

# DPHE FAMILY COOK BOOK

LATIN X/ HISPANIC HERITAGE MONTH  
2022



DEMOCRACY PREP PUBLIC SCHOOLS

# QUESADILLAS SYNCRONIZADAS

## **Ingredients:**

Flour tortillas  
Ham  
Mozzarella cheese  
Cotija cheese  
Sour cream  
Lettuce

## **Steps:**

In a pan put the flour tortilla  
Then once it is hot, add the mozzarella  
cheese and the ham fold the tortilla  
Then in a plate add the quesadilla and  
add the lettuce, sour cream, cotija  
cheese. Enjoy!



Submitted By Dylan Fuentes



# MEXICAN HARD TACOS

## **Ingredients:**

5 tortillas  
5 slices of cheese  
queso de freir  
Cotija cheese  
powder  
Sour cream  
Lettuce  
Oil

## **Steps:**

You can air fry or on a pan with oil

Heat the tortillas for 1 minute

Put the cheese and rolled them up with  
toothpick

Put them in the air fryer or can use the  
pan with lil oil until brownish . Let it cool  
After that put a plate with the tacos and  
spread sour cream lettuce and cotija  
cheese .



# PUERTO RICAN FLAN

## Ingredients:

1 cup sugar

5 large eggs

1 can evaporated milk

1 can condensed milk

2 tablespoons vanilla extract

8" mold or glass container

Larger pan that 8" mold will fit in comfortably, ¼ filled with warm water.

Pre-heat oven  
to 350 degrees.

## Steps:

### How to make the caramel:

Pour the cup of sugar in a saucepan and caramelize over medium-low heat stirring constantly.

Do not leave the stove and Do not let the Sugar burn.. It should be a golden caramel color.

Pour the caramel into an 8" ovenproof mold or glass container.

Make sure to coat the bottom and the sides of the mold with the caramel.

My personal preference is to caramelize the sugar in the same container I use to bake the flan in. You just have to be careful if it's glass, cook the sugar on low even if it takes longer.

### How to make the flan:

Place all other ingredients in a blender and mix until it has a smooth consistency.

Pour into the mold filled with the caramel.

Place mold into larger pan ¼ filled with warm water (baño María in Spanish). This will keep the flan from sticking to the pan, and keep the caramel from hardening.

Place in the oven at 350 degrees for 50 mins. to 1 hour.

You can check the flan by poking the center with a knife or toothpick. If they come out clean then the flan is done.

When done, take the 8" mold out of the bigger pan and let cool on a wire rack then put in the refrigerator, covered with Saran Wrap, until cold.

When cooled, loosen the edges of the flan all around with a knife.

Place a large deep dish over top of the mold and get ready to flip the flan over onto the plate. Let cool and enjoy :)



Submitted by Greyson Blanco

# AREPITAS DE YUCA

## Ingredientes:

1 yuca

2 huevos

2-3 tbsp salt

2 tsp azúcar

2 anís dulce

1 ½ taza de aceite de freír

## Steps:

Primero, se pela y lava bien la yuca. Luego, se ralla en un guallo por el lado mas fino. Después, se condimenta con 2 huevos batidos en una taza aparte. Mientras se prepara lo que falta, en un caldero de freir empiezas a calentar el aceite a nivel alto. Usando no mas de dos a tres cucharadas de sal (o a su gusto) y un toque de azúcar combinado con anís dulce, se repasa por la mezcla de yuca guallada y se separan en porciones del tamaño de su palma. Al final, se fríen individualmente.

Listo para servir



Submitted by Arianna Woodstock



# ARROZ CON GANDULES

## Ingredients:

- 4 cups of jasmine rice
- 4 1/2 cups of water
- Salt to taste
- 1 can of coconut water gandules
- 1 pack of Sazón
- 1 scoop of sofrito
- 2 scoops of Goya olives
- Cilantro leaf
- 4 cloves of garlic mashed up

## Steps:

Heat oil in a medium, heavy saucepan over medium-high heat. Add ham to pan; cook until brown, about 5 minutes. Stir in peppers and onions; cook, stirring occasionally, scraping up brown bits from bottom, until vegetables are soft and translucent, 10 minutes. Add sazón, garlic, cilantro and oregano. Cook until fragrant, about 30 seconds

Add rice to pan. Cook, stirring frequently, until coated in oil and toasted, about

1 minute. Stir in pigeon peas, tomato sauce, olives and 1½ cups water; using a wooden spoon, stir once and bring rice mixture to a boil. Cook, uncovered, until water is evaporated, about 10 minutes. Gently stir rice from bottom up.

Lower heat to medium low and cook, covered, until rice is tender, about 15 minutes. Remove saucepan from heat. Gently fluff rice with fork. Cover pan and let stand 5 minutes.



Submitted by Arianna Woodstock

# HONDURAN ENCURTIDO

## Ingredients:

White or Yellow Onions  
Goya Sazon Culantro & Achoite  
Goya Chicken Bullon  
Vinegar  
Water  
Granulated Sugar

## Steps:

Get a Bowl or Container & Fill Half Water , Half  
Vinegar

Chop Onions as Thin as Possible. Keep the Circular  
Shape

Dump Onions in Container with Water/Vinegar  
Add seasonings and sugar and mix . Taste water to  
fit your liking and leave onions setting overnight or  
2 days for great taste. Once you see onion change to  
orange completely it is ready to eat.



Submitted by Zaire Porcher

# VENEZUELAN AREPAS

## Ingredients

2 cups arepa flour, (pre-cooked cornmeal)

1 1/2 teaspoons salt

1/4 cup of mozzarella cheese

2 1/4 cups warm water

Coconut oil for frying

## Steps:

Mix arepa flour, mozzarella cheese and salt. Slowly add warm water and knead to form a dough ball.

Rest dough for about 5 minutes.

Divide dough into 6-8 pieces, roll into a ball in the palm of hands. Flatten dough to form a disk about 1/2 inch thick.

Heat Griddle or cast iron skillet with oil over medium-high heat. Add arepas and cook for about 5 minutes on each side until golden brown.

Using a knife cut arepas down the center but leaving the back ends attached. Stuffed with black beans, plantains, guacamole, jackfruit carnitas, scrambled tofu or your favorite stuffing and serve immediately.





# CARNE GUISADA

## Ingredients:

2 tsp olive oil  
1 cup scallions, chopped  
3 cloves garlic, minced  
2 small tomatoes, diced  
2 tbsp cilantro, minced  
1.5 lb beef stew meat, cut into small chunks  
1/3 cup light beer (beef broth/water can be a substitute)  
1/3 cup water  
1/2 tsp cumin  
1/4 tsp adobo, or salt  
1/2 tsp achiote, or sazon  
1 bay leaf  
salt to taste  
10 oz baby red potatoes, halved or quartered

## Steps:

In a large dutch oven or heavy pot, heat oil over medium heat. Add scallions and garlic and sauté about 2 - 3 minutes; add tomatoes, cilantro and a pinch of salt. Cook for another 2 minutes, stirring. Add beef to the pot along with beer, water, cumin, adobo, achiote, bay leaf and salt if needed.

Cover and simmer on low heat 1 1/2 hours.

Test to make sure beef is tender, if not cook another 15 minutes. Add potatoes and cook until soft, about 20 minutes depending on the size.

Perfect served over cooked rice.



Submitted by Mrs. Chilelli

