



INGLES

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CHRISTIAN ACERO CRISTOBAL

INGENIERIA

EN SISTEMAS COMPUTACIONALES

1.-Brazil

feijoada

It consists of a stew of black beans or beans and vegetables, accompanied by a generous side of pork and sausages

We got to know this recipe on the occasion of the Olympic Games in Brazil, when we thought it was a good idea to honor the country from a gastronomic point of view. Before starting we put the beans in a cold water soak for 12 hours. We start with the meats, which we have to go through the pan, over medium heat, with a pinch of oil. We remove the bone from the pork ribs and seal them. Then we cut the pork loin into cubes and do the same operation. Finally, over low heat, cook the Creole chorizo, trying not to burn it. Cut the pork ribs into strips and the Creole chorizo into slices approximately one centimeter thick. We also cut the bacon into cubes, after removing and discarding the crust. We reserve all the meats for later use, then prepare a sauce with the vegetables. Peel and cut the garlic, onion, red pepper, green pepper and tomato into fine dice. Heat a little extra virgin olive oil in a frying pan, add the chopped vegetables and cook them over low heat for 10 minutes. We reserve. Drain the beans from the soaking water and wash them under a stream of cold water. We put them in a saucepan and cover them with plenty of water, three centimeters above the level of the beans. Bring to a boil and let cook over low heat for 20 minutes, always removing impurities. We incorporate the reserved meats, the bay leaf and season to taste. Let it cook for 30 minutes over low heat. Next, add the sofrito to the saucepan. Stir and let cook over low heat for 40 minutes or until the beans are tender and the mixture is creamy.

Picanha

This is a typical Brazilian beef cut. It is said that its name comes from a stick used by the farmers of Matto Grosso and Rio Grande do Sul to direct the cattle, this stick had an iron point that was used to herd cattle by chopping it in the lumbar region, from there it went on to call that area of the cow picanha. The ways of preparing them are many, here is one of the versions that you will find in Brazil.

1. Put the olive oil in a pan
2. When it is hot put the meat cuts, previously seasoned with salt and pepper to taste
3. When the meat is sealed, turn and add the beer, that will give it a delicious flavor.
4. When it is in the cooking term of your preference, it is ready, you can serve with rice, salad and vinaigrette.

2.-Mexico

Tacos and pico de gallo

Mexican tacos are a popular recipe in this American country. It consists of meat, generally beef (or beef as they call it there) or chicken, cooked next to tomato and then placed inside a corn or wheat tortilla. Finally it is seasoned with pico de gallo, a typical sauce of the country. A dish with a lot of personality and that undoubtedly tastes of Mexico. 1.- To start with our Mexican tacos, chop the garlic and cook over a very low heat for 1 minute. That does not take color 2.- We add half a kilo of tomatoes, already peeled and chopped and we increase the power of the fire. Season with salt and pepper and cook for a while. The tomato will release water, all must evaporate, it can take a while. Once evaporated, let cook over low heat while stirring constantly, for 5 more minutes, so that it takes on a good flavor 3.- While the water evaporates from the tomatoes, we prepare the pico de gallo. The pico de gallo is a sauce that comes to the hair of Mexican tacos. In a bowl we toss all the vegetables of this well chopped sauce. Add the juice of 1/2 lime or half a lemon and stir well. Let rest 4.- When the tomato has cooked a little, add the minced meat that we have chosen. We add its portion of salt and pepper and cook over high heat. With a wooden spoon, we remove everything and crumble the minced meat, so that there are no large pieces. In fact, the finer they are the better. So we mix with the tomato and the garlic, while we mince it and cook the meat 5.- Once it is cooked, it is ready! Heat the tortillas one by one on both sides in a frying pan over medium heat. Then we put a few tablespoons of the meat on top, season with a little pico de gallo, we wrap them giving it the characteristic shape of a taco and that's it! Optionally you can also sprinkle grated cheese on top

3.-Italy

Pizza

One of the main typical dishes in Italy is pizza because in each corner of the place we can find a restaurant and the first thing we will see in the primer is pizza 1. Mix the yeast, sugar and water, cover and leave to hydrate for 10 minutes 2. Once the time has passed add the oil, sift the flour, salt and mix very well with a spoon, let it rest for 20 minutes covered 3. With wet hands (so that it does not stick to the hands) fold the dough into an envelope for 3 times and let it rest for another 20 min, repeat this 2 more times 4. Store the dough in a plastic bag with oil in the refrigerator overnight 5. With the table sprinkled with flour, knead a little to remove the air, make the shape of a ball and let it rest for 10 min. 6. Flatten on the mold to be baked (I left the widest edge to add cheese), add a layer of tomato sauce and toppings, in my case it was artichoke, salami and Mozzarella cheese. Bake at 300F for 30 minutes. I finished sprinkling with feta and some olive tapenade

Lasagna

Lasagna is a type of pasta that is served in sheets to be called lasagna. It must have at least four layers of pasta and filling, as well as a dish that has pasta in sheets interspersed with meat. 1. Sauté the onion with the olive oil over medium heat for 3 minutes. Add the carrot, celery, garlic and cook about 5 minutes. 2. Add the ground beef and cook until golden brown, about 4 to 6 minutes over medium-high heat. 3. Add the tomato puree, crushed peeled tomato, oregano, basil, thyme and salt. Cook over low heat with the lid on for 25 to 30 minutes. Taste test and if it is very acidic add the sugar. This depends on how sour the tomatoes and sauce you used were. 4. Cook the pasta sheets in plenty of boiling salted water until al dente. Be careful not to get stuck between them. Drain and lightly coat each sheet of pasta with a little olive oil. 5. Mix the cottage cheese, parmesan cheese and parsley. 6. Lightly grease a 13x9-inch pan. Cover lightly with the sauce. Cover with 3 sheets of pasta. Add 1/3 of the sauce, 1/3 of the mozzarella cheese and half of the cottage cheese mixture. 7. Make another 2 more layers ending with mozzarella cheese and extra Parmesan if you wish. 8. Cover the mold with aluminum foil without being in contact with the cheese and bake for 30 to 35 minutes in a preheated oven at 200°C. After the time, remove from the oven, remove the aluminum and cook 15 to 20 minutes more or until the pasta is well cooked and the cheese has been gratinated.

4.-United Kingdom

Fish and potatoes

It is an emblematic dish of British gastronomy for many years. What is it made of? Fish and potatoes! It can be accompanied with tartar sauce, malt vinegar or hot tomato sauce. Although fast food chains have grown and the trend for organic food has grown, this dish continues to be sold in many street stalls. Restaurants in the UK are ready to sell takeaways, colloquially referred to as fish and chips We start by washing and cutting all the vegetables into small cubes - carrots, leeks and red and green peppers - peel the potatoes, wash them and reserve them. In a pot we place the minced garlic cloves with the extra virgin olive oil and add the peppers, the leek and the carrot. We fry the vegetables well until they are golden brown. While the vegetables are frying, cut the potatoes by clicking them into pieces of about three centimeters. When the vegetables are done, add the paprika, the potatoes and then the fish stock, and cook over low heat for about 20 minutes until the potato is soft. Season with salt and pepper to taste, and turn the heat to full. When it starts to boil, add the fish cut into pieces the same size as the potatoes, turn off the heat and cover the pot so that the fish cooks with the residual heat. We serve our fish stew hot and accompanied by a good piece of bread. In a separate bowl we can put a little chive or some finely chopped leek sprouts so that whoever wants it is served a little on top. It will give it a fresh and crisp touch.

5.-Spain

Paella

Its name is due to the container that is used to cook it, since it comes from the Valencian paella that means frying pan. This delight is made with rice, some type of meat (it can be rabbit or chicken) and in restaurants they usually add onion, squid, green pepper, tomatoes, prawns and scampi. Put the fish stock in a saucepan and bring it to a boil. Cook the shrimp for 2 minutes and then put them on a plate and reserve. Leave the broth over low heat. Soak the saffron in a bowl with the hot water for a few minutes. Add salt and pepper to all meat. Heat the oil in a paella pan and fry the meat and chorizo over medium heat, stirring, 5 minutes or until golden. Fry the onion by stirring. Add the garlic, cayenne, pepper and saffron with the water and stir for 1 minute. Add the pepper and tomato and stir a couple of minutes more. Incorporate the rice and herbs and stir for 1 minute until everything is well mixed. Put 1 liter of the broth and bring it to a boil, lower the heat and let it cook for about 10 minutes without covering. Do not stir the rice during cooking, simply shake the paella pan about 2 times or when adding new ingredients. Put salt and pepper. Let cook another 10 minutes more until the rice is almost cooked. Add a little more broth if necessary and then the shrimp. Let cook another 2 minutes. When all the broth has been absorbed and the rice in the base starts to roast, remove it from the heat. Cover the paella with aluminum foil and let it rest for 5 minutes. Serve with sliced lemon.

Gazpacho

It is a traditional cold soup that can be found in different regions of Spain such as Extremadura, Andalusia or Castilla-La Mancha. The most popular is Andalusian, which is made, among other ingredients, with tomatoes, peppers and garlic (all chopped). In addition to being healthy (it is an example of our Mediterranean diet), it is delicious. Crush the bread (previously soaked) and the chopped vegetables with the oil, vinegar, salt and water you want, as desired, more or less thick, in a container. Currently the mixer is used, which has the advantage of achieving a better grinding of the ingredients.

6.-India

Tandoori chicken

In India many condiments are used, which is what gives the food delicious flavor. The mixture of species with which this chicken is cooked is called Tandoori Masala. In addition to seasoning it with these species, the chicken is marinated with yogurt and cooked at very high temperatures in the tandoor, which is a clay oven that uses charcoal.

For the tandoori, mix the yogurts with a splash of oil and a pinch of salt in a bowl. Toast paprika, turmeric, cumin and garlic powder, pepper, ground cayenne, and ginger powder in an oil-free skillet. Add the toasted spices to the yogurt and moisten with a little water. Mix well. Chop the chicken, put the pieces on an ovenproof tray and season. Spread them with the tandoori and let stand with this mixture for at least

1 hour. Roast in the oven at 220°C, for 25-35 minutes. Cut the onions into julienne strips and put them to sauté over high heat in a frying pan with a little oil. Add a little chopped oregano, lime juice, and meat juice. Sauté. Serve the tandoori chicken on a plate and serve with the sauteed onion.

Samosa

Have you tried samosa? Samosas are crispy dumplings typical of the cuisine of India, Pakistan and Tibet. In this post we are going to tell you what exactly they are, how they are made and we are going to give you two delicious recipes, one with meat and the other vegetarian. As we said, samosas are triangular shaped dumplings typical of Hindu cuisine. They are prepared with a very fine dough similar to phyllo dough, which when frying is very crisp. It is usually filled with vegetables seasoned with a mixture of spices such as curry, turmeric and ginger among others, and there are also varieties of meat. They are usually served accompanied by some sauce, which can be a chutney, yogurt sauce, a spicy sauce, etc. Samosa can also be sweet, in which case they are eaten as a snack or dessert. 1. Mix the flour with the salt 2. Add the oil and work the flour with the tips of your fingers, until it absorbs all the oil and we have a kind of crumbs. 3. We are incorporating the water little by little, kneading until we have a homogeneous mass. 4. We pass the dough to the oiled table, we oil our hands and knead until smooth and smooth. 5. Wrap in kitchen film and let stand 30 minutes. 6. After this time, stretch the dough with the rolling pin on the table a little floured, it must be very finite. 7. We cut discs about 15-18 cm in diameter, and then cut them in half with a knife. 8. We take each semicircle and moisten the edges, and we join the straight side forming a cone. Fill and seal the open side pressing with your fingers.

7.- Peru

Peruvian ceviche

It is considered the flagship dish of Peru and, although it is found in other destinations on the Pacific coast of South America, only in this country are sea and mountain ingredients so harmoniously combined.

It consists of marinating the meat of the fish in a container with a lot of lemon, chili, red onion, coriander, salt and pepper, until it is ready for consumption (about 20 minutes). It is important to use good fish, such as grouper, sole, corvina and even tilapia, and the accompaniments are essential for both flavor and presentation.

In addition, these give the Andean touch to ceviche, with the sweet flavor of sweet potato, the almost ubiquitous corn that is generally served shelled and accompanied with roasted corn. Fortunately, you will find this dish in almost any destination in Peru, although in Lima it is where you will find the greatest variety in flavor, quality and prices.

Guinea pig

Although for many foreign tourists this small and tender rodent serves as the house's pet, for the Andean peoples it has been used for centuries as an important food source and the tradition continues over time.

In addition to having a mild and, for many, exquisite flavor, guinea pig meat is rich in protein, iron and low in fat, so it is a very good option for carnivores looking for a healthy diet. There are many ways to eat it and nowadays gourmet restaurants in Peru are taking advantage of it to create new dishes, so if you are easily impressed, this is probably the best option to try guinea pig.

Although if it is what you want to live your own customs, in destinations such as the Sacred Valley you can find less elaborate options, just as delicious and, yes, a bit impressive since the animal usually serves it whole. Finally it ends up being the same, so it is up to you to decide how to taste one of the oldest dishes in the Andes and always remember it.

8.-France

La Ratatouille

The Provence area is located in the southwest of France, stretching from Orange to Nice. Its landscape dotted with colors such as the fields of lavender or wheat, inspired painting greats like Van Gogh or Cézanne. Among the typical dishes of this region there are some very famous:

The name is known internationally by the famous Pixar film in 2007. It is a healthy recipe for a vegetable ratatouille, it has zucchini, peppers, tomatoes, onions, aubergines, garlic and spices such as Provençal herbs, basil, oregano, pepper or marjoram. This dish can be served only together with rice or pasta or as an accompaniment to meat or fish dishes. To prepare it, each vegetable must be steamed or grilled separately and then the vegetables are sautéed with olive oil, they can also be baked.

fish soup

Traditional in the Marseille area, it started as a humble fisherman's soup and ended up being a delicacy in the best restaurants. The fishermen used scraps of fish and shellfish that they had been unable to place in restaurants. Fish heads, bones, bones, rock fish or shrimp heads. The Bouillabaisse is special because among its ingredients it has Provençal herbs such as basil, fennel, marjoram, thyme, rosemary or savory.

9.-Germany

Flammkuchen

This is a pizza-like dish widely consumed in the southwestern federated states bordering France, specifically Baden-Württemberg, Rhineland-Palatinate and Saarland, whose cuisine has a strong influence from the French region of Alsace (in France the dish is called "tarte flambée"). It is a thin cake of wheat flour covered with bacon, onion and a fresh white cheese or milk cream. The raw ingredients are mixed and placed on the dough that is baked for between 10 to 15 minutes. Served on a table and eaten in pieces with your hands as if it were a pizza, the dish emerged in the early 20th century. The bakers made a thin layer of dough that they introduced into the oven to verify its temperature and thus ensure good baking of the bread. When the thin layers were cooked in 30 seconds it meant the oven was ready for bread. Then they started topping the dough with what they had on hand.

2. Dibbelabbes Typical dish from western Germany, especially from the Eifel, Saarland, Rhineland and Westerwald mountains. Its main ingredient is the grated potato with which a dough is made with chopped or grated onion and dried meat or räucherspeck (ham cured with salt). Other components are usually minced pork sausage (mettwurst), egg, minced leek and garlic. The cooking is in a pan that is shaken to integrate the ingredients until the meat is crispy. It is accompanied with an endive salad and applesauce. In the Moselle region and in the Hunsrück mountain range, the dish is known as Schales. A variant of the dibbelabbes is what is known as Pulschder in the Nahe River region, between Saarland and Rhineland-Palatinate, famous for its long acidity and spicy dry wines. Another variant is cooked in the oven. First with the preparation covered and then uncovered so that it roasts a little on the surface.

10.- China Wonton soup

Wonton Soup (also called wantan, or according to its Mandarin name Hun dun) is a very popular ancient Chinese soup that can come in different variations depending on the province where it is made. It is considered by many as an autumn soup, since it is perfect for those colder days. The meaning of its name is "swallowing clouds", and this is thanks to the appearance of the kind of ravioli that it has inside, once boiled and floating in the soup.

This dish is said to have appeared after World War II and wonton is initially believed to be a recipe for the wealthy. But nowadays, wonton soup is not only enjoyed by people from all walks of life, but even thanks to Chinese immigrants it has become a very popular soup in many parts of the world.

The wonton soup is based on small square sheets made of pasta (with flour, eggs, water and salt) that are filled with vegetables, seafood, poultry, meat, etc. The dough is introduced into a broth, usually made from chicken and some vegetables. It is believed that the wonton (the pasta that floats in the soup) is not only consumed in this way, it is also consumed fried, steamed, among others.

2. Dim Sum

Trying Dim Sum is a culinary experience, and a perfect option to get closer to typical Chinese food. It is a dish originating in Cantonese cuisine, so its name refers to a Cantonese term that can be translated as "touching the heart". It stands out for its lightness and for its ability to transport many flavors in a single bite, making it an ideal companion for tea.

Although it is true that there is not a single recipe, since there are many variables in its preparation, the traditional one includes the variety of steamed buns, which are small bites of dough, and rice rolls. Inside we can find different ingredients, such as meat, chicken, pork, shrimp, and even some vegetarian fillings. It is usually served in quantities of 3 or 4 servings.

Bibliografias: <https://www.recetasdesbieta.com>