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Nombre del trabajo:

Work sheet

Materia:

Ingles

Grado: 3 cuatrimestre

Comitán de Domínguez Chiapas a 17 de Julio de 2020.

GERMAN EEL SOUP

Ingredients:

- 1 kg eel, cut into pieces of 5 cm
- 1,5 l fish stock (or meat, depending on taste)
- 1 tablespoon of vinegar
- Salt
- Fresh black pepper
- 1 leek (only the white part), cut into slices
- 1 carrot, diced
- 1 celery stalk, diced
- 1 cup cauliflower sizes
- 1 cup fresh peas
- 2 tablespoons chopped parsley
- 1 cup white wine
- 410 g dried half pears
- 2 tablespoons chopped parsley for decoration

Preparation:

Boil the eel in the broth, along with the vinegar, salt and pepper, until it acquires a tender texture (approximately 10 to 15 minutes).

Remove the eel from the stock and set aside.

Add the vegetables, parsley and wine to the broth.

Bring the broth to a boil until the vegetables are tender.

Place the pieces of eel back in the broth, and add the dried pears.

Heat the whole without boiling.

Serve hot soup, sprinkling with chopped parsley on the surface.

Rheinischer Sauerbraten:

- Ingredients:

- A piece of beef weighing 1/2 kg
- 100 grams of bacon
- Half a lemon
- A medium onion
- 3 or 4 sliced carrots
- Juniper in berries
- 2 or 3 species nails
- 10 grains of black pepper
- 1 glass of red wine
- 3 glasses of water
- Vinegar
- Lard
- Cream
- 100 grams of raisins
- Flour, salt and sugar
 - - Preparation:
 - - As already mentioned, the first step is to leave the meat marinated for at least 48 hours. To do this we will put it well tied inside a container in which we have previously incorporated the 3 glasses well filled with water, a little vinegar, cut carrots, juniper berries, peppercorns, cloves, onion broken into four, the juice of half a lemon and some salt. There you can add, for example, a touch of mustard and some bay leaves.
 - - After this period, we remove it from the container and let it drain. Then mix the meat with the bacon strips and sprinkle gently on the entire surface of the flour.
 - - Besides, in a proper casserole, we can already melt the butter. In this we will then brown the meat carefully, turning it when necessary and pouring over, from time to time, the marinade once we have strained it. In the casserole must be, at low-medium heat, at least an hour, until it is well browned and see what is done.
 - - In the meantime we can also prepare the final sauce. To do this we will put butter on the fire in a frying pan and on top we will add the sugar. Once the sugar is darkening, add two tablespoons of flour and stir stirring everything well. Then add the red wine, a small glass of liquid cream, the raisins and what is left of marinade again strained. All this is left to soft fire. As soon as we see that the sauce thickens we have to put out the fire.
 - - Once the meat is ready, cut it into slices, place it in a dish and water it with sweet and sour sauce for presentation. Do not forget that this is a dish that is served well hot.
 - - It can be accompanied by applesauce and also small potatoes, cooked or roasted.

Argentine choripán

Ingredients

- 1-2 regular size pork or beef sausages, per person for a full meal, or 1 chorizo for every 2-3 people for a snack or chopped while waiting for the main meal
- Baguette style bread or buns for hot dog

Argentinian chimichurri sauce, 2-3 tablespoons (or to taste) per person :

- d. bunch of parsley or about d. cup of finely chopped parsley
- 2 tablespoons finely chopped fresh oregano
- 4 cloves of crushed garlic
- Cup of green onions or finely chopped onions.
- 1 small aji or chili pepper red unripe, seedless and finely chopped (can be replaced with 1-2 teaspoons of aji or chili flakes) - adjust to your taste for how spicy
- 2 tablespoons of vinegar
- 1 tablespoon fresh lemon juice
- I personally prefer to use olive oil. although the Argentinians will tell me that this is not traditional Argentine
- Salt and pepper to taste

Additional optional dressings:

- Tanned tomato and onion or pickled onions- about 1-2 tablespoons per person or to taste
- Guacamole to taste

Preparation

For the chimichurri sauce:

1. Combine all ingredients in a medium bowl and mix well. It can be prepared in advance and kept in the refrigerator until needed.

For the choripan:

1. Make a few small incisions or pinch the chorizos and put them on a hot grill until they are completely cooked and browned. You can also cut the chorizos in half lengthwise or leave them whole. Sometimes they are cut in half after roasting and roasted again for a few minutes before serving.

2. Cut the bread in half and put them on the grill, with the inside down, so that they are heated and browned slightly.
3. Place a tablespoon or more of chimichurri sauce on the bread and add the chorizo. Top with additional chimichurri sauce, onion tanned and guacamole to taste.
4. To serve as chopped or small bites, you can cut the chorizo and bread into smaller pieces.

Argentine roast

Ingredients

4 rations

2 kg meat (a little roast strip, vacuum, roast lid, entrails, square tail, tuxedo, barbecue skirt or if you have any cut you like included)

4 pudding chocolat (if large you break it when serving)

4 chorizos of pork

2 kidneys

2 kg chinchulín

barbecue sausage

1 field chicken

Grilled salt (my grandmother used thick salt)

lemon for the chicken

Optional: Chimichurri

Steps

Remove the fat from the kidney and the chinchulines, open the kidney transversely in the middle, cut the chunchlines and join the tips with a threaded toothpick. Put them in a bowl and leave them in vinegar for an hour.

While we are lighting the fire (note that it is calculated 1 kg. of coal per kg. of meat).

Place the meat in a bowl and salt it.

Put the chorizos in water.

Open chicken for grilling, drain and ration with lemon juice.

Evenly spread the embers under the grill.

Place the roast strip on the side of the bone, the bone, and the other cuts on the side that have fat, the chicken also on the back, and the rest of the achuras on the grill (more on the edges because they are cooked first).

Turn the meat around when it starts to release juice. the chicken too, and do not neglect the sausages (the blood sausage is put on the grill just when we turn the meat).

Cooking goes in taste, there are people who like the center half raw blood, control cutting to see if it is to your liking.

Meatloaf

ingredients

For the dough

- 300 g of flour

- 100 g of butter
- 60 ml of milk (warm)
- 60 ml of water (warm)
- teaspoon of salt

For filling

- 500 g veal, minced or cut into fine pieces
- 50 g bacon (bacon), finely chopped
- 25 g of butter
- 1 large onion, finely chopped
- 100 ml of red wine
- 150 ml of beef broth
- 2 tablespoons worcestershire worcestershire sauce
- 1 tablespoon of ketchup
- 1 tablespoon corn starch
- 1 tablespoon of water
- J. Chopped parsley, finely chopped
- 2 pinches of grated nutmeg
- Salt
- Pepper, freshly ground

To spread the dough

- 1 egg yolk
- 1 tablespoon of milk
- Ketchup

INSTRUCTIONS

Mass

1. Bring water and milk to a boil. Add butter and melt.
2. Mix flour and salt separately and add liquids.
3. Knead the dough on a lightly floured surface and form a smooth, homogeneous dough.
4. Cover the dough and refrigerate for 1 hour.

Stuffing

1. Soase the meat with butter and reserve.
2. Sauté bacon, then onion.
3. Add meat and sauté for 5 minutes over medium-high heat, stirring constantly.
4. Deglaze with red wine and stir well.
5. Add broth, worcestershire sauce, ketchup and nutmeg.
6. Cover and cook for 1 hour.
7. Dissolve the corn starch in a tablespoon of water and add to the meat.
8. Add the parsley, please. Add salt and pepper.
9. Simmer for another 2 minutes. Put out the fire.
10. Remove excess sauce and reserve. Let the meat cool completely.
11. Preheat the convection furnace to 180°C.
12. Spread the dough on a lightly floured surface until it is about 3 mm thick.
13. Cut four 15 cm diameter circles with a cookie cutter.
14. Place the dough circle inside the buttered molds. Fill with meat and some sauce. Reserve the remaining sauce.
15. Fold the edges over the filling.

16. Pick up the remaining dough and spread it out again.
17. Cut four circles 12 cm in diameter with a cookie cutter.
18. Make a small x with a knife in the center of each circle.
19. Place them on the filling and press the edges so that the two layers of dough adhere.
20. Beat the egg yolk and milk. With a brush, brush the pastries and edges with the mixture.
21. Bake in the middle of the oven for 40 minutes.
22. Serve hot Australian meat cakes with ketchup on top.
23. Serve the reserved sauce separately.

Australian shrimp cocktail

Ingredients

For 2 persons

- 75 g cooked prawns
- 3 crab sticks
- four lettuce leaves
- salt
- ice cubes
- For the pink cocktail sauce:
 - 2 tablespoons of mayonnaise
 - 1 tablespoon of ketchup
 - a drop of cognac or brandy

preparing

1.- Clean and peel the prawns. If you use fresh shrimp, give it a boil with a little salt but only a minute. Once you're clean, reserve.

2.- Chop the washed lettuce leaves into julienne.

3.- Slice the crab sticks.

4.- Preparation of the salsa Cocktail or pink sauce: Mix two tablespoons of mayonnaise, a tablespoon of ketchup and two drops of cognac. Stir everything well and you have the cocktail sauce or pink sauce ready to add to your shrimp cocktail.

5.- Chop the ice with a kitchen robot or a mincer. If you don't have one, put the ice inside a plastic bag and wrap it in a dish towel. On the cutting board, hit the ice wrapped with a hammer. It's easy and very fast. Place the crushed ice in the container intended to hold the ice. I used two bags that fit me and one is deeper

than the other. If you don't have adequate containers to serve it, serve it cold and without ice, it will be just as good.

6.- Place the bowl that will contain the cocktail on top of the ice. Place a lettuce base on the bottom. Over crab sticks or short surimi. Add one or two tablespoons of pink sauce and to finish, place the prawns as you like

Red currant jam Bolivia

Ingredients

1 kg. red currants or 1/2 kg red currant and 1/2 kg black currant

980 g. of sugar

1/2 lemon

20 gr. vanilla sugar (optional) or a vanilla pod split in half

Preparation

Wash the currants, remove the twigs and deposit the fruit in a 3-liter saucepan.

2. Clean the jars or containers you are going to use to store the jam. Once cleaned, boil both the cans and the lids in a saucepan with water for 20 min. to sterilize them. After time, discard the water and remove them from the pan without touching them inside. It is very important that the bottles are well sterilized because, otherwise, microorganisms could grow inside the jam.

3. Add the sugar and vanilla sugar (or natural vanilla) to the currants. Mix with a cooking spatula and heat the saucepan over low heat, stirring occasionally so that it does not stick to the bottom and to obtain a jam with a softer texture, with smaller sugar crystals.

4. When you start foaming, remove all the foam by passing a brush moistened in water over the surface of the jam. Continue to boil the jam over low heat until it reaches 105 °C.

5. As soon as the jam reaches 105°C, squeeze the lemon half and pour the juice over the jam, mix with a cooking spatula and keep on fire for half a minute more. After time, remove the saucepan from the heat. Lemon juice has several functions: it is a natural preservative, it brings an acid and citrus note to the jam and affects the texture and density of it. The acidity of lemon juice interferes with the structure of sucrose, breaking it down into glucose and fructose. These two components interfere with the crystallization of the sugar, preventing the caramelize jam, its color browning in excess and the jam from being too dense.

6. Pour the marmalade into the bottles or containers of sterilized glass, fill them to the brim and close them. Due to the temperature of the jam the pot will close vacuum. Jam can be kept out of the refrigerator in a cool, dry place away from sources of intense light. Once you have opened the jam you should keep it in

the refrigerator and consume it in a short time. For this reason it is more advisable to use several boats of a smaller size, so that the content is finished before, than boats of a large size.

Humacha cheese Bolivia

Ingredients

kg of cheese

4 ears of sweet corn

4 potatoes

1 onion

2 cups of milk

3 cases of yellow chili

1 branch of huacataya

800 gr. of shelled beans

1 clove of garlic

Salt and pepper to taste

Preparation

1. Fry the onion and garlic in a frying pan with oil, then add the beans and chili until the preparation reaches boiling point.
2. Add broth (water, salt and seasonings). Then pour the milk and boil the mixture.
3. As the last part of this preparation, add the cheese cut into thin slices and let cook for 15 more minutes.
4. Serve in deep or semi-deep dishes, as the preparation has a liquid content. Add corn cob and potato.

Brazilian Sarapatel

Ingredients

1 kg sarapatel preparation

4 cloves of garlic

1 unit of onion

3 units of tomato

1 piece of red pepper

2 bay leaves

3 tablespoons of vinegar

. cup of lard or oil

2 units of lemon

Chopped green odor

Black pepper

Salt

Preparation

1. We start by reserving the blood and washing the pork pieces with lemon. Put a pot of water to boil and scale the pork for 2 to 3 minutes.
2. Finely chop the garlic, onion, tomatoes and paprika, and cut the scalded pork into small cubes. Mix everything, add vinegar, cilantro and a little blood and season with salt and pepper to taste.
3. Heat a skillet with lard and bay leaf, sauté the sarapatel for 15 to 20 minutes, stirring occasionally to prevent burning. Add water and cook for 30 minutes. Then add remaining blood, add salt and pepper to taste. Let cook.
4. You can serve it with cabbage flour or white rice.

Brazilian

feijoada

Ingredients

| | | |
|--------------------------|-------------|------------|
| For | 6 | people |
| • Beans | 500 | g |
| • Chorizo | criollo | 125 g |
| • Loin | of bristles | 125 g |
| • Panceta | 100 | g |
| • Rib | of sow | 150 g |
| • Garlic | tooth | 1 |
| • Onion | | 0.5 |
| • Red | | pepper 0.5 |
| • Green | pepper | 0.5 |
| • Tomato | | 0.5 |
| • Laurel | | hoja 1 |
| • Sal | | |
| • Ground | black | pepper |
| • Extra virgin olive oil | | |

Before starting, soak the beans in cold water for 12 hours. We start with the meats, which we have to go through the pan, over medium heat, with a pinch of oil. Remove the bone and seal the pork ribs. Then cut the pork loin into dice and do the same operation. Finally, over low heat, cook the criollo chorizo, making sure it doesn't burn. We cut the pork ribs into strips and the creole chorizo into slices about a centimeter thick. We also cut the bacon into dice, after removing and discarding the crust. We reserve all the meats for later use.

Then prepare a sauté with the vegetables. Peel and cut the garlic, onion, red pepper, green pepper and tomato into thin dice. Heat a little extra virgin olive oil in a skillet, add chopped vegetables and pochamos over low heat for 10

minutes. We reserved.
 Drain the beans from the soaking water and wash them under a stream of cold water. Place 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. Incorporate the reserved meats, bay leaf and season to taste. Let cook for 30 minutes over low heat. Then 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 creamy.

Canada Wild Rice Cakes
 Ingredients
 • 1 cup wild rice,
 • 4 cups of water,
 • ¼ cup of corn flour,
 • Salt and olive oil

Preparation
 First wash the rice in cold water, draining the excess liquid. Bring the rice, four cups of water and a teaspoon of salt to a boil. When it boils, simmer for 30 minutes.
 Add the flour and stir with a wooden spoon the last 3-4 minutes of cooking. Remove from the heat and let cool for a couple of minutes. Cakes are formed by hand, flat and round and cooked in a pan with olive oil (or butter or lard) until golden brown on both sides. They can be eaten hot or at room temperature and accompanied by light sauces and spices to enhance the flavor of the rice.

Blueberry and coconut cream cakes
 Ingredients
 For the base:
 • 1 1/2 cup raw almonds
 • 12 boneless medjool dates
 • 1/4 cup dehydrated coconut
 • 1 tablespoon coconut oil
 For the coconut cream layer:
 • 1 cup raw cashews (soaked overnight)
 • 1 tablespoon coconut oil
 • 2 tablespoons honey
 • 1/2 cup coconut cream
 For the cranberry cream:
 • 1 cup raw cashews
 • 1/2 cup blueberries
 • juice of 1 lime
 • 1 tablespoon coconut oil
 • 1 tablespoon honey
 • 1/2 cup coconut water

Preparation

For the base:
Chop the almonds and coconut until they crumble. Add coconut oil, then dates, and continue to chop until there are no large pieces. Take some of the mixture between your fingers, if it is sticky and offers some resistance is that it is ready. If not, add a tablespoon of cold water until desired consistency is achieved. Press the base into the bottom of the six heart-shaped individual molds and place them in the freezer while you prepare the next layers.
For the coconut cream layer:
Mix all ingredients, starting with 1/2 cup coconut cream, until it has a fine consistency. Gradually add the rest of the coconut cream, until all the mixture is well beaten. You will have to stop the mixer and add the part of mixture that remains on the edges of the mixer with a spatula. If it's not sweet enough, add more honey if needed. Divide the coconut cream between the six molds. Put them back in the freezer for at least 30 minutes (until the layer is firm to the touch).

For the layer of cranberry cream:
Mix all ingredients, starting with only 1/2 cup coconut water, until consistency is fine. Gradually add more coconut water until the mixture is well beaten and fine. As in the previous step, you will need to stop the mixer and add what remains on the edges with a spatula. Remove the molds from the freezer and if the coconut cream layer is hard enough, spread the mixture between the six molds. Leave them in the freezer for 6 to 8 hours before serving.

Decoration:

Use lime zest and fresh blueberries to decorate the cakes.

CHILEAN

MAIN

- 500 g new potatoes
- A. kg mussel
- A. kg of clams
- t. kg of small pieces of chicken
- 750 g fish cuts (hake and salmon)
- A. soft chorizo
- 1 cayenne pepper
- Sal
- Cumin
- Oil
- 1 bottle of white wine
- Tarragon

CURANTO

INGREDIENTS

RECIPE PREPARATION

Take a large pot and cover the bottom with oil. Add salt, cumin, chilli pepper and whole potatoes unpeeled.

On top we placed a layer of mussels and a layer of clams.

We put on top very small pieces of chorizo, some peppered chicken pieces and, finally, we wet with white wine.

Chop the salmon and hake and add it to the stew. Cook everything for about 20

minutes so that everything is done with its juices steamed.

We serve with some chopped fresh tarragon.

CARBONADA, CHILEAN RECIPE
for 6 persons

Ingredients:

- 1/2 kilo of chopped post (here in USA buy eye of round steak)
- 1 onion
- 3 carrots
- 2 branches of celery
- 1/2 paprika (red or green, to taste)
- 3 medium potatoes
- 6 handfuls of rice (1 per person)
- spinach or chard
- peas
- salt, pepper, parsley, oil

Preparation:

1. Chop the meat in cubes, the onion in small cubes, the carrot, paprika and celery.
2. In a large pot place 1 tablespoon of oil and brown the meat 2 minutes per side over medium-high heat. Add the onion and season with salt and pepper. Let brown for about 5 minutes.
3. Add the carrots, paprika and celery, brown, stirring occasionally about 3 minutes.
4. Add potatoes and rice, stir well and add more salt and pepper if necessary.
5. Add water until all is covered, between 1.5 to 2 liters for charcoal as soup. Only 2 cups for dry charcoal.
6. Let cook for 20 minutes, covered over medium-low heat, once the boil is released.
7. Taste, adjust the seasoning. Add chard or chopped spinach and peas, cook 5 more minutes. Serve hot.

CHINESE ORANGE CHICKEN
INGREDIENTS FOR 4 PEOPLE:

- 4 chicken breasts
- 2 onions
- 4 oranges
- 2 tablespoons soy sauce
- 2 cloves of garlic
- 1 drop of vinegar
- 1 tablespoon of sugar
- 2 tablespoons of maizene
- salt and pepper
- olive oil

PREPARATION

- 1.- Prepare the sauce. To do this, squeeze the oranges in a bowl. Add the soy sauce, the chopped garlic cloves, the vinegar drizzle, the sugar, the cornstarch, which will thicken the sauce in the cooking and a little salt and freshly ground

black pepper. You can add the chicken here and let it macerate for an hour or, you can move directly to the next step.

2.- In a frying pan over medium heat, add a little bit of oil. When it is hot add the chopped onion very finely. Season and let cook 5 minutes, while stirring occasionally with a wooden spoon.

3.- We continue with the recipe of the orange chicken. After the time, we increase the power of the fire and add the chicken breasts, which are already cut in bite size and peppered. Mix with the onion and seal the taquitos for a couple of minutes.

4.- Having done this, we added the sauce that we had prepared at the beginning. We lower the power of the fire and cook over low heat, while mixing with the spoon. The salsa will be reduced a little while it is also thickened by the maizena. Finally, you can sprinkle with fresh parsley.

| | | | |
|----------------|-----------------|--------------|-----------------|
| CHINESE | RICE | THREE | DELIGHTS |
| INGREDIENTS | FOR | 4 | PEOPLE: |
| 800g | of | long | rice |
| 4 | | | eggs |
| 4 | | | carrots |
| 150g | of | | peas |
| 150g | cooked ham | cut into | tacos |
| 6 | tablespoons soy | sauce | (optional) |
| Oil | | | |
| salt | | | |

1.- Put to cook the rice. Better if it is of elongated grain than the round. We put twice as much water as rice and when it breaks to boil, add the cereal along with a pinch of salt. Stir a little at first so it does not stick to the bottom and let cook over low heat for about 20 minutes

2.- In another pot in plenty of boiling water, add the carrot cut into cubes and the peas. If the peas are canned do not add them. They are already cooked. Add a pinch of salt and let cook about 10 minutes

3.- While cooking these ingredients we prepare a French tortilla that will accompany our rice three Chinese delicacies. The grace of this dish is that the tortilla is very fine. We put some eggs in a bowl and add a pinch of salt. Then beat them.

4.- Put a little bit of oil in a wide nonstick skillet and let it heat over medium heat. When it is hot, add the beaten egg and let cook a couple of minutes

5.- After time we turn the tortilla with the help of a dish. It is cooked on the other side. And once it is well curdled on both sides, we take it out with the help of a plate and reserve it.

6.- When the carrot and the peas (if they were not canned) are soft, drain the water. We do the same with rice

7.- To finish, in a wok or in a large frying pan, we put a little bit of oil to heat on high heat. When it steams a little add the rice, peas and carrot. Add also the tortilla cut into squares. Add some cooked ham tacos and optionally add the soy sauce. Soy sauce will add a lot of flavor, apart from giving it a darker touch, as

in the photo. We remove all the ingredients constantly while they are cooked over high heat for a couple of minutes.

Chicharrón and cheese arepas Colombia

Ingredients

2 thick strips of bacon (for pork rinds)
 1 large yucca
 2 cups precooked corn flour
 2 cups warm water
 2 cups of grated cheese
 Salt to taste

Instructions

1. Cut the bacon into small cubes and place in a hot skillet until golden brown.
2. Once ready, remove them from the pan and let them drain into a dish with paper towels. Reserve some of the oil removed by the crackling.
3. Peel the yucca and cut it into quarters. Cook it in salted water.
4. When the yucca is tender, remove it from the pot and let it cool to room temperature.
5. Meanwhile, prepare the dough by mixing the pre-cooked corn flour, water, cheese and salt to taste.
6. Grind the greaves and cassava in the food processor, blender or mill. Add a little bit of the oil removed by the crackling when browning.
7. Knead the mixture and tie it to the dough you prepared with the cornmeal.
8. Form a single mass and form small balls with it.
9. Then flatten them to form the arepas.
10. Put them on a hot iron or skillet until they get a golden color.

Rice Atollado Colombia

- 1 chicken breast
- 500 grams sliced pork meat
- ; C. pound of sausage or chipolates
- 2 cups rice
- 6 cups water
- 1 cup Willow or hogao (green onion, 1 clove garlic, tomato)
- 1 pound yellow potatoes (optional)
- 1 pound red potatoes
- Complete seasoning 1 teaspoon (turmeric, cumin, pepper and garlic powder)
- 1 sweet chilli red pepper, finely chopped (optional)
- 1 tablespoon tomato paste
- 1 tablespoon finely chopped coriander
- 2 hard boiled eggs, peeled and sliced
- Salt and pepper to taste

Preparation

1. Prepare the sauce or hogao in a hot skillet add the green onions and garlic and cook until translucent. Add tomato and cook for a few minutes over medium heat.
2. Apart in a medium saucepan with enough water, cook the chicken, pork sausage for about 30 minutes.
3. Remove the chicken and sausages from the broth and cut into bite- sized chunks.
4. In a large pot with a little oil fry the sausages, chicken and pork.
5. Add two cups of the broth of the meat, pre-wash rice, sauce, chilli pepper, potatoes, tomato paste, salt and pepper to taste
6. Cook for 25 to 30 minutes or until the rice grows in size.
7. Stir constantly so the rice does not stick to the bottom.
8. Add more meat broth if necessary.
9. Serve with boiled plantains, or fried in slices.
10. Garnish with coriander and sliced eggs.

| Donuts | | united | | | states | | |
|---------------|----|-------------------|-------------------|-------------------------|---------------|-----------|------------|
| Ingredients | | | | | | | |
| 220 | | grams | | of | pastry | | flour |
| 80 | | grams | | of | strength | | flour |
| lemon | | zest | | and | orange | | zest |
| 16 gr | of | dry baker's yeast | Vahiné or Maicena | (not worth the biscuit) | | | |
| 5 | | grams | | of | | | nutmeg |
| 60 | g | butter | (or | lactose-free | | | margarine) |
| 1 | | | | | | | egg |
| 60 | g | sugar | or | 40 | g | invert | sugar |
| 80 | ml | warm milk | without | lactose | or | vegetable | |
| How | to | Make | Original | Lactose-Free | Donuts | | |

In a bowl put flours, scratches, yeast and nutmeg. We make a hole in the center and put the soft butter, egg, sugar and warm milk.

We knead until we get an elastic dough that does not stick in the hands. Leave to ferment for 1 hour.

We stretch the dough with a rolling pin until it is 1 cm.

Cut the donuts with cutter. If we do not have, we can use a glass and a mouthpiece.

We place them on top of baking paper to ferment.

When we see that they go up double, after 1 hour or so, we cut the paper and

throw them into the pan with paper included, we immediately remove it and so they will not deform when we take them.

Fry in abundant sunflower oil, over low heat. As soon as they get a little color (be careful not to pass us or they will come out hard), we take them out and put them on absorbent paper.

For the glaze, beat 70 grams of sugar glass, 50 grams of melted butter and 2 tablespoons of water.

If we do not want to fry them, bake 5 m on each side at 150°C.

Brownies

Ingredients for 16 servings like the ones you see:
- 185 grams of butter
- 185 grams of chocolate for topping desserts
- 3 eggs
- 1/2 tablespoon vanilla extract
- 175 grams of sugar
- 1/2 teaspoon salt
- 115 grams of all-purpose flour
- 125 grams of white chocolate in pieces, or nuts or hazelnuts for the filling of the brownie (if you like it without anything you are very free not to add it).

How to do this:

1. Preheat the oven to 180°C. And grease a rectangular mold with a little butter or oil and a little flour.
2. Place a saucepan with water on the fire to bring it to a boil... once it is done put on a bowl (we will be making a water bath), and in the bowl place the butter and chocolate, so that with the heat of the water they are melted and mixed. Help him by stirring with a spatula to integrate well.
3. Once melted, remove the saucepan from the heat, remove the bowl and set aside so that the mixture hardens a little.
4. In another bowl mix the eggs, sugar and vanilla.
5. To this last mixture we add chocolate and butter melted and warmed and mix well.
6. Then incorporate the flour and salt by previously passing it through a strainer so that it is sieved and more loose... that will make the brownie even more creamy.
7. Mix well all the mixture in the bowl and add the chocolate, hazelnut or nut chips.
8. Pour the mixture into the baking dish.
9. Take this to the oven and bake for 25 minutes. It is important to know how to see when the brownie is ready... when? , when from outside it looks already done (the surface is solidified) but when you do the test of the toothpick and

remove it is slightly wet... it will be ready then!! Between getting it out of the oven and the brownie getting cold, it'll finish without getting hard... it should be slightly moist inside... so it's fluffy and juicy when we eat it.

10. We take it out of the oven, let it rest until it is completely cold and then cut it into small portions (think of it as a dense and forceful dessert... we don't want it to give us a pampurrio).

11. Decorate the surface by sprinkling with a small sieve of cocoa powder or icing sugar.