

Ecuador Recipes

Ecuadorian Ceviche

Ingredients:

2 pounds white fish, cut into small pieces
2 red onions, finely diced
4 tomatoes, finely diced
2 bell peppers, finely diced
20 small or medium-sized limes
1 bunch cilantro, finely chopped
2 tablespoons olive oil
Salt to taste



Directions:

Place the raw fish pieces in a glass dish and cover with salt and lime juice from 10 limes; the fish should be completely covered by lime juice. Cover the dish with plastic wrap and place it in the refrigerator. Let the fish marinate in the lime juice for at least 2 hours.

Mix the onions, tomatoes, peppers, and cilantro with the juice from the remaining 10 limes and let marinate for about an hour. Once the fish is “cooked” in the lime juice, strain it and remove the liquid. Mix the fish with the lime-marinated vegetables. Add salt and oil to taste.

Espumillas

Ingredients:

8 ripe guavas

1 ½ cups sugar

2 egg whites

Garnishes: berry syrup, sprinkles and/or coconut flakes



Directions:

Peel the guavas with a vegetable peeler. Remove the seeds and keep only the meaty flesh. Put the guava pieces in a large bowl and mix with sugar until everything is pureed. Add the egg whites to the guava and sugar puree. Mix using an electric mixer until it has a stiff, creamy texture. Serve immediately in bowls and drizzle with the berry sauce and sprinkles or coconut flakes.

Fanesca

Ingredients:

1 pound salt cod, soaked for 24 hours, drained, cut into 2" pieces

1 lemon, juiced

1 cup long grain white rice

1 cup lentils

1 cup milk, plus extra as needed

¼ cup unsalted peanuts, toasted

2 tablespoons vegetable oil

1 cup yellow onion, finely diced

3 cloves garlic, minced

3 tablespoons chopped cilantro

2 cups pumpkin, cooked and cubed (reserve the water)

2 cups yellow squash, cooked and cubed (reserve the water)

2 cups lima beans, undrained

2 cups red kidney beans or pinto beans, undrained

2 cups cannellini beans, undrained



2 cups garbanzo beans, undrained
1 cup lupini beans (chochos), drained and peeled
2 cups hominy, drained
1 cup sweet corn, drained
Ground achiote or paprika, to taste
Ground cumin, to taste
Kosher salt and freshly ground black pepper, to taste
Sliced hard-boiled eggs
Chopped Cilantro
Sliced avocado

Directions:

Cook the cod fish in water and the lemon juice. Bring to a boil and simmer for 15 minutes. Remove the fish from the water and discard the water. Meanwhile, cook the rice in 3 cups of water. Set aside. Cook the lentils in 2 cups of salted water. Drain and reserve the cooking liquid. Blend the milk and peanuts and set aside.

In a large Dutch oven or stew pot, make a refrito by heating 1 tablespoon of oil over medium heat, and adding the onion, garlic, cilantro, achiote powder, and season with salt, pepper, and cumin. Cook for about 5 minutes.

Add the peanut and milk puree to the refrito and cook for 5 minutes more. Add the soggy, tender rice. Stir and mash the rice with the ladle to thicken the soup. Cook for 5 additional minutes.

Add the cooked pumpkin, yellow squash, plus 1 cup of each of the cooking liquids. Mash the squashes with the ladle to thicken the soup.

Add all the beans with the liquid, plus the hominy and corn, drained. Bring to a boil. Lower the heat to medium and simmer for 30 minutes, stirring occasionally. Meanwhile, in a skillet, heat the remaining 1 tablespoon oil and lightly sauté the cod fish pieces on all sides until golden and firm.

To serve: In a bowl, place a few pieces of the sautéed cod. Ladle some Fanesca over it. Garnish the soup with additional chopped cilantro, slices of hard-boiled eggs, or slices of avocado.

Patacones

Ingredients:

2 Large, green plantains
Vegetable oil for frying
Salt to taste



Directions:

Peel the plantains and cut cross-wise into ½” slices. In a medium-heavy pot, add enough vegetable oil to cover the plantain slices and heat the oil over medium-high heat. Add the plantain slices to the heated oil in a single layer. Fry for about 3 to 4 minutes per side. Carefully remove the plantains with a slotted spoon and place them on a plate lined with paper towels to absorb excess oil.

Let the patacones cool for 3 minutes. Place the plantains on a piece of plastic wrap and cover with another piece of plastic wrap. With a flat pot cover, press well on the pieces of plantain, flattening them to ¼” thickness. Dip each slice in salted water. Then using tongs add them back in the hot oil in a single layer and fry for an additional 3 minutes on each side.

Remove the patacones with slotted spoon and transfer them to a plate lined with paper towels to absorb oil, sprinkle with salt, to taste. Serve hot with guacamole or salsa.

Hornado

Ingredients:

6-10 pound pork shoulder
Juice of 3 limes
20-30 garlic cloves
2 tablespoons ground cumin
1 ½ tablespoons salt
½ tablespoon ground pepper
2 cups beer for marinating and 1-2 cups of beer for baking
6 ounces butter (1 ½ sticks)
2 tablespoons ground achiote or annatto seed
8-10 medium potatoes, cut in half



Directions:

Place the pork shoulder in a large bowl for marinating. Pour the lime juice over the pork. Prepare the marinade by mixing the garlic, ground cumin, salt, and pepper in a mini-food processor. You can also crush the garlic with a press and mix with the cumin, salt, and pepper.

Make several deep incisions on both sides of pork shoulder and begin stuffing the incisions with the garlic cumin marinade and rub it all over the meat. Mix the remaining garlic cumin mix with the beer and pour it over the pork shoulder and let it rest overnight in the fridge. Turn the pork once or twice. Pre-heat oven to 400° F and place the pork shoulder (with the marinade sauce) in a baking pan.

In a small saucepan, melt a stick of butter on low heat, stir in 1 tablespoon of the ground achiote, and mix well. Drizzle and brush the melted achiote butter mix all over the dry pork skin. Bake the pork for about 30 minutes. Lower the oven temperature to 350° F and bake for 1 ½ hours. To keep the pork from drying out, you will need to baste the meat with the pan sauces about every 20-30 minutes. Lower the oven temperature to 325° F.

The pan sauces might be reduced at this point, so melt the remaining ½ butter stick on low heat, mix in 2 cups of beer, plus the remaining 1 tablespoon of ground

achiote, and let it get hot but not boil. Use the mix as needed to keep the pork moist.

Continue baking and bathing for another 1 ½ hours. Add the potatoes and continue baking for another hour.