

Ingredients

Leche de Tigre

- [Limes and Lemons](#) (I use a 2:1 ratio) *enough juice needed to cover the fish*
- Cilantro (fresh, paste or [lightly dried](#)) | Garlic | Ginger | Salt
- [Aji Amarillo Paste](#) ***this is key** find this at a Hispanic Market or order on [Amazon](#) (don't use if you don't like spicy; you may substitute for jalapeño or other medium spicy pepper)*

Ceviche

- Fish (Fresh is a must; White fish preferred like flounder/halibut, corvina, snapper, grouper, mahi mahi; may substitute or combine with shrimp, scallops, etc.)
- Salt | Red Onion | Cilantro | Avocado (Optional) | Mango (Optional)
- Make it your own, other options include Cucumber, Pineapple, Tomato, Sweet Potato, Choclo (Peruvian Corn), etc.
- Chips of your choice (not required)

Instructions

Prepare Ahead of Time

- Thinly slice red onion (I use ¼ to ½ of a normal sized onion for a two-person portion) | Add sliced onion to ice water for 5 minutes | remove from ice water and place on paper towel to dry (store in fridge for up to a day)
- Mince garlic and ginger (alternatively use [garlic](#) and [ginger](#) paste)

Leche de Tigre

- Squeeze limes and lemons in a bowl (I'll use ~ 4 limes and 2 lemons for two people); Add minced garlic and minced ginger; Add chopped cilantro to taste; stir and leave in bowl for a few minutes
- Strain and transfer mixture to new bowl; Add salt and Aji Amarillo Paste (or finely chopped pepper without seeds) to taste | set to the side

Ceviche

- Cube the fish or seafood of choice | Add salt to fish | set to the side
- Cube the avocado and mango (or other optional ingredients)
- Chop more cilantro
- Add fish to Leche de Tigre (leave in fridge for 15-30 minutes)
- Remove from fridge and add sliced onion and chopped cilantro; mix together
- Add avocado and mango (or other optional items) on top and **ENJOY!**

Cocinando en Familia



TROPICAL FISH CEVICHE

GEH Hispanic Forum



Cocinando en Familia

Ingredients

- [Hard tortillas / tostadas](#)
- 90%+ lean ground beef (or turkey)
- One green cabbage and one [red/purple cabbage](#)
- One 15 oz can of tomato sauce (key ingredient - recommend good quality sauce)
- [Crumbled Feta Cheese](#) (or similar)
- 3-4 Roma tomatoes (or similar)
- One white potato | One yellow onion | Four-six large limes
- [Beef Bouillon Cubes](#) (or similar) | [Sazon Goya Beef Spice Packets](#)
- Small handful of cilantro (optional)
- Salt | Pepper | Olive Oil | Soy Sauce

Prepping Instructions

Prepare Ahead of Time (optional)

- Repollo: cut at least half of each green and red cabbage into very thin long slices ([example picture](#) - thin slices marinate better and are easier to chew with this meal). Combine and mix into a large bowl. Using two-thirds of the limes, squeeze the lime juice into the bowl with the cabbage. [Dice up all of the tomatoes](#) and add to the large bowl with cabbage. Thoroughly mix all together and let it sit. Optional – add some pepper to taste.
- Onions: cut onion in half. Dice up one half and set in bowl (will be used with the meat). For the second half, slice a couple layers of [onion rings](#) and set in a separate bowl (will be used for the sauce).
- Potatoes: dice up potato into small cubes (will be used with the meat).
- Cilantro: chop into small pieces.

Cooking the Meal

- Sauce: empty sauce can into a saucepan at low heat. Fill empty sauce can with water and add to saucepan. Add the sliced onions to saucepan along with one Bouillon cube, one beef spice packet and a small drizzle of olive oil. Simmer until the sauce is at a slightly thick consistency.
- In a large pan, add a drizzle of olive oil, all the diced onions, and diced potatoes. Cook at medium heat until potatoes are soft. Once soft, add the ground beef and cook it while [mincing it](#). While it cooks, add one Bouillon cube, one beef spice packet, couple splashes of soy sauce, a small amount of salt, and all the cilantro. Once browned, drain out the excess fat and add in the rest of the squeezed lime juice.

Plating Instructions

Once the meat and sauce are cooked. The meal is ready to eat! Place a tostada shell on a plate, spoon the meat on top of the tostada shell (covering most of shell – similar to picture on right), place a large heap of repollo on top, drizzle the top with a large amount of sauce, and top off with the cheese crumbles. Enjoy!



HONDURAN ENCHILADAS

GEH Hispanic Forum



FRIED CHICKEN TACO

INGREDIENTS

1 pkg of corn tortillas
Cotija or parmesan cheese

Chicken

1 whole chicken (raw) [giblets removed]
1 small onion (your choice of yellow, red, white)
1/4 of a bunch of cilantro
1/2 of green bell pepper
2 small Roma tomatoes
1 celery stick
2 garlic cloves
2 tbsp chicken bouillon
1/2 tsp of salt
1/2 tsp cumin
1 liter of water

Onion Topping

1 medium red onion
1/2 tsp dry oregano
1 cup of white vinegar
1/4 tsp cumin

Salad Topping

1/2 of medium cabbage head or 1 whole small one shredded; you can also buy it at the grocery store already shredded
1 small tomato
1/2 of green bell pepper
1/2 bunch of cilantro
2 limes
Salt

Sauce

Ingredients left over after cooking the chicken
2 tbsp of tomato paste
1 tbsp of vegetable oil
2 cups of broth
1 tbs of chicken bouillon (if using pre-cooked rotisserie chicken)

INSTRUCTIONS

To be prepared prior:

1. Thinly slice the red onion and combine it with the "Onion Toppings" ingredients in a glass container with a top. Let it sit overnight.
2. In a large deep pot, place the whole chicken and all the ingredients listed above under the "chicken" ingredients section. Let the chicken cook on the stove at medium high heat until it reaches 165F internal temperature and is tender, set aside to cool off and shred it. If it is dry you may add about a cup of the broth.
3. In a blender, put all the ingredients left over that you use to cook the chicken with, blend together and set aside.

* You can also use a rotisserie chicken, Shred the chicken and add about 1 tsp of chicken bouillon and about 1/2 cup of chicken broth, mix it together.*

Frying the Tacos

1. Prepare the tacos with shredded chicken
2. Deep fry the tacos at 280F-320F; alternatively, you may use a frying pan with roughly 1.5" of vegetable oil

Salad Topping

1. Shred cabbage head
2. Combine Ingredients and set to the side

Sauce

1. Combine the blended ingredients you saved and set aside with tomato paste and vegetable oil

Putting it together

1. Remove tacos from deep fryer and place them on a dish to serv
2. Add sauce, salad topping and cheese on the top of the taco

RECIPE

EASY SPANISH RICE

INGREDIENTS

- Uncles Bens boil in a bag quick rice works best for this recipe.
- 1 cup salsa
- 1 tbs olive oil
- Enough water to cover rice
- Salt to taste
- Pepper to taste

PROCEDURE

1. Cut bag of rice and brown in olive oil in quart pot
2. Add salsa and cover remaining rice with just enough water to cover.
3. Cook on med until rice starts to boil;
4. Turn down and cover to low
5. Add salt and pepper to taste at this point
6. Simmer and serve

RECIPE

ENCHILADAS

INGREDIENTS

- 1 lb ground beef
- 1/2 onion, diced
- 2 jalapeños peppers diced with or without seeds
- 1/2 jar salsa
- 1 tsp chopped garlic
- 1 tsp cumin
- 1 tbs cilantro
- 1/2 cup water
- Salt to taste
- 12 corn tortillas
- 1/2 cup vegetable oil
- 1 large can enchilada sauce
- 1 bag Mexican blend cheese or cheese of choice

PROCEDURE

1. Cook beef until done, drain if any fat left over, add onions, peppers, salsa, spices, salt and water.
2. Cook on med until onions are tender.
3. Turn down and simmer until most liquid is dissolved.
4. Set aside In a cast iron skillet (or whatever you have) add just enough oil to cover bottom of pan (about 1/8 inch).
5. Set on med high. Open enchilada sauce and place in large bowl for dipping tortillas.
6. Grab a baking dish and spray with pam on all sides.
7. Add about 1/4 cup enchilada sauce to bottom of dish. (Set stove on med hi);
8. Once oil is hot start by dipping tortillas in hot oil just enough to coat and soften. Tongs work good for this.
9. Remove tortilla from oil and dip in enchilada sauce just enough to coat the tortilla; lay in baking dish.
10. In center of prepared tortilla add about a tablespoon of meat mixture and a tablespoon or so of cheese.
11. Roll tortilla and move to the side of the dish. Repeat until bottom of pan is full.
12. Add about a 1/2 cup of enchilada sauce over the top of the completed enchiladas.
13. Sprinkle top with cheese.
14. Make second row and repeat sauce and cheese.
15. Place in oven at 375 until top is brown and bubbly.
16. Let set 5 min and serve.

CAIPIRINHA RECIPE

SERVING:
1 CUPS
TOTAL TIME:
5 MIN

INGREDIENTS

1 lime, cut into wedges
2 tsp sugar
2 ounces Leblon Cachaça
Garnish: lime wheel

DIRECTIONS

In a double Old Fashioned glass, drop the lime wedges and 2 teaspoons of sugar, preferably superfine sugar. Crush the limes and sugar for 5-10 seconds with your muddler, being sure to extract most of the lime juice from the limes.

Fill the glass with crushed or cracked ice to the top. Add 2 ounces of Leblon Cachaça.

To finish, shake in a shaker for 10-20 seconds until the sugar is dissolved, or give the drink a thorough stir with a teaspoon or stirrer for about 10 seconds.

Garnish with a lime wheel.

