

Bolivia Recipes

Salteñas

Ingredients:

Filling:

- ½ chicken breast, skinless and boneless
- 2 quarts water
- 2 teaspoons vegetable oil
- ½ onion, minced
- 1 garlic clove, minced
- ½ bell pepper, chopped
- 2 tablespoons parsley, minced
- 2 habaneros, minced
- ¼ cup green peas, cooked
- ½ cup raisins
- 1 potato, peeled, and diced
- 1 tablespoon sugar
- 1 teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon cumin, ground
- 1 tablespoon dried oregano
- 1 bay leaf
- 1½ tablespoons unflavored gelatin
- 3 tablespoons water
- 2 hard-boiled eggs, peeled and diced
- 20 green olives

Dough:

- 4 cups flour
- ¾ cups sugar
- 1 teaspoon salt
- 2 tablespoons urucú (optional)
- 1 egg yolk (reserve the egg white)
- ½ cup butter
- ¾ cup + 1 tablespoon water



Directions:

Filling: In a pot, add chicken breast and 2 quarts of water. Boil until chicken is cooked. Remove chicken and allow to cool, then shred. Strain the broth, and reserve 3 cups for later use.

Sauté the onion, green peppers, garlic, parsley, and habaneros for about 3 to 4 minutes. Add shredded chicken, chicken broth (3 cups), peas, raisins, potatoes, sugar, salt, pepper, cumin, oregano, and bay leaf. Once it starts to boil, lower the heat and simmer for 5 minutes.

While that is simmering, in a small bowl add the gelatin with 3 tablespoons of water at room temperature, mix, and let it sit for a couple of minutes.

After 5 minutes of simmering, remove the bay leaf and add the gelatin. Mix well and cook for 1 more minute, then turn off heat.

Let it cool and then move to an airtight container. Stir in eggs and chill for at least 4 hours, or overnight.

Dough: In a large bowl, mix flour, sugar, salt, egg yolk, urucú, and butter. Add the water at room temperature; mix until everything comes together.

On a flat, floured surface, knead for 10 minutes or until smooth. Let the dough rest for 20 minutes. Cover it with a damp cloth.

After resting, divide the dough into 20 equal portions. Working with one portion of dough at a time, form an even ball with circle movements between the palm of the hand and a flat surface. Place the dough on parchment paper and cover with a damp cloth for 20 minutes.

Working with one portion at a time, roll each ball out onto a flat, floured surface. They should be about 4-5 inches in diameter and ⅛ inch thick. Place the discs in an airtight bag or container and store in the refrigerator for 2 to 3 hours.

How to fill: Take out only 5 discs at a time, and a little filling. Keep the rest in the refrigerator. Place a disc in one hand or on a plate; add 1½ tablespoons of the

filling and an olive. Bring the edges of the middle together and press with your fingers. Keep pressing the edges but leave ¼ inch gap at one end. With both hands, press the salteña carefully so that the air comes out. Press tip that was still open to close. With your index finger and thumb, press the entire edge again.

To seal, press with your thumb and index finger, fold the corner over the edge into a triangle, and press again. Continue until the entire salteña is sealed. Fold the tip underneath the salteña.

Place salteñas on a greased baking tray with the seal facing upwards. Leave a space of 2 inches between each salteña. Brush each with a mixture of 1 egg white + 2 tablespoons of water.

Heat oven to 475° F. Bake salteñas for 20 minutes.

Sopa de Mani

Ingredients:

- 2 tablespoons vegetable oil
- 1 onion, chopped
- 1 tomato, skinned and chopped
- 1 carrot, chopped
- ½ cup raw peanuts
- 4 cups beef broth
- ½ cup green peas
- 1 pinch red chili powder
- 1 potato, cut into matchstick-size pieces
- 2 tablespoons chopped fresh parsley



Directions:

Heat 1 tablespoon oil in a large pot over medium heat; cook and stir onion, tomato, and carrot until tender, about 10 minutes.

Grind peanuts in a blender or food processor until it is the consistency of peanut butter. Mix peanut butter, beef broth, and peas into onion mixture; bring soup to a boil. Reduce heat and simmer for 30 minutes. Stir in red chili powder.

Heat 1 tablespoon oil in a skillet; cook and stir potato until crispy and browned, 5 to 10 minutes.

Ladle soup into bowls and top with crispy potato and parsley.

Milanesa**Ingredients:**

2 chicken breasts
2 eggs, beaten, and with a little salt
½ cup flour, salted and peppered
2 cups breadcrumbs
2 tablespoons butter, melted
2 cloves garlic, minced
2-3 lemons



Directions:

Cut chicken into slices. Flatten each piece to about twice its starting size by pounding on it on a cutting board with a mallet or cast-iron pan.

Dip each piece in flour mixture first, then coat it with the beaten egg, and finally in the breadcrumbs. Press it into the crumbs to get a thick coating.

Combine melted butter and minced garlic.

Arrange chicken in an oiled baking dish. Bake at 350° F for about 15-20 minutes. Halfway through baking, brush each piece with the garlic butter, and flip each piece. Serve hot with sliced lemon.

Cocadas**Ingredients:**

3½ cups shredded sweetened coconut

¾ cup sweetened condensed milk

2½ tablespoons cornstarch

½ teaspoon almond extract

1 teaspoon vanilla extract

¼ cup powdered sugar

**Directions:**

Preheat oven to 400° F.

In a medium mixing bowl, stir together coconut, cornstarch, condensed milk, almond extract, and vanilla extract. Let mixture sit for 3 to 5 minutes.

Using 2 tablespoons, drop by heaping rounded spoonful onto parchment lined cookie sheet about 1-inch apart. Bake for 15 to 20 minutes until lightly golden brown. Remove from oven and cool on wire rack.

Use a sifter to dust lightly with powdered sugar.

Chola Sandwich

Ingredients:

1 pork shank
2 lemons
6 cloves of garlic
4 red chili pepper pods
1 teaspoon baking soda
3 onions
15 sandwich buns
Pickled onions and carrots
Black pepper
Cumin
Tomato
Hot sauce (optional)



Directions:

Marinate the pork shank overnight in salt water and rinse the next day.

Mix seeded chili peppers with garlic, onion, black pepper, and cumin, then use it to season the pork. Rub lemon and baking soda over the pork. Let seasoned pork sit for about 10 minutes.

Bake in a 350° F oven for 1 hour.

Remove from oven and immediately cut into small pieces.

Make a salad of the tomatoes and onions.

Cut the buns in half, fill with pork, salad, pickled vegetables, and a little hot sauce.