



# *En familia*

RECIPES FROM THE GREAT BIG MULTICULTURAL WORLD  
OF LOPEZ NEGRETE COMMUNICATIONS





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# En familia

## IT'S BEEN A WONDERFUL YEAR...

2010 MARKED OUR 25TH ANNIVERSARY. AS THE YEARS PASS, WE HAVE EVERY INTENTION OF NOT JUST GROWING, BUT CONTINUING TO GROW TOGETHER AS A FAMILY. KEEPING UP WITH OUR TRADITIONS AND HERITAGE IS NOT JUST IMPORTANT, IT'S THE WAY WE CHOOSE TO LIVE AND WORK. SO, AT THIS VERY SPECIAL TIME OF THE YEAR, WE'D LIKE NOTHING MORE THAN TO SHARE THESE TRADITIONAL RECIPES WITH YOUR FAMILY.

THEY'VE BEEN PASSED DOWN FROM THE KITCHENS AND THE HEARTS OF OUR COLLECTIVE FAMILIA.

ENJOY. AND HAPPY HOLIDAYS FROM ALL OF US  
AT LOPEZ NEGRETE COMMUNICATIONS







I WAS SO FORTUNATE TO HAVE A WONDERFUL RELATIONSHIP WITH MY GRANDMOTHER. SHE WAS A TRULY REMARKABLE, BEAUTIFUL, STRONG, FOCUSED, FUNNY WOMAN WHO LIVED A REMARKABLE LIFE AND FACED ADVERSITY WITH CLARITY AND SIMPLICITY, BUT NEVER FAILED TO ENJOY THE GOOD MOMENTS IN LIFE. SHE LOVED HUNTING AND WAS AS QUICK AND STEADY ON THE TRIGGER AS SHE WAS LIGHT ON HER FEET WHEN DANCING EVERY THURSDAY AND SATURDAY WITH HER HUSBAND SAM, AN EQUALLY REMARKABLE, KIND AND LOVING MAN. ONE OF OUR RITUALS WHEN I WOULD COME TO HOUSTON IN THE SUMMERS, OR WHEN WE HAD SOMETHING TO CELEBRATE OR SOMETHING TO DEAL WITH, WAS GOING TO TRADER VIC'S, A LEGENDARY POLYNESIAN RESTAURANT THAT WAS LOCATED INSIDE THE FAMOUS SHAMROCK HILTON.

WE BOTH LOVED THE EXOTIC COCKTAILS ON THE TRADER VIC'S MENU ... AND WE'D ORDER AWAY! ONE TIME, MY MOTHER SENT ME TO HOUSTON TO HAVE ALL MY WISDOM TEETH PULLED ... AND WE WENT TO TRADER VIC'S RIGHT BEFORE MY GOING TO THE HOSPITAL FOR PRE-REGISTRATION AND TESTS. MORE THAN A FEW DRINKS AND A GREAT MEAL LATER ... LET'S SAY THE HOSPITAL TEST RESULTS WERE AMUSING TO SAY THE LEAST, ALMOST AS AMUSING AS OUR HAVING TO CALL MY MOTHER TO TELL HER THERE HAD BEEN A "SCHEDULING PROBLEM" AT THE HOSPITAL AND THE SURGERY WOULD HAVE TO TAKE PLACE A DAY LATER THAN EXPECTED!

THE SHAMROCK HILTON, THE HOUSTON TRADER VIC'S, AND MY GRANDMOTHER ARE ALL GONE. BUT NOT THE MANY LESSONS THIS EXTRAORDINARY WOMAN WHO WAS MY FRIEND, MENTOR, CONFIDANTE AND UNCONDITIONAL SUPPORTER TAUGHT ME, NOR THE MEMORIES WE SHARED. TRADER VIC'S REMAINS A ROUTINE OF MINE WHEN I GO TO LOS ANGELES OR ANY OTHER CITY THAT HAS ONE ... AND I'D LIKE TO SHARE THE RECIPES FOR THE SCORPION (WHICH WAS HER FAVORITE CHOICE, NOT ONLY BECAUSE OF THE TASTE, BUT BECAUSE SHE LOVED THE GARDENIA GARNISH) AND FOR THE MENEHUNE JUICE (WHICH WAS MY FAVORITE BECAUSE OF ITS POTENCY AND THE LITTLE PLASTIC MENEHUNE THAT ACCOMPANIED IT). I HOPE THEY BRING A SMILE TO YOU WHEN YOU ENJOY THEM - THEY'RE VERY SPECIAL FOR MANY REASONS!

Alex López Negrete, Big Kahuna



# THE TALE OF A SCORPION AND A MENEHUNE



## Scorpion

1 1/2 ounces Trader Vic's® orgeat syrup (or triple sec or simple syrup)  
6 ounces orange juice  
4 ounces lemon juice  
6 ounces white rum  
1 ounce brandy

Blend in electric drink mixer with 2 scoops shaved ice. Pour into large bowl. Fill with ice cubes. Decorate with a gardenia. Serves 3 to 4.

## Menehune Juice

2 shots Bacardi® Superior rum  
1/2 shot Cointreau® triple sec  
1/4 shot Monin® almond syrup or orgeat syrup (triple sec will do)  
3/4 shot freshly squeezed lime juice  
1/4 shot Monin pure cane sugar syrup

Squeeze lime over ice, add remaining ingredients with shaved ice. Hand shake and serve in a rocks glass. Garnish with 1/2 of the lime shell, fresh mint sprig and a Menehune (if you have one).

*Trader Vic says, "A Menehune is a Hawaiian leprechaun. You can't see or talk to a Menehune until you drink some Menehune Juice. So drink some."*





## MAMA MIA MEATBALLS!

I found this recipe and played with it until I got it just right! I make the meatballs huge, like the size of a baseball! Everyone loves them and two in a bowl make a meal. Thank goodness my family loves leftovers; this makes a big batch which is truly better the next day! Serve with any kind of noodle or rice! Yummy!

### Ingredients:

#### Sauce:

- 6 cans whole tomatoes (32 ounces)
- 10 garlic cloves
- 6 tablespoons oregano
- 6 teaspoons salt
- 2 teaspoons onion powder
- 2 teaspoons Italian seasoning

#### Meatballs:

- 2 cups fresh bread crumbs (white bread, with crust, chopped in the food processor)
- 2 cups 2% milk
- 3 pounds ground beef (80/20)
- 3 pounds ground pork
- 3 eggs
- 3 large white onions, chopped small
- 1 cup fresh parsley, chopped
- 2 tablespoons red pepper
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon Italian seasoning
- flour for rolling meatballs
- vegetable oil to just cover the bottom of the pan to fry the meatballs







**Preparation:**

Pulse tomatoes with juice in food processor and transfer into a large Dutch oven. Add garlic, oregano, onion powder, salt and Italian seasoning. Cook over medium heat until you have the meatballs ready. Add bread crumbs to milk and let stand 5 minutes. Combine bread crumbs with meat, chopped onion, parsley, red pepper, garlic and onion powder, Italian seasoning and eggs. Mix well. Form into large balls and roll in flour. Heat oil in a large frying pan and brown the meatballs. Now place the meatballs in the pot of sauce. Bake at 350 degrees for 40 minutes. Serve with noodles or rice!

**Cathy Lopez Negrete,  
Executive VP/CFO**





THIS IS MY MOTHER'S RECIPE AND IT'S SIMPLY DELICIOUS. IT'S SO GOOD THAT MY AUNT MARY ANN WHIPS IT UP EVERY YEAR FOR OUR FAMILY REUNION IN MICHIGAN. IT'S BECOME A FAMILY STAPLE. IT'S EVEN BETTER THE NEXT DAY, AND IT CAN BE A MAIN DISH OR A SIDE SALAD. BE CAREFUL WHEN YOU TOAST THE PINE NUTS - THEY BURN QUICKLY! WE USUALLY TRIPLE THE SALAD DRESSING. HERE'S A PICTURE OF MY FAMILY WHEN A BUNCH OF US WENT UP TO ESCANABA, MICHIGAN THIS SUMMER TO SEE OUR FAMILY!

Michelle Lopez Negrete,  
Account Executive



## BOW TIE PASTA SALAD

### Ingredients:

- 1 pound bow tie pasta
- 1/2 pound crumbled feta cheese (or goat cheese) mixed with 1 package of bacon, crumbled
- 1 bag fresh spinach leaves
- handful roasted pine nuts
- 2 cloves garlic, pressed
- 1/2 teaspoon sugar
- 1/4 cup red wine vinegar
- 1/4 cup chopped shallots
- 1 tablespoon Dijon mustard
- 1/2 cup olive oil

### Preparation:

**Vinaigrette:** Combine garlic, shallots, vinegar, mustard and sugar. Whisk in olive oil in a slow, steady stream.

**Pasta:** Cook pasta; drain and cool with cold water immediately.

**Pine Nuts:** Roast pine nuts on a sheet in the oven. (Be careful- they burn quickly!)

Layer pasta, spinach, cheese mixture, nuts and 1/3 of the vinaigrette. Repeat. Pour remaining dressing over the salad. Refrigerate for two hours and serve.



## ALEXANDRA'S TEA TIME CUCUMBER SANDWICHES

### Ingredients:

2 large cucumbers, peeled and sliced (diagonally) (thickness depends on personal taste - I prefer 1/2 inch slices)  
1 container Philadelphia® Cream Cheese  
1 loaf thin bread with the crusts removed (Pepperidge Farm®)  
Lots o' dill (fresh is preferred, but dry works just fine)  
salt to taste

### Preparation:

In a medium bowl, mix together the cream cheese, dill and salt. No measurements needed, but usually I find myself adding more dill than I initially think is necessary. Then refrigerate for at least 6 hours, or preferably overnight. (They still taste great if it's a last-minute effort, FYI!) After chilling, spread the cream cheese/dill blend onto bread slices (cut crusts off afterward). Top with cucumber slices. You can make as many or as few as you like. The cream cheese mixture keeps for about a week in the refrigerator, so you can make them over and over again!

Enjoy, my fellow tea-timers!

**Servings:** about 40 sandwiches



I KNOW MY LNC'ERS LOVE THIS ITEM, AS THEY WERE A FAVORITE AT ERICA RIVERA'S AND ANDREA KAMINIETZKY'S BABY SHOWERS. WHILE THIS IS A QUICK, SIMPLE RECIPE, I ALWAYS HAVE PEOPLE ASKING FOR MORE AND LOVING THE REFINEMENT OF IT ALL.

EACH TIME, I TRY TO MAKE AN ADDITIONAL BATCH, AS THEY ARE SNATCHED UP SO QUICKLY. HENCE, MY "IMMEASUREMENTS" ARE BASED UPON HOW MANY SANDWICHES YOU WANT TO MAKE.

Alexandra Lacy,  
Account Executive



## BEER BISCUITS

MY GRANDMOTHER USED TO SERVE THESE BISCUITS WITH BRISKET AND FRIED OKRA ... VERY SOUTHERN!

### Ingredients:

- 2 cups all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1/4 cup shortening (Crisco® makes a "no trans fat" version)
- 3/4 cup light beer
- 9-inch round cake pan, greased
- 2 tablespoons melted butter, optional

### Preparation:

Preheat your oven to 450 degrees.

Hint: Lightly spoon the flour into your measuring cup. Too much flour and too much kneading will make the biscuits hard! In a bowl, sift together the flour, baking powder and salt. With a pastry cutter or fork, cut in the shortening until it is coarse, like the consistency of cornmeal. Stir in the beer and knead lightly - try greasing your fingers as the dough will be sticky. On a lightly floured surface roll the dough to 1/2-inch thick and cut with a biscuit cutter (or old soup can, like Grandma did). Place the biscuits in the 9-inch cake pan so that they touch. They will be a bit crowded, but puff up better when touching each other. Brush the tops with melted butter if you'd like, and bake for 10 to 12 minutes. They smell so good when they are baking! *\*My grandmother was known to use a shortcut on occasion: She would use biscuit mix (Bisquick® or Pioneer® brand) and replace beer with water!!*

**Servings:** 12 biscuits



**Karen (Kiki) Kain,**  
Senior Art Director





## CHORIZO EN TINTO

### Ingredients:

- 1 pound chorizo (sausage)
- 4 tablespoons red wine (preferably dry)
- 2 medium-sized pimientos (red pepper)
- 2-3 tablespoons chopped parsley
- 2 cloves garlic

### Preparation:

Cut the chorizo in 1/4-inch slices. Mince the garlic cloves. Place the red peppers in a roasting pan and bake for 15 minutes at 375 degrees; turn them over and bake another 15 minutes. Peel the skin, cut into thin strips, and remove the seeds.

### Cooking

Cook the chorizo in a large skillet until it is lightly browned, then pour out some of the fat. Deglaze the pan with wine, adding the pimento, parsley and garlic. Place everything in the center of a large sheet of foil; then close the foil tightly, but leave a large air-pocket above the mix. Place the package in a baking dish and bake for 15 minutes at 350 degrees.



**Rolando Salinas,**  
Group Account Director



# DIABLO SHRIMP SURPRISE

## Ingredients:

toothpicks  
1/4 block American cheese  
sliced jalapeño  
1 package bacon  
16 jumbo shrimp

## Preparation:

Peel the shrimp, butterfly them down the middle, and open them up. Cut cheese into 1-inch by 1/2-inch slices. Cut the jalapeños halfway open lengthwise and clean out the seeds (presliced canned jalapeños work too). Cut the bacon slices in half.

Take a butterflied shrimp, open it up, and place a slice of cheese and a slice of jalapeño inside. Close the shrimp and wrap the bacon around it. Then secure it with a toothpick right down the middle to hold it all together. You repeat this for all of the shrimp except for one ... yes one, the one with the surprise! To make this one special shrimp, all steps will be the same, except you not only use a jalapeño, but you also include a slice of the hottest pepper you can find! I usually go with a serrano pepper and pour the hottest sauce I can find inside the shrimp. Throw this ONE into the mix with all of the others (if you're smart, you will do something noticeably different to this one that only you know of, so that you don't pick it). Then take them all out to the grill to cook. Turn them frequently and let them cook long enough to crisp the bacon. Enjoy them as great barbecue appetizers. Just sit back, enjoy and watch who gets the surprise! You will most likely hear them yelling first! Bwahahaha!

Servings: 16



## WHO DOESN'T LIKE A SURPRISE?

EVER SINCE I BEGAN BARBECUING ON THE GRILL AT A YOUNG AGE, I NOTICED ONE THING: THE FOOD GETS EATEN FAST. AND WHEN YOU ARE THE ONE BARBECUING YOU HAVE TO FOCUS ON WHAT YOU'RE COOKING RATHER THAN WHAT'S BEING EATEN. SO I CAME UP WITH A LITTLE SURPRISE RECIPE TO STOP PEOPLE (EVEN AT LEAST ONE PERSON) FROM EATING MY FAVORITE

Tim Ortiz,  
Associate Producer



## EASY BISCUIT PIZZA KID RECIPE

### Ingredients:

1 8-ounce can regular tomato sauce

1 can Pillsbury® Grands!® Jr. Golden Layers® refrigerated buttermilk biscuits (10 biscuits)

Three KRAFT Singles sliced American cheese

### Preparation:

Separate the individual biscuit slices and spread them thinly to make small biscuit pizza crust. Then add teaspoon of tomato sauce to each biscuit pizza. Add a quarter of a slice of KRAFT Singles to each biscuit pizza. Bake as directed on biscuit package. Allow to cool for 5 minutes.

**Warning:** The tomato sauce under the cheese stays hot for a while. If serving to kids, please check temperature.

**Servings:** 4



**Marissa Saenz,**  
Promotions Account Supervisor





*IN COLOMBIA WE WALK EVERYWHERE. PEOPLE WANDER THE STREETS FROM ONE SIDE OF THE CITY TO THE OTHER, THE NEIGHBORHOODS, DOWNTOWN ... AND THEN, HOW WE WALK, IS HOW WE EAT. WHO WOULDN'T GET HUNGRY? FOR THAT, YOU CAN ALWAYS FIND A "TIENDA" RIGHT AROUND THE CORNER, WHERE YOU'LL FIND COFFEE, CHORIZOS WITH AREPAS, AND OF COURSE, EMPANADAS COLOMBIANAS.*

*I ALWAYS PREFER THE LATTER. AND THIS IS BECAUSE THERE'S NOTHING THAT COMPARES TO A COLOMBIAN EMPANADA FILLED WITH PORK MEAT, BEEF, THE "CRIOLLA," POTATOES, AND ALL THIS, FRIED IN A DELICIOUS "OGAO" OF GREEN ONIONS AND TOMATOES. IT GIVES YOU BACK THE ENERGY TO START WALKING AGAIN, AND AGAIN, AND AGAIN ...*



# EMPANADAS COLOMBIANAS

## Ingredients:

### Dough or Masa

- 1 1/2 cups precooked yellow cornmeal (masarepa)
- 2 cups water
- 1 tablespoon vegetable oil
- 1/2 tablespoon sazón Goya with azafrán
- 1/2 teaspoon salt

## Filling

- 2 cups peeled and diced white potatoes
- 1 chicken or vegetable bouillon tablet
- 1 tablespoon olive oil
- 1/4 cup chopped white onions
- 1 cup chopped tomato
- 1/2 teaspoon salt
- 1/4 cup chopped green onions
- 1 chopped garlic clove
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons chopped red bell pepper
- 1/4 teaspoon black pepper
- 1/2 pound ground pork and beef

## Preparations:

Place the masarepa in a large bowl. Add the sazón Goya and salt and stir to mix well. Add the water and oil and mix to form dough. Pat the dough into a ball and knead for 2 minutes or until smooth. Cover with plastic and set aside for 20 minutes. Meanwhile, to make the filling, cook the potatoes in a pot with water and the bouillon tablet for 20-25 minutes or until tender. Drain and gently mash the potatoes. Set aside. Heat 1 tablespoon olive oil in a large, heavy skillet. Add the onion and cook over medium-low heat stirring frequently, for 5 minutes. Add the tomatoes, green onions, garlic, bell pepper, cilantro, salt and black pepper. Cook for about 15 minutes. Add the ground pork and beef. Cook, breaking up the meat with a wooden spoon, for 10 to 15 minutes or until the mixture is fairly dry. Transfer the meat mixture to the mashed potatoes bowl and mix well to combine. Break off small portions of the dough, about 1 1/2 tablespoons each, and form each portion into a ball by rolling between the palms of your hands. Place the balls of dough between two pieces of plastic and roll each out very thinly to form a circle. Remove the top plastic and place 1 tablespoon of the filling in the center of each. Then using the plastic underneath, fold the dough over to enclose the filling, forming a half circle. Tightly seal the edges by crimping with the tines of a fork. Fill a large pot with vegetable oil and heat over medium heat to 360 degrees. Carefully place 3 or 4 empanadas at a time in the heated oil and fry for about 2 minutes until golden on all sides. Using a slotted spoon transfer the empanadas to a plate lined with paper towels. Serve with ají and lime wedges on the side.

Sergio Castañeda,  
Sr. Copywriter







## FRUIT DIP

### Ingredients:

1 jar marshmallow cream  
1 small package cream cheese, softened

### Preparation:

Mix the marshmallow cream with the cream cheese. Use as a dip for cut-up fresh fruits ... strawberries ... bananas ... pineapple. Excellent dip ... fast and easy

**NOW THAT WE HAVE A NEW BABY IN THE HOUSE, EVERYTHING WE MAKE IS ABOUT CONVENIENCE! THIS FRUIT DIP HAS MADE ME LOOK LIKE A DESSERT CHEF WHEN I OFFER IT TO OUR GUESTS WHEN THEY COME SEE THE BABY. IF ONLY 3 A.M. FEEDINGS WERE THIS EASY AND PLEASING!**

**Shelly Dominguez,  
Account Director**







## HANGOVER EMERGENCY KIT

### Ingredients:

- 1 big bag tortilla chips
- 1 jar Mexican salsa
- 2 chicken breasts, shredded
- 1 onion, chopped
- 1 package Oaxaca cheese/farmers cheese, shredded

### Preparation:

In a heated pan fry the salsa for 8 minutes. Once it's bubbling, add the tortilla chips. Heat for 10 minutes on low fire. When the chips start getting a little dry, add the shredded cheese on top until it melts. Put the shredded chicken on top and add onion. Perfect. You just made instant CHILAQUILES. Just like my mom and my aunt used to do them.

Servings: 4

**Miguel Moreno,**  
Executive Creative Director





THIS IS A DISH THAT MY FAMILY ALWAYS MAKES AT CELEBRATIONS. I HAVE MADE IT FREQUENTLY SINCE I MOVED FROM MEXICO BECAUSE IT'S EASY TO MAKE, YET DELICIOUS. EVERYONE SEEMS TO ENJOY IT AND I HOPE YOU DO TOO!

## HEARTS OF PALMS WITH MUSTARD SAUCE

### Ingredients:

- 3 cans hearts of palms
- 1 cup mayonnaise
- 1 cup sour cream
- 1/4 cup Dijon mustard
- 2 egg yolks
- 8 ounces shredded Gruyere cheese
- 9 ounces shredded Parmesan cheese

### Preparation:

Mix the egg yolks well in the mixer. Then add the mayo and keep mixing. Continue to add the cream (without stopping mixing) and finally pour in the mustard. Take a glass oven baking dish and put in a layer of the hearts of palms. Then on top pour some of the sauce from the mixer, and then a layer of the cheese (first the Gruyere and then the Parmesan). Continue to add layers in the same order until you finish using all the ingredients. Finally cover dish with aluminum foil before placing in the oven. Bake at 250 degrees for about 30-45 minutes.

Note: The cheese should melt, but not burn. Dish should be served hot.

Servings: 8-10



Michelle Duffy,  
Sr. Business Intelligence Analyst



## LITA'S GAMBAS AL AJILLO

### Ingredients:

1 pound shrimp, peeled  
4 large cloves garlic, finely chopped  
1 teaspoon red pepper flakes  
2-3 ounces cognac or sherry  
1/4 cup virgin olive oil  
3 teaspoons chopped fresh parsley  
1 lemon for juice

### Preparation:

In a sauté pan or heavy frying pan, warm the olive oil over medium heat. Then add the garlic and red pepper flakes and sauté for about 1 minute or until they begin to brown. (Be careful not to burn the garlic.) Raise the heat to high and add the shrimp, lemon juice and sherry or cognac.

Stir well, then sauté, stirring briskly until the shrimp turn pink and curl - about 3 minutes. Remove from heat and transfer shrimp with oil and sauce to a warm plate or serve right from the pan. Sprinkle with parsley, as desired.

**Servings:** 4

**del Mar Clark,**  
Group Account Director



THERE ARE MANY WAYS TO FIX SHRIMP IN SPAIN. THIS ONE IS MY MOTHER'S FAVORITE. SO, IN HER MEMORY, I WANTED TO SHARE IT WITH YOU, AS WELL.



# THIS SHRIMP DIP LIKES TO PARTY!

APPARENTLY, I AM THE ONLY PERSON IN MY FAMILY WHO HAS MANAGED TO DUPLICATE MY LEGENDARY GRANDMOTHER'S FAMOUS SHRIMP DIP. THEREFORE AT ALL FAMILY GATHERINGS, BIRTHDAYS, HOLIDAYS, ANNIVERSARIES, WEDDINGS, FOOTBALL SUNDAYS, BAR MITZVAHS, BAT MITZVAHS, CHRISTENINGS, WAKES, BABY SHOWERS, DINNER PARTIES, OR ANY CASUAL GET-TOGETHER, I AM ASKED TO BRING THE SHRIMP DIP. IT WAS MY GRANDMOTHER'S RECIPE AND AFTER SHE WAS PROMOTED TO HEAVEN, I TOOK IT UPON MYSELF TO TRY TO REPLICATE HER DIVINE DELIGHT. GIVEN ALL THE REQUESTS I RECEIVE TO MAKE THE DIP, I MUST HAVE GOT IT RIGHT!

Julie Grayum,  
PR Account Supervisor

## MIMI'S SHRIMP DIP

### Ingredients:

One bag frozen, cooked LARGE shrimp (peeled and de-headed and de-tailed, if available)  
One bar Philadelphia® cream cheese  
One small white onion  
Two tablespoons Tabasco®  
Two tablespoons pepper  
One teaspoon salt  
Three tablespoons lemon juice

### Preparation:

Defrost (and de-head and de-tail) the shrimp and cut into small pieces. Grate onion and place all ingredients into large bowl and stir until properly mixed. Chill for two hours. Best served with Sociables® crackers.





HERE IS A RECIPE FROM MY GIRLFRIEND'S LATE MOTHER, MARILYN REDDAN, FROM ST. LOUIS, MO. MARILYN LOVED TO COOK, AND WHEN I WOULD VISIT SHE WOULD MAKE THESE SANDWICHES FOR LUNCH. IT WAS ALWAYS A TREAT FOR ME, BUT THEN AGAIN MARILYN WAS ONE SPECIAL LADY. GOD PLACES SPECIAL PEOPLE IN YOUR JOURNEY OF LIFE; MARILYN WAS TRULY ONE OF THESE PEOPLE. ALTHOUGH SHE IS PHYSICALLY NO LONGER WITH US, SPIRITUALLY SHE IS STILL WITH ME AS ONE OF MY "SPECIAL ANGELS."

Sally Young,  
Building Manager/Executive Assistant (Howard)

## OVEN DIVINE SANDWICHES

### Ingredients:

3 6-inch hero rolls split and toasted  
3/4 pound sliced chicken or ham  
6 slices American cheese  
1 package frozen broccoli, thawed but not cooked  
3/4 cup mayonnaise  
1/4 cup grated Parmesan cheese  
1 teaspoon dry mustard  
2 to 3 tablespoons milk  
1/4 cup chopped red onion

### Preparation:

Arrange rolls in 13 x 9 pan. Cover with cheese, chicken and broccoli. Stir together mayonnaise, Parmesan cheese and dry mustard. Gradually add milk. Spoon mixture over sandwiches. Sprinkle with chopped onion. Bake uncovered in 400-degree oven for 15 to 20 minutes. Use chopped broccoli rather than spears; makes it easier to eat.

Servings: 6





**THIS IS MY FAVORITE PUERTO RICAN APPETIZER. IT IS EASY TO MAKE AND IS ALWAYS A BIG HIT AT PARTIES. YOU CAN SERVE THIS AS A WARM PARTY "DIP," OR IT GOES GREAT ON TOP OF RICE OR EVEN PASTA.**

## PUERTO RICAN ANTIPASTO

### Ingredients:

1/3 cup tuna or shredded chicken  
1 medium onion, thinly sliced  
1 medium Cubanelle pepper, thinly sliced  
1 garlic clove, finely minced  
1/2 cup pureed tomatoes or tomato sauce  
1/4 cup apple cider vinegar  
1 laurel bay leaf  
1 roasted red bell pepper  
2 tablespoons capers or sliced green stuffed olives  
olive oil  
salt and pepper to taste

### Preparation:

In a medium saucepan over medium heat, place olive oil and onions. Sauté for a few minutes; add sliced pepper and garlic. Add some salt and pepper to help the mixture release some moisture. Sauté until softened. Then add chicken or tuna, tomato sauce, vinegar, roasted peppers, bay leaf, capers or olives. Cover and simmer for about 20-30 minutes. Serve warm with your choice of crackers as a dip. Or serve on top of whole grain rice or pasta as a main course.



**Lorna Muñoz-Paz**  
Senior Account Supervisor



BACK IN ARGENTINA, WHEN WE HAD LEFTOVER RICE, I ALWAYS REMEMBER MY MOTHER MAKING HER FAMOUS "RICE TORREJITAS."

HERE IS THE RECIPE.

## RICE TORREJITAS

### Ingredients:

2 cups cooked rice  
2 eggs  
3 tablespoons grated Parmesan cheese  
5 - 6 tablespoons self-rising flour  
1 green onion  
salt and pepper to taste  
bread crumbs as needed  
oil for frying

### Preparation:

In a mixing bowl, add the rice, seasonings and finely chopped green onion and mix well. Then add eggs, cheese and flour. Mix together very well. Take portions (1 tablespoonful) of the mix and roll them in the bread crumbs, forming spheres. Cook them in a pan with hot oil and brown them on both sides. Remove and place on absorbent paper.

Servings: 4-5



**Henry Amadio,**  
Controller





## SALSA VERDE A LA MARIANA

### Ingredients:

4-6 jalapeños (if you want it a bit spicier, use serrano peppers, or get creative and use a mix)  
2 avocados  
1/2 onion  
1 clove garlic  
1/2 bunch cilantro  
3 cups broth (your choice)  
salt and pepper

### Preparation:

Blend all ingredients until smooth. Check for seasoning and adjust if necessary.

**Variations:** Fry the chiles to give them a nice concentrated flavor. Turn them until they have gained great color. Then toast them in an iron pan (or any pan will do). The dry heat will give them that smokey flavor as well. Turn them so they are blackened all around. Serve with your favorite dishes.

**Servings:** 4 cups

IN MY FAMILY THE SIDE DISHES ARE JUST AS IMPORTANT AS THE MAIN DISHES. I COME FROM A REGION OF MEXICO WHERE THE FOOD IS FLAVORFUL BUT NOT SPICY. THEREFORE, SALSAS TEND TO BE ELABORATE AND VERY FLAVORFUL – RANGING FROM SWEET AND MILD TO FIERY HOT, TO “QUITATE QUE HAY VOY” BURNING HOT. THE CHOICE IS YOURS. AT TIMES WE HAD UP TO FOUR SALSAS ON THE TABLE TO GIVE IT THE HEAT WE WANTED. THIS SALSA VERDE IS A VERSION OF MY MOTHER’S SALSA THAT IS A BIT LESS ELABORATE AND EASY AND FAST TO MAKE WITH ALMOST THE SAME FLAVOR.

Gery Lopez,  
Senior Account Planner



## 7 LAYER DIP

### Ingredients:

1 can refried beans

1 guacamole dip

(usually refrigerated ... about 1 1/2 cups worth)

Mix together and layer next:

1 8-ounce sour cream

1/2 cup mayonnaise

1 package taco seasoning mix

1/2 cup chopped green onions

1 cup chopped tomatoes

1 small can chopped ripe olives

1 cup shredded cheddar and jack cheese

bag of tortilla chips

### Preparation:

In a 9-inch casserole dish, spread and smooth the beans, then the guacamole in two separate layers. Next, mix together and layer sour cream, mayonnaise and taco seasoning. Over the first 3 layers, sprinkle the onions, tomatoes and olives. Then top with a combination of shredded cheddar and jack cheese.

Servings: 6



IN MY FAMILY, "LET'S GET TOGETHER" MEANS "LET'S EAT AND HAVE FUN." THERE ARE ALWAYS FAVORITE REQUESTS AS WE DISTRIBUTE WHAT EACH PERSON WILL BRING.

THE CONSISTENT REQUEST FOR MY DAUGHTER-IN-LAW, ERIN, IS HER 7 LAYER DIP. EVERYONE GATHERS AROUND WITH THEIR CHIPS WAITING TO DIG IN AS SOON AS SHE PUTS IT ON THE TABLE.

I KNOW YOU'LL LOVE IT!

Adalis Arroyo,  
Group Account Director





**HAVE YOU EVER BEEN READY TO MAKE GUACAMOLE** ONLY TO FIND OUT THE AVOCADOS ARE NOT RIPE ENOUGH? YOU HAVE EVERYTHING ELSE READY: THE CILANTRO IS CHOPPED; THE LIME JUICE IS SQUEEZED. BUT THE AVOCADOS ARE HARD AS A ROCK. NO PROBLEMA! JUST TAKE OUT THAT BAG OF FROZEN PEAS THAT YOU BOUGHT A COUPLE OF MONTHS AGO AND HAVE NOT HAD A CHANCE TO USE. PEOPLE WILL REALLY ENJOY THIS DISH ... SO UNIQUE THEY WILL FORGET THEY WANTED THE REAL THING.

Gisela Carrillo,  
Manager, Interactive New Business Development

## SWEET PEA GUACAMOLE

### Ingredients:

- 2 tablespoons olive oil
- 2 tablespoons lime juice
- 1/4 bunch cilantro
- 1 fresh jalapeño, chopped
- 1 pound frozen peas, thawed but uncooked
- 1/4 medium red onion
- 1/4 teaspoon cumin
- 1 teaspoon salt

### Preparation:

Combine all ingredients in food processor and blend until smooth. Make a day ahead in order for the flavors to marry. Serve with chips, preferably blue corn chips. Looks great served in a bowl lined with purple cabbage leaves.

**Servings:** 8





## TORTILLA DE PATATAS

### Ingredients:

4 eggs  
1 pound potatoes  
1 cup olive oil  
salt

### Preparation:

Wash and cut the potatoes into thin slices. Heat the oil in a pan, and add the potatoes and salt. Fry, stirring occasionally. Tip: If you prefer the potatoes to be soft, use a spatula to mash them as they are frying. As soon as they are a golden color, remove from the pan and put the potato mixture either in a sieve or on kitchen paper, so that as much oil as possible drains away or is absorbed. Beat the eggs well with a pinch of salt, and add to the potatoes. Mix well. Put two small spoonfuls of olive oil in the frying pan, so that the bottom of the pan is covered with a thin layer of oil. Once the oil is hot, add the potato and egg mixture. Shake the pan gently as you move the mixture, so that none sticks to the bottom. Once the omelet seems to be cooked, use the lid of the frying pan (or a large plate) to tip the omelet out of the pan. Add a little more oil and slide the omelet in again, this time putting the less cooked side first into the pan. If you need to repeat this step, so that the omelet is perfectly cooked and golden on both sides, you may do so.

Servings: 3-4



Patricia Sugg,  
Translator/Copy Editor

THE TORTILLA DE PATATAS (KNOWN AS SPANISH OMELET) IS A SIMPLE BUT YUMMY DISH YOU CAN COOK FOR YOUR FRIENDS AND FAMILY AT ALL KINDS OF GATHERINGS. IT IS PERFECT AS A SNACK WITH ANY KIND OF SALAD AND IT IS SOMETHING YOU CAN COOK IN CASE SOMEONE STAYS FOR DINNER AND YOU HAVE NOTHING IN THE REFRIGERATOR BUT EGGS AND POTATOES. THIS OMELET IS DELICIOUS HOT.



CALDO DE ALBONDIGAS TAKES ME BACK TO MY CHILDHOOD. I REMEMBER MY ABUELA BEING IN THE KITCHEN MAKING THE MEATBALLS AND LETTING ALL THE GRANDKIDS ATTEMPT TO MAKE THEIR OWN. WE NEVER MADE OURS QUITE AS PERFECT AS HERS, BUT THAT WAS OKAY. TO ME IT'S NOT ONLY A SOUP FOR THOSE COLD DAYS, BUT A SOUP TO WARM THE HEART.

Megan Taylor,  
Jr. Account Planner



## CALDO DE ALBONDIGAS

### Ingredients:

*Note: Chilling the meatballs for 20 minutes helps them hold their shape when cooked.*

- 1 cup boiling water
- 1/2 cup short-grain rice
- cooking spray
- 2 cups chopped onion, divided
- 1 (1-ounce) slice white bread
- 1/2 cup minced fresh cilantro
- 1 teaspoon ground cumin
- 3/4 teaspoon salt
- 1 1/2 teaspoons dried oregano
- 1/2 pound lean ground pork
- 1/2 pound ground sirloin
- 2 large egg whites
- 1 cup chopped carrot
- 1 garlic clove, minced
- 1 cup chopped, seeded, peeled tomato (about 8 ounces)
- 4 cups (1 [32-ounce] carton) low-sodium chicken broth
- 2 tablespoons chopped fresh mint
- 2 cups chopped zucchini
- 1/4 teaspoon freshly ground black pepper

**Servings:** 8 (about 1 cup soup and 1 1/2 teaspoons cilantro)

### Preparation:

Pour water over rice, and let stand 20 minutes. Drain. Heat a nonstick skillet over medium heat. Coat pan with cooking spray. Add 1/2 cup onion to pan; cook 5 minutes or until tender, stirring occasionally.

Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1 1/4 cups. Combine rice, cooked onion, bread crumbs, 1/4 cup cilantro, cumin, 1/4 teaspoon salt, oregano, pork, sirloin and egg whites, stirring well. Shape mixture into 29 (1-inch) meatballs. Chill for 20 minutes.

Heat a Dutch oven over medium-high heat. Coat pan with cooking spray. Add 10 meatballs, and cook 6 minutes, browning on all sides. Remove meatballs from pan; drain well on paper towels. Wipe drippings from pan with a paper towel. Repeat procedure with cooking spray and remaining meatballs. Return pan to heat. Coat with cooking spray. Add remaining 1 1/2 cups onion, carrot and garlic to pan; sauté 5 minutes or until vegetables are tender. Add tomato to pan, stirring to combine. Stir in broth; bring mixture to a boil. Add meatballs and mint to pan. Reduce heat, and simmer 35 minutes. Add zucchini, remaining 1/2 teaspoon salt, and pepper to pan. Cook 10 minutes. Garnish with remaining 1/4 cup cilantro.



FOR MY SIBLINGS AND ME, GETTING SICK WITH A COLD WHEN GROWING UP MEANT BEING SPOILED BY MY MOTHER DAY AND NIGHT UNTIL WE FELT BETTER. SHE USED TO MAKE US HERBAL TEAS, BUTTER US UP IN VAPORUB®, GIVE US PLENTY OF YUMMY FLUIDS LIKE FRESHLY SQUEEZED JUICES AND, MORE IMPORTANTLY, SHE WOULD MAKE HER WONDERFUL, DELICIOUS AND ALWAYS SO COMFORTING CALDOS. MY FAVORITE ONE WAS HER CALDO DE POLLO. I WILL NOW SHARE THIS RECIPE WITH YOU, AS IT IS A DELICIOUS, ONE-POT, EASY AND FLAVORFUL RECIPE WHICH BRINGS MEMORIES OF A WONDERFUL CHILDHOOD AND THE BEST MOM IN THE ENTIRE WORLD: MY MAM!



Argelia Martinez,  
PR Account Coordinator

## CALDO DE POLLO

### Ingredients:

4 skinless chicken thighs	1 whole jalapeño pepper (optional)
4 tablespoons tomato sauce	1 cup carrots
1 cup rice	1/2 cup cilantro leaves
salt to taste	1 teaspoon chicken bouillon
1 large white or red potato	1 tablespoon tomato bouillon
	lime wedge

### Preparation:

Fill a large pot halfway with water and put to boil at high heat. As it starts to boil, add the chicken, rice, vegetables and seasonings (except cilantro and salt) and lower the heat to medium low. After 10 minutes add the cilantro and salt to taste. Let simmer for another 10-12 minutes or until rice is cooked. Take the cooked jalapeño out, cut in small pieces and set aside. Serve the caldo while it's hot. Squeeze in a lime wedge and you may also add some of the cooked jalapeño pepper to each bowl. You may pair this with warm corn tortillas and have a complete dinner! You may substitute the chicken thighs with any other part of the chicken you prefer. My mom used to say the calcium in the chicken bones is released while it cooks and this is what helps the cold go away faster. So I stuck with bone-in!

Servings: 4



THANK YOU, COMPADRE, FOR SHARING THE SECRET. IF MY BROTHER, THE CHEF OF THE FAMILY, ONLY KNEW I'M SHARING THIS RECIPE WITH YOU, HE WOULD SLICE ME IN LITTLE PIECES ALONG WITH THE GARLIC AND ONION! HOPEFULLY, HE WILL KNOW ONCE THIS COOKBOOK IS PUBLISHED. THIS DISH HAS BEEN PASSED ALONG FOR SEVERAL GENERATIONS. USUALLY ONE MEMBER OF THE FAMILY IS THE EXPERT, SO THAT PERSON GETS TO PREPARE IT FOR SPECIAL OCCASIONS. IT HAS BEEN A SIGNATURE DISH FOR CHRISTMAS IN OUR FAMILY BACK IN MEXICO FOR YEARS. AND NOW THAT MY BROTHER HAS SHARED IT WITH ME, IT IS NOW A SPECIAL DISH IN OUR HOUSE. I HOPE YOU ENJOY IT AND SOME DAY SHARE IT WITH SOMEONE VERY SPECIAL TO YOU.

## CREAM OF CILANTRO SOUP

### Ingredients:

2 cups cilantro, leaves only; no stems (3 cups will make a stronger flavor)  
3 poblano peppers - roast them and place in a Ziploc® bag to peel the outer skin; devein and deseed  
1 1/2 liters of water - or 2 liters if you use 3 cups of cilantro (4.2 cups make 1 liter)  
5 teaspoons chicken powder bouillon  
1 1/4 bars butter  
4 garlic cloves, minced  
1 1/2 small white onions, minced  
9 ounces Roquefort cheese  
1 small jar Mexican cream (approximately 10 ounces)  
salt and pepper to taste

### Preparation:

Boil water with cilantro and chicken powder bouillon. Once boiling, set aside and let it rest. Heat butter in a skillet with a touch of olive oil. Fry garlic and onion until translucent. Add bouillon/cilantro mixture and the sliced poblano pepper pulp. Let it boil for a moment, set aside and let it cool off. Blend and add cream and cheese little by little. Strain if desired. Warm at low heat (do not boil) to serve. ¡Buen provecho!

Servings: 8



Jaime Belden,  
Creative Director



I WAS BORN AND RAISED  
IN TASHKENT, UZBEKISTAN  
(FORMER RUSSIA). I WOULD  
LIKE TO INTRODUCE YOU  
TO OUR TRADITIONAL  
CUISINE. ENJOY.

Julia Feldman,  
Interactive Designer/Developer



THE RECIPES IN THE UZBEK CUISINE ARE NOT GENERALLY HOT AND FIERY, THOUGH THEY ARE CERTAINLY VERY FLAVORFUL. SOME OF THE MOST COMMON INGREDIENTS THAT YOU WILL FIND IN THE UZBEK RECIPES ARE PRINCIPAL SPICES SUCH AS BLACK CUMIN, RED AND BLACK PEPPERS, BARBERRIES, CORIANDER AND SESAME SEEDS. THE MORE COMMON HERBS ARE CILANTRO (WHICH IS FRESH CORIANDER), DILL, PARSLEY, CELERAC AND BASIL. OTHER SEASONINGS INCLUDE WINE VINEGAR, LIBERALLY APPLIED TO SALADS AND MARINADES, AND FERMENTED MILK PRODUCTS. IN GENERAL YOU WILL FIND MANY RECIPES IN THE UZBEK CUISINE WHICH HAVE MUTTON AS ONE OF THE BASIC INGREDIENTS, AS IT IS A PREFERRED SOURCE OF PROTEIN IN THE UZBEK DIET. BEEF AND HORSEMEAT ARE ALSO CONSUMED IN SUBSTANTIAL QUANTITIES IN THE UZBEK RECIPES. BREAD IS ACTUALLY HOLY FOR THE UZBEK PEOPLE. THIS IS A UZBEK TRADITIONAL BELIEF. NEVERTHELESS, YOU WILL FIND MANY RECIPES RELATED TO VARIOUS KINDS OF BREADS IN THE CUISINE OF UZBEKISTAN. THIS YEAR, LET'S DO SOMETHING DIFFERENT....



# MASHHURDA UZBEK

## MUNG BEAN SOUP

### Ingredients:

3 or 4 servings cubed beef or silverside  
1 onion  
1 teaspoon salt  
6-7 cups boiled water  
6 peppercorns  
1 medium potato  
6 peppercorns  
1 medium potato

1 medium carrot  
2-3 tablespoons oil  
1 tablespoon tomato paste  
2 handfuls mung beans  
2 bay leaves  
1/2 handful rice  
2 bay leaves  
1/2 handful rice

### Preparation:

Cut the beef, onion and carrot into 1-inch cubes. Heat the oil in a frying pan on medium-high heat. Fry the meat and vegetables until the meat is crispy on the outside. Stir with a wooden spoon to prevent the meat sticking and burning. Add salt to taste. Stir in the tomato paste. Pour over the just-boiled water until you have the desired amount of liquid, around 6-7 cups, depending on how thick you like your soup and how many you plan on serving. Add in the mung beans straight after adding the water. Reduce to low heat. Add the peppercorns and bay leaves. Simmer the soup until the beans start to open up. Cut one potato into even cubes and add with the rice to the soup. When the potato is cooked, the soup is ready. Serve with a tablespoon of sour cream or mayonnaise and, of course, "lepeska bread."

**Servings:** 4

## ABOUT THIS RECIPE:

A MEAL IN ONE DISH, THIS SOUP COMES FROM UZBEKISTAN AND WAS MADE BY SALTANAT FROM HER MOTHER SAFIRA'S RECIPE.



GROWING UP IN ALBUQUERQUE, NEW MEXICO, YOU GET A UNIQUE STYLE OF MEXICAN CUISINE. MOST OF THE CULTURE IS HEAVILY SPANISH AND NATIVE AMERICAN INFLUENCED; THEREFORE, YOU GET MEXICAN DISHES NOT TYPICAL OF ANY OTHER PLACE IN THE U.S. THIS RECIPE HAS BEEN IN OUR FAMILIA FOR GENERATIONS AND GENERATIONS. MY ABUELITA PASSED IT ON TO MY DAD AND MY DAD IS MAKING SURE I CONTINUE THE TRADITION. IT'S ONLY COOKED EVERY CHRISTMAS AND FEEDS OUR ENTIRE FAMILY (REALLY TOO MANY TO COUNT). THE RED AND GREEN CHILES WE USE ARE ONLY GROWN IN NEW MEXICO AND ARE WHAT SETS THIS MENUDO APART FROM ANY OTHER KIND YOU WILL TRY. THERE REALLY IS NO INSTRUCTION MANUAL FOR IT. WE WERE BROUGHT UP WITH THIS RECIPE; THEREFORE, NO MEASUREMENTS NEEDED. IT TAKES YEARS TO MASTER TO PERFECTION; HOWEVER, I DO ENCOURAGE PEOPLE TO TRY IT. IT DOES WONDERS FOR YOUR FAMILY AND A HANGOVER. MY ABUELITO CALLS IT THE "BREAKFAST OF CHAMPIONS."

Henry Cadena,  
Research Analyst





# NEW MEXICAN MENUDO

## NOT THE "OLD MEXICAN" KIND

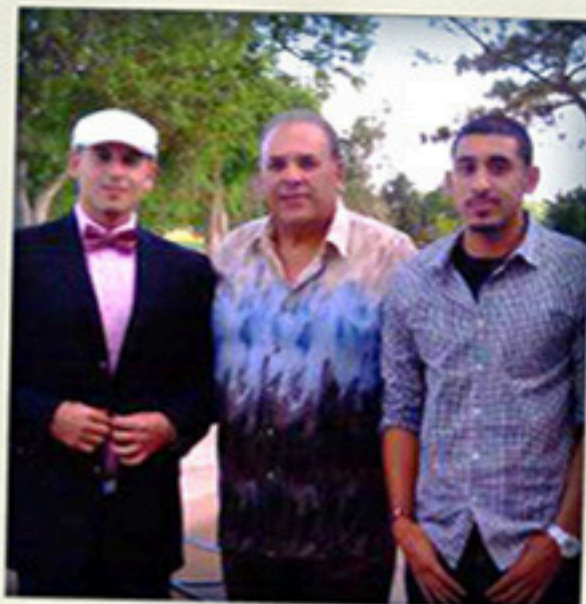
### Ingredients:

- 2 pounds pig's feet
- 3 pounds honeycomb tripe
- 3 29-ounce cans hominy (maiz de blanco)
- 1 10-ounce bag Hatch New Mexico red chile
- garlic for the red chile (to taste)
- salt (to taste)
- 2 very tall and wide pots  
(1 pot needs to have a strainer at the bottom)

### Preparation:

First cut tripe into 1-inch squares. Then rinse tripe and pig's feet in cold water but keep separate. Place strainer at the bottom of one pot. Then place the pig's feet into the pot with strainer at the bottom and the cut-up tripe into the other large pot. Fill both pots with water until the tripe and pig's feet are completely submerged in water. Set the stove on medium-high heat and let it cook for 1 1/2 hours (make sure to constantly stir tripe and pig's feet so that it does not stick to bottom of the pot). After 1 1/2 hours, rinse tripe and pig's feet. (When cleaning the pig's feet, make sure to clean the pot, including the strainer AND the feet.) Fill both pots with water and cook for 2 hours on medium (constantly stirring the bottom of the pot). Now you need to prepare the red chile. Prepare red chile as instructed on the bag. Season to taste with salt and garlic. After the pig's feet and tripe have cooked for about 2 hours, rinse the pig's feet. Combine the rinsed pig's feet, the red chile, and hominy with the pot full of tripe. Let cook for another 2 hours. Season the soup with garlic and salt to taste. Tripe should be extra tender (not too rubbery or mushy). That's how you know it is ready.

**Servings:** 10-15



**DON'T FORGET TO USE ONIONS, LEMONS, OREGANO, OR CILANTRO IN YOUR BOWL OF MENUDO. SEASON TO TASTE! ENJOY WITH CRACKERS OR CORN TORTILLAS.**



## PATRICIA'S TACO SOUP

### Ingredients:

- 2 pounds ground beef, pork or turkey (you can also use a mix of these meats, depending on your preference)
- 1 large onion, diced
- 2 (15 1/2 ounce) cans pinto beans, any brand
- 1 (15 1/2 ounce) can kidney beans, any brand
- 1 (15 1/2 ounce) can black beans, any brand
- 1 small package frozen corn
- 1 (14 1/2 ounce) can stewed tomatoes - "Mexican style" flavor works best
- 1 can RO-TEL® tomatoes and chiles, any flavor
- 3 Roma tomatoes, diced
- 1 package taco seasoning
- garlic powder (to taste)
- salt and pepper (to taste)
- adobo seasoning (to taste)
- garnishes: corn chips, sour cream, chopped green onion, grated cheese, pickled jalapeños (all optional)

### Preparation:

In a large skillet, add the meat and diced onion and cook until meat is browned. Drain the excess fat and transfer the meat and onion to a large soup pot, Dutch oven, or slow cooker. Add all canned ingredients (do not drain), the chopped tomatoes, and taco seasoning mix. Taste the mixture; then add salt, pepper, garlic powder and adobo seasoning as needed to taste. If the mixture looks a little thick, you can add up to 1/2 cup water. Stir and simmer on stove for 1 hour before serving, or simmer for 6 hours in the slow cooker (on low setting) before serving. Serve with garnishes and enjoy!

**Servings:** 12-16



MY MOTHER-IN-LAW GAVE ME THE RECIPE FOR THIS ALTERNATIVE TO CHILI. IT'S GREAT FOR FOOTBALL SUNDAY GET-TOGETHERS AND COLD WINTER NIGHTS! THIS IS VERY SIMPLE TO MAKE, BECAUSE MOST OF THE INGREDIENTS ARE FROM A CAN, AND YOU CAN VARY THE INGREDIENTS BASED ON YOUR TASTE AND PREFERENCE. THIS ALSO FREEZES WELL, SO YOU CAN DOUBLE THE RECIPE IF NEEDED AND FREEZE PORTIONS FOR LATER

Theresa Jimenez,  
Biller



I NEVER REALLY LEARNED TO COOK, BECAUSE GROWING UP MY MOTHER DIDN'T LIKE ME IN THE KITCHEN. SO, WHEN I MOVED OUT FOR COLLEGE I WAS EXTREMELY BROKE AND HAD TO FIND CHEAP, QUICK AND EASY WAYS TO FEED MYSELF. MY PICANTE CHICKEN ALFREDO PASTA ENDED UP BEING MY FAVORITE DISH. FROM TIME TO TIME I LIKE TO ADD ADDITIONAL VEGETABLES JUST TO CHANGE THINGS UP, BUT I ALWAYS MAKE SURE IT'S SUPER SPICY!

## ABBY'S PICANTE CHICKEN ALFREDO PASTA

### Ingredients:

1 pound boneless, skinless chicken breasts cut into strips  
1 tablespoon butter  
8 ounces fettuccine pasta  
1 jar Ragu® Cheesy Classic Alfredo Sauce  
3 teaspoons cayenne pepper  
2 fresh jalapeños  
Parmesan cheese  
lemon pepper seasoning to taste

### Preparation:

Place pasta in water; let boil until cooked. Drain and place back in pot. Simultaneously, melt butter in a non-stick pan over medium-high heat and cook chicken thoroughly. While cooking, add 1 teaspoon cayenne pepper and lemon pepper seasoning on both sides of chicken. Pour Alfredo sauce into pot with pasta and mix. Add 2 teaspoons of cayenne pepper into pasta and mix. Chop and mix the two jalapeños into the pot. Enjoy!

\*For a larger variety of tastes, add cooked broccoli, onions and mushrooms.

**Servings: 4**

**Abby Salgado,  
Account Coordinator**





## AGUADITO DE POLLO

### Ingredients:

- 6 pieces of chicken (chicken breast, thighs, legs)
- 1 large onion, diced
- 1 1/2 cups of rice
- 1/2 cup of chopped cilantro
- 1/2 cup of vegetable oil
- 1 cup of chicken broth
- 1 teaspoon of diced garlic
- 3 tablespoons of pureéd aji amarillo
- 1 cup of green beans
- 1 cup of hominy corn
- 1 diced red pepper
- 4 large potatoes
- 8 to 10 cups of water
- salt & pepper to taste

### Preparation:

Add salt and pepper to the chicken. Heat the oil in a large pot. Mix the garlic, onion and "aji amarillo" into a paste and add into the pot. Once cooked, add the chicken. Cook until browned. Add in the hominy corn, green beans, red pepper and cilantro. Let simmer for a few minutes. Then add the water, chicken broth and rice. Boil until the rice is cooked and the soup thickens some. Serve right away.

### Tips

Try to use a type of potato that won't break apart while cooking.



THIS SOUP IS BASICALLY WHAT I GREW UP WITH AS A KID. IT'S A VERY HOMEY, COMFORT-FOOD STYLE AND VERY TRADITIONAL IN PERU. WHILE NOT THE MOST "CRIOLLO" OF DISHES, THE VERY SMELL OF THE DISH TAKES ME BACK HOME.

Christian Hoyle,  
Associate Creative Director





**AREPAS** WERE ORIGINALLY MADE BY THE INDIGENOUS INHABITANTS OF VENEZUELA. THESE SMALL CORNCAKES ARE SOLD IN VENEZUELAN RESTAURANTS CALLED AREPERAS AND ARE STUFFED WITH ALL MANNER OF FILLINGS, JUST LIKE A SANDWICH. I GREW UP HAVING AREPAS, SOMETIMES FOR BREAKFAST, SOMETIMES FOR DINNER. NOW, WHILE LIVING IN THE UNITED STATES, WE ALWAYS MAKE AREPAS FOR DIFFERENT OCCASIONS, FROM A LIGHT DINNER TO A DELICIOUS LARGE BRUNCH. AREPAS TAKE MY WHOLE FAMILY BACK TO OUR ROOTS AND TRADITIONS, MAKING US FEEL HOME AGAIN.

## AREPAS

### Ingredients:

- 3 cups boiling water
- 1/2 teaspoon salt
- 1 tablespoon salted butter
- 2 cups Harina P.A.N. white corn meal (sold at Hispanic grocery stores)
- 3 tablespoons oil for shallow frying

### Preparation:

Preheat oven to 400 degrees. In a large bowl, mix together the corn meal and salt. Then add butter to boiling water and stir until melted. Pour in 2 1/2 cups of the boiling water and mix with a wooden spoon to form a mass. Cover with a towel or plastic wrap and set aside to rest for 5 to 10 minutes. Using wet hands, form balls of dough out of about 1/4 cup of dough and press to form a cake about 3 inches wide and 3/4 inch thick. If the dough cracks at the edges, mix in a little more water and then form the cakes. Heat the oil in a sauté pan or skillet over medium-high heat. Sauté the patties, a few at a time, to form a light brown crust on one side, 5 to 6 minutes. Flip and brown on the other side. When all the patties have been browned, transfer them to a baking sheet and bake in the oven for 15 to 20 minutes, or until they sound lightly hollow when tapped. Serve immediately. Before eating, split the arepas in half and scoop out a little of the soft dough filling. Stuff with your favorite filling (cheese, ham, shredded beef, pork or chicken, avocado, black beans, etc.). ¡Buen Provecho!

**Blanca Gonzalez,**  
Translation Manager



## BACALAO LOREDO

### Ingredients:

2 pounds fresh cod  
1 large red pepper  
2 medium-size white onions  
3 large tomatoes  
4 cloves garlic  
1 teaspoon Pimenton de la Vera  
1 pinch saffron  
1 cup olive oil  
salt to taste

### Preparation:

Finely chop the onion, red pepper and garlic and sauté in olive oil about 5 minutes. Chop and add the tomatoes. Cook another 5-10 minutes. Add a pinch of saffron, a teaspoon of pimento, salt (to taste). Cover and simmer for 15 minutes. In the meantime, heat up olive oil in a frying pan, pan-sear the cod on each side, and remove from pan. Place cod in the pan with the tomato sauce, cover cod completely, turn off heat, and let sit for 5 minutes. Serve immediately.

Servings: 6-8



COD IS A CLASSIC STAPLE OF THE FISH-BASED DIET OF NORTHERN SPAIN. THERE IS NO BETTER WAY TO EAT COD THAN IN A TOMATO AND SAFFRON BASED SAUCE ... THE WAY MY GRANDMOTHER MADE IT FOR ME AS A CHILD. ENJOY!

**Gerry Loreda,**  
Director, Business Analytics





WHEN I WAS LITTLE, MY MOM WOULD COOK BAKED SALMON WHEN WE HAD IMPORTANT COMPANY OVER FOR DINNER. NOW I USE THE SAME RECIPE TO IMPRESS MY FRIENDS WITH MY MAD COOKING SKILLS.

Maria Prachyl,  
Traffic Coordinator



## BAKED SALMON

### Ingredients:

salmon on the half shell

capers

1 tomato (if you like them)

juice of 3 lemons

ground pepper

3 carrots (cut them in slivers, not in circles)

1/4 cup olive oil

1 onion

5 cloves garlic

### Preparation:

Place fish on baking sheet (or whatever you have) scales side down. Preheat oven to 350 degrees.

In a separate bowl add lemon juice, olive oil, pepper and capers (also pour in caper juice). Stir well. Cut up carrots (like you would a french fry), onion, tomato, and peel garlic cloves (leave them whole). Mix up veggies in a bowl. Pour half of the juice mixture over the fish. Pour the rest over the mixed vegetables and mix well. Then place veggies all over baking sheet, including on top of fish. Place baking sheet in the oven. Cook for 20 minutes. Be careful not to overcook.

Servings: 6



## SINCE MY MOTHER COULDN'T COOK –

I MEAN, THE WOMAN COULDN'T BOIL WATER – AS KIDS, WE HAD TO FEND FOR OURSELVES. WE LIVED IN NEW YORK, AND CALLED THE SECTION OF OUR HOME THAT HAD A STOVE IN IT “HELL’S KITCHEN,” ALTHOUGH WE ACTUALLY LIVED ON THE OTHER SIDE OF TOWN. THIS MEANT GETTING INNOVATIVE WITH WHAT WAS COMMONLY AVAILABLE IN THE PANTRY, WHICH WASN'T MUCH. MY OLDER SISTER CALLED THIS DISH “BEVERLY HILLBILLIES HASH,” FOR A COUPLE OF REASONS. FIRST, WE WOULD MAKE IT AND THEN WATCH THE BEVERLY HILLBILLIES, AND SECONDLY BECAUSE IT REMINDED HER OF THE SORT OF DRESSED-UP ROAD KILL JED, JETHRO, GRANNY AND ELLY MAY MIGHT HAVE ACTUALLY ENJOYED, ONCE THEY'D MADE IT TO BEL AIR. WHEN I OCCASIONALLY MAKE THE DISH NOW, I STILL HEAR THAT THEME SONG WITH EVERY BITE I TAKE. I HAVE NO IDEA ABOUT THE CALORIE OR FAT CONTENT OF THIS DISH, BUT IT'S GOT TO BE HIGHER THAN THE CLAMPETTS' BANK ACCOUNT. SO, SIT BACK, KICK YOUR BOOTS OFF, STAY AWHILE AND ENJOY “BEVERLY HILLBILLIES HASH.” IT GOES GREAT WITH TEXAS TEA, BY THE WAY.



Doug Kline,  
Senior Copywriter



## BEVERLY HILLBILLIES HASH

### Ingredients:

made primarily from: Spam®-Velveeta®-Twinkies®  
in the form of a soufflé

1 tablespoon Crisco®

12 Hostess Twinkies®

salt

white pepper

1/2 teaspoon dry mustard

4 eggs, separated

1 can Spam, cut into small cubes or chunked

1 cup Velveeta, shredded

### Preparation:

Grease a 7-inch soufflé dish with Crisco. Slice Twinkies in half lengthwise. Remove and reserve cream filling.

In a large food processor, combine Twinkie cakes, half of the Twinkie filling and the Crisco. Blend until the mixture has reached the consistency of a thin batter.

Transfer ingredients to a medium saucepan and cook over low heat. Stir in salt, white pepper and mustard. Remove from heat. Beat in egg yolks, one at a time, beating thoroughly after each addition. Fold in Spam and 1/2 cup of Velveeta. In a medium bowl, beat egg whites until stiff but not dry. Fold beaten egg whites into chunked Spam mixture. Pour into greased soufflé dish. Bake in 350 oven 40 to 45 minutes, or until puffed and golden brown. Top with remaining Twinkie cream and Velveeta. And voila! Serve with a tossed salad. Personally, I always throw a "Minnie Pearl" olive on top, just for grins, and old times.







CUBA, LIKE MOST OF THE CARIBBEAN, HAS A LOVE AFFAIR WITH PORK. BUT BY NO MEANS IS THAT THE ONLY THING WE EAT! THIS RECIPE MAKES AMERICAN STYLE CHICKEN FRIED STEAKS WEEP. IT'S QUICK AND EASY TO MAKE, BUT REMEMBER NOT TO BURN YOUR HOUSE DOWN WHEN DEEP FRYING ANYTHING.

Carlos Giambi,  
PR Account Coordinator

## BISTEC EMPANIZADO

(pronounced "bee-STEh em-pah-nee-ZÄO")

### Ingredients:

4 milanesa steaks  
garlic salt  
black pepper  
4-6 eggs  
bread crumbs (unseasoned)  
vegetable oil

### Preparation:

With a meat mallet, pound each steak until it's bigger than your face, yet smaller than a bed sheet. Season each with garlic salt and pepper, to taste (a light, even coat should do). Beat eggs in a large bowl. Dip each steak into the egg mixture. On a cookie sheet, spread out bread crumbs (it's better to use dried baguettes ground finely, but a canister of Parade-brand bread crumbs is fine, I guess). Place steaks one at a time onto bread crumbs, pushing down on all sides to make sure bread crumbs adhere evenly. Flip steaks and repeat on non-breaded side. In a flat sauté pan large enough to hold 1 steak, heat 1 inch of vegetable oil on medium-high until it just starts to steam. (PRO-TIP: Throw in a little chunk of the breaded steak and see if it starts frying.) Fry until golden, flipping once. Serve with black beans and rice, some plantain chips, and a nice, cold Materva™. [Master Chef's note: Due to the thinness (is that a word?) of the steaks, this is usually eaten medium-well. Trust me, they still taste awesome, and I'm one that prefers my steaks still mooing. CG]

Servings: 4





# CALDO GALLEGO

ALSO CALLED "LEVANTA MUERTOS"  
FOR THE "BORRACHERA"

## Ingredients:

1 pound medium white beans  
2 1/2 quarts water  
1/2 pounds salt pork, cubed  
1 meaty ham bone or smoked pork hock  
6 small white potatoes, peeled and diced  
1 bunch collards, mustard greens or spinach  
4 Spanish sausages

## Preparation:

Rinse beans. Cover with 6 cups water in a large kettle; soak overnight. When ready to cook, add additional 1 quart water, the salt pork and ham bone; bring to a boil. Cover, reduce heat and simmer about 2 1/2 hours or until beans are tender. Add potatoes and collards or mustard greens. Simmer 20 minutes. Cut sausage in slices; add to beans and cook 10 minutes longer. Remove ham bone. Cut off meat and return meat to soup. Serve in soup bowls.

Servings: 4



Rafa Juarez,  
Associate Creative Director





# CATALINA'S CHICKEN CUPS

## Ingredients:

thawed, cleaned, raw, skinless chicken tenders

(approximately 8 tenders)

1 6-8 compartment muffin pan

flour or Wondra®

fresh garlic

whipped butter

onions

frozen peas

frozen corn

2 russet potatoes

salt and pepper to taste

**Optional:** Hatch green chiles, fresh or canned; hot or medium

homemade dough or Pillsbury® rolled pie dough



## Preparation:

Take Pillsbury rolled pie dough out of box; let it warm up. Open flat onto floured cutting board. Cut dough sheet into four squares (if serving four). Gently put each square into its own muffin compartment in the muffin pan. Bake the dough cups at 350 degrees in oven until lightly browned. Take out of oven and let cool. Put aside. Cut up fresh, skinless chicken tenders into 1-inch pieces. Sauté chicken in 1 tablespoon whipped butter in skillet until golden/light brown. Pour 1 1/2 cups water into skillet (or enough to cover sautéed chicken pieces). Bring water to a boil. Meanwhile, boil 1/2 cup to 1 cup frozen peas in water until tender; also, boil 1/2 cup to 1 cup frozen corn in water until tender. Peel two russet potatoes; cut into large chunks and boil until just barely tender. When corn, peas and potatoes are done, drain water and put back into each of their pans. Make gravy in skillet: Use 1 cup very cold water. Add two tablespoons Wondra to chilled water; stir until smooth. (Add Wondra to water to desired thickness of gravy.)

*continued next page*



### Preparation (continued)

Pour Wondra mixture slowly into boiling chicken/water in skillet; stir to thicken gravy. Add salt and pepper to taste. Add 2 cloves fresh garlic, chopped. Add 1 medium white onion, chopped.

**Optional:** Add 1 can Hatch green chiles, chopped, medium or hot; or, chopped fresh, skinned green chile. Stir until smooth; reduce heat. Then, pour drained peas and corn into skillet with gravy/chicken. Cut up cooked potato chunks into bite-size pieces and add to skillet with gravy/chicken. Stir and heat thoroughly all ingredients in the skillet. Shut off heat.

**Serving Catalina's Chicken Cups:** Gently lift the baked dough cups from the muffin pan, one onto each plate; scoop chicken/gravy, potato, vegetable mixture into dough cups, overflowing the cups. Serve with hot rolls/crusty bread or baguette. Bread is used to dip into leftover gravy on plate. Enjoy! Comfort food.

**Servings: 2-4**



THIS IS MY SON'S FAVORITE RECIPE. I INVENTED IT ONE CHILLY, WINTER DAY IN NEW MEXICO SEVERAL YEARS AGO. WE HAD MOVED TO NEW MEXICO AFTER 20 WARM YEARS IN CALIFORNIA. OUR ADOBE HOUSE, WITH ALL BRICK FLOORS, WAS REALLY COLD AND I FELT WE NEEDED SOME "COMFORT FOOD" TO WARM US UP AND FILL OURSELVES WITH SOMETHING SPECIAL, MADE WITH REAL GRAVY. AAAHHHH ... GRAVY.



## CHICKEN PIZZA

### Ingredients:

- 2 skinless chicken breasts
- 1 cup diced tomatoes
- 1/2 cup spinach
- 1/2 cup green bell pepper
- 1/2 cup red onion
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon onion powder
- 1/2 cup mushrooms
- 1/2 cup black olives
- 1/2 cup pickled jalapeños
- 3/4 cup Monterey Jack shredded cheese
- 3/4 cup Swiss shredded cheese
- 1 (14-ounce) prepared pizza crust (such as Boboli®)
- 1/2 cup pasta sauce

### Preparation:

Preheat oven to 450 degrees. Cook chicken in a medium-size skillet over medium-high heat until browned. Add onion powder, black pepper and garlic powder to pan; sauté until tender. Cut into small pieces. Place crust on a large baking sheet. Spread pasta sauce evenly over crust, leaving a 1/4-inch border. Add chicken, then sprinkle tomatoes, spinach, bell pepper, onion, mushrooms, olives and jalapeños evenly. Sprinkle cheese on top. Bake at 450 degrees for 12-15 minutes. Remove from oven and cut pizza into 8 wedges.

**Servings:** 8 slices, feeds 4



**Melissa Gonzalez,**  
Account Supervisor



# CHICKEN VERONIQUE

## Ingredients:

6 half chicken breasts seasoned with shredded onion, salt and pepper  
2 tablespoons dry tarragon  
1/2 cup green peeled grapes  
1/2 cup white wine  
1/2 cup broth or water  
5 tablespoons butter  
1 teaspoon flour  
4 tablespoons cream  
2 egg yolks

## Preparation:

Melt the butter in a saute pan over medium heat. Add the breasts and saute, turning as they become golden, 2-3 minutes on each side. Add the tarragon, wine, grapes and half cup of water or broth. Simmer for 5 minutes. In a cup combine the cream with two egg yolks and the flour and mix it well. When you are ready to serve, add it to the chicken and cook until just before it comes to a rolling boil.

Servings: 6



Lalo Wakefield,  
Dir. Creative and Strategic Integration



THIS IS A TYPICAL RECIPE FOR NEW YEAR'S DAY FROM ARAGÓN, THE REGION IN SPAIN WHERE I'VE LIVED MOST OF MY LIFE. IT TAKES SOME ROASTING TIME BUT IT'S EASY TO PREPARE, AND THE RESULT IS SIMPLY DELICIOUS. LAMB'S LEG: I CAN'T THINK OF A BETTER WAY TO START THE YEAR ON THE RIGHT FOOT!



Maria Arnedo,  
Jr. Copywriter



## CORDERO ASADO CON PATATAS A LO POBRE

### ROASTED LAMB WITH "A LO POBRE" POTATOES

**Servings:** 4

**Ingredients:**

1 lamb leg or 2 lamb shoulders  
or 2 lamb shanks  
4 garlic cloves  
4 bay leaves  
1 cup water/meat stock  
1 onion  
4 medium white potatoes  
olive oil  
salt

**Preparation:**

Preheat the oven for 30 minutes at 400 degrees. Rub the lamb with a dash of olive oil, salt and the garlic cloves. Then make four cuts in the meat and insert a garlic clove and a bay leaf into each of them. Put the lamb in a baking dish and place in oven.

After a few minutes, turn the oven down to a lower setting, about 300 degrees. To prevent the meat from getting dry, pour in a cup of water or meat stock (you can use Knorr or something similar to make it). You can add more during the cooking process if needed. Halfway through the cooking process, add the potatoes (see below). Leave the lamb and potatoes at this temperature for at least 1 hour and 30 minutes (you may leave it longer if the meat is still not cooked in the middle).

For the potatoes: While the lamb is cooking, peel and slice the potatoes and the onion and fry them at medium heat in a pan with a dash of olive oil. Before they are completely cooked, incorporate them in the baking dish, creating a base for the lamb. Enjoy!



## CRAWFISH QUICHE

### Ingredients:

1 pound crawfish tails  
1 cup sliced fresh mushrooms  
1 cup chopped green onions  
1/2 cup melted butter  
4 eggs, well beaten  
1/2 cup half and half  
1 cup shredded mozzarella cheese  
1 unbaked 9-inch pie shell  
seasoning to taste (about 1 1/2 teaspoons  
of Tony Chachere's)

### Preparation:

Sauté mushrooms and green onions in butter until tender. Set aside. In large bowl combine eggs, half and half, cheese and seasoning. Fold in crawfish, mushrooms and onions. Pour mixture into pie shell. Bake at 350 degrees for 45 minutes or until knife inserted comes out clean. Let stand about 10 minutes before serving.

**Servings:** 6 to 8



QUICHE IS A CREAMY AND RICH EGG AND MILK/CREAM CUSTARD THAT IS BAKED IN A PASTRY SHELL. WHAT MANY PEOPLE DO NOT KNOW IS THAT QUICHE CAN BE COOKED IN MANY VARIED STYLES, BECAUSE ANY FILLING CAN BE PUT INSIDE. QUICHE CAN BE EATEN FOR BREAKFAST, LUNCH OR DINNER. THIS IS ONE OF MY FAMILY'S FAVORITE VERSIONS OF QUICHE WHEN WE ARE LOOKING FOR SOMETHING QUICK FOR DINNER. I HOPE THAT YOU ENJOY IT.

**Vonda Venison,  
Accounts Payable**



FRITAS WERE VERY POPULAR IN CUBA. YOU COULD BUY A FRITA FROM VENDORS WITH CARTS IN THE STREET. GREAT AS A LATE "SNACK" COMING BACK FROM A PARTY. VERY TASTY.

Cesar Madera,  
Dir of Production Services

## CUBAN FRITA (CUBAN HAMBURGER)

### Ingredients:

- 1 1/4 pound lean ground beef
- 1 egg
- 1 teaspoon paprika
- 1/2 cup milk
- 1 tablespoon ketchup
- 1/2 teaspoon mayo
- 1/2 teaspoon fresh lime juice
- 3/4 cup bread crumbs
- 1/4 teaspoon black pepper
- 2 teaspoons salt
- 1 1/2 teaspoons ground onion
- 1 finely minced garlic clove

### Preparation:

Soak bread crumbs in milk for 5 minutes. Add and mix all ingredients. Make sure it is well mixed. Make into small balls; put in refrigerator for about 1 1/2 hours to let the meat marinate. Grease grill or frying pan with small amount of olive oil. Fry meat, pressing down thin to shape like hamburgers. Serve on hamburger buns. You can add ketchup and chopped onion on the buns.

Serve with shoestring potatoes.

Servings: 5





A TROPICAL TASTE FOR PORK CHOPS.  
PINEAPPLE, RAISINS AND SPICES PERK THESE  
UP NICELY. SERVE OVER COOKED RICE.

## DENNIS BRYAN'S BAHAMA-MAMA PORK CHOPS

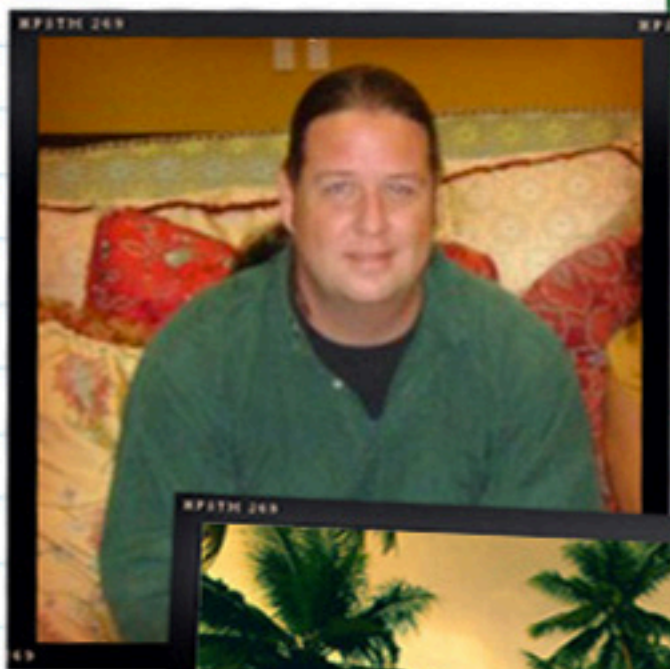
### Ingredients:

- 1 (8 ounce) can pineapple chunks, reserve juice
- 1 tablespoon cornstarch
- 2/3 cup tomato-based chili sauce
- 1/3 cup raisins
- 1 tablespoon brown sugar
- 1/8 teaspoon ground cinnamon
- 4 pork chops
- 1 tablespoon vegetable oil

### Preparation:

In medium bowl, blend reserved pineapple juice with cornstarch; stir in pineapple, chili sauce, raisins, sugar and cinnamon and set aside. In large skillet lightly brown chops in oil and drain. Pour pineapple mixture over chops. Cover and simmer 15 minutes or until pork is cooked throughout.

Servings: 4



Dennis Bryan,  
Accounts Receivable



## FAMILY CLASSIC MEATLOAF



Yvette Leon,  
Staff Accountant

### Ingredients:

- 1 1/2 pounds ground turkey
- 1 bell pepper, chopped
- 1 onion, chopped
- 2 carrots, cut in small cubes
- 1 egg, beaten
- 2 teaspoons salt
- 2 teaspoons pepper
- 2 teaspoons cumin
- 1 small can tomato sauce

### Preparation:

Heat oven to 350 degrees. Then mix first 8 ingredients. Press into 8x4-inch loaf pan sprayed with cooking spray. Add the tomato sauce to the top of the meat along with some sprinkles of carrots. Bake meatloaf for 55 minutes or until done. Remove meatloaf from pan. Serve with white rice or any other side you choose.



I AM A FILIPINO-AMERICAN. I WAS BORN IN THE PHILIPPINES, BUT HAVE LIVED ALMOST MY ENTIRE LIFE IN TEXAS. I ESPECIALLY LIKE TO SERVE THIS DISH WHENEVER MANNY PACQUIAO IS FIGHTING. FILIPINO CUISINE REFLECTS ITS CULTURE AND HISTORY WITH THE ECLECTIC INFLUENCES, SUCH AS MALAY, SPANISH OR CHINESE, WHICH COME TOGETHER IN MANY FILIPINO DISHES. ADOBO IS CONSIDERED THE NATIONAL DISH OF THE PHILIPPINES AND IS KNOWN WORLDWIDE; CONSEQUENTLY, COOKS ADD THEIR REGIONAL VARIATIONS TO THE BASIC DISH. THE NAME PROBABLY COMES FROM THE SPANISH WORD "ADOBO," FOR A MIXTURE OF PICKLING SPICES OR MARINADE, WHICH THE COLONISTS GAVE TO THE STEWED DISH THEY FOUND AMONG EARLY FILIPINOS.



Joel Ringer,  
Assistant Controller

## FILIPINO ADOBO

### Ingredients:

- 1 cut up whole chicken (or 2 pounds country-style pork ribs)
- 1/2 cup vinegar
- 1/2 cup soy sauce
- 1 head garlic, crushed
- 3 bay leaves
- 1/2 teaspoon peppercorns
- 1 teaspoon brown sugar

### Preparation:

Marinate the chicken or pork in a bowl with all the spices for 20 minutes. Cook to a boil, then simmer slowly for 45 minutes or until the chicken or pork is tender. (Soy sauce is salty but if needed, season with salt to taste.) Filipinos eat adobo with steamed rice. Enjoy!

**Servings:** 6-8





EASY TO PREPARE AND ALWAYS DELICIOUS!  
GREAT WITH MASHED POTATOES OR PUERTO RICAN  
"TOSTONES". WHAT MAKES IT PUERTO RICAN?  
THE "TOSTONES", OF COURSE. AND YOU CAN  
ALWAYS SAY "PESCA'O VELDE".  
ENJOY!



## FISH IN GREEN "YUMMY" SAUCE

### Ingredients:

- 1 1/2 pounds tilapia, snapper or halibut filets
- 2 cloves garlic
- 3/4 cup olive oil
- 1 onion slice
- 1 cup fresh parsley
- 1 teaspoon salt
- 1 packet Sazón Goya® (Goya seasoning)
- 1 tablespoon white vinegar
- 1/4 cup vino seco (dry cooking wine)

### Preparation:

Place all the seasonings in a blender. Add 1 1/2 tablespoons flour to thicken and mix. Place fish filets in a skillet and cover with the sauce. When the sauce begins to boil, cover well and cook on low heat for 15 minutes.



Olga Reyes,  
Creative Director



## “GIRLS’ NIGHT” MUSSELS WITH GARLIC & WHITE WINE

### Ingredients:

2 pounds fresh mussels  
6 cloves garlic, minced  
1/2 stick butter  
1/2 cup dry white wine  
1 small carton whipping cream  
salt and pepper

### Preparation:

In a pot large enough to hold mussels, heat butter on medium heat. Add garlic and cook for two minutes. Then add wine, cream and mussels. Raise heat to medium-high, cover and cook 5 minutes. Check during cooking and don't overcook. Mussels are done when shells have opened. Serve by dividing into 4 bowls with broth. Add salt and pepper to taste. Garnish with Parmigiano-Reggiano and accompany with toasted baguette and white wine.

Servings: 4



WHEN THE BOYFRIENDS AND HUSBANDS AREN'T WATCHING WE LEAVE OUR PRINCESS TIARAS AT HOME AND GET OUR DRINK AND GRUB ON! SO HERE'S THE SCENE. IMAGINE FOUR GIRLS IN HIGH HEEL SHOES, PARTY DRESSES AND HAIR COIFFED-UP ... EATING BUTTERY, GARLICKY MUSSELS WITH THEIR PERFECTLY MANICURED HANDS. YES, WE ADMIT IT. WE'RE FAR FROM GLAMOROUS. BUT THESE SUPER EASY TO MAKE AND VERY DELICIOUS MUSSELS ARE WELL WORTH IT. THERE'S SOMETHING ABOUT THIS MEAL THAT JUST MAKES YOUR WORRIES MELT AWAY. THAT PART MAY HAVE SOMETHING TO DO WITH THE ENDLESS MATERIALIZING OF WINE IN OUR GLASSES. BUT REST ASSURED, THESE MUSSELS ARE SHOW-STOPPERS. NO JOKE. IF YOU DON'T BELIEVE ME, ASK THE GIRLS!

Susan Vargas,  
Jr. Art Director



## HUACHINANGO A LA VERACRUZANA

### Ingredients:

- 6 Huachinango (red snapper) filets
- 2 tablespoons butter
- 2 bay leaves
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon dried oregano
- 6 jalapeño peppers (jalapeño means "from Jalapa," the city where my grandma grew up)
- 1 tablespoon oil
- 4 garlic cloves
- 1/2 cup chopped onion
- 2 pounds peeled, chopped tomatoes
- 1 green pepper cut in strips
- 1/4 cup capers
- 1 teaspoon salt

### Preparation:

Heat oil in a large saucepan and fry the garlic and onion for three minutes. Add tomatoes and bring to boil. Then add the green pepper and stir for 2 minutes. Add salt, pepper, bay leaves and oregano. When it returns to boil again, cover and simmer for 8 minutes. Add capers (and green olives if you want) and cook for another 5 minutes. Check the taste and remove from heat. Preheat oven at 375 degrees for 20 minutes. Wash and dry the fish filets and sprinkle lightly with salt and pepper. Melt butter in large skillet, sauté the fish on both sides, and put in a greased baking pan. Pour on sauce, cover dish with foil, and bake for 10 to 15 minutes. Place a jalapeño pepper by each filet before serving.

Enjoy!!!

Servings: 6



HERE IS THE REAL  
"HUACHINANGO A LA  
VERACRUZANA"...

MMMMMHHH. MY GRANDMA,  
WHO GREW UP IN VERACRUZ,  
MEXICO, USED TO COOK THIS  
DISH FOR SPECIAL SUNDAY  
REUNIONS AT HER HOME.  
SINCE THEN, HER ORIGINAL  
RECIPE HAS EVOLVED IN THE  
HANDS OF MY MOM. SHE  
ADDED GREEN OLIVES, CHILE  
CHILACA (ANAHEIM PEPPER),  
AND SOMETIMES EVEN  
SHRIMP. HERE IS THE  
ORIGINAL;  
I HOPE YOU LIKE IT.

Rodrigo Fernandez del Castillo,  
Senior Research Manager



# PATRÓN FAMILY TRADITION

EVERY CHRISTMAS, GENERATIONS OF MY FAMILY WOULD GATHER AT MY GRANDMOTHER'S HOUSE AND SPEND THE DAY MAKING TAMALES. WHILE THEY WERE PREPARED, WE SHARED FAMILY STORIES AND GOT CURRENT ON WHAT WAS HAPPENING IN EACH OTHER'S LIVES. IT WAS A TIME OF TOGETHERNESS AND FAMILY. WHEN SHE DIED, THE TRADITION WAS LOST, BUT HER WONDERFUL TAMALES REMAIN AS PART OF HER LEGACY. ENJOY!







# LENCHAS' TAMALES

## Ingredients:

### Wrapping

24 pieces corn husks, shell type,  
wide and clean

### Filling

12 boiled carrots, sliced into 24 pieces  
12 fresh jalapeño chiles, sliced into 24 pieces  
box of raisins  
12 bananas, fried and sliced into 24 pieces  
1 pound shredded chicken in green sauce  
(can be store bought)

1 pound shredded pork in red  
sauce (can be store bought)

### Masa

1 3/4 cups MASECA®  
corn flour for tamales  
12 fluid ounces vegetable broth  
4 fluid ounces vegetable oil  
1 tablespoon salt  
1 teaspoon baking powder

## Preparation:

Soak the corn husks in warm water until soft. Remove the grain from the fresh corn and grind in a blender. With an electric mixer, blend MASECA, vegetable broth, vegetable oil, salt and baking powder to obtain a consistent mixture. Spread one tablespoon of masa over corn husk, and place one slice of jalapeño, a spoonful of shredded chicken, a spoonful of shredded pork, 3-4 raisins, a slice of cooked carrot, and a slice of cooked banana. Fold the sides of the corn husk to center over the masa so that they overlap to make a long package. Fold the empty part of the husk under, so that it rests against the side of the tamale with the "seam." Stand the tamales in a steamer folded side down. The steamer needs to have water up to the base where the tamales are resting. Cook tamales with hot water and over a high flame for 35 to 40 minutes. Tamales are done when the masa separates easily from the corn husk. The water level of the steamer must be checked often, at least every 20 minutes.

**Servings:** 24





A HOLIDAY, COZY, COMFORT FOOD. OUR FAMILY RECIPE HAS BEEN IN THE FAMILY FOR AT LEAST 4 MONTHS AND A COUPLE OF WEEKS. IT'S BOUND TO BE A HOLIDAY FAVORITE!

## MAC & GEE WHIZ

**Servings:** About 5 to 7

**Ingredients:**

- 1 (16 ounce) package macaroni
- 2 1/2 cups shredded sharp cheese whiz
- 1/2 cup plain yogurt
- 1 tablespoon butter
- 1 (14.5 ounce) can stewed tomatoes
- 1/8 teaspoon celery seed
- salt to taste
- ground black pepper to taste
- 1/4 tablespoon dried basil

**Preparation:**

In a large pot cook macaroni pasta in boiling salted water until al dente. Drain well. In a large saucepan over medium heat, melt the grated cheddar cheese, plain yogurt, butter or margarine, and tomatoes. Cook until smooth. Add salt, black pepper, basil to taste, celery seed and cooked pasta to saucepan. Stir until blended. Shut off burner and let sit for 10 minutes with lid on, stirring occasionally.



Miguel Noguera,  
Associate Creative Director



## MACHACA EN SALSA

### Ingredients:

14 ounces machaca (Mexican style dried beef)  
1 1/2 big onions, cut in slices  
1 green bell pepper, cut in slices  
2 pieces garlic  
8 Roma tomatoes  
3-5 serrano peppers (5 is more spicy)  
1 teaspoon beef bouillon  
2 tablespoons olive oil  
salt

### Preparation:

In a big pan warm olive oil and then add the machaca and cook it for 3-5 minutes at medium heat. Then add the sliced onions and green bell pepper to the mix. Cook for another 4 minutes; after that keep it on low fire. In another pan grill the tomatoes, garlic and serrano peppers. Once they're all grilled and dark, blend them with salt. Now that you have a salsa looking mixture, add it to the machaca mix and cook on medium heat for 5-7 minutes, until you have a good consistency and the mix is not too watery. Then the best part: Serve and eat with corn or flour tortillas. It goes well with rice too.


**Servings:** 4



**Dannelly Flores,**  
Senior Account Planner







## MEXICAN SHEPHERD'S PIE

### Ingredients:

1 pound ground beef  
1 pound ground pork  
1 onion chopped  
3-4 jalapeño peppers  
1 quart heavy cream  
2 cans creamed corn  
1 1/2 - 2 pounds potatoes (3 big ones)  
4 tablespoons butter (1/2 stick)  
1/2 cup beef broth  
1/2 teaspoon chipotle chile  
Lawry's® Seasoned Salt, dill weed, olive oil, ground ginger

### Preparation:

Most people skin the potatoes but we prefer to leave them on. After washing them thoroughly, quarter them and boil them with Lawry's Seasoned Salt and a little olive oil to reduce starchiness. Boil for 20 minutes. While the potatoes are cooking, melt 4 tablespoons butter (1/2 stick) in large frying pan. Sauté chopped onions in butter until tender over medium heat (10 minutes). Chop the jalapeños and add them to the onions. Add the creamed corn at the end, with the onions and jalapeño. Sauté ground beef and ground pork until no longer pink. Add a little Lawry's Seasoned Salt. Add chipotle chile powder. Add 1/2 cup beef broth and cook, uncovered, over low heat for 10 minutes, adding more beef broth as necessary to keep moist.

*Continued on next page*



COOKING IN OUR HOUSEHOLD IS A LOT OF FUN. MY HUSBAND AND I HAVE MULTICULTURAL INFLUENCES. WE USE AN ECLECTIC APPROACH IN ALL THE FOOD WE COOK. AN ENGLISH RECIPE LIKE SHEPHERD'S PIE BECOMES EVEN TASTIER WHEN YOU ADD SOME EXTRA LOVE AND SPICE TO THE MIX!

**Sonia Rocha,**  
Communications Planning Director



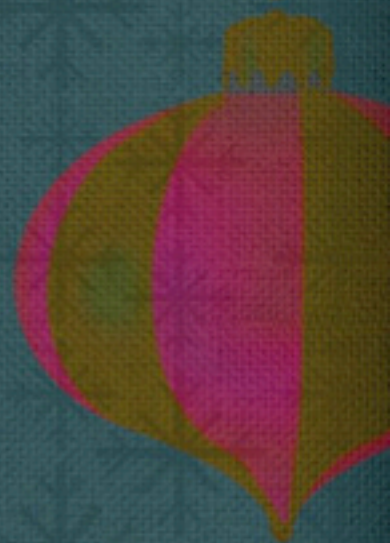


#### **Preparation Continued:**

Mash potatoes and mix in a quart of heavy cream, dill weed, ginger and a little Lawry's Seasoned Salt. The heavy cream really makes the mashed potatoes super fluffy. Add the spices to your level of taste. We go heavy on the dill weed, light on the ginger, which is there as a digestive aid and to smooth out the bolder flavors. And we go easier on the salt because you can always add but you can't take it out. Place beef and pork in a baking dish first. Then pour onion, jalapeño and creamed corn mix over the beef and pork. Distribute the mashed potatoes on top. Rough up with a fork so that there are peaks that will brown nicely. You can use the fork to make some designs in the potatoes as well.

Cook in 400-degree oven until bubbling and brown (about 30 minutes). Broil for last few minutes if necessary to brown. This version of Shepherd's Pie pairs nicely with a bottle of bold Spanish Rioja.

**Servings:** 4-6





THE PAELLA HAS ITS ORIGINS IN VALENCIA, SPAIN. BUT FOR ME WHERE IT REALLY COMES FROM IS MY GRANDMOTHER'S KITCHEN. SINCE I WAS A CHILD THIS HAS BEEN A TRADITION AT LARGE FAMILY GATHERINGS. WHEN WE'D GET TO HER HOUSE WE'D GO STRAIGHT TO THE KITCHEN. THE DELICIOUS SMELL OF PAELLA WOULD PERMEATE THE AIR. MY HUNGER ALWAYS TRIPLED THANKS TO THE DELICIOUS SMELL. WE'D START SNACKING ON CHORIZO, CHEESE, BREAD ... ANYTHING WE COULD GET OUR HANDS ON. THE COOKS AND MY GRANDMOTHER WOULD "SHOO" US AWAY. ONCE THE REST OF THE FAMILY ARRIVED, WE'D SIT AT A LONG TABLE AND THE FEAST WOULD BEGIN. THE HIGHLIGHT OF THE EVENING WAS WHEN MY GRANDMOTHER CARRIED THE FLAWLESSLY PRESENTED PAELLA INTO THE DINING ROOM.

MANY STORIES, MEMORIES AND LAUGHTER WERE SHARED DURING THESE FAMILY MEALS. I SHARE A SIMPLE PAELLA RECIPE, SO YOU MAY BEGIN YOUR OWN FUN TIMES AND MEMORIES WITH YOUR FAMILY AND FRIENDS.



Alejandro Amelio,  
Account Supervisor



# PAELLA MADE EASY

## Ingredients:

3 pounds chicken thighs, breast halves and/or drumsticks  
2 dozen medium-size shrimp  
1 dozen live Manila or Littleneck clams  
1 sliced link Spanish chorizo  
salt and freshly ground pepper, to taste  
3 tablespoons olive oil  
1 yellow onion, chopped  
3 roasted red bell peppers, cut into thick strips  
4 large garlic cloves, minced  
1/2 teaspoon saffron threads, crushed  
2 cups long-grain white rice  
1/2 cup dry white wine  
2 1/2 cups chicken broth  
3 tablespoons chopped fresh marjoram  
1 can (14 1/2 ounces) diced tomatoes with juices  
1 cup frozen peas

## Preparation:

Preheat oven to 350 degrees. Brown the chicken and vegetables (excluding tomatoes and peas). Season the chicken generously with salt and pepper. In a large ovenproof frying pan over medium-high heat, warm the olive oil. Add the chicken and cook, turning once or twice, until golden brown on both sides, about 6 minutes total. Transfer the chicken to a plate. Add the onion, roasted bell peppers and garlic to the drippings in the pan. Reduce the heat to medium and sauté until the vegetables are softened, 4 to 5 minutes. Stir the saffron into the vegetables, then add the rice, stirring to coat all the grains. Stir in the wine, broth and marjoram and bring to a simmer. Return the chicken and any juices from the plate to the pan. Cover the pan, transfer to the oven, and bake for 45 minutes. Uncover the pan and stir in the tomatoes with their juices, frozen peas, clams, shrimp and chorizo. Cover and continue to bake until the rice is tender and most of the liquid is absorbed, about 15 minutes more. Season with salt and pepper. Serve directly from the pan.

**Servings:** 4-6







FARMERS CHEESE AND CASHEW NUTS COOKED INTO A DELICIOUS GRAVY WITH FRESH INDIAN SPICES. THE CUISINE IS STRONGLY INFLUENCED BY PERSIAN AND TURKISH CUISINES OF CENTRAL ASIA. THE TASTES OF MUGHLAI CUISINE VARY FROM EXTREMELY MILD TO SPICY, AND ARE OFTEN ASSOCIATED WITH A DISTINCTIVE AROMA AND THE TASTE OF GROUND AND WHOLE SPICES.

Vivek Chittur,  
Interactive Director

## PANEER KAJU PASANDA

### Ingredients:

14 ounces cottage cheese (paneer)  
15-20 pieces cashew nuts  
2 medium onions  
2-inch piece (or 2 tablespoons desiccated) coconut  
1-inch piece ginger  
2-3 cloves garlic  
a few sprigs fresh cilantro leaves  
5-6 red chiles (dry)  
1 tablespoon poppyseeds  
1 teaspoon cumin seeds  
1 tablespoon coriander seeds  
2 cloves  
1-inch stick cinnamon  
2 tablespoons sunflower seeds  
3 tablespoons oil to deep fry  
1 cup tomato puree  
1 teaspoon sugar  
salt to taste  
1/2 cup fresh cream

### Preparation:

Cut cottage cheese into 1 1/2 inch cubes. Heat sufficient oil in a pan and deep-fry the cottage cheese cubes till light golden. Drain onto absorbent paper and set aside. Deep-fry cashew nuts in the same oil till light golden. Drain onto absorbent paper and set aside. Peel, wash and roughly chop onions. Wash and roughly chop the coconut. (You can use unsweetened shredded coconut, if fresh coconut is not available.) Peel, wash and roughly chop ginger and garlic. Clean, wash and roughly chop cilantro leaves. Remove stems and dry roast red chiles along with poppyseeds, cumin seeds, coriander seeds, cloves and cinnamon. Combine onion, coconut, ginger, garlic, coriander leaves, red chiles, poppyseeds, cumin seeds, coriander seeds, cloves, cinnamon and sunflower seeds and grind to a paste using a little water. Heat three tablespoons of oil in a pan, add the ground paste, and fry for four to five minutes till it emits a nice aroma. Add tomato puree, sugar, salt and 1/2 cup of water and continue to simmer on low heat for 10 to 15 minutes or till gravy is thick. Add the fried cottage cheese and cashew nuts and cook further for a minute. Gently stir in the fresh cream and serve hot.

Servings: 4







WHEN MY BROTHER AND I WERE LITTLE, WE ALWAYS WENT TO NONA'S (OUR GRANDMOTHER) HOUSE ON SUNDAYS FOR LUNCH. SHE WOULD ALWAYS PREPARE THESE YUMMY NOODLES WITH A WHITE SAUCE FOR US, EVERY TIME! WE LOVED IT. MY MOTHER NEVER COOKED THIS DISH AFTER WE MOVED TO THE UNITED STATES BECAUSE SHE DID NOT HAVE THE RECIPE. MY NONA VISITED US HERE IN 1986, FOUR YEARS AFTER WE LEFT PERU, AND TAUGHT MY MOTHER HOW TO PREPARE THIS DISH. WE ENJOY THIS TREAT ABOUT ONCE A MONTH NOW AND IT IS AS GOOD AS WE REMEMBER IT, BUT MOST IMPORTANTLY, IT BRINGS BACK GREAT CHILDHOOD MEMORIES. THANK YOU, NONA.

Remo Mazzini,  
Promotions Field Manager

## PECAN CREAM NOODLES

### Ingredients:

3 tablespoons vegetable or olive oil	1 tablespoon olive oil
1 pound shelled pecans	1 teaspoon salt
1 tablespoon chopped garlic	1 teaspoon pepper
1/2 can evaporated milk	Parmesan cheese to taste
4 slices of bread (white part only, cut edges off)	1.3 pounds noodles of choice: spaghetti, linguini or fettuccini

### Preparation:

*Preparing the Pecan Pesto:* Place pecans into a pan with hot water and salt; let rest for five minutes and rinse. Place bread in blender, add the milk and blend. Add the Parmesan cheese, garlic, olive oil, salt, pepper and pecans and blend. Add additional milk to diminish the sauce thickness if desired.

*Preparing the Noodles:* Fill a large pot with water, add tablespoon of oil and salt (to preference), and bring to boil. At boiling point, add the noodles and boil according to package time instructions. Rinse noodles and let rest. Add pecan pesto and mix to preference. Serve and enjoy.

**Servings:** 4



Astin Irving,  
Jr. Research Analyst

## PEPE'S CHILI CON CARNE

Servings: 4-6

### Ingredients:

1 pound ground beef chuck		
2 tablespoons chipotle chili powder or just regular chili powder		
3 teaspoons ground cumin	1 tablespoon salt	
2 tablespoons chili powder	1 tablespoon dried oregano	
2 tablespoons paprika	1 large red onion, diced	
1 teaspoon black pepper	1/2 large green bell pepper, diced	4 cups beef broth
1 teaspoon cayenne pepper	1 tablespoon minced garlic	2 cups water, plus more if needed
1 tablespoon garlic powder	1 (14-ounce) can roasted diced tomatoes, with juices	3 cans Trappey's® pinto beans with jalapeños
1 teaspoon crushed red pepper		1 can dark beer

### Preparation:

In a heavy Dutch oven over medium-high heat, brown ground chuck, stirring occasionally until the meat is well browned, 4 to 6 minutes. Drain the fat completely. I sometimes drain the fat off with paper towels. I hate grease in my chili. Add the diced onions, bell pepper, garlic and oregano and cook for about 4 minutes. Add chili powder, cumin, paprika, black pepper, cayenne pepper, garlic powder, crushed red pepper, and salt. Add the roasted tomatoes, beef broth, water, Trappey's beans with jalapeños, and beer and bring to a boil. Reduce the heat to a simmer. Partially cover the pot, and cook, stirring occasionally, until all the flavors come together, about 1/2 to 1 hour. (Note: Add more or less liquid or ingredients, depending on your liking. Cook the chili to your preference, about 20 to 30 minutes longer.) Serve hot on top of Spanish rice or with shredded cheddar cheese.





# PLAIN OLE SOUTHERN FRIED PORK CHOPS

YEW CAN'T BE FROM TEXAS AND NOT LIKE YER  
POKE CHOPS. IT'S PRETTY SIMPLE, BUT YOU  
GOTTA GIT THE HANG OF THE FRYING PART.

## Ingredients:

buttermilk or cream

fresh lemon juice

flour or, if you insist, those trendy Japanese bread crumbs (but flour is  
how we do it)

salt and pepper to taste

breakfast cut pork chops (the thick ones don't get it)

## Preparation:

Soak pork chops in cream or buttermilk, with squeeze of lemon, for  
couple hours, even overnight, in fridge. When ready to cook leave out for  
15-30 minutes to reach room temperature. Sift good amount of flour onto  
wax paper on your counter (or as we call it, the "drainin' board"). Heat  
your big black iron skillet dry for maybe 10 minutes; then add a bit of  
starter oil. Salt and pepper your chops and dredge them in the flour one  
at a time. Put directly into skillet when it's ready to give a sizzle. Leave  
some space around each. Do not move them around; this will tear off  
your outer crust, and that's the only reason you're taking the trouble to  
do this in the first place. I learned the technique the hard way. Cook  
those suckers till you think they're pretty brown on one side. Gently turn  
over if they will turn. Do NOT tear off that crust. This is the hardest part  
and it's what separates the mamas from the babies. Cook until second  
side is crispy brown. Serve with rice. I won't tell you how to make the  
cream gravy that goes on the rice because no one in his right mind is  
gonna eat all that fat these days.

Servings: 12



Diane Lowrey,  
English Proofreader





THIS IS A DISH MY GRANDMOTHER INVENTED MANY, MANY YEARS AGO. THE TRUTH IS THAT THE FLAVOR CATCHES YOU, EVEN THOUGH THE NAME OF THE DISH MAY STRIKE YOU AS ODD. THIS IS A DISH VERY SIMILAR TO THE MEXICAN MOLE, A TRUE DELIGHT TO YOUR TASTE BUDS.

Jorge Leza,  
Senior Art Director

## POLLO Á LA DR PEPPER (CHICKEN IN DR PEPPER)

### Ingredients:

- 3 pounds chicken breasts
- 1 16-ounce can Dr Pepper®
- 3 ancho chile peppers
- 1 small can chipotle chiles
- 1 clove garlic
- 1 onion
- 1 Knorr chicken broth cube
- 6 medium-sized tomatoes
- "salt to taste"

### Preparation:

Cut the 3 pounds of chicken breasts into medium-size pieces and cook with the Knorr broth cube, half the onion and salt. After chicken breasts are cooked, remove from pot and drain. Set chicken broth aside. Boil the ancho chile peppers; then remove seeds and blend together with the chipotle chiles, 1 garlic clove, the other half onion and the tomatoes, roasted and peeled. Add a little Dr Pepper so that everything can blend together very well (it has to be very well blended). Once the mix is blended, put in a pot with a little bit of oil to fry the mixture. Fry very well and start adding Dr Pepper to taste, trying to thicken to achieve a gravy consistency. Also, you can add some of the chicken broth you set aside. Let mixture boil for a while and add the pieces of chicken breasts. Let all boil again and add salt to taste. May be served with white rice.

Servings: 4-5





## QUICK AND EASY MEAL FOR THOSE FAST-PACED FAMILIES.

### PORK CHOPS & RICE

**Ingredients:**

Put in 11x13 glass pan:

1 cup rice

1 package beefy Lipton® onion soup mix

2 cups water

**Preparation:**

Brown 4 pork chops on the top of the above. Pour drippings from the pork chops on top of chops. Cook in 11x13 glass pan for 45 minutes covered in 350-degree oven and then 15 minutes at 350 degrees uncovered.

**Servings:** 4

Howard Brown,  
Vice President/Gen. Mgr.



MY MOM WOULD MAKE PUPUSAS OFTEN FOR SPECIAL GATHERINGS, OR FOR AN ANYDAY MEAL, BUT REGARDLESS, THE WONDERFUL SMELL AND THE TASTE ALWAYS TAKES ME HOME. NOW IN MY HOME I PREPARE THEM FOR MY HUSBAND AND DAUGHTER AND WE CONTINUE THE SAME TRADITIONS.

Roxana Sibrian,  
PR Sr. Account Executive



## PUPUSAS WITH CURTIDO

### Ingredients:

#### *For the curtido (pickled cabbage):*

- 1/2 medium green cabbage, shredded
- 2 carrots, shredded
- 1 red bell pepper, thinly sliced
- 1 1/2 cups cider vinegar
- 1 cup water
- 1/2 teaspoon dried Mexican oregano leaves, crushed
- 1/2 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/2 tablespoon salt

#### *For the pork filling:*

- 3 pounds pork butt, trimmed and cubed
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 6 cups water
- 1 (15-ounce) can diced tomatoes
- 1 yellow onion, diced
- 2 cloves garlic
- 1 jalapeño, diced
- 1/2 teaspoon Mexican oregano
- 1/2 teaspoon cinnamon
- 1 tomato bouillon cube, dissolved

#### *For the corn dough:*

- 3 1/2 cups masa harina
- 2 1/4 cups warm water
- 1/2 teaspoon salt
- olive oil
- 1 1/2 cups shredded mozzarella cheese



**Preparation:**

**For the curtido (pickled cabbage):** Combine the vegetables in a large bowl. In a medium saucepan, add the vinegar, water, spices and salt and bring to a boil. Pour the hot pickling liquid over the vegetables. Mix the ingredients well and let stand for at least 24 hours before serving, stirring occasionally. This mixture will keep for 2 to 3 weeks covered in the refrigerator. **For the pork filling:** Season the pork with the salt and pepper and place in a medium saucepan. Add enough water to cover by 2 inches, about 6 cups. Bring to a simmer and partially cover the pot; cook until the meat is very tender and almost all of the liquid has evaporated, about 3 hours. Uncover the pork and let it slightly pan fry in its own fat, stirring until golden brown. Meanwhile, combine the tomatoes, onion, garlic, jalapeño, oregano and cinnamon in a blender. Puree until smooth. Add the tomato mixture to the pork in the saucepan and stir to loosen any browned bits from the bottom of the pan. Lower the heat and simmer for another 30 minutes, or until pork is falling apart and most of the liquid has reduced from the sauce. The pork mixture should be very thick. Set aside to cool while you prepare the masa dough. (This will yield more pork than you need for this recipe but any leftover can be frozen and/or used in other recipes.) **For the dough:** In a bowl, combine the masa harina with the warm water and salt. Mix until soft dough forms. Let stand for 20 to 30 minutes. Stir in up to a 1/4 cup of cold water, until the dough becomes soft but not sticky. Divide the dough into 16 golf ball size pieces. Keep the dough covered as you work.

**To form a pupusa:** Rub the palm of your hands with a little olive oil. While holding dough ball in one hand, press the thumb of the other hand in the middle of the ball of dough to form an indentation; then, turning the dough, begin to flatten it with your fingertips into a 4-inch concave disk resembling a small bowl. In the center of the disk add 2 tablespoons of the pork and 1/2 tablespoon of the shredded cheese. Bring the edges of the dough together over the filling and squeeze to form a seal. Working gently, press the dough into a flattened disk, flattening the dough middle and edges to form a thick pancake shape about 4 inches in diameter. Repeat with the remaining dough and filling. Lightly rub the pupusas with oil and place them on a heated, greased griddle over medium-high heat. Cook each side until golden brown in spots and slightly puffy, 3 to 4 minutes per side. Serve hot, with a serving of the pickled cabbage on the side.

**Servings:** 4 to 6



**GROWING UP,** MY BROTHER AND I ALWAYS LIKED TO EXPERIMENT IN THE KITCHEN AND IMPRESS OUR PARENTS WITH OUR AMATEUR SKILLS. MY BROTHER, NOW A PROFESSIONAL CHEF, LOVES MAKING DINNER FOR THE FAMILY AND STILL LETS ME HELP OUT. ONE OF MY PARENTS' COMMON REQUESTS AND OUR FAVORITE DISH TO MAKE IS SALMON, VEGETABLES AND RICE. IT'S NOT ONE OF OUR TRADITIONAL DISHES, BUT WE ALL MAKE IT A POINT TO BE ON TIME FOR DINNER WHEN IT'S ON THE MENU.

**Janaile Castillo,**  
Account Executive

## SALMON, VEGETABLES AND WILD RICE

### Ingredients:

8 ounces salmon filet  
1 teaspoon olive oil  
1 1/2 quarts water  
2 tablespoons sesame seed oil  
1 cup sweet potatoes  
salt

5 ounces snow peas  
1 bag wild rice  
1 cup soy sauce  
1/2 cup sugar  
1/2 cup cherry tomatoes  
pepper

### Preparation:

Preheat oven to 350 degrees. **Salmon:** In sauté pan, heat the olive oil. Add a pinch of salt to salmon, then add to pan. Brown salmon on both sides, then place onto sheet pan and put into oven at 350 degrees for 5-7 minutes. While salmon is cooking, add the snow peas and sauté until tender. Fry potatoes and tomatoes until golden brown. **Wild Rice:** In a pot, add water and bring to boil. Add in wild rice, reduce heat to simmer, and cook for 30 minutes. Turn off heat and let sit for 5 minutes. Drain. Add salt and pepper to taste. **Sauce:** In sauté pan, add soy sauce, sesame oil and sugar over low heat. Let reduce by half and stir to keep from burning. Add more sugar if sauce is not sweet enough to taste.

**Presentation:** Place salmon on top of wild rice, then add snow peas, tomatoes and potatoes to one side and pour sauce on top.

**Servings:** 1-2





VERY DELICIOUS, AND EASY TO MAKE. EASILY MADE INTO A VEGETARIAN DISH BY REMOVING SAUSAGE OR COOKING ON THE SIDE.

## SAUSAGE PESTO PASTA

### Ingredients:

12 ounces Italian sausage links  
8 ounces farfalle or other small pasta shape,  
cooked and drained, kept warm  
1/2 cup basil pesto, purchased or homemade  
1/2 red bell pepper, seeded and diced  
2 ounces grated Parmesan cheese  
fresh basil, chopped

### Preparation:

Prepare medium-hot fire in grill; grill sausage directly over fire, turning to cook and brown evenly, about 10-12 minutes. Remove from fire and set aside.

In large shallow bowl, toss farfalle with pesto until evenly coated. Slice sausage into rounds and add along with diced red pepper and cheese. Garnish with chopped fresh basil.

### Serving Suggestions:

Use the hot grill to grill garlic bread. Toss fresh garden tomato wedges lightly with a vinaigrette to serve alongside.

Servings: 4



Jake Frick,  
Account Executive





## SHRIMP A LA DIABLA

### Ingredients:

- 1 medium onion
- 30 whole dried chiles de árbol, stemmed
- 2 tablespoons garlic oil or olive oil
- 2 garlic cloves, pressed
- 2 pounds uncooked extra large shrimp, peeled, deveined and tails removed
- salt to taste
- 4-5 green onions (about 1 cup sliced)
- 4 cups hot cooked white rice

### Preparation:

Chop onion and set aside. Place chiles into blender. Blend until chiles look like small flakes and measure about 2 tablespoons. Then add chile flakes to 12 inch skillet, cook and stir over medium heat about 30 seconds or until toasted. (Be careful not to burn chiles.) Immediately add oil, onion and garlic pressed with a garlic press. Cook 2-3 minutes or until onion begins to soften. Add shrimp. Cook 5-7 minutes or until shrimp is opaque and cooked through, stirring constantly with spoon. Season with Goya® Azafran and salt. Remove skillet from heat. Use paring knife to slice green onions. Serve shrimp mixture over rice. Sprinkle with green onions.

Servings: 8

# EL CAMARON

Dinorah Garcia,  
Recruiting Director





THIS IS A LOW-MAINTENANCE  
RECIPE: IT BAKES ALL DAY  
WITHOUT YOU HAVING TO  
FUSS WITH IT!  
A FAMILY FAVORITE.

Karla Gutiérrez,  
Jr. Art Director



## SLOW COOKED TEXAS BRISKET

### Ingredients:

1 average size brisket  
1/4 cup brown sugar  
1 cup ketchup  
1/4 cup Worcestershire sauce  
1 cup water  
1 teaspoon celery seed  
1 teaspoon chili powder

### Preparation:

Trim excess fat from brisket and place in a 9 x 12 Pyrex dish, or any oven-safe pan with sides (make sure the fat side of the brisket is facing up). Cover with foil and cook brisket 1 hour per pound at 250 degrees. Example: a 5 3/4 pound brisket would cook for 5 hours and 45 minutes.

Drain and slice brisket. Mix together the remaining ingredients and pour over the brisket.

Cover the brisket with foil again and bake 1 hour at 350 degrees. Delish!

Servings: 6-8



# SPANISH RICE

## Ingredients:

2 tablespoons olive oil (can use up to 1/4 cup)  
1 onion, chopped fine  
1 garlic clove, minced  
2 cups white rice  
3 cups chicken stock  
1 tablespoon tomato paste or 1 cup diced fresh  
or cooked tomatoes, strained  
pinch of oregano  
1 teaspoon salt

## Preparation:

In a large skillet brown rice in olive oil on medium/high heat. Add onion and garlic. Cook onion rice mixture, stirring frequently, about 4 minutes, or until onions are softened. In a separate saucepan bring stock to a simmer. Add tomato sauce, oregano and salt. Add rice to broth mixture. Bring to a simmer. Cover. Lower heat and cook 15-25 minutes.

Servings: 6

**Liz Gonzalez,**  
Associate Media Director





THIS IS NOT ONLY A TASTY DISH, BUT A SOCIAL EVENT, AN EXCUSE FOR A BIG PARTY, AND AN ADVENTURE, AS YOU WILL SEE WHEN IT COMES TO BUYING ALL THE INGREDIENTS (MAINLY IF YOU GO SHOPPING WITH A FRIEND THAT LOVES CALAMARI AND WANTS TO ADD MORE THAN NECESSARY TO THE RECIPE!). THIS IS MY GREAT GRANDMOTHER'S RECIPE, AND AS SHE WOULD SAY, "THERE ARE SOME 'MUSTS': THE PAELLA (BIG AND ROUNDED PAN WHERE THE PAELLA IS COOKED, THOUGH YOU CAN TRY WITH THE BIGGEST SKILLET IN YOUR KITCHEN); ALL INGREDIENTS MUST BE FRESH; A WOOD FIRE (PLEASE, DON'T EVEN TRY TO USE THE CHARCOAL YOU CAN FIND IN GAS STATIONS - IT WOULD BE BETTER TO COOK IT ON THE STOVE); FRIENDS AND FAMILY TO HELP YOU WITH ALL THE CHOPPING AND CLEANING; ONE OR TWO JARS OF SANGRIA OR 2-3 BOTTLES OF SPANISH RED WINE; AND AS ALWAYS, LOTS OF LAUGHING, MUSIC, DANCING ... AND LOVE." NOTE: IF YOU DON'T LIKE SEAFOOD YOU CAN ALSO COOK WONDERFUL PAELLAS WITH SOME PORK AND CHICKEN. HOPE YOU ENJOY THE ADVENTURE!

Patricia Sugg,  
Senior Translator





# SPANISH SEAFOOD PAELLA

## Ingredients:

1/2 pint olive oil	2 teaspoons minced garlic	salt and pepper to taste
1 monkfish (don't forget the head!!)	6 ounces onions, chopped fine	1 teaspoon paprika
10 mussels	1 medium tomato, skinned and chopped	1/4 teaspoon saffron
10 clams	1 small green bell pepper, seeded and chopped	2-3 cups rice (half cup for each person)
10 small calamari		lemon wedges, to garnish
10 shrimp		1 bay leaf
6 lobster claws		

## Preparation:

60-90 minutes

Clean, scrub and de-beard the mussels and clams, discarding any that don't close when tapped sharply. Set aside. Then clean the fish (keeping the head), the lobster claws and the shrimps and set them all in a pot. Pour 10-12 cups of water in the pot and season with salt, some olive oil drops, the bay leaf and bring it up to heat. (This is for the broth. If you prefer, you can use a bottle of fish broth instead.) Wait until it is boiling and turn off the heat. Set it aside. Pour the broth in a colander over another pot and set aside. Take out the fish (this time you can get rid of the head!), the lobster and the shrimps. Get rid of the bay leaf and set all these ingredients aside. Also clean the calamari (taking out the middle bone) and chop them. Set aside. Grease the paella (or pan) with olive oil. Add the onion, tomato, pepper and garlic and cook the mix for about 4 minutes. Add the paprika and the calamari and cook for about 5 more minutes (stir the mix from time to time). Then add the fish, the shrimps and the clams. Cook for 4 minutes. Stir while cooking. Add 2 cups of rice (half cup for each person) and stir for 2 minutes. Follow by adding 5-6 cups of the fish broth (about double for each cup of rice and one and a half more). Stir. Add the saffron, salt and pepper to taste, the lobster claws and the mussels and cook all for 20 minutes. (You can add more broth if the rice is not done yet and cook a little more.) Take the pan off the fire and let it rest for 5 more minutes. Serve the paella straight from the pan, garnished with lemon wedges. Note: Maybe you can also have gazpacho with this dish. The recipe is in our cookbook!

Servings: 6-8



# SPINACH CAKE

## Ingredients:

3-4 eggs  
2-3 cups flour  
water  
2-3 bags of spinach: wash and cut it in big pieces  
1 or 2 pounds ground meat as desired  
onions, cut in 5 small chunks  
garlic, chopped  
1 cup sour cream  
1 cup ricotta cheese  
8 ounces mozzarella/or quesadilla cheese, shredded  
6-8 ounces Parmesan cheese  
salt, pepper (optional spices to taste)  
olive oil

## Preparation:

Fry meat and remove most of the fatty juice. Heat oil (2 spoons) in pan. Fry onion and mix with meat, garlic and condiments. Add salt, pepper to taste. Once meat is brown, add the spinach and cook it for 5 minutes. Beat eggs with flour and water. Make a dense but runny mixture in a big jar or container. On a flat pan (non-stick) heat 2 spoons of olive oil (every pancake needs this). Pour the mixture (total needed is 4 - 5 big pancakes: not too thick). Turn them over; add small teaspoon of oil again so they don't stick on the pan.

In a round pan, layer tortillas and alternate ingredients:  
one tortilla; meat, spinach and onion mixture; sour cream  
one tortilla; meat, spinach and onion mixture; ricotta cheese  
one tortilla; meat mixture, both sour cream/ricotta  
last tortilla – rest of meat mixture, mozzarella/quesadilla cheese and Parmesan

Place under oven broiler briefly until cheese melts (keep a close eye on it or it will burn).

Or you can microwave.

Serve in slices with Spanish rice and hot sauce or alone.

Servings: 4+



THIS IS AN INTERESTING DISH FULL OF HARDY FLAVORS THAT STICK TO YOUR RIBS AND ARE EASILY WALKED OFF. THE TART SPINACH BLENDS WELL WITH THE LIGHT LAYERS OF MELTED CHEESE AND MEAT, SET OFF WITH A COLORFUL PRESENTATION TO SATISFY ALL YOUR SENSES.

**Herbert MacDonald,**  
Art Director



THIS RECIPE IS FROM MY BEST FRIEND LULÚ VIDALES. WE MET WHILE WORKING AT THE MEXICAN PAVILLION IN EPCOT CENTER THE YEAR IT OPENED, 1982. I AM ALWAYS GRATEFUL TO HER FOR CONVINCING ME THAT COLLEGE WAS FUN AND THEN, FOR INVITING ME TO MEXICO WHERE MY WONDERFUL 12 YEAR ADVENTURE BEGAN. SHE HAS BEEN AN AMAZING FRIEND AND EVEN IF WE ARE NOT RELATED BY BLOOD, SHE'S ONE OF MY SISTERS.

## STUFFED POBLANO PEPPERS WRAPPED IN PHYLLO

### Ingredients:

6 to 8 medium poblano peppers  
25 ounces. Monterey Jack cheese  
2.2 pounds. Phyllo Dough  
5 Roma tomatoes  
half onion  
1 to 2 garlic cloves  
3 sprigs parsley

### Preparation:

#### Sauce:

in a blender or food processor blend tomatoes, onion, garlic cloves and parsley. Saute mix in a skillet, until tender. Season with salt or chicken consommé powder to taste.

**Poblano Peppers:** Roast the peppers until skin is slightly charred. Place in a Ziploc® bag for 20 minutes. This process allows the peppers to "sweat," making the removal of the charred skin easier. Cut a slit on the pepper and remove the seeds. Do not remove the stem. **To make the peppers less spicy:** Put clean peppers in a sauce pan filled with water, 4 tablespoons vegetable oil and 1 tablespoon salt. Cook at low temperature for a few minutes. Drain peppers and pat dry with paper towels. Fill the peppers with enough cheese and wrap the stuffed pepper with a square piece of Phyllo dough. Brush eggwash over the Phyllo dough. Place peppers on a baking sheet and bake at 350 degrees until golden brown. Accompany the pepper with white rice and stewed beans. Drizzle the tomato sauce over the pepper.





# BUEN PROVECHO!

GROWING UP IN A COLOMBIAN HOUSEHOLD OVER IN AUSTRALIA MEANT THAT OUR GRANDPARENTS WORKED EXTRA HARD TO INSTILL OUR CULTURAL CUISINE DEEP IN OUR HEARTS. COOKING TAMALES WAS A WEEKEND EVENT WHICH WE ALL PLAYED A ROLE IN. COME TO THINK OF IT I'M SURE WE PROBABLY MADE MORE MESS THAN HELP BUT IT SURE WAS FUN TO GET OUR HANDS INTO THE MASA. THERE WAS NOTHING BETTER THAN SITTING DOWN TO A HEARTY TAMALES WITH RICE. NOWADAYS I ENJOY IT WITH PLENTY OF AJI. ALTHOUGH THERE ARE MANY VARIATIONS OF TAMALES IN COLOMBIA, THEY ARE ALL WRAPPED IN BANANA LEAVES. ONE OF THE SECRETS FOR MAKING GOOD TAMALES IS TO MARINATE THE MEAT OVERNIGHT.

Vivian Wood,  
Traffic Manager

## TAMALES

### Ingredients:

#### Marinade

1 large white onion, chopped  
6 garlic cloves  
1 large red bell pepper, chopped  
1 large green bell pepper, chopped  
6 scallions, chopped  
2 large tomatoes  
4 tablespoons ground cumin  
3 cubes chicken stock  
1 tablespoon saffron  
salt  
2 cups water

### Filling

4 chicken breasts, medium-sized strips  
1 pound beef, cut into medium-sized chunks  
1 1/2 pounds pork meat, cut into medium-sized chunks  
2 pounds bone-in pork ribs, cut into pieces  
3 large potatoes, peeled and diced  
1 cup carrots, peeled and diced

### Masa

1 pound yellow precooked corn meal  
5 cups boiling water  
salt  
1/2 cup marinade  
2 cubes chicken stock  
1 teaspoon saffron





### **Wrapping**

2 pounds banana leaves, cut into strings about 15 inches long

### **Preparation:**

Marinate the meat the day before you plan to make the tamales. Finely chop all of the marinade ingredients and combine. (Reserve about a third to make the hogao and half a cup to prepare the masa.) Rub mixture all over both chicken and ribs. Place meat in separate plastic freezer bags to marinate in the fridge overnight. Next, make the hogao, a saucy kind of seasoning. Sauté the reserved marinade mix in some olive oil in a pan until everything is soft and tender and the onion is translucent. Keep in the fridge until you are ready to make the tamales. To prepare the masa, place the precooked corn meal in a large bowl. Add the boiling water, salt, chicken stock and saffron, along with the reserved marinade. Mix well; you will probably need to use your hands. Add a bit of salt. To put the tamales together, place 1 piece of the leaf on a work surface and place a second leaf on top, pointing in the opposite direction. Place about 3/4 cup of the masa in the center of a banana leaf and spread it out to form a square shape. Put 1 of each piece of meat on top, along with a little of the vegetables. Top the filling with hogao. Fold the banana leaves up, 1 of the 4 sides at a time, so that the leaves enclose all of the filling, just like wrapping a gift. Tie with string. Repeat until you have all your tamales wrapped. Wrap each tamale package with foil (these keep really well in the freezer). Bring a large pot with salted water to a boil. Add the tamales and then reduce the heat to low. Cover and cook for 1 hour and 45 minutes. Remove the tamales from the pot and let them sit for about 5 minutes before serving. Cut the string and serve in the leaves. Serve with steaming rice and lots of hogao and aji!

**Servings:** 10



"A MAN IS OUT FISHING IN CABO AND CATCHES A HUGE SAILFISH. AT THE END OF THE DAY, THE BOAT RETURNS TO THE DOCK AND THE SAILFISH IS HAULED OFF THE BOAT. AS THIS IS BEING DONE, THE MAN NOTICES A KID FISHING OFF THE SIDE OF THE DOCK WITH A COUPLE OF MINNOWS IN HIS BUCKET. THE KID LOOKS AT THE MAN AND SAYS, "ONLY CAUGHT ONE, HUH?"

Randy Stockdale,  
Executive Group Acct. Dir.

Nut-crusted salmon, popular in restaurants, is surprisingly simple to make at home. Salmon filets are marinated in orange juice, olive oil, and tarragon for just 20 minutes. A blend of mustard and honey is the base that adheres the dried bread crumb and pecan coating to the salmon.



## TARRAGON-PECAN SALMON

Servings: 4

### Ingredients:

4 6-ounce salmon filets	1 tablespoon Dijon-style mustard	2 teaspoons snipped fresh parsley
2 teaspoons finely shredded orange peel	1 tablespoon margarine or butter, melted	2 teaspoons snipped fresh tarragon
1/4 cup orange juice	1 teaspoon honey	snipped fresh tarragon (optional)
2 tablespoons olive oil	1/4 cup fine dry bread crumbs	snipped fresh parsley (optional)
2 teaspoons snipped fresh tarragon	1/4 cup finely chopped pecans	lemon slices (optional)

### Preparation:

Rinse fish; pat dry with paper towels. Place fish in a plastic bag set in a deep bowl; set aside. Combine orange peel, orange juice, olive oil, and the 2 teaspoons tarragon; pour over fish, turning to coat. Seal bag; let stand at room temperature for 20 minutes. Meanwhile, preheat oven to 425 degrees. In small dish combine mustard, melted margarine or butter, and honey; set aside. In another dish combine bread crumbs, pecans, parsley and the remaining 2 teaspoons tarragon. Remove salmon from marinade; discard marinade. Place fish, skin side down, on greased shallow baking pan. Brush with mustard mixture; sprinkle with crumb mixture, pressing crumbs gently to coat. Bake, uncovered, for 12 to 16 minutes or until fish just flakes easily with a fork. If desired, sprinkle with additional tarragon and parsley. Garnish with lemon slices.





Vanessa Casas,  
Jr. Account Executive

## VANESSA'S TATER TOT CASSEROLE

### Ingredients:

- 1 pound ground turkey
- 1/2 cup chopped onion
- 1/4 cup chopped garlic
- 4 cups frozen tater tots
- 1 pound grated mozzarella cheese
- 1 can cream of mushroom soup

### Preparation:

Brown the ground turkey, add onion and garlic; then drain. Transfer the meat mixture into a shallow 2-quart baking dish. Cover meat with one can of mushroom soup. Add salt and pepper (to your discretion). Top it with a single layer of tater tots. Put into the oven to bake at 375 degrees for 45 minutes. Sprinkle a layer of mozzarella cheese on top and put back into the oven for another 5-10 minutes.



## VINCE'S CHEESY GOODNESS

### Ingredients:

1 large can refried beans (usually mild or hot)  
1 large can enchilada sauce  
shredded cheese (enough to cover the entire top of the pan you're using)  
1-2 pounds ground beef  
medium flour tortillas

### Preparation:

Preheat oven to 400 degrees. Mix the refried beans and beef together in a bowl. Using a medium to large spoon, place one generous spoonful of the mixed beef and beans into a tortilla and roll up. Place into rectangular oven-safe pan. Repeat until pan is full. Coat filled tortillas in enchilada sauce. Cover the entire dish in a thick layer of cheese. Bake for approximately 20 minutes or until sauce is bubbling up on the edges and cheese is golden brown. Let cool for 10 minutes and serve.

**Servings:** 3-6 - depending on portion size



TO ADD A LITTLE VARIETY TO MY FAMILY GET-TOGETHERS, I CAME UP WITH THIS DISH. IT'S SIMPLE AND SPICY BUT OH SO GREAT. THIS LITTLE DISH HAS EVEN MADE A FEW GROWN MEN CRY WHEN THE PROPER SPICES ARE ADDED.

Vince Wood,  
Systems Administrator



## ALICE'S DINNER ROLLS FOR FREEZING

### Ingredients:

6 cups flour (set 1 cup aside to cover top and sides in bowl)  
3 teaspoons salt  
1 cup Crisco® shortening  
1/2 cup sugar  
2 cups warm water  
3 packages dry yeast  
2 beaten eggs

### Preparation:

Combine flour, sugar, salt in a bowl. In separate bowl mix warm water and yeast to make water mixture. Add a little water mixture to flour, sugar, salt mixture. Then add Crisco shortening and beaten eggs. Knead. After kneading, leave in bowl. Take your 1 cup of flour that you set aside and pour over side, top and bottom of dough. Then let rise to double size (approx. 3 hours). Lay out on floured board and let double again in size. Next, beat with fist. Add flour if necessary. Roll out to 1/2 inch thick. Cut and place in greased dark pan. Then you can freeze or prepare to cook. Let rise to double in size. Bake at 350 degrees for 15-20 minutes or until they brown.

**Servings:** 2 dozen rolls



**Greg Bartley,**  
Production Studio Manager

THESE ARE THE BEST DINNER ROLLS YOU WILL EVER EAT. WE DO NOT HAVE A REUNION OR HOLIDAY WITHOUT THESE ROLLS. THEY MELT IN YOUR MOUTH. THEY ARE A SOUTHERN SPECIALTY FROM MY MOTHER-IN-LAW, A FIFTH GENERATION TEXAN. THEY ARE WORTH THE EFFORT. ENJOY!







Nancy Avalos,  
Media Planning Supervisor

## ARROZ CON ESPÁRRAGOS

### Ingredients:

- 3-4 cups jasmine rice
- 1 chicken cube
- 1/2 small yellow onion
- 1/2 cup sour cream
- 2 16-ounce cans asparagus
- 1/2 to 1 cup Pecorino cheese (or Asiago cheese)

### Preparation:

Preheat oven to 350 degrees. Steam rice using water from canned asparagus. Add the onion and chicken cube for flavor (using a rice cooker makes this very easy). Once rice is cool, in an oven-safe dish start adding your layers of rice, sour cream (not too much), Pecorino/Asiago cheese and asparagus. Repeat layering until dish is full. Bake in the oven for 30 minutes.

BACK IN NEW YORK, A COUSIN WOULD ALWAYS MAKE THIS RICE FOR EVERY FAMILY GATHERING, ESPECIALLY THE HOLIDAYS. MY ENTIRE FAMILY LOVED IT AND ALWAYS BEGGED HER TO SHARE THE RECIPE. SHE WOULD NEVER SHARE HOW TO MAKE IT BUT WOULD GIVE US A GUILT TRIP AS SHE CLAIMED IT TOOK FOREVER TO MAKE.

WHEN I MOVED TO CALIFORNIA, I CALLED HER DURING THE HOLIDAYS AND BEGGED HER TO GIVE ME THE RECIPE SO I COULD BRING IT TO A FRIEND'S CHRISTMAS PARTY. AFTER GIVING HER MY SAD STORY THAT I WAS LONELY SINCE I WAS AWAY FROM THE FAMILY, AND THAT I WOULD MISS HER RICE, SHE GAVE ME HER SECRET. VERY SIMPLE TO MAKE AND IT IS NOW MY SPECIALTY WHENEVER I CELEBRATE WITH FRIENDS HERE IN L.A.



Beto Perez,  
Art Director

## BETOSTONES

### Ingredients:

very green plantains  
adobo (Goya® is the best!)  
salt  
cooking oil for frying

### Salsa Mayoketchup

mayonnaise  
ketchup  
garlic sauce

### Preparation:

First peel the plantain. Slice plantain (the amount and thickness of the "toston" will depend on how big the pieces are sliced). Place the slices in a bowl filled with water. Shake some adobo into the water as desired so that the slices can absorb some of the flavor. Then place the plantain slices in frying pan until outer layer is semi-hard. Make sure oil is hot before you throw the slices in the pan. For the next step you will need a "tostonera" or toston maker (see picture). (If you don't have one, use anything that will help you flatten the plantain.) Place slices on the tostonera and press down until slice is flat. Do this with every slice. Once done, place flattened slices of plantain in the frying pan once more until hard or light brown. Place a paper towel on a plate. When the plantain is done, remove from the frying pan and place on the plate you prepared. The paper towel will absorb any leftover oil from frying. For the sauce, mix some mayo and ketchup together. Add a pinch of garlic sauce for that extra flavor. Dip the "Betostones" and enjoy! Don't let them cool too much or they will get soggy.



THIS RECIPE HAS BEEN IN MY FAMILY FOR YEARS AND HAS BEEN PERFECTED BY YOURS TRULY. THIS IS A FAMOUS APPETIZER RECIPE FOR ALL CARIBBEAN FAMILIES. YOU CAN'T HAVE JUST ONE!





## CURD RICE

### Ingredients:

1 cup rice  
2 cups curd (plain yogurt)  
1/2 cup grated cucumber  
2 tablespoons cilantro, finely chopped  
salt, to taste

**For Seasoning:** Add curry leaves, cumin and mustard Seeds

### Preparation:

Cook the rice; let it cool down. Then add the curd (plain yogurt), cucumber, cilantro and salt. Then heat oil and add the seasoning ingredients. Once the seasoning is fried, add it to the curd rice and mix well.

**Servings:** 2-4



Preethi Mabbu,  
HR Generalist



SINCE HOUSTON IS MOSTLY HOT OR WARM WEATHER, MY MOM USED TO LIKE TO ACCOMPANY MEALS WITH A COOL SIDE DISH.

THIS IS ONE SHE DESCRIBED IN HER COOKBOOK AS "GORGEOUS."

## EASY YOGURT CUCUMBERS

### Ingredients:

- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/2 teaspoon red pepper and cayenne
- 1/4 cup garlic wine vinegar
- 1 cup Greek yogurt
- 2 teaspoons chopped chives or 1 teaspoon grated onion
- 1 teaspoon celery seed
- 1 teaspoon dill or fresh dill to taste
- 2 medium cucumbers

### Preparation:

Dissolve salt, sugar and pepper in wine vinegar. Add chives, celery seed and dill to yogurt and combine with vinegar mixture. Slice cucumbers after scoring edges with fork tines. Combine with dressing and allow to stand in refrigerator for at least 2 hours before serving.

**Servings:** Depends on appetites

Diane Lowrey,  
English Proofreader





## ENSALADA CHILENA (CHILEAN SALAD)

### Ingredients:

2 onions, diced  
6 tomatoes, sliced  
1/2 cup cilantro, chopped  
olive oil, to taste  
lemon juice, to taste  
salt and pepper, to taste

### Preparation:

Prior to serving, place onions in water for 20-30 minutes. When serving, place tomatoes on a dish and top with onions. Add lemon juice and olive oil to taste. Add salt and pepper and sprinkle with cilantro before serving.

Servings: 4



Herbert MacDonald,  
Art Director



IN CHILE, THE CHILEAN SALAD IS NOT SO MUCH A PREAMBLE TO THE MEAL, BUT A FLAVORFUL COMPANION TO MOST DISHES.





## KEN'S CAJUN FRIES

### Ingredients:

9 small brown potatoes  
2 cups vegetable oil  
Tony Chachere's Creole Seasoning

### Preparation:

Slice potatoes into long, medium-sized slices. Three small potatoes should be enough for one serving, so multiply by the number of servings you want. I like to leave the skin on the potato. Heat two cups (more or less depending on the size of the frying pan) of vegetable oil on medium heat in a frying pan. Prepare a large dish with two layers of paper towels. Have additional paper towels ready. Gently slide 3 sliced potatoes into the oil and then turn up the heat to almost full. It should take about 10 minutes for the fries to brown. Be sure to stir and flip the fries. When they are brown and crispy, remove them with a spatula and place them on the plate with the paper towels. Sprinkle the Cajun seasoning on the fries when they are hot. Mix the fries using a shaking motion. Use additional paper towels to absorb some of the oil. Serve hot and enjoy!

**Servings:** 3



WHEN I WAS GROWING UP MY MOM OCCASIONALLY MADE FRENCH FRIES. I WAS SURPRISED HOW EASY THEY WERE TO MAKE WITH JUST A LITTLE PREPARATION AND LOTS OF PAPER TOWELS! WHEN I MOVED TO TEXAS IN LATE 2003, I BEGAN TO EAT A LOT OF CAJUN FOOD. I LOVED THE SEASONING ON THE FRENCH FRIES AND HOW FRESH THEY WERE. I HAVE SINCE STARTED TO MAKE MY OWN FRENCH FRIES WITH THIS TASTY CAJUN SEASONING.

Ken Morico,  
Web Developer



# PUMPKIN BREAD

## Ingredients:

3 cups canned pumpkin puree	1 1/2 teaspoons baking soda
1 1/2 cups vegetable oil	1 1/2 teaspoons salt
4 cups white sugar	1 1/2 teaspoons ground cinnamon
6 eggs	1 1/2 teaspoons ground nutmeg
4 3/4 cups all-purpose flour	1 1/2 teaspoons ground cloves
1 1/2 teaspoons baking powder	

## Preparation:

Preheat the oven to 350 degrees. Grease and flour three 9 x 5 inch loaf pans. In a large bowl, mix together the pumpkin, oil, sugar and eggs. Combine the flour, baking powder, baking soda, salt, cinnamon, nutmeg and cloves; stir into the pumpkin mixture until well blended. Divide the batter evenly between the prepared pans. Bake in preheated oven for 45 minutes to 1 hour. The top of the loaf should spring back when lightly pressed.



THIS IS AN EASY RECIPE FOR HOMEMADE PUMPKIN BREAD. IT'S GREAT FOR THE HOLIDAYS, AND IT'S NO COINCIDENCE THAT PUMPKINS HAVE THE SAME BEAUTIFUL ORANGE COLOR AS THE GREATEST UNIVERSITY IN THE WORLD. ALSO, IF YOU WANT A SPECIAL TREAT, MAKE FRENCH TOAST WITH YOUR PUMPKIN BREAD. JUST DON'T BLAME ME FOR ANY NEW GYM MEMBERSHIPS YOU NEED TO GET IN THE NEW YEAR.

HAPPY HOLIDAYS!

Lemee Moffett,  
Broadcast Production Manager



# TIMMY'S FAVORITE MAC 'N' CHEESE

## Ingredients:

- 1 pound small elbow macaroni (about 4 cups)
- 4 tablespoons (1/2 stick) butter
- 3/4 pound mushrooms, chopped
- 1 small onion, finely chopped
- 1 tablespoon all-purpose flour
- 3/4 teaspoon dry mustard
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 1/2 cups whole milk
- 3 cups (packed) grated sharp cheddar cheese (about 12 ounces)
- 1/4 cup chopped fresh parsley
- 8 slices thick-cut bacon, chopped
- 1 cup fresh bread crumbs made from crustless French bread

## Preparation:

Preheat oven to 350 degrees. Butter 13x9x2-inch glass baking dish. Cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally. Drain. Melt 2 tablespoons butter in large pot over medium-high heat. Add mushrooms and onion; sauté until vegetables are tender, about 5 minutes. Stir in flour, mustard, salt and pepper; cook 1 minute. Gradually whisk in milk. Cook until sauce is smooth and slightly thickened, whisking constantly, about 3 minutes. Remove from heat. Add cheese and parsley; stir until cheese melts. Mix in pasta. Sauté bacon in medium skillet over medium-high heat until crisp. Using slotted spoon, transfer bacon to paper towels to drain. Mix half of bacon into pasta and transfer to prepared dish. Sprinkle with remaining bacon. Melt remaining 2 tablespoons butter in small saucepan over medium heat. Add bread crumbs; sauté until beginning to brown, about 3 minutes. Sprinkle bread crumbs over pasta. Bake until pasta is heated through and golden brown, about 20 minutes.

**Servings:** 4-5



**Hassam Bustillos,**  
Account Supervisor



Milagros Cerda,  
Administrative Assistant

## MIGAS WITH SALSA VERDE AND QUESO FRESCO

### Ingredients:

3 tablespoons vegetable or olive oil  
4 corn tortillas, torn into pieces or strips  
1 small onion, diced (measure to preference)  
salt  
4 eggs  
1/2 a round queso fresco  
tomatillo green sauce

### Preparation:

In a bowl or small plate take cut-up pieces of cheese and begin to crumble with your fingers. When finished, set aside to garnish the migas when they are fully cooked and ready to serve. Heat oil in a medium or large skillet over medium heat and begin to fry the tortilla strips or pieces until lightly browned and crisp – add oil if needed and salt to your preference. While frying the tortillas, stir in your desired amount of onions. It is important to cook these two together for the best flavor. Next crack and stir in 4 eggs. Mix eggs and tortillas until egg is cooked; serve portions on individual plates. Next, quickly pour the green salsa in the now empty pan to warm up the sauce; with a paper towel you can lightly wipe away any leftovers before pouring in the salsa. Once heated, pour the salsa over the served migas in generous portions. Finally, take the crumbled cheese and sprinkle over the sauce as desired. Ready! Serve and enjoy!

Servings: 3



A GREAT-TASTING MEXICAN  
BREAKFAST IS MY VERY  
FAVORITE! I LOVE MIGAS,  
TOPPED WITH GREEN  
TOMATILLO SALSA  
AND QUESO FRESCO.  
ENJOY!



# TACOS DE MACHACA

(DRY MEAT) NORTHERN MEXICO STYLE

## Ingredients:

1 pound machaca  
7 eggs  
1 onion, chopped  
2 big tomatoes, chopped  
2 cloves garlic, minced  
3 serrano or jalapeño peppers, chopped  
salt to taste  
black pepper to taste  
3 tablespoons olive oil  
30 corn or flour tortillas

## Preparation:

Heat 3 tablespoons of olive oil in a large frying pan at medium/high heat. Add the chopped onion and garlic. Sauté for 3 to 4 minutes. Then add the serrano or jalapeño peppers and add a 1/2 teaspoon salt and 1/2 teaspoon black pepper. Finally add the tomatoes. Cook them for about a minute. After this, add the machaca (dry meat) and cook it for about 3 to 4 minutes. At the end, add the eggs and continue mixing everything until eggs are fully cooked. Remove from heat and let it sit for 5 minutes.

Warm 30 corn or flour tortillas in a comal (tortilla griddle) on medium until they are hot. Then start preparing the tacos individually. Enjoy them with a good cup of coffee.

Servings: 5



**Rogelio Cota,**  
Travel Director

THIS RECIPE COMES FROM "ÉPOCAS PREHISPÁNICAS" (BEFORE THE CONQUERORS). IN THOSE TIMES THE MEAT WOULD BE COVERED IN SALT AND THEN SUN-DRIED FOR DAYS. WE NOW ADD GARLIC, TOMATOES AND JALAPEÑOS OR SERRANO PEPPERS. THOUGH THE DISH HAS GONE THROUGH AN EVOLUTION OF MANY YEARS, AND MANY GENERATIONS, IT IS STILL AN OLD DISH.



ONE MORNING AS I WAS GETTING READY TO MAKE BREAKFAST, I DECIDED TO MAKE SOMETHING NEW FOR A CHANGE. MY MOM USED TO MAKE A "TORTILLA ESPAÑOLA" BUT ALWAYS HAD TROUBLE FLIPPING IT, OR THE BOTTOM WOULD BURN WHILE WAITING FOR THE TOP TO BE READY. I SOLVED THE PROBLEM BY STARTING THE COOKING ON THE STOVETOP, AND THEN USING THE BROILER TO COMPLETE THE COOKING PROCESS. I ACTUALLY BRING SOME INTO THE OFFICE ONCE IN A WHILE.

Peter Wortman,  
Traffic Manager

## TORTILLA ESPAÑOLA

### Ingredients:

6 slices (thin cut) ham (Fud Selecto), cut into 1/4-inch squares  
1 small diced onion  
1 large potato (boiled) and cut into 1/4 inch cubes  
1 clove garlic (minced)  
canned jalapeño peppers diced small  
shredded mozzarella cheese  
8 eggs for scrambling  
salt and pepper to taste  
vegetable or canola oil  
oven-safe frying pan

### Preparation:

Turn on the broiler at the low setting so it heats up while you do the rest. Crack the eggs and place them in a bowl. Beat and let sit until needed. Put a 12-inch oven-safe frying pan over medium-high heat, and let it heat up. Once hot, add the oil. Once the oil is hot, add the onion. Cook for a few minutes until it gets translucent. Add the ham, potatoes and garlic. Once heated through (3-4 minutes), add the jalapeños and cheese.

Add the eggs, salt and pepper. Season as you go. Move egg around and make sure it's spread evenly in the pan, and that the rest of the ingredients are also well dispersed in the pan. Lower the heat and let it cook for a few minutes (3-4). As you see the sides begin to cook, place the frying pan under the broiler, and keep it there for 4-5 minutes. Remove from the oven and let sit on the stovetop for a few minutes. After it cools off a bit, place a serving dish over the frying pan with the serving surface down. Using both hands, turn the frying pan upside down so the tortilla is now resting on the serving dish.

Slice and serve. You can also add any kind of hot sauce you want. There are many variations to this dish. It can be served hot or cold, and any time of day. It is very versatile because you can use any kind of ingredient to suit your taste.

**Provecho!**

**Servings:** Depending on how you cut it, between 4 and 8





## ATOL DE ELOTE

### Ingredients:

7 ears yellow corn  
6 cups cold milk  
1/3 cup sugar  
1/2 teaspoon salt  
3 to 4 teaspoons cornstarch (optional)  
ground cinnamon, for garnish

### Preparation:

Using a sharp knife, carefully cut enough kernels off the corn cobs to make 3 to 3 1/2 cups. Then scrape the cobs with a knife to remove all their milk. Place 2 1/2 cups of the corn in a blender along with 4 cups of milk and purée well. Strain the pureed corn through a sieve into a medium saucepan and discard the solids. Stir in the remaining corn kernels, 1/3 cup sugar and salt. Bring the liquid to a boil over medium-high heat, then reduce heat to low and simmer for 5 minutes, or until lightly thickened. If the atol doesn't thicken to a creamy consistency, mix the cornstarch with a little cold water and whisk into the simmering liquid until it is just thick enough to coat a spoon. Pour the hot atol into mugs or small bowls, sprinkle with a little cinnamon, and serve hot with a spoon to scoop up the corn kernels. Note: Because the corn used in Central America is starchier, you may have to add the suggested cornstarch to achieve the lightly thickened consistency.

**Servings:** 4-6



Flor Alas,  
Field Promotions  
Account Executive

THIS TINY COUNTRY ON THE PACIFIC COAST HAS MADE A RICH CONTRIBUTION TO CENTRAL AMERICAN COOKING. THE CUISINE OF EL SALVADOR IS SIMILAR TO THAT OF ITS NEIGHBORS, WITH A STRONG RELIANCE ON INDIGENOUS FOODS LIKE CORN, BEANS, SQUASH AND TOMATOES. THE INFLUENCE OF MAYAN CULTURE IS QUITE STRONG, MIXED IN WITH CONTRIBUTIONS FROM THE SPANISH KITCHEN. ATOLES ARE VERY POPULAR BEVERAGES IN EL SALVADOR WITH ROOTS IN MAYAN CUISINE. THEY ARE A SORT OF THICK DRINK OFTEN EATEN WITH A SPOON. ATOL DE ELOTE IS BASED ON FRESH CORN (ELOTE) AND HAS A WONDERFULLY FRESH FLAVOR. FOR ULTIMATE EFFECT, SERVE IT IN A BOWL MADE OUT OF A DRIED CALABASH



## ATOL DE ELOTE (SALVADORAN CORN BEVERAGE)

### Ingredients:

6 to 7 ears yellow corn on the cob  
4 cups water  
1/3 cup sugar or to taste  
1/2 teaspoon salt  
3 to 4 teaspoons cornstarch (optional)  
ground cinnamon for garnishing

### Preparation:

Using a sharp knife, carefully cut enough kernels off the corn cobs to make 3 to 3 1/2 cups. Then scrape the cobs with a knife to remove all their milk. Place 2 1/2 cups of the corn in a blender along with 2 cups of the water and purée well.

Strain the pureed corn through a sieve into a medium saucepan and discard the solids. Stir in the remaining corn kernels, 1/3 cup sugar and salt. Bring the liquid to a boil over medium-high heat, then reduce heat to low and simmer for 5 minutes, or until lightly thickened. If the atol doesn't thicken to a creamy consistency, mix the cornstarch with a little cold water and whisk into the simmering liquid until it is just thick enough to coat a spoon.

Pour the hot atol into mugs or small bowls, sprinkle with a little cinnamon, and serve hot with a spoon to scoop up the corn kernels.

Servings: 4 to 6



Ana Valladares,  
Account Director



## BACARDI LIFESAVER

### Ingredients:

- 1 ounce Bacardi® Silver
- 1 ounce Bacardi® Limón
- 1 ounce Midori® Sour
- 2 ounces orange juice
- 2 ounces pineapple juice

### Preparation:

Fill a shaker glass with ice. Mix all ingredients, and shake until blended. Strain into a double old-fashioned glass filled with ice.



## SOUR APPLE JOLLYRANCHER

### Ingredients:

- 1 ounce Bacardi® Big Apple
- 1 ounce Sour Apple Pucker
- 1/2 ounce triple sec
- splash of sweet & sour

### Preparation:

Fill double old-fashioned glass with ice. Add all ingredients. Fill to the top of glass with lemon-lime soda.

**Theresa Jimenez,  
Biller**





COQUITO IS CONSIDERED THE CARIBBEAN VERSION OF EGG NOG. IT IS VERY COMMON FOR EACH PUERTO RICAN HOME TO KEEP A BOTTLE OF COQUITO ALWAYS AVAILABLE DURING THE HOLIDAYS. MANY FAMILIES HAVE THEIR OWN SPECIAL TREASURED RECIPES.

IN THIS RECIPE, THE MAIN DIFFERENCE TO THE TRADITIONAL COQUITO IS REPLACING COCONUT MILK FOR A PORTION OF THE CREAM OF COCONUT. THIS GIVES IT A MORE INTENSE, LAYERED COCONUT FLAVOR THAT ADDS DIMENSION TO THE DRINK, WITHOUT OVERPOWERING IT WITH THE SUGAR IN THE CREAM OF COCONUT.

## COQUITO A LA VANI

### Ingredients:

- 2 (15 ounce) cans cream of coconut (i.e., Coco Lopez®)
- 4 (14 ounce) cans coconut milk
- 1 (14 ounce) can sweetened condensed milk
- 1 (12 fluid ounce) can evaporated milk
- 1 teaspoon vanilla extract
- 2 egg yolks, beaten
- 1 teaspoon sugar
- 2 ounces water
- 20 ounces white rum

### Preparation:

Start simmering 3 coconut milk cans (save 1 can for later) and the 2 cream of coconut cans, bringing up to medium heat. Beat the egg yolks and the vanilla with a little bit of the hot milk that's simmering. Once this mixture is beaten, add to the simmering milk on the stove. Add the evaporated milk, the condensed milk and the sugar. Leave at medium heat for 5 minutes. Remove from heat. Let it cool at room temperature. Add the rum. Place through a strainer. Add water. Place in the refrigerator overnight. The next day, add the 1 can of coconut milk that's left. Place in crystal bottles. There will be enough to hand out as gifts to your family and friends. Keeps well in the refrigerator for the entire holiday season.

**Servings:** 40 small cups



**Vanessa Colón,**  
Account Director



## PIÑA PISCO SOUR

### Ingredients:

- 3 cups (1-inch) pineapple chunks (from 1/2 pineapple)
- 1 1/2 cups pisco (preferably Peruvian; 12 ounces)
- 1/2 cup fresh lime juice (preferably Key lime)
- 4 large egg whites
- 1/3 cup superfine granulated sugar
- 8 drops Angostura bitters

### Preparation:

Purée pineapple in a blender until very smooth. Force through a fine-mesh sieve into a bowl, pressing hard on and then discarding solids. (You should have about 1 3/4 cups juice.) Return pineapple juice to blender and add remaining ingredients, except bitters, then pulse until smooth and foamy. Pour over ice in glasses. Add a drop of bitters to center of each drink.

**Servings:** 8 drinks



PISCO, A POTENT BRANDY DISTILLED FROM GRAPES, IS MADE IN PERU AND CHILE, AND RECOGNIZABLE BY ITS DISTINCTIVE FOAMY HEAD (FROM EGG WHITE) AND TART LIME FLAVOR. A SWIRL OF FRESH PINEAPPLE JUICE BOOSTS THE TROPICAL VIBE.

**Lorena Tejas,**  
Media Buying Supervisor



## PONCHE

### Ingredients:

- 10 to 12 guayabas
- about 1 quart pineapple juice
- about 1/2 quart water
- 6 cloves
- 3 large cinnamon sticks snapped in the middle
- 1 cup sugar (you may need more if you have a sweeter tooth)
- 1/2 a bottle of white wine (or more if you want!)

### Preparation:

In a big pot put the water to boil; then add the cloves, the sugar and the cinnamon sticks and simmer for 15 minutes. Put the guayabas (diced) and the pineapple juice in a blender and puree. Strain this into the water and discard the pulp. Use a spoon to stir to make it easier. On low heat, let the fruit juice cook with the water, cinnamon, cloves and sugar. Add more sugar if needed. After it's cooked, remove the cloves and cinnamon sticks, pour in the white wine, and let it sit. For serving, pour warm ponche into a cup and add some diced pecans.

*It's soooooooooo good!*

**Servings:** 12 - 15



Iliana Escalona,  
Associate Creative Director



# ARROZ CON LECHE

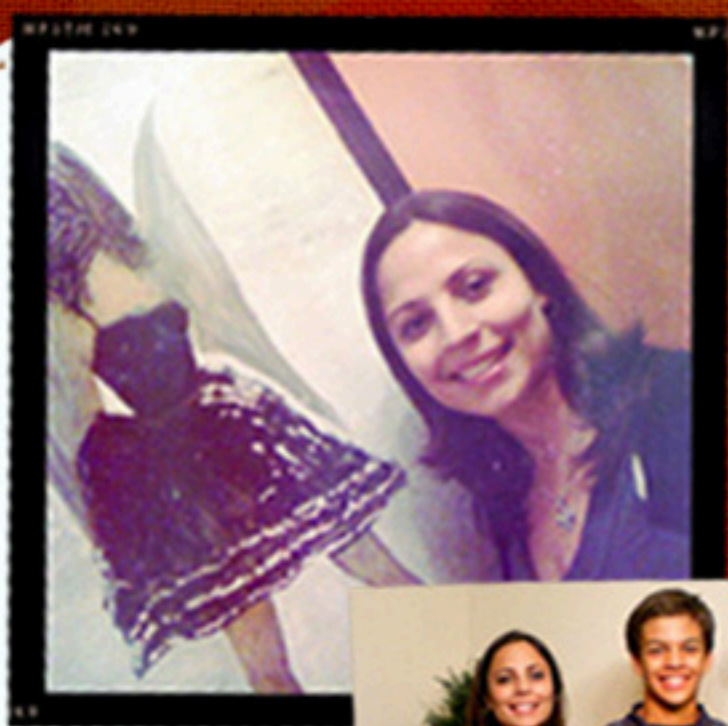
## Ingredients:

- 2 1/4 cups water
- 1 1/2 cups short-grain rice
- 1 (1/4 inch x 3 inch) strip lime peel
- 1/2 cup water
- 1 cinnamon stick
- 2 tablespoons anise seed, crushed
- 1 (12 ounce) can evaporated milk
- 1 (14 ounce) can condensed milk
- 1 tablespoon vanilla extract
- 1/4 teaspoon salt
- 3/4 cup raisins (optional)

## Preparation:

Combine 2 1/4 cups of water, rice and lime peel in a saucepan. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover and simmer for 20 minutes until the rice is tender. While the rice is cooking, combine 1/2 cup water, cinnamon stick, and anise in another saucepan over medium-high heat. Bring mixture to a low boil for 3 minutes, then remove saucepan from stove. Strain flavored water into a bowl and set aside, discarding cinnamon stick and anise pieces.

After rice has simmered 20 minutes, carefully remove the lime peel with a slotted spoon, and over low heat, gradually stir evaporated milk and condensed milk into the rice. Mix in the cinnamon and anise-flavored water, vanilla and salt. Add raisins, if desired. Continue to stir until the mixture thickens, about 7 to 10 minutes. If the pudding is too watery after 10 minutes, turn up heat to medium-low and stir continuously. When pudding reaches desired consistency, remove from heat and pour into individual dishes, or a large bowl. Store in the refrigerator until ready to serve.



Erika Ruiz,  
Graphic Designer





## BOLITAS DE NUEZ

### Ingredients:

14 ounces granulated sugar  
10 ounces ground pecans  
1 can condensed milk  
3 1/2 ounces powdered sugar

### Preparation:

You mix the pecans, sugars and milk and let rest for 8 hours. After that, you make small balls with your hands and put on platter. Enjoy.

Servings: 20 bolitas



EASY AND FUN  
RECIPE FOR KIDS.



Manuel Villegas,  
Creative Director



CERTAIN CHILEAN DISHES TEND TO BRING BACK MEMORIES OF MY ABUELITA ADELA. CALZONES ROTOS IS ONE SUCH DISH. A VERY SIMPLE DISH, THESE TASTY MORSELS JUST SEEMED TO ALWAYS ELICIT SMILES ... FROM THE NAME (RIPPED/TORN/HOLEY UNDERWEAR) TO THE POWDERED SUGAR TOPPING, THEY ARE JUST FUN!

TRADITIONALLY, THESE ARE SERVED DURING THE WINTER OR ON RAINY DAYS AND ARE OFTEN PART OF THE "ONCES" MEAL. "ONCES" (OR ELEVENSES) IS THE CHILEAN VERSION OF THE TRADITIONAL BRITISH TEA TIME. "ONCES" IS USUALLY EATEN AT AROUND 5 P.M. OR 6 P.M. AND TYPICALLY CONSISTS OF HOT TEA WITH BREAD OR SOMETHING SWEET. SOMETIMES "ONCES" WILL ALSO INCLUDE SMALL SANDWICHES, SMALL CAKES AND SOPAIPILLAS (IN CHILE THESE ARE ROUND, FRIED FLAT BREAD MADE WITH A SQUASH OR PUMPKIN DOUGH) OR CALZONES ROTOS.

IN MY GRANDMOTHER'S HOUSE, THESE WOULD MOST LIKELY APPEAR ON A RAINY DAY, AS THAT WAS THE TIME SHE WOULD DON HER APRON AND MAKE MAGIC IN HER KITCHEN. IT'S TIME TO PASS ON THE TRADITION AND A LITTLE FOOD HERITAGE TO MY SON, AUSTIN. FUN FOOD WITH A SMILE AND LOTS OF LOVE SOUNDS LIKE A GREAT WAY TO DO IT!



Patricia Burgos,  
Group Account Director



## CALZONES ROTOS

### Ingredients:

3 cups flour, sifted  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 cup powdered sugar, sifted  
1 egg  
2 yolks  
2 tablespoons butter, softened  
1 teaspoon lemon rind  
1 tablespoon water  
oil for frying

### Preparation:

Combine the first 5 ingredients (flour, baking powder, salt, eggs and powdered sugar). Once combined add in the softened butter and lemon rind, adding small amounts of water if necessary to form dough. Once dough is formed, roll out to a thickness of 1/4 inch. Cut into 2-inch x 4-inch rectangles. Take the rectangles and cut a 1-inch slit lengthwise near one end of the rectangle and insert the other end through it. Fry in hot oil until they become a golden color and drain on paper towels. Dust with powdered sugar and serve immediately.

Servings: 6





# LET THEM EAT CAKE!



Marina Willis,  
Research

EVER SINCE I WAS A LITTLE GIRL, I'VE ALWAYS BEEN A LITTLE BIT OF A MARIE ANTOINETTE. AND I STILL DO NOT UNDERSTAND WHY EVERYONE DOES NOT EAT CAKE ALL DAY, EVERY DAY, AT EVERY MEAL.

GROWING UP I USED TO SPEND MANY OF MY SUMMERS OFF FROM SCHOOL VISITING MY GRANDPARENTS IN MEXICO CITY. WITH MY GRANDMOTHER'S HELP, I PICKED UP A DIRTY LITTLE HABIT CALLED "BAKING." I WOULD SPEND HOURS UPON HOURS IN THE KITCHEN MIXING INGREDIENTS, LICKING BOWLS, AND BAKING DIFFERENT CAKES EVERY DAY. CINNAMON SQUASH, GERMAN CHOCOLATE, CARROT, MONDAY, TUESDAY, WEDNESDAY. SINCE NO YOUNG GIRL CAN EAT THAT MUCH CAKE ALL BY HERSELF, I BEGAN DELIVERING MY CREATIONS TO ALL MY EXTENDED FAMILY AND FRIENDS.

QUICKLY OUR ENTIRE FAMILY GAINED AT LEAST 5 POUNDS. SUSPECT #1 WAS THIS DELECTABLE CARROT CAKE WITH CREAM CHEESE ICING. BUT I SAY WHEN IT TASTES THIS GOOD, "LET THEM EAT CAKE!"



## CARROT CAKE

### Ingredients:

- 4 eggs
- 1/4 cup vegetable oil
- 1 cup applesauce
- 2 cups white sugar
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 teaspoons ground cinnamon
- 3 cups grated carrots
- 1 cup chopped pecans

### Preparation:

Preheat oven to 350 degrees. Grease and flour a 9x13-inch pan. In a large bowl, beat together eggs, oil, applesauce, white sugar and 2 teaspoons vanilla. Then mix in flour, baking soda, baking powder, salt and cinnamon. Stir in carrots and pecans. Pour batter into the 9x13-inch pan. Bake in preheated oven for 40 to 50 minutes, or until a toothpick inserted into the center of the cake comes out clean.

### Cream Cheese Icing

Combine butter, cream cheese, confectioners' sugar and 1 teaspoon vanilla in bowl. Beat until the mixture is smooth and creamy. Once cake has cooled, apply icing to cake. Sprinkle chopped pecans on cake and then press the pecans gently into the frosting. Enjoy!

**Servings:** 12





## CHEESECAKE 2 DIE 4

### Ingredients:

#### Pate sucree (10-inch tart shell)

7 ounces flour (more if needed)  
3 1/2 ounces cold, unsalted butter  
3 1/4 ounces caster sugar  
4 egg yolks  
1/2 teaspoon salt  
1/2 teaspoon vanilla essence

#### Cheesecake

4 eggs separated  
7 ounces sugar  
1 pound fresh cream cheese, at room temperature  
1 pound sour cream  
3 tablespoons corn flour  
2 teaspoons vanilla essence  
2 teaspoons lemon juice

### Preparation:

#### Pate sucree

Sift the flour onto a work surface and make a well in the center. With your fist, pound the butter to soften it slightly. Add the butter and the rest of the ingredients to the flour and mix with your fingertips. Using a pastry scraper or metal spatula, draw in the flour and work until coarse crumbs are formed. Press the dough into a ball. If it is sticky, work in 2-3 tablespoons more flour. Knead the dough until it is smooth, wrap it tightly and chill in the refrigerator for at least 30 minutes.

*Continued on next page*

Jesus Peña,  
PR Account Coordinator



THIS IS ONE OF THE  
MUST-HAVE DESSERTS  
OF OUR CHRISTMAS  
EVE MENU.





## CHEESECAKE 2 DIE 4

### Preparation continued:

#### Cheesecake

Preheat oven to 400 degrees. Grease the tin. Line it with pate sucee and chill. Beat the egg yolks in a bowl until smooth. Gradually beat in the sugar and continue beating until light and fluffy. Add the cream cheese little by little, beating until smooth. Mix in the sour cream, corn flour, vanilla essence, and lemon juice. Then beat the egg whites until stiff. Gently fold them into the cheese mixture. Pour the cheese mixture into the pastry-lined tin. It should reach the top of the pastry dough. Bake until lightly brown and almost set, about 1 hour.

Note: Filling rises while baking. It will sink and become firm as it cools. If top browns too quickly, cover loosely with foil. Allow the cheesecake to cool thoroughly in the tin, at room temperature. Chill for 4-6 hours before unmolding and serving.





Ruth Harding,  
Senior Translator

I FIRST HEARD ABOUT HELEN SMITH, THE TEXAS PIE LADY, ON A LOCAL TV BROADCAST. I WAS IMPRESSED TO HEAR SHE HAS MADE IT A GOAL, IN HER LIFE AFTER RETIREMENT, TO MAKE SURE THE ART OF MAKING PIES FROM SCRATCH LIVES ON. SHE IS SO PASSIONATE ABOUT THIS GOAL THAT SHE OFFERS TWO FREE CLASSES A MONTH IN HER RETIREMENT COMMUNITY. I CONTACTED HER AND SHE GRACIOUSLY AGREED TO GIVE MY SISTER AND ME A HANDS-ON CLASS, SO THAT WE COULD LEARN HOW TO MAKE PIES AND PASS THIS ICON OF THE AMERICAN CULTURE ON TO OUR GRANDCHILDREN. WE CERTAINLY HAD A GRAND TIME AND I BROUGHT MY FIRST PIE TO SHARE WITH MY CO-WORKERS.

THEY ALL AGREED THAT THE CHERRY PIE I BAKED TURNED OUT DELICIOUS!! I WANTED TO HONOR HELEN SMITH FOR HER GREAT EFFORTS AND THANK HER FOR GRACIOUSLY AGREEING TO LET ME USE HER OWN RECIPE.





# CHERRY PIE AND PIE CRUST WINNING RECIPE

## Ingredients:

Helen's Pie Crust (Award Winning Recipe, used by Permission)

- 1 1/4 cups sifted flour
- 1/2 teaspoon salt
- 1/2 cup Crisco®
- 3 tablespoons ice water

## Helen's Cherry Pie:

- 1 cup sugar
- 2 tablespoons (rounded) flour
- 1 can red tart cherries (juice and all)
- 1 teaspoon red food coloring
- 2 tablespoons butter
- 9-inch pie crust in pan
- 9-inch pie crust for top (cut in strips)

## Preparation:

**Pie Crust:** Sift flour and salt together. Add Crisco to flour. Mix with pastry blender until you have a mixture resembling coarse crumbs. With a fork, stir in ice water 1 table-spoon full at a time, sprinkling it over the entire surface of the dry mixture. Gather the dough into a flat ball. Wrap dough in plastic wrap and refrigerate 30 minutes for easier rolling. When ready to roll out, flatten dough in a round circle on lightly floured board or pastry cloth. Roll pastry with a rolling pin. Place a 9-inch or 10-inch pie plate on dough to ensure that dough extends at least 1 inch beyond plate. Roll dough loosely over pin and transfer into pie plate. Fit gently without stretching dough. Trim overhang to one inch; fold and roll pastry under. Crimp or flute as desired for a decorative edge.

**Cherry Pie Filling:** In bowl, mix sugar and flour; mix well by hand. Add cherries and all of juice. Add red food coloring. Put mixture in 9-inch pie crust that has been rubbed inside with egg white. This will keep the bottom of the pie from getting soggy. Dot with butter over cherries. Cover with pie crust strips over cherries. In a bowl, mix a little sugar with 1/4 cup of milk. Brush milk mixture on strips. This will make the pie golden brown.





**EVERY TIME** MY FAMILY GETS TOGETHER, ONE OF THE FIRST QUESTIONS MY COUSINS TEXT ME IS, "WHAT'S YOUR MOM GOING TO MAKE?" OUT OF MY FAMILY, MY MOM IS KNOWN TO BE AN AMAZING COOK. MY MOM'S COOKING IS SO UNIQUE, BECAUSE SHE LOVES TO MIX MY GRANDMA'S TRADITIONS WITH HER MODERN FLAVORS. SHE'S ESPECIALLY KNOWN FOR HER DESSERTS. WHEN I ASKED HER FOR A RECIPE, SHE SURPRISED ME WITH THIS ONE.

ONE OF MY FIRST THOUGHTS WAS, "WHY THIS? YOU HAVE SO MANY BETTER RECIPES TO SHARE." ONCE SHE SHARED THE MEANING BEHIND IT, I QUICKLY REALIZED WHY THIS IS THE PERFECT RECIPE. ONE OF THE FIRST DESSERTS MY MOM EVER MADE WAS A CHERRY-PINEAPPLE COBBLER, WHICH SHE MADE ESPECIALLY FOR MY GRANDPA. EVERY TIME SHE SERVED HIM A SLICE HE WOULD TELL HER, "OYE, QUE BUENO MI PRIETA. ES FABULOSO." SHE EXPLAINED HOW HE ENJOYED THE SWEETNESS OF THE PINEAPPLE AND THE TARTNESS OF THE CHERRIES. WATCHING HER FACE LIGHT UP AS SHE REMEMBERED HER PAPI MADE THIS SIMPLE COBBLER EVEN MORE SPECIAL.

WE LOVE YOU, GRANDPA.



Astin Irving,  
Research



## CHERRY-PINEAPPLE COBBLER

### Ingredients:

1 large can crushed pineapple spread on bottom of 9x13 pan  
2 large cans cherry pie filling spread on top of pineapple  
1 box yellow cake mix (pudding included) sprinkled on top of fruit  
2 sticks butter melted and poured evenly over cake mix  
chopped pecans sprinkled on top

### Preparation:

Preheat oven to 350 degrees (minimum).

Drain the can of pineapple. If you don't have a non-stick pan ready, either spray the pan with Pam® or grease pan with butter. Chop a bag of pecans to be sprinkled on top. Bake for 30 minutes (may take up to 45 minutes to ensure top is golden brown).







THIS IS A FUN-TO-MAKE DESSERT, FUN TO EAT AND EVEN MORE FUN WHEN YOU SHARE WITH YOUR FRIENDS OR FAMILY. DELICIOUS FUSION OF FLAVOR AND TEXTURE, JUST LIKE OUR CULTURE, OUR FRIENDS AND OUR FAMILIES HERE IN THE UNITED STATES. I HOPE YOU ENJOY IT.

## CHOCOFLAN

### Ingredients:

12-cup capacity Bundt pan  
softened butter, to coat pan  
1/4 cup cajeta or caramel sauce

### For the Cake:

10 tablespoons butter, room temperature  
1 cup sugar  
1 egg, room temperature  
1 3/4 cups all-purpose flour  
3/4 teaspoon baking powder  
3/4 teaspoon baking soda  
1/3 cup cocoa powder  
1 1/4 cups buttermilk

### For the Flan:

1 (12-ounce) can evaporated milk  
1 (14-ounce) can sweetened condensed milk  
4 ounces cream cheese, room temperature  
3 eggs

1 tablespoon vanilla extract

### For Garnish:

1/4 cup cajeta or caramel sauce  
1/4 cup chopped pecans



Perla Wasserman,  
Account Director





### Preparation:

Put an oven rack in the middle of the oven and preheat to 350 degrees. Coat a Bundt pan with a little butter, then coat the bottom with 1/4 cup cajeta and put it in a large roasting pan. (The roasting pan will serve as a water bath during baking.) For the cake: Add the butter and sugar to a bowl and using an electric hand mixer or stand mixer, beat until light and fluffy, then beat in the egg. Sift together the flour, baking powder, baking soda and cocoa in a medium bowl. Beat 1/3 of the flour mixture, and 1/2 of the buttermilk into the egg mixture. Repeat, ending with the flour mixture. Blend until well incorporated.

For the flan: In a blender, combine the evaporated milk, condensed milk, cream cheese, eggs and vanilla. Blend on high for 30 seconds. Scoop the cake batter into the prepared Bundt pan, spreading evenly. Slowly pour the flan mixture over the cake batter. Cover with foil and add about 1 inch of hot water to the roasting pan. Carefully slide the pan into the oven, and bake 1 hour, until the surface of the cake is firm to the touch, or an inserted toothpick comes out clean. When cake is done, remove from the water bath and cool completely to room temperature, about 1 hour. Invert a large, rimmed serving platter over the Bundt pan, grasp tightly together, jiggle a little and flip over. Remove the pan and scrape any remaining cajeta from the pan onto the cake. Garnish with chopped pecans and serve!

**Cook's Notes:** The batters may appear to mix when you pour them into the pan, but they completely separate while baking, with the flan ending up on the bottom when it's inverted. I like eating it warm, but traditionally, it is chilled 24 hours before serving. Flan is a rich, creamy, cooked egg custard. It is often flavored with vanilla and baked in a water bath to retain its delicacy. Cajeta is a thick and creamy spread or paste made with caramelized sugar and milk. It is used as a dessert on its own or as a topping. Also known as "dulce de leche," it is sold in many supermarkets, Latin specialty markets or online. It can be substituted with a thick caramel sauce.

**Servings:** 20



# CHOCOLATE ICED MARSHMALLOW COOKIES

## Ingredients:

- 1/2 cup butter
- 2 (1-ounce) squares unsweetened chocolate
- 1 large egg
- 1 cup packed brown sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon baking soda
- 1 1/2 cups all-purpose flour
- 1/2 cup milk
- 1 (16-ounce) package large marshmallows

## Chocolate Icing

- 6 tablespoons unsweetened baking cocoa
- 3 tablespoons butter, melted
- 2 cups powdered sugar
- 4 to 6 tablespoons hot water

## Preparation:

Preheat oven to 350 degrees. Lightly grease cookie sheets or line with parchment paper. Melt butter and chocolate in small heavy saucepan over low heat; stir to blend. Remove from heat; cool. Beat egg, brown sugar, vanilla and baking soda in large bowl until light and fluffy. Blend in chocolate mixture and flour until smooth. Slowly beat in milk to make light, cake batter-like dough. Drop dough by spoonfuls 2 inches apart onto prepared cookie sheets. Bake 10 to 12 minutes or until firm in center. Cut marshmallows in half. Place halved marshmallow, cut side down, onto each baked cookie. Return to oven 1 minute or just until marshmallow is warm enough to stick to cookie. Transfer to wire racks to cool. Drizzle with icing when cool.

**For chocolate icing:** Combine all ingredients in bowl and beat by hand until smooth.

**Servings:** 5 dozen



Frank Sendra,  
Executive Group Account Director





Maria Alecia Klemprer,  
Translator

## WHO DOESN'T LIKE CHOCOLATE?

HERE IS SOMETHING CURIOUS I FOUND: THE WORD "MOUSSE" IS A FRENCH WORD THAT MEANS FOAM, SO MOUSSE AU CHOCOLAT MEANS CHOCOLATE FOAM. WHEN MOUSSE FIRST HIT THE CULINARY SCENE IN 1894, IT WAS RESERVED FOR SAVORY DISHES LIKE FISH AND VEGETABLES. THEN IN THE EARLY 1900S THE FAMOUS FRENCH ARTIST TOULOUSE LAUTREC HAD THE BRILLIANT IDEA OF MIXING CHOCOLATE INTO THE GRACEFUL AND AIRY INVENTION. THANKFULLY THE NAME THAT HE FIRST GAVE IT, MAYONNAISE DE CHOCOLAT, HAS BEEN CHANGED TO THE MORE APPETIZING MONIKER THAT WE KNOW IT BY TODAY. THE SECRET TO THIS RECIPE IS THE INGREDIENTS; THERE ARE FEW, SO THE QUALITY IS KEY. CHOCOLATE BEING THE MAIN INGREDIENT, YOU HAVE TO CHOOSE THE BEST, AND NOT JUST WHATEVER YOU CAN PICK UP IN THE NEAREST GROCERY STORE. VENEZUELAN CACAO IS THE MOST AROMATIC AND FLAVORFUL IN THE WORLD. OUR CACAO IS LAUDED AT THE TOP END OF THE CHOCOLATE INDUSTRY AND AWARD-WINNING CHOCOLATE MAKERS SWEAR BY IT.

I WOULD RECOMMEND BUYING EL REY CHOCOLATE: VENEZUELAN BEANS, VENEZUELAN MADE. THEY OFFER A WIDE VARIETY OF CHOCOLATE BARS TO SATISFY EVERY TASTE AND NOWADAYS ARE EASY TO FIND IN THE UNITED STATES.

I'M SURE THIS WILL SATISFY EVERYONE'S PALATE. WELL ... WHO DOESN'T LIKE CHOCOLATE?



## CHOCOLATE MOUSSE

### Ingredients:

7 ounces butter  
6 eggs at room temperature, separated  
7 ounces chocolate (higher than 58% cocoa)  
4 tablespoons sugar

### Preparation:

Melt chocolate in a double boiler or a metal bowl over a pan of simmering water, stirring frequently. Beat the egg yolks with the sugar until you obtain a creamy mixture. Once the chocolate is melted, add the egg mixture and cook together for a minute. The chocolate can't be hot; otherwise the heat will cook the egg mixture right when you add it! Whisk the egg whites until stiff. I would recommend using an electric mixer, although I don't want to underestimate your arm strength. Add, bit by bit, the chocolate mixture into the egg whites and then gently fold together, keeping as much air in the mixture as possible, gently but thoroughly. Transfer the mousse into a serving bowl or individual dishes. Cover and refrigerate for a couple of hours.



## BROWNIES

### Ingredients:

7 ounces dark chocolate (Venezuelan chocolate recommended)  
6 ounces butter  
3 eggs  
2 cups sugar  
1/2 cup flour  
1 teaspoon baking powder  
1 pinch salt

### Preparation:

Preheat the oven to 350 degrees. Melt the butter and the chocolate in a double boiler. Let it cool. Beat the eggs and the sugar until you have a very creamy mixture. Add the chocolate mixture and mix at very low speed. Add the flour, salt and baking powder. Transfer to a baking pan and bake for 35 minutes. Cut the brownies while the cake is still warm.



THIS IS MY GRANDMOTHER'S COFFEE CAKE.



## COFFEE CAKE

### Ingredients:

#### Batter

- 3 1/2 sticks butter
- 1 3/4 cups sugar
- 6 eggs, beaten
- 4 1/2 cups flour
- 7 1/2 teaspoons Royal® baking powder
- 1 1/2 teaspoons salt
- 2 cups chopped pecans
- 7 tablespoons Nescafé® dissolved in cup of warm water
- 1 1/2 teaspoons cinnamon
- 1 1/2 teaspoons ginger

#### Meringue

- 4 egg whites
- 2 1/2 cups sugar
- juice of 2 lemons

#### Preparation:

Beat eggs, then add the butter and sugar. In a separate bowl, whisk the flour with the baking powder, salt, cinnamon, ginger and nuts. Then combine wet and dry ingredients and the dissolved coffee. Mix well. Pour batter into pan. Bake 30 to 35 minutes at 450 degrees.

#### Meringue preparation:

Beat the egg whites until fluffy and create peaks when you pull them out of the mixer. Get a small pot and add the water. Bring to a boil and then keep it hot but not boiling. Add the sugar and keep on high till the sugar caramelizes. Gently fold the caramel with the fluffy egg whites and then add the lemon juice.



Cecilia Alanis,  
Art Director



IT IS AN EXCELLENT SOURCE OF FAT, SUGAR AND CALORIES. FOR A SEASONAL VARIATION YOU COULD ALSO TRY DEEP FRYING A CADBURY'S® CREME EGG.

## DEEP FRIED MARS BARS

### Ingredients:

1 Mars® bar or 1 Milky Way® bar  
1 cup plain flour  
1/2 cup corn flour  
1 pinch baking soda  
milk or beer  
oil (for deep frying)



### Preparation:

Chill the chocolate bar by keeping it in the fridge, but don't freeze it. Mix the flours and bicarbonate of soda (baking soda) together. Add milk (traditional) or beer (which gives a lighter result) until you get a batter with the consistency of thin cream. Heat the oil until a small piece of bread will brown in a few seconds, but don't allow it to smoke. Remove wrapper from chilled chocolate bar. Then coat completely in batter. Carefully lower into hot oil and fry until golden brown. Serve with ice cream or french fries, if you're so inclined.

Servings: 1



Luis Vasquez,  
Jr. Copywriter





**MY MOTHER LOVED “HIGOS.”** SHE LOVED MAKING THEM, AND I LOVED HELPING HER. MY JOB WHEN I WAS YOUNGER WAS TO CUT THE FIGS AND MAKE THE CROSS ON THE TOP; MY MOTHER USED TO SAY THAT IF YOU MAKE A CROSS, THE ANGELS WOULD GO INTO THE FIGS AND MAKE THEM SWEETER. TO ME IT WAS THE HANDS OF MY SWEET MOM THAT MADE THE FIGS TASTE SO MUCH SWEETER. DULCE DE HIGOS IS FIG PRESERVES COOKED IN A SYRUP MADE WITH PANELA OR HARD BROWN CANE SUGAR; THEY ARE A VERY TYPICAL DESSERT IN ECUADORIAN HOUSEHOLDS, AND ARE ONE OF THOSE DESSERTS THAT YOU MIGHT BE SERVED BOTH IN THE HOME OF A HUMBLE FARMER WHO LIVES IN THE FIELDS, OR AT A FANCY DINNER OF A WEALTHY BUSINESSPERSON IN ONE OF THE MAIN CITIES.

## DULCE DE HIGOS OR FIG PRESERVES IN SYRUP

### Ingredients:

20 fresh ripe but firm figs, washed  
pinch of baking soda  
1 3/4 pound panela or hard brown cane sugar  
cinnamon sticks, cloves and other spices - optional  
water  
sides - slices of cheese

### Preparation:

Make a crosswise cut on the thin side of each fig. Place the figs in a bowl, cover them with water, and let them soak for 24 hours. Rinse the figs, place them in a saucepan, and cover them with water, about 8 cups. Add the baking soda and bring the water to a boil over medium heat. Cook for about 15-20 minutes or until soft. Remove from the heat and let the figs soak in the water they cooked in for another 24 hours. Drain all the water from figs and gently squeeze each fig to remove as much water as possible. Place the panela or hard brown cane sugar and the spices in a large saucepan, cover with about 6 cups of water, and cook on low heat until the panela is completely dissolved. Add the figs and simmer until the panela syrup begins to thicken, at least a couple of hours. Stir occasionally. Serve either warm or cold with a slice of quesillo, fresh mozzarella, queso fresco, farmer's cheese or the cheese of your preference.



**Pio Del Castillo,**  
PR Account Supervisor



# EASY POUND CAKE

## Ingredients:

- 8 ounces cream cheese
- 3 sticks butter
- 6 eggs
- 3 cups sugar
- 2 1/2 cups Swans Down® cake flour
- 1 teaspoon vanilla
- 1 teaspoon lemon extract

## Preparation:

Soften cream cheese and butter. Mix cream cheese, butter and eggs together with an electric mixer. Add sugar, flour, lemon and vanilla. Blend for 10 minutes at medium speed. Pour batter into greased and floured Bundt pan. Bake at 325 degrees for 1 hour and 15 minutes or until toothpick inserted in the center of cake comes out clean. Allow the cake to cool 15 or 20 minutes in the pan. Then gently remove it, and place it on your favorite decorative cake plate.

**Loretta Haile,  
Biller**

THIS POUND CAKE IS ONE OF MY FAMILY'S FAVORITE DESSERTS. IT BECAME ONE OF OUR FAVORITE CAKES WHEN MY NEPHEW MADE ONE FOR MY FAMILY WHEN HE CAME TO VISIT LAST SUMMER.





# FLOATING ISLANDS

(ISLAS FLOTANTES) TYPICAL CUBAN DESSERT



THIS WAS MY GRANDMOTHER'S FAVORITE RECIPE AND ONE I HAVE ALWAYS TREASURED. SHE WAS ONE GREAT COOK AND THE MOST WONDERFUL HUMAN BEING. THE GREAT AROMAS THAT CAME OUT OF HER KITCHEN WILL LIVE IN MY MIND FOREVER.

Marlo Baker,  
Dir. of Broadcast Production

## Ingredients:

6 eggs, divided  
salt  
3/4 cup sugar, divided  
1 1/2 teaspoons vanilla  
3 cups milk

## Preparation:

Separate 3 of the eggs. Beat the 3 egg whites with a dash of salt until soft peaks form. Gradually beat in half of the sugar a little at a time, until the whites are stiff.

Meanwhile, heat the milk to simmering in a skillet or electric frying pan. Drop the egg whites into the hot milk in mounds. Cook for about 5 minutes, turning occasionally, until the meringues are firm. Remove them from the milk with a slotted spoon and let stand on a plate. Allow milk to cool slightly.

In a large mixing bowl, beat the remaining 3 eggs and 3 egg yolks with the remaining half of the sugar and an additional dash of salt. Cook with milk over a double boiler, stirring until the mixture coats the back of a spoon. Remove from heat, pour back into the mixing bowl, add vanilla and beat until smooth. Pour into a wide serving bowl and spoon in the meringues. Coat the meringues slightly. Serve icy cold as dessert.

Servings: 4



Mauricio Barreto,  
Executive Assistant (Cathy)

## GRAMMY'S LEMON JELL-O® CAKE

### Ingredients:

- 1 box Duncan Hines® (or other brand) lemon cake mix
- 1 box Lemon Jell-O (not pudding mix)
- 3/4 cup apricot nectar
- 3/4 cup Wesson® oil
- 4 eggs

### Glaze


- 2 cups confectioners' sugar
- 1 orange peel grated
- 1 cup shredded coconut
- 3 or 4 tablespoons apricot nectar
- OR (THIS IS OPTIONAL) pecan praline liqueur

### Preparation:

Mix all above ingredients. (Usually put cake mix and Jell-O in mixer and stir; then add: nectar, Wesson oil and eggs.) Use medium speed of mixer; until all ingredients are thoroughly mixed ... but don't over-mix!

Use Baker's Joy® to coat Bundt pan; pour cake mixture into pan. Cook in preheated (to 350), oven for 45 to 60 minutes.

Prepare glaze while cake is baking (mixing all ingredients, adding liquid 1 tablespoon at a time until glaze is a THICK, not thin, consistency). Cover cake with glaze immediately when it is turned out of pan; then allow it to cool thoroughly before covering or wrapping.



THIS IS ONE OF MY FAVORITE MOLD CAKES! THIS RECIPE IS CLOSE TO MY HEART. DALLAS' GRANDMOTHER (AKA GRAMMY) BAKES IT FOR ME EVERY THANKSGIVING.

I TRIED TO MAKE THIS CAKE WITHOUT HER ORIGINAL RECIPE FOR CATHY'S BIRTHDAY, ONLY TO END UP WITH A FROSTED ROCK IN THE SHAPE OF A PRINCESS BEAR! LEARNING FROM MY MISTAKE, I CONSULTED GRAMMY ON THE RIGHT WAY TO BAKE THIS CAKE AND MAKE IT SWEET, DELICIOUS AND MOIST EVERY TIME ... HERE IT GOES!!



# A DEAR FRIEND OF MINE,

THE ASPIRING CHEF OUT OF ALL OF US, HAS BEEN BAKING THESE COOKIES SINCE MIDDLE SCHOOL. I FINALLY REQUESTED THE RECIPE FROM HER IN HIGH SCHOOL, SO THAT I COULD START BAKING THE COOKIES MYSELF TO SHARE THE DELICIOUSNESS.

THESE CINNAMON CREAM CHEESE COOKIES ARE A RICHER, BETTER VERSION OF SNICKERDOODLES, OR SO I BELIEVE. THEY PAIR WELL WITH HOT TEA OR HOT CHOCOLATE FOR THE HOLIDAYS. ENJOY!

Helen Wan,  
Account Executive

## HOLLY JOLLY SNICKERDOODLES

### Ingredients:

1 3/4 cups all-purpose flour  
1 1/4 teaspoons baking powder  
1/8 teaspoon salt  
1/2 cup unsalted butter, softened  
4 ounces cream cheese, softened  
3/4 cup granulated sugar  
1 large egg  
1 teaspoon vanilla extract

### Topping

3 tablespoons granulated sugar  
1 teaspoon ground cinnamon

### Preparation:

Preheat oven to 350 degrees.

In one bowl, stir together flour, baking powder, and salt. In another bowl, cream together butter, cream cheese, and sugar. Stir in egg and vanilla. Gradually stir in flour mixture until combined. Cover and refrigerate dough for 1 to 2 hours or until firm enough to shape. Lightly butter several baking sheets. In a small bowl, stir together sugar and cinnamon. Shape dough into 1-inch diameter balls and flatten slightly. Roll each ball in sugar topping to coat lightly. Place balls on prepared baking sheets, leaving about 2 inches between. Bake for 10 to 14 minutes, or until bottoms of cookies are just very lightly browned. Remove from oven and cool on a wire rack.

Servings: 45 cookies





BACK IN THE '70S ONE OF MY MOM'S FRIENDS GAVE HER A RECIPE FOR A MANDARIN ORANGE CAKE. TO THIS DAY SHE STILL BAKES THE CAKE AND I HAVE TO SAY IT'S ONE OF MY FAVORITES. NOW THAT I'M MARRIED, MY HUSBAND, DIEGO, BEGS MY MOM TO BAKE IT EVERY TIME WE VISIT!

Brenda Alaniz,  
Promotions Account Executive



## MANDARIN ORANGE CAKE

### Ingredients:

- 1 box Duncan Hines® butter cake mix
- 1 11-ounce can mandarin oranges (juice and all)
- 1 20-ounce can crushed pineapple (in heavy syrup)
- 1 box instant vanilla pudding mix
- 1 8-ounce container whipped cream
- 3 eggs
- 1/2 cup vegetable oil

### Materials:

- 2 9-inch round cake pans

### Preparation - Cake:

Combine butter cake mix with 3 eggs, 1/2 cup vegetable oil and mandarin oranges (juice and all). Coat cake pans with baking spray; then pour half of the batter into one pan and the remaining in the other. Bake according to recipe on box (temperature and time). Once complete, remove cake from pans and set on cooling rack. Once both cakes are completely cooled you can begin frosting! Take first cake and completely coat top with frosting. Place second cake directly on top and frost the remainder of the cake. Refrigerate immediately. Serve cold.

**Preparation - Icing:** Mix crushed pineapple and vanilla pudding until thickened. Fold in whipped cream. Cover and place in fridge to keep cold.

**Servings:** approximately 8-10 slices





I AM VERY QUICKLY FINDING OUT AS A NEW MOM HOW MUCH KIDS LOVE COOKIES!

I CONTINUE TO EXPERIMENT TO FIND MORE COOKIE RECIPES THAT THEY WILL LOVE. ON THE WEEKENDS I DO MY BEST TO MAKE A BATCH OF SOMETHING GOOD THAT CAN KEEP THEM HAPPY DURING THE UPCOMING WEEK. ONCE THEY ARE IN SCHOOL I HOPE TO BE THE MOM THAT MAKES THE BEST COOKIES. VIVIEN IS 3 AND EMMA IS 1 AND ALREADY THEY ARE COOKIE MONSTERS!



Erica Rivera,  
Senior Account Executive

## MEXICAN OATMEAL COOKIES

### Ingredients:

3 cups rolled oats  
1 block Mexican chocolate  
1 cup butter, softened  
1 cup brown sugar  
1/2 cup white sugar  
2 eggs  
1 teaspoon vanilla extract  
1 1/2 cups all-purpose flour  
1 teaspoon baking soda  
2 teaspoons ground cinnamon  
1/2 teaspoon salt



### Preparation:

Start by preheating the oven to 350 degrees.

Place the oatmeal in a blender and pulse the blender on high for 2 seconds (5 or 6 times) and then transfer into a bowl. Break the chocolate along the scores and put into the blender and pulse until it reaches a powdered form. Make sure to stir with a spoon between pulses so the heat from the blender doesn't melt the chocolate. Add the chocolate to the oatmeal and set aside. Next beat the butter, brown sugar, and white sugar together with an electric mixer in a large bowl until smooth. Beat one egg into the mixture until completely incorporated. Add the second egg along with the vanilla extract and continue beating. Stir the flour, cinnamon, baking soda, and salt together in a separate bowl. Add to the butter mixture and stir until combined. Mix the oatmeal and chocolate into the mixture. Drop teaspoonfuls of the dough 2 inches apart onto ungreased baking sheets. Bake in the preheated oven until golden-brown on the edges and set in the middle, 10 to 12 minutes. Allow the cookies to cool briefly on the baking sheets before being moved to cooling racks to cool completely.



## MEXICAN PERSONALIZED CALAVERITAS

### Ingredients:

1 box white cake mix  
water, vegetable oil and the eggs needed for the cake mix  
12 big marshmallows, cut in halves  
1 12-ounce can vanilla frosting  
48 small peppermint candies (for the eyes)  
24 chocolate chips  
1/4 cup almond pieces  
neon-colored gel for the names  
paper cups for cupcakes

### Preparation:

Preheat oven at 350 degrees. Put the paper cups in each of the 24 molds for small to medium sized cupcakes. Prepare the cupcakes as indicated on the cake mix box and let cool. Carefully peel off a small section of the paper cup from the cupcake and insert a marshmallow half on each side (this will give it the "cranium" look). Top off the top with the frosting to give it a skeleton look. For each "cranium," use 2 peppermint candies for the eyes and 1 chocolate chip for the nose. Use the almond pieces for the teeth. Write the name of each person with the colored gel on the forehead.

Servings: 24



**THERE YOU HAVE IT,  
A SPOOKY PERSONAL  
MEXICAN SNACK FOR  
HALLOWEEN AND DIA  
DE LOS MUERTOS.**

**Leonardo Bastera,  
Group Account Director**



# MRS. M.R. GONZALEZ'S PAN DULCE/WHITE BREAD

## Ingredients:

2 packages dry yeast  
6 cups flour  
1 teaspoon sugar  
6 tablespoons melted Crisco® (warm, not hot)  
1 teaspoon salt  
2 cups water

## Preparation:

Mix dry ingredients. Add Crisco and then water. Add flour until dough is not too sticky. Knead for 5 minutes. Place in greased bowl and let rise (cover bowl with towel) until double in size (1-2 hours). Punch down and shape into loaves or rolls (or small rounds, i.e., buns, for pan dulce). Let rise (covered in warm place) for 30-45 minutes or so. Bake at 375 degrees until lightly brown. (Test by "thumping." You should hear a hollow sound.) For pan dulce, after small rounds are cool, glaze with a powdered sugar and fresh orange juice mixture.

**Makes:** 2 loaves



**BEFORE RACHEL RAY, MARTHA STEWART AND THE GRAND DAME OF COOKING, JULIA CHILD, THERE WAS MRS. M.R. GONZALEZ, SR, OTHERWISE KNOWN AS AMÁ BY HER FIVE CHILDREN AND 14 GRANDCHILDREN. AMÁ'S WEEKLY PAN DULCE WAS THE ENVY OF FT. STOCKTON, TEXAS. HER KITCHEN ALWAYS SMELLED OF BREAD AND WAS GENEROUSLY OFFERED TO THOSE WHO DISPLAYED GOOD TABLE MANNERS. HER SECRET INGREDIENT WHEN COOKING SWEET THINGS: ORANGE JUICE!**

**I HOPE YOU ENJOY THIS RECIPE (AND DON'T FORGET YOUR MANNERS).**

**Trey Velasco,  
Promotions Director**



MY GRANDMOTHER MADE TONS OF COOKIES AND PIES WHEN WE WERE KIDS. ONE OF MY FAVORITES TO MAKE WITH HER WAS THE NO BAKE CEREAL COOKIE. I LIKED IT SO MUCH ONE YEAR AS SHE ENTERED RECIPES INTO HER CHURCH RECIPE BOOK, SHE INCLUDED THIS ONE WITH MY NAME ON IT. I WAS SO AMAZED AT SEEING MY NAME NEXT TO MY FAVORITE COOKIE IN THE BOOK, ALL BECAUSE OF MY GRANDMOTHER. TODAY, I HAVE THAT SAME RECIPE BOOK AND MY KIDS NOW ENJOY THE SAME FUN MAKING AND EATING THIS COOKIE. MY KIDS REQUEST THIS COOKIE; ALL SPECIAL THANKS TO MY GRANDMOTHER, VIRGINIA, AS I CONTINUE A FAMILY TRADITION.

## NO BAKE CEREAL COOKIE

### Ingredients:

- 1/3 cup creamy peanut butter
- 1 package butterscotch morsels
- 1 package semisweet chocolate chips
- 4 - 6 cups corn flakes or other favorite cereal

### Preparation:

Melt and mix peanut butter and morsels/chips. Use a double boiler or place all together in a metal bowl on top of boiling pot of water to melt. Mix in cereal until well coated. Drop spoonfuls of mixture onto wax paper and cool until hardened.

Servings: 2-4 dozen



Crystal Monteleone,  
Account Supervisor



# LET'S MAKE SOME GALLETAS DE AVENA!

THIS SWEET AND SIMPLE RECIPE IS ONE OF MY FAVORITES. ON CHRISTMAS EVE THESE COOKIES NEVER FAIL TO BE A SUCCESS. BUT FOR ME, ITS SPECIAL MEANING COMES FROM THE MANY RANDOM TIMES (LIKE REALLY LATE AT NIGHT ON A WEEKDAY) EITHER MY MOM OR MY TWO LITTLE SISTERS WOULD SAY, "LET'S MAKE SOME GALLETAS DE AVENA!" THE 20 MINUTES OF PREPARATION, PLUS THE TIME WE WOULD SPEND EATING THEM, WERE DEFINITELY ACCOMPANIED WITH THE MOST HEARTWARMING FAMILY TALKS.

Graciela Saldivia,  
Account Service

## OATMEAL COOKIES

### Ingredients:

6 cups oats  
2 1/4 cups flour  
2 1/4 cups sugar  
1 teaspoon salt  
3 teaspoons baking soda  
3/4 pound butter  
4 eggs  
2 teaspoons vanilla extract

### Preparation:

Preheat the oven to 350 degrees.

In a bowl, mix together the eggs, sugar and butter. Then, add the dry ingredients (oats, flour, baking soda and salt) and mix. Lastly add the vanilla. Grease cookie sheets. Roll the dough into walnut-sized balls, and place 2 inches apart. Then bake for 20 minutes, or until cookies are golden. Allow them to cool on baking sheet for 5 minutes before transferring to a wire rack to cool completely.

Servings: Approximately 50 cookies





# NEW TRADITIONS...

LAST YEAR, I RECEIVED THESE COOKIES AT A CHRISTMAS COOKIE SWAP. THOUGH THESE COOKIES ARE NOT YET A REGULAR PART OF OUR HOLIDAY FAMILY GATHERINGS, WE LOOK FORWARD TO MAKING THEM PART OF THE TRADITION – BEGINNING THIS UPCOMING CHRISTMAS!

**Jennifer Gee,**  
Senior Account Supervisor

## PISTACHIO AND CHERRY MEXICAN WEDDING CAKES

### Ingredients:

- 2 cups (4 sticks) unsalted butter, room temperature
- 1 cup powdered sugar
- extra powdered sugar for coating the cakes
- 2 tablespoons vanilla extract
- 1 teaspoon salt
- 1 cup shelled unsalted natural pistachios (about 4 ounces), chopped
- 1 cup dried tart cherries or dried cranberries
- 3 1/3 cups sifted cake flour
- 1 2/3 cups sifted all-purpose flour

### Preparation:

Preheat oven to 350 degrees. Butter 3 heavy large baking sheets. Using electric mixer, beat 2 cups butter and 1 cup powdered sugar in large bowl until light and fluffy. Beat in vanilla and salt, then pistachios and cherries. Using spatula, stir in all flour (do not over-mix dough). Shape dough by generous tablespoonfuls into football-shaped ovals. Place on prepared sheets, spacing 1 inch apart. Bake cookies, 1 sheet at a time, until bottoms just begin to color, about 16 minutes. Cool cookies on sheets 10 minutes before coating. Pour generous amount of powdered sugar into medium bowl. Working with 5 or 6 warm cookies at a time, add cookies to bowl of sugar; gently turn to coat thickly. Transfer cookies to sheet of waxed paper. Repeat to coat cookies with sugar again; cool completely. Can be made 4 days ahead. Store airtight at room temperature.





## POSTRE DE GELATINA

### Ingredients:

- 1 large can fruit cocktail
- 1 can condensed milk
- 2 small packages cream cheese
- 2 boxes pineapple flavor gelatin
- 2 cups hot water

### Preparation:

Dilute 2 boxes of pineapple JELL-O® brand gelatin in the 2 cups of hot water. Use a large bowl, add the condensed milk and cream cheese, and mix until the consistency is smooth. Add the gelatin mix and the fruit cocktail with the syrup. Pour into mold. Place in the refrigerator until the mix becomes solid.

Just serve!

ON MY LAST VISIT TO FLORIDA I ASKED MY MOM TO SHOW ME HOW TO MAKE "THAT GELATIN DESSERT WITH THE FRUITS" SHE SAID... OH! EL POSTRE DE GELATINA! HAY NENA! ES MUY FÁCIL.

WELL, SHE'S RIGHT, IT IS VERY EASY. I HOPE YOU LIKE IT.



Mimi Boneta,  
Art Director





Luis Gonzalez,  
Executive Creative Director

# Look!

LOOK, I'M NOT GOING TO TRY TO PULL THE WOOL OVER YOUR EYES; THIS IS NOT A RECIPE THAT'S GOOD FOR YOUR HEART. OK? IF YOU WANT A HEALTHY RECIPE FOR CHEESECAKE, YOU'RE GOING TO HAVE TO, UMM, WELL FORGET ABOUT IT.

I MEAN, IT'S A CAKE. MADE OF CHEESE. THAT'S EXACTLY WHY IT'S SO DELICIOUS.

I LOVE CHEESECAKE. I ALSO HAPPEN TO LOVE PUMPKIN PIE. AND HERE, SOME CULINARY GENIUS COMBINED THE TWO, AND YOU'RE NOT GOING TO REGRET IT. RUN SOME LAPS AFTERWARD.

AND HAPPY HOLIDAYS.



## PUMPKIN CHEESECAKE

### Ingredients:

3/4 cup graham cracker crumbs  
1/2 cup ground pecans  
2 tablespoons white sugar  
2 tablespoons brown sugar  
1/4 cup melted butter

### Filling:

3/4 cup white sugar  
3/4 cup canned pumpkin  
3 egg yolks  
1 1/2 teaspoons ground cinnamon  
1/2 teaspoon ground mace  
1/2 teaspoon ground ginger  
1/4 teaspoon salt  
3 (8-ounce) packages cream cheese  
3/8 cup white sugar  
1 egg  
1 egg yolk  
2 tablespoons heavy whipping cream  
1 tablespoon cornstarch  
1/2 teaspoon vanilla extract  
1/2 teaspoon lemon extract



### Preparation:

Preheat oven to 350 degrees (that's 175 Celsius for those of you who have Euro ovens or live south of the border). Combine the graham cracker crumbs, ground pecans, 2 tablespoons white sugar, 2 tablespoons brown sugar, and the melted butter or margarine and mix well. Firmly press mixture into one 9-inch springform pan. (That's the thingy with the edge that's springy.) Combine 3/4 cup white sugar, pumpkin, 3 egg yolks, ground cinnamon, ground mace, ground ginger and salt in a medium bowl. Mix well, and set aside. Beat cream cheese with an electric mixer until light and fluffy; gradually add 1/4 cup plus 2 tablespoons white sugar and mix well. Add the whole egg, remaining egg yolk and the whipping cream, beating well. Add cornstarch, vanilla and lemon flavorings, and beat batter until smooth. Add pumpkin mixture and mix well. Pour batter into the prepared pan.

Bake at 350 degrees for 50 to 55 minutes. Do not overbake. Center may be soft but it will firm up when chilled. Let cheesecake cool on a wire rack, then refrigerate.



# PUMPKIN-SPICE ROLL

## Ingredients:

- 3/4 cup all-purpose flour
- 1 cup white sugar
- 1/4 cup brown sugar
- 1 teaspoon baking soda
- 2 teaspoons nutmeg
- 2 teaspoons cinnamon
- 1 can pumpkin puree
- 3 eggs
- 1 teaspoon lemon juice
- 1 lemon rind, grated
- 2 tablespoons confectioners' sugar
- 18 oz regular cream cheese, softened
- 1/4 cup butter
- 1 lemon rind, grated
- 1 teaspoon vanilla extract
- 1 cup confectioners' sugar
- 1/2 cup chopped almonds

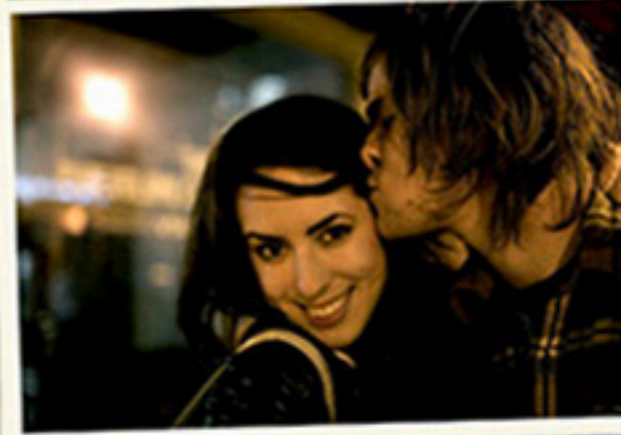


THIS IS AN AMAZING AND MODERATELY EASY RECIPE TO MAKE AT ANY TIME, BUT ESPECIALLY DURING THE HOLIDAYS AND COLDER MONTHS. THESE SLICES FULL OF LUSCIOUS CREAM CHEESE THAT JUMP WITH FALL FLAVORS WILL DEFINITELY IMPRESS YOUR GUESTS OR FAMILY - GUARANTEED!

## Preparation:

Preheat oven to 375 degrees. Grease and flour a 9x13 inch jelly roll pan or cookie sheet. In a bowl, mix together the flour, sugar, baking soda, nutmeg and cinnamon. Then stir in pumpkin puree, eggs, lemon juice and grated lemon. Pour mixture into prepared pan. Spread the mixture evenly. Bake at 375 degrees for 15 minutes. Lay a damp linen towel on the counter, sprinkle it with confectioners' sugar, and turn the cake onto the towel. Carefully roll the towel up (lengthwise) with the cake in it. Place the cake-in-towel on a cooling rack and let it cool for 20 minutes. Make the icing in a medium bowl by blending cream cheese, butter, vanilla, grated lemon and sugar with a wooden spoon or electric mixer. When the cake has cooled 20 minutes, unroll it and spread icing onto it. Immediately re-roll (not in the towel this time), and wrap it with plastic wrap. Keep the cake refrigerated or freeze it for up to 2 weeks in aluminum foil. Add chopped almonds and confectioners' sugar on top to taste and cut the cake in slices just before serving.

Servings: 10



Melanie Fritzsche,  
Traffic Manager



QUESILLO IS A TRADITIONAL VENEZUELAN DESSERT MADE WITH EGGS, CONDENSED MILK AND CARAMEL, SIMILAR TO CRÈME CARAMEL.



Gwen Echenagucia,  
Jr. Art Director

## QUESILLO

### Ingredients:

- 1 1/2 cups sugar
- 5 medium or large eggs
- 12-ounce can evaporated milk
- 1/4 teaspoon vanilla extract

### Preparation:

#### Caramelizing the Pan

This should be done ahead of time, since you want the pan to set and cool for at least 20 or 30 minutes before adding in the mixture. Use an aluminum pan, the kind you find at all grocery stores. About 4 1/4 inches deep. Add 1/2 cup of the sugar to the pan and use medium-heat to melt the sugar until it caramelizes. Keep shaking the pan so that all the sugar melts. Once the sugar is a nice light brown color and melted, turn the pan so the liquid coats the sides, about 2 1/2 to 3 inches up from the bottom. Set the pan aside and let cool down (about 20 to 30 minutes).

#### The Mixture

In a large mixing bowl, blend the remaining ingredients (1 cup sugar, eggs, evaporated milk and vanilla). For best results, use a hand mixer to get a better consistency. Add the mixture to the caramelized pan. It is normal to hear a crackling sound when the cold mixture is being added to the the pan, if it is still a little warm.

#### Baking

Preheat the oven to 350 degrees. Place the pan in a double boiler. Fill a large baking pan with about an inch or so of water. Place the other pan in the center. Place both pans onto the center oven rack. Cook for about 1 hour, and then begin checking if done. You should be able to insert a clean knife about halfway from the edge of the pan, and the center, and pull it out dry. The center should still be a little runny. After it is chilled, that runny part will firm up. Different ovens may vary. Start checking after about an hour. Carefully cover the pan with foil. Set aside and let pan cool. Place in refrigerator overnight to chill.

Servings: 2



Quesillo is the most popular Venezuelan dessert, and it's actually my favorite. Its texture and taste are mouthwatering, and it's one of the desserts I remember having in every single Piñata; of course, my mom's was and still is the best. Now, it's the only dessert that cannot be missing at my son's birthday parties ... and he loves it!

## QUESILLO (VENEZUELAN FLAN)

### Ingredients:

#### For the caramel:

- 2 cups pure cane sugar
- 1/4 cup water

#### For the flan:

- 1 (14-ounce) can sweetened condensed milk
- 1 (14-ounce) can whole milk (use empty milk can for measure)
- 8 large eggs
- 1/2 teaspoon pure vanilla extract
- 2 tablespoons dark rum

You will need a 6-8 cup heavy (enameled cast iron) pot and a second larger pot with a lid that can hold the first pot for a Dutch oven effect.

### Preparation:

#### For the caramel:

In a small heavy saucepan bring sugar and water to a boil. Stir until sugar is dissolved. Boil syrup at high heat without stirring until caramel is gold or light brown in color. Remove from stove immediately to prevent burning the caramel. While the caramel is still very hot, pour it into the 6-8 cup enameled cast iron pot to coat the bottom and about 2/3 of the sides. Let the caramel in the pot cool.



Continued on next page





**Preparation continued:**

**For the flan:**

Preheat the oven to 325 degrees. Combine all the flan ingredients in a blender jar except for the eggs and run blender at medium speed for about 1-2 minutes; then add the eggs one by one until well blended. Pour this liquid mix into the pot coated with caramel and place inside the larger pot. Pour enough hot water into larger pot to reach halfway up the sides of the smaller pot. Place larger pot on the middle oven rack and cover with the lid. Bake the flan for about 60 minutes, until set, but still wiggly in the center. Transfer the flan in the pot to a rack and let it cool to room temperature. Once cooled, place in the fridge for a minimum of 3-4 hours before serving. When ready to serve, dip the flan pot in a saucepan of hot water. Using a finger, gently press down the edges of the flan, until the caramel runs up the side, which indicates that it's loosened. Invert flan onto a large plate and decorate. Y... ¡Buen provecho!

*Blanca Gonzalez,  
Translation Manager*



IF YOU ARE BORED AND FEELING LIKE EATING SOMETHING DELICIOUS AND SWEET, ALL YOU NEED ARE SIMPLE INGREDIENTS AND ACTION. WAIT A FEW HOURS AND DONE! YOU JUST MADE A DELICIOUS CHEESECAKE FOR YOU AND YOUR FAMILY WITHOUT SPENDING TOO MUCH MONEY!

## QUICK CHEESECAKE

### Ingredients:

graham cracker pie crust  
1 package cream cheese  
1 can condensed milk  
1/3 cup lemon juice  
3 to 4 drops vanilla extract  
cherry, apple or strawberry filling on top (any kind you would like)

### Preparation:

Mix the cream cheese, 1/3 cup lemon juice, 1 can condensed milk, and the drops of vanilla in a big bowl. Once they are all mixed and it looks thick, pour the filling in the pie crust and cover with the top. Leave in the fridge overnight or all day, depending on start time. Before eating add the cherry, apple or strawberry filling (the one of your choice) on top of the cheesecake. It is ready to eat.

**Servings:** 10-12



Raquel Bueno,  
Traffic Coordinator



BAKING IS ONE OF MY FAVORITE THINGS TO DO IN MY FREE TIME. IT'S SOMETHING THAT PROVIDES ALMOST IMMEDIATE GRATIFICATION. I LOVE THIS RECIPE BECAUSE IT'S SIMPLE AND MADE WITH EASY-TO-FIND INGREDIENTS. IT'S A TREAT THAT NEVER FAILS TO MAKE EVERYONE SWOON.

THE JURY IS STILL OUT ON WHETHER IT SHOULD BE CONSIDERED A BREAKFAST OR DESSERT BUT THERE ARE A GOOD NUMBER OF FOLKS (MYSELF INCLUDED) WHO THINK IT'S PERFECTLY SUITABLE FOR BOTH!

Melissa Velez,  
Interactive Project Manager

## SNICKERDOODLE CHEESECAKE

### Ingredients:

- 2 cans Pillsbury Crescent rolls
- 2-8 ounce packages cream cheese (room temperature)
- 1 1/2 cups sugar (1 cup for filling, 1/2 cup for topping)
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1 stick butter

### Preparation:

Spray a 9 x 13 pan with cooking spray.  
Unroll and press 1 can crescent rolls into the bottom of your baking dish. Press the seams together.  
In a separate bowl blend the cream cheese, 1 cup sugar and 1 teaspoon vanilla. Spread over top of dough.  
Unroll the second can of crescent rolls and place on top of the cream cheese mixture, pressing seams together again. Melt butter and pour over top layer of crescents. Mix the remaining 1/2 cup of sugar and cinnamon together. Sprinkle cinnamon sugar mixture generously over the top. If you don't think that's enough cinnamon sugar on top, feel free to add more! Bake at 350 degrees for 30 minutes until bubbly and bottom crust is slightly brown. Refrigerate for several hours. Slice and enjoy!

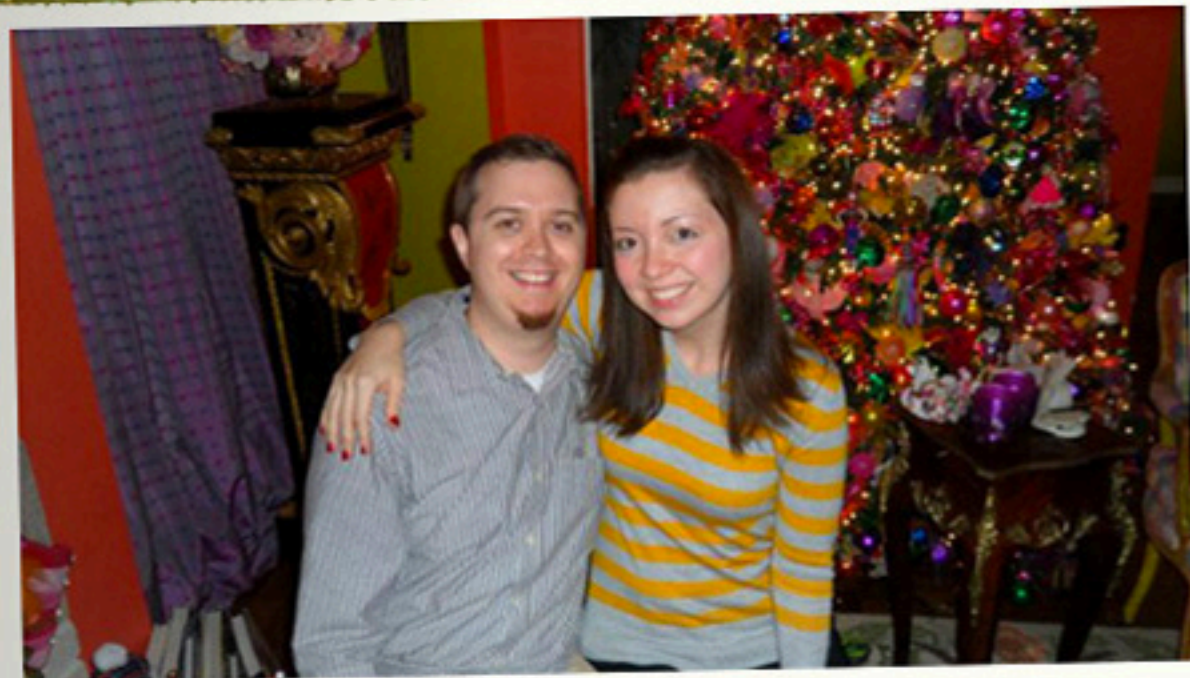
Servings: 6-10





## SOFT AND CHEWY GINGER MOLASSES COOKIES

IF YOU LIKE SPICES SUCH AS GINGER, CLOVES AND CINNAMON, YOU WILL LOVE THESE COOKIES. I'VE BEEN MAKING THESE FOR HOLIDAY GIFTS FOR THE PAST 5 YEARS OR SO – AND NOW, IT'S GOTTEN TO THE POINT THAT MY RELATIVES EXPECT TO RECEIVE THEM EACH YEAR (AND ARE SORELY DISAPPOINTED IF THEY DON'T GET A BATCH OF THEIR OWN). THEY ARE SO EASY TO MAKE, BUT FEEL FREE TO PRETEND IT TOOK YOU HOURS OF SLAVING WHEN YOU TRY OUT THE RECIPE!



**Michelle McLeod,  
Account Director**



**Ingredients:**

- 2 1/4 cups white whole wheat flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 2-2 1/2 teaspoons ground ginger
- 1/2 teaspoon cloves
- 1/4 teaspoon allspice
- 1/4 teaspoon black pepper (fresh ground)
- 1 1/2 sticks cold butter cut into pieces
- 1/3 cup granulated sugar plus extra for coating the dough
- 1/3 cup dark brown sugar
- 1 large egg yolk
- 1-1 1/2 teaspoons vanilla extract
- 1/2 cup molasses

**Preparation:**

Preheat the oven to 375 degrees and line your baking sheets with parchment paper. Move your oven racks to the middle. In a large bowl combine the flour, spices, salt and baking soda. Mix well and set aside.

In a mixing bowl add the butter and sugars and turn on the mixer. Start at low speed and, once things look pretty well combined like they won't fly out of the bowl, set the mixer to medium-high. Let it go for about two or three minutes or until everything looks light and fluffy. Turn off the mixer, scrape the sides and set it to low. Add the egg yolk and mix until combined. Then add the vanilla extract. Scrape down the sides and turn up the mix to medium just for a few seconds and then turn it to low again. Add the molasses (tip: coat the measuring cup with vegetable oil to make it easier for the molasses to slide out). Once everything is well incorporated, add the dry ingredients and mix just until combined. Turn off the mixer, remove the bowl, and mix the dough a few times by hand, being careful to make sure you get every last bit mixed in.

Continue next page



**Preparation Continued:**

Take out a large round plate and pour the extra white sugar on it. To make the dough balls, take an ice cream scoop (will help keep the cookies uniform in size/shape) and scoop out equal size dough balls. Roll them between your palms just to get them into true balls, and then roll them through the sugar on the plate. Place the balls on the cookie sheets 2-3 inches apart. Put one sheet on the left side of the mid-upper rack, and the other sheet on the right side of the mid-lower rack. Bake them in the oven for about 6 minutes, and then rotate the cookie sheets (top/bottom, left/right) - this helps even out the cooking. Back for another 6 minutes or so - you'll know they're ready when their surfaces break out in crackles and the crevices beneath still look a bit underdone. Cool them on a rack thoroughly.

**Icing option:** Sometimes for the holidays I like to add some colored icing. Just mix confectioners' sugar and water until you reach your desired thickness. Add food coloring of your choice. Put the mixture into a Ziploc® bag, and make a VERY small snip in the bottom corner of the bag. Put some extra parchment paper under the cookies (which have been cooling on a rack). Drizzle the icing across the tops of the cookies in a zigzag pattern. Let the icing dry thoroughly before packing up your treats. Enjoy!





THIS DELICIOUS DESSERT IS ORIGINALLY FROM PUERTO RICO AND IS AS DELIGHTFUL TO LOOK AT, AS IT IS TO TASTE. *TEMBLEQUE* IS A DESSERT WE EAT A LOT, ESPECIALLY DURING CHRISTMAS.

DID YOU KNOW THAT PUERTO RICO CELEBRATES THE LONGEST CHRISTMAS IN THE WORLD? WE START ON THANKSGIVING DAY, AND CONCLUDE IN JANUARY, WITH THE FESTIVAL OF SAN SEBASTIÁN IN SAN JUAN.

**Eileen Ortíz,**  
Traffic Manager

## TEMBLEQUE PUERTORRIQUEÑO

### Ingredients:

- 15 ounces coconut cream
- 13 1/2 ounces coconut milk
- 12 ounces evaporated milk
- 6 cups water
- 1 cup sugar
- 2 cups corn starch (maizena)
- 2 tablespoons ground cinnamon

### Preparation:

In a pot or saucepan, add the evaporated milk, coconut milk, coconut cream, sugar and 5 cups of water. Then place it on the stove, bring it to boil, and set aside. In a bowl, dissolve the corn starch in a cup of water, then add it to the other mix and cook at medium heat until thickened. Place the mix in a mold or in individual bowls. Let stand for some minutes and place in the fridge for 1 hour or more until it sets. If placed in a mold, put it on a dish or tray when cold and sprinkle some cinnamon on top.

**Servings:** 6-8







A BOX WHITE CAKE MIX OR A FAVORITE WHITE CAKE RECIPE CAN BE USED INSTEAD OF THE CAKE RECIPE BELOW. FOR A DENSER, FIRMER, SPONGIER CAKE I NORMALLY ADD ONE MORE EGG THAN THE RECIPE REQUIRES, ESPECIALLY IF THE CAKE IS "TRAVELING." IF I'M SERVING THE CAKE WHERE I'M BAKING IT, I PREFER USING THE WHITES ONLY FOR A WHITER, FLUFFIER CAKE. THIS ALLOWS FOR MORE CREVICES FOR THE CAKE TO ABSORB THE LIQUID BUT THIS VERSION DOESN'T TRAVEL WELL.

THIS RECIPE CAN BE ADJUSTED TO SUIT PERSONAL TASTE. SOME PEOPLE SUBSTITUTE OR ADD LIQUEURS TO THE MILK MIXTURE, CHANGE MILK FLAVORS (I HAVE MADE THIS WITH CHOCOLATE CAKE/FROSTING), OR ADD BITS OF FRUIT/SYRUPS; BUT I THINK FOR IT TO BE THE TRES LECHES CAKE PEOPLE EXPECT, THE MILK MIXTURE SHOULD BE TRADITIONAL OR IT BECOMES SOMETHING DIFFERENT. I HAVE NEVER USED "FAT-FREE" OR "LOW-CAL" SUBSTITUTIONS ... WHAT'S THE POINT? WE DON'T EAT THIS PARTICULAR CAKE FOR THE NUTRITIONAL OR LEAN CALORIE CONTENT.

THE TRADITIONAL "FROSTING" IS HOMEMADE SWEET WHIPPED CREAM, WHICH I THINK WORKS BEST WITH THE EGG WHITE VERSION IF YOU'RE SERVING IT WHERE YOU BAKE IT OR CAN MAKE THE TOPPING FRESH AND SPREAD IT OVER THE CREAM CHEESE FROSTING IF THE CAKE IS TRAVELING. I PREFER A FLUFFY CREAM CHEESE TYPE FROSTING THAT WORKS WELL WITH A CAKE THAT HAS TO BE TRANSPORTED ELSEWHERE OR IF THE WHOLE CAKE WON'T BE CONSUMED RIGHT AWAY. THE CREAM CHEESE FROSTING ALSO HELPS TO KEEP THE MILK MIXTURE FROM LEAKING TOO MUCH (UNLESS YOU USE ONLY A SLIGHT AMOUNT OF THE MILK MIXTURE).

Ed Cantú,  
Dir. of Consumer Insights & Account Planning



# TRES LECHES CAKE

## Ingredients:

### CAKE:

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 cup butter
- 1 cup sugar
- 5 eggs (or 6 eggs for a heavier cake)
- 1/2 teaspoon vanilla extract

### MILK MIXTURE:

- 1 cup whole milk or sweet cream
- 1/2 14-ounce can sweetened condensed milk
- 1/2 12-ounce can evaporated milk

### CREAM TOPPING:

- 1 1/2 cups heavy whipping cream
- 1 cup sugar
- 1 teaspoon vanilla extract

### CREAM CHEESE FROSTING (THIS IS A STIFFER VERSION):

- 1 cup butter, softened
- 1/2 cup vegetable shortening
- 1 tablespoon clear vanilla extract
- 1 pound cream cheese, softened
- 3 1/2 pounds sifted confectioners' sugar
- 1/2 teaspoon salt

Cream butter, shortening, cream cheese and extract. When mixed, add in salt and blend well. On low speed, add confectioners' sugar gradually. This will be a stiff cream cheese frosting that holds up well for a cake that is to be decorated and/or has to travel but is light enough to complement and not overwhelm the cake. If you want the frosting to be a bit thinner, use only 3 pounds of confectioners' sugar. For whiter frosting use butter without food color (usually available at health food stores or can be made at home). Once spread, the thick frosting can be "smoothed" with a moist, thick paper towel patted across the surface.





**Preparation:**

Preheat oven to 350 degrees. Grease and flour a 9x13-inch baking pan. (I prefer and use Wilton® Cake Release liquid to get a smoother release if I'm going to take the cake out of the pan. Cracks in the surface or spots where cake was pulled off during release tend to absorb the milk mixture too quickly and can create mushy spots.)

**BAKING THE CAKE:**

Sift flour and baking powder together and set aside. Cream the butter and sugar together until fluffy. Add the eggs and 1/2 teaspoon vanilla. Beat well. Add the flour mixture to the butter mixture, slowly, preferably about 1-2 tablespoons at a time. Continue, mixing well until blended. Pour batter into prepared pan. Bake for 30 minutes.

**MILK MIXTURE:**

Combine the evaporated milk, condensed milk and whole milk/cream in a container that has a pouring spout (a 32-ounce/4-cup measuring cup works well). I find warming the condensed mix makes it just slightly easier for the liquids to blend well.

**CAKE PLATE, CAKE BOARDS, ETC.:**

First, you should plan to have a two-layer cake. Although, you can do a single layer cake, you don't get as much flavor of the "leche." If the cake will be traveling, be certain that the cake plate/board is very firm and does not bend at all. Any flexibility in the base of the cake can create gullies for the liquid to run along and drip. If the cake is traveling without a pan, try to place it in a box lined with plastic wrap and a towel, a laundry basket with a towel in it, or plan to have only a slight amount of milk mixture in the cake to avoid a leaky mess. One quick stop in the car and this cake is known for sliding, splitting or collapsing - and napkins are of little help. Another option is to bring the cake plain and assemble it at your destination, arranging to have space in a fridge somewhere to chill it. Don't put it in the freezer. It doesn't freeze well and the taste and texture will not be very pleasing, nor does the cake thaw well.

**PREPARING THE CAKE FOR MILK MIXTURE:**

There are variations on how to pour the milk mixture. First, I let the cake cool on a rack to be able to turn it out of the pan onto the cake plate/board. When it has completely cooled, I slice off a very thin layer of the top (the sliver of brown baked crust), then pierce it approximately 12 times - three times across, four rows. I use a large two-pronged fork utensil or a couple of chopsticks. Fewer or more holes can be poked into the cake, but I try to figure out how many pieces will be cut (usually about 12) and have at least a pair of holes in each serving. Avoid piercing through the sides of the cake, overlapping piercings or tearing bottom of cake, as this can cause liquid to pool unevenly or flow out the sides. It's even better if you can let the cake cool overnight in the refrigerator.



**Preparation continued:**

There are a couple of ways to go from here. Slowly pour the mixture equally over the top of the cooled cake. Give the liquid time to absorb as it's being poured and avoid letting it bubble up and run off the sides (this is why it's best not to let the sides of the cake crack or be pierced if possible). -OR- If the cake is going to remain in the pan, all of the liquid (that will sufficiently moisten the cake) can be poured onto the cake top, then refrigerated for at least 2 hours before putting on the whipped topping. There won't be an issue of the liquid leaking. If the cake is to stand on its own without a pan I strongly recommend using the cream cheese frosting, especially for the sides. I crumb coat/frost the sides and pipe a line of frosting around the base. I again refrigerate the cake for about 30 minutes to an hour to make sure the frosting sets up well. Then I pour about 1/3-1/2 of the liquid over the cake and refrigerate again to allow the milk liquid to set. I repeat adding the liquid/refrigeration until it seems a sufficient amount of mixture has soaked in without making the cake mushy, prone to collapsing or shifting/falling off the cake plate (this is where the extra refrigeration time helps you see that ratio of liquid to cake is compatible). The type of cake recipe used, size of cake pan, climate, etc., can affect how much milk mixture needs to be used. Never just pour all of the milk mixture onto the cake or plop all of the frosting on it.

**WHIPPED CREAM TOPPING:**

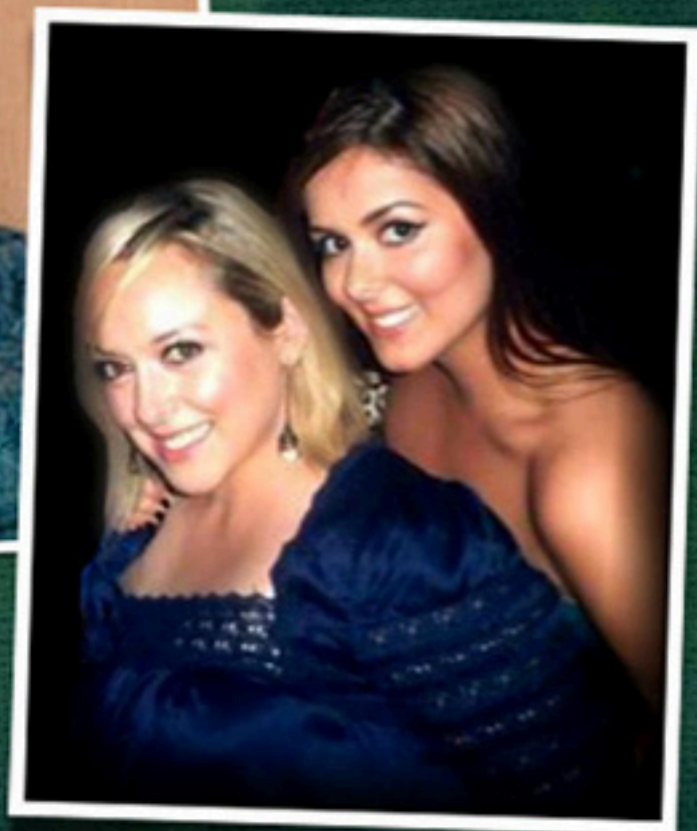
Combine the whipping cream with 1 teaspoon vanilla and 1 cup sugar, whipping with a mixer until thick. Spread over top of cake and either serve immediately or refrigerate until ready to serve. It is very important that the cake remain refrigerated until ready to serve. In even slightly warm temperatures the light, fluffy cake can easily become a mushy cake. This is not the type of cake for a picnic or anywhere immediate refrigeration isn't continually available, for as soon as the cake is cut the milk mixture can become even runnier if not kept cold. It might take a little experimenting before you get a Tres Leches cake that comes out the same each time you prepare it. The cake comes out better by making it "your own" and adjusting the recipe to suit your baking style. I began with about five different recipes before narrowing it down to this one.

Good luck, and do share any tips or techniques you find that make the recipe better or more interesting!





Zulema Plascencia,  
Junior Research Analyst



## TUTTI FRUTTI ... ALL ROOTY!

TUTTI FRUTTI CREPES A LA WENDY ARE SIMPLE TO PREPARE, BUT DELICIOUSLY WARM AND SWEET. THIS IS ONE OF MY FAVORITE DISHES TO MAKE, NOT ONLY BECAUSE IT'S SUPER YUMMY AND QUICK TO PREPARE, BUT BECAUSE MY BIG SISTER WENDY (AKA MAMA #2) TAUGHT ME HOW TO MAKE THEM.



# TUTTI FRUTTI CREPES A LA WENDY

## Ingredients:

### Crepes

- 3 eggs
- 1 cup milk
- 1/3 cup water
- 1/2 cup white flour
- 1/2 cup whole wheat flour
- 2 tablespoons melted butter
- 1 teaspoon vanilla extract
- 2 tablespoons sugar

### Fruity Filling

- 1 1/2 tablespoons butter
- 1/2 cup sliced banana
- 1/2 cup sliced peaches (fresh or canned)
- 1/2 cup sliced strawberries
- 3/4 tablespoons cinnamon

### Topping

- 1/4 cup condensed milk
- 2 tablespoons cinnamon

## Preparation:

**Crepe:** Use a blender to mix all of the ingredients. Blend for 30 seconds. In order for the bubbles to subside and avoid tears when cooking, place the crepe batter in the refrigerator for 1 hour. Heat pan over medium-high temperature. Spray pan with non-stick cooking spray. Pour batter into pan, rotating quickly to distribute batter evenly and thinly. If batter seems too thick, add a small amount of milk. Cook crepe until light brown (approximately 2 minutes), then flip to cook other side. When it is finished cooking, remove crepe and repeat process with the remaining batter. Serve hot.

**Fruity Filling:** Place pan on medium heat, and add butter. Add fruit and cinnamon and sauté for approximately 1 1/2 minutes.

**How to Fold:** Place the crepe best side down. Add a desired amount of fruity filling in center of crepe. Fold both sides over filling, and then fold bottom and top.

**Servings:** 8

## THE FINAL TOUCH

PLACE CREPE ON PLATE, FOLDS FACING DOWN, AND DRIZZLE A SMALL AMOUNT OF CONDENSED MILK ON TOP IN ZIGZAG FORM. SPRINKLE DESIRED AMOUNT OF CINNAMON ON TOP AND ENJOY!







## VIZCOCHAS OR BIZCOCHOS (MEXICAN COOKIES)

### Ingredients:

1 pound lard (do not substitute)  
2 teaspoons cinnamon  
2 teaspoons baking powder  
pineapple juice  
2 pounds flour  
4 egg yolks  
2 teaspoons cloves  
pinch of salt

### Cinnamon Sugar Mixture:

1 1/2 teaspoons cinnamon  
3/4 cup sugar

### Preparation:

Cream lard and sugar. Add egg yolks one at a time, beating after each addition. Add sifted dry ingredients a small amount at a time, and then add just enough pineapple juice so that the dough can be rolled out thin. Cut with a very small cookie cutter and bake. While still hot sprinkle sugar and cinnamon over them. This is best done in a bowl so that the mixture will be absorbed.

THIS RECIPE COMES FROM MY MOTHER'S SIDE OF THE FAMILY - THE SALGADOS. MY GRANDPARENTS WERE THE FIRST TO RECEIVE THIS RECIPE FROM MY GRANDMOTHER'S COUSIN. MY MOTHER REMEMBERS WATCHING MY GRANDPARENTS AND HER OLDER SISTERS MAKE THESE COOKIES FOR HOLIDAY DINNERS AND OTHER EVENTS THROUGHOUT THE YEARS. SINCE THEN, ALL OF MY AUNTS AND MY MOTHER HAVE BEEN MAKING THIS RECIPE, PARTICULARLY AROUND THE HOLIDAYS.

THE COOKIES BRING BACK FOND MEMORIES FOR ME, AS MY SISTER AND I GREW UP HELPING MY MOM MAKE THESE EVERY YEAR. THESE COOKIES ARE A YUMMY TREAT TO ENJOY WITH A CUP OF COFFEE OR HOT CHOCOLATE. I HOPE THAT THESE COOKIES ARE ENJOYED BY YOUR FAMILIES AS THEY HAVE BEEN ENJOYED IN MINE FOR THE PAST 50 YEARS.

**Veronica Salas,**  
**LA Office Receptionist**







THIS IS AN OLD RECIPE FROM THE ARAGON REGION OF SPAIN. THE RECIPE WAS BROUGHT TO CUBA IN THE ERA OF COLONIZATION AND BECAME A FAVORITE AMONG CUBAN CITIZENS. PEOPLE ON THE ISLAND KNOW YEMAS DOBLES AS A SYRUPY, SWEET TREAT MADE BY "ABUELITAS," AND THEY ARE A FAVORITE TOPPING OR GARNISH ON MANY PASTRIES AND CAKES. THIS PARTICULAR RECIPE FOR YEMAS DOBLES IS PROVIDED BY MY AUNT JULIA, AND IT IS STILL MY MOTHER'S FAVORITE.

**Tony P. Marban,**  
**Director of Human Resources**



## YEMAS DOBLES EN ALMIBAR

### Ingredients:

- 1 cup egg yolks (separated from the egg whites - use only the yolks)
- 2 1/4 cups cane sugar
- 2 1/4 cups water
- 1/4 cup rum or brandy
- 1 teaspoon real vanilla
- 1 teaspoon Royal® baking powder
- 1 teaspoon lemon zest
- 1/2 teaspoon lemon juice
- 1 cinnamon stick, grated



### Preparation:

**NOTE:** This is a slow boil recipe. Never let the mixture get to a full boil. A lower heat boil is desirable. Beat egg yolks with baking powder until thickened and light yellow in color. Mix 2 cups water, 2 cups sugar, cinnamon, lemon juice and lemon zest in a shallow casserole dish. Heat on the stove top at medium heat and bring to a slow boil. As the mixture reaches a medium boil, drop in 1 heaping tablespoon of egg yolk into the dish. The yolks will become opaque and begin to firm up. Once they appear firm, fold them in half and cook for another minute or so. Remove from the dish and place in a baking dish to cool. Repeat this process until you have used up all of the beaten yolks.

The remaining liquid in the casserole dish will become the syrup for the yemas. Add remaining 1/4 cup of sugar, 1/4 cup of water, and vanilla to the remaining liquid and continue to boil for 2 to 3 minutes longer. Place the mixture through a colander to remove any solid particles. You may now drizzle this syrup over the cooked Yemas. If you wish, you can add some zing to the syrup by adding a flavored liqueur, brandy or rum (the Cuban preference is an añejo rum). Add the liqueur/liquor to the finished syrup or most of the alcohol and flavor will burn off in the cooking process. Cover the baking dish with the Yemas in syrup and place in the refrigerator for at least 12 hours. Enjoy your sweet, spongy Yemas Dobles!

**Servings:** 8



*¡Buen Provecho!*

