

Honduran Baleadas

RECIPE COURTESY OF MONTSERRAT MOLINA

Ingredients:

Flour tortillas

Refried beans

Crema centroamericana

Extra sharp white cheddar cheese

Italian mini sausages

Scrambled eggs

Procedure:

1. *Prepare the scrambled eggs and heat up refried beans*
2. *Heat up the flour tortilla in a pan. Heat up one side for 1 minute then flip. Add cheese to melt on the opposite side*
3. *Remove the tortilla from pan; make sure not to burn it!*
4. *Add refried beans, eggs, sausages and crema.*
5. *Fold it up and it is ready to go!*

Watch the video below to see how to make this!

Demo video by Montserrat Molina: <https://bit.ly/2HdtJp3>

Instagram: @montsemolinaaaa



Churrasco con Chimichurri

(Skirt Steak with Chimichurri sauce)

RECIPE BY ERICA DINHO

<https://www.mycolumbianrecipes.com/steak-with-chimichurri-sauce-carne-con-chimichurri/>

Steak:

1½ pounds flank steak, trimmed

Juice of ½ lime

2 tablespoons olive oil

½ teaspoon salt

¼ teaspoon black pepper

½ tablespoon ground cumin

Chimichurri:

1 garlic clove, peeled

1½ cups fresh parsley

½ cup fresh cilantro

¼ cup chopped green onions

3 tablespoons red wine vinegar

3 tablespoons olive oil

Salt and pepper

Directions:

Combine 2 tablespoons olive, ½ teaspoon salt, ¼ teaspoon pepper, ½ tablespoon ground cumin and ½ teaspoon mustard in a small bowl, mix well. Rub the steak with the marinade and place in a large bag. Seal and refrigerate for a least 3 hours or overnight.

To prepare chimichurri: Place all the chimichurri ingredients in a food processor and process until smooth. Transfer to a container.

To prepare steak: Remove steak from marinade bag and remove as much of the marinade as possible. Discard remaining marinade. Place the steak on the preheated grill and cook 5 minutes on each side for medium doneness or cook until desired degree of doneness.

Remove from grill and allow the steak to rest for 10 minutes. Slice the steak against the grain and top with chimichurri sauce.

Demo Video by Erzulie Mendoza: <https://youtu.be/BTEEpMUvIaY>

Instagram:

FaceBook:

Homemade Mexican Sopes and Green Salsa

RECIPE COURTESY OF MARIANA NAVARRETE

Ingredients list:

Ingredients for the sopes:

1 cup of MASECA corn flour (I used blue corn flour)

1/2 a cup of water (add more or less as needed)

Choice of toppings: mashed refried beans, fresh white cheese, avocado, tomato, sour cream and the salsa

Ingredients for the green salsa:

5 green tomatoes or "tomatillos"

1/4 of a white onion

1 garlic glove

If you like spicy stuff add 1 jalapeno pepper

Salt and pepper to taste

Water

Watch the video below to see how to make this!

Demo video by Mariana Navarrete: https://youtu.be/Toyd_jVOtCM

Instagram: @mariana_nv

Tortilla Española

(Spanish Tortilla – Egg and Potato omelet)

RECIPE COURTESY OF SANDRA BAIRD

<https://www.foodnetwork.com/recipes/tortilla-espanola-spanish-omelet-recipe-1924604>

Level: Intermediate

Total: 45 min

Prep: 10 min

Cook: 35 min

Yield: 8 servings

Ingredients:

Extra-virgin olive oil

5 Idaho potatoes, peeled, thinly sliced on a mandolin, and cut in half moons

1 yellow onion, finely diced

7 eggs (use 9 eggs if the potatoes are large)

Kosher salt

Directions:

Heat some oil, enough to cover the potatoes, in a large sauté pan over medium-low heat. Add the potatoes and cook, covered, until the potatoes are soft but not crispy, about 10 minutes.

While the potatoes are cooking, heat 1/4 cup olive oil in a second sauté pan over medium heat. Add the onions and cook until soft and translucent, without any color, 5 to 7 minutes.

Once the potatoes and onions are soft, strain into a large bowl and drain off as much oil as possible. Set the oil aside for use in another dish.

In another large bowl, crack the eggs and whisk well. Stir in the potato and onion mixture and season with salt.

Heat 2 tablespoons olive oil in a nonstick fry pan over medium heat. When the oil is hot, add the potato and egg mixture, reduce the heat to medium-low, and cook until the eggs are set and the bottom is golden (use a spatula to peak underneath), 7 to 10 minutes.

Place a plate over the top of the fry pan large enough to cover the surface and carefully flip over the tortilla. Return the pan to the heat, add a little more oil if necessary, slide the tortilla back into the pan with the golden side facing up, and cook until the opposite side becomes golden, about 5 minutes. Flip back onto the plate, slice, and serve.

A viewer or guest of the show, who may not be a professional cook, provided this recipe. It has not been tested for home use.

Recipe copyright Sandra Baird, 2011

Demo Video by Paige Ramsey-Hamacher: https://youtu.be/1hubf63_lIE

Instagram: @pmramsey352

FaceBook: paige.ramseyhamacher