COOKBOOK · 83 RECIPES FROM 17 COUNTRIES

Kitchens of the Americas

From Canada to Chile


CHIMICHURRI


PASTEL DE CHOCLO


SANCOCHO


GUACAMOLE

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Large print edition
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Every recipe here is written for an ordinary home kitchen, in large print, with the story of the dish. Measures are as cooks in each country use them; taste as you go.

Tick the ingredients as you shop: every list has boxes.

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SOUTH AMERICA

Argentina

Argentine food is built on beef from the Pampas and on the cooking of millions of Italian and Spanish immigrants, with older Andean dishes of corn and squash in the northwest. Breakfast is light: coffee with milk and a few croissants called medialunas. Sunday family lunch, often an asado or a big plate of pasta, is the most important meal of the week. In the late afternoon comes the merienda, coffee or mate with something sweet. Dinner is eaten late: in Buenos Aires, restaurants fill up from about half past nine in the evening.

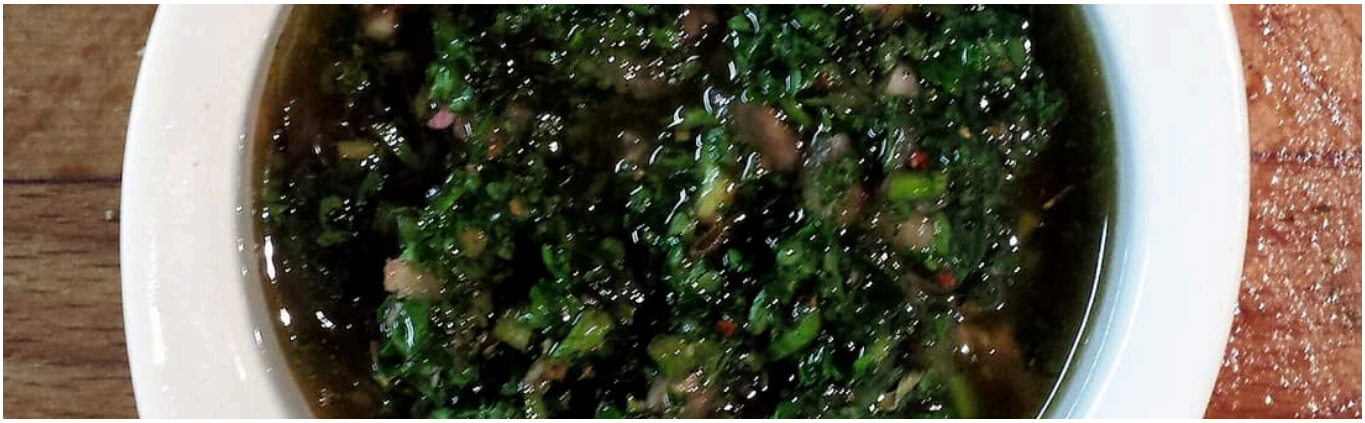


Photo: Dominic Lockyer, CC BY 2.0

ARGENTINA · SIDE

Chimichurri

SERVES 6 15 MIN ARGENTINA, NOW USED ALL OVER THE REGION

An uncooked green sauce of finely chopped parsley, garlic, oregano, chilli, oil and vinegar, spooned over grilled meat.

You need

- [ ] A large bunch of flat-leaf parsley, leaves only, very finely chopped
- [ ] 4 garlic cloves, crushed
- [ ] 2 teaspoons dried oregano
- [ ] Half a teaspoon of dried chilli flakes
- [ ] 4 tablespoons red wine vinegar
- [ ] 125 ml olive or sunflower oil
- [ ] Salt and black pepper

Method

1. Put the parsley, garlic, oregano and chilli in a bowl.
2. Add the vinegar, a good pinch of salt and some pepper, and stir.
3. Pour in the oil and mix well.
4. Leave it for at least 30 minutes so the flavours blend. Serve with grilled beef, sausages or bread. It keeps for 2 to 3 days in the fridge.

Did you know? Nobody knows for sure where the name comes from. One theory links it to a Basque word meaning a mixture of things in no particular order.