1 ounce = 30 grams
2 ounces = 60 grams
4 ounces = 120 grams
8 ounces = 225 grams
10 ounces = 285 grams
12 ounces = 360 grams
16 ounces = 1 pound = 450 grams
1 kilogram = 2.2046 pounds

Dimensions

1/16 inch = 2 mm
1/8 inch = 3 mm

1/4 inch = 6 mm
1/2 inch = 1.5 cm
1 inch = 2.5 cm

Rough Measurements

1 cup = $\frac{3}{4}$ cup of a regular size mug

$\frac{1}{2}$ cup = $\frac{1}{3}$ of a regular size mug

$\frac{1}{4}$ cup = 1 centimeter in a regular size mug

1 tablespoon = 2 large metal spoonfuls

1 teaspoon = 1 large metal spoonful

Ingredient Substitutions

If you don't have	Substitute....
baking powder, 1 tsp.	½ tsp. cream of tartar + ¼ tsp. baking soda
brown sugar	Panela
Buttermilk, 1 cup	1 TBS lemon juice or vinegar + enough milk to make 1 cup (let stand 5 min. before using)
Chicken broth, 1 cup	Dissolve 1 packet of Consome in 1 cup boiling water
chocolate, semisweet, 1 oz.	1 oz. Unsweetened chocolate + 1 TBS sugar
chocolate, sweet baking, 4 oz.	¼ cup unsweetened cocoa powder + 1/3 cup sugar + 3 TBS shortening
chocolate, unsweetened, 1 oz.	3 TBS unsweetened cocoa powder + 1 TBS cooking oil
cornstarch, 1 TBS	2 TBS all-purpose flour
garlic, 1 clove	1/8 tsp. garlic powder
honey, 1 cup	1 ¼ cup sugar + ¼ cup water
lemon juice, 1tsp.	½ tsp. vinegar
light corn syrup, 1 cup	1 cup sugar plus ¼ cup water
dark corn syrup, 1 cup	1 cup of maple syrup
Molasses	1 cup honey
mustard, dry powder, 1 tsp.	1 TBS prepared mustard
powdered sugar, 1 cup	Blend 1 cup regular sugar in blender to form powder
pumpkin or apple pie spice, 1 tsp	Mix ½ tsp ground cinnamon, ¼ tsp ground ginger, 1/8 tsp allspice, and 1/8 tsp nutmeg
rice wine vinegar	½ cup water + ½ cup vinegar
sour cream, dairy, 1 cup	1 cup plain yogurt or fres cream mixed with lemon juice; allow to sit in warm place for a few hours
tomato juice, 1 cup	½ cup tomato sauce + ½ cup water
tomato sauce, 2 cups	¾ cup tomato paste + 1 cup water
tomatoes, canned, 1 cup	1 1/3 cups cut-up fresh tomatoes, simmered 10 minutes

Protein Power

LEGUMES are good sources of protein, and a healthy alternative for meat. So what are they? Examples of legumes include beans, peas, and lentils. Did you know that soybeans are good for you? They contain all the amino acids needed to make a complete protein in the body. How much protein do we need? The recommendation for protein for healthy adults is about 50mg a day.

The following is a list of foods with serving sizes and protein quantity per serving.

FOOD	AMOUNT	PROTEIN(gm)	PROTEIN (gm/100 cal)
Soybeans, cooked	1 cup	29	9.6
Lentils, cooked	1 cup	18	7.8
Black beans, cooked	1 cup	15	6.7
Chickpeas, cooked	1 cup	12	4.2
Pinto beans, cooked	1 cup	12	5.7
Tofu, firm	4 ounces	11	11.7
Peas, cooked	1 cup	9	6.4
Peanut butter	2 TBSp	8	4.3
Almonds	1/4 cup	8	3.7
Sunflower seeds	1/4 cup	6	3.3
Spinach, cooked	1 cup	5	13.0

Sources: USDA Nutrient Database for Standard Reference

Veggie Tip:

To keep spinach from going bad quickly, place it in a bowl of water (if it comes with its roots).

Frying pan Tip: Heat pan, then add oil and then whatever you're cooking. Use this method to avoid food sticking to pan!