

Arepas Rellenas



Malz

Carne

Cebolla

Cibantro

Tomate

Arepas Rellenas

Ingredientes

- 3 cups of corn flour
- 750 g of meat (1.65 pounds)
- 3 onions
- 6 tomatoes
- Salt and pepper to taste
- 3 cilantro sprig
- 3 tsp of paprika
- 2.5 tbsp of butter
- 2 garlic cloves

Cook the meat with a little water, coriander, salt, pepper and paprika in a pressure cooker. You can add some garlic to taste. Cook for half an hour.

While the meat is cooking, let's prepare the arepas. Place the cornmeal in a large container, add a cup of warm water and the melted butter. Mix the dough until it is homogeneous, smooth and consistent. Form the arepas the size of a small plate, they should be a little thick. Brown them on both sides on a grill with a little oil over high heat.

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After cooking the meat for half an hour, remove it from the pot and let it cool so you can shred it. Then, in a frying pan, sauté the shredded meat for 3 minutes with the tomato and onion cut into fine cubes. Finally, to fill the arepas you must open them a little with a knife and put the desired amount of meat inside.

Maiz

Carne

Cebolla

Cilantro

Tomate

#MigrationFlavours

Tacos de Carne



Tortillas

Carne

Cebolla

Cilantro

Limón

Tacos de Carne

#MigrationFlavours

Ingredients

- 2.5 pounds of steak
- 2-3 kg. of tortillas
- 2 tomatoes
- 3 garlic cloves
- ¼ onion
- 8 cilantro sprigs
- 6 serrano peppers
- 5 limes
- Oil and salt

The Steak

Season each steak with a little salt and garlic cut into small pieces.

Add oil to the pan and heat for 2 minutes over medium heat.

Once the oil is hot, add two steaks, and cook them without browning them too much. Repeat this step until they are all cooked. Once you have cooked all the steaks, cut them into small squares.

Tortillas

Carne

Cebolla

Cilantro

Limon

Tacos de Carne

SAUCE AND ONION

Boil the serrano peppers with the tomatoes until they are cooked.

Blend the chilies and tomato together with the garlic cloves, salt to taste and $\frac{1}{4}$ - $\frac{1}{2}$ cup of the water that was used to boil the tomatoes and chilies. Put the sauce in a container. Cut the onions and cilantro sprigs into small squares. Put a container.

THE TACOS

Heat the tortillas. Use two tortillas for each taco. Fill the tortillas with the steak squares. Add the onion, cilantro and sauce to each taco.

Tortilla

Carne

Cebolla

Cilantro

Limón

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#MigrationFlavours

Bandeja Paisa



Huevo

Arroz

Aguacate

Tocino

Plátano

Bandeja Paisa

Ingredients

- Vegetable oil
- 5 cans of black beans
- 3 pounds of ground beef
- 4 cups of white rice
- 3 packages of bacon
- 20 chorizos
- 20 eggs
- 5 avocados
- 5 plantains

In a large skillet, fry the ground beef. Remove and then fry the chorizos.

In another pan, fry the eggs and then fry the plantain, cut into slices.

Heat the beans and in another pan fry the bacon. Prepare white rice. Cut the avocado into strips. When everything is cooked, serve each of the ingredients on a large plate or, as the name suggests, on a tray or "bandeja".

Huevo

Arroz

Aguacate

Tocino

Plátano

Chilaquiles



Tortillas

Chiles

Pollo

Jitomate

Cilantro

Chilaquiles

Ingredients

- 80 g chicken breast
- 2 tomatoes
- 2 guajillo peppers
- 1 "chile de árbol"
- 1 onion
- 2 garlic cloves
- 8 corn tortillas
- 2 tbsp of cream
- 1 cilantro sprig
- 1/2 cup of vegetable oil
- Pepper and salt to taste

Cover the chicken breast with water and add 1/2 onion, 1 garlic clove and salt to taste. Bring the water to a boil over high heat, cover the saucepan and leave the chicken cooking in the boiling water for 20 minutes.

Tortillas

Chilles

Pollo

Tomate

Chilaquiles

Cut 8 corn tortillas into triangles. Pour about 1/2 cup of vegetable oil into a pan, so that you have a 2 cm high layer of oil. Heat the oil to 180° C. Fry the tortilla triangles for 2 minutes, until they are golden brown; move them regularly. Remove excess oil with a paper towel.

For the red sauce, remove the seeds and veins from 2 guajillo peppers and 1 "chile de árbol". Put the chiles in a saucepan, add 2 tomatoes. Cover these ingredients with water and bring to a boil over high heat. Let the ingredients cook in the boiling water for about 4 minutes, until the chiles are soft. Transfer the chiles and tomatoes to a blender, also add 1/4 onion, 1 garlic clove, and pepper to taste. Blend these ingredients very well, reserve. Shred the chicken once it is well cooked.

• Tortillas

• Chiles

• Pollo

• Jitomate

Empanada de Plátano

#MigrationFlavours



Plátano
Canela
Maizena
Azúcar
Leche

Empanada de Plátano

#MigrationFlavours

Ingredients

- 2 plantains
- 3 cinnamon sticks
- 2 tbsp of sugar
- 3/4 cup of milk
- 1/2 tsp of vanilla
- 1 1/2 tbsp of sugar (for the filling)
- 3 tbsp of cornstarch

Cut plantains into pieces (3 or 4 cm long). Do not remove the skin. Boil 3 cups of water. Add plantains, cinnamon and 2 tablespoons of sugar into boiling water.

While the plantain is cooking, prepare the milk filling: add 1/2 cup of milk, vanilla and sugar in a pot over medium heat and bring it to boil. Dissolve the cornstarch in the remaining milk and when the milk is boiling add the dissolved cornstarch little by little. Keep stirring the filling constantly. In the end you will get a creamy paste. Remove from heat and let it cool.

Plátano

Canela

Maizena

Empanada de Plátano

#MigrationFlavours

When the plantain is soft, remove the skin and mash it until you get a manageable paste. Let the paste cool a bit before making the empanadas. To make the empanadas take a portion of the plantain dough (the size of a golf ball for example) and make it flat. Then, add the filling to the center and close it very well. Place the empanadas in a saucepan with oil over medium heat with enough oil to cover them completely. When they look golden brown, turn them over. Remove the excess oil with a paper towel. If you wish, you can sprinkle the sugar before serving.

Plátano

Canela

Maizena

Azúcar

Leche

Patacones



Plátano
Aceite
Sal

Patacones

Ingredients

- 4 plantains
- Vegetable oil
- Salt

Peel the plantains and cut them into 2 cm pieces.

Fry until all sides are completely golden.

Once golden, remove from heat and crush.

Fry the mashed plantain pieces again for about 3-2 minutes on each side.

Plátano

Aceite

Sal

#MigrationFlavours

Churros



Canela
Azúcar
Vainilla
Harina
Huevos

Churros

Ingredients

- 1 cup (250ml) water
- 1/4 cup (56g) unsalted butter, diced into small cubes
- 1 Tbsp (13g) granulated sugar
- 1/4 tsp salt
- 1 cup (141g) all-purpose flour (scoop and level to measure)
- 1 large egg
- 1/2 tsp vanilla extract
- Vegetable oil, for frying
- 1/2 cup (100g) granulated sugar (for coating)
- 3/4 tsp ground cinnamon (for coating)

For the coating whisk together 1/2 cup sugar and cinnamon in a shallow dish, set aside.

Heat about 1 1/2 inches vegetable oil in a large pot or deep saute pan over medium-high heat to 360 degrees. Prepare the dough while oil is heating. Add water, butter, sugar and salt to a large saucepan, bring to a boil over medium-high heat.

Canel

Azúca

Vanilla

Harin

Huev

Churros

Add flour, reduce heat to medium-low and cook and stir constantly with a rubber spatula until mixture comes together and is smooth (a few lumps in it are fine).

Transfer mixture to a large mixing bowl, let cool 5 minutes. Add vanilla and egg to flour mixture then blend immediately with an electric mixer. Blend until mixture comes together and is smooth (it will separate at first but keep mixing it will come together).

Transfer to a 16-inch piping bag fitted with a rounded star tip (no bigger than 1/2-inch). Carefully pipe mixture into preheated oil, into about 6-inch lengths, cut end with clean scissors. Let fry about 2 minutes per side until golden brown. Transfer to paper towels to dry briefly. Then transfer to cinnamon sugar mixture and roll to coat.

Canela

Azúcar

Vainilla

Harina

Huevo

#MigrationFlavours

Arroz con Leche



Arroz

Leche

Canela

Vainilla

Azúcar

Arroz con Leche

Ingredients

- 8 cups of rice
- 3 litres of milk
- 3 cinnamon sticks
- 3 cans of evaporated milk
- 2 cups of sugar
- $\frac{1}{2}$ cup of vanilla
- Ground cinnamon
- 1 orange

Soak the rice in warm water for 5 minutes. Boil the milk with the sugar, vanilla and cinnamon. When it starts to boil it is time to add the rice. Cook the rice for 20 minutes. Move to prevent the rice from sticking to the bottom. Finally add the raisins, evaporated milk and extra milk if desired. Remove the cinnamon and let cool. Serve the rice pudding with cinnamon powder.

Tip: Add orange peel, it will give the rice pudding a delicious touch!

Arroz
Leche
Canela
Vanilla
Azúcar