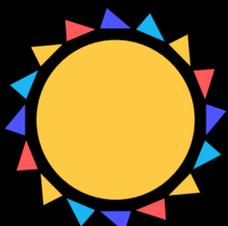


Adelante Latinx ERG Cookbook

Sponsored by



ThoughtSpot
Adelante

From the Authors

As we get ready to celebrate Latinx Heritage Month (also referred to as National Hispanic Heritage Month in the United States) here at ThoughtSpot from September 15 to October 15, the members of ¡Adelante! - ThoughtSpot's Latinx ERG - wanted to highlight a significant pillar of our culture: Food.

Research shows that food is second among the traditions Latinos want to pass along to their children, next to family togetherness, faith, and music. The passing of recipes from generations who had to immigrate and migrate to the United States has kept many close to their culture while enduring the distance.

Latin America, a massive region covering South, Central, and North America and parts of the Caribbean, is rich in culinary culture and history. Before colonization by the Europeans, indigenous populations such as the Inca, Maya, Aztec, and Taínos possessed centuries of culinary and farming traditions. These traditions and methods are still used today.

In the past 500 years since the colonization of Latin America, gastronomy has evolved due to international influences. When the Spaniards brought enslaved Africans to the Americas, these people also brought their foods and recipes to the new world. The migration of Latin American cuisine continues in the United States as immigrants reinvent their favorite family dishes, especially those who live in areas with little access to their native ingredients. This can be reflected in many menus across the country.

To observe this monthly celebration and to share our culture and favorite recipes broadly, we have curated this cookbook for you to try out and enjoy these recipes!

About ¡Adelante!

¡Adelante! - Spanish for "forward" - is a Latinx employee resource group (ERG) at ThoughtSpot. Our mission is to promote the cultural diversity and development of the Latinx community.

We are dedicated to uplifting, elevating, celebrating, and advocating for our ¡Adelante! members while fostering deeper connections through our shared language, traditions, and culture.

By doing so, we hope to create a supportive environment for the broader Latinx community.

As of September 2022, we have 17 members that represent 9 different countries: Argentina, Colombia, Ecuador, El Salvador, Guatemala, Mexico, Panama, Puerto Rico, and Spain.



As a first-generation American to Salvadoran parents, maintaining my ancestors' traditions through food is extremely important to me. My parents thankfully introduced me to various Salvadoran meals growing up, which I now associate with great memories from my childhood. They hold a special place in my heart as they were ways my parents retold their life stories with me or were ways we spent quality time making these meals together.

These recipes make me feel connected to those who came before me. As an expecting mother, I'm excited to keep these traditions alive and pass these recipes to my children. I feel like I have a responsibility to give these recipes to the next generation to honor my ancestors, preserve my culture and embrace our heritage. Plus, there's more to Latin cuisine than tacos! I love sharing Salvadoran meals with those who have never had them before. Trust me; you'll fall in love in the first bite!



Paola Johnson

Director, Community & Customer Advocacy
El Salvador



My parent's kitchen has always been an essential part of the household. Our family would gather in the kitchen to catch up on our days and, most importantly, enjoy our family dinners together. Growing up, I spent most of my time in the kitchen, like "Tita" from "Like Water for Chocolate." I would help my mom peel ingredients, wash dishes, or, my favorite part... be the food taster. These memories hold a special place in my heart. I continue to replicate our family recipes to not lose the essence of my traditions and share this with family and friends. I hope you and your family enjoy the recipe I shared!



Lizzette Corona

Senior People Operations Partner
Mexico



Cooking in my household is sacred. I've known how to cook since I was 12, and I've gotten a reputation for my black beans recipe. Now the recipe itself is very simple, but not taking it too seriously is the key to getting the perfect balance.



Gaspar Maisonet

Commercial Account Executive
Puerto Rico & Panama

Content

Chapter 1

El Salvador 5

Pupusas de frijole y queso 6

Salvadoran curtido 7

Salvadoran salsa roja 8

Horchata de morro 9

Chapter 2

Guatemala 10

Desayuno Chapín 11

Chapter 3

Mexico 12

Impossible cake 13

Mexican Turkey Chorizo 14

Mexican Pork Discada 15

Salsa Verde con Tomatillos 16

Abuela's Rice 17

Chapter 4

Puerto Rico 18

Black Beans 19

Chapter 5

Spain 20

Spanish Rice 21

Churros 22

Chapter 1

El Salvador

El Salvador, the smallest Central American country, has an area of 21,040 sq km (8,124 sq mi). Comparatively, the area occupied by El Salvador is slightly smaller than the state of Massachusetts. It is bordered on the northeast by Honduras, on the northwest by Guatemala, and on the south by the Pacific Ocean. El Salvador's capital and largest city is San Salvador. It's also known as the "Land of Volcanoes" as it has frequent earthquakes and volcanic activity. It is the only country in Central America with no coastline on the Caribbean Sea.



Style of cooking

The indigenous foods consist of a mix of Native American cuisine from groups such as the Lenca, Pipil, Maya Poqomam, Maya Ch'orti', Alaguilac, Mixe, and Cacaopera peoples. Many of the dishes are made with maize. There is also heavy use of pork and seafood.

El Salvador's most notable dish is the pupusa, a thick handmade corn flatbread stuffed with cheese, chicharron, refried beans, or loroco (a vine flower bud native to Central America). The pupusa is a mesoamerican dish of Pipil origin. The oldest direct evidence of pupusa preparations in the world comes from a 1,400 year-old-Maya site in El Salvador.

Pupusas are typically served with salsa roja and curtido (a lightly fermented cabbage relish). Salvadoran cheeses, queso duro (hard cheese), queso fresco (fresh cheese) and cuajada are often enjoyed with meals.

El Salvador is also known for different types of tamales, which are usually wrapped in plantain leaves. Soups are popular among Salvadorans of every social level and some are even consumed during specific holidays.

Influences

El Salvador foods are a mixture of Spanish cuisine and indigenous foods from native groups such as Mayan, Xinca, Lenca, Pogoman, Cacaopera, and Pipil. Tasty local dishes are served all over the territory. Even though the country is small, different regions offer variations of the same traditional meals.

Pupusas de frijole y queso

Shared by Paola Johnson

Pupusas, the national dish of El Salvador, originate from the Pipil tribe and is a 2000-year-old meal. These are a tad time-consuming but so worth it!

 Prep time **30 minutes**

 Cook time **30 minutes**

 Calories **220**

 Total time **1 hour**

 Serves **12 people**



Ingredients

The masa (dough)

- 3 cups instant corn masa flour (I use the Maseca brand)

The filling

- 3 lbs mozzarella cheese, shredded (or Quesillo cheese if you can find it)
- 3 cups red or black beans, cooked
- ¼ small onion
- ½ green bell pepper
- ½ cup corn oil
- 1 tablespoon salt
- 1 cup water (or bean liquid)

Preparation

1. **Incorporating flavor.** Heat the corn oil in a large pan on medium-high heat. Once the oil is heated, fry the onion and the green pepper until golden brown.
2. **Prep the beans.** Once the onions and green peppers are done cooking, place the beans and the reserved bean liquid in a blender and blend for 1 minute. Once blended, carefully stir the beans from the blender into the hot oil. Turn your heat down to medium-low.
3. **Reducing the beans.** Carefully stir the beans until no oil appears in the beans, about 3 minutes. Cook on medium stirring about every 5 minutes until the beans have darkened about 3 shades and are the consistency of refried beans in a can.
4. **Prep the cheese.** Mix the shredded cheese and the cooled-off bean mixture together. This is the step where you can incorporate any other filling flavors (see Tips).
5. **Prep the masa.** In a large bowl, knead together the corn masa flour, salt, and hot water, until the dough is firm yet moist. Let rest for 15 minutes. Scoop the dough into 12 equal-sized balls, about ¼ cup each. Cover the balls with a damp towel, so they don't dry out while you're assembling the pupusas.
6. **Assemble the pupusas.** Flatten a dough ball in your hand (you can spray your hands with water or oil to prevent the dough from sticking). Pinch the sides of the dough up to form a cup shape. Drop 2 tablespoons of the filling mixture into the center of the dough, then fold the edges over to enclose the beans completely. Gently flatten the dough to a 4-5 inch disk and add to a large skillet (or a cast iron comal). Use a clapping or slapping movement to flatten the dough. If you see the dough breaking, add more water to your hands or use more masa to cover the rips/tears. See tips for the video tutorial. Repeat with the remaining dough balls.
7. **Cooking the pupusas.** Heat up a large skillet or comal over medium heat. Cook the pupusas for 30-40 minutes per side until the center puffs up slightly and the sides have browned spots. Serve warm with Salvadoran curtido y salsa roja and a cool drink of horchata.

Tips

Pupusas come in different flavors but always have cheese. Other popular additions you can add to the filling include: beans, lorocco (a tropical vine flower), chicharrones, revueltas (this translates to "mixed up" - a tasty mix of chicharrones, cheese, and refried beans), and even garlic or jalapeños!

If you are adding other flavors for the filling, ensure you chop the ingredients into tiny pieces to fully incorporate it into the cheese in step #4.

A ball of masa from step #5 should not crack at the edges when you press down on it. If you added too much water or it's not firm enough, incorporate a bit more masa flour.

Pupusas are traditionally made by slapping the dough back and forth between well-greased palms. Here's a [video](#) for those wanting to learn the authentic way to make these. For those beginning, a tortilla press may make this quicker and easier as you get started.

All the masa, cheese, and other fillings should be the same consistency.

The last tip may be the most important one: do NOT eat this with a fork. If you want to eat it authentically, you want to rip a piece of the pupusa with your hands and use it to pick up the curtido and add some salsa roja to it. NOW you're eating!

El Salvador

Salvadoran curtido

Shared by Paola Johnson

Curtido is a Salvadoran cabbage slaw or relish made with finely shredded cabbage, red onion, carrot, oregano, and vinegar. This is a must-try, authentic Salvadorian recipe.



Prep time **15 minutes**



Serves **8 people**



Total time **15 minutes**



Calories **27**



Ingredients

- ½ head green cabbage, cored and finely shredded
- 1 white or red onion, very thinly sliced
- 2 medium carrots, grated
- 1 jalapeño chili, thinly sliced (optional)
- 4 cups boiling water
- 1 cup distilled white vinegar
- 1 tablespoon dried oregano
- 2 teaspoons kosher salt

Preparation

1. **Prep the curtido.** In a large bowl, combine the cabbage, onion, carrots, and jalapeño (optional). Pour the boiling water over the vegetables and toss. Let sit for 10 minutes. Rinse with cold water and drain well.
2. **Make the curtido.** In a liquid measuring cup or small bowl, combine the vinegar, oregano, and salt. Pour over the slaw and toss to coat. Once thoroughly mixed, transfer any leftover liquid to an airtight jar.
3. **Chill the curtido.** Chill for at least 20 minutes in the refrigerator, or chill overnight for best results.

Tips

You can slice all of the vegetables by hand, but a food processor makes quick work of it. I use a slicing blade for the cabbage and onion and a shredding blade for the carrot.

It's supposed to be lightly fermented, so the longer you allow it to sit, the more the flavors will compound!

Next recipe: [Salvadoran salsa roja](#) >

El Salvador

Salvadoran salsa roja

Shared by Paola Johnson

Salvadoran salsa roja is made in minutes and goes perfect with pupusas, tacos, enchiladas, y mucho mas!



Prep time **5 minutes**



Cook time **10 minutes**



Calories **18**



Total time **15 minutes**



Serves **8 people**



Ingredients

- 4 tomatoes
- ½ white onion
- 1 clove garlic
- ½ fresh jalapeño (optional)
- ½ teaspoon salt
- 1 cup water
- 1 teaspoon oil
- 1 teaspoon chicken bouillon seasoning or cube
- 1 teaspoon oregano

Preparation

1. **Roasting veggies.** This step is completely optional, but I enjoy it when they are lightly roasted. Add tomato, onion, jalapeño, and garlic to a pan and saute until lightly roasted.
2. **Blend.** Add tomato, onion, jalapeño, garlic, salt, and water to a blender or food processor and puree until smooth.
3. **Cooking salsa.** Heat oil in a large skillet over medium-high heat. Add salsa to pan and stir in chicken bouillon.
4. **Reducing salsa.** Bring mixture to a low boil and cook, occasionally stirring, for about 10 minutes or until the liquid has been reduced.
5. **Storing salsa.** Allow to cool and store in the fridge for up to 5 days.

Tips

Salvadoran food tends not to be very spicy, but add more jalapeño if you like.

Next recipe: [Horchata de morro](#) >

El Salvador

Horchata de morro

Shared by Paola Johnson

Horchata is part of the agua frescas (“fresh waters”). The Salvadoran version, called horchata de morro, is prepared with ground morro seeds. It is consumed all over the country because of its refreshing taste and high nutritional value: calories and iron.



Prep time **20 minutes**



Calories **280**



Serves **8 people**



Ingredients

- ½ lb of morro seeds, sesame seeds, pumpkin seeds
- ½ lb peanuts
- ½ lb of rice
- ½ lb cocoa nibs
- 2 oz cinnamon
- 2 whole nutmeg seeds
- 2 oz coriander seeds
- 10 allspice seeds
- 3 cups water
- 1 cup of water
- Sugar to taste

Preparation

1. **Roast seeds.** In a frying pan, toast the ingredients over medium heat. Be careful not to over-roast any ingredients.
2. **Ground mixture.** They are then grounded until a fine powder. This mixture can be preserved to easier prepare horchatas later.
3. **Prepare the drink.** Once that mixture is grounded, then mix 8 tablespoons with water and mix gradually until the drink is homogeneous.
4. **Final touches.** Finally, it is filtered through a cheesecloth before sugar (or condensed milk) is added. Serve with ice and store in the refrigerator.

Tips

To speed this process, you can also buy the mix premade. [Mama Lycha](#) is a great brand to go with.

Next country: **Guatemala** >

Guatemala

Guatemala, a Central American country, is bordered to the north and west by Mexico; to the northeast by Belize and the Caribbean; to the east by Honduras; to the southeast by El Salvador and to the south by the Pacific Ocean, respectively. The country is famous for its volcanoes, rainforests and ancient Mayan sites. With an estimated population of around 17.6 million, it is the most populous country in Central America and is the 11th most populous country in the Americas. Guatemala is a representative democracy; its capital and largest city is Nueva Guatemala de la Asunción, also known as Guatemala City, the largest city in Central America.



Style of cooking

Many traditional foods in Guatemalan cuisine are based on Mayan cuisine and prominently feature maize, chilies and black beans as key ingredients. Traditional dishes also include a variety of stews including Kak'ik (Kak-ik), which is a tomato-based stew with turkey, Pepian, and Cocido.

Guatemala is also known for its antojitos, which include small tamales called chuchitos, fried plantains, and tostadas with tomato sauce, guacamole or black beans. Certain foods are also commonly eaten on certain days of the week; for example, a popular custom is to eat paches (a kind of tamale made from potatoes) on Thursday. Certain dishes are also associated with special occasions, such as Fiambre for All Saints' Day on 1 November, or tamales and ponche (fruit punch), which are both very common around Christmas.

Influences

Most traditional foods in Guatemalan cuisine are based on Maya cuisine, with Spanish influence, and prominently feature corn, chilies and beans as key ingredients. Guatemala is famously home to the Hass avocado and the birthplace of chocolate, as first created by the Maya.

Many dishes are hyper-regional and are not available outside specific towns. Maize is an important staple food in Guatemalan cuisine, and has been cultivated in the region since ancient times. The Mayans even associated a very significant religious value to it.

Desayuno Chapín

Shared by Patrick Siffert

The most important meal of the day for Guatemalans is their breakfast, called “desayuno tipico” or typical breakfast. It is a fairly heavy meal, but super delicious.

Whenever we go to Guatemala, that’s one of the first things we go eat!



Prep time **10 minutes**



Cook time **10-25 minutes**



Calories **170**



Total time **20-35 minutes**



Serves **4 people**



Ingredients

Typical breakfasts in Guatemala are tasty and easy to prepare. They include at least eggs, tortillas, (black) beans (called “frijoles”), and fried plantains. You can often see people add porridge (we call it “mosh”) and you can also expect seasonal tropical fruits, like bananas, papaya, mango, pineapple and/or avocado.

Basic ingredients are:

- 4 eggs (can be fried, scrambled, with tomato and onion, rancheros, divorced, etc.)
- 2.5 cups of (refried) black beans
- 2 plantains
- ½ cup (sour) cream
- 2 tomatoes
- ½ onion
- 1 chile jalapeño
- Tortillas
- 1 clove of garlic
- Salt
- ⅓ cup oil
- Herbs
- Seasonal fruits

Preparation

1. First, wash the beans.
2. In a pan, add the beans and 4 cups of water and cook them until they are soft. Serve them hot.
3. Peel the plantains and cut them either into slices or vertically
4. Add oil to a frying pan and fry the plantains at medium heat.
5. Serve with sour cream on the side.
6. Wash tomatoes and jalapeños
7. Grill the tomatoes to your liking and then remove the skin and mash them.
8. Mince the onion, herbs, etc. and add at the end, along with salt, a few drops of lemon.
9. At the end, cut the jalapeños and add them for spice and decoration
10. Prepare the eggs to your liking (fried or scrambled, etc.)
11. Add tortillas to your liking.
12. For drinks, add coffee, freshly squeezed orange juice or also drinks like horchata, that we have seen in some of the above Salvadorian recipes.

Tips

Some tips for making this right!

First, for the beans, get the refried one’s, that’s much easier and you just have to heat them, otherwise you might have to cook them for approximately 25 mins. Ideally, you get the Guatemalan (or Mexican) one’s and not some local fancy organic brand version.

For the plantains, fry them on medium-high heat in a tablespoon of butter. Make sure they don’t get black too fast, leave them until they cook all the way through. If they don’t taste tender and sweet, then thinner slices, and more butter may be the key. And don’t forget the crema natural!

Tortillas should be corn and always served hot. Spend a little extra on good tortillas as they are a cornerstone of this breakfast.

And side fruit of choice: avocado. It’s a big hit. The cold avo goes well with the hot eggs.

Serve with good hot sauce.

Chapter 3

Mexico

Mexico is a country in the southern portion of North America. It is bordered to the north by the United States, to the south and west by the Pacific Ocean, to the southeast by Guatemala, Belize, and the Caribbean Sea, and to the east by the Gulf of Mexico. It's the third largest country in Latin America, after Brazil and Argentina. In spite of the challenges it faces as a developing country, Mexico is one of the chief economic and political forces in Latin America.

Pre-Columbian Mexico traces its origins to 8,000 BCE and is identified as one of the world's six cradles of civilization. In particular, the Mesoamerican region was home to many intertwined civilizations, including the Olmec, Maya, Zapotec, Teotihuacan, and Purepecha. Last were the Aztecs, who dominated the region in the century before European contact.



Style of cooking

Consists of the cooking cuisines and traditions of the modern country of Mexico. Today's food staples are native to the land and include corn (maize), beans, squash, amaranth, chia, avocados, tomatoes, tomatillos, cacao, vanilla, agave, turkey, spirulina, sweet potato, cactus, and chili pepper.

Mexican cuisine is important to Mexico's culture, social structure, and popular traditions. The most important example of this connection is the use of mole for special occasions and holidays, particularly in the South and Central regions of the country.

Influences

Its history over the centuries has resulted in regional cuisines based on local conditions. Its earliest roots lie in Mesoamerican cuisine. Ingredients and methods begin with the first agricultural communities, such as the Maya who domesticated maize, created the standard process of maize nixtamalization, and established their foodways. Successive waves of other Mesoamerican groups brought with them their own cooking methods.

After the Spanish Conquest of the Aztec empire and the rest of Mesoamerica, Spaniards introduced a number of other foods, the most important of which were meats from domesticated animals (beef, pork, chicken, goat, and sheep), dairy products, rice, sugar, olive oil, and various fruits and vegetable.

Asian and African influences were also introduced during this era as a result of African slavery in New Spain and the Manila-Acapulco Galleons.

Mexico

Impossible cake

Shared by Nic Varela



Prep time **30-45 minutes**



Cook time **60 minutes (or 3 hours with homemade cajeta)**



Calories **Don't ask :)**



Total time **2 hours 15 minutes (or 6 hours with homemade cajeta), including time for chilling**



Servings **12 people**



Equipment

- 3 quart Bundt or 3 ½ quart angel food cake pan
- Roasting pan or chafing dish (for water bath)
- Stand mixer with a paddle attachment or hand mixture
- Food processor or blender

Ingredients

- 7 eggs
- 1 14-oz can sweeten condensed milk
- 1 cup heavy cream
- 1 tbsp vanilla extract
- 3 oz chopped bittersweet chocolate
- 1 ¼ cups whole milk
- 1 ½ cups (3 sticks) butter
- 1 ¾ cups granulated sugar
- 1 ½ tsp baking powder
- 2 ½ cups all-purpose flour
- **For cajeta**
 - 4 cups whole goat or cow milk
 - 4 cups granulated sugar
 - 1-2 cinnamon sticks
 - 1 tsp baking soda
 - ½ cup corn syrup

Preparation

1. **Make the cajeta.** Combine all cajeta ingredients in a large pot over medium heat and bring to a boil. Lower heat and simmer, frequently stirring, until thick and golden brown (about 2 hours). Remove cinnamon stick(s) and chill for at least 4 hours. You can also use store-bought cajeta to cut down on time.
2. **Preheat the oven to 325 degrees.** Butter a 3 quart Bundt pan or 3 ½ quart angel food cake pan and dust with flour. Tap to remove excess flour.
3. **Make the flan.** Combine 4 eggs, sweetened condensed milk, heavy cream, and vanilla extract in a food processor or blender until smooth. Set aside.
4. **Make the chocolate cake.** Place chopped chocolate in a bowl. Bring ½ cup milk to a boil and pour over the chocolate until melted. Set aside.
5. **Cream the butter.** Cream the butter and sugar together on medium speed for 3 minutes using a stand mixer with a paddle attachment or hand mixer. Add 3 remaining eggs and mix until incorporated. Add chocolate mixture and mix.
6. **Whisk baking powder and flour together.** Add flour mixture in two batches into the chocolate mixture and combine, alternating with the remaining ¾ cup milk. Mix for two minutes.
7. **Pour cajeta into the bottom of the pan.** Spread cajeta until it is evenly distributed throughout the bottom. Pour in the chocolate mixture and tap on the counter to distribute evenly. Slowly and carefully pour in the flan mixture.
8. **Place the pan in a water bath,** making sure about ⅓ of the pan is submerged in water. Bake for 1 hour or until a toothpick comes out clean. Let cool for 30 minutes.
9. **When slightly warm, place a serving plate on top of the cake pan.** Invert and let sit for 5 minutes before lifting the pan. You can gently shake the pan, but be aware of the delicate flan inside. Chill for at least 30 minutes and serve.

Tips

- Give yourself plenty of time for this recipe. It is a labor of love but so worth it!
- Homemade cajeta gets your home smelling lovely and cinnamon-y, so I would opt for homemade if you can.
- This cake is called the “Impossible Cake” because the flan and cake layers switch in the oven. Science!
- This recipe is from Dulce: Desserts in the Latin-American Tradition by Joseluis Flores. This book contains recipes for some incredible desserts; I would highly recommend it!

Next recipe: [Mexican Turkey Chorizo](#) >

Mexico

Mexican Turkey Chorizo

Shared by Ismael Hernandez



Prep time **15 minutes**



Cook time **10 minutes**



Calories **195**



Total time **8h 25 minutes**



Servings **4 people**



Ingredients

- 1lb of ground turkey
- 1 tablespoon apple cider vinegar
- 2 teaspoons chili powder
- 2 teaspoons smoked paprika
- 2 teaspoons garlic powder
- 1 teaspoon kosher salt
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon dried oregano
- ½ teaspoon ground black pepper
- ¼ teaspoon red pepper flakes, or more to taste
- 1 tablespoon olive oil, or more to taste

Optional

- ½ teaspoon ground chipotle pepper
- ½ teaspoon ground ancho chile pepper

Preparation

1. **Season turkey.** Place turkey, vinegar, chili powder, paprika, garlic powder, salt, cumin, coriander, oregano, pepper, and red pepper flakes in a medium bowl. Mix well using your hands. Refrigerate covered for best flavor, 8 hours to overnight.
2. **Cook chorizo.** Heat olive oil in a skillet over medium heat. Cook chorizo, breaking it up with a spoon until browned and turkey reaches a minimum internal temperature of 175°F, 8 to 10 minutes.

Tips

You can substitute the turkey with ground pork (cook until it reaches a minimum internal temperature of 145°F) or ground chicken (cook until it reaches a minimum internal temperature of 165°F).

The ground peppers provide a lot of different flavors. You can substitute any of them with your favorite ones. I personally like it a little more spicy, so I add a chipotle and ancho ground pepper to the mix. You can also use cayenne or chile de arbol if you want it with a nice kick.

Next recipe: [Mexican Pork Discada](#) >

Mexico

Mexican Pork Discada

Shared by Ismael Hernandez



Prep time **35 minutes**



Cook time **60 minutes**



Calories per serving **650**



Total time **1h 35 minutes**



Servings **6 people**



Ingredients

- ½ lb bacon, diced
- 4 cloves garlic, minced
- 8oz Mexican pork chorizo
- 2 lb pork sirloin, cut into 1-inch pieces
- 1 tablespoon canola oil
- 1 medium onion, diced
- 1 Serrano pepper, minced
- 1 to 2 chipotle chiles, minced
- 1 Russet potato, peeled and sliced into bite-size pieces
- 3 Roma tomatoes, diced
- 12 oz Mexican clear beer
- ⅓ cup Worcestershire sauce
- 2 teaspoons cumin
- ½ tablespoon oregano
- 1 teaspoon pepper
- Salt to taste
- ⅓ cup cilantro, chopped
- 1 cup crushed chicharrones, pork cracklins (pork rinds)

Preparation

1. **Prep meats.** In a large skillet, cook bacon at medium heat until crispy. Add the garlic and chorizo, and cook for 3 minutes.
2. **Add pork.** Turn the heat up, add the pork sirloin and cook until nicely browned and seared in most spots. If you need, add 1 tablespoon of oil.
3. **Sautee veggies.** Add the onion, Serrano, chipotle, potato, and tomato, and cook for 5 minutes.
4. **Add liquids.** Add the beer and chicken broth (as desired), and stir well to combine. When it comes to a boil, reduce heat and stir in the Worcestershire sauce, cumin, oregano, and pepper. Taste for salt before adding any more.
5. **Simmer and reduce the sauce.** Stirring now and then, cover and cook at a low simmer for 45 to 55 minutes until the sauce reduces and becomes thick.
6. **Add toppings and serve!** Add the cilantro and chicharrones to the top before serving. Serve with warmed tortillas, your favorite salsa, rice, and beans.

Tips

You can substitute the pork meat with chicken or turkey products or make it vegetarian using soy chorizo, bell peppers, and vegetables like eggplant, zucchini, or turnip.

If the Discada is too spicy, you can always add a cilantro-lime sour cream topping to your table. Mix some sour cream (or greek yogurt for less fat/calories) with a little bit of lime juice, salt, pepper to taste, and cilantro.

Next recipe: [Salsa Verde con Tomatillos](#) >

Mexico

Salsa Verde con Tomatillos

Shared by Lizzette Corona

 Prep time **15 minutes**

 Cook time **20 minutes**

 Total time **35 minutes**

 Servings **4 people**



Ingredients

- 1 1/2 pounds tomatillos
- 2 cloves (or more) garlic
- 3/4 cup chopped cilantro leaves and stems
- 1 tablespoon fresh lime juice
- 6 Serrano peppers, stemmed, seeded, and chopped (you can use whole for more heat if you want)
- Salt to taste

Preparation

1. **Coat the bottom of a skillet with a little vegetable oil on high heat.** Place the tomatillos and serrano in the pan and sear on one side, then flip over and brown on the other side. Remove from heat.
2. **Cool it off.** Let the tomatillos and serrano peppers cool off for about 15 min or until cool.
3. **Mix it up.** Place the cooked tomatillos, lime juice, onions, garlic (if using), cilantro, and serrano peppers in a blender or food processor and pulse until all ingredients are finely chopped.
4. **Season to liking.** Season with salt to taste. Cool, then refrigerate. Serve with chips.

Next recipe: [Abuela's Rice](#) >

Mexico

Abuela's Rice

Shared by Nicholas Ramirez



Prep time **5 minutes**



Cook time **20 minutes**



Total time **25 minutes**



Servings **4 people**



Ingredients

- 1 cup long grain rice
- 2 cloves (or more) garlic
- 2 Roma tomatoes
- ¼ white onion
- 1 chicken bouillon cube
- 1 chicken & tomato bouillon cube
- ½ tsp cumin
- 1 tsp salt (or more to taste)
- 2 tbsp oil
- 1.75 cups water

Preparation

1. **Coat the bottom of a pot or pan with oil on high heat.** Saute the rice until it's slightly brown and charred, stirring so it doesn't entirely burn. A shallow pan with a lid is preferred so the rice can absorb broth evenly.
2. **Grab a blender.** Add the tomatoes, onion, garlic, bouillon cubes, cumin, salt, and water to make a broth mixture. Blend until smooth.
3. **Mix it up.** Once the rice is browned, and the broth is mixed, pour the broth into the rice and bring it to a boil.
4. **Reduce to a simmer.** Once the rice has started to boil (rigorous boil for no more than a minute), cover the pot and reduce the heat down low. Let simmer and sit for 15-20 minutes.
5. **Fluff the rice with a fork.** It should have sat long enough to absorb all the water, and the rice is nice and fluffy. Add to a plate and top with garnish if desired.

Next country: [Puerto Rico](#) >

Chapter 4

Puerto Rico

Puerto Rico is a Caribbean island and unincorporated U.S. territory with a landscape of mountains, waterfalls, and the El Yunque tropical rainforest. In San Juan, the capital and largest city, its Old San Juan neighborhood features colorful Spanish colonial buildings and El Morro and La Fortaleza, massive, centuries-old fortresses.

Puerto Rico's vibrancy derives from more than 500 years of rich history and the subsequent blending of different cultures. This fusion extends to almost every aspect of the Island's identity. From the interweaving of the Taíno (a group of indigenous people who lived on the island for hundreds of years before the Spanish arrival), African and Spanish traditions emerged the Puerto Rican, a new identity composed of traits from all three groups.

Puerto Rico's identity is the very definition of a well-blended melting pot.



Style of cooking

Puerto Rican cuisine, known by locals (Boricuas) as *cocina criolla*, is a culinary hybrid as complex as the island's history. Puerto Rico's culinary traditions blend Spanish, African, and Caribbean influences with a range of international flavors. Although Puerto Rican cooking is somewhat similar to Spanish and other Latin American cuisines, it reflects a unique blend of influences, using indigenous seasonings and ingredients.

The Taíno influence (culturally related to the Maya and Carib peoples of Central America and the Caribbean) brings in many tropical roots and tubers (starchy root vegetables) like yuca, batata, and the Puerto Rican apio.

Coconuts, coffee, okra, taro, yams, tamarind, sesame seeds, plantains, and Guinea hens, all came to Puerto Rico from enslaved Africans, who also introduced the deep-frying of food, such as *cuchifritos* - that is now an integral part of Puerto Rican cuisine.

Influences

Puerto Ricans have an intermingled Spanish, U.S., and Afro-Caribbean culture. Staple dishes include *mofongo*, made of deep-fried green plantains; *tostones*, double deep-fried plantain wheels; *arroz y habichuelas*, pink beans stewed with onions, peppers, garlic, and *sofrito* (a cooking base made by blending onion, garlic, peppers, culantro, cilantro, and oregano) with white rice; and *lechón*, a slowly spit-roasted pork dish with juicy meat and crispy skin. The *lechón asado* was recently declared a Puerto Rican culinary legacy.

Puerto Rico

Black Beans

Shared by Gaspar Jaen Maisonet



Total time **30 minutes**



Serves **4 people**



Ingredients

- 2 tbsp Olive Oil
- ½ cup Onion
- 2 cloves Garlic
- 1 can 15.5 oz. Black Beans
- .75 cup Water
- 1 tsp Oregano
- ½ packet Sazon Goya without Annatto
- 1 tbsp apple cider vinegar
- 1 spoonful of Sofrito (can be purchased, usually homemade)

Preparation

1. **Chop** onion and garlic
2. **Heat oil** in a pot over medium heat- you're going to want the oil nice and hot
3. **Add sofrito, onions, and garlic to the pot.** It should fry and brown quickly
4. **Add** half-packet of Sazon, oregano, and apple cider vinegar to the ingredients
5. **Add** a can of Goya Black beans and water to the pot, bring to a low boil until desired consistency
6. **Serve** over white rice

Tips

This is a quick and easy recipe; the beans are already cooked; add more water if you want to boil for longer.

The size of garlic/onion is to taste; larger chunks will bring out those flavors more.

Next country: [Spain](#) >

Spain

Spain or the Kingdom of Spain is a country in southwestern Europe with parts of territory in the Atlantic Ocean and across the Mediterranean Sea. The largest part of Spain is situated on the Iberian Peninsula; its territory also includes the Canary Islands in the Atlantic Ocean, the Balearic Islands in the Mediterranean Sea, and the autonomous cities of Ceuta and Melilla in Africa. With an area of 505,990 km² (195,360 sq mi), Spain is the second-largest country in the European Union (EU) and, with a population exceeding 47.4 million, the fourth-most populous EU member state. Spain's capital and largest city is Madrid.

Anatomically modern humans first arrived in the Iberian Peninsula around 42,000 years ago. Spanish art, music, literature and cuisine have been influential worldwide, particularly in Western Europe and the Americas. As a reflection of its large cultural wealth, Spain has the world's fourth-largest number of World Heritage Sites (49) and is the world's second-most visited country. Its cultural influence extends over 570 million Hispanophones, making Spanish the world's second-most spoken native language.



Style of cooking

Spanish cuisine consists of the cooking traditions and practices from Spain. Olive oil is heavily used in Spanish cuisine. It forms the base of many vegetable sauces. Herbs most commonly used include parsley, oregano, rosemary, and thyme. The use of garlic has been noted as "common to all Spanish cooking."

Influences

Spanish cuisine is influenced by Spain's location, surrounded by the Mediterranean Sea and the Atlantic Ocean. Seafood is plentiful and popular in traditional Spanish dishes. Spanish cuisine has also been highly influenced by the many international destinations in Spain once conquered

Spain

Spanish Rice

Shared by Nic Varela



Prep time **5 minutes**



Cook time **30-40 minutes**



Calories per serving **250**



Total time **45 minutes**



Servings **4-6 people**



Ingredients

- 2 cups rice
- 2 tbsp oil (veggie preferably)
- 2 cups chicken broth
- 14 oz tomato sauce
- 1 tbsp oregano
- 1 tbsp onion powder
- 1 tbsp garlic powder
- 2 tsp salt
- 2 bay leaves
- Scallions (garnish, if desired)

Preparation

1. **Heat the oil in a large, deep skillet or a pot over medium heat.** To test the heat, add a few grains of rice to the oil. If the oil sizzles and shimmers, add the rest of the rice. Toast the rice until golden brown, stirring frequently.
2. **Add chicken broth, two cups of water, and tomato sauce.** Stir, and bring to a boil.
3. **Turn heat to medium-low.** Add oregano, onion powder, garlic powder, salt, and stir. Add bay leaves on top of the liquid.
4. **Cover the pan with aluminum foil.** Let simmer for about 20-25 minutes until rice is fully cooked and the liquid has evaporated. Stir occasionally if needed, but you can usually just let the rice cook on its own.
5. **Removed the bay leaves.** Garnish with green onion if desired. Serve and enjoy!

Next recipe: [Churros](#) >

Spain

Churros

Shared by Ruben Stellman Ortiz

A churro is a type of fried dough from Spanish and Portuguese cuisine. They taste like cinnamon doughnuts – but BETTER because you've got crispy ridges. The inside is fluffy like a doughnut and they are at their prime freshly made.



Total time **20 minutes**



Calories **500**



Servings **8 people**



Ingredients

- 240 ml water
- 6 tbsp. butter
- 2 tbsp. caster sugar
- 1 tsp. vanilla extract
- 125 g plain flour
- 1 tsp. sea salt
- 2 large eggs
- Cinnamon sugar
- Make Chocolate Dipping Sauce separately

Preparation

1. Make churros: In a large saucepan over medium heat, add water, butter, and sugar. Bring to a boil, then add vanilla. Turn off the heat and add flour and salt. Stir with a wooden spoon until thickened, 30 seconds. Let mixture cool for 10 minutes.
2. To the cooled mixture, use a hand mixer and beat in eggs one at a time until combined. Transfer the mixture to a piping bag fitted with a large open star tip.
3. In a large pot over medium heat, add enough oil to come halfway up the sides and heat to 190°C. Holding the piping bag a few inches above the oil, carefully pipe churros into 6" long ropes. Use kitchen scissors to cut off dough from a piping bag.
4. Fry until golden, 4 to 5 minutes, turning as necessary. Fry 3 to 4 churros at a time and let the oil come back to 190°C before each batch. Remove churros with a slotted spoon or tongs and immediately roll churros in cinnamon sugar, then place on a cooling rack.
5. Make the chocolate dipping sauce: Place chocolate chips in a medium heatproof bowl. Bring the double cream to a simmer in a small saucepan over medium heat. Pour hot cream over chocolate chips and let sit for 2 minutes. Add cinnamon and salt and whisk to combine.
6. Serve churros with chocolate dipping sauce.

