



NATIONAL
HISPANIC
HERITAGE MONTH RECIPE BOOK

Arroz Con Gandules (Puerto Rican Rice with Pigeon Peas)

Delish Delites



5 min



25 min



30 min



8

Ingredients

- 1 tablespoon olive oil
- 1/3 cup country ham or bacon, diced (optional)
- 1/3 cup sofrito
- 3 cups water or low sodium chicken broth
- 1 ½ tsp sazón con achiote y culantro
- 1 cube chicken bouillon or more if needed
- 2 tbsp tomato paste or 1/3 cup tomato sauce
- 1 teaspoon dried Italian seasoning or oregano either one works
- 1/4 cup fresh cilantro, chopped optional
- 2-3 bay leaves
- 2 tablespoons pimento stuffed olives optional
- 15 ounce can Pigeon Peas (Gandules), drained and rinsed or 2 cups of fresh or frozen
- 2 cups parboiled rice

Directions

1. Heat your caldero or Dutch oven to medium heat, and add your olive oil, bacon/ham (if using) and sofrito. Stir constantly until fragrant and tender, but not browned, about 4 minutes.
2. Next add in the Sazon, tomato sauce or paste and chicken bouillon. Stir to combine.
3. Add in the drained pigeon peas, Italian seasoning or oregano, bay leaves, and water/broth. Add the cilantro and/or olives, if using. Allow the liquid to come up to a boil, and taste it for salt. If it needs more saltiness, add in another chicken bouillon cube. You want this liquid to be highly seasoned, as it will determine the final seasoning of the rice.
4. Once the mixture is boiling, add the rice. Stir the rice to get it submerged and distribute the pigeon peas throughout.
5. Cover and allow the rice to absorb all the visible liquid. Once most of the visible surface liquid is absorbed, stir the rice, and cover again. Lower the flame to low, and allow it to steam for 20-25 minutes. It's done with all the liquid is absorbed and the grains are fluffy and fully cooked.



Fried Sweet Plantain Slices (Plátanos Maduros Fritos)

My Dominican Kitchen



5 min



5 min



10 min



2

Ingredients

- 2 very ripe, sweet plantains
- 1 cup vegetable oil for frying
- salt (optional)

Directions

1. In a frying pan, heat oil over medium heat.
2. Peel plantains and cut into 1/2 inch thick slices. Add to the frying pan.
3. Cook on each side until golden brown, about 2-3 minutes. Remove from the oil into a plate covered with a paper towel to remove excess grease. Sprinkle with a little salt, if desired.
4. Serve warm as a side dish or appetizer.

Beef

Empanadas

Handle the Heat



30min



20 min



3 hrs



20

Ingredients

For the Dough:

- 1 cup water
- 1 1/2 sticks (170 grams) unsalted butter
- 2 3/4 cups (349 grams) all-purpose flour
- 2 teaspoons salt
- Pinch of paprika

For the Beef Filling:

- 3 tablespoons olive oil, divided
- 1 pound ground beef (85-90% lean)
- 1 small yellow onion, peeled and minced
- 1/2 red bell pepper, cored, seeded, and finely diced
- 1/2 green bell pepper, cored, seeded, and finely diced
- 1/2 cup frozen peas
- 2 cloves garlic, finely minced
- 1 teaspoon oregano
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon ground cumin
- 1/4 cup beef broth
- 1-2 tablespoons tomato paste, to preference
- 1 small russet potato, peeled, finely diced, and boiled*
- 3 scallions, trimmed and chopped
- 1/2 cup shredded monterey jack cheese (or "Mexican blend" cheese), optional

For the Egg Wash:

- 1 egg
- 3 tablespoons water

Pupusa

Recipe

A Cozy Kitchen



15 min



30 min



1 hr 15 hrs



14

Ingredients

CURTIDO:

- 1/2 head of cabbage (2 cups of shredded cabbage)
- 1 medium carrot grated
- 1 tablespoon dried Mexican oregano (if you can't find Mexican oregano, use Italian!)
- 1 cup hot water
- 1 cup apple cider vinegar
- 1 teaspoon kosher salt
- 1 teaspoon granulated sugar

FPUPUSA DOUGH:

- 3 cups (11.8 ounces/334g) masa harina (such as maseca)
- 2 teaspoons kosher salt
- 2 3/4 cup cold water (from the faucet is fine)

FILLING:

- 2 cups (7.5 ounces) shredded mozzarella (or Oaxacan cheese or any other melty cheese)
- 1/2 cup pickled jalapeño peppers diced
- 1/2 cup diced roasted butternut squash

FOR HANDS:

- 1 cup water
- 2 tablespoons olive oil or neutral oil