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Chinese Food

Vegetable spring rolls, of Chinese origin

Among the largest foods consumed, rice is the protagonist and spring rolls, one of the most requested foods in Chinese restaurants.

Also called spring rolls or chun kun, these rolls can be made with various fillings such as vegetables, meat, chicken or fish.

Ingredients:

- 250 grams of cabbage
- 1 leek
- 100 grams of mushrooms
- 2 carrots
- Ginger (can be in powder)
- Salt
- Pepper
- Oil
- Soy or sweet and sour sauce
- A bag of bean sprouts
- A packet of sheets (usually sold in supermarkets and made with rice flour, especially for making spring rolls).

Preparation:

The first thing to do (in case you don't get the foil pack from the supermarket) is the dough. To do this, knead 100 grams of flour, a glass of water, salt and two teaspoons of oil. Let it rest for 30 minutes and then, with the help of a rolling pin, stretch it out as much as possible. Cut into rectangles.

As for the filling, wash all the vegetables well and cut them into thin strips. The ideal is to skip them in a wok, but if they do not have, do not worry, you can choose a frying pan. Now yes, add a splash of oil and over a high heat, brown them for about 3 minutes (they should be crisp). When finished, add the bean sprouts, ginger and season with salt and pepper.

With the rectangles scattered on a counter, start inserting the filling in the middle. Do not overfill them as they cannot be closed and this will cause them to overflow on the sides.

Before closing, moisten the end with a little water to seal correctly. Many often paint the roll with egg yolk.

Heat a pot with plenty of oil and fry until they are golden in color. Drain with absorbent paper and serve with sweet and sour or soy sauce.

Shengjian mantou, have breakfast in Shanghai

Breakfast in Shanghai, as in every country in the world, is the main meal of the day. But particularly in this country, they focus on making a small bread roll called "shengjian mantou" (or sheng jian), which means "raw fried buns."

Ingredients for four diners:

- 300 grams of flour
- Water
- 200 grams of pork
- 1 leek
- 50 grams of smoked bacon
- Salt
- Pepper
- Peppers
- Soy sauce

preparation:

As a first step, knead the flour with the water and a pinch of salt until obtaining a homogeneous and easy-to-handle dough. Let stand with about 15 minutes.

Cut the pork into small squares, the mushrooms, the bacon and the leek. Add salt, pepper, paprika, and soy sauce. Mix everything.

Take the dough again and roll it out with a thickness between 2 and 3 mm. Cut small circles of 8-9 cm. diameter. Put the filling in the middle and then lift all the edges up and bring them to the center. Tie with a strip of leek.

Now yes, place the balls on the grid of the saucepan and add 2 cm. of water. When it starts to boil, steam until the dough is transparent.

If you want to fry them, once you remove them from the rack, you can add oil to a pan and leave them for a few minutes until you see the slightly golden dough.

Finally, for the presentation, serve the buns hot with soy sauce.

Corean Food

Kimchi, a typical Korean garnish

Despite the fact that the most common food in Korea is rice (in fact, the term "food" in Korean is identical to one of those used to designate this cereal), the indigenous recipe book also reserves a privileged place for fish and , of course, to vegetables, with cabbage in the lead. Precisely, this is the basis of the delicious accompaniment described in these lines.

Ingredients for 4 people):

- 1 Chinese cabbage (or normal)
- 4 young onions
- 2 carrots
- 8 garlic cloves
- 3 tablespoons of chili powder
- 2 tablespoons of salt
- 2 tablespoons of sugar

Preparation:

Cut the cabbage in half and defoliate it. Salt sheet by sheet and leave them in a container overnight (between 8 and 10 hours, approximately).

Then clean the leaves, rinsing them with plenty of water.

Grate the onions and carrots and mix them with the garlic cloves, minced; chili powder, salt and sugar.

Drain the cabbage leaves well and smears them one by one with the mixture of onion, garlic and carrot. For this, it is necessary to form different layers, alternating the cabbage with the obtained mixture. Serve hot.

Warning:

the Korean garnish is spicy, although very tasty. Its flavor can be enhanced if, after its preparation, it is reserved for two or three days. In turn, you can also add chopped squid or shrimp to the mixture.

Bulgogi, Korean-style marinated beef

It is a dish whose origin dates back to the time of Christ, when the Goguryeo kingdom ruled in Korea (north and center). This recipe was then known as Neobiani, and not only was it preserved, but later it became one of the most appreciated dishes by the kings of the Joseon dynasty.

Ingredients:

- 400 grams of veal meat (in thin strips)
- A medium onion
- 1/2 Asian pear, failing that we can use sweet pear or pear juice
- A handful of paengi or enoki mushrooms
- 2 stalks of chives
- 5 cloves of garlic
- A piece of ginger root
- 2 tablespoons of honey
- Sesame oil (1 tablespoon)
- Soy sauce (5 tablespoons)

- Black pepper
- Sesame seeds

Elaboration:

First of all we have to prepare a puree by crushing the half pear, a quarter of the onion, the ginger and the 5 peeled garlic cloves.

Now we are arranging the strips of beef in a container and covering them with the previously made puree.

Once ready, we will add the soy sauce, the tablespoon of sesame oil, honey and pepper to taste to the mixture, then stir and mix everything well.

Meanwhile we chop the remaining onion, the chive stalks and the mushrooms.

Once we have the chopped vegetables we will add it to the meat and let it marinate overnight in a closed container.

When we want to prepare the bulgogi, it is best to do it in small quantities, to prevent it from releasing too much juice.

Tips:

If we do not want to wait a whole night to prepare the meat, we can do it earlier, but at least we must let it marinate for half an hour.

Egyptian food

Kufta, typical dish of Egypt

Typically Egyptian recipe ingested in the Middle East. These are small balls made from minced meat called "kufta" (also called kofta, kofte or kafeh), which means a type of method that the Arabs use to prepare such food in the oven.

Ingredients:

- 1 kilo of minced beef
- 1 large onion
- 3 garlic cloves
- 3 tomatoes
- 3 potatoes
- 1 pot of tomato sauce (tomato puree)
- Oil
- Lemon juice
- Black olives
- Salt
- Pepper

- Peppers
- cumin

Preparation:

Take a large saucepan and add a splash of oil until hot. Subsequently add the garlic (previously diced) and the onion. Sauté for a few minutes and add the minced beef. You can help yourself to undo it, but use a wooden spoon. Do not forget to add salt, pepper and other spices.

Once it is ready, use a baking dish (previously oiled) and spread the mixture evenly. Now you can help yourself with a spatula, but continue using the spoon.

Take to preheated oven for about 30 minutes and then let it rest.

Cut the potatoes into slices and fry them for a few minutes. Place the tomato in slices on the preparation and do the same with the potatoes you were frying.

Meanwhile, mix the tomato sauce with the lemon juice and drizzle the sauce over the minced meat. Now again take to the oven for 20 more minutes, until you see that the potatoes are tender and the meat well cooked.

Remove from the oven and add chopped parsley and black olives as a garnish to garnish.

Honey bread: another exquisite Egyptian dessert

It is not lost on anyone that the countries of North Africa have earned a well-deserved reputation for their delicious sweets. And in this sense, the land of the pharaohs is no exception. Within their dessert recipes, the «baklava», a generic name by which the cupcakes are known, occupy an exceptional place.

Although these can sometimes be a bit heavy and oily, they end up being very juicy if you add honey, the star component of the recipe that is offered below.

Ingredients (for 6 individual servings):

- 350 g of sugar
- 250 g of bread without crust
- 1 cup of whipped cream
- 1 splash of lemon juice

For the syrup:

- 5 tablespoons of sugar
- 3 cups of water
- 1 cup of light honey
- 1 tablespoon of rose water
- 1 splash of lemon juice

Preparation:

First, it is advisable to put the oven to heat.

Meanwhile, cut the bread into strips 2 cm thick, place them side by side on a pastry plate and bake until dry, but without toasting.

Next, prepare the golden syrup, heating 5 tablespoons of sugar in a saucepan.

Then add the rest of the sugar, the 3 cups of water and a little lemon juice.

Let it cook everything until the syrup becomes consistent.

Add honey and rose water and cook for a few more minutes.

Pour the syrup over the bread strips, keep it on the fire for 45 more minutes and let it cool for 24 hours.

When serving dessert, cut the bread into squares and decorate with whipped cream.

Spanish food

Cod skeleton, typical of Catalonia

It is a very rich and simple salad to prepare, and perhaps what desalting the cod desires the most work and should not take more than half an hour. Traditionally it has raw cod, but if we do not want to do it this way we can lightly sauté the cod once crumbled with a little olive oil, draining well when ready.

Ingredients:

- 2 cod loins (previously desalted)
- 3 or 4 ripe tomatoes
- 1 green pepper
- 1 onion
- Black olives
- Olive oil
- Parsley
- Vinegar (better if it is apple)

Elaboration:

First we have to soak the cod loins until they have been desalted well, and then drain them pressing with your hand so that they release as much liquid as possible. Once this is done we leave them reserved separately.

Now we take a salad bowl or a large bowl and in it we will add the onion, the pepper and the diced tomatoes.

Add the previously reserved cod to the mixture

We will add a handful of black olives and season everything with oil, vinegar and salt to taste.

We stir well so that it mixes and we let it rest 15 or 20 minutes at room temperature. At the time of serving we will decorate it with a pinch of very finely chopped parsley.

Tips:

There are many possible variants for the esqueixada, being able to use canned tuna instead of cod, adding diced stewed egg or even legumes.

Roasted recipe

Although there is a basic recipe consisting of tomato, onion, pepper and eggplant, this dish admits numerous changes and additions such as cod in the variant known as espencait. A recommended dish, very simple to prepare and ideal for vegetarians, as well as containing a lot of fiber and having a low calorie content.

Ingredients:

- 2 aubergines
- 1 red pepper
- 3 onions
- 1 head of garlic
- 3 tomatoes
- Extra virgin olive oil
- Salt

Preparation:

First we preheat the oven to 180°C.

Now it's time to wash and dry the vegetables, then place the eggplant, the pepper, the garlic head and the onion on a baking sheet (the tomato will be left for later since it has a different cooking point). Before putting them in the oven, we will water them with a generous splash of olive oil.

We put the tray with the vegetables in the oven and let them roast for about an hour, taking care that they do not stick, turning them every so often. This will also help to make them even.

After this hour we will remove the tray from the oven to add the tomatoes and we will bake again for about 25 minutes or half an hour, when we see that the vegetables are well roasted. Keep in mind that there may be differences in the cooking points depending on the size of the vegetables and the power of the oven. We will let them cool a little so as not to burn when handling them and remove the skin and seeds from the eggplants, peppers and garlic.

Once all the vegetables are peeled, we will give it the point of salt, we will add a few drops of vinegar and we will water it with the juice of the roast.

French food

French ham and cheese pancakes au gratin

One of the most typical dishes of the gastronomy of France are the popular crepes or crepes. These are mainly made with flour, eggs, butter, sugar and milk, and have a round shape.

Ingredients:

- ½ liter of milk
- 200 grams of flour
- 4 eggs
- 40 grams of butter
- 100 grams of cooked ham cut into slices
- 100 grams of sliced emmental cheese
- 2 deciliters of cream
- 100 grams of grated Parmesan cheese
- Salt and freshly ground black pepper

Preparation:

To prepare the dough, in a blender add the butter and mix with the milk. Add the flour, salt, pepper, the four eggs and mix one 4 more minutes. Let stand for 15 minutes.

Then place a small piece of butter in a Teflon pan over low heat and pour a little of the dough until it extends over the entire surface. When you see it curdle, turn and add a slice of cheese on top of the crepe and a slice of ham on top, without removing it from the heat. (You must place them in the center of the crepe).

Fold the crepe on itself and place it on a baking sheet. Turn on the oven to 200 ° C and once you carry out this procedure with all the crepes, sprinkle grated Parmesan cheese on top of them. Put it for 10 minutes or less in the oven until you see that they are gratin.

How to prepare Baeckeoffe, tradition in Alsace

Located in the east of France, Alsace is a region recognized for having gastronomy full of elaborate specialties such as tarte flambées, sauerkraut or, the traditional and popular dish called baeckeoffe.

Ingredients:

- 500 grams of pork loin
- 500 grams of lamb
- 500 grams of beef
- 1 onion
- 2 or 3 cloves of garlic
- Thyme
- Laurel
- Parsley
- Black pepper
- Salt
- 1 bottle of some fruity white wine
- 1 kilo of potatoes

preparation:

Cut all types of meat into large pieces. Then peel the onion, cut it into thin strips and cover the pieces of meat with them. Above them add all the aromatic herbs (in the amount that you want) and lastly, the fruity white wine. Cover and leave to marinate for approximately 24 hours to make all the products come together.

The next day, take the kilo of potatoes, peel them and cut them into thin slices.

Take a deep ovenproof container and gradually place layers of potatoes and the mixture of meats marinated with the vegetables until all the ingredients are finished. Add salt to taste and cover again with white wine from the ready-made marinade. Cover.

Cook in a 160 ° or 180 ° C oven for about 2 and a half hours until the meats are very tender. No garnish is necessary as the dish features potatoes and onions.

Greek food

Tzatziki, delicious Greek yogurt and cucumber sauce

Tzatziki Sauce is considered one of the most typical recipes in Greece and perhaps for this reason it is curious that its preparation is so simple and inexpensive. Apart from the Kebab, it is also quite common to accompany the Mezze and the pita bread. It has a very peculiar flavor before which the flavor of the accompanying food runs the risk of pale.

Ingredients:

- 2 small grated cucumbers (not soft).
- 500 ml of Greek yogurt, or in its case, natural (the Greek is denser).
- 3 cloves of garlic, well crushed or grated.
- Lemon juice.
- A little fresh mint.

- Olive oil.
- Salt.

preparation:

First, remove as much serum as possible from the yogurt. For this we have to leave it for a few hours in the fridge, that is, draining in a very fine mesh strainer or in a special cloth, one of those to drain the cheese. It is also convenient to do it with the already grated cucumber.

Once both the yogurt and the cucumber have drained, we have to pour it in a bowl next to the previously crushed garlic, two or three tablespoons of lemon juice, a teaspoon of freshly minced mint and a pinch of salt. Then we add a little olive oil (a light touch) and after covering it we let it rest a couple of hours again in the fridge.

As an ornament you can add two or three black olives strategically placed in the center, surrounded by a few touches of more chopped mint, and there are even those who add some freshly ground pepper.

How to prepare Hummus

If there is a popular recipe in the countries of the Middle East, it is hummus, a pasta made from chickpeas, lemon and tahini sauce, and which is generally served accompanied by traditional pita bread as an appetizer or as an accompaniment to other dishes.

Ingredients:

- Half a kg of chickpeas.
- 3 garlic cloves.
- Salt
- Olive oil
- Parsley
- 2 lemons
- 3 tablespoons of tahini sauce

Elaboration:

First of all we must soak the chickpeas from the night before, although we can also use previously cooked chickpeas that are sold canned.

Now we must take the chickpeas and cook them for an hour. When they are ready, drain them, keeping at least one cup of the cooking water and then pass them through the mixer adding the reserved water. We beat well until we get a smooth and homogeneous paste.

To this paste we will add the three tablespoons of tahini sauce, the 3 garlic cloves peeled and crushed (with the mallet and the mortar), the juice of two lemons and a

small tablespoon of salt. We mix everything well until we get a homogeneous mass again.

Once ready we will serve it in a small bowl, making a hole in the center of the pasta, in which we will add one or two tablespoons of olive oil.

Finally we will chop the parsley very fine and sprinkle it on the hummus.

Tips:

If we want the hummus to have a spicy touch, we can add a little ground black pepper or a little cayenne pepper.

The hummus can be kept for three days in the fridge if we cover it well, and if we decide to freeze it it can last us more than two months. When defrosting, we must add a little extra olive oil if it has lost its smooth texture.

Indian food

How to prepare Kulfi, Indian frozen dessert.

The kulfi recipe can be made in different ways, with different flavors to flavor it, such as mango, cardamom, apple or pistachio. It is worth noting that it has a fairly creamy texture and provides a dense and milky appearance. The important thing is that you keep in mind that the cooking time is 50 minutes, the preparation time is 20 minutes and to that, you must add the freezing time.

Ingredients for six people:

- 1 ½ liter of milk
- 8 cardamom prunings
- 4 tablespoons of sugar
- 20 grams of peeled and chopped almonds
- 20 grams of pistachios, peeled and chopped

preparation:

Place the milk and cardamom in a large saucepan and bring to a boil. When it boils, lower the heat to a minimum and reduce the milk to 1/3 approximately or less than a liter. Do not stop stirring if it is not possible that everything sticks.

Add the sugar and cook for 3 minutes. Remove the cardamom prunings and add the chopped walnuts and pistachios. Empty the mixture into a mold and freeze for an hour in the fridge.

When the time is up, beat in semi snow to break the little ice that may form and repeat the procedure twice.

Then, pour the preparation into kulfi cups or molds. Freeze overnight. If snow is made on the vessels, you can remove it by passing the entire molds in hot water for a few seconds. Make each cone a cross cut from the tip down and ready to eat!

Chana masala, North Indian dish

If there is a country that knew how to keep all recipes in a traditional way, it is India. Generally speaking, Indian cuisine can be divided into two opposite zones. On the one hand, the southern region, with purely vegetarian preparations, and on the other, the northern part, which is the best known, and typical dishes such as tandooris (red meat mashed in yogurt), koftas (meatballs), kormas (cooked meat) and the classic chana masala.

Ingredients:

- 250 grams of chickpeas
- 2 medium tomatoes, diced
- 1 chopped onion
- Chopped cilantro
- 2 green chilies
- Lemon
- Olive oil (to taste)

Spices necessary to flavor the dish:

- Cumin
- Nail
- Bay leaf
- Coriander seeds
- Cinnamon
- Tamarind powder
- Mango powder
- Masala powder (can be replaced by tamarind or bay leaf)

preparation:

Before starting the dish, the chickpeas should be left overnight in cold water. Then throw the water through a strainer and place them to boil along with a black tea bag (this will allow it to take color). Leave about 20 minutes over low heat and set aside.

In a frying pan, spread a splash of olive oil and add the onion, salt, garlic and chilies. Sauté until everything is golden brown.

Once everything is ready, add the diced tomatoes and now yes, start throwing each spice: the masala, the cumin, the coriander seeds, the mango powder, the

tamarind powder and the lemon. And finally, incorporate the chickpeas. Cook for 20 minutes on low heat.

When it is finished with the preparation, they have as a possible option to boil a handful of white rice to accompany the dish. Remember that it must be placed as a base and on top of it, all the preparation of the chana masala.

English food

Cabbage or Coleslaw Salad Recipe

Coleslaw is a perfect garnish for a large number of dishes, such as meat and fish or even to accompany croquettes, as well as being very easy to prepare and prepare based on ingredients that are very easy to get. The only secret is in the proportion of the ingredients and letting it rest for at least three hours in the fridge, so that the flavors mix well. It is also important to drain the remaining water from time to time, it will be enough that we do it every time we go to serve.

Ingredients for 4 people):

- Half cabbage (we remove the stem)
- 1 carrot
- Half golden apple
- 1 tablespoon mayonnaise
- 1 tablespoon of sugar
- Half an onion
- 1 large tablespoon of soft mustard (Dijon is not recommended)
- Vinegar (better if it's apple)
- Salt
- Pepper

preparation:

First we will need to grate the cabbage, the carrot, the apple and the onion. Better if we have a mandolin or grater, since the cut will be finer and cleaner. Once ready we will leave them in a separate container.

Now in a bowl mix the tablespoon of mayonnaise, the mustard and the vinegar, stirring well to leave a homogeneous sauce, while adding the salt, sugar and pepper.

To finish we just need to pour the sauce over the salad and mix, then let it rest for three to four hours in the fridge.

tips:

To give it a more acidic touch we can add a few drops of squeezed lemon.

Steak and kidney pie, English meatloaf

Steak and kidney pie, is a delicious cake (or tart) whose content is pieces of beef, lamb kidneys and a very particular sauce.

Ingredients:

- 2 cake tops
- 2 eggs
- 2 teaspoons of vegetable oil
- 700 grams of lamb kidney
- 2 onions
- 30 grams of flour
- 850 grams of beef
- Salt
- Black pepper
- Worcestershire sauce.

preparation:

The first thing is to heat the oil in a frying pan and seal the beef and lamb kidneys round and round. Remove everything and set aside.

Then, on the same frying pan add the chopped onion, salt and pepper and sauté for 4 minutes. Pour the meat again, add a pinch of flour on it and finally add the sauce. Stir all the products until it boils. Then lower the heat and let cook for half an hour (do not cover the pan). Remove.

Now, the dough should be stretched 5 mm thick with the help of a rolling pin. Lift the dough and place it in a tart pan. Trim the leftovers with your fingers (scissors or knife).

Add all the mixture inside and cover it with the other layer of dough. Spread the egg mixture over it (previously beaten) and take it to the oven for approximately 1 hour until obtaining a golden color. Ready

Italian food

Panforte, Italian dessert with fruit and nuts

Its elaboration is very simple. Only what we are going to need is sugar in honey, melted chocolate, nuts to taste, spices with flour and coconut and finally, fruits.

Ingredients:

- 300 grams of candied fruit
- 200 grams of walnuts
- 200 grams of almonds
- 150 grams of sugar
- 100 grams of honey
- 100 grams of dried figs
- 60 grams of cocoa powder
- 50 grams of flour
- A pinch of nutmeg
- 2 cloves
- Pepper to taste
- 2 cinnamon sticks

Preparation:

The first step is to amalgamate all the candied fruit, walnuts, almonds, chopped dried figs, pepper, nutmeg, cloves, cinnamon sticks and cocoa with flour in a bowl. Meanwhile melt honey and sugar in a double boiler over low heat, mixing continuously with a wooden spoon. When a ball is formed when taking it with your fingers, remove from the heat and add to the mixture of flour and dried fruit. Mix well until all the products are united.

Form a disk about 2.5 centimeters thick.

Grease a pan with butter and place the wafer wafer and above it, the disk sprinkled with a little flour. Cook the panforte in the oven at about 150 ° for about 30 minutes. Before serving, cut the edges of the host and sprinkle with the icing sugar and the remaining cinnamon.

How to prepare caprese salad, of Italian origin

Although Italy is a country characterized by pizza and pasta, it is possible to find in it one of the main salads consumed worldwide: the Caprese Salad or as many call it "caprese", whose colors honor the Italian flag.

Ingredients:

- ½ kilo of round tomatoes (or cherry tomatoes)
- A plant with very large leaves of fresh basil
- 400 grams of fresh mozzarella cheese (preferably buffalo)
- 50 cc of extra virgin olive oil
- Oregano
- Salt
- Pepper

Optionally remember that you can add:

- black olives
- Powdered sugar
- Grated cheese
- Balsamic vinegar

Preparation:

Wash the tomatoes and basil under cold water. Cut the round tomatoes into slices or small pieces (this is to the taste of each one). If you have cherry tomatoes this step is not necessary.

Cut the mozzarella into small squares and put everything in a bowl of salad. Season with oregano, olive oil, salt and pepper.

Then, to finish the presentation of the caprese salad, incorporate the basil slices over it (without cutting them) and if you wish, add any of the optional ingredients that I mentioned.

As you will see, this Italian salad takes about 15 to 20 minutes to complete and the portions that I indicated are for approximately 4 diners. It is ideal to accompany meats or chickens and as wine, nothing better than a category red.

Japanese food

Yakitori, Japanese chicken skewers

Indeed, the Japanese recipe avoids glutinous ingredients (so common in Europe and the United States), concentrating preferably on fish and white meats (as in the case of today's recipe) and vegetables.

Ingredients (for 8 skewers):

4 chicken thighs and 2 breasts, boneless, skinless and cut into 2 cm cubes
the stems of 4 chives, cut into 2 cm pieces

For the frosting or sauce:

- 400 ml of water
- 5 tablespoons dark soy sauce
- 2 tablespoons of mirin (Japanese sweet rice wine)
- 2 tablespoons of sake
- 1 spoon of sugar
- 1/4 teaspoon of salt

Preparation:

To make the frosting, mix in a glass container half of the dark soy sauce, mirin, sake, sugar and salt. Add 120 ml of the water and mix again.

Next, string the alternate chicken cubes with the chive stalks on 8 short bamboo or wooden chopsticks, so that there are 3 or 4 servings of meat and 2 chives on each.

To prepare the sauce, cook for 10 minutes in a saucepan, the water and the other half of the ingredients used to make the glaze (step 1). After this time, remove them from the fire and place in a serving bowl.

Pour the glaze in a flat pan and place the skewers on top, covering well. Roast for 5 or 6 minutes on the grill or on a grill, turning frequently. Serve immediately along with the sauce.

Onigiri, Japanese rice balls

These are rice balls filled or mixed with various ingredients (such as salmon, tuna, Katsuobushi, Umeboshi), circular, triangular or oval in shape. You can rarely find this Japanese dish wrapped with a strip of something nori (seaweed).

Ingredients:

- 2 glasses of round grain rice (paella type)
- 2 glasses of water
- 1 teaspoon salt
- 1 teaspoon of sugar
- 2 sheets of Nori seaweed

Ingredients for the stuffing:

- Smoked or steamed salmon, minced
- Crab sticks
- Tuna with a little mayonnaise
- To these fillings you can add: chives or pickled ginger, finely chopped.

Preparation:

Wash the white rice in a strainer to remove all the starch. When the water runs clear, remove.

Take a pot and place the rice next to the water and boil to the maximum. Once it boils, turn off the heat (you must observe that there is no water left) and let stand 10 minutes (leave the lid on the pot). After time, remove the lid and let stand 10 minutes more.

Meanwhile put to heat until the salt and sugar dissolve.

Once the rice is cooked, place it in a bowl and sprinkle with the salt and sugar preparation. Mix well until the flavors are incorporated into it.

Leave it covered with a damp cloth so that it does not dry out until it cools down.

To incorporate the filling, put a teaspoon of rice on the wet hand and sprinkle with a little salt, and add the filling in the center of it. Then, cover with more rice to form a shaped ball.

Once finished, place a small sheet of nori underneath for easy handling.

Mexican food

Quesadillas in the gastronomy of Mexico

These cheese-stuffed corn tortillas are basically made over low heat in pans or in the oven, depending on whether you like it. But keep in mind that cooking is quick to avoid that its texture becomes crisp and ends up breaking.

Ingredients:

- 8 large corn tortillas
- 200 grams of dambo or cheddar cheese
- 200 grams of mozzarella cheese
- 100 grams of parmesan cheese
- 3 onions
- 1 teaspoon minced coriander
- Salt
- Pepper
- Oil

preparation:

Grate all the cheeses: dambo or cheddar, mozzarella and parmesan. Once we finish this, we proceed to sauté the onions cut into julienne strips in a frying pan and add the coriander.

We take a wheat tortilla with 2 tablespoons of each cheese plus a little bit of the onion filling and close in half. Add salt and pepper and brush with oil on the edges.

We incorporate all the quesadillas in a baking tray and bring them to 190° C for 10 minutes or until they see that they are slightly browned and the cheese is melted.

We finish with the plate serving it with Mexican tomato sauce, if you want some julienne cut lettuce and guacamole. Enjoy your meal you all!

Mexican burritos

It is a dish born in Ciudad Juárez, a border town near the United States. It is a large wheat flour tortilla, which wraps different types of filling.

It has certain similarities to the tacos, but they differ in that the burritos completely wrap the filling, while the tacos remain open.

Ingredients:

- For the burritos:
- ½ kg. machaca (minced beef jerky)
- ½ chopped onion
- 12 flour tortillas
- 2 tablespoons of olive oil
- Salt in necessary quantity

For the Mexican sauce:

- 3 ripe tomatoes
- ½ onion
- 4 fresh serrano peppers
- 20 grs. coriander
- 2 tbsp. lemon juice
- Salt to taste

Elaboration:

For the Mexican sauce:

Peel the tomatoes, remove the seeds and chop them.

Peel the onion, the chilies and the coriander.

Place in a sauce boat, mix and season with lemon juice and salt.

Mix all the ingredients and let it rest for an hour.

For the burritos:

In a frying pan with olive oil, sauté the machaca and the onion, until the meat is browned.

Salt the preparation and reserve.

Place the tortillas in an iron skillet to heat them, one by one.

Fill them with the crush preparation, roll them up and place them in a bowl.

Serve accompanied with the Mexican sauce.

Bibliografía

Recetas de viajes. (s.f.). Recuperado de <https://recetasdeviajes.com/cocinas-del-mundo/>