

**Boston University
Presents**



Argentina

With Christine Merlo

Cooking Up Culture – Argentina

Empanadas de Humita (makes 40-50 small empanadas)

Dough:

- 6 cups flour
- 8 ounces melted shortening or lard, or vegetable oil
- 3 eggs
- 2 tablespoons sugar
- 1 cup luke warm water
- 1 teaspoon salt

Filling:

- 12 tablespoons (or 1 and 1/2 stick) butter
- 3/4 cup all-purpose flour
- 1 cups milk
- 3/4 teaspoon smoked paprika
- Salt and pepper
- 6 cups frozen corn, defrosted
- 3 tablespoons chopped flat-leaf parsley

Preheat the oven to 375.

To make the dough: Pour the melted shortening/lard or oil over flour and work gently with finger tips until mixture forms pea sized clumps. Dissolve sugar and salt into the water and combine with the eggs. Add liquid to flour and mix to form a ball. Allow the dough to rest 15 minutes then roll out and let rest and chill again for at least 30 minutes. Cut into circles and chill until ready to use.

To make the filling: Heat the butter in a saucepan over medium heat. Add the flour and cook until smooth and bubbly, about 3 minutes. Add the milk slowly while whisking constantly. Bring to a simmer, stirring constantly. Add the paprika and salt and pepper, to taste. Stir in the corn and parsley, return to a simmer. Scrape the filling into a bowl and cool completely before assembling the empanadas.

To form the empanadas: Moisten the edges of 1 of the dough circles with your finger dipped in water. Place a mound of filling in the center of the dough. Fold the filled circle in half to form a half-moon shape. Press the edge down and use a fork to make an imprint on the edge. Place on parchment lined baking sheets and bake until the empanadas are light golden brown, about 25 minutes. Cool a few minutes before serving. ***These can also be fried instead of baking them.

Adapted from the *Food Network*

Ensalada de Palmitos y Mango

Salad

- 1 can of heart of palm, drained, rinsed and sliced 1/4 inch thick disks
- 3 mangos, peeled and diced
- 1-2 English cucumbers, skin on, thinly sliced
- 2 red onions, thinly sliced
- 2 pounds mixed greens, washed and dried

Vinaigrette

Juice of 1-2 limes
1/4 cup orange juice
1 teaspoon sugar
2 teaspoons Dijon mustard
1 jalapeno, seeded and minced
1/2 cup extra virgin olive oil
salt and pepper to taste.

Make the vinaigrette by combining everything but the oil. Slowly stream in the oil to emulsify. Add salt and pepper – set aside. Combine all of the salad ingredients...dress and mix well.

Asado de Bife

Steak – any cut you like: flank, skirt, sirloin, etc.
Olive oil
Salt and Pepper

Heat the grill. Rub olive oil all over the steak and season it on both sides with salt and pepper. Allow it to rest at room temperature for 30 minutes. Place the steaks on the grill and cook to your desired doneness. Allow it to rest for 15 minutes before slicing. Serve with Chimichurri Sauce.

Chimichurri Sauce

3/4 cup lemon juice or red wine vinegar
1 cup extra virgin olive oil
2 tablespoons garlic, minced
1 cup flat-leaf parsley leaves, chopped fine
1/2 cup cilantro leaves, chopped fine
Salt and pepper to taste

Mix all of the ingredients together in a bowl. Allow it to sit at least 15 minutes before serving. Taste and season again with more salt and pepper. Serve with grilled meats.

Torta con Dulce de Leche

2 cups flour
2 teaspoons baking powder
1 1/2 teaspoon salt
6 eggs, room temperature, separated
1 1/4 cups sugar
1/2 cup milk
1 tablespoon vanilla
1 14-ounce can sweetened condensed milk
1 12-ounce can evaporated milk
1 cup heavy cream
1 can dulce de leche (recipe below)

Heat the oven to 350 degrees. Grease and flour a 9x13 inch cake pan and set aside.

Sift the flour, baking powder, and salt in a bowl and set aside. Put the egg whites into a large bowl of a mixer and beat on medium until soft peaks form, about 2 minutes. While the mixer is running, add the sugar and continue to beat again until soft peaks form. Add the egg yolks, one at a time, beating well after each addition. Alternately add the flour mixture and the milk in 3 parts, beating until smooth after each addition. Add the vanilla and beat well.

Pour the batter into the baking pan and bake until done and golden brown – about 30 minutes. Allow to cool for 30 minutes.

In a bowl, whisk together the sweetened condensed milk, evaporated milk, and heavy cream. Poke holes in the top of the cake all the way down to the bottom on the pan. Pour the milk mixture over the warm cake and allow it to cool.

Cover the cake in plastic wrap and place in the fridge until the liquid has absorbed. Spread the top with dulce de leche and serve.

Adapted from *Saveur Magazine*

Dulce de Leche

2 cans sweetened condense milk

Remove the labels from the cans. Place the cans in a saucepan and fill with water to cover completely. Place the saucepan on the stove and bring to a boil. Turn down the heat and allow the water to simmer for 3-4 hours. Add more water to the pan to insure the cans remain covered in water the entire time.

Remove and carefully open the cans...the milk should be caramelize and pourable.