



Argentina Recipes

Chimichurri Sauce

Ingredients:

2 cups packed fresh Italian parsley leaves
4 medium garlic cloves, peeled and smashed
1/4 cup packed fresh oregano leaves (or 4 teaspoons dried oregano)
1/4 cup red wine vinegar
1/2 teaspoon red pepper flakes
1/2 teaspoon kosher salt
Freshly ground black pepper
1 cup extra-virgin olive oil

Directions:

Place parsley, garlic, oregano, vinegar, red pepper flakes, salt, and pepper (to taste) in the bowl of a food processor fitted with a blade attachment. Process until finely chopped, stopping and scraping down the sides of the bowl with a rubber spatula as needed, about 1 minute total.

With the motor running, add oil in a steady stream. Scrape down the sides of the bowl and pulse a few times to combine. Transfer sauce to an airtight container and refrigerate at least 2 hours to allow the flavors to meld. The chimichurri will keep in the refrigerator for up to 1 week.

Provoleta

Ingredients:

One 1/2-pound piece of young provolone cheese
Extra-virgin olive oil, for rubbing
2 teaspoons dried oregano

1/2 teaspoon crushed red pepper
Grilled bread, for serving

Directions:

Light a grill. Rub the provolone all over with olive oil. Grill the cheese over moderately high heat for about 2 minutes per side or until it starts to melt and grill marks appear. Transfer the cheese to a metal baking dish, sprinkle with the oregano and crushed red pepper and set the dish over the grill. Cook until the cheese has just started to melt and is browned on the bottom, about 5 minutes. Serve immediately with grilled bread.

Dulce de Leche

Ingredients:

4 cups milk
1 1/4 cups sugar
1/4 teaspoon baking soda
1 teaspoon vanilla

Directions:

Stir together 4 cups milk, 1 1/4 cups sugar, and 1/4 teaspoon baking soda in a 3- to 4-quart heavy saucepan. Bring to a boil, then reduce heat and simmer uncovered, stirring occasionally, until caramelized and thickened, about 1 1/2 to 1 3/4 hours. (After about an hour, stir more often as milk caramelizes, to avoid burning.) Stir in 1 teaspoon vanilla. Transfer to a bowl to cool. Makes about 1 1/2 cups. Serve with ice cream or with alfajores recipe below.

Alfajores

Ingredients:

1 cup cornstarch
3/4 cup all-purpose flour, plus more as needed
1 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon fine salt
8 tablespoons unsalted butter (1 stick), at room temperature
1/3 cup granulated sugar

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2 large egg yolks
1 tablespoon pisco or brandy
1/2 teaspoon vanilla extract
1 cup dulce de leche, at room temperature
Powdered sugar, for dusting

Directions:

Place the cornstarch, measured flour, baking powder, baking soda, and salt in a medium bowl and whisk briefly to combine; set aside.

Place the butter and sugar in the bowl of a stand mixer fitted with a paddle attachment. Mix on medium speed until the mixture is light in color and fluffy, about 3 minutes. Add the egg yolks, pisco or brandy, and vanilla and mix until incorporated, about 30 seconds. Stop the mixer and scrape down the sides of the bowl. On low speed, gradually add the reserved flour mixture and mix until just incorporated with no visible white pockets, about 30 seconds.

Turn the dough out onto a piece of plastic wrap and wrap it tightly. Place in the refrigerator until firm, at least 1 hour.

Meanwhile, heat the oven to 350°F and arrange a rack in the middle. Line 2 baking sheets with parchment paper and set aside.

Remove the dough from the refrigerator, unwrap it, and place it on a lightly floured work surface. Lightly flour the top of the dough. Roll to 1/4-inch thickness. Stamp out 24 rounds using a plain 2-inch round cutter, rerolling the dough as necessary until all of it is gone.

Place the cookies on the prepared baking sheets, 12 per sheet and at least 1/2 inch apart. Bake 1 sheet at a time until the cookies are firm and pale golden on the bottom, about 12 to 14 minutes. Transfer to a wire rack to cool completely. Flip half of the cookies upside down and gently spread about 2 teaspoons of the dulce de leche on each. Place a second cookie on top and gently press to create a sandwich. Dust generously with powdered sugar before serving.

Argentinean Empanadas

Ingredients:

2 cups all-purpose flour
1-2 tsp. salt
³/₄ cup butter, cut into small cubes
2 eggs

$\frac{2}{3}$ cup cold water
2 Tbsp. white vinegar
1 lb. ground beef (or turkey or chicken for a lower-fat variation)
4 hard-boiled eggs
1 cup stuffed green olive
 $\frac{1}{4}$ cup handful raisins
1 large onion
3 garlic cloves
2-3 Tbsp. ground cumin powder
1 tsp. chili pepper flakes
Salt and pepper

Directions:

Sift the flour; mix the sifted flour and salt in a large bowl.

Mix in the butter with your fingers, (best to cross cut with two knives). The flour should have an even, coarse texture, with the butter lumps no larger than a pea. Beat together the water, eggs, and vinegar in a bowl. Slowly mix into the flour mixture, until you have the desired consistency.

Place the mixture on a floured surface. Knead with the heel of your hand to bring the dough together.

Cover the dough and allow to sit in a cool place for at least an hour.

Roll out the dough until it is about $\frac{1}{8}$ of an inch thick. Cut into circles about 4-6 inches in diameter and lightly flour them.

Heat some oil in a large saucepan. Mince the onions and garlic, and add to the pan. Cook until the onions become translucent.

Add the ground meat. Break it up with a spoon and cook, stirring until lightly browned. Drain off fat.

Mix in the cumin, pepper flakes, and sugar.

Chop the hard boiled eggs and halve the stuffed olives. Carefully mix into the meat mixture along with the raisins. Add salt and pepper to taste.

Preheat the oven to 375°F.

Place 2-3 tablespoons of the filling in the center of each wrapper. Dampen the outer perimeter of the dough.

Fold over, forming a semicircle. Pinch a corner of the dough, and then fold that section onto itself. Pinch and pull out another $\frac{1}{2}$ -inch (1.2 cm) section and fold over, so that it slightly overlaps the first piece. Repeat along the length of the folded side, until you create a twisted seal.

If desired, brush the tops of the empanadas with beaten egg yolk.
Place the folded empanadas on a greased cookie sheet. Bake 15-20 minutes, or until golden brown.

Choripán

Ingredients:

Sausages of your choice (preferably Chorizo)

Small rolls

1 cup extra virgin olive oil

1 tablespoon white wine vinegar

½ cup finely chopped fresh flat-leaf parsley

¼ cup finely chopped fresh oregano

¼ cup finely chopped fresh thyme

¼ cup finely chopped yellow onion

1 tablespoon minced garlic

Kosher salt and cayenne pepper, to taste

Directions:

Combine all ingredients for the sauce and stir. Let the salsa sit for at least 5 minutes or put it in the fridge for a longer period.

Toast the bread slightly if needed.

Grill the sausages, either whole or butterflied.

Put the sausages in the bread, add the sauce.

Carbonada

Ingredients:

3 tablespoons olive oil

2 lbs. stewing beef, cut into 1-inch chunks

4 tomatoes, large, coarsely chopped

1 green pepper, coarsely chopped

1 large onion

3 garlic cloves, minced

2 bay leaves

1 teaspoon oregano

2 cups chicken stock

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3 potatoes, diced into 1-inch cubes
3 sweet potatoes, diced into 1-inch cubes
2 cups of corn
2 zucchini, diced into 1/2-inch pieces
2 peaches, peeled and cut in 1/2-inch pieces
2 pears, peeled and cut in 1/2-inch pieces

Directions:

Heat oil in heavy pot.

Brown beef in separate batches so that all of it gets cooked. Remove from the pot and set aside.

In that same pot, cook tomatoes, pepper, onion, and garlic until soft.

Add bay leaves, oregano, and chicken stock, and bring to a boil.

Return beef to the pot, and add potatoes and sweet potatoes. Cover and simmer 15 minutes, or until potatoes are almost soft.

Stir in zucchini and corn. Simmer 10 more minutes, or until vegetables are almost soft, then add the peaches and pears.

Cook 5 more minutes.

Serve hot.

