

VENEZUELAN-STYLE AREPAS CORN CAKE

INGREDIENTS

- 2 cups PAN-brand masarepa corn meal (available at Superstore)
- 1 1/2 to 2 cups warm water
- 1 1 teaspoon salt

DIRECTIONS

Prep time: 20 minutes

Cooking time: 15 minutes

Servings: 8-10



1. In a large bowl, mix all the PAN corn meal and salt together.
2. Add water. Stir and knead until the mixture is very smooth. Don't worry if the dough appears wet.
3. Let the mixture rest, covered, for 5-10 minutes. The dough should be smooth and easy to handle without sticking to your hands. If the dough feels too dry, add a little more water.
4. Knead the dough again for several minutes and let it rest again for 5 minutes. The dough should be moist enough to form cracks along the edges when you shape it into patties. If the dough feels too wet, add a little more of the PAN corn meal.
5. Take a piece of dough and roll it into a ball between your palms. Moisten your fingers, then form the ball into a patty about 3/4 of an inch thick and about 3 inches in diameter. Repair any cracks that form along the edges. If the dough cracks easily, add a little more water to mixture.
6. Lightly grease a large, heavy skillet with vegetable oil and heat the skillet over medium heat.
7. Place the arepas into the skillet in batches and turn the heat down to medium-low.
8. Cook until the arepas are lightly browned on each side--about 3-4 minutes per side.
9. Slice fully open or partially open, put in filling and enjoy!

REINA PEPIADA AREPAS-- CHICKEN & AVOCADO FILLING

INGREDIENTS

- 3 cups cooked and shredded chicken breast
- 1 ripe avocado, pitted and mashed
- 1 Tablespoon lime (preferred) or lemon juice
- 3 Tablespoons mayonnaise
- Mustard to taste
- Salt and pepper to taste



DIRECTIONS

Prep Time: 15 minutes

Cooking Time: 15 minutes

Servings: 8-10

1. Place the chicken in a pot, cover with water, and boil until cooked through. Once the chicken is cool, shred it and set aside on a bowl.
2. Mash the avocado with a pinch of salt and the lime/lemon juice.
3. Add the avocado, mayonnaise, mustard and stir well until thoroughly combined.
4. Season with salt and pepper to taste.
5. Place a generous helping of the chicken mixture onto one half of a split arepa. Serve and enjoy!

BLACK BEAN, PLANTAIN & AVOCADO AREPA FILLING

INGREDIENTS

- 3 Tablespoons margarine or butter
- 2 large ripe plantains, peeled and diagonally cut into 1 inch thick slices
- 1 can black beans, drained (10 oz)
- 1 ripe avocado, pitted and mashed
- Salt and pepper



DIRECTIONS

1. Peel and slice the plantains.
2. In a hot non-stick skillet, add 1 Tablespoon of the margarine/butter. Pan fry the sliced plantains for 2-3 minutes over medium heat until they have browned. Transfer to a paper towel-lined plate to drain. Cut into small pieces and set aside.
3. Drain and rinse the black beans. Season with salt and pepper to taste.
4. Mix all beans, plantains, and avocado together.
5. Place a generous helping of the mixture onto one half of a split arepa. Enjoy!

MISIR WAT--ETHIOPIAN SPICED RED LENTILS

INGREDIENTS

- 1 red onion
- 2 cloves garlic
- 1 1/2 Tablespoons minced ginger root
- 3 Tablespoons olive oil
- 2 Tablespoons paprika
- 1 teaspoon turmeric
- 1/2 teaspoon ground cardamom
- 15 ounce can diced tomatoes
- 2 cups red lentils
- 5 cups water
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- Pinch of cayenne pepper (options)



DIRECTIONS

1. Dice the onion. Mince the garlic and ginger.
2. In a large saucepan or pot, heat the olive oil over medium heat and cook the onion until translucent, about 5 minutes.
3. Add the garlic, ginger, paprika, turmeric, and ground cardamom. Cook for about 3 minutes until fragrant.
4. Stir in the tomatoes with their juices and cook for another minute. Add the lentils and water. Cover and bring to a boil.
5. Once boiling, reduce to a simmer. Cook covered until the lentils are fully pureed, stirring occasionally, about 25 minutes.
6. Add the kosher salt and black pepper. Add pinch of cayenne if desired.
7. Serve alongside rice and enjoy!

VIETNAMESE CHICKEN PHO

INGREDIENTS

- 4 chicken thighs (bone in)
- 2 black cardamoms
- 1 small piece of ginger
- 1 piece of cinnamon
- 1 Tablespoon cilantro seeds (coriander)
- 5 cloves
- 1 anise
- 1 yellow onion (cut into 4 pieces)
- 1 coffee filter
- 1 pound Banh Pho Noodles (cook in a pot with boiling water for 7-8 minutes)
- Seasoning (mixed together 1/4 teaspoon chicken seasoning, 1 Tablespoon sugar, and 2 teaspoons salt)
- Garnish for soup:
 - 2 green onions finely cut
 - 5-6 sprigs of cilantro finely cut
 - 5-6 Thai basil leaves
 - 2 lemon leaves, shredded
 - 4 tablespoons mung sprouts
 - 4 lime wedges on the side
 - 1 Tablespoon Hoisin Sauce on the side with 1 Tablespoon lime juice and dash paprika



DIRECTIONS

1. In a saute pan, roast cardamoms, ginger, cinnamon, cilantro seeds, cloves, anise, and onions for 5 minutes. Wrap all the roasted ingredients in a coffee filter.
2. Now wash the chicken under cold water. In a medium pot with 3 litres of water, add chicken and coffee filter. Cover the pan and cook over high heat for 10-12 minutes, simmer for 8 minutes without lid. Add the seasoning mix. Cook for 1-2 minutes, ensuring chicken is fully cooked. Remove the coffee filter and discard. Shred the chicken in the prepared soup..
3. Transfer noodles into four bowls and pour the prepared soup over them.
4. Divide the garnish ingredients on top of each bowl and serve hot. Enjoy!

FESTIVE FAMILY MEALS

CHICKEN MAJBOOS

INGREDIENTS

- 2 cups Basmati Rice
- 4.5 cups lukewarm water
- 1 cube chicken bullion (break in to tiny bits)
- 8 Chicken drumsticks
- 4 Tablespoons oil
- 1 large onion, thinly sliced
- 5 cloves garlic, roughly chopped
- 2 Tablespoons ginger, roughly chopped
- 1/2 green pepper, diced
- 1 dried lime
- 5 green cardamom pods
- 1 tsp ground cumin
- 2 tsp ground coriander
- 5 cloves
- 1 stick cinnamon
- 3 tsp salt
- 2 tsp paprika
- 2 tsp turmeric
- 1 Roma tomato, diced



DIRECTIONS

1. Mix rice and bullion cube in the warm water and soak for 10 minutes. Do not discard the water.
2. Mix chicken and all the remaining ingredients together. In a large pot, cook on high heat for 10 minutes. Remove the chicken pieces and set aside on a plate. Leave the rest of the ingredients in the pot.
3. Transfer the pre-soaked rice and soaking water to the large pot. Gently stir the pot and cook on high heat for 8-10 minutes until the rice is partially cooked. Reduce the heat to low. Gently place the chicken on top of the rice and cover the pot. Cook for 7-8 minutes.

Transfer to a serving bowl/plates, garnish and enjoy!

Garnish options: chopped cilantro, roasted cashew nuts, fried onions, lime wedges.

