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bites from abroad

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authentic cuisine you can make at home



el gallo pinto



ABOUT



Translation: The rooster bean

Country: Costa Rica

El Gallo Pinto is a traditional breakfast dish served in Costa Rican households.

INGREDIENTS



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|----------------------------|--------------------------------|
| 2 cups cooked rice | ¼ cup fresh coriander, chopped |
| 2 cans black beans, rinsed | ¼ cup Salsa Lizano |
| 1 ½ cups chicken broth | 2 tbsp vegetable oil |
| 1 cup onion, chopped | Salt and pepper (to taste) |
| 1 bell pepper, chopped | Heavy cream (to taste) |
| 1 garlic clove, minced | Cilantro |

INSTRUCTIONS



- 1 Heat oil in large skillet or pan. Fry onion and bell pepper for 2-3 minutes, then add garlic. Add in beans and chicken stock, bring to a simmer, then let simmer for 5 minutes. Make sure liquid does not completely evaporate.
- 2 Add in rice and Salsa Lizano. Mix together gently, being careful not to mash the beans. Let heat for 3-5 minutes.
- 3 Season with salt and pepper to taste. Before serving, stir in fresh coriander. Serve and top with a little heavy cream and cilantro.



sopa de mani



ABOUT

Translation: Peanut Soup

Country: Bolivia

Peanut soup is one of the most delicious and traditional soups in Bolivia. It is prepared with peanuts, pasta, peas and potatoes, and is accompanied with pieces of meat or chicken.

INGREDIENTS

2 lbs beef, cut into pieces	6 ¼ cups beef stock (or vegetable stock)
1 cup raw peanuts	2 potatoes, peeled and cubed
1 white onion, peeled and chopped	1 tsp cumin
1 carrot, diced	½ tsp oregano
½ cup peas	2 cups macaroni pasta shells
1 celery stalk, finely chopped	Salt and pepper to taste
½ cup red pepper, diced	1 small bunch of parsley, chopped (optional, for garnish)
¼ cup vegetable oil	
3 cloves garlic, minced	

INSTRUCTIONS

- 1 Let the peanuts soak in hot water for 10 minutes so they can be easily peeled, then drain. In a blender, mix the peanuts a cup of cold water until you get a paste. Set aside.
- 2 Roast the pasta in a dry pan, stirring constantly over medium heat until golden brown, about 8 minutes. Set aside.
- 3 In a large pot, heat oil over medium heat and sauté garlic. Add in onion, carrot, peas and celery. Sauté over high heat for 5 minutes, stirring constantly.
- 4 Add the meat, red pepper and broth, saute over medium heat for 5 minutes.
- 5 Add the peanut paste and stir well. Add the potatoes, salt, pepper, cumin and oregano. Mix well. Cover and cook over medium heat for 10 minutes. Add in the roasted pasta, then cover and simmer for an additional 20 minutes, stirring regularly.
- 6 Serve in a bowl and garnish with fresh parsley. Optionally, you can also top with french fries.



salsa



ABOUT



Country: Guatemala

This is a simple version of salsa from Guatemala that lacks the spice. Great for those that love the taste of tomatoes without burning off their taste buds.

INGREDIENTS



1 lb medium tomatoes
1 medium onion, diced

1 ½ tbsp vegetable oil
Salt and pepper to taste

INSTRUCTIONS



- 1** Place the tomatoes in a large pot and fill with water, just covering the tops. Bring to a boil, and cook for 10 minutes. Once tomatoes are cooked, remove skins and liquefy in blender or food processor.
- 2** Heat oil in skillet over medium heat and caramelize the onions. Add in tomato sauce, then season with salt and pepper to taste. Bring to a boil and let simmer for 5 minutes.
- 3** Remove from heat and cool completely or refrigerate before serving.

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happy cooking!

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