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Latin recipes



Fried Carnitas

Description

This is a very creamy and Latin recipe.

Ingredients:

- 1 gallon lard for frying (manteca)
- 5 pounds boneless pork shoulder, cut into 1 1/2-inch cubes
- 6 bay leaves
- 2 tablespoons kosher salt
- 1 1/2 teaspoons coarse ground black pepper
- 2 large onions, quartered
- 3 whole garlic cloves
- 1 large orange, halved



Preparation:

- Heat the lard in a deep roasting pan over medium heat. Stir in the pork, bay leaves, salt, pepper, onions, and garlic. Squeeze the orange into the mixture and drop in the orange halves.
- Add more lard if needed to cover all of the ingredients.
- Cook until the pork is tender enough to pull apart with a fork, 45 minutes to 1 hour. Discard the orange, onion, and garlic; strain the pork cubes from the lard using a slotted spoon.

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Bean Soup

Description

This is a very delicious brazilian bean latin recipe.

Ingredients:

- 2 cups dry black beans, soaked
- 6 cups water
- 1 Tablespoon olive oil
- 3 cups chopped onion
- 10 medium cloves garlic, crushed
- 2 teaspoons cumin
- 1 teaspoon salt
- 1 medium carrot, diced
- 1 medium bell pepper, diced
- 12 ounces orange juice
- cayenne pepper to taste
- 2 medium tomatoes, diced (optional)
- 4 cups brown rice, cooked



Preparation:

- Providing the beans have soaked 8 hours or overnight, drain.
- Then place soaked beans in a kettle or Dutch over with 4 cups water.
- Bring to boil, cover, and simmer until tender (about 1 1/4 hours).
- Heat oil in a medium-sized skillet.
- Add onion, half the garlic, cumin, salt, and carrot.
- Saute over medium heat until carrot is tender.
- Add remaining garlic and bell pepper.
- Saute until everything is very tender (another 10-15 minutes).
- Add the sauteed mixture to the beans, scraping in every last morsel.
- Stir in orange juice, cayenne, cooked rice and optional tomatoes.
- Puree all or some of the soup in a blender or food processor, and return to kettle.
- Simmer over very low heat 10 to 15 minutes more.
- Serve topped with an artful arrangement of cilantro and/or salsa.

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Ecuadorian Avocado

Description

A very good latin recipe of tomato salad. Tangy salty but delicious lots of flavour

Ingredients:

- 2 avocados, diced in medium sized cubes
- 2 medium tomatoes, diced the same size
- 1/2 red onion, chopped real fine
- 1 1/2 lemons, juice of
- 1 teaspoon salt
- 3 tablespoons cold water or olive oil
- 1 teaspoon salt



Preparation:

- Dice tomatoed and avocados mix together lightly with out smushing the avocados.
- In a separate dish mix the finely chopped onion 1 tsp of salt and water or oil together. taste it you may need to add the other half of the lemon and some additional salt.
- This mix needs to be very salt and tart to spread nicely.
- Stir all the ingredients together.
- Serve cold with hot white rice.

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Tofu Gazpacho

Description:

This chilled soup is traditionally latin recipe.

Ingredients:

- 8 oz. pressed, crumbled tofu
- 3 tomatoes, finely diced
- 2 medium cucumbers, chopped
- 1/2 C onion, chopped
- 1 1/2 cloves garlic, minced
- 18 oz. tomato juice
- 3 T vinegar
- 3 T oil
- 1/2 tsp. salt
- 1/8 tsp. black pepper
- 1 tsp. Worcestershire sauce



Preparation:

- Combine all ingredients
- Stir until well-blended.
- Chill thoroughly.

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Black Bean and Mango Soup

Description

A very good tasty latin recipe soup.

Ingredients:

- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 2 medium garlic cloves, minced
- 2 medium sweet potatoes, peeled and diced (1 to 1 1/4 lbs.)
- 1 large red bell pepper, diced
- 14 1/2 ounces can diced tomatoes
- 1 small hot green chili pepper (or more)
- 2 (16 ounce) cans black beans, drained and rinsed
- 1 ripe mango, pitted, peeled and diced
- 1/4 cup chopped fresh cilantro
- 1/4 teaspoon salt



Preparation:

- In large pot, heat oil over medium heat. Add onion and cook, stirring often, until softened, about 5 minutes. Stir in garlic and cook, stirring, until onion is golden, about 3 minutes.
- Stir in sweet potatoes, bell pepper, tomatoes (with liquid), chili and 1 1/2 cups water. Bring to a boil. Reduce heat to low, cover and simmer until potatoes are tender but still firm, 10 to 15 minutes.
- Stir in beans and simmer gently, uncovered, until heated through, about 5 minutes.
- Stir in mango and cook until heated through, about 1 minute. Stir in cilantro and salt. Serve hot.

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