

Milwaukee Area Technical College
West Allis campus

ESL Level 2 - afternoon class
Spring semester 2015

Our Recipes

Name: Claribel Mota-Jaime

This is a recipe for “Pastelón de Amarillos o Plátano maduro” (*ripe bananas*)



Ingredients:

- 6-8 large ripe bananas
- 1 lb. ground beef
- 1 ½ -2 cups water
- Tomato sauce for pasta
- Tomato sauce for cooking
- Butter
- Grated cheese
- Cooking oil
- Chicken flavor bouillon
- Sofrito Homemade (garlic, onions, green peppers, sweet peppers, cilantro and oregano)
- Adobo (seasoning with coriander and annatto)
- Olives and capers

Instructions:

1. In a deep bowl take the raw ground beef and stir.
2. Add *Adobo* and *Sofrito* homemade to the meat (garlic, onions, green peppers, sweet peppers, cilantro and oregano), to taste.
3. After adding adobo, sauce and meat; in a medium sauce pan or pot, add a tablespoon of cooking oil.

4. Heat oil over medium heat.
5. Pour two to three tablespoon of tomato sauce for cooking, chicken flavor bouillon, olives and capers and finally ground beef (pre-seasoned) into the pot.
6. Mix together, cover the pan and wait 5-10 minutes the meat is browned.
7. After the meat is caramelized and becomes brown, add 1^{1/2}-2 cups water.
8. Stir it with a spoon and cover the pot or pan.
9. Allow to cook for 15-20 minutes at medium heat.
10. Check the meat until the water evaporates or becomes quite dry.
11. Peel the plantains.
12. In a skillet, add enough oil and heat on medium to high.
13. When the oil begins to bubble, it is quite hot, put the slices of plantain.
14. Fry them until golden brown on both sides.
15. After frying plantains, place several pieces of paper towel on a flat dish to remove excess oil.
16. In a medium or large glass mold or put butter or tomato sauce for pasta.
17. Place the butter or pasta sauce until it covers the mold base to prevent that first layer or floor ripe bananas sticking to the mold.
18. Arrange the first layer or ripe bananas next to each other horizontally and vertically, until it covers the bottom of this.
19. Add the ground beef until it covers the first layer.
20. Then place a second layer of ripe plantains, sauce and meat.
21. Repeat the same process; place the third layer of ripe bananas, sauce and meat.
22. If you only want three layer, top with meat that last layer of ripe bananas and finally cover with grated cheese.
23. You can bake or heat in the microwave to melt the cheese.
24. You can accompany "*Pastelón de Amarillos*" with salad or rice and beans.
25. *You are ready to serve and enjoy!*

**Note:* The number of layers of ripe banana you want to add is your option. You can replace the tomato sauce for pasta for green beans. It also depends on the type of glass mold you choose. If you do not really like the sauce for pasta, don't add it to all layers. It may be a layer if the other does not, or only on the top layer.

Wendell Feitoza

Pickled Beets

Ingredients:

2 pounds of beets.

1 yellow onion, sliced.

3 cups of sugar.

12 cloves.

2 cinnamon sticks.

2 tbsp. of garlic cloves.

3 cups of white vinegar.

1 tbsp. of salt.

1 tbsp. of black pepper.

Half gallon of water.

Instructions:

Cook the beets in water by 1 hour and 40 minutes, wait for it to cold, peel and cut into thin slices or cubes and reserve.

In a pan put half gallon of water and all the other ingredients: Sugar, cloves, cinnamon, garlic, vinegar, salt, black pepper and cook for 15 minutes, then place the sliced beets in this sauce, add an onion sliced and serve next day.

This recipe can be used for up to 4 weeks.

Name: Elisa Prado

This is a recipe for chicken salad with apples and pineapple.

Ingredients:

- 4 chicken breasts
- 4 slices of pineapple
- 2 apples
- 2 cans of corn
- 1 lettuce
- 1 tablespoon oil
- Pink sauce or ranch dressing
- Salt
- Pepper

Instructions: Marinate the breasts for 10 minutes, and cook them in a griddle with oil, about 15 minutes. Then cut the breasts in small pieces. Let them cool, wash the lettuce, and cut the lettuce, pineapple, and apples in small pieces. Mix the lettuce, corn, apples, and pineapple in a salad bowl, add the chicken and the pink sauce and mix all together. This is ready to serve.

Araceli Fierro

This is a recipe for Italian Winter Vegetables

Ingredients:

- 2 cups of water
- 1 cup of broccoli
- 1 cup of cauliflower
- 2 sliced zucchini
- 1 small onion, chopped
- 3 stalks celery, cut into pieces
- 1 can tomato sauce, 8 oz
- 2 teaspoons basil

- 1 teaspoon salt
- 1 pack of 1 pound pasta of any kind, cooked

Instructions:

1. Put a cup of hot water in a pan.
2. Add vegetables and cook for 5 minutes.
3. Add the tomato sauce, the remaining water, the basil, and salt.
4. Simmer until heated.
5. Serve with cooked pasta.
6. Refrigerate leftovers.

Name: Mariela Ostos

This recipe is for: Vegetable salad

Ingredients.

1 chicken breast

1 can of vegetables

Mayonnaise

Instructions:

Cook the breast and shred.

In a bowl put vegetables, shredded breast, mayonnaise and mix them together.

Name: Yanhong Ruan

This is a recipe for ham and eggs fried rice

Ingredients:

- 2 eggs
- Some ham
- Some plain cooked rice
- Green onions

Instructions: Break the eggs into a bowl, beat the eggs and chop the ham and the green onion. Heat the skillet, heat the oil in the skillet, pour the eggs into the skillet, and cook it a few minutes. Put the eggs on a plate. Heat the oil in the skillet, put the ham into skillet and cook the ham a few minutes. Add the eggs and plain cooked rice to the ham and cook the mixture three to five minutes more. Put the fried rice on a plate. Enjoy your fried rice!

GHADA ABUSNENEH

This is recipe for *Kebabs*.

Ingredients:

- 2 lb. ground beef
- 1 lb. tomatoes.
- 3 onions.
- 1 tbsp. of black pepper.
- 1 tbsp. butter
- 1 tbsp. salt.

Instructions:

Chop tomatoes and onion, add butter, salt, and black pepper and beef.

Mix well.

Make the meatballs.

Put them in oven for an hour.

Ivette Perez

MILK RICE PUDDING

Ingredients: 2 L of water

200 g of rice

A can of condensed milk

A can of evaporated milk

1 cinnamon stick

1 teaspoon vanilla extract

¼ cup sugar

Finely grated rind of 1 lemon

Instructions: Place milk, water, vanilla, cinnamon, lemon rind and sugar in a bowl. Bring to the boil over medium high heat. Stir in rice, then reduce heat to low and stir occasionally for about 50 minutes. Remove from heat, cool to room temperature then refrigerate for 2 hours and enjoy it.

Jose L Mendez

This is recipe for Guacamole

Ingredients:

4 ripe avocados peeled, stoned and chopped

4 scallions finely chopped

2 limes .juiced

¼ cup chopped fresh cilantro leaves

Instructions:

Mash the avocado with the scallions.

Add the juice of up to 2 limes to taste. Stir in most of the cilantro and turn into 2 bowls.

Sprinkle each with the remaining cilantro.

Divide the sour cream into another 2 bowls.

Dust with a little paprika.

Into another pair of bowls add the grated cheddar so that people can take clumps and add the tangy cheese to their plates of guacamole.

Add sour cream to the chili.

Name: Veronica Cerda.

This is a recipe for: cupcakes

Ingredients:

1 cup of butter.

1 cup of sugar.

2 eggs.

1 tbs. vanilla extract.

1/3 c. of milk.

1 1/3 c. of flour.

1 tbsp. of baking powder.

Instructions:

Preheat your oven to 350°.

Cream the sugar with the butter and the eggs, vanilla and baking powder and mix.

Add the dry ingredients to the milk and mix.

Finally bake for 20 min.

Lianet Toledano

Black beans

Ingredients:

1 lb. can black beans

1 small onion

1 head of garlic

½ pepper

1T fresh cilantro

1T salt

½ T sugar

1 T vinegar

Instructions: In a medium saucepan, combine beans, onion, garlic and pepper and other spices. Cook for 45 minutes. Reduce heat to medium-low. Season with cilantro, salt, sugar and vinegar. Simmer for 10 minutes and serve .

Name: Yeng Vang

This is a recipe for: Fry rice

Ingredients:

One carrot.

One onion.

One fourth cup of green beans and corn.

One egg.

One tablespoon fish sauce.

One tablespoon soy sauce.

Two tablespoons oyster sauce.

Two cups of rice.

Green onion.

Instructions:

Chop the carrots and the onion. Turn on the gas to medium. Put a little oil in the skillet. Add the onion and stir the onion about one minute. Add the carrots, green beans and the corn to the onion and stir the vegetables about one to two minutes more. Add eggs and rice to it. Add the fish sauce, soy sauce and oyster sauce. Stir the rice about five to six minutes more. Add the green onion to it, and stir the rice about one minutes. Put the fry rice on a plate.

Name: VUE

This is a recipe for Noodle Bowl

Ingredients

3 quarts packaged or canned vegetable stock or chicken broth.

2 pounds chicken tenders cut into bite size chunks

1 chicken breast cut for stir fry

2 scallions cut into bite size pieces

2 shredded carrots

2 large mushrooms

1 pound peas and snow peas

1 chopped fresh cilantro

1 chives for garnish optional

Instructions:

Heat 2 quarts of vegetable or chicken broth to a boil in a soup pot. In a separate pot cook linguini according to package and dry.

Add chicken to boiling broth. Poach chicken 5 minutes in broth. Ladle soup into 2 deep bowls. Equally distributing broth and chicken, divide veggies into 2 equal amounts and place into the bowls. Divide cooked fresh pasta into 2 equal amounts and place into the bowls. Cover bowls and allow to sleep for 4-5 minutes. Gently incorporate noodles up from the bottom of each bowl and serve. Use oversized spoons to drive the noodles up to your mouth. You might need a bib but you will have fun. Noodle bowl may be garnished with cilantro, peanut and chives for extra.

Sengsavang

Fried rice

Ingredients:

1 lb rice (steamed rice)

2 tbsp oil.

2 cloves of garlic.

3 eggs.

1 onion

1/5 tbsp salt and black pepper.

2 tbsp tomato sauce.

Instructions:

-Steam rice.

-Turn on the gas to medium.

-Put a little oil in the skillet.

-Add the garlic and onion for 1 minute

-Add rice, salt, black pepper and tomato sauce

-Stir for five minutes. It's mixed

Put it on plates.

Thank you.

Martina Espinoza

Potato Salad

Ingredients:

3 White Potatoes

2 Hard Boiled eggs

3 Celery sticks
1 cup Mayonnaise
½ cup Mustard
½ cup cut Pickles
1 tbsp salt
2 tbsp black peppers

Instructions:

Cook the potatoes and eggs,

Wash the celery and cut into small pieces. Dice the pickles too.

Cut the diced potatoes, and eggs too.

Put in the bowl, potatoes, eggs, celery, pickles, mayonnaise, salt, black peppers. Mix and put on plates.

Serves 4 People

JESUS LOPEZ

PESCADO A LA CHORRILLANA

INGREDIENTS:

6 White fish fillets
4 Tablespoons of oil
2 Slices of onions
3 Slices of tomatoes
1 Slice of chili
3 Cloves of crushed garlic
Salt, pepper, and oregano to taste

2 Tablespoons lemon juice

Flour, amount needed to flour fish fillets

PREPARATION:

Sprinkle fish fillets with salt and pepper. Flour them and fry in hot oil.

Fry onions in oil, garlic, tomatoes, chili; season with salt, pepper and oregano.

Place the fillets in a pan and simmer a few minutes.

Sprinkle with a little lemon juice and serve with rice.

Dena Abramowitz

Noodle kugel recipe

12 oz cooked wide egg noodles

4 eggs, beaten

2 very large onions,

4 T oil for sautéing onions

2 T olive oil for the pan)

1 ½ t. salt

1 t. pepper

Instructions:

Preheat oven to 400°. Chop the onions and sauté them in olive oil until they're soft. Then mix all the ingredients in a large bowl. Put 2 T oil in 13 x 9 baking pan and heat it in the oven for about 5 minutes. Add noodle mixture to the pan and return to oven immediately. Bake for 45 minutes. You can eat this hot or cold.
