

Hispanic Recipes by Country

A note on ingredients

Most, though not all ingredients, for Hispanic foods are available in this country. Some may be available either frozen or canned. The best places to source more obscure items is a local Latino store, although most grocery stores now have a Hispanic foods section.

Argentina

Chimichurri Roasted Potatoes

Prep Time:

15 mins

Cook Time:

35 mins

Additional Time:

5 mins

Total Time:

55 mins

Servings:

4

Yield:

4 servings

Ingredients

- 2 pounds red potatoes, cut into 1 1/2-inch cubes
- 2 tablespoons olive oil
- salt and ground black pepper to taste
- ½ bunch Italian parsley, chopped
- ½ bunch fresh basil, chopped
- 4 medium garlic cloves, minced
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar

Directions

1. Preheat the oven to 420 degrees F (215 degrees C). Line a baking sheet with parchment paper.
2. Place cubed potatoes in a large bowl and cover with cold water. Soak for at least 5 minutes.
3. Drain water from potatoes and pat potatoes dry with paper towels or a clean kitchen towel. Return potatoes to the bowl and add 2 tablespoons olive oil and generous pinches

of salt and pepper. Transfer potatoes to the prepared baking sheet and spread them out evenly.

4. Bake in the preheated oven until browned on the bottom and edges, about 35 minutes.
5. Meanwhile, prepare the chimichurri by combining parsley, basil, garlic, 2 tablespoons olive oil, vinegar, and a pinch of salt in a bowl. Stir together and let sit while potatoes finish baking.
6. Remove potatoes from the oven and transfer to a large serving bowl. Add chimichurri to hot potatoes and mix until covered.

Bolivia

Bolivian Saltenas

Prep Time:

1 hrs 30 mins

Cook Time:

40 mins

Additional Time:

30 mins

Total Time:

2 hrs 40 mins

Servings:

16

Yield:

16 saltenas

[Ingredients](#)

For the Filling:

- 1 (.25 ounce) package unflavored gelatin
- 3 potatoes, peeled
- 1 ½ tablespoons olive oil
- 1 onion, chopped
- 1 ½ pounds ground beef
- 1 (10 ounce) package frozen petite peas, thawed
- 1 spring onion, sliced
- ½ cup fresh parsley, chopped
- 4 teaspoons white sugar
- 2 teaspoons paprika
- ¼ teaspoon ground cumin
- 1 ½ teaspoons salt
- ¼ teaspoon black pepper

- 3 tablespoons jalapeno sauce (Optional)
- ½ cup cold water
- 3 hard-cooked eggs, peeled and chopped
- 1 (2.25 ounce) can sliced black olives, drained
- 1 cup raisins, soaked in water and drained

For the Dough:

- 6 cups all-purpose flour
- ¼ cup white sugar
- 1 teaspoon salt
- 1 cup butter, cubed
- 1 ½ cups hot water
- 2 eggs, beaten
- 2 teaspoons water
- 1 tablespoon paprika

Directions

1. Sprinkle the gelatin over the 1/2 cup cold water in a heat-proof dish; set aside for 10 minutes. Microwave the rehydrated gelatin for 30 seconds or until melted (or melt it over a pot of simmering water). Transfer the melted gelatin to a small bowl and refrigerate until set.
2. Place the potatoes into a saucepan, cover with water, and bring to a boil over medium heat. Reduce heat, and simmer until the potatoes are cooked but still firm, about 10 minutes. Remove from water, allow to cool, and shred into a bowl; set aside.
3. Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the ground beef, and cook until the meat is no longer pink, breaking it up into crumbles as it cooks, about 10 minutes. Drain excess grease. Stir in the shredded potatoes, peas, spring onion, parsley, 4 teaspoons sugar, 2 teaspoons paprika, cumin, salt and black pepper, and 3 tablespoons jalapeno sauce (optional). Simmer filling until hot, about 3 minutes. Remove from heat and set aside.
4. Preheat an oven to 425 degrees F (220 degrees C). Lightly grease a baking sheet, or line it with parchment paper.
5. Combine the flour, 1/4 cup sugar, and 1 teaspoon of salt. Cut in the butter with a knife or pastry blender until the mixture resembles coarse crumbs. (This can also be done in a food processor: pulse the butter and flour mixture until it looks like cornmeal. Turn mixture into a bowl and proceed.) Slowly add the hot water and knead until smooth, about 3 minutes. Keep the dough covered with plastic wrap or a clean kitchen towel to keep it warm. Divide the dough into 16 pieces and roll them into balls. Keep the other balls of dough covered with a towel while you roll out each round.
6. On a lightly floured surface, roll each ball of dough into a 1/8-inch-thick circle. Whisk the beaten eggs and 2 teaspoons water in a small bowl. Lightly brush egg wash on the edges of the dough circle. Place about 2 tablespoons of the meat filling on one half of the

dough round; top it with about a 1/2 teaspoon of hard-boiled egg, 1/4 teaspoon of gelatin, a few sliced black olives, and some raisins.

7. Fold the dough over the filling. Seal and scallop the edges of the dough together. To scallop, start at one edge of the half circle: fold a small piece of dough (the size of your fingernail) over the seam and press gently. Fold another small piece of dough over the seam so that it overlaps the first piece; repeat until you have sealed the half circle. (You may also seal the saltenas by pressing a fork around edges.)
8. Place the saltena on the prepared baking sheet and continue with the remaining dough and filling. Whisk the paprika into the remaining egg wash and brush the saltenas with the egg wash. Bake in the preheated oven until golden brown, 15 to 20 minutes.

Chile

Chilean Bean Stew

Prep Time:

15 mins

Cook Time:

45 mins

Total Time:

1 hrs

Servings:

6

Yield:

6 servings

Ingredients

- 1 tablespoon olive oil
- 1 yellow onion, chopped
- 2 cups cubed butternut squash
- 1 (15 ounce) can great Northern beans, rinsed and drained
- 1 cup frozen lima beans
- 3 cups chicken stock
- 2 cups frozen corn
- 2 tablespoons chopped fresh basil
- 1 banana pepper, chopped

Directions

1. Heat the olive oil in a stock pot over medium heat; add the onion and cover. Cook the onions until soft and translucent, about 5 minutes. Stir the squash, great Northern beans,

and lima beans into the pot; pour the chicken stock over the mixture. Cover and cook until the squash is tender and beginning to break apart, 30 to 45 minutes.

2. Stir the corn and basil into the stew; cook until the stew reaches the consistency of pancake batter, about 10 minutes more. Sprinkle the chopped banana pepper over individual portions to serve.

Colombia

Ajiaco Chicken Stew

Prep Time:

30 mins

Cook Time:

120 mins

Total Time:

2 1/2 hrs

Servings:

12

Yield:

12 servings

Ingredients and Accoutrements

Stew ingredients

1 large sprig of cilantro

1 large scallion

“Guascas” (Gallant soldier herb)

Cooking Twine

Three to four large chicken breasts

1 five-pound bag of white potatoes

1 five-pound bag of red potatoes

1 frozen bag of creole potatoes imported from Colombia

6 quarts of chicken stock

Unsweet corn on the cob (Sweet corn may be used but cooked and served separately on the side)

Items to be served or eaten on the side

Canned medium cream

Capers

Avocado

Rice

Directions

Thoroughly wash the cilantro and scallions tie them together and place them into a large pot willed with the chicken stock and along with the breasts of chicken. Cook until the chicken is thoroughly cooked.

Peel and slice the fresh potatoes. If the creole potatoes are frozen there is no need to peel them. Once the chicken is fully cooked remove it with tongs and place the potatoes and the unsweet corn on the cob into the boiling cilantro and scallion infused chicken stock. Cook until thoroughly cooked. Pull the chicken breasts apart and return to the mixture remove the cilantro and scallions and allow the soup to thicken to test 5 minutes before serving add the guascas to taste, but do not overdo it or the soup will be bitter.

Each person may add cream and capers to taste which as provided on the side. The dish is often served with avocados and rice on the side. The corn is eaten on the side too.

Costa Rica

Costa Rican Gallo Pinto

Prep Time:

10 mins

Cook Time:

30 mins

Total Time:

40 mins

Servings:

8

Yield:

8 servings

Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 green bell pepper, chopped
- ½ cup chopped celery
- 4 cloves garlic, chopped
- 2 cups black beans, rinsed and drained
- salt and ground black pepper to taste
- 3 cups cooked white rice

Directions

1. Heat oil in a frying pan over medium heat. Add onion, bell pepper, celery, and garlic and saute until softened, 5 to 7 minutes. Stir in black beans with their juices, salt, and pepper. Saute until some of the liquid evaporates, 3 to 5 minutes. Stir in rice.
2. Cover and let simmer until vegetables are soft and flavors have melded, about 15 minutes.

Cuba

Prep Time:

15 mins

Cook Time:

15 mins

Total Time:

30 mins

Servings:

4

Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 (14.5 ounce) can diced tomatoes
- 1 (12 ounce) can chicken chunks, drained
- ½ cup chopped red bell pepper
- ½ cup raisins
- ½ cup stuffed green olives, sliced
- 1 tablespoon red wine vinegar
- 1 teaspoon ground oregano
- ¼ teaspoon ground cumin
- 2 bay leaves

Directions

1. Heat olive oil in a large skillet over medium heat. Cook and stir onion in hot oil until tender, about 5 minutes; add garlic and continue to cook and stir until fragrant, about 1 minute more.
2. Stir tomatoes, chicken, red bell pepper, raisins, olives, red wine vinegar, oregano, cumin, and bay leaves into the onion mixture; cook until heated through, 5 to 7 minutes more. Remove and discard bay leaves before serving.

Cook's Note:

You can put rice into the pot to cook with everything else, but add 2 cups of chicken broth and simmer for 20 minutes until the rice is done. One fewer pot to wash!

Dominican Republic

True Dominican Sancocho (Latin 7-Meat Stew)

Prep Time:

1 hrs 10 mins

Cook Time:

3 hrs 5 mins

Total Time:

4 hrs 15 mins

Servings:

12

Yield:

12 servings

Ingredients

- 5 cloves garlic, minced
- ¼ cup dried oregano
- 2 teaspoons salt, divided
- 5 chicken drumsticks, or more to taste
- 1 pound bone-in beef chuck
- 1 pound bone-in pork loin roast
- 2 large lemon, juiced
- 2 large onion, quartered, divided
- 10 tablespoons vegetable oil, divided
- 1 tablespoon vinegar
- 1 ¼ gallons water, or more as needed
- 1 (13.75 ounce) can chicken broth
- 1 (10.5 ounce) can beef consomme
- 4 cubes beef bouillon cubes, divided
- 1 ½ pounds Spanish pumpkin, peeled and cut into 1 1/2-inch chunks
- 1 pound sweet potatoes, peeled and cut into 1 1/2-inch chunks
- 1 pound eddeos, peeled and cut into 1 1/2-inch chunks
- ½ pound yuca (cassava) roots, peeled and cut into 1 1/2-inch chunks
- ½ pound potatoes, peeled and cut into 1 1/2-inch chunks
- 2 green plantains, peeled and cut into 1 1/2-inch chunks
- 2 ears corn on the cob, cut into quarters
- 3 stalks celery, diced

- 2 large carrots, chopped, or more to taste
- 1 large green bell pepper, diced
- 1 bunch cilantro, chopped
- 1 dash adobo seasoning (Optional)

Directions

1. Mash garlic, oregano, and 1 teaspoon salt together in a bowl.
2. Douse chicken, beef, and pork with lemon juice in a large bowl. Drain half the liquid. Mix the mashed garlic, half of the onions, 2 tablespoons vegetable oil, and vinegar into the meat mixture.
3. Heat the remaining 1/2 cup vegetable oil in a large skillet over medium-high heat. Add the meat mixture in batches and cook until browned on all sides, 15 to 20 minutes.
4. Transfer the browned meats into a large pot. Add half of the water, chicken broth, beef consomme, 2 bouillon cubes, and 1 teaspoon salt. Bring to a boil; reduce heat to low and simmer, covered, until meats are more than halfway cooked through, about 40 minutes.
5. Combine pumpkin, sweet potatoes, eddeos, yuca, potatoes, plantains, corn, celery, carrots, green pepper, cilantro, and adobo seasoning in the simmering pot. Return soup to a boil. Reduce heat to low and continue simmering until the sancocho is thick and the root vegetables are soft, 1 to 2 hours. Stir in the remaining half of the water by gradual increments to replace any evaporated liquid.

Cook's Notes:

Chop and dice all vegetables to a uniform size.

You can use both bone-in and boneless beef, pork, and chicken. If using boneless, cut meats to roughly the same size.

You can add batatas as an extra starch vegetable, or substitute it for the eddeos.

Chicken bouillon cubes may be substituted for the beef cubes.

1 large naranja agria (bitter orange) may be substituted for the lemon.

In the last 10 to 15 minutes of cooking you can remove the lid to help the thickening process.

Ecuador

Seviche

Prep Time:

20 mins

Additional Time:

30 mins

Total Time:

50 mins

Servings:

9

Ingredients

- 2 large Spanish onions, sliced
- 1 large ripe tomato
- $\frac{3}{4}$ cup fresh lemon juice
- $\frac{1}{2}$ cup olive oil
- 4 (8 ounce) cans oysters
- 1 large ripe tomato, diced
- 3 green onions, chopped
- $\frac{3}{8}$ cup ketchup
- $\frac{1}{2}$ teaspoon soy sauce
- 2 tablespoons chopped fresh parsley
- $\frac{1}{2}$ teaspoon garlic salt
- $\frac{1}{2}$ teaspoon granulated sugar
- salt to taste

1. Add sliced onions to a saucepan over medium heat and add just enough water to cover. Bring to a simmer and cook just enough to soften. Remove from heat and drain. Rinse with cold water and drain.
2. Score tomato with an X, skin deep, on the top and bottom. Place in the same saucepan used for the onions and add enough water to cover. Bring to a simmer and cook until soft and the skin starts to peel, about 5 minutes. Remove tomato and rinse under cold water until cool enough to hold in your hand. Using your fingers or the blade of a knife, gently peel off the skin. Place peeled tomato in a blender and purée.
3. Combine onions, lemon juice, and olive oil in a large glass dish or bowl. Stir in oysters, puréed tomato, diced tomato, green onions, ketchup, and soy sauce. Season with parsley, garlic salt, sugar, and salt to taste.
4. Chill before serving.

El Salvador

Salvadorian Roasted Turkey

Prep Time:
25 mins
Cook Time:
3 hrs 20 mins
Total Time:
3 hrs 45 mins
Servings:
12
Yield:
1 turkey

Ingredients

- 10 large Roma (plum) tomatoes, halved and seeded
- 1 large green bell pepper, halved and seeded
- 2 tablespoons vegetable oil
- 1 (10 pound) whole turkey, neck and giblets removed
- 1 Granny Smith apple - peeled, quartered, and cored
- 1 (5 ounce) jar pitted green olives, drained
- 2 dried ancho chiles, stemmed and seeded
- ½ cup raw pumpkin seeds
- 2 bay leaves
- 1 onion, cut into chunks
- salt and pepper to taste

Directions

1. Place an oven rack in the topmost position and preheat oven on the broil setting. Line a baking sheet with aluminum foil.
2. Place tomatoes and bell pepper onto the baking sheet, cut-side down. Broil on top rack of preheated oven until the skins begin to blacken, about 5 minutes. Place charred vegetables into a bowl and seal with plastic wrap to steam until their skins loosen. Lower oven rack to accommodate a roasting pan, and turn oven to 325 degrees F (165 degrees C).
3. Meanwhile, pour vegetable oil into a roasting pan (or skillet large enough to fit the turkey), and place over medium-high heat. When hot, add the turkey and sear on all sides until browned, about 10 minutes. Once the turkey has been browned, place breast side up into the roasting pan, and stuff with quartered apples and olives. Set aside.
4. Heat a skillet over medium-high heat. Add the ancho chiles, pumpkin seeds, and bay leaves. Cook and stir until the pumpkin seeds begin to smell toasted, about 5 minutes, then pour the mixture into a blender.
5. Once the tomatoes and peppers have steamed enough that the skins have loosened, remove and discard the skins. Place tomatoes, green peppers, and onion into the blender with the pumpkin seeds. Blend until you have a thick, smooth sauce. Season with salt and pepper to taste, adding a little liquid from the olives if desired.

6. Brush the sauce onto the turkey, and place into preheated oven. Cook until a meat thermometer inserted in the meaty part of the thigh reads 180 degrees F (80 degrees C), about 3 hours, basting occasionally.

Guatemala

Guatemalan Rice

Prep Time:

10 mins

Cook Time:

15 mins

Total Time:

25 mins

Servings:

2

Ingredients

- 1 ½ tablespoons vegetable oil
- 1 cup long-grain rice
- 1 tablespoon minced onion
- 1 tablespoon minced tomato
- 2 cups water
- 2 tablespoons chopped carrot
- 1 tablespoon chopped celery
- 2 teaspoons chicken bouillon granules

Directions

1. Heat oil in a large skillet over medium-high heat. Add rice, onion, and tomato; cook and stir until rice turns light golden brown, 3 to 4 minutes.
2. Stir water, carrot, celery, and chicken bouillon into the skillet. Simmer until most of the water is absorbed, about 8 minutes. Cover and simmer until rice is tender, 5 to 8 minutes more.

Honduras

Honduran Tamale

Prep Time:
1 hrs 30 mins
Cook Time:
1 hrs 8 mins
Total Time:
2 hrs 38 mins
Servings:
30
Yield:
30 tamales

Ingredients

- 1 (4 pound) package masa harina (such as Maseca®), divided
- 1 large tomato, chopped
- 1 large green bell pepper, chopped
- 1 large onion, chopped
- 1 cup chopped fresh cilantro
- ¼ cup ground cumin
- 2 cubes chicken bouillon
- salt
- 1 (6 ounce) can tomato paste
- 3 cups vegetable oil, or to taste
- 30 banana leaves
- 3 ½ pounds cubed cooked pork
- 3 large potatoes, peeled and cubed
- 2 cups cooked white rice
- 1 (15 ounce) can peas, drained
- kitchen twine

Directions

1. Pour about ¾ the masa harina into a large pot. Add water in batches, mixing until a moderately thin batter forms.
2. Combine tomato, green bell pepper, onion, cilantro, cumin, and bouillon in a blender. Blend until smooth. Pour into the large pot with the batter and season with salt. Pour about 5 cups of this combined mixture into a smaller pot; add tomato paste and stir until it is an even red color.
3. Pour 2 cups oil into the large pot of batter; pour remaining 1 cup oil into the smaller pot of red batter. Bring both pots to a boil, stirring continuously to prevent burning. Cook until flavors set, 3 to 5 minutes more. Remove from heat.
4. Cut banana leaves into 12x15-inch rectangles. Spoon 1 cup regular batter and ¼ cup red batter into the center of each leaf. Add small amounts of pork, potatoes, rice, and peas.

Fold leaf over the filling several times; fold sides in. Wrap twine around tamale to hold in place.

5. Place tamales in a large pot; cover halfway with water. Cover and cook over medium heat until filling has thickened, about 1 hour.

Cook's Note:

After 1 hour of cooking, remove a tamale, let cool for 5 minutes, and unroll onto a plate to see if it has thickened. If the tamale is still a little runny, return it to the pot and continue cooking them all for 20 to 30 minutes longer.

Mexico

Guacamole

Prep Time:

15 mins

Total Time:

15 mins

Servings:

4

Ingredients

- 3 avocados - peeled, pitted, and mashed
- 1 lime, juiced
- 1 teaspoon salt
- 2 roma (plum) tomatoes, diced
- ½ cup diced onion
- 3 tablespoons chopped fresh cilantro
- 1 teaspoon minced garlic
- 1 pinch ground cayenne pepper (Optional)

Directions

1. Mash avocados, lime juice, and salt together in a medium bowl; mix in tomatoes, onion, cilantro, and garlic. Stir in cayenne pepper.
2. Serve immediately, or cover and refrigerate for 1 hour for improved flavor.

Nicaragua

Caldo de Pollo

Prep Time:

20 mins

Cook Time:

1 hrs 50 mins

Total Time:

2 hrs 10 mins

Servings:

8

Ingredients

- 5 pounds chicken leg quarters
- 2 gallons water
- 2 tablespoons minced garlic
- 2 tablespoons salt
- 1 tablespoon garlic powder
- 1 cube chicken bouillon
- 4 large carrots, peeled and cut into large chunks
- 4 large potatoes, peeled and cut into large chunks
- 4 zucchini, cut into large chunks
- 1 chayote, cut into large chunks
- 1 large white onion, cut into large chunks
- ½ bunch fresh cilantro, chopped

Directions

1. Place chicken legs into a large stockpot; pour water over chicken. Add minced garlic, salt, and garlic powder.
2. Cover and bring to a boil over high heat. Reduce to a simmer and cook until chicken meat falls off the bones, 1 to 2 hours.
3. Stir in chicken bouillon cube until dissolved; add carrots, potatoes, zucchini, chayote, and white onion. Reduce heat to medium-low and simmer until carrots and potatoes are tender, 45 minutes to 1 hour.
4. Stir chopped cilantro into soup. Simmer for 5 minutes and serve.

Panama

Panamanian Sancocho

Prep Time:

40 mins

Cook Time:

1 hrs 15 mins

Total Time:

1 hrs 55 mins

Servings:

12

Yield:

12 servings

Ingredients

- 9 cups water
- 1 whole chicken
- 2 plantains, peeled and cut into 2-inch pieces
- 1 onion, chopped
- ½ cup chopped fresh cilantro
- 5 cloves garlic, chopped
- 1 ½ teaspoons salt
- 3 pounds yuca (cassava) roots, peeled and cut into 1-inch cubes
- 6 small red potatoes, quartered
- 1 (15.25 ounce) can corn, drained

Directions

1. Combine water, chicken, plantains, onion, cilantro, garlic, and salt in a large pot. Bring to a boil. Reduce heat to medium; cook until chicken is longer pink at the bone and the juices run clear, about 45 minutes. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 165 degrees F (74 degrees C).
2. Remove the chicken and let cool. Add yuca, potatoes, and corn to the soup; cook over medium heat until yuca and potatoes are softened, about 30 minutes.
3. Discard chicken skin and bones. Place meat back into the soup; stir to combine.

Cook's Notes:

For those families like mine who don't eat leftovers, just turn them into Latin Chicken Pot Pie.

1. Drain sancocho broth and freeze for other chicken recipes (rice, soups, etc).
2. Combine leftover chicken-yuca-potato mixture with a can of condensed cream of mushroom soup.
3. Scoop mixture into a 9-inch unbaked pie crust. Seal with another unbaked pie crust and cut 4

small slits at the top.

4. Bake for about 40 minutes at 425 degrees F (218 degrees C).

Leftover chicken skin, fat and bones make amazing frozen chicken stock. Just heat 6 cups water, leftover chicken, 3 stalks celery, 2 carrots, 1 onion (halved), bouillon cube, and 1 bay leaf for 3 hours. Freeze and use for other recipes.

Paraguay

Mbeju (Paraguayan Cheese Flatbread)

Prep Time:

10 mins

Cook Time:

25 mins

Total Time:

35 mins

Servings:

6

Yield:

6 flatbreads

Ingredients

- 2 cups cassava flour
- ½ teaspoon kosher salt
- 1 pinch cayenne pepper
- 4 tablespoons cold butter, cut into cubes
- 4 ounces freshly grated mild Cheddar cheese
- ⅓ cup cold milk, or more as needed

Directions

1. Combine cassava flour, salt, cayenne, butter, and Cheddar cheese in a bowl by rubbing the mixture between your fingertips until the mixture resembles large, coarse crumbs. Drizzle in about 1/3 cup of milk and continue mixing and rubbing with your hands until the mixture resembles very small pebbles and is moist enough to hold together in large clumps when squeezed tightly together, adding more milk if needed.
2. Place a small (6-inch) dry, nonstick pan over medium-high heat until hot, about 2 minutes. Transfer in a heaping 1/2-cup of the mixture, or enough to cover the bottom of the pan. The mixture should be 1/4 inch to 1/2 inch deep for this to work. Press the top of

the mixture down slightly to settle and use a spatula to go around the edges of the mixture, pressing any loose crumbs back into the flatbread.

3. Cover and cook until the bottom is golden browned, a crust forms under the flatbread, and a spatula can be slid underneath, about 3 minutes per side. Turn over with a combination of tossing the pan up slightly, while flipping with the spatula. You can also place a plate over the pan, and invert the flatbread to turn, and then slide back into the pan. Cook the other side until golden brown, 3 to 4 minutes more. Remove from heat allow to rest for 2 minutes before serving warm.

Peru

Peruvian Lomo Saltado

Prep Time:

30 mins

Cook Time:

40 mins

Total Time:

1 hrs 10 mins

Servings:

4

Ingredients

- 1 (16 ounce) package frozen French fries
- 2 tablespoons vegetable oil
- 1 pound beef tri tip, sliced 1/8 to 1/4 inch thick
- salt and pepper to taste
- 1 large onion, sliced into strips
- 3 large tomatoes, peeled, seeded, and sliced into strips
- 1 yellow chili pepper (preferably Peruvian aji amarillo)
- ¼ cup distilled white vinegar
- 1 dash soy sauce to taste
- 2 tablespoons chopped fresh parsley

Directions

1. Preheat the oven to 425 degrees F (220 degrees C).
2. Arrange frozen French fries in a single layer on an ungreased cookie sheet.
3. Bake in the preheated oven until light golden, 22 to 24 minutes.

4. Meanwhile, heat 2 tablespoons oil in a frying pan over medium-high heat. Season sliced beef with salt and pepper. Cook and stir beef in hot oil until just cooked and the juices release. Use a slotted spoon to transfer beef to a plate.
5. Cook and stir onions in beef drippings in the pan until translucent, 3 to 4 minutes. Stir in tomato and aji amarillo; cook until tomato softens. Pour in vinegar and soy sauce.
6. Add French fries and beef to the pan. Cover and cook until beef is cooked through, about 3 minutes. Season with salt and pepper; sprinkle with chopped parsley to serve.

Puerto Rico

Puerto Rican Tostones (Fried Plantains)

Prep Time:

10 mins

Cook Time:

10 mins

Total Time:

20 mins

Servings:

2

Ingredients

- 1 green plantain
- 5 tablespoons oil for frying
- 3 cups cold water
- salt to taste

Directions

1. Peel plantain and cut into 1-inch slices. Fill a bowl with 3 cups cold water.
2. Heat oil in a large deep skillet over medium-high heat; add plantain slices in an even layer and fry on both sides until golden brown, about 3 1/2 minutes per side. Set skillet aside.
3. Transfer plantain slices to a chopping board; flatten each one by placing a small plate on top and pressing down. Dip plantain slices in the cold water.
4. Reheat oil in the skillet over medium heat; cook plantain slices for 1 minute on each side. Season to taste with salt and serve immediately.

Spain

Easy Paella

Prep Time:

30 mins

Cook Time:

30 mins

Total Time:

1 hrs

Servings:

8

Ingredients

Marinade:

- 2 tablespoons olive oil
- 1 tablespoon ground paprika
- 2 teaspoons dried oregano
- salt and ground black pepper to taste

Paella:

- 2 pounds skinless, boneless chicken breasts, cut into 2 inch pieces
- 2 tablespoons olive oil, divided
- 3 cloves garlic, crushed
- 1 teaspoon crushed red pepper flakes
- 2 cups uncooked short-grain white rice
- 1 pinch saffron threads
- 1 large bay leaf
- ½ bunch Italian flat leaf parsley, chopped
- 1 quart chicken stock
- 2 medium lemons, zested
- 2 tablespoons olive oil
- 1 medium Spanish onion, chopped
- 1 medium red bell pepper, coarsely chopped
- 1 pound shrimp, peeled and deveined
- 1 pound chorizo sausage, casings removed and crumbled

Directions

1. Mix olive oil, paprika, oregano, salt, and pepper for marinade in a glass bowl.
2. Begin paella: Add chicken and stir to coat. Cover and refrigerate until needed.
3. Heat 2 tablespoons olive oil in a large skillet or paella pan over medium heat. Stir in garlic and pepper flakes, then stir in rice. Cook and stir until rice is coated with oil, about 3 minutes.
4. Add saffron threads, bay leaf, parsley, chicken stock, and lemon zest. Stir until well combined and bring to a boil. Reduce heat to medium-low, cover, and simmer for 20 minutes.
5. While the rice is cooking, heat olive oil in a separate skillet over medium heat. Stir in marinated chicken and cook for 3 minutes. Add onion and cook until translucent, about 5 minutes.
6. Add bell pepper and sausage; cook and stir, breaking sausage up with a spatula, for 5 minutes. Add shrimp; cook and stir until shrimp are bright pink on the outside and the meat is opaque, about 2 minutes.
7. Spread rice mixture onto a serving tray. Top with meat and seafood mixture.

Uruguay

Uruguayan Guiso

Prep Time:

30 mins

Cook Time:

1 hrs 25 mins

Total Time:

1 hrs 55 mins

Servings:

12

Yield:

12 servings

Ingredients

- 3 links chorizo sausage
- 2 tablespoons olive oil
- 1 ½ pounds cubed beef chuck roast
- 1 onion, diced
- 1 leek, white part only, chopped
- 4 cloves garlic, minced
- 2 cups diced butternut squash
- 2 potatoes, diced, or more to taste

- 2 carrots, diced
- 3 cups water, or as needed
- 1 (8 ounce) can tomato sauce
- 1 cube vegetable bouillon
- 1 tablespoon ground oregano
- 1 teaspoon ground cumin
- salt and ground black pepper to taste
- 2 cups ditalini pasta
- 1 cup frozen peas, thawed (Optional)
- 1 cup cooked lentils (Optional)
- ½ cup chopped fresh parsley

Directions

1. Place chorizo in a large skillet over medium heat. Cook, turning occasionally and pricking each link with a fork to release some of the fat, until browned, 4 to 5 minutes. Remove sausages and slice when cool enough to handle. Set aside.
2. Heat oil in a large pot over high heat. Add beef and cook until browned, 3 to 4 minutes. Add reserved sausage slices, onion, leek, and garlic and saute until onion is translucent, about 3 minutes. Reduce heat to medium-low and stir in butternut squash, potatoes, and carrots. Add water and tomato sauce. If vegetables are not covered with liquid, add more water to cover.
3. Add bouillon cube, oregano, cumin, salt, and pepper and bring to boil. Reduce heat to low and cook, stirring occasionally, until stew thickens up, about 1 hour. Add pasta, peas, lentils, and parsley. Cook until pasta is tender yet firm to the bite, 8 to 10 minutes. You may need to add more water at this point, since the pasta will absorb liquid and the stew may become too dry.

Cook's Note:

You can use any soup pasta in place of ditalini.

Venezuela

Arepas

Prep Time:

15 mins

Cook Time:

11 mins

Additional Time:

1 mins

Total Time:

27 mins

Servings:

12

Yield:

12 arepas

Ingredients

- 2 ½ cups milk
- 1 ½ cups arepas flour (such as P.A.N.®)
- ½ cup grated Monterey Jack cheese
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ¼ cup unsalted butter, cut into pieces
- 1 tablespoon honey
- vegetable oil
- 1 (6 ounce) package cooked chicken, shredded, or to taste
- ½ (8 ounce) package Monterey Jack cheese, sliced, or to taste
- ½ avocado, sliced, or to taste

Directions

1. Bring milk to a simmer in a pot. Remove from heat and stir in butter.
2. Combine arepas flour, grated Monterey Jack cheese, kosher salt, and black pepper in a large bowl. Add the hot milk mixture and honey; stir until combined. Let mixture sit until milk is absorbed enough for a soft dough to form, 1 to 2 minutes. Dough will continue to stiffen.
3. Form dough into 12 balls about 2 inches in diameter. Flatten between palms into 3 1/2- to 4-inch arepa patties about 1/3-inch thick.
4. Heat oil in a large nonstick skillet over medium heat. Fry 3 to 4 arepas at a time until lightly golden brown, about 3 minutes per side. Slice each arepa in half crosswise and stuff a portion of chicken, sliced Monterey Jack cheese, and avocado between the halves.

Cook's Note:

Select any fillings combos you like. Options include shredded beef/pork with cheese and beans, scrambled eggs with tomatoes, peppers, and cheese, and grilled veggies.