



# TASTE TRAVEL EXPLORE

RECIPE GUIDE

Check out these delicious recipe ideas to help make your February "La Vida Comida" event a big success!

## FEBRUARY

La Vida Comida "The Life of Food"



## Calabaza Mojo Soup With Toasted Brazil Nuts

Cuisine type: Brazil Classic

Serves approximately 6 to 8 guests

### Ingredients

- ¼ cup olive oil
- 1 teaspoon Kosher salt
- 1 medium onion, finely chopped
- 1 medium tomato peeled, seeded and coarsely chopped
- 1 small garlic clove, minced
- 1 small fresh Thai, or bird, chili or 1 large serrano chili, seeded and minced
- 3 pounds calabaza squash, peeled and cut into ½-inch dice
- 4 cups vegetable stock or canned broth
- 2 cups fresh orange juice
- 6 whole shelled Brazil nuts, thinly sliced

### Method

1. Heat 3 tablespoons of the olive oil in a large nonreactive saucepan. Add the onion and cook over moderately high heat, stirring, until softened, about 5 minutes. Add the tomato, garlic and chili and cook, stirring, for 5 minutes. Add the calabaza, vegetable stock and orange juice and bring to a boil. Reduce the heat to low, add 1 teaspoon salt and simmer until the calabaza is very soft, about 25 minutes.
2. Meanwhile, preheat the oven to 375°. On a baking sheet, drizzle the sliced Brazil nuts with the remaining 1 tablespoon olive oil. Bake for about 4 minutes, or until golden. Season with salt.
3. Using a slotted spoon, transfer 1½ cups of the vegetables to a food processor or blender and puree until smooth. Stir the puree back into the soup and season with salt.
4. Ladle the soup into shallow bowls and garnish with the sliced Brazil nuts.



## South American Campfire Feijoada

Cuisine type: Brazil Classic

Serves approximately 8 to 12 guests

### Ingredients

2 tablespoons vegetable oil, plus more for brushing  
1 red onion, finely chopped  
2 large garlic cloves, minced  
12 ounces andouille sausage, cut into 1/2-inch-thick rounds  
4 ounces spicy, smoked beef jerky, cut into 1/2-inch squares  
2 1/2 cups plus 2 tablespoons low-sodium beef broth  
1 bay leaf  
1/2 teaspoon dried oregano, crumbled  
Two cans black beans with liquid  
1 pound precooked rice  
2 very ripe plantains, peeled and sliced on the diagonal 1/2-inch thick

### Method

1. In a large flameproof cast-iron casserole, heat the 2 tablespoons of oil. Add the onion and garlic and cook over moderate heat until softened. Stir in the andouille and beef jerky. Add 2 1/2 cups of the broth, the bay leaf and oregano and bring to a boil. Cook for 10 minutes, stirring frequently. Add the beans and their liquid and simmer for 15 minutes longer. Discard the bay leaf.
2. Meanwhile, light a grill. Mound the rice on the bottom half of a large sheet of nonstick heavy-duty foil. Fold the foil over the rice; fold up 2 of the sides and crimp. Pour the remaining 2 tablespoons of broth into the rice packet and crimp the remaining side. Set the packet on the grill and heat the rice until warm.
3. Brush the plantains with oil and grill over moderately high heat, turning once or twice, until lightly charred and tender, about 5 minutes. Carefully open the rice packet and serve with the feijoada and plantains.



## Peruvian Anticuchos with Red Salsa

Cuisine type: Peruvian | Serves 6 to 8 guests

### Anticuchos

#### Ingredients

- cup ají panca paste
- cup grapeseed oil
- 6 garlic cloves, minced
- ¼ cup red wine vinegar
- 2 teaspoons salt
- 2 teaspoons finely chopped oregano
- 1 teaspoon ground cumin
- ¾ teaspoon freshly ground black pepper
- 1 pound hanger steak, cut into 1-inch cubes

### Red Salsa

#### Ingredients

- 1 tablespoon ají limo paste
- 1 roasted red bell pepper, chopped
- 3 scallions, minced
- ¼ cup chopped cilantro
- 1 garlic clove, minced
- 2 tablespoons minced red onion
- 1 tablespoon red wine vinegar
- 1 tablespoon fresh lime juice
- ¼ cup grapeseed oil
- Salt to taste

### Method

1. Make the Anticuchos. In a mini food processor, combine everything except the steak and red salsa ingredients and pulse to a coarse puree. Transfer the marinade to a bowl, add the steak cubes and toss to coat. Refrigerate for 2 hours.
2. Meanwhile, make the Salsa. In a mini food processor, pulse the ají limo paste with the roasted red bell pepper until nearly smooth. Transfer to a bowl and fold in the rest of the salsa ingredients. Season with salt. Makes about 1 cup.
3. Light a grill or preheat a cast-iron griddle. Remove the steak from the marinade and thread the cubes onto small skewers, leaving a bit of space between the cubes. Grill over moderately high heat, brushing once with any remaining marinade and turning occasionally, for about 8 minutes for medium meat. Serve with the salsa.



## Chilean Chicken Stew with Pumpkin and Wild Rice

Cuisine type: Peru Coastal North

Serves approximately 8 to 12 guests

### Ingredients

2 tablespoons virgin olive oil  
8 carrots, cut into ½-inch pieces  
6 celery ribs, cut into ½-inch pieces  
2 large white onions, 1 coarsely chopped and 1 minced  
20 medium garlic cloves, minced  
1 tablespoon cumin seeds  
1 tablespoon dried oregano  
8 large chicken legs (about 3 pounds), skin removed  
8 chicken breast halves (about 3 pounds) on the bone, wings and skin removed  
1 large butternut squash, peeled, halved lengthwise, seeded and cut crosswise into 1-inch slices  
16 small fingerling potatoes  
2 cups wild rice (about ¾ pound)  
4 quarts chicken stock or canned low-sodium broth  
1 tablespoon salt and 2 teaspoons freshly ground pepper  
½ cup finely chopped cilantro

### Method

1. Heat the oil in a large pot. Add the carrots, celery and coarsely chopped onion and cook over moderate heat, stirring often, until the vegetables are softened but not browned, about 10 minutes. Add the garlic, cumin and oregano and cook, stirring, until fragrant, about 4 minutes.
2. Spoon half of the vegetables into another large pot. Divide the chicken legs and breasts, the squash, potatoes and wild rice between the pots and pour 2 quarts of the stock into each pot. Season well with salt and pepper. Add enough water to just cover the chicken and vegetables and bring to a boil. Simmer over moderately low heat until the vegetables and rice are tender and the chicken is cooked through, about 1¼ hours. Season with salt and pepper.
3. In a small strainer, rinse the minced onion. Transfer the onion to a kitchen towel and squeeze dry. In a small bowl, combine the onion with the cilantro.
4. Ladle the chicken stew into deep bowls. Sprinkle with the onion-cilantro mixture and serve.



## Chicken and Cheese Pupusas

Cuisine type: El Salvador

Serves 8 to 10 guests

### Ingredients

2 cups masa harina

1¾ cups very warm tap water

2 teaspoons Kosher salt

½ cup shredded roasted chicken

½ cup shredded sharp cheddar cheese

½ cup crumbled queso fresco

2 tablespoons minced dry chorizo

Cayenne pepper

About 1 cup vegetable oil, for frying

Sour cream, pickled jalapeños, chopped onion, guacamole and hot sauce for serving

### Method

1. In a medium bowl, using your hands, mix the masa harina with the water and ½ teaspoon salt until a soft dough forms. Cover the bowl with plastic wrap and let the dough stand for 30 minutes.
2. In a medium bowl, toss the chicken with the cheddar, queso fresco and chorizo. Season with salt and cayenne.
3. Divide the dough into 8 pieces and roll each piece into a ball. Working with 1 ball at a time and keeping the rest covered, press the dough in the palm of your hand to form a cup with walls about ¼-inch thick. Spoon 2 tablespoons of the chicken filling into the cup and pinch to seal. Pat the filled dough into a flat 4-inch patty; pinch to seal any cracks. Set the pupusa on a baking sheet and cover with plastic wrap. Repeat with the remaining balls of dough and filling.
4. In a large, nonstick skillet, heat ½ cup of the oil until shimmering. Add 4 pupusas and cook over high heat, turning once or twice, until golden and crisp outside and heated through, about 5 minutes. Repeat with the remaining pupusas, adding more oil to the skillet as needed.
5. Serve the pupusas with sour cream, pickled jalapeños, chopped onion, guacamole and hot sauce.



## The Ultimate Mexican Salad

Cuisine type: Mexico Central

Serves 6 to 8 guests

### Ingredients

1¼ cups plus 2 tablespoons canola oil  
7 tablespoons fresh lime juice  
1½ tablespoons minced garlic  
1 small jalapeño stemmed, seeded and minced  
2 teaspoons Kosher salt  
6 skinless, boneless chicken breast halves  
2 red bell peppers  
1 green bell pepper  
6 corn tortillas, cut into 2-by-¼-inch strips  
1 cup tightly packed coarsely chopped cilantro  
1 tablespoon sugar  
1 tablespoon cider vinegar  
Freshly ground pepper  
2 tomatoes, seeded and diced  
2 ripe Hass avocados, cut into ½-inch dice  
1 medium red onion, finely diced  
1 small jicama (1 pound), peeled and cut into ½-inch dice  
5 large tomatillos, husked and cut into thin wedges

### Method

1. In a large nonreactive baking dish, mix ¼ cup plus 2 tablespoons of the canola oil with 3 tablespoons of the lime juice, the garlic, jalapeño and 1 teaspoon of salt. Add the chicken, turn to coat and let stand at room temperature for 1 hour or refrigerate for up to 4 hours.
2. Roast the red and green peppers under the broiler or directly over a gas flame, turning occasionally, until charred all over, about 10 minutes. Transfer to a bowl, cover with plastic wrap and let steam for 10 minutes. Peel the peppers; discard the stems and seeds, then dice.
3. Meanwhile, in a medium skillet, heat ¼ cup of the oil until shimmering. Add the tortilla strips and fry over high heat, turning frequently, until golden, about 2 minutes. Drain on paper towels and sprinkle with salt.
4. In a blender, combine the remaining ¾ cup of oil with the cilantro, sugar, vinegar and the remaining ¼ cup of lime juice and puree until smooth. Season the vinaigrette with salt and pepper.
5. Heat a large cast-iron grill pan and lightly rub it with oil. Remove the chicken from the marinade and scrape off any garlic and jalapeño bits. Grill the chicken over moderate heat, turning occasionally, until browned and cooked through, 10 to 12 minutes. Transfer to a work surface and let stand for 10 minutes, then cut into ¾-inch dice.
6. In a large bowl, combine the roasted peppers with the tomatoes, avocados, onion, jicama, tomatillos and chicken. Add the vinaigrette and toss gently to coat; season with salt and pepper. Transfer the salad to a large platter, scatter the fried tortilla strips on top and serve.



## Kabocha Bread Pudding with Pisco Soaked Prunes

Cuisine type: South American Central  
Serves approximately 12 guests

### Ingredients

1 cup pitted prunes, coarsely chopped (6 ounces)  
½ cup pisco or grappa  
1 pound peeled and cubed kabocha  
or buttercup squash or pumpkin  
One 1-pound loaf of peasant bread, crusts discarded  
and bread cut into 1-inch cubes (8 cups)  
1 cup milk  
One 14-ounce can sweetened condensed milk  
Two 12-ounce cans evaporated milk  
¾ cup dark brown sugar  
1 teaspoon anise seeds  
5 whole cloves  
Two 4-inch cinnamon sticks  
8 allspice berries  
6 tablespoons unsalted butter, softened  
6 large egg yolks  
1 teaspoon pure vanilla extract  
2 cups granulated sugar  
¾ cup water  
Crème fraîche and cacao nibs for garnish

### Method

1. Preheat the oven to 350°. In a small bowl, cover the prunes with the pisco and let stand for 1 hour, until plump. Meanwhile, bring a medium saucepan of water to a boil. Add the kabocha squash and simmer until tender, about 10 minutes. Drain well. Transfer the squash to a food processor and puree until smooth.
2. Place the bread on a rimmed baking sheet; bake for 15 minutes, until just dry. In a large saucepan, combine the 3 milks with the brown sugar, anise seeds, cloves, cinnamon and allspice and bring just to a simmer, stirring until the sugar is dissolved, about 2 minutes. Whisk in the pureed squash. Strain the mixture through a fine-mesh sieve set over a large bowl; discard the solids. Whisk the butter, egg yolks and vanilla into the mixture and stir in the toasted bread cubes.
3. Drain the prunes, pressing to extract as much of the soaking liquid as possible, then discard the liquid. Add the prunes to the bowl. Let the bread pudding mixture stand for 20 minutes, pressing to submerge the bread and stirring occasionally, until most of the liquid has been absorbed.
4. Set a 9-by-13-inch baking dish near the stove. In a medium, heavy saucepan, combine the granulated sugar with ½ cup of the water and cook over high heat, stirring until the sugar is dissolved. Using a wet pastry brush, wash down the side of the pan to dissolve any crystals. Cook without stirring until a medium-amber caramel forms, about 8 minutes. Immediately pour half of the caramel into the baking dish, swirling it to coat the bottom. Return the saucepan to the heat and add the remaining ¼ cup of water. Cook until the caramel liquefies, 2 to 3 minutes. Transfer the caramel sauce to a heatproof cup.
5. Pour the bread mixture into the prepared baking dish and smooth the surface. Bake for about 40 minutes, until the pudding is set and lightly browned. Let cool for 20 minutes. Run a knife around the edge of the pudding, set a cutting board on top and invert. Remove the baking dish and cut the bread pudding into squares. Top with a dollop of crème fraîche, a drizzle of the caramel sauce and a sprinkling of cacao nibs.

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