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The recipes in this booklet are from the various countries you help. It’s our way of expressing thanks for all you do for those stricken with poverty. Each recipe was given to us by partners in the countries Food For The Poor serves and was chosen to give you a taste of the country’s culture. Many are favorites. We hope these recipes give you and your family delight as you try them out, and bring you an enriching experience in sharing something with the countries you so generously aid.

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COLOMBIA - Traditionally cooked in clay ovens, such as those found in the homes of impoverished families in Colombia, Asado Huilense is a traditional Colombian pork dish that originated in western Colombia. It’s popular for parties and festivals, including the St. Peter’s Festival. Many of the country’s traditional dishes represent various regions around the country. The roast is served with arepas. Made from ground corn, arepas are found in nearly every home, rich or impoverished, in Colombia and are similar to tortillas in other Latin American countries.

ASADO HUILENSE (PORK ROAST)

(Note: Arepas are traditional, but you may substitute corn muffins. Recipe for making arepas is in the “Desserts, Side Dishes and Garnishes” portion of the book.)

- 2 bottles of beer
- 1/2 cup vinegar
- 2 tablespoons orange juice
- 4 chopped scallions
- 8 crushed garlic cloves
- 1 teaspoon dried basil
- 1 teaspoon fresh cilantro
- 4 bay leaves, crushed
- 1 teaspoon dried oregano
- 1 teaspoon fresh thyme
- 8 lbs of pork (loin or shoulder)
- Unflavored arepas to taste
- Boiled yuca (cassava)

INSTRUCTIONS

Combine marinade ingredients (first ten ingredients) in a large pot and add pork. Marinate pork in the brine for at least 24 hours, turning and rubbing about every 6 hours.

Preheat oven to 250°F. Place pork in a roasting pan and cook for 4 hours, or until cooked through. Serve with unflavored arepas and boiled yuca (cassava).
DOMINICAN REPUBLIC - Sancocho is a traditional dish from the Dominican Republic. This meat stew takes a while to prepare, but it’s a national dish and a favorite of Dominicans. The country shares an island with Haiti, but the two cultures are vastly different, with Dominicans speaking Spanish and Haitians speaking French and Creole. Dominicans enjoy celebrating with family and friends. Many consume the main meal at the middle of the day, with the meal lasting about two hours.

DOMINICAN SANCOCHO (TRADITIONAL MEAT STEW)

(Note: Cilantro, a Spanish herb, is also called Coriander. Culantro is an herb found in the Americas and favored in Caribbean cuisine. Culantro is also known as Sawtooth Coriander or Serrated Coriander. For this recipe, use fresh cilantro and fresh culantro.)

* 2 chicken legs, cut into pieces
* 2 chicken thighs, cut into pieces
* 2 pork chops, cut into pieces
* Salt and pepper to taste
* 2 yellow onions, peeled and cut into pieces
* 2 green peppers, cut into pieces
* 1/2 bunch of fresh cilantro
* 1/2 bunch of fresh culantro
* 2 green peppers, cut into pieces
* 1 lb of yautía (malanga, coco), peeled and cut into pieces
* 2 smoked pork chops, cut into pieces
* 2 chorizo sausages, cut into pieces
* 1/2 lb of squash, cut into pieces
* 2 ears of corn on the cob, cut into pieces
* 1 lb of potatoes, peeled and cut into pieces
* 1/2 lbs of squash, cut into pieces
* 2 chicken thighs, cut into pieces
* 2 chicken legs, cut into pieces
* 2 chicken thighs, cut into pieces
* 2 chicken legs, cut into pieces

INSTRUCTIONS

Place the chicken and pork chops (non-smoked) into a large bowl and season with salt and pepper. Add half of the peeled and cut onions, half of the cut green peppers, half of the cilantro and half of the culantro. Let sit for at least 30 minutes.

In a large pot, heat 2 tablespoons of oil over medium heat. Add garlic, plantain, yuca (cassava), potatoes, carrot and yautía. Add the chicken and the pork chops gradually, browning on both sides. Continue cooking for 5 minutes, then add the smoked pork chops and chorizo. Add a little water to the pot and keep cooking for 15 minutes, making sure the meats don’t stick to the bottom.

While the meat is cooking, put the squash, remainder of onions and green peppers, salt and pepper, and the rest of the cilantro and culantro in a medium soup pot covered with water. Simmer until the squash is tender and comes apart. Remove from the stove and let it cool. Then put it into a blender or food processor and mix until it is creamy.

Fill a large soup pot halfway with water and put on the stove to simmer. Add the vegetables and meat mixture, the squash mixture and the corn. Taste and add seasoning if needed. Let this all simmer for 30 to 40 minutes.

Serve with white rice and avocado cut into pieces.
EL SALVADOR - The pupusa is not only a favorite, traditional dish of Salvadorians, it comes with its own history. It’s thought the food was first eaten by the Pipil tribes living in El Salvador before it became a country. Archaeological digs in El Salvador have unearthed cooking dishes related to the making of pupusas nearly 2,000 years ago. By the middle of the last century, the pupusa had become a favorite national food, with fillings of many varieties, including cheese, meat and vegetables.

**SALVADORAN CHEESE PUPUSAS**

- 2 cups corn flour (Maseca brand)
- 1 3/4 cups water
- 1/2 teaspoon salt
- 1 cup shredded mozzarella cheese
- 1 cup shredded cheddar cheese
- 1/4 cup sour cream
- 1 medium green bell pepper, shredded
- Vegetable oil to grease griddle or pan

**INSTRUCTIONS**

In a large bowl, combine corn flour, water and salt and mix by hand until a smooth dough is formed. If the dough is too sticky, add a little more corn flour. If the dough cracks when handled, add a little bit more water.

Evenly distribute the dough into six parts. Form a round ball and then use thumbs to create a bowl-like dip in the ball, starting from the center and working outwards.

Mix cheeses, sour cream and bell pepper. Fill each portion of dough with the cheese mixture (about 2-3 tablespoons), leaving some room around the edges of the dough. Gently bring back together the edges of the dough to form a sealed ball.

Pressing together between the hands, slowly flatten the ball into a flat disc shape, about 1/2-inch thick.

Cook pupusas on a lightly greased griddle or pan on medium-high heat. When the dough is golden-brown and crispy on one side, flip to the other side until both sides are evenly cooked.

Serve hot with pickled vegetables or sauerkraut.
GUATEMALA - Guatemala is a mixture of Spanish and Mayan cultures. Many Mayan ruins are in Guatemala, including the famous ones at Tikal. The country’s food reflects its culture and plantains are quite popular. If you have a sweet tooth, Rellenitos de Plátano is for you. A traditional favorite of Guatemalans, the stuffed plantain is frequently served at celebrations like parties and holidays. They’re a common food served by street vendors, or made by families to eat as appetizers, desserts or any occasion.

RELENITOS DE PLÁTANO (STUFFED PLANTAINS)

- 4 ripe plantains (also known as cooking bananas)
- 2 cups water
- 1 cinnamon stick
- 4 tablespoons of sugar
- 1 can of black beans, drained
- 1/4 teaspoon cinnamon powder
- 1 tablespoon of cocoa powder
- Vegetable oil (do not use olive oil)

INSTRUCTIONS

After washing the plantains, remove the ends and cut into four equal parts each, leaving the skin on.

In a medium pot, bring water to a boil and add the cinnamon stick, 2 tablespoons of sugar and plantains. Bring the water down to a simmer and cook the plantains for 10 minutes, or until the plantains feel soft when poked with a fork.

Drain the plantains, but set aside 1/4 cup of the water it was boiling in for later.

Peel the plantains, remove the center vein and seeds, and mash them into a smooth paste. Set plantain paste aside for now.

In a blender, pour the drained black beans, the 1/4 cup of the water from cooking the plantains, 2 tablespoons of sugar, cinnamon powder, cocoa powder and blend until it becomes a thin paste. Heat the bean mixture in a skillet and cook until it becomes a thick bean paste.

Divide the plantain paste into lime-sized balls. Take each ball of plantain and flatten and then make a bowl shape. Make a slightly smaller sized ball of bean paste and place into the plantain. Gently bring together the edges of the plantain bowl over the bean paste to close into a ball. Repeat with all the plantain paste.

Heat the vegetable oil in a frying pan and carefully fry the stuffed plantains until golden brown. Make sure to flip so the plantain cooks evenly.

Drain the plantains by placing them on paper towels. Allow to cool and enjoy.
GUYANA - Known as the “land of many waters,” Guyana is a country in South America with many different ethnic people. The cuisine reflects this. Cook-up rice was originally viewed as a peasant dish. It was brought over to Guyana by slaves from Africa. The Africans introduced delicious and nutritious food from salvaged animal parts such as pigtail, tripe, trotters, cow face, and even intestines, to the culture of the Guyanese.

**COOK-UP RICE (SEASONED RICE)**

* 1 cup black-eyed peas
* 3 lbs chicken, cut into pieces
* Green seasoning (see additional ingredients below)
* 1 lb corned beef brisket or salted pigtail cut into bite sized pieces (you can use regular beef also)
* 1 tablespoon vegetable oil
* 1 medium onion, chopped
* 2 cloves garlic, chopped and minced
* 10 sprigs thyme
* 1 wiri wiri pepper (or Scotch bonnet pepper)
* 1 13 oz can coconut milk
* 2 cups rice
* 3 scallions, finely chopped
* 1 bay leaf
* 2 chicken bouillon cubes
* 5 cups water, approximately

**INSTRUCTIONS**

Cover peas with water in a bowl and soak overnight. Drain and cover peas with fresh water in a pot. Boil over medium heat for 10 minutes, or until peas are soft. Set aside.

Make green seasoning by combining 4 stems of celery, 6 large garlic cloves, 4 scallion stems, 1 onion, 1 Scotch bonnet pepper, and 5 stems of thyme. Add ingredients to blender with a little water. Blend until mixture looks pureed.

Marinate chicken in green seasoning for at least an hour. Place beef brisket (or pigtail) in a pressure cooker with 3 cups of water and pressure cook for 15 minutes (or cook on the stove in a covered pot for about 30 minutes).

In a separate pot over medium heat, add 1 tablespoon of vegetable oil. Add chicken and cook until browned. Add onion, garlic, remaining thyme and pepper and cook until softened.

Add beef or pigtail and coconut milk to chicken and cook for an additional 5 minutes. Add 2 cups of water and bring to a boil. Add rice, scallion, bay leaf and bouillon cubes and stir thoroughly.

Cover and lower heat, and cook for 25 to 30 minutes. The rice should be tender and all of the liquid should be absorbed. If needed, continue to cook by adding more water until rice is done.

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HAITI - This traditional Haitian dish, like many Haitian favorites, is spicy as most Haitians love spicy food. One theory about the origin of the word “griot” is from West Africa, where “griot” means a storyteller, poet or musician. In Haitian folk culture, oral storytelling is an important pastime. Haitians love a good story, complete with facial expressions and hand gestures to emphasize the drama. Griot is typically served with a garnish of pikliz (spicy coleslaw). The recipe for pikliz can be found in the desserts, side dishes and garnishes portion of this book.

**GRIOT & BANNANN PEZE (PORK AND FRIED PLANTAINS)**

(Note: This recipe requires the use of a tostonera, a plantain press. If you do not have one, you can flatten the plantains with a wooden spoon)

- 1 cup vegetable oil
- 2 green plantains
- 1 cup hot water
- 1 tablespoon vinegar
- 1 tablespoon salt, plus more to taste
- 3 lb pork shoulder, cubed
- 1/2 teaspoon freshly cracked pepper, to taste
- 1 teaspoon garlic powder
- 1 onion, chopped
- 2 shallots, chopped
- 5 scallions, chopped
- 1 bell pepper, sliced
- 6 cloves garlic, sliced
- 1 cube chicken bouillon
- 4 cloves garlic
- 2 oranges, juiced
- 2 limes, juiced
- 1 tablespoon white wine vinegar
- 10 sprigs fresh thyme
- 1/2 bunch fresh parsley
- 1 Scotch bonnet pepper, sliced
- 2 cups water
- 4 cups oil for frying

**INSTRUCTIONS**

Heat 1 cup of oil on medium high heat in a deep fryer or frying pan. Peel plantains and angle-cut each one into 5 equal pieces. In a bowl add the hot water, vinegar and 1 tablespoon of salt. Set aside.

Lightly brown the plantains in the oil (approximately 5 minutes). Remove the plantains from the oil and flatten each plantain using the tostonera (or place the plantain between parchment paper and press with the back of a wooden spoon). Soak the flattened plantains in the hot water mixture and carefully place back in the oil for an additional 5 minutes. Remove plantains from oil and place them on a paper towel to remove the excess oil.

In a large Dutch oven, add the cubed pork shoulder, salt, pepper, garlic powder, chopped onion, chopped shallots, chopped scallions, sliced bell pepper, sliced garlic, chicken bouillon cube, garlic cloves, orange juice, lime juice, white wine vinegar, thyme sprigs, parsley, and the sliced Scotch bonnet pepper.

With gloves on, mix thoroughly. Cover the pot and place in the refrigerator to marinate overnight.

Preheat oven to 350°F. Place the Dutch oven with the marinated pork on the stove. Add the 2 cups of water, and bring to a boil. Cover and move the pot to the preheated oven. Braise the pork for 1 1/2 hours or until cooked through and tender.

Pick out all the pieces of pork and place on a paper towel to dry. Pat down the surface of the pork to make sure there is no moisture.

Heat a pot of oil to 350°F. Add the pork in batches and fry until deep golden brown in color, about 5-7 minutes. Transfer the pork to a paper towel-lined plate to drain.
HONDURAS - Baleadas is one of the most famous Honduran dishes consisting of a thick wheat flour tortilla filled with mashed fried beans. You may add other ingredients such as cheese, eggs, avocado, hot sauce, and Honduran-style sour cream known as mantequilla crema. It’s a popular belief that baleadas came from the northern coast of Honduras. Two legends about the food’s origin are widely different. One says that the food is named after the beans, which resemble bullets (bala is bullet in Spanish). The other theory is that a woman making tortillas was shot with bullets and recovered, only to make tortillas again. People will say they are visiting the baleada, the shot woman. It’s a popular belief that baleadas came from the northern coast of Honduras. Two legends about the food’s origin are widely different. One says that the food is named after the beans, which resemble bullets (bala is bullet in Spanish). The other theory is that a woman making tortillas was shot with bullets and recovered, only to make tortillas again. People will say they are visiting the baleada, the shot woman.

**BALEADAS (SOFT TACOS)**

- 4 cups of flour
- 2 1/2 tbsp baking powder
- 1 tsp of salt
- 1/2 cup of water (may substitute with warm milk, or coconut milk)
- 4 tbsp of oil or margarine

**Optional Fillings:**
- refried beans*, mantequilla crema**, queso duro***, eggs, avocado, hot sauce

**INSTRUCTIONS**

Combine all the dry ingredients in a large bowl, then gradually add the water and oil while continuously mixing. The mixture will first turn into a paste, but keep kneading it until you get a soft dough.

Divide the dough into golf-sized balls and leave them to rest for at least 30 minutes.

To prepare each tortilla, first, pat the dough with your hands to flatten it a bit, then stretch it further with a rolling pin.

Before placing it on a griddle, adjust the thickness by stretching it with your hands.

Cook it for two minutes over medium heat, and then flip it and cook for another minute on the other side.

*Refried beans - The base ingredient used as a filling for baleadas is mashed refried beans. This staple is incredibly easy to prepare. You may fry the cooked red beans with onions and garlic either in vegetable oil, lard, or bacon drippings. Each choice flavors the beans. Then you mash them into a purée. An alternative method is to first purée the beans and then fry them with garlic and onions. The seasoning is only salt to taste and, a few sprigs of the herb epazote which can be substituted with oregano. You can adjust the consistency to your liking, make it chunkier or smoother. Add liquid, either reserved cooking water, chicken or vegetable stock to make the refried beans less dry. Often in recipes epazote is substituted with cilantro and the beans are seasoned with cumin while additional ingredients can include bell pepper and jalapeño pepper.

**Because the Honduran mantequilla crema can be hard to come by, to substitute, you can make your own version; mix two parts of sour cream with one part heavy cream.

***Also, feta cheese or mozzarella can replace queso duro in the original recipe.
JAMAICA - How can you think of Jamaica and not think of jerk chicken? Jerk chicken can be found across the island nation, from upscale restaurants frequented by tourists to street vendors selling to passersby. It’s thought the word “jerk” comes from the word “Charqui,” which means dried meat in Spanish, and was gradually shortened. The origins of jerk chicken have many theories, including one where it originated with the Maroons, African slaves who fled into Jamaica’s “bush” when the British captured the island from Spain in 1655. Some historians say jerk chicken came from the Amerindians in Jamaica. No matter the origins, everyone can agree it is a national favorite in Jamaica.

SIMPLE JERK CHICKEN

- Bone-in, skin-on chicken legs and thighs, 4 each
- 4 green onions, quartered
- 2 habanero peppers, stems removed
  (can add more or less peppers to your taste)
- 4 garlic cloves, roughly chopped
- 1/3 cup lime juice
- 1/2 cup water
- 2 teaspoons dried thyme
- 2 teaspoons ground allspice
- 1 teaspoon ground ginger
- 1 teaspoon brown sugar
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon ground nutmeg

INSTRUCTIONS

In a food processor or blender add all the ingredients except for the chicken. Chop the ingredients until the marinade becomes a roughly textured, coarse mixture.

Place chicken in a gallon-sized sealable bag and add most of the marinade, reserving some for later. Squeeze out any air before sealing so that the mixture is tightly packed against the chicken. Marinade in the refrigerator for at least 3-4 hours, or preferably, overnight.

Preheat the oven to 375°F. Line a flat baking sheet with aluminum foil and lightly coat with cooking spray.

Remove chicken from marinade. Bake in the oven for 50 minutes, or until chicken is golden brown and cooked through.

Remove from the oven, brush remaining marinade on the top of the chicken and broil in the oven on high until the marinade bubbles and browns.
SALVADORAN QUESADILLAS (SWEET BREAD FROM EL SALVADOR)
(Note: Makes one large and 12 small quesadillas)

* 1 cup of brown sugar
* 3 eggs
* 1/2 cup milk
* 4 oz salted butter (1 stick, softened)
* 1 cup parmesan cheese

INSTRUCTIONS
Preheat the oven to 350°F. Mix sugar, eggs and milk until blended and add softened butter. Mix well.
Add parmesan cheese, sour cream and cottage cheese and mix until the batter consistency is blended well. Add flour, baking powder and baking soda and mix for a thick but fluffy batter.
Pour 1 1/2 inches of batter in each mold of a 12-cup muffin pan. Pour the remainder in a shallow pie dish. Sprinkle sesame seeds on top before placing the pan in the oven.
Bake in the oven for about 24 minutes or until the tops of the quesadillas are a crispy golden brown. Allow time for quesadilla to cool before serving.

MANGÚ (BREAKFAST SIDE DISH FROM DOMINICAN REPUBLIC)

* 5 green, peeled plantains
* 3 garlic cloves
* 1 cup sweet onions
* 4 tablespoons white vinegar
* 1 cup butter, divided

INSTRUCTIONS
Peel and chop plantains and then boil them for an hour or until soft enough for them to squash easily. While the plantains are boiling, slice garlic and onions and heat up the vinegar on low. When the vinegar is hot, add the onions, garlic, 1/2 cup of butter and salt. Set aside. Using a fork, mash the cooked plantains with the remaining butter until the mixture is smooth and doesn’t have any lumps. Serve the plantains with onion and garlic sauce.
PIKLIZ (SPICY COLESLAW FROM HAITI)

- 2 1/2 cups thinly sliced cabbage, cut crosswise 2-3 times for shorter shreds (from about 1/2 large cabbage)
- 1 cup julienned or grated carrots (from about 2 medium carrots)
- 1/2 cup thinly sliced shallots (from about 1 large shallot)
- 6 Scotch bonnet peppers, stemmed, quartered
- 3 sprigs thyme
- 8 whole cloves
- 1 tsp kosher salt
- 3 cups (or more) distilled white vinegar
- 3 tbsp fresh key lime (or regular lime) juice

INSTRUCTIONS

Pack cabbage, carrots, shallots, peppers, thyme, cloves, and salt into a 1 1/2-quart resealable jar. Add vinegar and lime juice, seal jar, and shake until ingredients are distributed and salt is dissolved. Add more vinegar to just cover vegetables, if needed. Chill, shaking gently twice daily, at least 3 days before serving.

AREPAS (TORTILLAS, A FAVORITE FROM SOUTH & CENTRAL AMERICA)

- 2 1/2 cups warm water
- 1 teaspoon salt
- 2 cups pre-cooked white corn meal (store-bought)
- 1/4 cup vegetable oil (you may add more if needed)

INSTRUCTIONS

Combine warm water and salt into a bowl and stir. Add corn meal until forming a ball of dough. Make 8 small balls and then flatten until they are about 3/8-inch thick.

Heat oil in a skillet over medium heat. Fry the flattened dough in the oil until golden brown, about 4 to 5 minutes each side. Put cooked arepas aside to drain on a paper towel until cool enough to handle.

To make a pita, slice each arepa horizontally half the way through.

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Food For The Poor, one of the largest international relief and development organizations in the nation, does much more than feed millions of hungry children and families living in poverty primarily in 17 countries of the Caribbean and Latin America. This interdenominational Christian ministry provides emergency relief assistance, clean water, medicine, educational materials, homes, support for orphaned and abandoned children, care for the aged, skills training and micro-enterprise development assistance.