

AACRAO Latinx Recipes

Papa Rellena

Submitted by: Laura Remillard

Prep time: 35 mins Cook time: 45 mins Total time: 1 hour 20 mins

Serves: 8- 12

Ingredients

- 2 lbs potatoes
- ¼ cup vegetable oil
- 1 lb soy meat (or ground beef)
- 1 onion, diced
- 2 garlic cloves, minced
- 1 tablespoon [ají panca paste](#)
- 1 tablespoon tomato paste
- 2 hard-boiled eggs, peeled and chopped
- ½ cup raisins
- ½ cup black olives, sliced
- Salt, pepper
- Parsley, chopped
- All-purpose flour
- 2 eggs

Instructions

1. Cook the potatoes in a saucepan with boiling water until they are tender (around 20 minutes, but it depends on the potato). Peel them while hot, as fast as you can. Pass them through the ricer at once. Add salt and pepper. Keep covered while you cook the filling.
2. In a saucepan, heat the oil over high heat, add the onion and garlic, stirring, then the tomato paste and [ají panca](#), if using. Add the soy meat (or ground beef), salt, pepper. Stir and cover the saucepan. Cook over low heat for around 15 minutes, stirring every now and then.
3. Incorporate hard-boiled eggs, raisins, olives, and parsley. Turn off the heat.
4. With floured hands, knead the potatoes for a few seconds. Take a portion of the potato dough and flatten it between your hands. With a spoon put a portion of the soy

filling in the center of the potato round. Close it with some extra potato dough and form a little “football”.

5. Put the flour in a bowl, and mix the 2 extra eggs in another bowl. Roll every roll in the eggs, then in the flour, shaking the excess, and fry in a hot pan with hot oil until the potato forms a thin golden crusty layer. Move around every now and then to make sure every side becomes golden.

6. Drain over a paper towel and serve immediately, with [Salsa Criolla](#) or plain rice.

Recipe by PERU DELIGHTS at

<https://perudelights.com/how-to-make-papa-rellena-step-by-step/>

Ajiaco Colombiano (Colombian Chicken and Potato Soup)

Submitted by: Mariana Patterson

(6-8 Servings)

Ingredients:

3 chicken breasts

12 cups water

3 ears fresh corn, cut into 2 pieces

Salt and pepper to taste

2 chicken bouillon cubes

3 scallions

2 garlic cloves, minced

3 tablespoon chopped cilantro

2 cups papa criolla (Andean Potato)

3 medium white potatoes, peeled and sliced

3 medium red potatoes, peeled and sliced

1/3 cup guascas

1 cup heavy cream for serving

1 cup capers for serving

Directions

1. In a large pot, place the chicken, corn, chicken bouillon, cilantro, scallions, garlic, salt and pepper. Add the water and bring to a boil, then reduce heat to medium and cook for about 35 to 40 minutes, until chicken is cooked and tender. Remove the chicken and set aside.

2. Continue cooking the corn for 30 more minutes. Discard green onion and add red potatoes, white potatoes, and the guacas. Cook for 30 more minutes.
3. Uncover and add the frozen papa criolla and simmer for 15 to 20 minutes, season with salt and pepper.
4. Cut the chicken meat into small pieces and return to the pot. Serve the Ajiaco hot with capers and heavy cream on the side.

Buen provecho!

Arroz con Dulce (Traditionally served around Christmas)

Submitted by: Marisol Marrero

Ingredients:

2 cups medium or short grain rice
5 14 oz cans coconut milk
1 5 oz can evaporated milk
4 cinnamon sticks
12 whole cloves
1 teaspoon ground ginger
1 1/2 teaspoons salt
1 1/2 cup sugar
1 cup raisins

Instructions:

Pour rice into a bowl and add water until covering the rice by two-inches. Let soak overnight.

In a large pot combine four cans of coconut milk, evaporated milk, cinnamon sticks, cloves, salt, and ginger. Bring to a boil and set to low to simmer. Let steep for 15 minutes.

Drain rice and add to a large heavy bottom pot. I find that a large dutch oven works best. Heat pot over medium-low heat. Leave the coconut milk over low heat. Add four ladles of coconut milk, about two cups, to rice. Stir coconut milk in with the rice. Continue to stir until rice has absorbed most of the coconut milk. Continue this process one ladle at a time until you have used almost half of the coconut milk.

Add remaining coconut milk, stir until well combined and cover. Cook covered over low heat for 15 - 20 minutes, stirring occasionally to make sure it doesn't stick to the bottom. Add sugar and raisins, stir until well combined. Bring to a slow boil and then reduce heat to a simmer. Cover and cook for an additional 15 minutes, or until rice is tender, stirring frequently to keep from sticking to the bottom. (If the rice begins to dry out before tender add 1 - 2 ladles at a time until tender.)

Add remaining can of coconut milk to rice pudding. Stir until well combined. Continue to cook uncovered until creamy like a soft pudding. It's ok if it is a little runny because the rice will continue to absorb the coconut milk as it cools.

Pour pudding out on a serving platter and let cool at room temperature before serving. Garnish with cinnamon.

Prosecco Margarita

Submitted by: Soraira Urquiza

4 to 6 servings

Ingredients:

1 1/2 cups freshly squeezed lime juice (from about 15 limes), plus slices for garnish

1 cup [tequila blanco](#), or to taste

1/2 cup Cointreau

1/2 cup simple syrup, or to taste

[Tajín Chile Lime Seasoning](#) for rimming

1 750-ml bottle prosecco, chilled

1. Combine the lime juice, tequila, Cointreau and simple syrup in a pitcher. Stir well until combined.
2. Place a layer of salt on a small plate. Moisten the rim of a glass with a lime wedge and dip the glass in the [Tajín Chile Lime Seasoning](#). Wiggle the glass to cover the wet part of the rim completely. Repeat to rim the remaining glasses.
3. Fill the glasses with ice, then fill them halfway with the tequila-lime mixture. Top the glasses with the prosecco, garnish with lime slices and serve.

Chocoflan

Submitted by: Soraira Urquiza

10 servings

Special equipment: 12-cup capacity Bundt pan

Ingredients

Softened butter, to coat pan

1/4 cup [cajeta](#) or caramel sauce

For the cake:

10 tablespoons butter, room temperature

1 cup sugar

1 egg, room temperature

1 3/4 cups all-purpose flour

3/4 teaspoon baking powder

3/4 teaspoon baking soda

1/3 cup cocoa powder

1 1/4 cups buttermilk

TIME HACK: You can also use a boxed chocolate cake recipe

For the flan:

One 12-ounce can evaporated milk

One 14-ounce can sweetened condensed milk

4 ounces cream cheese, room temperature

3 eggs

1 tablespoon vanilla extract

For garnish:

1/4 cup cajeta or caramel sauce

1. Put an oven rack in the middle of the oven and preheat to 350 degrees F.
2. Coat a Bundt pan with a little butter, then coat the bottom with 1/4 cup cajeta and put it in a large roasting pan. (The roasting pan will serve as a water bath during baking.)
3. For the cake: Add the butter and sugar to a bowl and using an electric hand mixer or stand mixer, beat until light and fluffy, then beat in the egg. Sift together the flour, baking powder, baking soda and cocoa in a medium bowl. Beat 1/3 of the flour mixture, and 1/2 of the buttermilk into the egg mixture. Repeat, ending

with the flour mixture. Blend until well incorporated. *If you are using a boxed cake recipe just follow those instructions.

4. For the flan: In a blender, combine the evaporated milk, condensed milk, cream cheese, eggs and vanilla. Blend on high for 30-60 seconds.
5. Pour the cake batter into the prepared Bundt pan and spread evenly. Slowly pour the flan mixture over the cake batter. Cover with foil and add about 1-inch of hot water to the roasting pan.
6. Carefully slide the pan into the oven, and bake for 1 hour, until the surface of the cake is firm to the touch, or an inserted toothpick comes out clean. When the cake is done, remove from the water bath and cool completely to room temperature, about 1 hour.
7. Invert a large, rimmed serving platter over the Bundt pan, grasp tightly together, jiggle a little and flip over. Remove the pan and scrape any remaining cajeta from the pan onto the cake and serve!

Special note:

This cake is baking science at its finest! The batters may appear to mix when you pour them into the pan, but they completely separate while baking, with the flan ending up on the bottom when it's inverted. Trust the process!

BOOK RECOMMENDATIONS

Fiction

[Corazón](#) by Yesika Salgado

[Dominicana](#) by Angie Cruz

[Dreaming in Cuban](#) by Cristina García

[Halsey Street](#) by Naima Coster

[I Am Not Your Perfect Mexican Daughter](#) by Erika L. Sánchez

[Love in the Time of Cholera](#) by Gabriel García Márquez

[Love War Stories](#) by Ivelisse Rodriguez

[Of Women and Salt](#) by Gabriela Garcia

[One Hundred Years of Solitude](#) by Gabriel García Márquez

[The House of the Spirits: A Novel](#) by Isabel Allende

[We Came All the Way from Cuba So You Could Dress Like This?](#) by Achy

Obejas

[When I Was a Puerto Rican](#) by Esmeralda Santiago

Non-Fiction/Bio

[Always Running](#) by Luis J. Rodriguez

[An African American and Latinx History of the United States](#) by Paul Ortiz

[Celia: My Life](#) by Celia Cruz

[For Brown Girls with Sharp Edges and Tender Hearts](#) by Prisca Dorcas Mojica Rodriguez

[Gmorning, Gnight!](#) by Lin Manuel Miranda

[Living Beyond Borders: Growing up Mexican in America](#) by Margarita Longoria (Editor)

[My Beloved World](#) by Sonia Sotomayor

[My \(Underground\) American Dream: My True Story as an Undocumented Immigrant Who Became a Wall Street Executive](#) by Julissa Arce

[Once I Was You: A Memoir](#) by Maria Hincosa

[Puerto Rico](#) by Jose Trias Monge

[Rita Moreno: A Memoir](#) by Rita Moreno

[The Chicana Motherwork Anthology](#) by Cecilia Caballero (Editor), Yvette Martínez-Vu (Editor), Judith Pérez-Torres (Editor), Michelle Téllez (Editor), Christine Vega (Editor)

[This Bridge Called My Back](#) by Cherríe Moraga (Editor), Gloria Anzaldúa (Editor)

[Urban Legends: The South Bronx](#) by Peter L'Official

TV/FILM/PODCAST

FILM

Cesar Chavez (2014)

Coco (2017)- Disney+

El Norte (2008)

Frida (2002)

In the Heights (2020)- HBO Max

In the Time of the Butterflies (2001)- Pluto TV or Amazon

La Bamba (1987)- Amazon Prime

Love in the Time of Cholera (2007)- available to rent

Luminarias (1999)

Mi Familia/My Family (1995)- Amazon

Roma (2018)- Netflix

Salt of the Earth (1954)- Amazon Prime

Selena (1997)- HBO max

Stand and Deliver (1998)

[The Lemon Grove Incident \(1985\)](#)

Tortilla Soup (2002)

Walkout (2006)

TV

Gentefied- Netflix

Jane The Virgin- Netflix

La Casa de las Flores- Netflix

Los Espookys- HBO Max

Mr. Iglesias- Netflix

On My Block- Netflix

One Day at a Time-- Netflix
Pose- Netflix/FX
Siempre Bruja- Netflix
Street Food: Latin America- Netflix
The Queen of Flow- Netflix
Vida- Starz

Podcasts

Alt.Latino
Anything for Selena
Chicano Squad
Con Todo: Brown Love
Latina to Latina
Latino USA
Latinos Out Loud
Latinx Intelligentsia
Level Up Latina

Documentary

[Chicano! Documentary Series](#)
[Harvest of Empire \(2012\)](#)
[LA Times: Fernandomania @ 40](#)
[Latino Americans: PBS Series](#)
[Los Tigres del Norte at Folsom Prison](#)
[Mala Mala \(2014\)](#)
[Memories of a Penitent Heart](#)
[Mucho Mucho Amor](#)
[Paper Children \(2020\)](#)
[Precious Knowledge \(2012\)](#)
[TEDTalk: Why ethnic studies matters](#)
[The Hand That Feeds \(2014\)](#)
[The Infiltrators](#)