



Chef to Chef 2017

LATIN AMERICAN "REVOLUTION"

Session

The materials for these 45 minutes session were developed by

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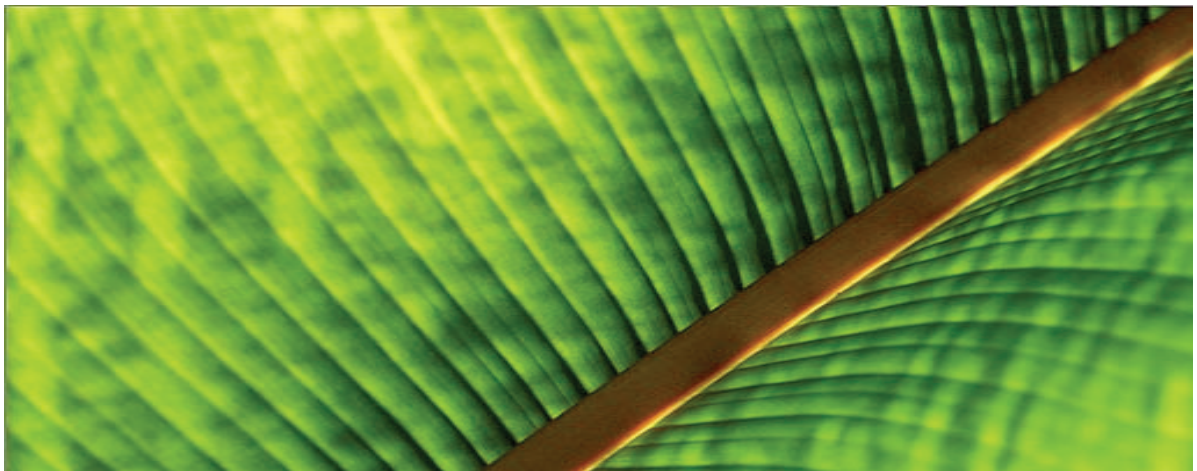
...A FEW LATIN AMERICAN DISHES!



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1. Trifongo
 2. Biftec Encebollado "Jibarito" Sandwich
(puerto rican style steak and onions sandwich on green plantain "buns")
 3. Venezuelan Cachapa
 4. Colombian Arepa con Huevo
 5. Venezuelan Arepa Pabellon
 6. Yuca Empanada
 7. Ripe Plantain and Shrimp Pionono
 8. Peruvian Butifarra



Recipes



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TRIFONGO

FRIED SMASHED GREEN AND RIPE PLANTAINS WITH YUCA AND PORK RINDS

Yield: 6-8 Portions

Ingredient	Amounts
Green unripe plantains	3 ea.
Ripe Plantain	3 ea.
Yuca	1 lb.
Salt	1 teaspoon
Crisp fried pork rinds or salted pork back fat	1/2 lb.
Water	4 cups
Garlic cloves	4 ea.
Olive oil	1 tablespoon
Salted butter	3 tablespoon

Method:

1. Peel green plantains. Cut into one inch slices. Soak for 15 minutes in salt and water. Drain well.
 2. Peel and cut ripe plantains into one inch slices as well.
 3. Peel cut down the middle and devein the yuca. Then cut into chunks and boil for 20 minutes. Drain and set aside.
 4. Heat fat or oil(350 degrees if you are using a deep fryer). Add plantain slices and yuca and fry for 15 minutes but do not brown. Drain on paper towel.
 5. In a mortar (for pounding), crush garlic cloves and sprinkle with salt, add olive oil and melted butter to the mixture and keep pounding.
 6. Crush a portion of the fried plantains and yuca mixed slices and the pork rinds or cracklings. Add some of the garlic, olive oil and butter mixture and keep pounding.
 7. Spoon the mixture and shape into two inch balls. Repeat steps 3 and 4 until you use all the ingredients.
 8. Place in oven pan and keep warm until you are ready to serve.
- Serving suggestions: Prepare chicken broth and pour over trifongo, so it will be juicy.



Puertorrican Bistec Encebollao "Jibarito"

Puertorrican Style Steak, Green Plantain and Onions Sanwich

Yield: 4 servings

INGREDIENTS FOR STEAK:

3 tablespoons olive oil (for sauteeing)
4 boneless sirloin steaks, thin sliced (approx. 8 ounces each)
1 tbsp white distilled vinegar
4 tablespoons butter
3 cloves garlic peeled and minced
1/2 tbsp adobo seasoning
1/4 tbsp dried oregano
Pinch of black pepper

Procedure:

Place the steaks between two sheets of plastic wrap or wax paper and use a meat hammer to make them very thin.

In a large frying pan, heat olive oil over high heat. Just before the oil starts to smoke, drop the steaks in, one or two at a time. You have to be very quick! Heat each side no more than one minute -- less time if you like your meat rare.

Once the steaks are cooked, remove the steaks, remove pan from heat and quickly add lime juice to deglaze the pan. Add four tablespoons of butter and the garlic. Return to low heat and cook long enough to heat through, but do not brown or otherwise overcook the garlic. Pour the sauce on the steaks, season with salt and pepper, and serve with fresh lime sections.



INGREDIENTS FOR PLANTAIN "BUNS":

2ea. Green plantains peeled and cut in quarters cross and lengthwise
2cups of frying oil
1tbsp adobo seasoning

Procedure:

Fry the plantains for 2-3 minutes until soft, then flatten the plantain to a quarter inch and fry again until golden brown and crispy. Season with adobo as they come out of the fryer. Build the sandwich (tomato and lettuce optional)

INGREDIENTS FOR SAUCE:

3tbsp Ketchup
2tbsp mayonaise
Juice of 1/2 lime
Pinch of garlic powder



Corn Cachapa *Venezuelan Fresh Corn Pancake and Cheese Sandwich*



Yield: 8-10 Portions

Ingredients

Amounts

Corn on the cobb, tender	8 ea.
Yellow corn Harina Pan for Cachapas	1 cup
Sugar	$\frac{3}{4}$ cup
Oil	1 Tbsp.
Salt	3 tsp.

Method

1. Shuck the corn cobs, to yield about 4 cups of corn kernels. In a hand grinder coarsely grind the corn kernels. (Mixture should have a lot of texture).
2. Place the ground corn into a large bowl; mix in the salt, sugar and $\frac{1}{2}$ to 1 cup of water depending on the freshness of the corn. The mixture should be thick.
3. Set a budare over high heat; once hot reduce the heat to medium. Grease the budare with a paper towel moist in oil before make each cachapa.
4. Using a $\frac{1}{2}$ cup ladle, spreading out in a circle as if you would do for a crêpe of 4 inches diameter and $\frac{1}{8}$ thick approximately.
5. When bubbles show up on the top (like a pancake); flip over the cachapa to cook the other side. Cook until golden on both sides. Approximately 1 minute on each side. Serve hot.
6. Leftovers can be cooked, covered and refrigerated; to re-heat steam them or pan fry with equal amounts of oil and butter for about 1-2 minutes on each side.



AREPA CON HUEVO

COLOMBIAN STYLE AREPA

Yield: 8 arepas (large 4 oz.)

Ingredients

Amounts

Harina P.A.N. Arepa flour, yellow	½lb.
Warm water	8-10 fl.oz.
Sea sal	1tsp.
Stewed Shredded Beef	1 pound
Fresh eggs	8 each
Butter, unsalted	2-4Tbsp.

Method

1. Combine the salt, warm water and the P.A.N. arepa flour in a bowl; knead by hand until soft and pliable. Knead more water into the dough until the dough is no longer sticky.
2. Form small 2-ounce balls and cover with a damp towel.
3. Using a tortilla press or flat cutting board, press the each ball gently between two pieces of parchment paper. These arepas are thicker and smaller, about 2 -3 inches in diameter.
4. Heat a griddle or non-stick pan over medium heat and gently cook the arepa until cooked through and lightly browned and spotted on the outside. It is very typical for this arepa to have black marks from the griddle.
5. Slid a hole in a random corner of the arepa creating a pocket, drop a fresh raw egg on the bottom of the pocket and top it off with the shredded beef.
6. Close the opening with a toothpick and deep fry the whole arepa for approximately 2-3 minutes.

Note: In many more traditional Colombian dishes, salt is omitted from the arepa paisa because this arepa is supposed to be completely neutral and bland. You can season with salt to taste but know that it is not traditionally used for this recipe.



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AREPA PABELLON

VENEZUELAN STYLE SHREDDED BEEF, BLACK BEAN AND CHEESE AREPA

Shredded Beef and Black Bean Arepas are the ultimate street food. An easy dough made of prepared corn flour griddled and filled with beef and black beans!

Yield: about 12 to 15 arepas

For the shredded beef:

- 2 pounds boneless chuck roast
- 1 tablespoon vegetable oil
- 3 teaspoons salt
- 3 teaspoons black pepper
- 2 teaspoons granulated garlic
- 2 teaspoons granulated onion
- 2 teaspoon cumin
- 2 teaspoon dried oregano
- 1 teaspoon red pepper flakes
- 2 tomatoes, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 2 jalapeños, diced
- 1 yellow onion, sliced
- 3 garlic cloves, minced
- 2 bay leaves
- 1 lime, juiced
- ¼ cup tomato sauce
- 2 cups chicken or beef stock

For the arepas:

1. 4 cups warm water
2. 1 tablespoon salt
3. 2 tablespoons vegetable shortening
4. 3½ to 4 cups precooked corn flour (White Harina Pan Brand)



For the toppings:

1. 1 can black beans, warmed
2. 2 avocados, sliced
3. 1 tomato, diced
4. 1 cup shredded lettuce
5. 1 cup shredded cheese
6. lime wedges
7. fried sweet ripe plantains

Instructions:

1. To make the shredded beef: Preheat the oven to 375°F. Heat a heavy duty dutch oven over medium-high heat. Add the oil and allow to heat through. Season the roast liberally with 2 teaspoons salt, 2 teaspoons black pepper, 1 teaspoon granulated garlic, 1 teaspoon granulated onion, 1 teaspoon cumin, 1 teaspoon dried oregano and 1 teaspoon red pepper flakes. Sear the roast on all sides for a few minutes to form a browned crust. We're not looking to cook it at all, just make a nice crust. Remove from heat. Add the sliced bell peppers, jalapeños, onion, garlic, bay leaves, lime juice, tomato sauce, chicken or beef stock and the remaining seasonings (1 teaspoon salt, 1 teaspoon black pepper, 1 teaspoon granulated garlic, 1 teaspoon granulated onion, 1 teaspoon cumin and 1 teaspoon dried oregano). Roast in the oven for about 3 to 4 hours or until the meat is tender and shredded easily.
2. To make the arepa dough: In a large mixing bowl combine the water, salt, vegetable shortening and 3½ cups corn flour. Mix by hand until it comes together into a somewhat moist and somewhat dry dough. If it's too wet, add a bit more corn flour. If it's too dry, add a bit more water. Cover with a damp kitchen towel and allow to rest 10 minutes.
3. Portion out the dough into 6-ounce balls and shape them into hockey pucks. They should be thick enough to cut in half later on. Place on a baking sheet as you shape them.
4. Heat a cast iron skillet or griddle over medium-high heat. Add about 2 tablespoons of corn oil and allow to heat through. Add the arepas in batches (2 or 3 at a time) and cook for about 2 minutes on the first side, or until golden brown and crispy. Flip over and continue to cook for another 2 minutes. Return to the baking sheet and continue frying the rest.
5. Place the arepas in a preheated 350°F oven, directly onto the oven racks and bake for about 10 to 15 minutes. You'll know they're ready when you tap them and they sound hallow like a drum. Remove from oven and allow to cool slightly.



6. Cut in half, like a bagel, using a serrated knife. You can make a slit and fill like a pocket, or you can cut all the way and use them as buns.
7. Fill each with black beans, shredded beef and any or all of the toppings listed. Serve warm. Enjoy!



"EMPANADAS" DE YUCA Y JUEYES

YUCA AND CRAB "EMPANADAS"

Yield: 24+ Portions

Ingredients

For the masa:

Fresh Yuca
Coconut milk
Adobo seasoning
Sazon con achiote y culantro
Annatto oil
Salt to taste
Plantain or banana leafs

Amounts

2lb.
16 oz.
2 tablespoons
1 packets
3 tablespoons
30 ea. cut into rectangles of 6x 3" aprox.

For the crab filling:

Crab meat
Sofrito
Tomato sauce
Sazon con achiote y culantro
Coconut milk
Manzanilla olives, chopped
Annatto oil

1 lb.
1 tablespoon
4 oz.
1 packet
6 oz.
5 ea.
2 tablespoon

Method:

For the masa:

1. Wash and peel the yuca (cassava).
2. Using a grater, grate the yuca using the finest section.
3. Using cheesecloth or a clean cotton towel, squeeze the grated cassava to remove as much moisture as possible and discard the liquid.
4. Add adobo, sazón, coconut milk, annatto oil and salt to the yuca mixture and stir it in well. Break up any lumps. Set aside in the cooler.

For the crab filling:

1. In a saute pan heat the annatto oil.
2. Add the sofrito, tomato sauce, sazón and olives cook for 3 minutes on medium fire.
3. Add the coconut milk.
4. Fold in the crabmeat and cook for another 6 minutes on low or until all the liquids are reduced and all the ingredients are well balanced in flavor.
5. Pull out of the fire and transfer the crab mix to a hotel pan, spreading it as thin as possible for a quick chill.

For assembling:

1. With a 3/4 oz. scoop place a portion of the yuca masa on 1 half of the banana leaf, making a well in the center of the masa with the back side of the scoop.
2. Place a small portion of the crab filling in the center of the masa and enclose it with another small portion of masa.
3. Fold the other half of the banana leaf over and place in the "buren" (flat top) and cook until the masa has change completely its white-yellow color for a more translucent orange yellow.





PIONONOS DE CAMARONES

SHRIMP STUFFED MINI RIPE PLANTAIN "ROLLOS"

Yield: 12 Portions

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Amounts

Sofrito:

1/2 to 3/4 cup
1 Vidalia onion
1 ea
1 Tbsp.
1 cup
1/2 cup
3 sprigs
1 qt.
salt
black pepper, freshly ground

Ingredients

extra-virgin olive oil
finely diced
cubanelle pepper stemmed, seeded, and finely diced
garlic minced
tomato, charred, peeled, seeded, and finely diced
Manzanilla olives, pitted and minced
fresh culantro, finely chopped
fish stock

Method:

1. Heat oil in sauté pan set over high heat; add onion, cubanelle pepper, and garlic; cook, stirring, until softened.
2. Add tomatoes, olives, and culantro; reduce heat to medium; cook, adding 1 cup fish stock each time liquid reduces by 80 percent; cook 15 minutes; season; remove from heat; cool; place in airtight container; reserve in refrigerator.

Assembly:

1 qt.	canola oil
1/2 cup	extra-virgin olive oil
16-21/25	shrimp, shelled and deveined
1/4 cup	white wine
1 cup	fish stock
12ea	cilantro leaves
1 tablespoon	unsalted butter
1/2 teaspoon	salt
1 pinch	white pepper, freshly ground
4 ea.	ripe plantains cut lengthwise into thin slices
2 ea.	leeks, white parts only, thinly sliced, deep fried, and seasoned with salt (optional for garnish)

Method:

1. Heat canola oil in deep fryer to 350°F.
2. Heat olive oil in a skillet set over high heat; add shrimp; cook 1 minute; remove from heat; add wine; return the skillet to heat; add reserved sofrito, stock, and cilantro; whisk in butter; remove from heat; season; reserve (keep warm).
3. Fry plantains until light brown; remove, using a spider; place on paper towels to drain; place 4 slices slightly overlapping on a flat surface; roll out until thin; press ends together to create a 3" circle; reserve (keep warm).



4. To serve, place lettuce leaves in centers of serving plates; top with plantain circle; mound 4 shrimp and mixture in center; garnish with fried leeks; drizzle sauce around.



Peruvian Butifarra Sandwich with Salsa Criolla

Braised Pork Shoulder with Red Onion Relish

Ingredients for Butifarra (Jamon del Pais):



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1 - 7 pound pork butt/shoulder, boneless, preferably with a layer of fat still attached
3 tablespoons minced garlic
3 tablespoons salt
2 tablespoons ground cumin
2 tablespoons achiote or paprika
1 tablespoon ajinomoto seasoning
2 tablespoons knorr chicken bouillon powder
1 tablespoon dried oregano
1/2 cup of white vinegar
Canola oil
Water (enough to cover the ham for poaching)
Farm bread rolls, halved, insides plucked, toasted
Aji Amarillo Mayonnaise, preferably homemade (see recipe below)
Salsa criolla (see recipe below)

Instructions:

In a small bowl, mix together the garlic, salt, cumin, achiote/paprika, knorr chicken bouillon powder, ajinomoto seasoning and oregano. Set aside.

Get a bundle of kitchen twine and trim equal lengths, enough to tie and secure pork in a few minutes. Also, grab a receptacle large enough to hold the pork while it sits in the fridge to marinate for a couple days.

Grab the pork and sit it square in front of you. Use a sharp boning knife and wrangle the large bone from out of the pork. You should end up with the pork looking like a somewhat open book. Discard the bone. If desired, trim some of the fat on top. I just leave it on, it helps keep the pork moist and bastes it naturally during cook time. Score the fat with a knife in criss-cross fashion.

Drizzle the pork, inside and out with canola oil, enough to coat. Then, use your hands to massage the spice rub all over the pork, in every crevice until fully saturated. Grab the twine and tie up the pork so that it's nice and compact and won't fall apart during cooking. I usually end up tying it about 4 times.

Place the pork into the marinating container, cover with plastic wrap and put in the fridge for 48 hours.

On cooking day, take the pork shoulder out of the fridge and let sit on the counter for about 30 minutes to 1 hour to help it come to room temperature.

Preheat the oven 325 degrees and place an oven grate in the middle.

In a large **cast iron pot** (big enough to brown the pork and then transfer to oven), drizzle canola oil to coat the bottom and crank up the heat to medium-high. Heft the pork in to brown on all sides. This takes about 7-10 minutes total. Maneuver pork so the fatty side is facing up (this bastes the pork). Pour enough hot water to come up about 1/3 of the way up the sides of the pork. Turn off the stove heat and transfer pot, covered, to oven on the middle rack. Let this cook low and slow for about 3 1/2 hours, peeking in a few times to ladle the juices over the pork. It's ready when it's fork tender and tastes wonderful. Let this sit for at least 20-30 minutes before slicing.



*While the pork was braising, you could make the

Aji Amarillo Mayonnaise

Ingredients:

3 whole jalapeño chilies, roughly chopped

1 tablespoon aji amarillo pepper paste

1 cup fresh cilantro leaves

2 medium cloves garlic

2 teaspoons yellow mustard

2 teaspoons of lime juice

1 teaspoon distilled white vinegar

Salt and freshly ground black pepper to taste

2 tablespoons extra virgin olive oil

Combine jalapeños, aji amarillo, cilantro, garlic, mayonnaise, sour cream, lime juice, and vinegar in a blender or food processor.

Blend until smooth. With blender or food processor running, slowly add the olive oil.

Season with salt and pepper.

Sauce will be thin at this point but get thicker as it sits.

Devein and remove the seeds if you want a milder sauce. Aji Amarillo peppers are sweet and hot. Keep refrigerated

Salsa Criolla

Ingredients:

1 red onion, halved, tough outer layers removed and reserved for another use

1 ají amarillo, seeds removed and sliced thinly

1 juicy lime

1 bunch of cilantro

1/4 cup white vinegar



Salt and pepper

**If you can't find ají amarillo, you can substitute for jalapeño or 1/2 serrano chile pepper.*

Instructions:

Using only the tender inside section of the red onion, slice into half moons and put into a small bowl of cold water to soak for 30 minutes. Rinse and drain.

Add the *ají amarillo*, the juice of the lime, vinegar, cilantro and salt and pepper. Mix together with a spoon. Let this pickle for about an hour on the counter.

When you're ready to eat, slice the pork, toast the rolls and grab your condiments.

Smear the bottom half of the roll with mayo and then stick a sheath of lettuce over it.

Mound a generous portion of pork over this, then the *salsa criolla*. Slather another helping of mayo plus mustard across the top half of the roll. Put it on top and smoosh down. Get lots of napkins and eat like no one's watching. Buen Provecho!

