

Vegetarian and Salads



VEGETARIAN AND SALADS

BAKED HUMITA

This is a mild preparation made with freshly grated corn kernels. There are two main versions: the unsweetened humita, mildly seasoned with tomato, onion and sweet pepper sauce; and the sweetened version which is spiced with cloves or cinnamon.

Use fresh ears of corn. Grate in grater, or separate kernels from cob with a knife and place in blender, preferably without any additions. But if kernels are very dry then add part of the milk from the recipe.

Freshly grated corn must be used immediately, since corn will tend to ferment quickly. It can, however, be frozen for future use.

INGREDIENTS: 4 cups freshly grated corn kernels (12-15 ears)
 ½ cup butter or oil
 1 medium onion, finely chopped
 200 gms mild soft cheese
 1 cup milk
 1 tablespoon cornflour
 4 eggs, lightly beaten
 100gms cheese, Parmesan-type
 2 tablespoons breadcrumbs or more oil
 salt, pepper and a pinch of nutmeg

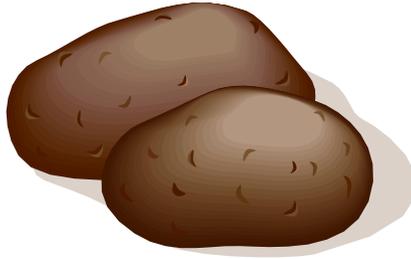
METHOD: Fry onion in oil or butter until limp. Add corn, cubed or crumbed cheese. Remove from heat and stir in cornflour blended with milk, lightly beaten eggs, grated cheese, salt, pepper and nutmeg.

Oil a shallow baking dish, distribute corn mixture evenly, sprinkle with grated cheese, breadcrumbs and drizzle oil on top or dot with butter. Bake in a moderate oven for about 1 hour or until top is lightly browned. Serve hot, or let it cool and serve cut up in little squares.

BAKED POTATO CROQUETTES

- INGREDIENTS:** 4 cups cold mashed potatoes (preferably 1 day old)
2 eggs beaten with a pinch of salt, nutmeg,
chopped parsley, grated cheese and 2
tbsps flour.
- COATING:** 2 eggs beaten with 1 tbsp water, 1 tbsp oil and a
pinch of salt
2 cups breadcrumbs

METHOD: Make croquettes as FISH CROQUETTES (pg 30) but form into round-ended cylinder 8 cm long by 3 cm diameter and place slightly apart on lightly greased baking tray. Bake in moderate oven until done, tender inside and crisp and golden outside. Makes 12 croquettes.



CHIPA (Paraguay)

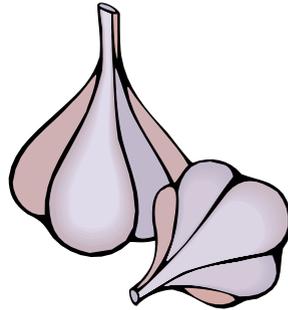
- INGREDIENTS:** 1 large onion
½ lb cheddar cheese
½ pint milk
2 oz margarine or 4 tablespoons vegetable oil
3 eggs
1 can sweetcorn (12 oz approx.) or the kernels
from about 10 cobs
salt and pepper to taste

METHOD: Lightly liquidise all the ingredients together. (Alternatively, grate the cheese, onion and kernels on cobs and mix with the remaining ingredients.) Pour into a greased baking dish and bake at 400°F for 40 to 50 minutes, or until browned and set. Cool slightly before cutting. Freezes well.

EGG PLANT ARGENTINE

INGREDIENTS: 4 medium boiled egg plants (aubergines)
6 tablespoons olive oil
2 garlic cloves, crushed
2 tablespoons finely chopped parsley
8 teaspoons Parmesan-type cheese, grated
Salt & pepper to taste

METHOD: Split the egg plants in halves lengthways, drain and cool. Season each half with a teaspoon of grated Parmesan-type cheese, sprinkled on the split side, then with a mixture of oil, parsley, garlic and a little salt evenly distributed among all the halves. Let stand for a few minutes before serving. To serve, lace each half with a little more olive oil. Excellent to go with all kinds of roast or cold cuts.



ENSALADA CHILENA

INGREDIENTS: 5 finely sliced onions
10 finely sliced peeled tomatoes
1 teaspoon salt
pepper to taste
4 tablespoons oil
lemon juice to taste
3 oz chopped fresh coriander leaves

METHOD: Put onions in a bowl. Cover with cold water and leave for an hour. Drain well. Mix with the tomatoes on a large plate. Sprinkle with salt and pepper, and pour on oil and lemon juice. Mix and serve with chopped coriander sprinkled on top.

FEIJOADA (normally known as Feijao)

INGREDIENTS: black beans (from health food shops)
 or kidney beans
 a little oil
 1 chopped onion
 1 clove of garlic
 1 chopped green pepper (optional)

METHOD: Soak beans overnight. Fry onion, garlic and green pepper (if used). Add drained beans and hot water to cover. Add salt and pepper and simmer for about 2 hours (25 minutes in pressure cooker).

If liked a little tomato purée may be added before simmering. Serve on top of rice or mixed together with the rice.

GREEN BEANS RANCH STYLE

INGREDIENTS: 3 cups parboiled fresh green beans, well drained
 2 cups creole sauce (see pg 7)
 2 tablespoons oil
 4 eggs
 salt and pepper

METHOD: Parboil green beans in salted water, with a few drops of vinegar and a pinch of sugar to keep them tender but firm, drain thoroughly and let dry. Pat dry with a cloth and sauté in very hot oil, until most of the oil is absorbed; then place in shallow dish.

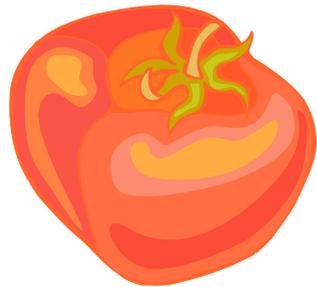
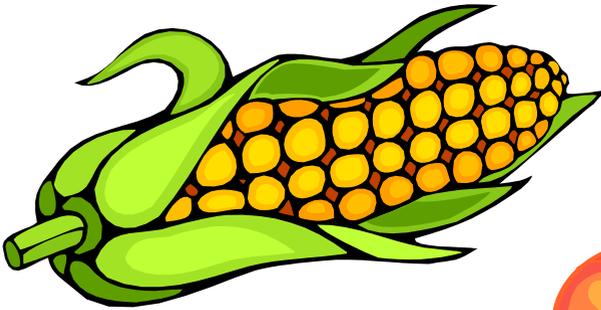
Cover with sauce, either hot or cold, and put in moderate oven until sauce bubbles. Then break eggs, make a little well for each using empty shells in the bean and sauce mixture, place eggs carefully in wells, season with salt and pepper and place in oven to set. Serve hot.



HUMITA CASSEROLE

INGREDIENTS: 4 cups freshly grated corn kernels (12-15 ears)
500 gms mild cheese, cubed
½ cup oil
1 large onion in half rounds
1 large sweet pepper in thin strips
1 large tomato, peeled and seeded, chopped
salt and nutmeg to taste

METHOD: Heat oil, fry onion and green pepper until limp but not browned, then add tomato and continue frying until tomato is cooked. Add grated corn, stirring all the time until thickened. Season with salt, pepper and nutmeg to taste and fold in cubed cheese. Place in casserole or individual dishes and serve hot. This may be kept hot in an oven. If preferred the cheese can be placed on top and melted in an oven.



VARIATIONS: Prepare baked humita recipe as shown. Place in dish, cover generously with sliced hard boiled eggs, and sliced or chopped olives if liked. Pour white sauce over and sprinkle with grated cheese. Bake as above.

LLAUCHAS (Savoury snack)

INGREDIENTS: 4 cups water
1 teaspoon salt
2 tablespoons shortening or lard
2 tablespoons ground red 'ají' (chilli)
 $\frac{3}{4}$ cup flour
cheese

DOUGH: 4 teaspoons yeast
1½ cups lukewarm water
1 teaspoon sugar
4 tablespoons shortening
4 cups flour

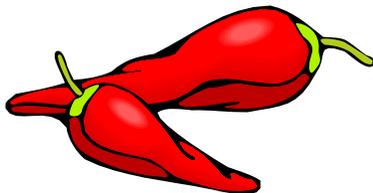
METHOD:

DOUGH: Dissolve yeast in lukewarm water. Add rest of ingredients in order given. Mix and knead together lightly. Cut into 1½ inch chunks and let rest on floured board.

FILLING: Put into a pan 3 cups water, salt, shortening and 'ají' (chilli). Dissolve flour in 1 cup water and add to ingredients in pan. Cook until thick while stirring constantly. Boil for 2 minutes, remove from heat and cool. Add cheese and mix.

TO FORM THE "LLAUCHAS"

Roll out each piece of dough into 3 to 4 inch rounds. Drop a spoonful of filling on to each. Fold over and press together. Roll over edges to give it a rip-like finish. Put on floured baking sheets and brush with left over filling. Bake at 375°C for 30 - 40 minutes, until golden brown.



MARROW AND TOMATO EGG SCRAMBLE

INGREDIENTS: 1 small onion, chopped
 2 cups diced marrow or courgette
 ½ cup chopped tomatoes
 ½ cup olive oil
 4 eggs beaten
 salt and pepper and a dash of oregano

METHOD: Fry onion and then lightly fry marrow and tomatoes. Add eggs and cook as peas and potato egg scramble (page 60).

ONION AND CHEESE TART

INGREDIENTS: 4 tablespoons oil
 2 large onions, in thin rounds
 1 teaspoon oregano
 1 teaspoon chopped parsley
 4 beaten eggs
 2 cups milk
 1 teaspoon sugar
 ½ cup grated cheese + some cubed cheese
 salt, white ground pepper, nutmeg

PALTA A LA JARDINERA (Pronounced 'hardinera')
(Avocado stuffed with spring vegetables)

INGREDIENTS: 2 ripe avocado pears
 A few cooked peas, carrots, runner beans
 (or any other garden vegetable)
 1 chopped tomato
 3 tbs mayonnaise (add more if you prefer)
 2 hard-boiled eggs chopped into small pieces
 salt and pepper
 lettuce and strips of red pepper to garnish

PALTA A LA JARDINERA continued...

METHOD: Carefully cut each pear in half lengthways. Discard the stone. With a spoon carefully remove flesh leaving the skin intact. Dice flesh as neatly as possible. Fold together pear flesh, chicken, tomato, eggs, seasoning and mayonnaise. Heap into the four shells. Serve accompanied by lettuce and decorated with pepper strips.

PAPA A LA HUANCAINA (Peru)

INGREDIENTS: 8 oz curd cheese (white, soft and melts easily)
3 hard boiled egg yolks
1 tablespoon ground hot pepper (optional)
4 fl oz vegetable oil
2 fl oz evaporated milk
1 onion, finely chopped
8 boiled potatoes
a little lemon juice
seasoning to taste

GARNISH: 4 hard boiled eggs, sliced
8 olives (optional)
lettuce leaves

METHOD: Blend together cheese and egg yolks. Add seasoning and ground pepper and mix well. Add oil gradually and continue to stir. Add the milk and lemon juice; lastly add onion. Mix thoroughly. Cut potatoes into quarters and place potatoes on serving plate. Cover with sauce. Garnish with sliced eggs, olives and lettuce leaves.

PARSLEY AND ONION EGG SCRAMBLE

INGREDIENTS: 4 large onions, sliced in thin rounds
1 tablespoon chopped parsley
½ cup salad oil
2 eggs beaten
salt and pepper and a pinch of nutmeg

METHOD: Fry onion only long enough to soften it. Add parsley and seasoned eggs, cook as peas and potato scramble (p. 60)

PEANUT SOUP

INGREDIENTS:

- 4 cups vegetable broth
- 1 Medium sized onion, chopped
- 1 small tomato, chopped
- 1 tablespoon chopped parsley
- 1 tablespoon oil
- ½ cup cooked peas
- 1 carrot, cooked and chopped
- 1 cup raw peanuts, peeled and ground in blender

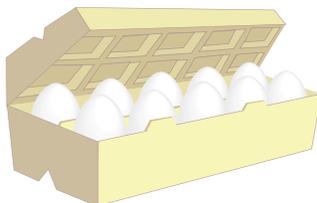
METHOD: Simmer together the onion, tomato and parsley in oil. Add the broth and the other ingredients. Cook without stirring for 30 minutes. Serve with potatoes cooked with the soup.

PEAS AND POTATOES EGG SCRAMBLE

INGREDIENTS:

- 1 cup potato cubes, diced pea size
- 1 cup cooked fresh young peas
- ½ small onion minced
- 4 eggs beaten
- Salt, pepper
- oil for frying

METHOD: Heat oil and fry onion until transparent, add potatoes and fry until tender, just slightly browned. Add peas and sauté for a few minutes (do not allow to brown). Pour in lightly beaten and seasoned eggs. Cook, stirring continuously until egg clings to peas and potatoes and dries up a bit. Serve hot as an accompaniment to all meat dishes.

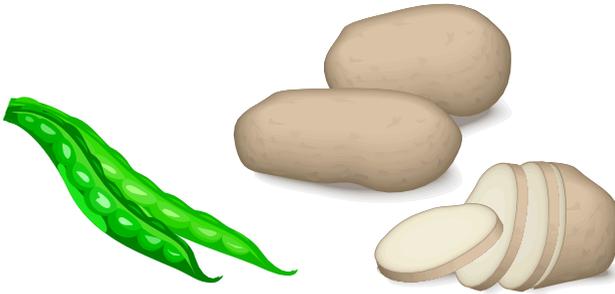


POTATO AND GREEN BEAN SALAD

This is a very popular salad and always has the SALAD DRESSING (pg 9).

INGREDIENTS: 2 cups boiled potatoes, diced
 2 cups boiled green beans, cut into 3 cm
lengths
 1 hard-boiled egg, coarsely chopped
 1 teaspoon chopped parsley

METHOD: Put all ingredients in a bowl and add dressing and sprinkle with parsley. Serve either warm or cold.



POTATO TORTILLA (OMELETTE)

INGREDIENTS: 4 medium potatoes, cut into thin rounds
 ½ cup oil
 1 small onion, finely chopped
 1 teaspoon parsley
 ½ teaspoon salt
 4 eggs beaten

METHOD: Heat oil and fry sliced potatoes until tender and lightly browned around the edges. Beat eggs and season. Drain potatoes well and add to egg mixture, stirring to avoid setting the eggs. Finely chop onion and fry quickly until slightly brown, then add to egg mixture. Reheat oil in pan, pour in mixture and brown first on one side, then turn over and brown other side.

QUICK TOMATO TUCO

INGREDIENTS: ½ cup oil
 1 medium-sized onion, chopped
 2 tomatoes, peeled, seeded and chopped
 ½ sweet green pepper, cut in thin strips
 2 well rounded tablespoons tomato purée
 1 tablespoon meat extract
 1 cup beef broth or vegetable stock
 1 bay leaf
 Salt, pepper and chilli powder to taste

METHOD: Fry onion in hot oil until transparent, then add sweet pepper and fry for one more minute; add tomatoes and keep stirring until tomatoes are almost dissolved. Add remaining ingredients and season to taste; bring to boil and cook over medium heat for about 10 minutes, so that sauce thickens slightly. Pour over freshly cooked and drained pasta.

RICE CROQUETTES

INGREDIENTS: 2 cups boiled white rice, cold, preferably a day old
 1 egg, beaten with pinch of salt and pepper
 1 tablespoon flour
 1 tablespoon grated cheese
 1 tablespoon leek greens, finely chopped

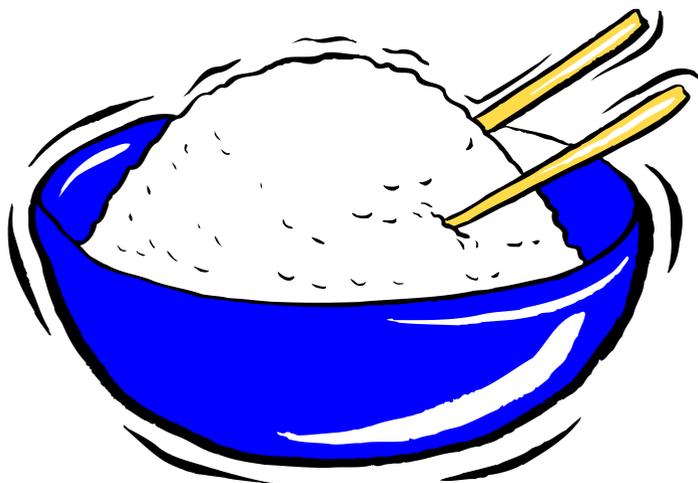
COATING: 1 egg beaten with 1 tablespoon water
 pinch of salt
 breadcrumbs
 oil for frying

METHOD: Mix together the boiled rice, flour, grated cheese and leeks and work in the beaten egg until smooth and rather dry, so that croquettes can be easily formed. If mixture should be too wet, gradually add more grated cheese. Form croquettes, not larger than a medium sized egg, dip in egg, roll in breadcrumbs and fry in oil. Serve immediately with any type of roast.

RICE THE PERUVIAN WAY

INGREDIENTS: 2 tablespoons oil
 1 clove crushed garlic
 Salt to taste
 4 cups boiling water
 2 cups long grain rice

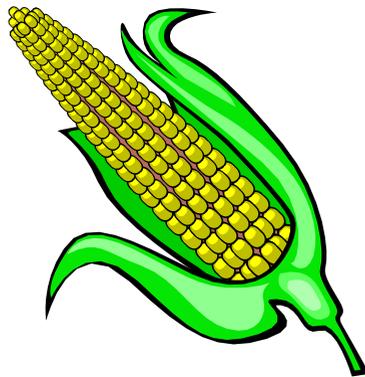
METHOD: Heat oil and sauté garlic for a few seconds. Add rice and stir until all grains are covered with oil. Remove from heat and add boiling water and salt. Return to heat and boil until rice 'pits' (holes appear in the surface of the mass). Lower heat to minimum, cover pan and allow to steam for 10-15 minutes, until top grains are tender. Do not stir and do not add more water. If rice should boil dry at pitting stage, remove from heat, but keep the saucepan lid on. The rice will continue to steam but will take a little longer.



SWEET HUMITA

INGREDIENTS: 4 cups freshly grated corn kernels (12-15 ears)
½ cup lard
1 large onion, chopped
1 sweet pepper, chopped
1 tomato, peeled and seeded, chopped
1 tablespoon paprika
1 cup milk
1 tablespoon cornflour
2 tablespoons sugar
400 gms mild cheese, cubed or cut into strips
salt, cinnamon, nutmeg, brown sugar to taste.

METHOD: Heat lard and make a sauce with onions, sweet pepper, tomato and paprika. When sauce is sufficiently cooked, add grated corn. Mix cornflour with milk to form paste and add. Bring to gentle simmer and cook for about 5 minutes until mixture has slightly thickened. Only then season to taste with salt, cinnamon, nutmeg and brown sugar. Oil or butter an oven casserole, pour in humita, cover with cheese and sprinkle with brown sugar (or white if preferred) and a little cinnamon. Bake in moderate oven for about 1 hour, until cheese begins to brown and humita is tender and fluffed up. Serve hot. Can also be served warm or cold for cocktails.



VEGETABLE PUDDING

INGREDIENTS: 2 cups boiled and mashed vegetables of choice
1 small onion, chopped
½ cup oil
1 cup white sauce
1 cup breadcrumbs
1 cup milk
4 eggs, well beaten
½ cup grated cheese
1 teaspoon salt
1 teaspoon brown sugar
1 teaspoon parsley, finely chopped
ground white pepper and grated nutmeg to taste

METHOD: Make sure vegetables are well drained. Heat oil and fry onion for a couple of minutes. Mix separately the rest of the ingredients, add fried onion and oil and blend well. Oil a pudding mould, preferably round and fluted or ring shaped, sprinkle with bread crumbs and pour pudding mix into mould. Bake in moderate oven for 1 hour until set. Leave to stand for a few minutes before unmoulding. Place in a deep serving dish and cover with plenty of white sauce or tomato sauce.

Mashed carrots, cauliflower, marrow, chopped spinach, green beans, broccoli or fresh corn kernels can be used. If short of one vegetable, mix with any other suitable vegetable or with boiled white rice.

These puddings can also be baked in a large square or rectangular shallow baking dish, covered with white sauce or mayonnaise, cut into little squares and served cold.

The sugar can be omitted and the cup of white sauce can be replaced with a further cup of milk



YELLOW RICE AND MUSHROOM PUDDING

INGREDIENTS: ½ cup fresh mushrooms, chopped
 (or equivalent amount soaked dry mushrooms)
 ½ cup butter
 1 large onion, finely chopped
 1 cup white sauce, very thick
 1 teaspoon fresh thyme leaves
 4 eggs, beaten
 salt and pepper
 2 cups saffron rice, cold

METHOD: Melt butter and gently fry chopped onion until it changes colour, then add mushrooms. Continue frying gently so that mushrooms lose most of their water. Add thyme and white sauce. Remove from heat and combine with yellow saffron rice, then beaten eggs and work until very smooth. Taste for salt and season to taste. Butter a baking mould, sprinkle with bread crumbs, pour mixture into it and bake in a moderate oven for about 1 hour or until set. Serve with white sauce, onion sauce or tomato sauce. If cold, serve plain.

