

La Semana 2016

Recipes

Monday: Churros

Churros from Sysco.

Heat. Roll in cinnamon sugar. Cut. Serve.

The Easiest Dulce de Leche Sauce

Ingredients

- 1 (13.4 ounces) can of dulce de leche
- 7 ounces sweetened condensed milk

Instructions

1. Heat both items in a saucepan on over medium heat until melted together.
2. Smooth and enjoy!

Tuesday: Arepa – Makes 6

Ingredients:

1 cup pre-cooked white cornmeal

4 cups ricotta cheese

2 teaspoons salt

1 ½ cups hot water

2 Tablespoons butter

Directions:

Begin by adding the cornmeal, ricotta cheese and salt in a medium size non-reactive bowl. With one hand, mix it all together. Then with your other hand, slowly add in the hot water until the mixture comes together like pizza dough.

Knead for 5-10 minutes until it becomes like soft dough. Let it rest in the bowl for 10 minutes with a damp paper towel over it.

Preheat your saute or grilling pan on medium heat.

Divide the dough into 6 equal parts. Roll it into a ball then flatten it into an arepa. Round and 4-5 inches in length and whatever thickness you like.

Once all the arepas are formed, add the butter into your pan and let it melt. Add as many arepas as you can into the pan and let cook 3-5 minutes on each side or until golden.

Top with Mexican queso fresco, queso blanco, or even feta.

Serve immediately.

Wednesday: Platanos Asados con Coco (Coconut Baked Plantains)

Makes 8-16

The warm spice of the cinnamon and wonderful texture from the coconut flakes helps make this an amazing Colombian side dish. Plátanos Asados con Coco are perfect served with your favorite meat or poultry or you can just eat them alone as a snack.

Ingredients

(4 servings)

- 2 tablespoon butter
- 4 very ripe plantains
- Pinch of ground cinnamon
- 1 cup coconut milk
- 1/3 cup sweet shredded coconut

Directions

1. Preheat the oven to 350°, cut the ends of the plantains and peel.
2. Place them in a baking dish and brush with the butter. Sprinkle with the cinnamon and add the coconut milk, then sprinkle with coconut.
3. Bake for 25 to 30 minutes. Serve warm as a side dish.

Thursday: Baked Yuca Fries with Creamy Cilantro Dip

Yield: Serves 4-6 as a side

Ingredients

For the yuca

- 2 pounds yuca, peeled and cut into ½"-thick fries
- 3 tablespoons olive oil
- A generous pinch of sea salt

For the dip

- 3 tablespoons sour cream
- 2 tablespoon mayonnaise
- 1 tablespoon fresh lime juice
- 1 teaspoon hot sauce
- 2 tablespoons finely chopped cilantro, plus more to garnish
- ½ teaspoon grated garlic
- A pinch of sea salt

Method

1. Preheat oven to 425F.
2. Place yuca on a nonstick baking sheet and toss with oil and salt. Bake for 30 min, tossing with tongs after the first 15 min, until fries are golden brown.
3. To make the dip, stir together all the ingredients and season to taste.

Friday: Paletas de Salpicón (Fruit Popsicles)

(About 6 popsicles)

Ingredients

- 3 cups assorted fresh fruit, such as pineapple, papaya, watermelon, mango, apple, banana, and seedless red grapes, cut into bite size pieces.
- 3 cups watermelon, orange or strawberry fresh juice.

Directions

1. Place cut fruit in a large bowl, pour juice over fruit and stir.
2. Pour the fruit and juice mixture into the molds.
3. If using cups, you'll need to insert wooden popsicle sticks. Freeze for about 4 hours, or until firm.

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Schedule

Monday:

Make cinnamon sugar.
Heat churros.
Roll churros in cinnamon sugar.
Make sauce.

Cups with dip and churros dipped in **OR plates** with churros and dip.

Crumble cheese for Tuesday's arepas.

Can make arepas and freeze but best if made day of.

When freezing Arepas, freeze while still warm, each separated from each other by plastic wrap.

Reheat in oven wrapped in **tin foil** for about 10 minutes (at about 350 F / 175 C.)

Tuesday:

Reheat arepas and make an additional that need to be made.

Place on **plates** and top with crumbled cheese.

Cut up yucca for Thursday.

Place cut yucca in bowl, cover with water. Cover bowl with **plastic wrap** and refrigerate until needed.

Wednesday:

Make plantains.

Put on **plates**.

Make dip for Thursday.

Thursday:

Bake yucca fries.

Cups with dip and fries dipped in **OR plates** with fries and dip.

Cut fruit into bite size pieces.

Make paletas and freeze.

Cups with **popsicle sticks**.

Friday:

Clean and pack up!