



T E M P L E
E M U N A H

Dinner and a Movie

Sunday, January 10, 2016

Jews of Ecuador

Film: An Unknown Country

Recipes

Pollo En Salsa De Almendra (Chicken in Almond Sauce)

By Brian Holley on June 08, 2010

Prep Time: 10 mins

Total Time: 1 hr 10 mins

Servings: 4-6

Ingredients

- 1 chicken, cut into large pieces
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 ounces butter
- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 4 mixed mushrooms, quartered
- 5 fluid ounces dry sherry
- 10 fluid ounces chicken stock
- 4 ounces frozen peas
- 4 ounces almonds, ground
- 1 tablespoon parsley

Directions

1. Mix the flour, salt, and pepper together and coat the chicken pieces with it.
2. Save the left over flour to make the sauce with.
3. Melt the butter in a pot with the olive oil.
4. Fry the onion, garlic and mushrooms till softened. Remove and set aside.
5. Place the chicken pieces in the butter/oil and fry till golden brown all over.
6. Remove the chicken and set aside.

7. Add the remaining flour to the pot and cook for 1 minute, stir in the sherry and stock, stir to make the sauce.
8. Replace the onions and chicken to the pot, make sure that the chicken is JUST covered with liquid, add more stock if needed.
9. Partially cover the pot, reduce the heat and cook till chicken is tender.
10. Add the peas, parsley and almonds. Stir to blend all together.
11. The sauce should be fairly thick. If it is too liquid, remove the lid and boil for a few minutes.
12. Serve.

Pescado encocado

(Fish with Coconut Sauce)

Yield: For 4-6 people

Pescado encocado or fish with coconut sauce is an Ecuadorian coastal dish of fish seasoned with citrus and spices and then cooked in a sauce of cilantro, onions, tomatoes, bell peppers and coconut milk.

Ingredients

- 2 ½ lbs halibut or any other fresh fish, cut in medium size chunks
- ¼ cup lime juice, from about 2 limes
- Juice from 2 oranges
- 4 garlic cloves, crushed
- 1 tsp cumin powder
- 1 tsp paprika
- 1 tsp ground coriander seeds
- 2 tbs sunflower or olive oil
- 1 medium sized onion, diced
- 2 bell peppers, diced
- 4 roma tomatoes, peeled and chopped
- 14 oz can of coconut milk
- 3 tbs cilantro, finely chopped
- Salt to taste
- Side dishes:
 - Ecuadorian style rice
 - Fried ripe plantains

Directions

1. Mix the lime juice, orange juice, crushed garlic, cumin, paprika, coriander powder and salt in a small bowl.
2. Marinate the fish chunks for 1 - 2 hours.

3. Heat the oil to prepare a refrito or base for the sauce, add the diced onions, tomatoes, bell peppers and salt, cook for about 5 minutes on medium heat.
4. Add the coconut milk to the refrito, mix it in well and cook for about 10 minutes, if you prefer a thicker sauce you can thicken the sauce by adding ½ tsp of tapioca starch or corn starch.
5. Add the fish fillets, cover partially and let simmer for about 20-25 minutes.
6. Sprinkle with cilantro and serve with rice and fried ripe plantains.

Platanos maduros fritos

(Fried ripe plantains)

Yield: 5-6 plantains slices per plantain

Easy recipe for fried ripe plantains or platanos maduros fritos, a must-have side dish for so many Latin dishes.

Ingredients

- 2 ripe plantains
- 1-2 tbs oil for frying, can use avocado, sunflower, peanut oil
- OPTIONAL: Cheese for sprinkling or melting on top: You can use quesillo, queso fresco or feta if you want to experience the saltiness contrast with the sweetness of the plantain. Other options include grated mozzarella, monterey jack, or fontina if you prefer the yummy gooiness of melted cheese

Instructions

1. Wash and peel the plantains
2. Slice the plantains, the best way to slice them is either diagonally or cut the plantain in half and slice lengthwise. The plantain can also be sliced lengthwise full size, but the smaller diagonal or half slices are easier to manage.
3. Heat the oil over medium heat in a large frying pan and add the plantains
4. The plantains will cook very quickly, make sure to turn them before they burn and cook until golden on each side. You can use a spatula or a fork to turn them. If the plantain flesh is still pink or white it means that it is not yet fully cooked.
5. Place the cooked plantains on a paper towel to drain any excess oil.
6. Serve warm

Moros Y Cristianos

(Rice Cooked in Black Beans)

BY LOURDES CASTRO MAY 2011 LATIN GRILLING

Yield: Serves 8 to 10

Ingredients

- 4 cloves garlic, peeled
- 3 teaspoons salt
- 4 tablespoons olive oil
- 1 onion, finely chopped (about 1 cup)
- 1 green pepper, seeded and finely chopped (about 3/4 cup)
- 1 bay leaf
- 1/4 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1 1/2 cups long-grain white rice
- 2 (15 1/2-ounce) cans black beans, not drained
- 1 3/4 cups water
- 1 tablespoon red wine vinegar

Preparation

1. Mash the garlic
2. Put the garlic on a cutting board and sprinkle 1 teaspoon of salt over the cloves, let it sit for a few minutes, and mince it into a paste with a knife. Set aside.
3. Sauté the vegetables and rice
4. Add the onion, green pepper, and garlic paste and sauté until the vegetables are limp and translucent, about 5 minutes. Add the remaining 2 teaspoons of salt, the bay leaf, cumin, oregano, and rice and stir for 1 minute until well mixed and all the rice is coated in oil.
5. Add the beans, simmer, and serve
6. Add the beans and their liquid, along with the water and vinegar, to the pot. Cover and bring to a boil, then reduce to a simmer. Cook for 35 to 40 minutes, or until all the water has been absorbed by the rice. Allow the covered pot to sit off the heat for 5 minutes. Fluff the rice with a fork and serve.

Cooking notes

Canned black beans

If you do not want to use the liquid from the canned black beans, just add an extra 1/2 cup of water with the drained and rinsed black beans.

Cooking the rice

Rice requires a specific amount of liquid to cook properly. Because onions and green peppers can contribute a considerable amount of liquid to a recipe, a volume measure for each is given. While the measurements are approximate, making sure the chopped vegetables are close to these amounts will ensure that the rice cooks properly. Advance preparation

You can prepare the recipe in its entirety the night before with very little effect on the taste and texture of the dish. However, you will want to warm the dish before serving. This can be done in the microwave or on the stovetop. Just sprinkle about 1/4 cup of water over the rice to make sure it does not dry out when reheated

A lot of Ecuadorian main dishes use arroz amarillo or yellow rice as a side dish, this is cooked the same way as below, just add ground achiote or annatto seed when cooking the onions. You can add paprika or saffron if you don't have achiote available.

Ingredients:

- 2 cups of uncooked white rice, I like to use long grain rice (sorted and rinsed if needed)
- 2 tbs oil or butter
- 2 tbs minced or finely chopped white onions
- 2 ¼ cups water
- Salt to taste (add the salt when you add the water and the water should taste like a lightly salted broth, for a lightly salted rice I add about 1/4 teaspoon of salt)
- Optional – 1 garlic clove, minced
- For arroz amarillo: ½ teaspoon of ground achiote or annatto

Preparation:

1. Heat the oil or butter on medium temperature in medium sized saucepan.
2. Add the minced onions and garlic (and achiote if making arroz amarillo or yellow rice), cook until the onions are translucent or soft, about 2 minutes.
3. Add the rice and stir it in so that it is well coated by the oil, add the water and bring it to a boil.
4. Let the water reduce until it barely covers the rice, cover with a lid, reduce the temperature to low, and cook for about 20-25 min.

Cauliflower salad with spicy shallot vinaigrette

Yield: For ~4 people

Cauliflower salad with a spicy shallot vinaigrette made with Anaheim pepper, jalapeño, shallots, champagne vinegar, olive oil, garlic and cilantro.

Ingredients

- 1 medium sized cauliflower, washed and cut into florets

Spicy shallot vinaigrette:

- 2 garlic cloves
- 1 Anaheim pepper
- 1 jalapeño or red fresno chili (or Serrano peppers), adjust to taste – remove seeds/veins for less heat
- 2 medium shallots
- Juice from 1 lime
- 1 tbs champagne vinegar (can also use apple cider vinegar)
- 2 tbs water
- 3 tbs olive oil
- 2 tbs finely chopped cilantro
- Salt to taste

Instructions

1. Bring water to boil and add the cauliflower, boil for 1-2 minutes. Drain.
2. To make the vinaigrette combine the garlic, Anaheim pepper, jalapeño, shallots, lime juice, vinegar, water and olive oil in a mini food processor and pulse until all the ingredients are finely minced.
3. Toss the cauliflower with the vinaigrette and salt to taste. Can be served immediately or chilled until ready to serve.
4. Sprinkled with the chopped cilantro right before serving.

Chocolate Cake

Lexington Chabad

Ingredients and Directions

1. Beat with a whisk:
 - 4 eggs
2. Slowly add:
 - 1 c. oil
 - 2 tsp. vanilla
3. Sift together:
 - 3 c. flour
 - 2 ½ tsp. Baking Soda
 - 2 ½ c. sugar
 - 1 c. cocoa
4. Add dry ingredients to eggs alternating with:
 - 2 c. orange juice
5. Bake in a greased 9x13 pan, at 350 for about 45 min.