

Meal One - Nicaragua

Spotlight on Nicaragua

- Region: Latin America
- Population: 5,995,928 (July 2010 est.)
- Life expectancy at birth: 71.78 years
- Population below poverty line: 48% (2005)
- Literacy of total population: 67.5%

Local Recipes

(from *Food for Life: Recipes and Stories on the Right to Food*)

Cheese Soup with Rosquillas

Serves 8 people

Prep time: 45 minutes

Cooking time: 35 minutes

Ingredients:

- ½ lb. corn meal
- ½ lb. cheese, grated (the more cheese, the better the soup will taste)
- 2 eggs
- 3 sprigs mint
- 1 cup vegetable oil
- 1 cup hot milk
- Tomato
- Onion
- Chiltoma (sweet pepper)
- Salt and achiote to taste (achiote are annatto seeds ground and used as an almost flavorless but colorful additive. Possible substitute: 1 ½ tbsp paprika, 1 tbsp white vinegar, ¾ tsp dried oregano, 1 minced garlic clove and ¼ tsp ground cumin. Stir until well blended).
- 4 cups water

Make tortilla dough by mixing and kneading corn meal with water and half a cup of milk. The dough is ready when it no longer sticks to your hands. (Note: If using freshly ground corn, you won't need water.)

Put water in a soup pot and heat; while waiting for the water to boil, mix the tortilla dough well with the grated cheese, a little achiote and salt to taste.

Dilute a quarter of the mixture with some of the hot water, then pour it into the pot and boil for 20 minutes until it thickens. Add tomato, onion and chiltoma.

Form small rights (rosquillas) with the remaining dough and fry them in hot oil. Then drop the fried rings into the simmering soup, add two beaten eggs and cook for about five more minutes without stirring. You can then add fried onions to improve the flavor.

Add the remainder of the warm milk to the soup just before serving. The rings can be served in the soup or separately.

Gallo Pinto

(from www.nicaragua.com/recipies)

Ingredients:

- 2 tbsp vegetable oil
- 2 lrg onions – thinly sliced
- 2 cups cooked red beans
- ¼ cup water
- 1 cup cooked white rice

Cook 1 cup of dry red beans with 6 crushed cloves of garlic and water in a pressure cooker for 15 to 20 minutes. Sauté the onion in a pot. Add in the cooked beans and water. Cook for 5 minutes at a low heat whilst stirring. The beans must remain whole. Now add the cooked rice and simmer for a further 10 minutes, still stirring.

Maduros dessert

(from www.nicaragua.com/recipies)

Ingredients:

- 4 maduros (sweet bananas) peeled
- 3 cups milk
- 2 cinnamon sticks
- 2 cups sugar
- 1 teaspoon vanilla

Place maduros and milk in a bowl and boil until tender. Add the sugar, cinnamon and vanilla, boiling for another 5 minutes. Place it in a dish and bake in the oven for 30 minutes at 350°F.