



Food and Agriculture Organization  
of the United Nations

RECIPE BOOK

# Health, knowledge and flavours



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# Health, knowledge and flavours

“ *Recovering the traditional culinary knowledge of women in Latin America and the Caribbean for food biodiversity management and enhancement* ”

Food and Agriculture Organization of the United Nations  
Santiago de Chile, 2018



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**Director**  
Hivy Ortiz

**General coordinator**  
Javiera Suárez

**Collaborators**  
Bettina Gatt  
Barbara Jarschel  
Marta Ramón

**Technical revision**  
Israel Ríos  
Emma Siliprandi  
Iliaria Sisto

**Information compilation  
and systematization**  
National FAO offices

**Translation**  
FORCE Traductores & Intérpretes

**Editing**  
Carla Firmani

**Graphic design**  
Stephanie Hauyon

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We would like to acknowledge the willingness of rural women to share their knowledge and the support of colleagues from FAO offices throughout Latin America and the Caribbean. Without your support, this publication would not have been possible.

*“When we look inland we find women who, day by day, maintain ties, crops, care work, and knowledge that allow us to build bridges between the countryside and the city. They have the capacity to feed us all and bear the responsibility for everything, becoming the weakest point of the “food crises” in which the system immerses us.*

*The importance of their bio-cultural knowledge has not been acknowledged; their work force contribution to the production system is completely undervalued; the daily care work they perform is neither recognized by themselves, their families nor the communities, much less by the rest of society.*

*Just as the work, knowledge and body of women have been overshadowed, not recognized and not valued, the same has also happened in the spaces where women spend most of their time: the kitchen.*

*The kitchen is the space where food is prepared and the family shares and spends most of the day. That is why dignifying the kitchen means dignifying women; having a bright, fresh, pleasant and beautiful space is key for the wellbeing of women and their families that, in addition, allow us to learn to work together as a community”.*

**Group of Women and Maize of Amatenango del Valle, 2017. Mexico**

## STORIES AND EXPERIENCE CONTEST: STORIES OF #RURALWOMEN IN LATIN AMERICA AND THE CARIBBEAN

Contest promoted by FAO in Latin America and the Caribbean to make visible the diverse realities of rural women in the region, the daily challenges, their strengths, achievements and capacities.



© Samantha Ramírez



# INTRODUCTION

In Latin America and the Caribbean, where hunger coexists with malnutrition, characterized by child malnutrition, overweight, obesity and micronutrient deficiencies and increasing levels of inequality, **women play a key role** as promoters of change to face the challenges to eradicate hunger, malnutrition and poverty in a sustainable manner. Therefore, it is essential to support family farming and empower women and girls, to conserve natural resources and promote sustainable practices by cultivating varieties of vegetables native to the region, to maintain biodiversity.

The recipe book *'Health, knowledge and flavours'* is a compilation of 23 recipes used by women from 20 countries in Latin America and the Caribbean (LAC), through which

we can see how Latin American women from rural areas have incorporated the protection of biodiversity and food security and nutrition to their regular practices. Their testimonies evince the transfer of ancestral knowledge of conservation and sustainable use of natural resources, from generation to generation. Their techniques of sowing, farming, harvesting and protecting seeds have ensured the quality and balance of the food patterns of their families and communities where they live - implementing a clean, comprehensive and resilient farming for a sustainable development and a climate-smart agriculture.

Rural women domesticate native plants in their yards and observe with great dedication how plants

interrelate with soil, insects, diseases and climatic change. In indigenous communities, older women also have valuable knowledge about the traditional use of medicinal plants, soil health indicator plants and unconventional edible plants. Their work is in a permanent process of innovation, thus keeping this knowledge alive in the face of global changes.

Despite the constant struggle of rural women to protect and manage natural resources and their potential to perform as agents of change and building resilience, many gender gaps persist in terms of access to and control of productive resources, services, local institutions, job opportunities and decision-making, which limits the possibilities for women to exercise their rights.



© Victor Casillas



The Food and Agriculture Organization of the United Nations (FAO) recognizes the potential of rural women and men to achieve Food Security and Nutrition (FSN) and is committed to overcoming gender inequality and existing discrimination, in line with the promise that “nobody is left behind”, according to the Sustainable Development Goals (SDGs) of the 2030 Agenda.

Women and girls are key players in the fight against rural poverty, hunger and malnutrition in all its forms. Recognizing, including and valuing them in our society will make the agricultural and rural development processes more effective and sustainable. Likewise, women are one of the key elements in Food Systems because they protect and conserve traditional and ancestral culinary practices. These practices are being replaced by unhealthy eating patterns, characterized by a high content of ultra-processed products, with a high content of sugars, fats and salt.

The present recipe book is a tribute to all those women, mothers, wives, daughters, friends and cooks who with their hands prepare local dishes from their regions and that are part of a healthy and balanced diet. In addition, this recipe book aims to revalue and giving meaning to eating real food well, as well as giving an opportunity to promote the consumption of local family farming crops and recognize the important role of rural and indigenous women.



© Samantha Ramírez



# MEXICO



NUEVO PACAYAL



SMALL DOUGH BALLS SOUP WITH CHIPILÍN

“*The food for our families is the most important thing to us.... have a friendly treatment of mother nature and eat the food we produce, makes us women seeking self-sufficiency through food. We work in the plots and eat what we have for a better nutrition. We respect our gastronomic traditions*”.

**Neyi Melva Muñoz Pérez**

The chipilín (*Crotalaria longirostrata*) is a plant that belongs to the legumes family. This plant has a high iron, calcium and beta-carotene content. It is the most important and well-known edible herb (or quelite as it is called in Mexico) of Chiapas state's gastronomy. The all year-round availability in the cornfield, makes this dish to be the main staple for families. It is accompanied by balls of nixtamalized corn dough, a distinctive ingredient of Mexican cuisine.





# SMALL DOUGH BALLS SOUP WITH CHIPILÍN

MEXICO

## INGREDIENTS

1 big bunch of chipilín (250 g)

1 kg nixtamalized corn dough

½ kg tomato

¼ onion (50 g)

3 dried chilies (30 g)

5 tsps. of oil

Salt (one pinch 3 g)

4 cups of corn (50 g)

1 sprig of epazote (15 g)

## PREPARATION

Nixtamalize the corn and then grind it to obtain the dough. The corn is cooked with water and lime (see Did you know that?). Wash the chipilín and remove the leaves.

Put the corn dough in a big bowl, add salt, water, a little bit of oil and mix gently. Make small balls with this dough, then mix them with some of the chipilín leaves. Save for later in a bowl.

Put a big pot with enough water to the fire and bring it to boil. Wash the tomato and blend it together with the onion and chilis to make a sauce. When the water starts to boil, add the rest of the chipilín, the dough balls, the elote and the sauce. Add salt, cover with a lid and cook.

When the dough balls are cooked, remove from fire. Serve hot and add lemon to taste.



©Elia Corzo



The process of nixtamalization (of Nahuatl *nixtli*, ashes, and *tamalli*, dough) has been transmitted from one generation to another in Mesoamerica and is still used as in pre-Hispanic times. Two parts of a lime solution at 1% is added to a portion of corn. This preparation is cooked for 50 to 90 minutes and left to soak in the cooking water from 14 to 18 hours. Then, the cooking water - known as *nejayote* - is drained and the corn is washed two or three times with fresh water, without removing the hull, nor the germ of the corn. This is the so-called nixtamalized or nixtamal corn, which has up to 45% moisture.



©Liber Saltillo

# MEXICO



LOMAS DE TEOCALTZINGO



WILD EDIBLE WILD MUSHROOMS OVER SEEDS

“Wild edible mushrooms have been part of our diet for countless generations. I learned how to recognize and collect them from my mother and she, from hers. Now my daughters do it too. Currently, the harvesting of edible mushrooms to market them in local markets, contributes to the livelihood of several families in my community.

*I am proud to be part of a millenary culture as the Tlahuica-Pjiekakjoo, who is a major consumer of edible mushrooms in Mexico. I have been told that they are very nutritious because they have proteins, vitamins, carbohydrates, minerals, antioxidants, high in fibre, low fat content and no cholesterol. In addition, they have medicinal properties.*

*I think that the best way to take care of our diversity of mushrooms is by carrying out the proper harvesting practices, caring for and maintaining our forests and, above all, conveying our traditional knowledge to our descendants, such as this recipe”.*

**Unión de Ñebejolchjo Pjiekakjoo Group**





# WILD EDIBLE WILD MUSHROOMS OVER SEEDS

MEXICO

## INGREDIENTS

1 kg wild mushrooms

150 g chilaca seeds (thin or broad)

150 g sesame

150 g peanuts

A pinch of pepper

A pinch of cumin

A pinch of clove

2 elotes (corns)

1 cup of water

Two sprigs of epazote

½ onion

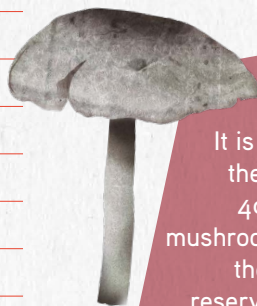
4 dried chilaca chilies

3 garlic cloves

4 tsps. of oil (20 ml)

Salt

Epazote to taste



It is estimated that in Mexico there are between 300 and 400 species of wild edible mushrooms, ranking this country the second most important reservoir of edible mushrooms after China. At present, more than 160 species of wild edible mushrooms are collected, eaten and managed by the *Tlahuica-Pjiekakjoo* ethnic group. For them, mushrooms have played a very important role in their diet and economy, generation after generation.

©Liber Saltillo

## PREPARATION

Clean and shred the mushrooms first. Brown the seeds, peanuts, sesame and chilaca separately in a frying pan.

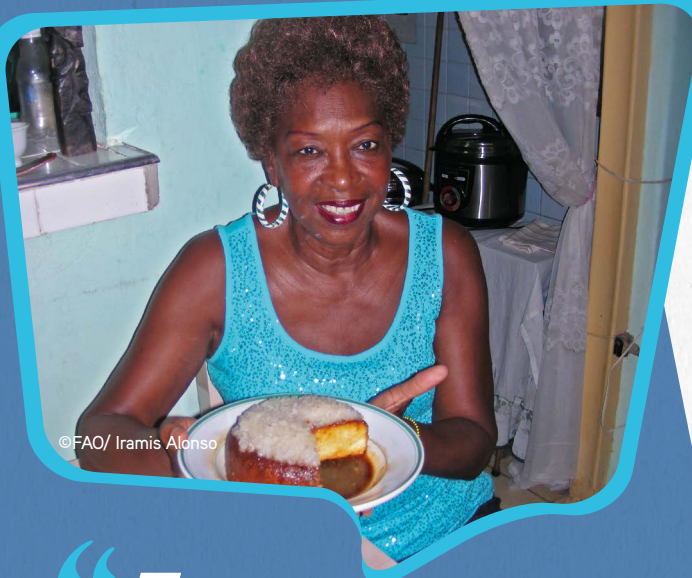
Grind the seeds, peanuts, sesame, chilaca, garlic cloves, a piece of onion, together with cumin, cloves and pepper in a mortar (or metate).

Dekernel the two elotes. Heat the oil in a cooking pot (or ceramic pot) and fry gently a piece of onion and a chopped

garlic clove. Wait until the colour changes. Then, add the wild mushrooms, the elotes and the epazote sprigs. Cook for 8 minutes.

Add all the ground ingredients to the cooking pot. Add the cup of water and cook for 10-15 minutes and stir continuously the time. Add salt.





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# CUBA



REPARTO NÁUTICO



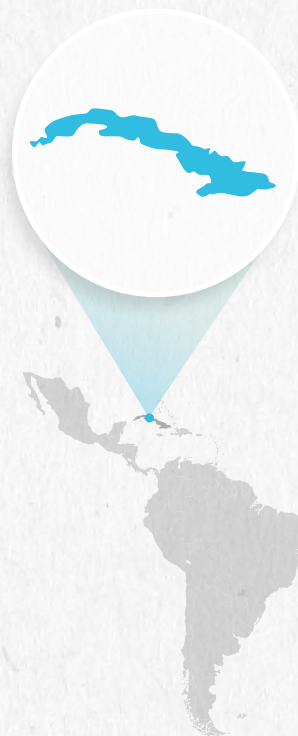
CORN FLOUR PUDDING WITH COCADA

“*This recipe is the result of a change that occurred to me to use less sugar in the pudding, because the cocada can replace it. I chose the coconut for its anti-parasitic property. Therefore, it is necessary to use at least two coconuts to use its milk and oil, which also contributes to the skin and hair, while the water is excellent for the kidneys.*

*I remember when I was little, my mother made a big pot of pudding. All the coconut was inside and after cooking, she covered the pot with a lid of zinc with live coal on top to brown the flour at the top.*

*This pudding was a dessert and snack to share with guests and neighbours. And how it did fill the stomach during the 40s and 50s in the last century!”*

**Leona Ford**





# CORN FLOUR PUDDING WITH COCADA

CUBA

## 🔪 INGREDIENTS

- 1 ½ cup of dry corn flower
- 1 cup of cocada (grated coconut in syrup) *see preparation*
- 4 cups of water
- ¾ cup of milk
- 3 scoops of sugar
- 1 pinch of salt
- Sugar to taste
- Vanilla and anise flavouring essences (optional)



## 🍲 PREPARATION

The first step is to coat the mould with caramel. To do so, spread no more than three scoops of sugar over the bottom of the mould and put it directly over the stove and simmer. Let the sugar dissolve until golden-brown in colour, be careful it doesn't burn. Tilt the mould to coat it completely with the caramel and let cool down to room temperature.

Wash the corn flour and let it soak overnight or for several hours. Then, bring two cups of water to the boil and pour the flour previously drained on it. A white coating will be left on the pot which will serve to thicken or set the flour. You can also add two or three scoops of diluted cornstarch, if necessary. You must steer the flour in the pot constantly. You will notice the thickness when cooked. It is recommended to wear gloves to avoid burning while stir fry the flour. Then add milk and stir. Add ½ cup of cocada, leave the other ½ cup for decoration.

When the flour detaches from the bottom of the pot, then it is ready to be poured into the caramelized mould. After cooling down, turn the mould and add the rest of the cocada for decoration.

### PREPARATION OF THE COCADA (GRATED COCONUT IN SYRUP):

Put the grated coconut in a pot with a cup of water. Add a cup of sugar, salt and the essences. Stir the mixture constantly until desired syrup firmness.



©FAO/ Iramis Alonso



Using sweeteners as coconut to replace refined sugar, provides greater health benefits, since food with high sugar content contributes to obesity and favours tooth decay. Among the dietary habits of the Cubans, there is an excessive consumption of sugar: between 20 and 25% of the total energy requirements. Although its taste is pleasant for its sweetening power, the excessive intake can cause harmful effects on population's health.



# CUBA



NUEVO VEDADO



RICE WITH PIGEON PEAS CREOLE STYLE

“*The pigeon pea is obtained from a small shrub grown on many islands of the Caribbean, including Cuba. It is generally sown in areas adjacent to fences and in many rural yards.*

*This plant is widely used for its delicious taste and anti-parasitic properties. That's why I always include it in the family diet. In the past it was found in the eastern provinces, but today we find it all over the country.*

*Its leaves are used in herbal tea to eradicate or relieve illness caused by some intestinal worms. In the past, it was frequently part of poor people's diet who had restricted budget to feed their families. Some made stews with their grains, others made salads, but the most common preparation was rice with beans”.*

**Digna María Jones Mesías**





# RICE WITH PIGEON PEAS CREOLE STYLE

CUBA



## INGREDIENTS

100 g dried or green pigeon peas

450 g rice

¼ cup of small chicharrones  
(pork rinds)

2 tbsp. of olive oil or a cup of  
coconut milk

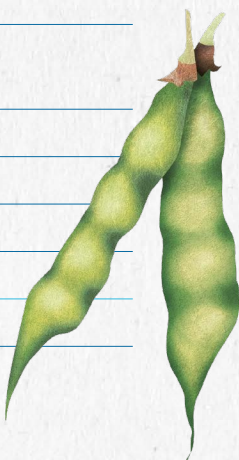
1 medium onion

2 cachucha chilies

4 garlic cloves

Parsley or cilantro

1 tsp. of salt



The pigeon pea is one of the 1,465 varieties of legumes, including beans, peanuts, chickpeas, soybeans, lentils, peas and beans that Cuba protects and stores to conserve its genetic resources. In addition to Cuba, it is widely consumed in Colombia, the Dominican Republic, Costa Rica, Nicaragua, Honduras, Venezuela, and especially in Puerto Rico and Panama. This crop has the capacity to fix a high amount of nitrogen in the soil, and because of its high protein content, it is an excellent substitute for meat.



## PREPARATION

Cook the pigeon peas in water with a pinch of salt until soft. Save the cooking water. Chop the chilies and parsley into small pieces. Slice the onion in julienne strips and peel and crush the garlic. Prepare a stir-fry with all these ingredients. Wash the rice.

Heat some oil in a pot and add the condiments. Add the rice together with the stir-fry and stir for a minute, then add the pigeon peas. Add a tea spoon of salt. Cover the rice with the cooking water of the pigeon peas.

Cooking time ranges from 10 minutes or more depending on the pot.

The amount of ingredients varies depending of the number of dinner guests. Use a small amount of chicharrones to keep the flavour of the pigeon peas and natural seasoning. You can also cook with coconut milk or reduced fat.



©FAO/ Iramis Alonso



©FAO/Pierre Négand Dupenot

# HAITI



ZONA HAUT-BEDOU



CASSAVA WAFER

“We did not have a special recipe for the cassava wafer. Thanks to the project Improving food security in the Northeast of Haiti, today we have a standard recipe that we try to improve. We use several ingredients and accompaniments (peanuts, sesame or coconut) to obtain several different products made from cassava.

*In almost all households in Haut-Bedou and other areas in Haiti, the cassava wafer is essential in the daily diet. In poor families' households, cassava wafer is eaten with cambur (banana) or peanut butter, since it provides a significant contribution to children's nutrition.*

*Since 2013, FAO has provided us with technical support that has significantly improved our traditional practices of cassava storage and processing. Prior to this, we processed cassava without any hygiene standards. With the support of FAO, we have standardized techniques that reduce losses. Nowadays, our products are sold in the local market because they are of a better quality.”*

**Paul Juvena**





# CASSAVA WAFER

HAITI



## INGREDIENTS

### BASIC CASSAVA WAFER

2 kg pressed cassava flour

pinch of salt

### ENRICHED CASSAVA WAFER OF 1 METER IN DIAMETER

3 to 4 kg pressed cassava flour

400 g peanuts, sesame or coconut  
(depending on the ingredient)

450 g sugar

pinch of salt



Cassava is the fourth commodity in the world after rice, wheat and corn. It is the main staple in the diet of more than one billion people. It is characterized by its great potential to produce starch, tolerance to drought and degraded soils, great flexibility during planting and harvesting and adaptation to different growth conditions. Their roots and leaves are suitable for human consumption. The roots are a source of carbohydrates and the leaves a source of proteins, minerals and vitamins, particularly carotenes and vitamin C.



## PREPARATION

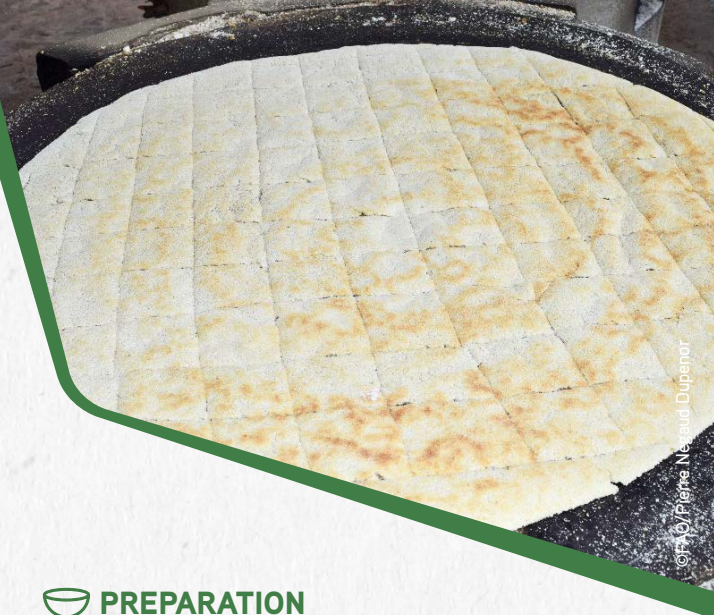
The cassava wafer is prepared with different side dishes and in different sizes. Its diameter can vary approximately between 1 m and 1,5 m.

For the basic recipe, mix the cassava flour (\*) and salt and put this on a hot griddle to cook the wafer.

The traditional cassava wafer is made with bitter cassava flour. This wafer is relatively thin. You can add different ingredients like coconut, peanuts, sesame and sugar, among others.

### PREPARATION OF CASSAVA FLOUR

You can buy or prepare the cassava flour as follows: grate the cassava using the thin side of the grater. Then, using a clean cotton cloth, squeeze until all the liquid is removed. Spread the pressed and grated cassava on a tray and refrigerate for 24 hours. Stir from time to time so it dries evenly. Stir occasionally to dry out evenly. Finally, sift and remove lumps.



© 2016 Pierre Neveu Dupont



©FAO/Rosa Borg

# DOMINICAN REPUBLIC



SAMANA



YELLOW YAUTIA BREAD

“*My mom and grandmother taught me how to make yautía bread when I was a child. My grandmother used to say: come and look so you can learn, because no one knows what the future brings. I do it just like them, always in a wood oven and with the same ingredients, although now the coconut doesn't have the same fat content as before, so I should add one more.*

*Daisy has brought up her two children through selling her bread which is highly demanded in her town. For me it's a profession. I feel very happy with my work”.*

**Daisy Bautista Mercedes**





# YELLOW YAUTIA BREAD

DOMINICAN REPUBLIC

## INGREDIENTS

4,5 kg yellow yautia

2 coconuts

1 kg brown sugar

500 g butter

1 tsp. of vanilla

1 tsp. of grated ginger

Cinnamon, malagueta pepper and cloves  
to taste



The yautia is one of the oldest crops in the world. It is very rich in carbohydrates and can be prepared in different manners. This tuber can be eaten in soups, creams, puddings, cakes, fried or roasted flakes, while its leaves can be eaten boiled in stews and salads.



## PREPARATION

Peel and grate the coconuts make coconut cream. Peel and grate the yautia and set aside. Boil the coconut cream with the sugar, butter and the spices. Add the yautia. Stir thoroughly until you get homogenous consistency.

Put this mix in a heavy saucepan, oiled and previously heated on a firewood and coconut shell fire. Cover the saucepan with an aluminium lid and put embers on top, so it is heated from the top and below. Simmer. After an hour and fifteen minutes, remove from fire and let it cool down before serving. Serves 30.





©John Jogie Jr

# GRENADA



SAINT ANDREW



CASSAVA BREAD (CASSAVA ROTI)

“*This type of wheat bread, called Roti, is an essential part of our culture. Grenadines are passionate about Roti, especially at weddings and other cultural events. That is why I thought appropriate to include cassava in the preparation of this bread together with other ingredients, such as peas, to increase its nutritional value. In this way, we ensure the healthy and safe consumption of locally produced foods*”.

**Francesca Jogie**

Cassava is one of the most important root crops in Grenada. It is a staple food, an important source of energy that contains approximately 1.4 mg of calcium per 100 grams.





# CASSAVA BREAD (CASSAVA ROTI)

GRENADA

## INGREDIENTS

250 g flour

250 g split peas of the season

1 scoop of baking powder

1 cup of freshly grated cassava

1 tbsp. of vegetable oil

1/2 tsp. of salt

Water for mixing

Oil to fry



Peas like other legumes, are an excellent food for people with diabetes, because they have a low glycaemic index. Its low fat content and high fibre content increase satiety and help to stabilize blood sugar and insulin levels.



© John Jogie Jr

## PREPARATION

Mix the flour, the cassava, the baking powder and salt. Add oil and enough water to make a soft dough. Make dough portions and put them over a floured board. Roll the dough portions with a lot of flour. Then add 3 table spoons of split peas in the centre of the dough and fold it. Fry in oil in a frying pan on both sides over a low heat.





© MOA/Marnus Cherry

# SAINT LUCIA



MICoud



FISH CREOLE STYLE

“*E*xcept for eggs, foods that contain animal proteins such as fish, chicken, beef or pork are the most expensive ingredients in a meal. Go fishing and cast out the nets ensures protein of animal origin for my family. Also, I don't go alone, but with my friends, so it has become a social activity for us. The fishery catch gives us a greater self-esteem, knowing that in my island this work is the domain of men. After preparing and serving the food, I am proud to tell my family and friends that the fish they are about to eat was caught by me”.

**Wilbertha Wilson**





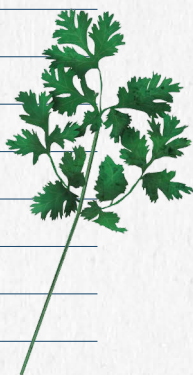
# FISH CREOLE STYLE

SAINT LUCIA



## INGREDIENTS

- 1 kg de local fresh fish (tuna, red porgy or dolphin fish)
- 2 limes
- 2 medium carrots
- 2 firm ripe tomatoes
- 2 chilies
- 1 red bell pepper
- 2 stalks of celery
- 1 tsp. of turmeric
- 2 sprigs of parsley
- 1 onion
- 4 garlic cloves
- 1 cup of coconut cream
- 2 tps. of salt
- 1 tsp. of black pepper and cayenne pepper
- 1 cup of coconut oil
- ½ cup of flour
- Salt and pepper to taste



Fish and fishery products represent a valuable source of animal protein, since a 150g serving provides between 50 and 60% of the daily protein requirement of an adult.



## PREPARATION

Wash and clean the fish with water and lime juice. Season the fish with salt, black pepper and cayenne pepper. Cover and leave in a fresh place or inside the refrigerator for 30 minutes.

Slice the carrots and the onion and cut the tomatoes into quarters. Cut the chilies and the bell pepper into strips. Cut the celery and finely chop the parsley and the garlic. Set aside.

Heat the oil in a frying pan. Cover the fish with flour and fry until both sides are golden-brown in colour. Remove and put over paper towel. Remove the oil from the frying pan and leave only two table spoons of oil. Add the rest of the ingredients and stir for 2-3 minutes.

Add the turmeric, the coconut cream, ¼ cup of water and salt. Cover and simmer for 2-3 minutes. Add salt and pepper to taste. Add the fish, cover the frying pan and cook for 2-3 more minutes. Serve in a plate decorated with lime slices.





© FAO/ Eduardo Moreira

“*My mother taught me that purslane is a plant that should always be used fresh. Although its flavour is a bit strong, I have prepared it with watercress, dandelion or chicory. The stems can be pickled in vinegar and the leaves can be boiled, fried or eaten as tortillas. My family and I have it twice a week*”

**María Gabriela Tunche**

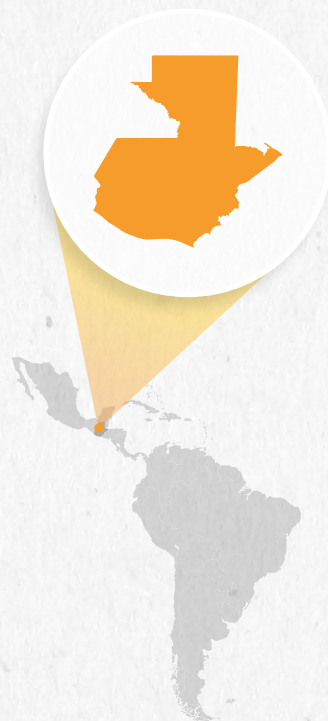
# GUATEMALA



CHINAUTLA



PURSLANE STEW





# PURSLANE STEW

GUATEMALA

## INGREDIENTS

1 bunch of purslane without stalks

2 tomatoes

1 big onion

1 small red bell pepper

2 tbsps. of oil

Salt to taste

## PREPARATION

Sauté the chopped onion in a hot pan with oil. When the onion is translucent, add finely chopped garlic. After a few minutes, add the tomatoes and the sliced bell peppers. Cover the pan for a few minutes, be careful the food doesn't burn. Stir and cover again. Add the purslane and simmer. Stir and cover again, cook for five minutes. Add salt to taste.



© FAO/ Eduardo Moreira



*Portulaca oleracea*, commonly known as purslane, is considered a weed in corn and soybean crops. However, it is a plant that provides nutritional and medicinal benefits. It contains a high value of omega fatty acids that help to prevent cardiovascular diseases, constipation and inflammation of the urinary tract. Its leaves are boiled to relieve conjunctivitis and stomach ache.



© FAO/ Vanessa Baldassarre

# HONDURAS



VALLECITO



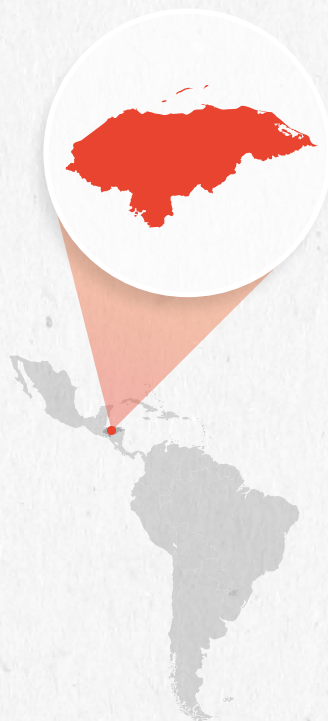
BEEF STEW WITH SASAL

The Pech are a native people of Honduras who preserve their customs, language, traditions and gastronomy. Cassava, bananas, corn and beans are the main staple in their diet.

El Shaa (sasal) and Tewako (chilero) are two dishes that represent the essence of their cuisine and are made with ingredients grown in family gardens, as well as meat from small animals such as chickens or pigs.

In the Pech culture, women are very important because they preserve the recipes that have been transferred on from one generation to another. There is no information as to when the sasal and chilero began to be prepared, but for them "since forever". Verónica Duarte, María Amparo Martínez and Nelly Yolani Martínez Duarte, gave this Testimonial and prepared this recipe

## Women of Pech People





# BEEF STEW WITH SASAL

HONDURAS

## INGREDIENTS

### BEEF STEW WITH CHILERO / TEWAKO

8 kg pork, chicken or beef

\*Grape salt to taste  
(you can also use common salt)

Cilantro

Creole chili (spicy) to taste

10 garlic cloves

1 kg freshwater snails

8 cups of water

### SASAL / CHAA-Á

7 kg of cassava for de sasal

1 kilogram of cassava for the yeast

Banana leaves

Capulín (black cherry) stalks

## PREPARATION

Chop de meat in small pieces and roast it. When the meat is cooked, remove from fire and set aside in a bowl. Wash the freshwater snails and cut the tail from the shell. Bring the snails to a boil with enough water and salt to taste. Cook them for 40-45 minutes and set aside in a bowl.

In a big cooking pot put the meat you set aside with the eight cups of water, cilantro and garlic. Cook for two hours or until is tender. Add the chilero\*\* and the freshwater snails and bring to a boil for 20 more minutes. Serve with sasal, banana and cassava.

### GRAPE SALT PREPARATION

Cut the grape salt tree trunk, a kind of palm in the forests of the area known as korpan by the Pech people. Chop the trunk into small pieces and put them on a comal or hotplate. Let it burn to ashes. Let the ashes cool down in a bowl. Add water and let it settle. When the ashes are at the bottom of the bowl, drain the water. Add the clean water to the previously macerated chilies.

### CHILERO PREPARATION

Chilero is prepared with local herbs, a special salt extracted from a tree known as black mangrove and spicy creole chili. Macerate six or eight creole chilies with the grape salt water. Let it settle for two hours and then add to the meat. The chilero is a seasoning that matches with pork, chicken or beef.

### SASAL / CHAA-Á PREPARATION

To prepare the cassava yeast, wash, peel and chop the cassava (1 kg). Then cook the cassava in a pot with water until is soft. Let it cool down. Later, wrap the cassava in banana leaves and keep it in a cool place for three days. This is how you obtain the yeast to prepare the sasal.

To prepare the sasal, wash, peel and chop the cassava in small pieces. Then in a grinding stone, grind the cassava until you get a moist flour and leave it in a bowl until the water drains. Add the previously prepared yeast and mix well until you get a uniform dough. Let it settle for 24 hours at room temperature.

Next day, grind the dough again in a grinder. Put approximately four big spoons of the cassava dough on banana leaves or bijao and wrap them and tie them up with the capulín stalks to form the sasales.

These wraps are put on a comal or hotplate over the embers of a fire or oven for approximately 30 minutes. After that, it is ready to serve as a side dish.



In the Pech tradition el Tewakó or beef stew with chilero is a special dish that expresses gratitude and happiness for the kindness of nature and celebration of life. Traditionally this stew is served in the kech or ceremonies to thank for a good harvest, celebrate a birthday or save the life of a person who was bitten by a snake.





# EL SALVADOR



SAN PEDRO PUXTLA



ELOTASCAS

“

*I belong to a group of women who produce elote (corn), fruits and vegetables for schools. Our husbands also work the land. When we bring the elotes to our homes, we get ready to make elotascas”.*

**Deysi Maribel Pérez**





# ELOTASCAS

EL SALVADOR



## INGREDIENTS

10 elotes or corns

1 cup of cream

Sugar to taste

1 cup of cottage cheese

Oil

Salt to taste

Banana leaves



## PREPARATION

Remove the elotes or corns leaves and silk. Remove the whole kernels from the ear of maize, then grind the kernels with a millstone or a mill, this way you get a creamy corn, put it in a bowl and add the rest of the ingredients: cream, oil, sugar and cottage cheese. Mix well until you get a uniform dough. Add salt to taste.

Wash the banana leaves. Put three table spoons of the corn mixture on the banana leaves. Fold the leaves immediately, be careful so the dough does not stretch too much. Finally, put the stuffed leaves on a hotplate until the corn mixture is fully cooked. Be careful with the corn dough when you turn the leaves, and watch carefully the leaves don't burn. Remove from the hotplate and enjoy!



© FAO/ Alejandra Hernández



The “elote” is the corn that is still in the plant (whether ripen or not), or the corn that was recently harvested and the grains keep their natural moist. Elote comes from the language “Náhuatl”, a Mexican native language that is spoken by one and a half million people in the country approximately. In Nahuatl elotl means ‘tender corn’.



© FAO/Efrén Reyes

# NICARAGUA



SAKALWAS



MEAT BROTH WITH CASSAVA DOUGH

“

I learned this dish from my ancestors, from my grandparents and now I always make it at home. It was used to be prepared in large meetings, where the whole community gathered. I would like our children and young women today learn how to cook this broth to preserve the tradition of our ancestors. This food is good for health ... my advice is to eat healthy”.

**Ruth Taylor Francisco**

“

I would like that everyone gets to know our typical food and prepare it at home, because it is a dish that our ancestors have been cooking since ancient times. I would like that children learn to eat it, because they don't know it or don't like it. I urge women to continue practicing this culture”.

**Raquel Lacayo Eran**

Recipe prepared by Mayagna women





# MEAT BROTH WITH CASSAVA DOUGH

NICARAGUA

## INGREDIENTS

1/2 kg cassava

Salt to taste

1 tbsp. of achiote (annatto tree)

1 tbsps. of turmeric

1 cup of cilantro

1 sprig of spearmint

500 g meat:

Paca (guardiola)

Great cane rat (guatusa)

Deer (venado)

Peccary (cancho de monte)

Great Tinamou (gallina de monte)



The meat broth with cassava dough is a dish typical of the Mayangna culture, very much appreciated for its delicious taste. This food is ideal for people who are on a slimming diet, as it is extremely low in fat. In addition, it has a much higher proteins content than other tubers. It also helps to reduce blood cholesterol and triglyceride levels and is beneficial for the nervous system.

## PREPARATION

Wash and peel the cassava. Grate the cassava and wrap the dough in a *suita*, *bijao* or banana leave. Leave it for three days to ferment. When the three days pass, remove the leave. Put 500 g of the cassava dough in a pot with water or the meat stock. Stir constantly until is dissolved.

Wash the meat thoroughly and cut it into pieces. Cook for 5 minutes in a pot with a litre of water and then add salt, spearmint, chopped cilantro, achiote, and grated turmeric to add taste and colour. Cook for one or two hours. Make sure the meat is well done and tender. When the meat broth is ready, add the cassava dough and stir constantly for 20 minutes until a thick consistency. It is necessary to add water during cooking because the dough thickens very rapidly. Serves 4.





© FAO/Róger Gutiérrez

# COSTA RICA



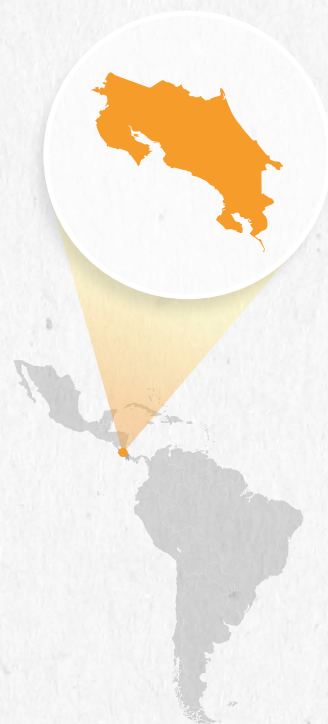
PUNTARENAS



TUNA SALMAGUNDI COOKED IN FIREWOOD

“Many people of the Central Plateau (San José) do not know that a tuna salmagundi is prepared in this region. It is a very simple and low-cost dish. It's a kind of ceviche, but cooked on fire and not in lemon like the traditional ceviche. It is prepared with some different ingredients to enhance its flavour. Tuna is free from preservatives and it has a very pleasant taste with lemon juice, onion, red bell pepper and a nice tortilla, along with a piece of banana. Let's include fish in our daily diet since it contains a lot of omega 3”.

**Ada Chavarría Astorga**





# TUNA SALMAGUNDI COOKED IN FIREWOOD

COSTA RICA

## INGREDIENTS

1 kg tuna loin  
1 roll of cilantro  
½ red bell pepper  
½ red onion  
1 bay leave  
2 lemons  
1 tsp of achiote  
1 prawn consommé  
1 tbsp. of olive oil and 1 tbsps. of vegetable oil  
1 garlic clove  
Salt

## PRAWN BROTH

2 medium onions  
3 tomatoes  
2 garlic cloves  
½ leek  
½ celery  
½ kg prawns (heads and shells)



## PREPARATION

Boil a bay leave and onion in a litre of water with salt. Add the tuna loin and when fully cooked, take out of the cooking water to drain off. Then, flake the tuna loin. Pour a table spoon of olive oil in a hot pan and add crushed cilantro, onion, red bell pepper and garlic. Sauté the tuna immediately in this mix. Add a tea spoon of achiote and the prawn broth. Cook for 7-10 minutes. Before removing from the heat, add lemon juice, stir and add salt. This meal is traditionally served with corn tortilla or white rice.

## PREPARATION OF PRAWN CONSOMMÉ

Put the finely chopped vegetables and the prawn's heads and shells in a pot with a litre of water. Bring to boil over a medium heat until the broth is reduced to concentrate the flavour. Blend the broth and strain. Bring to boil five more minutes.



Fish provides 6.7% of all proteins consumed by humans globally. It is an abundant source of omega 3 fatty acids, vitamins, zinc, calcium and iron. In practice, marine products are the only natural source of iodine, an essential nutrient for the thyroid gland and the neurological development of children.





© FAO/Rosana Martín

# PANAMA



SANTA ANA DE GUARARÉ



FREE-RANGE HEN SANCOCHO

“*Hen Sancocho is one of the most popular and traditional dishes in Panama. It is highly nutritious and people take it when they need energy like farmers, or when a woman gives birth and needs to recover. It also plays a prominent role in the Panamanian cultural and gastronomic imaginary. When you have a special guest, you offer a sancocho because it is a very nutritional meal that anyone in the countryside can offer with whatever you have at home. Almost all the ingredients to prepare sancocho are organic: free-range hen that feeds on natural food; chili, yam and onion that we grow. Eating sancocho is a luxury that no Panamanian can ignore if prepared in the traditional way: cooked with firewood*”

**Yanira Velásquez**





# FREE-RANGE HEN SANCOCHO

PANAMA



## INGREDIENTS

1/2 free-range hen

500 g yam (traditional)

1/2 small onion

3 sancocho chilies (or creole)

1 bell pepper

1 pinch of salt

4 garlic cloves

3 cilantro leaves

1 tbsp. of oregano

Pepper

Salt

Oil

Water



The cilantro or coriander (*Eryngium foetidum*) is a perennial and annual tropical herb of the *Apiaceae* family. It is used as a seasoning for its typical smell and flavour, very similar to *Coriandrum sativum* or European cilantro, but stronger. Its fresh leaves are an essential ingredient of sancocho. At present, cilantro is grown commercially in Panama due to its high demand for the local cuisine.



## PREPARATION

Crush the garlic, the cilantro, the bell pepper and the chilies in a mortar and add salt to taste. Season the hen parts with this preparation, and leave it for a few minutes. Then put the hen parts in a pot and cover them with water. Simmer for 30 minutes, stir constantly. Peel the yam and chop it in medium dices. Chop the onion and add it to the pot with pepper, salt and oregano. Let it cook at medium heat for 30 minutes or more until the meat is tender. Stir constantly. While cooking the sancocho, prepare rice as side dish.

Put the rice in a pot with a little oil and sauté for a few minutes. Cover the rice completely with water and add salt to taste. Cook the rice for 10 minutes or until is done. Once the sancocho is ready serve it with the rice, whether you mix it with the sancocho or as a side dish.



© FAO/Rosam Martin



# VENEZUELA



PUEBLO DE CATA



FUNGA DE CATA

“

I grew up in a world full of songs, folklore and indigenous culinary knowledge, typical of the ancestral memory of the Afro-descendant community of Pueblo de Cata. I learned from my mother about farming, planting, harvesting, food preservation and preparation of delicious traditional sweet and salty recipes.

Every morning I work in my conuco (orchard) and collect large-sized and intense orange-coloured auyamas (pumpkins). I also grow cocoa, cambures (green banana), bananas, pineapples, red bell pepper, cilantro, bell pepper, breadfruit and ocumo. With these ingredients, I prepare various recipes to feed my family and friends.

The Funga is a recipe that has lasted through the years. This is a legacy of the old days when African slaves arrived in Venezuela. It is a mixture of Spanish, African and aboriginal flavours native to these lands ”.

**Juana Antonia Díaz**





# FUNGA DE CATA

VENEZUELA

## INGREDIENTS

30 units of cambur manzano verde  
(green bananas)

1 panela or papelón (brown sugar loaf  
or chancaca)

1 coconut

8 cloves

Salt to taste

1 string roll

1 kilogram of washed green banana  
leaves



The green bananas, an essential ingredient of this recipe, is a fruit rich in vitamins and minerals. It has a high starch content that prevents sudden rises in blood sugar level (glycemia), improving the control of chronic diseases such as diabetes. This recipe is also gluten free ideal for people with celiac disease.



© Marielg Barros

## PREPARATION

Peel the cambures manzanos (green bananas) and put them in a pot with water. Chop the coconut and grate the white part. Cook the grated coconut with water for five minutes, then strain. Grate the papelón (brown sugar loaf) and set aside.

Grind all the ingredients in a hand mill: the cambures, the papelón and the cloves. Grind the dough and remove all lumps. In a bowl, mix the cambur with the coconut milk and salt to taste.

The dough must be consistent and soft as the dough you use for arepas or bread. Make small buns and wrap them with the banana leaves and tight them with the string (this is called funga). Once ready, cook the fungas in water for 20 minutes. You can serve them with stewed fish.





# ECUADOR



CHAVEZPAMBA



SWEET POTATO CAKE

“

*The sweet potato has always been the main product of my diet and that of many people who live this area of the city. It grows well in small spaces, where the only requirement is soil, light and adequate climate such as that of Chavezpamba and harvesting is not very complex.*

*I learned the recipes from my ancestors. Every time I prepare desserts with sweet potatoes, I feel that familiar warmth that brings back memories. I think we should take advantage of the products that land offers. My role as a rural woman is to take that message to the new generations and prevent to break with traditions ”.*

**Rosa Elena Cárdenas**





# SWEET POTATO CAKE

ECUADOR



© Municipio de Quito



## INGREDIENTS

680 g medium sweet potatoes

250 g butter

7 eggs

½ litre of milk

3 ½ cups of sugar

1 tsp of baking powder

6 cups of flour

Half cap of vanilla essence



## PREPARATION

Whisk the egg whites to form peaks. Add the sugar, the egg yolks, butter and whisk well to a uniform mixture. Then, grate the sweet potato over milk to avoid oxidation and add to the mixture. Add the milk, the baking powder, the vanilla essence and keep mixing and adding flour until desired firmness. Put the mixture in a mould previously covered with butter. Pre-heat the oven and bake for 20 minutes at 180°C. Let cool down before serving.



The sweet potato is a pre-Hispanic tuber of high nutritional value, which is considered a youth regenerating agent due to its high protein content.

In Ecuador and worldwide, is a powerful weapon against malnutrition. Women also use their leaves and roots to feed animals. It also helps to cure some diseases such as rheumatism and various infections.





© Contag

# BRAZIL



PUEBLO DE LAGOA DA VOLTA



MORINGA CAKE

“*Moringa is a leaf rich in potassium and iron that helps to fight anaemia and gain weight in case of malnutrition. We can use their leaves, flowers and pods that are edible for people and animals. It has a high nutritional power and can be used in savoury dishes such as beans, pasta and salads, or in sweet dishes, such as condensed milk pudding, moringa juice with carrots and cakes. This tree was brought to Lagoa da Volta, Porta da Folha, in 2004 by a technician of the Dom José Brandão de Castro Centre, to strengthen the cattle, goats and sheep feed. The whole community raises it, although there are just a few of us who use it for human consumption*”.

**María Luzinete Doria Silva**





# MORINGA CAKE

BRAZIL



© Contag.

## INGREDIENTS

3 tbsps. of vegetable cream or margarine

3 eggs

2 cups of sugar

2 cups of wheat flour

1 cup of milk

1 pinch of salt

1 tbsp. of powdered yeast

1 cup of moringa leaves

100 g of peanuts (roasted, optional)



## PREPARATION

Wash the moringa leaves and mix them with milk in a blender. Strain this mixture and set aside. Whisk the eggs, the margarine and the sugar in a bowl until the mixture has a creamy texture. Add the flour, the milk and salt to the previously strained moringa. If the flour has no yeast, mix slightly with chemical yeast. You can also add the peanuts to the dough, so it is more nutritious.

Once the mixture is ready, put it in a bowl previously covered with margarine or vegetable cream and bake for 25-30 minutes.



Moringa leaves are rich in proteins, minerals and vitamins A, B and C. They are highly recommended for pregnant women, breastfed babies and small children. Moringa products have antibiotic properties against parasites that affect humans (*trypanosoma* genus). It is antispasmodic, anti-ulcer, anti-inflammatory and helps to reduce cholesterol (hypocholesterolemia), blood sugar (hypoglycemia) and improves low blood pressure (hypotension).



© Juliana Cristina de Sousa

# BRAZIL



PIPIRIPAU



JATOBÁ (CAROB TREE) AND BANANA CAKE

“

*With my crops and what I buy from other farmers, I prepare pastries, cakes and other local recipes, using typical fruits and vegetables of Cerrado. I sell these products to add more value and improve my family's income.*

*As family farmers we need to transform our environment into a territory free from waste, hunger, misery and malnutrition. A place where everyone has quality food throughout the life as well as production diversity. With the proper farm tools and good care of nature, we can become self-sufficient and grow the surplus of most of the artisanal foods produced in the country”*

**Juliana Cristina de Sousa**





# JATOBÁ (CAROB TREE) AND BANANA CAKE

BRAZIL

## INGREDIENTS

6 bananas

3 tbsps. of jatobá flour

2 cups of wheat flour

1 tbsp. of powdered yeast

½ cup of oil

¾ cup of water

1 ½ cup of brown sugar

1 pinch of salt

1 pinch of cinnamon

1 pinch of nutmeg



In Cerrado jatobá flour is used to cook biscuits, cakes, sweets and ice cream. This flour is a source of fibre and is widely used by diabetics or people with food restrictions.



## PREPARATION

In a glass or aluminium mould, cook ½ cup of brown sugar on low heat to form caramel. The sugar must dissolve until golden-brown in colour without burning. Tilt the mould to coat it with the caramel and let it cool down at room temperature. Cut 2 bananas in slices and put them on the caramel.

To prepare jatobá flour, remove the seeds with a knife and separate the pulp. Crush the pulp in a mortar or blender, then sieve it.

Separate the jatobá flour, the wheat flour and the yeast in a bowl. Mix the other ingredients in a blender. Put the mixture in the bowl and stir with the other dry ingredients. Pre-heat the oven. Put the mixture in a mould and bake for 35 minutes at 180°C. Remove from the mould still warm so the caramel sauce does not stick. If you desire, you can add Baru nuts to the dough. Serves 12.



© Fidelina Sinchi

## PERU



CUSCO



TROUT WITH TARWI CREAM AND TRIGOTO

“

*I always liked the trout for its softness that matches any flavour. That's why I decided to combine it with tarwi, a food of the Incas and wheat, the cereal brought by the Spanish.*

*I think I was born with this gift in cooking and I am thankful for that. I like to feed and nourish people. I also feel very pleased when I see their happy faces when they try what I have prepared for them. They always tell me that no matter what I cook, whether it is with a lot of meat or not, what they like the most is my seasoning and the way I spice up the meals.*

*I like to create new recipes and look for new inputs. In our farm we have quinoa, kiwicha, potato, oca, sweet potato, a little bit of everything. That's why we almost do not need to buy. I get up every day at 4:30 in the morning. I do the chores and cook for my children. Then, I go to the market to buy the goods for the food that we will prepare in the Food Kitchen. We don't use refrigerators, that is why we buy every day”.*

**Modesta Sinchi Puma**





# TROUT WITH TARWI CREAM AND TRIGOTO

PERU



## INGREDIENTS

2 trouts

Turmeric

200 g wheat

4 garlic cloves

20 g crackers

3 onions

150 g butter

5 watercress sprigs

300 g Andean lupin

250 g cheese

1 bell pepper

180 cc milk

Fish stock

200 ml oil

Salt

Pepper

Cumin



The tarwi or chocho is a grain legume that has been produced in the high Andean regions for approximately two thousand years. The name is a hispanicism of the word 'chuchu' which in Quechua means 'maternal nipple'. The chocho contains between 41 and 52% of proteins, being the highest protein content grain among legumes. At the same time, it is a valuable source of calcium, phosphorus, magnesium, iron and zinc.



© Ministerio de la Producción



## PREPARATION

Wash and clean the trout. Season the trout with salt, pepper and cumin to taste. To prepare the trigoto, boil the wheat in the fish stock for 20 minutes. Chop the onion and the bell pepper in small dices and mix them with garlic, salt, pepper and cumin in the blender to make a dressing. Put the dressing and the cooked wheat in a pot with some fish stock. Cook to a creamy consistency. Add small dices of cheese and some butter. Grill the trout with some butter.

Soak the tarwi (Andean lupin) in water overnight and then cook with enough water for half an hour or until grains are soft.

To prepare the tarwi cream, blend the cheese, the milk, crackers and cooked tarwi. Season with salt, pepper and cumin. Serve the trigoto on top of the trout with the tarwi cream.





©Juanita Martínez

“*The work that women do when transmitting knowledge from one generation to another is very important. We know that our field crop is healthy food and we need to boost it to ensure family support. That’s why we must defend the production of native seeds, to produce different varieties of food. In these spaces, women try to produce healthy food, because we know that this is diet to grow a healthy family*”.

**Group of Kuña aty from the Association of Farm and Industrial Producers of Tava Guarani**

# PARAGUAY



SANTA ROSA DEL AGUARAY



KUMANDÁ YVYRA'I OR POROTO PALITO EMPANADAS





# KUMANDÁ YVYRA'I OR POROTO PALITO EMPANADAS

PARAGUAY

## INGREDIENTS

### DEEP FRIED EMPANADAS DOUGH

500 g flour

1 cup of warm water or at room temperature

A pinch of salt

6 tbsps. of melted pork or beef fat

### STUFFING

1 cup of cooked Kumandá yvyra'i or poroto palito (pigeon peas)

3 hard-boiled eggs

100 g cheese

3 garlic cloves

1 onion

1 bunch of parsley

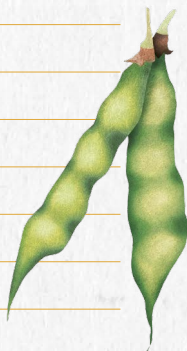
1 red bell pepper

Basil

Salt

Pepper

Oil to fry



The kumandá yvyra'i or poroto palito was named as the representative pulse of Paraguay in 2016, by the National Committee for the International Year of Pulses, due to its high protein content. In addition to empanadas, it can be used to prepare croquettes, stews, ice creams and cakes. It is also used as animal feed. If a hen eats its seeds, it will lay more eggs and for longer.

## PREPARATION

### OF THE DOUGH (12 UNITS)

Make a hole in the middle of the flour and add the salt and the fat. Pour the water little by little until the dough is moist and compact. Knead the dough 3-5 minutes until silky. Form a dough bun. Cover the dough with cling film or a cloth and set aside at least half an hour. Then, sprinkle some flour on the table and stretch the dough. Cut it in a round shape with a cutter, a mould or a cup.

Before stuffing, moisten the edge of the dough with water, milk or egg so it is easier to close the dough and the stuff does not spill out when cooking. Deep fry with plenty of clean and hot oil. To bake the empanadas, brush the surface with milk or a whisked egg before putting into the oven to get a golden-brown colour.

### OF THE STUFFING (12 UNITS)

Soak the porotos palito (pigeon peas) in water overnight. Cook with enough water for half an hour or until soft.

Chop the vegetables and fry gently with some oil. Mix the vegetables with the cooked Kumandá yvyra'i, chopped hard-boiled eggs and the cheese cut in dices. Then fill the dough with the stuffing forming the empanadas. Deep fry in very hot oil.



© Juanita Martínez

# ARGENTINA

 JUJUY

 QUINOA STEW

© Ministerio de Agroindustria de la Nación Argentina

“  
I am proud to be Coya, from an indigenous people, dark-skinned and copper-coloured. When I was little and celebrated Pachamama, I felt special. All these things helped me to build a very strong identity. In that way, I understood that cooking is transversal, that keeping it alive is the added value of our products to introduce them in the economic and gastronomic circuits.

If there is something that I learned in the field is that nothing is isolated: everything is linked in a harmonious and inclusive way. I am grateful to life that I could blend what I learned at home with what I learned in college”.

**Magda Choque Vilca**





# QUINOA

## STEW

ARGENTINA

### INGREDIENTS

250 g quinoa

2 onions

1 bell pepper

200 g of jerky or beef

1 carrot

100 g pumpkin

1 zucchini

1 red bell pepper

1 tbsp. of paprika

White pepper

2 tbsps. of oregano

1 stock cube

Salt

Oil

3 tbsps. of fresh parsley

### PREPARATION

Wash the quinoa and bring to a boil for 15 minutes. Meanwhile, chop the garlic, the onion and the bell pepper in small dices and fry gently. If you are to use jerky, crush it previously with a stone to make it tender.

Add the jerky (previously crushed) or beef (loin) and cook for 15 minutes.

Once cooked, add the rest of the vegetables chopped in small dices, season to taste and add the stock cube. Finally, add the boiled quinoa and cook for five minutes. Leave to stand for five minutes to enhance the flavours. Serve with chopped parsley.



The word quinoa means 'mother grain' in Quechua. At the time of Incas, it was considered a holy meal and used for medicinal purposes. Quinoa is a nutritious food that has a high content of vegetable protein, dietary fibre, polyunsaturated fats, iron, magnesium and zinc. In addition to having a high minerals content, it is also rich in vitamin B2 and folic acid.





# URUGUAY



CINCO SAUCES



FEIJOADA SAUCEÑA

“We prepare the feijoada differently than the way it is cooked in the north of Brazil. It is cooked in a wood-burning stove and an iron pot that gives an intense flavour that is very much appreciated. This way of cooking is a way to recover the traditions of our grandparents' rural kitchen. The special taste that comes from the dry firewood is a way of approaching the old rural world.

*Feijoada is a very nutritious dish for school children, since we use vegetables picked from the organic garden and lean beef or sheep meat. We accompany the preparation with white Uruguayan rice and, if possible, from the mill in the area. Sometimes, feijoada is the only meal they have in the day, so it is a very important meal in their diet and they like it very much ”.*

**Lourdes Vega**





# FEIJOADA

## SAUCEÑA

URUGUAY



### INGREDIENTS

1 onion

½ kg beef or sheep meat

½ red bell pepper

2 cups of black beans

1 garlic clove

Salt

Oregano

Cumin



### PREPARATION

Soak the black beans overnight. Next day, put the beans in a pot with enough water and cook them until soft. Chop the onion, the garlic and the red bell pepper. Put the chopped ingredients in a pot with oil and cook them stirring constantly. Cut the meat in small chunks and mix it with the previous preparation. Add salt and condiments. Cover and let it fry gently for a while. Add the cooked black beans and bring to a boil until the meat is cooked.



© Marjot Ferreira



The black bean (*Phaseolus vulgaris*) is a pulse native to the semitropical regions of Latin America, where archaeological traces indicate that it has been grown since the year 8,000 BC. It is a great source of protein, fibre, slow absorbing carbohydrates, minerals and vitamins. It also has antioxidants and body purifying qualities.





# CHILE

 TEMUCO

 KOLLOF OR COCHAYUYO LAFKENCHE CEVICHE

“*The ceviche Lafkenche de Kollof (or cochayuyo) is a typical recipe of the Lafkenmapu territory (sea), widespread around the wallmapu or Mapuche territory. Besides belonging to the Lafkenche people (seafaring people), the Kollof has a great history throughout the Mapuche territory, since for many years it has been traded in different areas by the Kollofche people (cochayuyo people). In the past, the Lafkenche ceviche was eaten daily accompanied by Rungalkofke (tortillas baked on embers) and Trapi (chili), being a great source of vitamins and minerals. Therefore, its preparation must be disseminated and rescued*”.

**Eliana Queupumil Vidal**





# KOLLOF OR COCHAYUYO LAFKENCHE CEVICHE

CHILE



## INGREDIENTS

1 bunch of kollof or cochayuyo (edible seaweed)

3 onions

1 bunch of cilantro

2 red bell peppers

Lemon

Oil

Salt



## PREPARATION

Wash and soak the kollof (cochayuyo) for at least 2 hours. Then, wash the kollof and put it in a pot with water. Cook the kollof until soft (prick occasionally with a knife to check softness). Once the kollof is ready, remove from the pot and wash out again. Cut the kollof in small dices and set aside. Then wash and chop the onion in small pieces. You can also use red onion. Chop the bell pepper and the cilantro. Finally, mix all the ingredients in a bowl and add oil, lemon juice and salt to taste.



© Eliana Queupumil



The cochayuyo or kollof is a seaweed that grows along the Chilean coast. It is an excellent source of vitamins A, B1, B12, C, D, E and folic acid. It has high content of proteins and minerals such as sodium, calcium, potassium, chlorine, sulphur and phosphorus. A serving of cochayuyo contains about 260 mg of calcium, like cheese. In addition, it is high in microminerals such as iodine, which helps balance the metabolism and has a high content of omega 3 fatty acids.



# GLOSSARY OF INGREDIENTS AND KITCHENWARE USED IN LATIN AMERICA AND THE CARIBBEAN

## Achiote

(*Bixa orellana*) red, small and triangle shaped seeds used as colouring and spice. It is extensively used in Latin America and the Caribbean.

## Ají sancocho (Sancocho Chili)

or sweet creole chili, is a typical ingredient of the Panamanian cuisine (see locote).

## Ají cachucha (Cachucha Chili)

chili variety used in the preparation of Cuban meals that stands out for its aroma and sweet flavour.

## Ajonjolí (Sesame)

sesame seeds, rich in oil.

## Bijao

(*Calathea lutea*) because of its size, the leaves of these plants are used in some countries to wrap tamales, hallacas or other soft foods.

## Cambur (Green Bananas)

(*Musa sp*) also known as banana, plantain, topocho, maduro and guineo, is an herbaceous plant of the Musa genus, that has an edible fruit. The cambur manzano variety is yellow in colour, with a slightly taste of apple, that can be eaten ripe or green.

## Castañas de baru (Baru Nuts)

(*Dipteryx alata*) fruit from the tree known as "Baruzeiro". This is a big size tree with edible fruits like the chestnuts. It is native to the Brazilian Cerrado biome.

## Cazuela (Cooking Pot)

pot or ceramic pot used to cook food.

## Chicharrones (Pork Rinds)

this is the name given in Cuba and Chile to pork meat with skin chopped in dices and deep fried in oil until crispy.

## Chilero

is a meat seasoning. It is prepared with local herbs, a special salt extracted from a tree called palo de uva or palo de sal (black mangrove) and spicy creole chili.

## Chipilín

(*Crotalaria longirostrata*) is a plant from the legumes family (Fabaceae family), native to Central America. Its leaves are rich in calcium, iron, thiamine, niacin, riboflavin and ascorbic acid.

## Comal (Hotplate)

hotplate used in Mexico and Central America. Commonly used in the traditional cuisine to make corn tortillas.

## Cúrcuma (Turmeric)

(*Curcuma longa*) also known as palillo in Peru, it is used to give a yellow colour to the food, specially rice.

## Elote (Corn)

is the corncob of the corn plant.

## Epazote

(*Dysphania ambrosioides*) is an aromatic herb used as seasoning or medicinal plant in Mexico.

## Frijol gandul (Pigeon Peas)

(*Cajanus cajan*) is a legume extensively used in Latin America and the Caribbean to prepare soups, biscuits and to be served with rice.

## Guardiola (Paca)

(*Agouti paca*) also known as paca, guartinaja, guanta, chilo, guagu molon, goruga, majaz, conejo manchado or lapa, is a rodent specie that inhabits in areas near watercourses in tropical forests, mainly in Mexico and Central America, and in countries of the Southern Cone as Paraguay, Northern Argentina and Northeast Uruguay.



### **Guatusa (Great Cane Rat)**

(*Dasyprocta punctata*) also known as guaqueque alazán, sereque cotuza, guatusa, ñeque, guatín, jochi colorado, cherenga, picure or añuje, is a rodent specie that inhabits mainly in forests from the south of Mexico and Central America to the north of Argentina.

### **Jatobá (Carob Tree)**

(*Hymenaea courbaril L.*) also known as jayoba, guapinol, jataí, algarrobo, algarrobita, nazareno or quenuque, is a tree found in Mexico, Central America and South America down to Paraguay.

### **Jícara de coco (Coconut Shell)**

is the coconut shell used in handicraft and as fuel.

### **Jitomate (Tomato)**

(*Solanum lycopersicum*) the word jitomate is used in Central and Southern Mexico to refer to the red fruit known as tomato in the rest of Latin America.

### **Jutes**

freshwater snails.

### **Locote (Red Bell Pepper)**

(*Capsicum sp.*) also known as pimiento, ají morrón, chile morrón, chiltoma, pimiento morrón or ají dulce. It does not have the characteristic spicy flavour of the species. Is native to Mexico, Central America and the north of South America.

### **Malagueta (Malagueta Pepper)**

(*Capsicum frutescens*) also known as Racemosa pepper, is a native tree of South America and the Caribbean. Very aromatic essential oils, also known as bay rum are extracted from its leaves. These oils are used as aromatic in some culinary preparations and phytotherapy.

### **Metate (Mortar)**

is a mortar made of a triangle shaped carved stone used to grind grains and condiments.

### **Moringa**

(*Moringa oleífera*) bushes and trees genus of multiple uses. All its parts are edible. The moringa has a nice flavour and you can eat it raw. It is extensively used due to its medicinal properties.

### **Nixtamalize**

process of cooking the corn water and lime to make a corn dough used to prepare tortillas, tamales and others.

### **Ñame baboso (Yam)**

(*Dioscorea sp.*) is an edible tuber that can replace potato and cassava. Yam is found in the Antilles, Central America and Caribbean countries as Colombia and Venezuela.

### **Panela o papelón (Brown Sugar Loaf)**

also known as piloncillo, raspadura, rapadura, atado dulce, panetela, tapa de dulce, chancaca, agua dulce, empanizao or panocha, is the sugar cane juice dried before the process of purification that turns the sugar cane into brown sugar.

### **Pencas de capulín (Capulín Stalks)**

are the stalks of the tree known as Virginia Bird Cherry (*Prunus virginiana*).

### **Pepita de chilaca (Chilaca Seeds)**

are the chilaca chili seeds, a variety of chili (*Capsicum annum*) dark green/blackish in colour, elongated shape.

### **Pimienta cayena (Cayenne Pepper)**

or red pepper, its name comes from the city of Cayenne, in the French Guiana. It is powdered chili made of dried chili species.

### **Roti**

is a Hindi word that refers to a type of wheat bread used in the Indian cuisine and that has been extensively adopted in the Grenade cuisine.

## Suita

(*Asterogyne martiana*) also known as cola de gallo. The leaves of this palm are used to build ranch houses and to wrap food.

## Tarwi (Andean Lupin)

(*Lupinus mutabilis*) legume also known as lupino, chocho or altramuz, native to Peru, Bolivia and Ecuador.

## Trigoto

is a preparation that includes wheat, which is prepared very similarly to the Italian cuisine Risotto.

## Verdolaga (Purslane)

(*Portulaca oleracea*) a plant known for its medicinal properties. In some places, is considered a brushwood.

## Yautía amarilla (Yellow Yautia)

(*Xanthosoma atrovirens*) subtropical to tropical plant native to America, belonging to the Araceae family. The yellow root of this plant is eaten cooked.

## Yuca (Cassava)

(*Manihot esculenta*) also known as mandioca or cassava, in a bush native to Central South America. Since ancient times, it has been cultivated in most parts of tropical and subtropical areas of the American continent. The tuber is edible.









Food and Agriculture Organization  
of the United Nations

From North to South, Latin America and the Caribbean surprises us with its diversity of landscapes, climates and raw materials. Fertile lands and seas make up this vast territory, generous also in knowledge and traditions. Hand in hand with their women, today we have the privilege of knowing the secrets of the art of cooking, which for years have nourished numerous families in harmony with nature.

In an effort to acquaint you with the great agricultural and cultural diversity of Latin America and the Caribbean, the Food and Agriculture Organization of the United Nations (FAO) is placing in your hands 23 traditional recipes that have passed down from one generation to another and enhance the value to care for nature and sustainable production practices in each of the territories represented (20 countries).

We do not want these knowledge and flavours to be lost. Help us to keep the traditions alive, this way we will all be contributing to expand and strengthen agroecology and a comprehensive and sustainable food production. Cook and share!

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