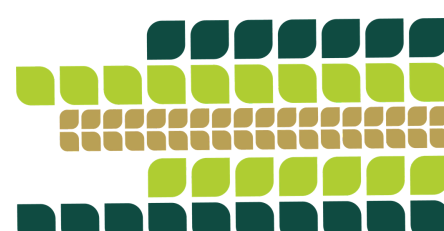




COOKBOOK

CELEBRATING THE RICH FLAVORS AND CULINARY TRADITIONS
OF HISPANIC AND LATINO CULTURE



When you see the **Responsibly Grown, Farmworker Assured®** label or support an **EFI-certified brand**, it means farmworkers experience safer and healthier working conditions and are involved in identifying problems that impact the safety and quality of your food.



RECIPE

● CONTENT ●



01

Pupusas

02

Pão de Queijo

03

Mangú

04

Chilaquiles

05

Ajiaco

06

Ceviche

07

Mofongo

08

Ropa Vieja

09

Alfajores

10

Leche Asada

11

Tembleque



Pupusas

Pupusas are El Salvador's nationally famous dish; they are enjoyed at any time of day and are filled with a delicious variety of savory fillings.



Ingredients: (4 servings)

- 4 cups corn flour
- 4 cups lukewarm water
- 3 cups mozzarella cheese, grated
- 2 tbs olive oil
- 1 tbs of butter
- 1 jalapeño, thinly sliced, for garnish (optional)

Instructions:

- In a bowl, mix the corn flour with lukewarm water.
- When the dough and water are well mixed and moist to the touch, set aside to rest for a few minutes.
- Place the mozzarella cheese in a bowl.
- Heat the cheese in the microwave for 1 minute.
- Add the olive oil and mix it into the cheese with your fingers or a spoon to soften it.
- Preheat a griddle or cast-iron skillet over medium heat. Add butter to create a slippery surface.
- Using your hands, scoop about 3 tablespoons of corn flour from the bowl and shape it into a ball about 2 inches wide.
- Using the palms of your hands, gently press the dough ball back and forth between your two hands until it's flattened into a disc about 1/4 inch thick and 4 inches in diameter.
- Use your fist to make a small indentation in the center of the disc.
- Fill the indentation with about 2 tablespoons of softened cheese.
- Using your fingers, pull the edges of the dough over the filling so that the cheese is completely sealed inside a small ball of dough.
- Press the ball of dough between your palms, gently moving it back and forth, to flatten the dough into the same thin disc as before.
- Place each pupusa on the preheated griddle or skillet.
- When the first side turns a pale golden brown, after about 2 minutes, flip it over and cook the other side. Serve and enjoy.

Pão de Queijo

Brazilian Cheese Puffs—fully loaded Pão de Queijo with Parmesan cheese. These cheese puffs are addictive and taste just like Brazilian restaurants!



Ingredients: (24 units)

- 1 cup whole milk
- 1/2 cup vegetable oil
- 1 teaspoon salt
- 10 oz. tapioca flour
- 2 large eggs
- 1 1/2 cups grated Parmesan cheese

Instructions:

- Preheat the oven to 350°F (176°C). Line 2 baking sheets with parchment paper. Place the milk, oil, and salt in a medium saucepan and bring to a gentle boil over medium heat, stirring occasionally. Remove from heat as soon as large bubbles start to form in the milk.
- Add the tapioca flour and stir with a wooden spoon until well combined. Transfer the dough to the bowl of a stand mixer fitted with the paddle attachment. Beat the dough for a few minutes at medium speed until it smooths out and cools down.
- With the mixer on medium speed, add the eggs to the dough one at a time, waiting until the first egg is fully incorporated before adding the second. Scrape down the sides of the bowl, then beat in the cheese until the dough becomes very sticky.
- Scoop the dough with a small ice cream scoop, spacing the dough 2 inches apart (12 per baking sheet). Dip the scoop in water between scoops to prevent sticking.
- Bake for 15 minutes, then rotate the baking sheets from front to back. Continue baking for another 10 to 15 minutes, until the puffs have puffed up and the bottoms turn golden brown.

Mangú

Mangú is a creamy and comforting Dominican dish made with mashed green plantains. Simple, rich, and full of flavor, it's a staple breakfast often served with sautéed onions, eggs, fried salami, and fried cheese.



Ingredients: (4 servings)

- 3 green plantains, peeled and cut lengthwise
- 3/4 teaspoon salt
- 1/2 cup water at room temperature
- 2 tablespoons unsalted butter
- 1/2 cup thinly sliced red onion
- 1 tablespoon apple cider vinegar
- Pinch of salt
- 1 tablespoon oil
- 1 lb of salami
- 4 eggs
- Water (for boiling)

Instructions:

- Peel the plantains, cut them lengthwise, and then into smaller pieces.
- Place the plantains in a pot, cover them with water, add the salt, and bring to a boil over medium-high heat. Cook until they are very soft, 15 to 20 minutes.
- Prepare the salami by cutting it horizontally and cut the onions into rings.
- Meanwhile, place the onions in a bowl, add the vinegar and salt, and let sit for 5 minutes.
- Heat the oil over low heat, add the onions, and cook until they are soft and translucent, 2 to 3 minutes. Remove from the heat.
- In a separate skillet, add oil and crack the eggs to fry them. Use the same skillet to fry the salami.
- Drain the plantains and reserve about 1/2 cup of the cooking liquid.
- Mash them immediately until they are mostly smooth.
- Add the butter and, little by little, the reserved water, mashing until you achieve a creamy texture. Adjust the consistency as needed.
- Serve hot with the onions on top.

Chilaquiles Verdes

There are many variations of chilaquiles: green, red, with mole, with egg, or with chicken. Enjoy this recipe for chilaquiles verdes with chicken.



Ingredients: (4 servings)

- 18 corn tortillas
- 2 lbs. green tomatoes, peeled and washed
- 1 or 2 serrano or jalapeño peppers
- 1 clove of garlic
- 2 or 3 sprigs of cilantro
- 2 cups chicken or vegetable broth
- 3 tablespoons vegetable oil, plus enough to brush the tortillas
- 1 lb. chicken breast
- 1/2 large white onion, divided
- Cotija or feta cheese (optional for garnish)

Instructions:

- Preheat the oven to 300°F (150°C). Cut the tortillas into 2-inch pieces, brush them lightly with oil, and sprinkle them with salt. Place them on a baking sheet and bake for 15 to 20 minutes, until toasted. Let them cool. You can also fry the tortilla pieces in oil.
- Boil the chicken until fully cooked, then shred it.
- Preheat the oven to 350°F (175°C). Place the green tomatoes, onion, garlic, and serrano chilies in a bowl. Add about one tablespoon of oil and toss to coat all the ingredients until they have a light layer of oil. Transfer everything to a baking sheet and sprinkle with salt.
- Bake until the tomatoes are soft and all the ingredients look slightly charred. Place everything in a blender with the cilantro and broth, and blend until smooth.
- Heat the additional tablespoon of oil in a skillet over medium heat. When the oil is hot, add the blended sauce and finish cooking over medium heat for about 10 minutes. Season to taste.
- When the sauce is hot, carefully add the tortilla chips and the chicken. Stir well so everything is completely coated with the sauce.
- Serve the chilaquiles on a platter with the onion slices, shredded cheese, sour cream, and cilantro. Enjoy immediately.

Recipe obtained from Pati Jinich by Pati Jinich via <https://patijinich.com/es/chilaquiles-verdes/>

Ajiaco Santafereño

A filling gluten-free one pot meal, this ajiaco recipe is served with avocado, rice, capers and cream.



Ingredients: (4 servings)

- 1 lb. chicken (breast or thigh)
- 4 corn on the cob
- 2 long onions
- 1 bunch of cilantro
- 4 garlic cloves
- 100 g guascas
- 1 lb. Sabanera potatoes
- 1 lb. Pastusa potatoes
- 1 lb. of Criolla potatoes, divided
- 2.4 liters of water
- 100 grams of capers (optional for garnish)
- 2 avocados (optional for garnish)
- 200 ml of heavy cream (optional for garnish)
- Salt, to taste

Instructions:

- Make a broth with the water, chicken, garlic, onion, cilantro, guascas and the corn on a cob. Bring to a boil over high heat.
- Peel the three types of potatoes, wash them well and cut them into medium-sized cubes; set them aside in cold water.
- Once the broth has developed a rich flavor, remove the cilantro, onion and chicken. Shred the chicken and leave it aside.
- Add the sabanera potatoes, the pastusa potatoes and half of the criolla potatoes.
- Reduce the heat to medium and taste for salt. Stir gently and add the remaining criolla potatoes. Reduce the heat to low and let it simmer.
- Add the shredded chicken, bring to a final boil and serve.
- Serve with avocado, heavy cream and capers.

Ceviche Peruano

Ceviche is a traditional Peruvian dish, and its flavors have won over other countries.



Ingredients: (4 servings)

- 2 lbs of fish (sea bass, flounder, grouper, red snapper, or any white or pink fish you can find)
- 1 red onion
- 1 chopped chili pepper or rocoto
- 2 cloves of garlic
- 1 stalk of celery
- 1 teaspoon of ginger
- 300 ml of lime juice
- 1 lb. boiled sweet potatoes
- 4 boiled corn on the cob
- Salt, pepper, and sugar, to taste

Instructions:

- Cut $\frac{3}{4}$ of an onion into long strips and place them in a deep dish for 15 minutes in salted water to draw out the bitterness.
- Now cut the fish into cubes; avoid cutting them too thin, or they'll overcook with the lime. Put them in the refrigerator while you cook.
- In the deep dish where the onion was soaking, drain the water and add the fish along with the chili pepper or rocoto, then let it sit. Season the mixture with salt and pepper.
- In a blender, place a quarter of an onion, the garlic cloves, the celery stalk, the ginger, one tablespoon of the fish you've cut, and the lime juice, then blend everything to make the famous "leche de tigre."
- Strain this mixture through a sieve to extract all the juice.
- Taste the leche de tigre and season with salt and pepper to your liking. If it tastes a little too sour, add a pinch of sugar and taste it again.
- Finally, remove the fish from the refrigerator and, in a large bowl, mix the leche de tigre with the fish. Serve immediately to prevent overcooking.
- Serve it with corn on the cob and boiled sweet potatoes on the side.

Mofongo

Tender plantains, crunchy pork cracklings, punchy garlic, and a savory broth are mashed together to make this beloved Puerto Rican dish.



Ingredients: (4 servings)

- 4 cups chicken broth
- 2 green onions, roughly chopped
- 2 sprigs of cilantro
- 1 bay leaf
- 12 large garlic cloves, peeled and lightly crushed, divided
- 2 tablespoons unsalted butter
- 4 cups cooking oil
- 4 large green plantains
- 3 cups cooked pork rinds, divided, plus more for serving
- Salt, to taste

Instructions:

- In a small saucepan, bring the chicken broth, green onion, cilantro, bay leaf, 4 garlic cloves and butter to a simmer over medium heat. Once simmering, remove from the heat, cover and set aside to keep warm while frying the plantains.
- In a large pot, heat oil over medium-high heat until oil reaches 350°F (175°C). While the oil is heating, peel the plantains, remove the skin, then cut them into 2-inch chunks crosswise.
- When oil reaches 350°F (175°C), add the plantain chunks and fry, adjusting heat as needed to maintain oil temperature around 350°F, until golden and fork tender, 7 to 8 minutes.
- Once plantains are fried, in a mortar and pestle, smash the plantains with 2 garlic cloves, 3/4 cup of the pork rinds and a large pinch of salt. Repeat this step 3 more times.
- Once well mashed, press the mofongo into the rounded well of the pilón. Use a flexible spatula to flatten, then gently loosen the mound of mofongo along the edges. Invert the pilón onto a shallow individual serving bowl or plate, pour some of broth on top and serve with some pork rinds on top.

Ropa Vieja

Traditional ropa vieja is one of those dishes that tastes like home, like well-prepared leftovers, and like recipes passed down from generation to generation.



Ingredients: (4 servings)

- 1 lb. of shredded stewed or braised meat
- 1 large onion
- 1 red bell pepper
- 2 cloves of garlic
- 2 ripe tomatoes or 7 oz. of crushed tomatoes
- 1 bay leaf
- 100 ml of dry white wine
- 2 tbsp. Extra virgin olive oil
- Salt and pepper, to taste
- Fresh parsley (optional for garnish)

Instructions:

- Heat a generous splash of extra- virgin olive oil in a large skillet. Add the chopped onion and garlic and sauté over medium heat until they are well softened and begin to brown slightly. This base is key to giving the ropa vieja its flavor.
- Add the red bell pepper, cut into thin strips, and cook for a few more minutes until tender and it releases all its aroma.
- Add the shredded stewed and stir to prevent burning.
- Add the crushed tomatoes and the bay leaf and cook for 8 to 10 minutes, stirring occasionally, until the excess liquid has evaporated and the sauce is well concentrated.
- Pour in the dry white wine and let it cook for 2 or 3 minutes, until the alcohol has evaporated. This step adds depth and enhances the overall flavor.
- Let the ropa vieja simmer over low heat for 15–20 minutes, stirring occasionally. The meat should be tender and well coated with the sauce.
- Remove the bay leaf, adjust the salt if necessary, and sprinkle with chopped fresh parsley before serving. Ready to enjoy as tradition dictates.

Alfajores

The sweetness of the dulce de leche perfectly complements the buttery cookies, the coconut and the powdered sugar creating an irresistible combination.



Ingredients: (24 units)

- 1 can of dulce de leche
- Plenty of water
- 2 sticks of melted butter
- 1 cup of powdered sugar
- 2 cups of corn flour
- 1 cup all-purpose flour
- 1 tablespoon baking powder
- 1 egg
- 1 teaspoon vanilla extract
- Chopped almonds, shredded coconut, powdered sugar (optional for garnish)

Instructions:

- In a bowl, combine the butter and sugar until fully incorporated. Add the corn flour, baking powder, flour, egg and vanilla. Knead until fully incorporated.
- Continue kneading until the dough pulls away easily from the bowl; if necessary, add more flour or water. Refrigerate the dough for 10 minutes.
- Preheat the oven to 340° F (170° C).
- Take small portions of the dough (not the entire batch) and roll them out on a floured surface with a rolling pin until they are about ¼ inch thick.
- Cut out about 20 round cookies using a cookie cutter or a small glass. Place them on a baking sheet lined with parchment paper and bake for 10 minutes. Remove from the oven and let cool for 15 minutes before filling.
- Take a cookie, spread a tablespoon of dulce de leche on it, and gently sandwich it with another cookie. Coat the edges with a little more dulce de leche and roll them in crushed almonds and shredded coconut, and coat the top with powdered sugar. Repeat until you've used up all the cookies.
- Serve and enjoy.

Recipe obtained from Recetas Nestle by Fátima Cedeño via <https://www.recetasnestlecam.com/recetas/alfajores-caseros>

Leche Asada

It's a sweet, custard-like dessert made from simple ingredients like milk, sugar, eggs, and vanilla.



Ingredients: (6 portions)

- 1 liter of milk
- 1 cup (200 g) of granulated sugar
- 1 teaspoon of vanilla extract
- 6 eggs
- Water

Caramel:

- 3/4 cup of granulated sugar

Instructions:

- Whisk the whole eggs and gradually add the milk, sugar, and vanilla. Mix until the sugar dissolves.
- To prepare the caramel, moisten the granulated sugar with 3 tablespoons of water and cook over low heat until it melts completely and turns a light golden color; do not stir. You'll need to be patient during this process, as it can take about 10 minutes.
- Coat the bottom and sides of a baking dish with this caramel.
- Pour the milk mixture into the dish and bake for about 40 minutes at 400°F (200°C).
- Let it cool in the oven as much as possible and chill for at least 4 hours before removing from the pan.

Tembleque

Tembleque is a sweet, custard-like dessert made from simple ingredients like milk, sugar, eggs, and vanilla.



Ingredients: (6 portions)

- 1 cup water
- 2–3 cinnamon sticks
- 1–2 star anise
- 5–6 cloves
- Chili pepper, nutmeg (optional)
- 2 cans coconut milk, divided
- 1/2 can coconut cream (optional)
- 1/3 cup white sugar (If you're not using coconut cream, add more sugar, adjust to taste)
- 1/2 cup cornstarch
- 1 tsp vanilla
- Pinch of salt, to taste
- Ground cinnamon

Instructions:

- In a pot, bring the water and spices to a boil
- While it's boiling, in another pot—without turning on the stove—add the coconut milk (don't pour it all in; set some aside), coconut cream, sugar, vanilla, and salt, and mix everything together
- In a bowl, add the cornstarch and the coconut milk you set aside, and whisk until everything is well combined
- Then, add the cornstarch mixture to the pot with the rest of the ingredients and stir everything together
- Turn the stove to medium-low heat and strain the infused water
- Stir the mixture constantly until it thickens
- Pour the mixture into your preferred container and place it in the refrigerator for several hours, until it sets.
- Serve and enjoy.

Recipe obtained from Tiktok by Natalia via
[https://www.tiktok.com/@mamichanchu/video/7311418864905063722?](https://www.tiktok.com/@mamichanchu/video/7311418864905063722?is_from_webapp=1&sender_device=pc)
[is_from_webapp=1&sender_device=pc](https://www.tiktok.com/@mamichanchu/video/7311418864905063722?is_from_webapp=1&sender_device=pc)



SEND US YOUR FAVORITE RECIPES

INFO@EQUITABLEFOOD.ORG





LEARN MORE ABOUT HISPANIC HERITAGE MONTH

[EQUITABLEFOOD.ORG/HHM](https://equitablefood.org/hhm)

