



RECIPES



Nicaraguan tortillas

This recipe makes 8-12 tortillas.

240g maize flour (use plain flour if you can't find maize flour)

¼ teaspoon salt

¼ teaspoon baking soda

310ml hot water

1. Stir together the dry ingredients. Mix in the hot water. Using one hand, knead the dough while it's still in the bowl, adding more water as necessary. The dough needs to be soft. (It is imperative that this dough is wet enough: it should feel like play dough. Add more water whenever you feel like it, and wet your hands frequently.)
2. Tear off a golf-ball-sized lump and, on a floured surface, bash your tortilla into a thin round.
3. Heat a pan and cook the tortilla for a minute or two until the underside is flecked with brown spots.

You can try a selection of fillings such as; rice, scrambled eggs, fried plantain, red kidney beans, soft cheese, avocado, sour cream (to pour over the beans and the plantain).

Mozambican beans in tomato sauce

2 (425g) cans red beans

1 large onion, chopped

3 tablespoons olive oil

3 medium tomatoes, chopped

1 tablespoon tomato paste

1 tablespoon garlic, chopped

1/4 teaspoon cayenne pepper

Salt and pepper

1. Sauté onions and garlic in oil until onion is transparent.
2. Add remaining ingredients and simmer for 20 minutes.

Serve over rice.



RECIPES



Cambodian Poat Dot

6 ears of corn, husks and silk removed

2 tablespoons vegetable oil

2 tablespoons fish sauce

2 tablespoons water

1 ½ tablespoons sugar

1 teaspoon salt

2 green onions - white parts only,
thinly sliced

Vegetable oil for brushing

1. Prepare barbeque or preheat an ungreased cast iron skillet over medium heat.
2. Very lightly brush the corn with oil and set on the grill rack or in the skillet.
3. Cook, turning every 2-3 minutes, until the kernels are tender and nicely charred, 12-15 minutes total; keep warm.

Sauce

1. In a bowl stir together the fish sauce, water, sugar and salt until it is dissolved.
2. Heat the oil in a saucepan over medium heat until very hot but not smoking.

3. Carefully pour liquid mixture in (take care as it may splutter).
4. Add the green onions and simmer until the sauce begins to thicken (approx. 30 seconds). Remove from heat and cool. Brush cooked corn with the sauce and serve.

Bolivian Cocadas

2 2/3 cups shredded coconut

3/4 cup condensed milk

1 egg

1/4 teaspoon almond essence butter, to coat baking sheet (or cooking spray can be used, such as PAM)

1. In a bowl, mix shredded coconut, egg, condensed milk, and almond essence until everything is well mixed.
2. Let rest for two or three minutes.
3. Spread butter on a baking sheet to coat.
4. Using two teaspoons, put small amounts of the mixture in the baking sheet.
5. Bake at medium temperature (European oven: 163 Celsius degrees; American oven: 325 Fahrenheit degrees) for 25 minutes or until they are golden, dry and smooth at the same time.

Makes 24 regular-size coconut candies.



RECIPES

Big
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Peruvian Banana Cake

450g flour

15g baking powder

200g margarine

400g sugar

4 eggs

150ml evaporated milk

5 bananas - liquidised

5g bicarbonate of soda

A pinch of salt

60g chopped pecan nuts

A capful of vanilla extract

1. Mix the margarine with the sugar until it doubles in volume
2. Next add the eggs one by one
3. Sift the flour, baking powder and bicarbonate of soda and add to the mixture.
4. Add the liquidised banana and the evaporated milk.
5. Add the chopped pecan nuts and vanilla essence
6. Pour the mixture into the cake greased cake mould
7. Cook at 160C degrees for 45 minutes