

PANAMANIAN STYLE CHICKEN AND RICE

This recipe was contributed by @edynethmelgarejo.



INGREDIENTS

- 1 whole chicken (2-3 pounds), cut into pieces
- 1 onion, chopped
- 1 green bell pepper, chopped
- 2 cloves garlic, minced
- 1 cup rice, cooked
- 1 can tomato paste
- 1 can of corn
- 2 teaspoons salt (or to taste)
- 1 teaspoon dried oregano
- ½ teaspoon ground black pepper
- 2 cups chicken stock (or as needed to cover)
- ¼ cup chopped pimento peppers

Prep Time:

15 minutes

Cook Time:

30 minutes

Servings:

4

DIRECTIONS

1. In a large pan, heat a tablespoon of oil on medium to high heat. Add chicken and cook until brown (don't overcook or it will be dry). Take out the chicken, pull apart the meat and return to the pan.
2. In the same pan, add another tablespoon of oil and add in onions and garlic. Cook over medium heat until onions are transparent.
3. Add the cooked rice, making sure it's all coated with oil.
4. In a bowl, mix tomato paste with chicken stock (or water), oregano, corn, pimento peppers, bell pepper, cooked rice, pulled chicken, cooked garlic and cooked onions.
5. Turn the flame low and cook until liquid is dissolved completely.
6. Season with a pinch of salt and pepper, and mix thoroughly. Enjoy!

ONION POTATO CURRY

This recipe was contributed by @MyVegetarianRoots.

INGREDIENTS

- 3 tablespoons peanut oil (or other preferred cooking oil)
- 1 teaspoon cumin seeds
- 1 teaspoon mustard seeds
- 1 pinch asafetida
- 5 curry leaves
- 1 medium yellow onion, sliced
- 3 medium boiled potatoes, cubed
- 3 cloves garlic, sliced
- 1½ teaspoons Thai green chili and ginger paste (about 2 Thai green chilis + 1 inch ginger root)
- ½ teaspoon turmeric powder
- ¾ teaspoon red chili powder
- 2 teaspoons cumin and coriander (dhana jiru) powder
- 1 teaspoon garam masala
- 2 teaspoons sugar
- 1½ teaspoons salt*
- ¼ cup chopped cilantro

NOTES

*If not adding sugar, only use 1 teaspoon of salt.

Prep Time:

15 minutes

Cook Time:

15 minutes

Servings:

4



DIRECTIONS

1. Heat cooking oil in a heavy-bottomed, wide and shallow pan.
2. Once hot, add cumin seeds and mustard seeds.
3. Wait for the seeds to finish popping and the cumin seeds to turn deeper in color to release their aroma. Then add a pinch of asafetida, curry leaves, chopped Thai green chilis, sliced garlic and onions, along with 1 teaspoon salt.
4. Mix it all well and keep sautéing on medium heat until the onions are translucent but still hold their color. Make sure they do not turn brown.
5. Add boiled, cubed potatoes along with ¼ cup of water. Mix well.
6. Add all dry spices, salt and sugar.
7. Mix gently until all the potatoes are evenly coated with the spices. Cook for 2-4 minutes on low/medium heat.
8. Cover it for 1-2 minutes and cook on medium heat.
9. Take the lid off, add chopped cilantro and mix well gently.
10. Take it off the heat and serve hot with a side of phulka roti, gujrati dal and bhat!

CUBAN PORK TAMALES

This recipe was contributed by @shanelamari.



INGREDIENTS

- 6 corn husks
- 1/3 cup frozen corn, thawed
- 1/3 cup masa harina
- 1/4 cup butter, melted
- 1/4 cup water
- 1/4 cup KRAFT Zesty Italian Dressing
- 1/3 tablespoon sofrito sauce base
- 1/4 green pepper, chopped
- 1/4 pork loin (1/2 pound), finely chopped
- 1/4 tablespoon ground cumin
- 3/4 clove garlic

Prep Time:

45 minutes

Cook Time:

1 hour 15 minutes

Servings:

10 tamales

DIRECTIONS

1. Soak corn husks in hot water for 30 minutes, placing a plate on top of the husks to weigh them down. Blend corn in a blender until pureed; pour into a large bowl. Gradually stir in masa harina, butter and enough water to firm a stiff dough, stirring until mixture is well blended. Set aside.
2. Heat dressing and sofrito sauce in a large skillet over medium-high heat. Add peppers; cook and stir for 3 minutes. Add meat; cook and stir for 5 minutes or until meat is done. Cool.
3. Place 1 corn husk on a cutting board with pointed end of husk facing you. On top of that, place another corn husk with pointed end of husk facing away from you. Spread 1/4 cup masa dough in the center of the husk and top with 2 tablespoons of meat mixture. Press meat gently into masa dough. Fold corn husks over filling, completely enclosing filling. Tie with strips of the remaining corn husks to secure. Repeat to make 10 tamales.
4. Add 2 cups water, cumin and garlic to a large tamalera pot. Line the bottom of tamalera basket with remaining corn husks and then add tamales. Place in tamalera pot and cover with lid.
5. Bring water to a boil and then adjust heat to maintain a gentle boil. Steam for 1 hour or until tamales pull away from corn husks, adding more water to the pot when necessary. Remove tamales from tamalera, cool slightly and enjoy!

SAMOSAS

This recipe was contributed by @chocolateandcheeseplease.

INGREDIENTS

For dough:

- 3 cups all-purpose flour
- Salt to taste
- ¼ teaspoon carom seeds
- 5 tablespoons oil
- 1 tablespoon lemon juice
- 1 ¾ cups water

For filling:

- 2 tablespoons oil
- ½ teaspoon cumin seeds
- ¼ teaspoon mustard seeds
- 1 cup onion, diced small
- 4 potatoes, diced small
- 1 carrot, diced small
- 4 cloves garlic, shredded
- 4 jalapenos, diced small
- 4 Thai chilli peppers, finely chopped
- 1 teaspoon chili powder
- ½ teaspoon garam masala
- ½ teaspoon khichdi masala (optional)
- ½ teaspoon dhana jeeru
- 1 cup mozzarella cheese, shredded
- 2 cups white cheddar cheese, shredded

Also needed:

- 2 tablespoons all-purpose flour
- 2 tablespoons water

Prep Time:

30 minutes

Cook Time:

1 hour

Servings:

24 samosas



DIRECTIONS

Making the dough:

1. Take the six ingredients listed and mix together until you form a dough. Let it rest for 30 minutes while you make the filling.

Making the filling:

1. Add oil to a large pot on high heat. When it's hot, add in the cumin seeds and mustard seeds.
2. When seeds stop sizzling, add in the onion and cook for 1 minute. Keep mixing.
3. Then add in potatoes, carrot and salt to taste. Give this a mix and turn stove to low. Let it cook for about 15 minutes, occasionally stirring.
4. After 15 minutes, add in the garlic, jalapenos and Thai chilli peppers.
5. Add in the chili powder, garam masala, khichdi powder (if you have) and dhana jeeru. Give all of this a good mix and taste for seasoning. Adjust per taste.
6. Turn the heat back to high and cook until all the potatoes and carrots have softened. Do not let them get too soft; you do not want them to be mushy.

DIRECTIONS CONTINUED

7. Once cooked, let the filling cool down completely.
8. When it is cooled down, add mozzarella cheese and white cheddar cheese and mix everything.

Forming the samosas:

1. Take all-purpose flour and water, and mix together to form a thick paste. We will use this to create a “glue” to hold the samosas together.
2. This recipe makes about 24 samosas, so equally divide the dough into 12 little balls.
3. Take each ball and roll it out until it is 8 inches in diameter.
4. Once you have rolled it out, cut the circle in half. Take one of the halves and form it into a cone. Stuff some of the filling into it, and then use the paste to seal the top. Use extra paste to seal any parts that may look like they are open.
5. Once all of the samosas are formed, you can deep fry them if eating right away, or fry half right away and freeze the rest for later!

ALOO CHOP (POTATO FRITTERS)

This recipe was contributed by @dolphia.n.arnstein.



INGREDIENTS

- 1 pound potato (gold or russet), boiled and peeled
- Salt to taste
- 1 cup + 1 tablespoon vegetable oil (for deep frying)
- 1 medium onion, thinly sliced
- 4 cloves garlic, smashed
- 1 piece (about 1 ½ inches) fresh ginger, crushed
- 1 whole dried red chile
- 1 teaspoon whole cumin seeds (you can also use ground cumin)
- 1 ½ cup chickpea flour
- ½ teaspoon red chile powder
- ½ teaspoon ground cumin
- ¼ teaspoon baking soda
- ¾ cup water

Prep Time:

30 minutes

Cook Time:

1 hour

Servings:

10-12

DIRECTIONS

1. Mash the potatoes lightly, keeping some lumps. Add a generous pinch of salt.
2. In a non-stick pan over medium-high heat, heat 1 tablespoon of oil. Add onions and fry them for 4-5 minutes, or until they turn golden brown.
3. Lower the heat and add garlic and ginger. Continue to cook for 2-3 minutes over medium heat until ginger and garlic are no longer raw.
4. Add lightly mashed potato. Mix well.
5. In another small, non-stick pan over medium heat, heat ½ tablespoon of oil. Add 1 red chile and cook for 1-2 minutes until it sizzles. Slightly toast cumin seeds in a skillet and grind them into a fine powder. Add that to the potato mixture.
6. When the potato mixture is cool enough to handle, take a small ball of it and shape into flattened balls (not as thick as patties) between your palms. Place on a plate after.
7. In a wide mouth bowl, add chickpea flour, salt, red chile powder, ground cumin, baking soda and water to make a batter.
8. In a wok over medium-high heat, heat 1 cup of oil. Dip the flattened balls into the chickpea batter and drop them in hot oil. Fry until they turn golden brown. With a slotted spoon, set aside on a plate lined with a paper towel to soak up some of the oil.
9. Serve hot, with or without puffed rice.

GHUGNI

This recipe was contributed by @dolphia.n.arnstein.



INGREDIENTS

For ground roasted spices (Bhaja Moshla):

- 1 teaspoon whole cumin seed
- ½ teaspoon whole coriander seed
- 1-inch cinnamon stick
- 3 green cardamom pods
- 3 whole cloves

For curry:

- 250 grams dried yellow peas
- 3 cups water (or more if needed)
- 1 bay leaf
- 1 teaspoon turmeric
- 3 tablespoons vegetable oil, divided
- 2 medium yukon gold potatoes, 1/2-inches cubed
- Salt to taste
- 1 dried red chile (or to taste)
- 1 piece (about 1 ½ inches) ginger, cut into slices
- 3 cloves garlic
- 1 medium red onion, thinly sliced
- 1 teaspoon chile powder
- 2 medium Roma tomatoes, finely chopped

Prep Time:

30 minutes

Cook Time:

1 hour 15minutes

Servings:

10-12

DIRECTIONS

Prepare ground roasted spices (Bhaja Moshla):

1. In a non-stick skillet over medium heat, heat cumin seed, coriander seed, cinnamon stick, cardamom pods and cloves. Toast for 2-3 minutes, or until they release their aroma.
2. Take off heat and set aside. Cool it down and, using a spice or coffee grinder, grind them to powder. You can store this powder in an air-tight container for future use.

Prepare curry:

1. In a large bowl, combine the peas with enough water to cover by several inches. Set aside to soak for 8 hours or overnight.
2. Drain the peas and transfer to a soup pot. Add the 3 cups of water, turmeric, bay leaf and salt. Bring to a boil, lower the heat and cover the pan. Simmer for 45-50 minutes or until the peas are tender. Add more water during cooking, if necessary.
3. You can alternatively use a pressure cooker. To do so, add peas, 3 cups of water, turmeric, bay leaf and salt. Close the lid and heat over medium heat until you hear a whistle. Close the flame and keep it rested for 10-12 minutes. Make sure peas are tender but not completely mushy.
4. Meanwhile, in a non-stick skillet over medium heat, heat 1 tablespoon vegetable oil. Add cubed potatoes and salt. Cover and cook for 7-8 minutes or until they are golden brown. Transfer to another bowl and set aside.
5. Wipe out the skillet. Then, over medium heat, heat 1 tablespoon vegetable oil. Add dried red chile and fry it for 2-3 minutes or until slightly brown. Set aside to cool. When it is cool enough to handle, crush the red chile with hands or mortar and pestle.

DIRECTIONS CONTINUED

6. In a food processor, combine the ginger and garlic. Work the mixture until it forms a paste. Transfer it to a bowl.
7. Using the same skillet that you fried the chile in, heat 1 tablespoon oil over medium heat. Add the sliced onion and cook for 5 minutes, or until it starts to soften. Lower the heat to medium-low and add the ginger-garlic paste, chile powder and Roma tomatoes. Cover and cook for 4-5 minutes, or until tomatoes are softened.
8. Tip this spice mixture into the peas and bring to a boil. Add fried, crushed chile and potatoes. Lower the heat and cook, stirring often, for 5 minutes. Taste for seasoning and add more salt if you like.
9. Add ground roasted spices (to taste) and give it a stir to mix it well.
10. Ladle into bowls and garnish with finely chopped onion, green chiles, cilantro and lemon wedges. Add a few pinches of ground roasted spices while serving.

DAKGALBI

This recipe was contributed by @jennerous_eats and adapted from a recipe originally from @maangchi.

INGREDIENTS

For chicken and marinade:

- 1 pound deboned chicken thigh (or drumsticks), cut into bite-sized pieces
- 2 tablespoons milk
- 1 tablespoon soy sauce
- ¼ teaspoon ground black pepper

For the seasoning sauce:

- 12 garlic cloves, minced
- 1 teaspoon peeled and minced ginger
- 2 tablespoons soy sauce
- ½ cup water
- ⅓ cup gochu-garu (Korean hot pepper flakes)
- 2 tablespoons white sugar
- ½ teaspoon ground black pepper

Veggies and rice cakes:

- 4 ounces sliced rice cake (1 cup), soaked in cold water at least 10 minutes
- 8 ounces cabbage, cored and cut into bite-sized pieces
- 4 ounces onion (about ½ of large onion), sliced
- 1 small carrot (about ⅓ cup), peeled and sliced
- ¾ cup sweet potato, peeled and sliced into ¼ inch thick, bite-sized pieces
- ½ cup corn (or more if you like)
- 1 cup shredded mozzarella cheese (or more if you like)
- Scallions to garnish
- ½ cup water
- Salt and pepper to taste

Prep Time:

30 minutes

Cook Time:

30 minutes

Servings:

4



DIRECTIONS

1. Marinate chicken by combining chicken, milk, soy sauce and ground black pepper in a bowl and mixing together with a spoon. Cover and set aside for at least 10 minutes, but preferably closer to 30 minutes.
2. In a different bowl, make seasoning sauce by combining minced garlic, ginger, soy sauce, water, gochu-garu, white sugar and ground black pepper in a bowl. Let it sit aside.
3. Spread the cabbage on the bottom of a wide pan or skillet. Layer on onions, carrots, sweet potato and rice cake in that order.
4. Add the chicken to the center. Pour seasoning sauce over chicken and mix until chicken is well coated. Add ½ cup of water.
5. Cover and cook over medium high heat until it starts boiling. Turn down the heat to medium and stir to prevent burning. Cook until chicken and sweet potato are cooked through.
6. Add corn and cheese to the center of the pan/skillet. Cook until the cheese becomes melty. Serve!