



Recipes

A Little Food for the Soul

Some things taste delicious no matter what part of the world you visit.

That's what we share as people. We all dance, we all make music, and we all like to eat good things. Here are some delicious recipes.

This year's delicacies include Arroz Zambito and Cebiche de Atun from Peru, Haitian Rice Pudding, Senegalese Chicken Yassa and Southern Style Sweet Potato Casserole. Dig in!!

You can also submit your recipes for inclusion in next year's guide. Email Isabel (isa@well.com) for consideration!

Arroz Zambito (Peru)

This is a favorite Peruvian sweet rice dish.

1/2 cup rice

1 1/2 cups water

6 anise seeds

4 cloves

2 Tbsp. shredded coconut

2 Tbsp. crushed walnuts

2 Tbsp. raisins

1/4 kilo sugar cane (find it in specialty S. American stores if possible)

Dash of cinnamon

Put the water, anise, cinnamon, and cloves, in a pot and heat.
When it boils add the rice. Cover. Simmer till the rice is cooked.

In another pot, put the sugar cane, enough water to cover it, and boil. When it gets thick, mix it with the rice, raisins, coconut, and walnuts. Put it in a pyrex tray and sprinkle cinnamon on top.

Recipe translated by Cuco Daglio from Qué Cocinaré? by Nicolini S.A., Lima, Peru

Cebiche de Atun (Peru)

2 cans of tuna
1 large onion, thinly sliced
1 clove of garlic, finely chopped
salt and pepper to taste
lemon juice
hot pepper to taste
1/2 Tbsp. chopped cilantro

(to be served as side dishes with the Cebiche)

Boiled sweet potatoes sliced into strips
Cooked corn kernals

Flake the tuna into a big bowl. Add lemon juice, hot pepper, garlic, onion, pepper, salt. Let it rest for 1/2 hour. Sprinkle with cilantro, serve with corn and sweet potatoes.

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Haitian Rice Pudding

This is a recipe that is often used for Haitian religious rituals. The pudding is cooked and set before the Lwa (Gods) but the people are served the food after the ceremonies are over.

1 1/2 cups of water
1 cup of white rice
1 cup evaporated milk
2 tablespoons sugar
1/4 teaspoon salt

Put rice in water over a high flame; bring to a boil
Reduce heat; add salt, sugar and evaporated milk.
Continue to cook over a low flame until rice is done.
Allow pudding to cool and then serve.

Recipe provided by Blanche Brown

Senegalese Chicken Yassa

An incredibly yummy main dish.

Serves 12 Cooking time: 30 minutes

2 frying chickens (2-1/2 to 3 pounds each) cut into 8 pieces
2 cups lemon juice, strained
6 large Bermuda onions, finely chopped
4 tablespoons fresh hot chiles, finely chopped
10 teaspoons peanut oil
1/2 cups water
1 chile, pricked with a fork
1 teaspoon ground ginger
Salt and ground black pepper to taste

1. Mix the lemon juice, onions, half the chopped chiles, ginger, salt, pepper, and 6 tablespoons of the peanut oil to create a marinade.
2. Place the chicken in a large bowl and cover it with the marinade. Refrigerate for at least 2 hours.
3. Remove the chicken from the marinade, place it in shallow baking dish, and broil until lightly browned (save the marinade).

4. Remove the onions from the marinade with a slotted spoon and cook them in the remaining 4 teaspoons of oil in a Dutch oven for about 5 minutes, or until soft; do not brown.
 5. Add the marinade, chicken, water, and the rest of chopped chiles.
 6. Stir and simmer for about 20 minutes, or until chicken is well cooked.
 7. Serve over steaming hot rice.
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Sweet Potato Casserole (Southeastern North America)

You'll need:

- 3 cups cooked sweet potatoes, mashed
- 1 cup white sugar
- 1/2 tsp. salt
- 2 eggs (whole)
- 1/2 stick melted butter;
- 1/2 cup milk; 1/2 tsp. vanilla.

Beat together with mixer, until blended. Pour into greased casserole dish. Mix the following topping ingredients.

- 1 cup brown sugar
- 1/3 cup flour
- 1 small can coconut
- 1/3 stick melted butter.

Sprinkle topping over casserole. Bake at 350 degrees for 35 minutes.