



EMPANADAS from Colombia

Empanadas are some kind of ravioli usually stuffed with meat, vegetables or meat, fried in oil or baked. They are a popular snack in the countries of Latin America.

DOUGH recipe:

- harina de pan (You can buy it in „Kuchnie Świata” in CH City Park)
- salt
- a little bit of sugar
- water
- a little bit of milk

We make a dough (it shouldn't be sticky). The exact proportions of ingredients You can find on the back of the harina de pan package. We make a small balls from a dough (the walnut size) and mash each of them between two pieces of foil. It should be round and thin – You can use a cutting board to do it. Inside each „disc” You can put any **FILLING** You want (Colombian people don't eat it sweet!):

- mozzarella with sweet corn (from a can)
- any meat You want: beef, chicken, ham, sausage
- yellow cheese
- vegetables

It's important that the filling wouldn't be wet, because the empanadas will fail. We put a small portion of the filling on the dough and glue it like dumplings. We fry it in a deep oil to get a gold color.

You can also serve empanadas with any sauce You want.

GARLIC SOUCE recipe:

- natural yoghurt half-half with mayonnaise, salt, a little bit of sugar and smashed garlic, chopped fresh parsley if You want.



fot. Bamboo Restaurant



fot. K. Wiecheć



AREPAS from Venezuela

Arepas from Venezuela are kind of "rolls" made with a special corn flour "harina de pan". Are consumed both at breakfast and dinner, as the equivalent of bread. Popular in other countries of Latin America, including in Colombia and Panama.

DOUGH:

- flour - Harina de Pan (You can buy it in „Kuchnie Świata” in CH City Park)
- salt
- water

Make a dough (it shouldn't be sticky). The exact proportions of ingredients You can find on the back of the Harina de Pan package. Take the dough piece and form a disc – diameter 10 cm and thickness 1 cm. Use your finger to do a hole, put the dough into the hot oil, turn away after a few minutes, when the first side is gold. Arepas are ready, when both sides are light-brown.

Leave for a moment to cool it off a little bit, then cut across. Complement with any filling You want.

Proposed FILLING:

- Scrambled eggs with tomatoes, onions and chives;
- Yellow cheese and ham;
- FILLING WITH BLACK BEANS AND WHITE CHEESE:

Soak the black beans for several hours, cast the water, cook beans until tender. In a pan vitrify garlic and diced onion, add and fry the bacon, diced peppers (yellow, red and green), add the beans.

Season if needed. Add diced white cheese type feta (hard one) or mozzarella.



fot. K. Wiecheć



fot. Allrecipes.com

You can also fry arepas without oil, on dry frying-pan. Then it looks like this:



fot. Amaizeyou.com

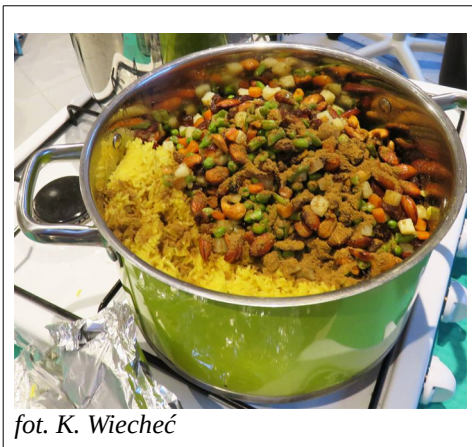


RICE WITH VEGETABLES, RAISINS AND NUTS from Yemen

INGREDIENTS (for 3 large servings):

- 300 g basmati rice
- 70 g of butter
- one handful of cashew nuts, almonds, raisins
- a mixture of vegetables (can be frozen), cut into small cubes: carrots, potatoes, green beans, peas
- bouillon / stock cube
- oil
- spices: curry (2 teaspoons), garam masala (2 tsp), salt (large pinch), bay leaf (2 pieces), cardamom (2 whole "fruits" with grains)

In a pan with a little oil fry cashews and almonds till get a little brown, put into the separate bowl. In the same pan fry briefly vegetable mix. In a large saucepan, melt butter, add rice, add bay leaves and cardamom. Fry till the moment when the rice is lightly brown (remember to mix it, because it get burn easily!). Boil water in a kettle (or boil bouillon), pour into a bowl, add the stock cube and curry. Pour bouillon into a roasting rice, approx. 1 cm above the surface of the rice. On top of the pot put two pieces of aluminium foil, cover tight with lid, reduce the flame. Leave the boiled rice for 20 minutes. Under no circumstances open the pot (otherwise the rice will not be granular, it will turn into mush rice). In a separate bowl, mix vegetables with nuts and raisins. After 20 minutes, take off the lid and the foil, gently separate the grains of rice from each other with the help of a fork, pull out the bay leaves and cardamom. Add the remaining ingredients, stir gently, add garam masala. Season with salt, if necessary.





Recipes come from the culinary meeting „From the stomach to the heart” realized as a part of the „Between us neighbors” project, financed by the City Council of Poznań and CIM „Horyzonty”.



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