

Latin America

SOFRITO

Ingredients

- 8 1/2 garlic cloves
- 1/2 cup extra-virgin oil
- 4 1/3 cups onions, finely chopped
- 3/4 tsp dried thyme
- 3/4 tsp dried rosemary
- 1/2 dried bay leaf
- 8 oz pureed fresh tomatoes or canned tomato puree
- 1/2 tsp salt

Put the garlic into a tall jar or beaker, then process to a paste using a hand-held blender. Put a saucepan over medium heat and add the oil. Fry the garlic until browned. Meanwhile, process the onion in the blender. Add to the pan with the garlic. Lower the heat, add the herbs, then fry, stirring frequently, until the onion has browned. Add four-fifths of the tomatoes and cook for 30 minutes. Add the remaining tomato, cook for 30 more minutes, then season with salt and pepper.



Colombian Ajiaco (Chicken and Potato Soup)

Ingredients

- 2 large chicken breasts, bone-in and skin on (about 1 1/2 pounds)
 - 1 large yellow onion, roughly chopped
 - 5 cloves garlic, roughly chopped
 - 1 tablespoon coarse salt
 - 1 tablespoon freshly ground pepper
 - 2 tablespoons olive oil
 - 4 cups chicken stock
 - 1 1/2 pounds mixed potatoes (red, yukon gold, and russets), peeled and cut into bite-size chunks
 - 2-3 ears fresh corn, cut crosswise into quarters, or 1 1/2 cups frozen corn kernels
 - 1 bunch cilantro, with stems, washed very well and tied with twine
 - 1 bunch green onions, washed and tied with twine
 - 2 tablespoons dried guascas
 - Toppings:**
 - 2 avocados, pitted, peeled and thinly sliced
 - 1/2 cup Crema Mexicana, sour cream or crème fraîche
 - 1/2 cup chopped cilantro leaves
 - 2 tablespoons drained capers, chopped
- Place the chicken in a glass or ceramic dish. Top with the onion, garlic, salt and pepper. Cover, and refrigerate for 8 to 24 hours.

Heat the olive oil in a heavy 4-quart lidded pot, like the Chambaware pot or a Dutch oven, over medium-high heat. Add the chicken with its marinating bits and brown each side, about 6 minutes total. Pour in the stock and raise the heat to high. When the mixture boils, lower the heat to medium-low, then cover and simmer. Cook until the chicken is tender, about 30 minutes.

Transfer the chicken to a platter, reserving the cooking liquid in the pot. When cool enough to handle, remove the skin from the chicken and discard. Cut or tear the chicken breasts into bite-size strips and discard the bones.

Place the potatoes in the pot with the leftover cooking liquid and set over medium heat. Cover and cook for about 5 minutes.

Add the corn, the bunch of scallions, the bunch of cilantro, and the guascas. Simmer with the lid on for 20 minutes, or until potatoes are tender but not overcooked. Remove the cilantro and scallions and return the chicken to the pot. Simmer another few minutes until the chicken is warmed through.

Ladle the soup into individual bowls and place the toppings on the table to be passed around.

Spanish Flan

Ingredients

- 1 cup white sugar
- 3 eggs
- 1 (14 ounce) can sweetened condensed milk
- 1 (12 fluid ounce) can evaporated milk
- 1 tablespoon vanilla extract

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a medium saucepan over medium-low heat, melt sugar until liquefied and golden in color. Carefully pour hot syrup into a 9 inch round glass baking dish, turning the dish to evenly coat the bottom and sides. Set aside.
3. In a large bowl, beat eggs. Beat in condensed milk, evaporated milk and vanilla until smooth. Pour egg mixture into baking dish. Cover with aluminum foil.
4. Bake in preheated oven 60 minutes. Let cool completely.
5. To serve, carefully invert on serving plate with edges when completely cool.



