

Recipes of SPN 2023 Speaking About Movies class:



Multiple Origins, Multiple Dishes



Spanish Class, Fall 2017



Professor: Sandra Martinetto Weiss

APPETIZERS

Sea Food Ceviche



Origin : Peru

Ceviche de pescado is a dish that represents the Peruvian gastronomy. This dish comes from the Mochica culture that lived north of Peru about two thousand years ago. On the 28th of June in Peru, we celebrate the “day of ceviche” and on this day, we mostly consume this dish.

Ingredients:

- 2 tilapia fillets
 - 1 Peruvian yellow pepper
 - 1 large lime
 - 1 medium sized red onion
 - 1 lettuce leaf
 - Fresh cilantro
 - Salt
- To go with:**
- 1 small cup of Peruvian corn (choclo)
 - 1 orange sweet potato

Steps to prepare:

Step 1 ✨ Cut the red onion into thin strips and submerge in water for ten minutes. This will allow the flavor to soften a little.

Step 2 ✨ Chop the yellow pepper into thin strips, while being careful that it has neither seeds and part of the vein of the pepper because that is where the spicy flavor is.

Step 3 ✨ Chop the cilantro into tiny pieces. Boil the sweet potato without the skin until it is tender and cool it down in the fridge.

Step 4 ✨ Clean the tilapia very well and cut it in squares. Mix the fish with the onions, cilantro and a pinch of salt in a bowl.

Step 5 ✨ Finally, add the lime juice and stir well. Serve in a plate with sweet potato cut in slices and with either peruvian corn or toasted corn.

References:

Recipe: <https://www.comedera.com/receta-de-ceviche-peruano/> <http://comidasperuanas.net/ceviche-peruano-pescado/> <https://www.laylita.com/recetas/cebiche-peruano-de-pescado/>
Photo: <https://www.recetasgratis.net/Receta-de-Ceviche-Pescado-Peruano-receta-26895.html>

Written by student: Alexandra Garcia

Chicken Tinga Toast



Country: Mexico

When do you eat Chicken Tinga?

Chicken Tinga originated in Puebla, Mexico. Chicken Tinga doesn't have a specific occasion and can be eaten any time of the year. Many people use Chicken Tinga as an appetizer before a main meal.

Ingredients:

- ❖ 3 Chicken breast
- ❖ 3 White Onions
- ❖ 3 Tomatoes
- ❖ 1 Garlic Clove
- ❖ 1 Can of Chipotle Peppers
- ❖ Sour Cream (Optional)
- Grated Cheese (Optional)
- Oil
- A pinch of Salt
- 1 Pack of Tostadas
- Lettuce (Optional)

Preparation:

Step 1 ✨ Boil the Chicken breast with half an Onion, a clove of garlic and salt. Separately boil the 3 Tomatoes.

Step 2 ✨ Cut the onions into thin strips and

fry them in a frying pan with oil.

Step 3 ✨ In a blender grind the chipotle peppers and boiled Tomatoes, add water to the blender and make sure the water covers the tomatoes.

Step 4 ✨ Empty the mixture into a strainer above the onions on the frying pan.

Step 5 ✨ Shred the chicken and add it to the frying pan with the other ingredients.

Step 6 ✨ Let it cook on low heat until the water evaporates and add salt if needed.

Step 7 ✨ Once the water has evaporated distribute the mixture on a Tostada.

Step 8 ✨ If you wish you can add sour cream, shredded cheese and lettuce to your tostada. (Optional)

Step 9 ✨ Enjoy!

Sources:

Cocinaconamor. "TOSTADAS DE TINGA DE POLLO." ComidaMexicana.com, ComidaMexicana, 2015, www.comidamexicana.com/recetas/item/215/tostadas-de-tinga-de-pollo.

Written by student: Alondra Velasquez Isita

ENTREES

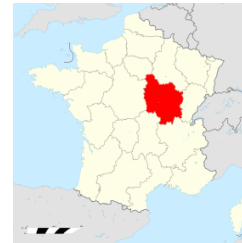
Boeuf Bourguignon (Beef Stew)



Origin:

France, Burgundy (region)

Traditional dish of french gastronomy, it gets its name from the two specialities of the region which are the two elements which make it: wine and beef. Burgundy being known for its good wine and its bovine farming.



Ingredients:

✧ Beef meat: 600g



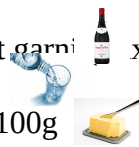
✧ Onions: 4 ✧ Carrots: 4



✧ Bouquet garni (mixed herbs): 1 ✧ Wine

✧ Water

✧ Butter: 100g



Preparation:

Preparation time: 1h

Boiling: 5h

Step 1 ✧ Cut the meat and remove the fat.

Step 2 ✧ Cut the onions in little pieces. Brown them in a pan with butter.

Step 3 ✧ Pour them in a saucepan.

Do it with the meat too, a few times, until the pieces to be boiled and add them gradually in the sauce pan.

Step 4 ✧ When the meat is in the saucepan, cover it with wine and let it slow cook for some hours with the bouquet garni and the carrots cut in little pieces.

Step 5 ✧ The day after, let it slow cook for 2 hours and add water and wine if necessary.

French touch ✧ Add a bay leaf to flavor you dish as we do in the South coast of France. On top of its gastronomic propriety, el bay is a tranquilizer and help for the digestion. (To ingest with moderation because too much of bay could be toxic.)

Sources:

http://www.marmiton.org/recettes/recette_boeuf-bourguignon_18889.aspx

<http://www.marieclaire.fr/quelques-feuilles-de-laurier-pour-des-plats-parfumes.726049.asp>

<http://blog.infotourisme.net/boeuf-bourguignon/>

Written by student: Guylaine Payen

Puerto Rican Mofongo with Chicarrón



Origen:

Mofongo is a very popular dish to eat for dinner in Puerto Rico. You can add shrimp, chicken, or in this case, chicharrón (pork), to mofongo. To make this dish flavorful, the key is to have the chicharrón seasoned very well. To do this, many Puerto Ricans use Sazón Goya. Sazón Goya is a prepared mix of garlic, onion, salt, and other ingredients. Sazón is a typical condiment used a lot in all of Puerto Rico. Good seasonings make foods taste delicious!

Ingredients:

4 green plantains
1 pound of chicharrón (seasoned and cooked)
Garlic
Olive Oil

Instructions:

- Step 1** ✨ Peel the plantains, cut them, and soak them in water with salt for 15 minutes.
- Step 2** ✨ Remove the plantains from the water, dry them, and put them in a pan with the olive oil.
- Step 3** ✨ Cook the plantains until they turn light brown. Remember that if you cook them too much, the plantains will not mash well.
- Step 4** ✨ When the plantains are ready to be taken out from the pan, place them into a pilón. Add the Chicharrón and garlic. Mix them and mold the plantains into a half sphere. You can use a mold, or your hands.
- Step 5** ✨ Serve the mofongo and enjoy!

Sources:

<http://www.quericavida.com/recipes/puerto-rican-mofongo/b78c18dd-2d29-4cde-9163-2502077f8f2b>

Written by student: Alyssa Colon

SIDE DISHES

Rice and Beans



Origin: Puerto Ricans are most known for the plate of rice and peas. This meal is usually made during Christmas. My mom and my grandma also make it during Thanksgiving.

Ingredients

4 cups of rice
2 cans of green peas
5 cups of water
Bacon and ham
cooking oil
Stirfry with(garlic, onions, cilantro, Red and green peppers
Seasoning
Salt
Tomato sauce
Achiote para darle color
Olive oil

Procedure

- Step 1** ✨ fry bacon or ham in cooking oil
- Step 2** ✨ add Stirfry, tomato sauce, salt, seasoning
- Step 3** ✨ add the cups of rice
- Step 4** ✨ add the cups of water
- Step 5** ✨ leave rice cooking on high fire until the water has evaporated for approximately 20 to 30 minutes
- Step 6** ✨ add peas, mix in with rice and cover rice for approximately 15 minutes on low fire
- Step 7** ✨ mix rice while adding olive oil and cover the rice for approximately 10 minutes
- Step 8** ✨ after 10 minutes food is ready to serve

References

My mom

<https://i.pinimg.com/236x/6c/77/26/6c77269ecd37232c75db8dbd1cf3f751--spanish-recipes-spanish-food.jpg>

<http://sazonboricua.com/arroz-con-gandules/>

Written by student: Sarai Ramirez

DESSERTS

Creamy Corn Flour Cake



Origin: Brazil

The creamy corn flour cake originated from the large Brazilian plantations in the region of Minas Gerais, in the 18th century when Brazil was a colony of Portugal. Farmers and travelers used corn flour to prepare different types of recipes.

Ingredientes

- Step 1** ✨ 3 cups of milk
- Step 2** ✨ Half cup of olive oil
- Step 3** ✨ 3 eggs
- Step 4** ✨ 1 ½ cup of sugar
- Step 5** ✨ 2 cups of corn flour
- Step 6** ✨ 2 spoons of flour
- Step 7** ✨ 1/3 grated parmesan cheese
- Step 8** ✨ 1 teaspoon of salt
- Step 9** ✨ 1 spoon of yeast

Time to bake

Preparation time: 20 minutes – Baking time: 1h

- Step 1** ✨ Heat oven to 350 F for metal and glass pan
- Step 2** ✨ Grease bottom of the pan
- Step 3** ✨ Mix all the ingredients in the blender for 3 minutes or when the batter is consistent
- Step 4** ✨ Bake until toothpick inserted 1 inch from the edge of the pan comes out clean. Cool 10 minutes before removing from pan.

Sources:

- <http://receitanamesa.ig.com.br/bolos-tortas/2016-09-22/bolo-de-fuba.html>
- <http://www.belezafeminina.pro.br/alimentacao-2/bolo-de-fuba/>
- <http://aldeiatem.com/post/15488/bolo-de-fuba-da-casa-da-vovo>

Written by student: Evelyn Ferris

United States Apple Pie



The history of apple pie

The pilgrims were the ones who brought apple pie to the United States for Thanksgiving. Apple pie was not popular in the United States until the 1800s. However, apple pie has become embedded in American society and is an expression of patriotism.

Ingredients:

Pie:

- ❖ 3 cups all-purpose flour
- ❖ 1 tsp salt
- ❖ $\frac{3}{4}$ cup vegetable oil
- ❖ $\frac{1}{3}$ cup milk

Filling:

- ❖ 8 cups sliced apples
- ❖ $\frac{1}{2}$ cup brown sugar
- ❖ $\frac{1}{4}$ cup all-purpose flour
- ❖ 1 tsp ground cinnamon

Preparation:

Preparation time: 30 minutes

Cooking: 45 minutes

Total time: 1 hour and 15 minutes

- Step 1** ✨ Preheat oven to 425 °F.
- Step 2** ✨ Sift the flour and mix the salt.
- Step 3** ✨ Then add the oil and milk to the flour and mix well until there is homogeneous mixing.
- Step 4** ✨ Kneading gently on a sheet of waxed paper extend each part onto a sheet of paper and form an eleven inch circle. Place one part on a circular tray.
- Step 5** ✨ Mix the apple slices with the brown sugar, cinnamon and flour.
- Step 6** ✨ Place onto the dough in the circular tray.
- Step 7** ✨ Place the other dough on top of the apples. Press on the edges so that the dough is closed.
- Step 8** ✨ Bake at 425 °F for 15 minutes. Reduce the oven temperature to 375 °F and bake for another 30 minutes or until the crust is browned and the filling begins to bubble.
- Step 9** ✨ Chill for two hours before serving.

Sources:

<https://www.littlesweetbaker.com/2016/01/08/easy-homemade-apple-pie/>

<https://www.bettycrocker.com/recipes/scrumptious-apple-pie/c9a4acc6-85aa-4128-b0b0-1a17bdbe05e0>

Written by student: Nicole Ungaro

SWEETS

Guatemalan Stuffed Bananas



Origin:

Plantain rellenitos are eaten throughout the year. It is a dessert that is considered part of the typical Guatemalan diet. It is very economic and easy to make. Rellenitos use two of the most popular Guatemalan ingredients, plantains and beans.

Ingredients

- 6 plantains
- 1 (16 ounce) can of refried beans
- 1 teaspoon brown sugar
- 1 tablespoon salt
- ¼ cup olive oil
- Ground cinnamon (optional to put on rellenitos in the end)

Steps (Prep time: 30 minutes ... Cook time: 1 hour)

- Step 1** ✧ Peel and cut the plantains
- Step 2** ✧ Place the plantains in a large pot with water. Bring the water to a boil. When the plantains are bland, take them off the heat, and puree them.
- Step 3** ✧ In a small saucepan, heat the refried beans on low heat. Add the salt and sugar, mix, and remove from the heat.
- Step 4** ✧ To form the rellenitos, create a small dough, the size of your hands, using the plantain puree in a ball; flatten ball and place a tablespoon of beans in the middle. Wrap the dough around the beans in a way that it looks like an egg.
- Step 5** ✧ Heat the oil in a large fryer or pan at 375 degrees F (190 degrees C). Fry the rellenitos in oil until browned. Drain on paper towels.

Referencias:

<http://allrecipes.com/recipe/rellenitos-de-platano/>, <http://www.gastronomistico.com/2013/07/los-rellenitos.html>

<http://www.thefoodieskitchen.com/en/2014/09/14/plantain-rellenitos/>

Brasilian Brigadeiros



Origin

The brigadeiro is the most famous dessert in Brazil. The brigadeiro was created in 1940. The brigadeiro is eaten all over the country and by the rich and the poor.

Ingredients

Three tablespoon of butter
400 grams of condensed milk
Four tablespoon of cocoa powder

Steps

- Step 1** ✨ Put the butter, heat the casserole, and put the rest of the ingredients.
- Step 2** ✨ Stir until the chocolate mass does not stick to the bottom of the casserole.
- Step 3** ✨ Cools during duas hours
- Step 4** ✨ Put butter in your hands
- Step 5** ✨ Roll in chocolate.

References

My mom

<https://www.hogarmania.com/cocina/recetas/postres/201406/brigadeiros-chocolate-dulces-tipicos-brasil-25238.html>

Photo <https://avidadoce.com/brigadeiro-gourmet/curso/>

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We are hoping this book will inspire you to celebrate your cultures and that you enjoy sharing your delicious recipes with the rest of the world as much as we did.