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Soups

1. Bahia Black Bean Soup

INGREDIENTS:
- 1 onion
- 1 red or yellow bell pepper, finely diced
- 2 garlic minced garlic cloves
- 1 tbsp. olive oil
- 3 15 oz. cans black beans, drained
- 2 cups of stock
- 1 ½ tsp. oregano
- 1 yellow chile, seeded and chopped
- 1 jalapeño, seeded and chopped (brave souls leave the seeds)
- 1 15 oz. can whole tomatoes with liquid or 18-oz can sauce
- ½ lime, squeezed for juice (critical)
- ¼ cup sherry (or red wine)
- Fresh cilantro (1 ½ tbsp. if fresh isn’t available)

DIRECTIONS:
1. Sauté onion, bell pepper and garlic in oil until onion is translucent. Add beans, stock and oregano. Heat thoroughly.
2. Seed and chop yellow chiles and jalapeño and put into blender. Add lime juice and tomato. Purée to finely mince the chiles.
3. Add black bean mixture to blender (in batches) and purée. When everything is puréed, return it to the soup pot. Simmer at least 1½ hours.
4. Add wine and fresh cilantro to taste.

Garnishes: Rice, grated cheeses, diced onion, salsa, sour cream, plain yogurt, grilled sausages.

If you find the soup too heavily flavored by the tomatoes, merely back down on the amount of tomato and increase the stock proportionately.

2. Black Beans, Frijoles Negros

INGREDIENTS:
- 2 pounds of dried black or red beans
- 1 Spanish onion
- 1 green bell pepper
- 6 minced garlic cloves (add garlic two minutes after onions are browning)
- 1-2 T olive oil
- ½ to a whole jalapeño pepper (tastes vary)
- Juice of one lime
- ½ cup of red wine
- 2 smoked turkey legs (meats of your choice can be substituted)
- 1 tbsp. cumin
- 1 tbsp. coriander
- ½ bunch finely diced cilantro, ~4 tbsp.

DIRECTIONS:
1. Rinse in water, watching for small pebbles. Cover with water; boil for 5 minutes, turn stove off and let rest for 1½ hours.
2. Drain beans and add to large soup kettle.
3. In skillet combine Spanish onion, green bell pepper, olive oil, jalapeño pepper, minced garlic cloves (add garlic two minutes after onions are browning) and sauté over medium low burner.
4. Sweat the onions until translucent and add entire mixture to beans.
5. To the beans, now add juice of one lime, red wine, smoked turkey legs (meats of your choice can be substituted), cumin, coriander and cilantro.
6. Crack a whole bunch of pepper corns over the beans but go gently, testing along the way.
Optional:

1. Add 2 14 oz. can of diced tomatoes (or fresh, if available) or diced tomatoes/chiles.
2. Cover beans with water (to a level ½" above the beans) and simmer until tender -- 1½ - 2 hours. Keep an eye of water level and at the end, remove lid to simmer away water to consistency preferred.
3. Ladle over rice, add hot sauce to taste, adding chopped onions. Serve with a side salad of thinly sliced cabbage, topped with a huge slice of tomato, olive oil, and vinegar. Separate into smaller containers. Beans hold well in freezer for up to six months.

3. Groundnut Stew

INGREDIENTS:

- 2 onions
- 10 small tomatoes, chopped
- 2 bunches kale, shredded
- 5 cups veggie stock
- Chili powder to taste
- 1 cup peanut butter (you can add as much as you like)

DIRECTIONS:

1. Sauté two onions until they're nice and soft (do that over fairly low heat so they don't brown), then add chopped tomatoes and cook for 5 minutes more.
2. Add 5 cups vegetable stock or water.
3. Add kale and peanut butter.
4. Add chile powder and salt to taste.
5. Cook 15 minutes or so until it tastes done.

4. Groundnut Soup

SERVES 6

INGREDIENTS:

- 4 oz. peeled and roasted peanuts*, just under 1 cup
- 5 cups chicken stock
- Salt, freshly ground pepper. Add salt last
- Hot sauce, adding to taste
- 1 cup heavy cream, or evaporated milk
- 1 tbsp. Angostura bitters
- Dry sherry or vermouth (optional)
- Croutons or chopped chives

*Peanuts are often referred to as groundnuts in the English-speaking islands.

DIRECTIONS:

1. Put the peanuts and enough chicken stock to cover in an electric blender and blend on high speed to a smooth paste
2. Pour into a heavy saucepan, add the rest of the stock
3. Season to taste with salt and pepper and hot pepper sauce
4. Cook over low heat, stirring from time to time, for about 15 minutes
5. Stir in the cream and cook, stirring, until heated through.
7. Garnish with croutons and serve hot or chill and serve sprinkled with chives.

A tbsp. of dry sherry or dry vermouth may be added to each serving.

It may also be used as a great base for a curry.
5. Sopa De Caracol

INGREDIENTS:
- ¾-1 lb. conch cut into large chunks (substitute large clams, scallops, or any sweet shellfish)
- 6-8 cups chicken bullion
- 3 cups coconut milk
- 3 cloves minced garlic
- 2 minced chiles (use your own judgment here)
- 2 tbsp. chopped fresh cilantro
- ½ tsp. minced ginger
- ½ tsp. cumin
- 1 diced carrot
- 1 diced medium sized onion
- 1 diced medium sized tomato
- Salt to taste

DIRECTIONS:
1. Put bouillon in stockpot on high heat and turn down to simmer once it boils.
2. Add diced veggies, cover and let simmer for 10 minutes.
3. In a pan, sauté the garlic, chiles and ginger in a little oil on medium heat until garlic turns translucent (30 sec.).
4. Add conch meat and sauté for 2 minutes, and then turn off heat.
5. Add meat to stockpot along with the coconut milk and cumin.
6. When liquid begins to simmer, turn off heat, add the cilantro and serve.

6. Spicy Peanut Soup

INGREDIENTS:
- 2 tbsp. vegetable oil
- 1 large onion, finely chopped

7. Tahini Soup

INGREDIENTS:
- 2 tbsp. olive oil
- 4 cloves garlic, minced
- 1 onion finely chopped
- 2 tsp. cumin
- 2 tsp. ground coriander
- 5 cups veggie stock
- 12 oz. potatoes
- 15 oz. can garbanzos (chick peas)
- 1 tbsp. cornstarch
- 2/3 cup heavy cream
- 6 tbsp. tahini (ground sesame paste)
- 7 oz. spinach, shredded
- Salt, pepper, chile powder
DIRECTIONS:

1. Heat olive oil in large, heavy pan.
2. Add garlic and onion and cook over medium heat, stirring occasionally, for 5 minutes until soft.
3. Stir in the cumin and coriander and cook for 1 more minute, then add stock.
4. Add the potatoes. Bring to a boil, lower heat and simmer 10 minutes.
5. Add chickpeas (drained) and simmer 5 minutes more.
6. Mix cornstarch, cream and tahini in a bowl.
7. Stir in more seasonings and the spinach.
8. Bring to a boil, stirring constantly, and then simmer for 2 minutes.
9. Sprinkle with cayenne pepper and serve.
Chicken

8. Bay Island Mango Glazed Chicken

**INGREDIENTS:**
- one whole chicken
- 4 medium sized mangoes
- 1 to 2 tsp. dried thyme
- 3 to 4 tbsp. sherry
- 2 cloves minced or crushed garlic
- salt and pepper to season chicken

**DIRECTIONS:**
1. Season the chicken with salt and pepper, place in roasting pan.
2. Peel mangoes, slice off flesh and purée in blender with thyme, garlic and sherry.
3. Ladle over chicken and bake at medium heat.

9. Boiled Chicken

**DIRECTIONS:**
1. Put skinned chicken in water that ½ way covers the chicken.
2. Add onion, green pepper, garlic, cilantro (optional), especias, and chicken cubes.
3. Cook chicken for 1-2 hours on stovetop.
4. Can add ketchup to the water when done cooking to make a salsa for the chicken.
5. Serve with rice.

10. Chicken Chile

**INGREDIENTS:**
- 1½ cups onion
- 1 cup green pepper
- 1 jalapeno
- 3 cloves garlic
- 2 tbsp. chile powder
- 2 tsp. cumin
- ½ tsp. oregano
- 4 cups raw chopped chicken
- 1 cup water
- ½ tsp. red pepper
- 12 oz. bottle chile sauce
- ¼ tsp. black pepper
- 1 tbsp. Worcestershire sauce
- 1 tbsp. Dijon mustard
- 14 oz. can chopped tomatoes
- 1 can chicken broth (or a couple bouillon cubes in water)
- 1 16 oz. can Northern white beans

**DIRECTIONS:**
1. Heat 3 tbsp. of oil.
2. Sauté the onion, green pepper, jalapeno, and garlic for 5 minutes.
3. Add chile powder, cumin, and oregano then cook two more minutes.
4. Add chicken, water, red pepper, chile sauce, black pepper, Worcestershire sauce, Dijon mustard, chopped tomatoes and chicken broth then simmer 20 minutes.
5. Add white beans.
6. Heat 5 more minutes and serve.
11. Chicken Enchiladas

SERVES: 6

INGREDIENTS:

- 1 cup chopped onion
- ½ cup green pepper
- 2 tbsp. butter or margarine
- 2 cups cooked chicken
- 1 4 oz. can green chile peppers
- 3 tbsp. butter
- ¼ cup flour
- 1 tsp. coriander
- ¾ tsp. salt
- 2½ cups chicken broth
- 1 cup sour cream
- 1½ cups Monterey Jack cheese
- 12 6 inch tortillas

DIRECTIONS:

1. In a large sauce pan cook onions and green pepper in the 2 tbsp. butter till tender.
2. Combine onion mixture in a bowl with chopped chicken and green chile peppers. Set aside.
3. For sauce, in the same saucepan melt 3 tbsp. butter.
4. Stir in flour, coriander and salt.
5. Stir in chicken broth all at once.
6. Cook and stir till thickened and bubbly.
7. Cook and stir 1 to 2 minutes more. (You just made white sauce and you can use it for all kinds of things whenever recipe calls for a can of nasty cream of something soup. Just vary the spices).
8. Remove from heat, stir in sour cream and ½ cup of the cheese.
9. Stir ½ cup of the sauce into the chicken mixture.
10. Dip each tortilla into remaining sauce to soften.
11. Fill each with out ¼ cup of the chicken mixture.
12. Roll up.
13. Arrange rolls in a 9X13 pan.
14. Pour remaining sauce over.
15. Sprinkle with remaining cheese.
16. Bake uncovered in a 350° oven for 25 minutes or till bubbly.

12. Chicken Skewers

INGREDIENTS:

- ¼ cup olive oil
- 1 small onion, chopped
- ¼ cup tightly packed cilantro leaves
- 1 tbsp. chopped canned chipotle chiles in adobo sauce
- 1 tbsp. chicken flavor bouillon
- 1 tbsp. sugar
- 2 cloves garlic
- ½ cup mayonnaise
- 1 lb. boneless, skinless chicken breast halves, cut into strips

DIRECTIONS:

1. In blender or food processor, combine olive oil, onion, cilantro, chipotle, bouillon, sugar and garlic and process until smooth.
2. Remove 1 tbsp. of mixture and combine with real mayonnaise. Refrigerate until ready to use.
3. On 8 skewers, thread chicken and arrange in large nonaluminum baking dish; rub with remaining olive oil mixture.
4. Grill or broil chicken, turning once, 6 minutes or until chicken is thoroughly cooked.
5. Serve with refrigerated dipping sauce.
13. Pollo Con Salsa (Chicken In Sauce)

SERVES: 4-6

INGREDIENTS:
- 3 ½ lbs frying chickens, whole
- ¼ cup cooking oil
- ⅛-½ teaspoon hot chile powder
- ¼ cup ground sesame seed
- 3 whole cloves
- 1 cinnamon stick
- 1 teaspoon brown sugar
- ¼ teaspoon fenugreek seeds
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 cups boiling water
- 2 tomatoes, chopped
- 1 green pepper, chopped
- 1 onion, chopped

DIRECTIONS:
1. Brown chicken in oil on all sides; remove from pot.
2. Add chile powder, sesame seeds, cloves, cinnamon, brown sugar, fenugreek, and salt and pepper; brown in oil.
3. Add remaining ingredients.
4. Simmer until tender.
5. Add chicken and cook until tender, turning occasionally.
6. Add more water if necessary.

NOTE: Peanuts can also be included in the sauce. Pork, instead of chicken, may be used.

14. Pollo horneado (Baked chicken)

DIRECTIONS:
1. Skin chicken.
2. Mix tomato paste, mustard, sour cream, especias, chicken cubes, and salt.
3. Mix with raw chicken and add onion and green pepper slices. Bake until chicken is done.

15. Rice con Pollo (Rice with Chicken)

DIRECTIONS:
1. Cook chicken in water and cut into cubes or tear into strips.
2. Heat oil and butter in pot and add rice, onion, celery, green pepper, cilantro (optional).
3. Cook (fry) for 5 minutes stirring occasionally.
4. Add saffron (optional), curry, chicken cubes, Worcestershire sauce, chicken, and cut up green beans and carrots and a can of corn.
5. Add water (can use chicken water if you want) to more than cover the rice.
6. Boil then reduce heat and cook until rice is done (might have to add more water if rice isn’t cooked).

16. Stewed Chicken in Coconut Milk

INGREDIENTS:
- medium sized chicken parts (legs, wings, breasts anything)
- diced garlic 2-3 cloves
- diced bell peppers
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- diced chile peppers
- diced onion
- salt, pepper, dusting of cumin
- achiote paste or paprika optional
- ¾-1 cup of coconut milk
- 1 heaping tbsp. of vegetable lard
- 1 tbsp. of sugar

DIRECTIONS:

1. In a thick-bottomed, large stock pot over medium heat throw in the lard and sugar and cook until it starts to boil and becomes the color of café-au-lait.
2. Season the chicken with salt, pepper and cumin. Add to pot.
3. Throw in garlic, peppers, onion, achiote and stir. Cover the pot and let simmer and stew for 15 minutes.
4. Add the coconut milk and cook it down until the sauce thickens.
5. Serve
Fish

17. Bronzed Tilapia

SEASONING MIX

- ¾ tsp. salt
- ½ tsp. paprika
- ½ tsp. onion powder
- ½ tsp. dry mustard
- ¼ tsp. garlic powder
- ¼ tsp. white pepper
- ¼ tsp. ground cumin
- ¼ tsp. dried basil
- ¼ tsp. dried oregano
- 1½ dash black pepper
- 1⅓ dash dried thyme
- 4 tilapia fillets
- vegetable cooking spray

DIRECTIONS:

1. Combine the seasonings mix ingredients in a small bowl.
2. Sprinkle each side of each fillet evenly with ½ teaspoon of this mixture.
3. Preheat a 10-inch skillet over high heat to 400°, about 5 minutes.
4. Spray the top side of each fillet evenly with vegetable cooking spray.
5. Place the fillets, two at a time (sprayed side down), in the skillet, reduce the heat to medium, and cook 2 minutes.
6. Turn the fillets over and cook until done, about 2 minutes more.
7. Remove the cooked fillets, wipe the skillet clean, bring the heat back to 400°, and repeat the process with the remaining fillets.

18. Fish Dumplings in Coconut Achiote Soup

INGREDIENTS:

- 6 slices of dry bread
- 1 ½ lbs (¾ kg) white fish filets (cheaper, flakier meat is actually better)
- 2 eggs
- 1-2 cloves minced garlic
- ¼ tsp. minced ginger
- ¼ tsp. each of coriander, cumin, chile powder
- ¼ tsp. oregano

Soup:

- 4 cups chicken bullion
- 1-2 cups coconut milk
- Achiote paste (start with 1 tbsp., add to taste)
- 2 tbsp. cooking oil
- Salt, pepper

DIRECTIONS:

1. Roughly chop the fillets and add to mixing bowl.
2. Chop the old bread and add it to fish.
3. Drop in the eggs and spices and mix with your hands until all ingredients are well combined.
4. Form into large egg-sized balls and fry in enough oil so that it covers the surface of the pan.
5. The soup is easy. Mix all the liquids together and heat.
6. Serve each person two or three dumplings in a bowl and ladle soup over them.
7. Excellent with warm tortillas or dense bread and cold beer.
19. Fish with Garlic

Serves 4-5

INGREDIENTS:
- 1.5 pounds of 3/4" white fish filet
- ½ c. flour
- 3-4 T olive oil
- garlic, minced (tons)
- salt
- pepper
- parsley
- paprika
- lime wedge

DIRECTIONS:
Wash fish and pat dry. Dust the fish in flour. Heat olive oil at medium, keeping it just below smoking level. Cook one side, 3-4 minutes. Turn, placing using a brush to "paint" the fish with the minced garlic. Cook other side 3-4 minutes. Quickly turn one more time to heat surface side again.

Drain on paper towels. Dust with dried parsley flakes, paprika, salt, pepper.

Huge side of tossed salad, tortillas, and rice. Serve it up.

20. Fresh Tilapia

INGREDIENTS:
- 2 tbsp. fish seasoning, such as a combination of dried herbs like oregano, basil, thyme, and paprika
- ½ cup flour seasoned with a little sea salt
- 1 egg, beaten
- olive oil
- 1 clove garlic, sliced
- 1 small shallot, finely minced

DIRECTIONS:
1. Season the fish pieces on all sides very well with the fish seasonings.
2. Then dip into the flour, and then into the beaten egg, and then back into the flour.
3. In meantime, either preheat browning dish, or use a skillet on the burner.
4. Heat the oil, and then add the garlic and shallot and cook just until they start to turn soft.
5. Quickly add the coated fish and cook for 1-2 minutes on each side.

21. Pescado Frito con Tajadas: Honduran Fish and Chips

INGREDIENTS:
- 4-6” snapper filets (2 per person) or 8-10” whole fish (1 per person) or any firm white-fleshed fish
- Thin batter made from flour and water
- Corn starch or fine ground corn meal
- Fresh ground pepper
- Salt
- 1½-2 semi-ripe plantains per person (green ones also good but less sweet; look for partly yellow ones), sliced at an angle to produce longer, tapered, oval shapes
- Enough oil for ¾-1 inch depth in thick iron skillet for deep-frying
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DIRECTIONS:

1. Heat oil on med-high until it just starts to smoke. Fry the plantains first until just brown on edges.
2. Season fish with salt and pepper and dredge the fish in corn starch/meal before dipping in batter. Fry until deep golden brown.
3. Serve with lime wedges and your favorite chile paste/sauce.

22. Poached Tilapia with Spinach Cream Sauce

INGREDIENTS:

- 2-3 lbs dressed Talapia (Red Snapper or Orange Roughy can be substituted)
- ¼ cup sliced green onion
- ½ tsp pepper
- ½ cup dry white wine (chicken broth can be used as an option)
- ½ cup water
- ½ cup dairy sour cream
- ½ cup mayonnaise
- ½ tsp. dried thyme, crushed
- ½ tsp. finely shredded lemon peel
- ¼ tsp. dry mustard
- ½ cup whipping cream
- 1/4 cup coarsely chopped fresh spinach
- Dash of pepper
- Head of Lettuce
- 2 Red bell peppers
- 2 Yellow bell peppers

DIRECTIONS FOR FISH:

1. Rinse fish; pat dry with paper towels.
2. Place fish in solid cooking tray.
3. Pour wine (or broth) and water over fish.
4. Sprinkle green onion and pepper over fish, then place in Convection Steam Oven.
5. Set cooking temperature at 195 ° Fahrenheit.
6. Set cooking time at 4 minutes

DIRECTIONS FOR SAUCE:

1. In a medium mixing bowl, stir together the sour cream, mayonnaise, thyme, lemon peel, dry mustard, and pepper.
2. Mix contents with an electric mixer on low speed till soft peaks are formed.
3. Fold whipped cream and spinach into sour cream mixture.
4. Take folds of lettuce and place on serving plate. Slice peppers in decorative pattern.
5. Remove fish from Convection Steam Oven, and place over lettuce on serving plate. Arrange peppers around fish, then gently place sauce over fish, and serve.

23. Tapado de Pescado

INGREDIENTS:

- 3 cups coconut milk
- 2 small sweet peppers
- Garlic, to taste
- 1 small onion, diced
- 3 cilantro leaves
- Salt, to taste
- Pepper, to taste
- 2 green plantains, in slices
- 2 ripe plantains, in slices
- 3 green bananas, in slices
- ½ pound [250 g] yucca, in small pieces
- ½ pound [250 g] sweet potato, in small pieces
- 1 ½ to 2 pounds [750 g a 1 kg] fish, without spine
- Pinch of achiote paste
DIRECTIONS:

1. Mix coconut milk, peppers, garlic, onion, cilantro, salt, and pepper together in saucepan and cook over low heat. Add achiote. Add yucca and sweet potato to saucepan. When they are half cooked, add green plantains and cook for a few minutes. Add bananas and ripe plantains. Cover and cook over low heat until roots are tender. If necessary, add a bit of water and adjust seasonings.
2. Add the fish.
3. Cook, covered, for approximately 15 minutes.
4. Serve warm.

24. Tilapia Honduras Style

SERVES: 4

- 1 teaspoon salt
- ½ teaspoon paprika
- ½ teaspoon onion powder
- ½ teaspoon dry mustard
- ½ teaspoon garlic powder
- ¼ teaspoon white pepper
- ½ teaspoon dried basil
- ½ teaspoon ground cumin
- ½ teaspoon dried oregano
- ¼ teaspoon dried thyme
- 1½ lbs tilapia fillets
- 2 eggs
- 1 cup flour (or bread crumbs)
- salt and pepper
- 2 tbsp. olive oil
- 2 garlic cloves, sliced thinly
- ¼ cup onion, finely chopped

DIRECTIONS:

1. In a small bowl, mix together all dry spices.
2. Sprinkle seasonings evenly over both sides of tilapia fillets (this can be done hours before you are ready to cook the fillets).
3. In a large skillet, heat olive oil and sauté garlic and onions until just tender.
4. In a shallow bowl, whisk eggs well.
5. In another shallow bowl, season the flour (or bread crumbs) to taste with salt and pepper.
6. Working with only a few pieces at a time, dip seasoned fillets in flour, then in beaten eggs, then again in flour.
7. Sauté the fillets in the seasoned oil for 2 minutes on each side, adding more oil if needed.
8. Remove to a plate to keep warm and repeat the process until all fillets are cooked.
25. Ceiba Conch Ceviche

INGREDIENTS:
- 29 oz. can of conch - [usually can be found at a good fish market or an Italian or Greek deli.] Drain and rinse in cool water until the ‘soapiness’ disappears.
- 2 Mexican or Key limes [use your standard supermarket Persian limes if not available]
- 1 small serrano pepper [jalapeno if you like more heat]
- 4 cloves of garlic
- ½ walla walla, vadalia or another sweet onion
- ½ red bell pepper
- ½ green bell pepper
- fresh cilantro (parsley if cilantro isn't available)
- 1 tbsp. first press, extra virgin olive oil
- sea salt
- freshly ground pepper

DIRECTIONS:
1. Chop conch pieces into ¼ inch chunks.
2. Squeeze the limes and place the conch in the juice. [The juice breaks the protein down just as if it were heated – try this with fresh fish and just lather the fish on top of freshly made tortillas].
3. Meanwhile, dice the vegetables into ⅛-¼ inch pieces. My taste runs to smaller dicing.
4. Press the garlic.
5. Chop the parsley (or cilantro) and add the olive oil.
6. Salt and pepper to taste.
7. Toss the vegetables and add to the conch and lime juice.
8. Chill at least 4 hours.
10. Pour liquid back on to your own preference.
11. Serve with fresh gourmet crackers, dipping corn chips, or fresh tortillas.

26. Ceviche De Corvina

SERVES: 6 to 8

INGREDIENTS:
- 2 lbs. fresh Sea Bass or other firm white flesh fish fillets
- 1¼ cups fresh lime juice, divided
- ½ cup fresh orange juice
- ½ cup coconut milk
- 2 jalapenos, seeded and diced
- 1 red bell pepper, seeded and finely diced
- ½ red onion, thinly sliced
- 1 tomato, peeled, seeded and diced
- ¼ cup freshly chopped cilantro leaves, plus sprigs for garnish
- 2 tbsp. sliced scallion
- 2 tbsp. chopped chives
- 2 tbsp. olive oil
- Salt
- Lettuce leaves, for serving, optional

DIRECTIONS:
1. Cut the fish into ½-inch dice and place into a large glass or other nonreactive bowl.
2. Add 1 cup of the lime juice, the orange juice, coconut milk, jalapenos, red bell pepper, and red onion.
3. Cover with plastic wrap and refrigerate for at least 6 hours, or until flesh has turned opaque and the flesh is flaky and tender.
4. To serve the ceviche, pour the liquid off the fish and vegetables and discard liquid.
5. Toss the fish and vegetables with the remaining lime juice, tomato, cilantro, scallion, chives, olive oil and salt.
6. Serve in chilled glass bowls or over leaves of crisp lettuce, if using, garnished with cilantro sprigs.

27. Ceviche Marinade Base

YIELD: 5½ cups

INGREDIENTS:

- 3¼ cup coconut milk
- 2 each jalapeño pepper (Rough chopped seeds included)
- ½ cup orange juice
- 1 tbsp. shrimp base
- ½ cup water
- 1 cup lime juice
- 2 tbsp. sugar
- 6 tbsp. cilantro (finely chopped)
- 2 tbsp. chives, (finely chopped)

DIRECTIONS:

1. In a blender combine all of the ingredients except the cilantro and chives and blend until smooth.
2. Remove from the blender and mix in the fresh herbs.

28. Conch

This is a basic recipe for cooking Conch

INGREDIENTS:

- 2 lbs. conch, about 10
- Half-cup lime or lemon juice
- 3 tbsp. olive oil
- 2 oz. salt pork cut into half-inch cubes (salted pig tail is used on the islands)
- In a cheesecloth, a bunch of parsley, thyme and celery leaves, 3 basil leaves, one whole fresh hot pepper and a bay leaf. This provides flavor without becoming part of the dish.
- 2 cloves garlic
- 2 scallions, chopped using the green and white parts.
- Half-teaspoon cinnamon if preferred
- Salt, freshly ground pepper to taste.
- Juice of 1 lime or lemon.

DIRECTIONS:

1. Put the conch in the lime juice and marinate for several hours
2. Drain, rinse and beat thoroughly to tenderize.
3. Cut into pieces and put into a saucepan, cover with water and simmer until tender about an hour, depending on the freshness of the Conch.
4. Let the liquid reduce a little at the end
5. Heat the olive oil in a heavy covered casserole.
6. Add the salt pork, and a cheesecloth of herbs, garlic, scallions, cinnamon, if desired, and add the conch and its cooking liquid.
7. Cover and simmer for 15 minutes.
8. Remove and discard the herbs add the limejuice and serve.

29. Conch Fritters

INGREDIENTS:

- 1 lb. conch meat
- ½ lg. onion
- 2 stalks celery
- ½ red pepper
- ½ green pepper
Salt to taste
1 egg
½ cup self rising cornmeal
½ cup flour
1 tsp. baking powder
¼ cup buttermilk
¼ tsp. hot sauce

DIRECTIONS:
1. Put conch through food grinder or food processor.
2. Process with onion, celery, red and green pepper and mix with conch, adding salt and egg.
3. Mix well.
4. In separate bowl, mix corn meal, flour, and baking powder.
5. Add conch mixture. Mixture should be thick.
6. Add buttermilk and hot sauce.
7. Drop by heaping tbsp. into hot oil until light brown.
8. Drain.
9. Serve with mayonnaise and lime juice.

30. Conch Soup I

INGREDIENTS:
- 1 lb. of conch
- 2 shredded coconuts
- 3 green bananas
- 2 carrots
- 2 pounds of yucca - it is better if you use yellow yucca
- 2 garlic cloves
- 2 large onions - yellow or white
- 2 green peppers
- 2 bouillon cubes
- ½ cup of coriander - small leaf
- ½ cup of coriander - broad leaf
- ½ cup of margarine
- 1 cup of coconut milk

DIRECTIONS:
1. Cut up the onions, garlic, green peppers. Peel and cube all vegetables (except the bananas) and fast fry them in the margarine.
2. Add the bouillon cubes and the coriander.
3. Liquefy together the meat and the milk of the coconuts, sift the mixture - you may need to add some water to get it all out. You should end up with approximately 3 cups of coconut milk.
4. Add this to the fast fried vegetables; let it simmer around 15 to 20 minutes.
5. Add the bananas and simmer for another 7 minutes or until the bananas are soft.
6. Add the conch, peeled, and cut in small pieces; let simmer for five more minutes.

31. Conch Soup II

SERVES 10 (about 1 cup each)

INGREDIENTS:
- 6 cups chicken broth
- 3/4 lb. yucca, peeled and cubed (about 2 cups)
- 2 carrots, chopped
- 1 medium onion, chopped
- 1 can (14½ oz.) low-sodium diced tomatoes
- 1 tbsp. olive or vegetable oil
- 3 garlic cloves, finely chopped
- 1 serrano chile or other chile of choice, finely chopped (more or less to taste)
- ½ teaspoon finely chopped fresh ginger
- 1 lb. conch meat, cut into small pieces and pounded or scallops, clams or any sweet shellfish
- 1 can (12 fl. oz.) evaporated milk
- 1 can (13½ fl. oz.) coconut milk
- 1 teaspoon salt
- ½ teaspoon ground black pepper
32. Conch Soup III

INGREDIENTS:
- conch 4 medium, pounded and chopped
- 2 onions, chopped
- ½ cup vegetable oil
- salt and pepper to taste
- juice of 3 lemons
- 2 cans (28 oz. ea.) tomatoes, chopped
- 1 ½ cup potatoes, peeled and chunked
- 4 stalks celery, cut into bite-size pieces
- 4 carrots, cut into bite-size pieces
- 2 cups water
- ¼ tsp. hot pepper sauce
- 2 cups sliced okra
- ½ teaspoon ground cumin
- ¼ cup chopped fresh cilantro

DIRECTIONS:
1. Place chicken stock, yucca and carrots in large saucepan on high heat; bring to a boil.
2. Reduce heat to a simmer.
3. Add onion and tomatoes; cover.
4. Simmer, stirring occasionally, for about 10 minutes.
5. Heat oil in large skillet on medium heat.
6. Add garlic, chiles and ginger; cook for 1 minute or until garlic turns translucent.
7. Add conch meat; cook, stirring occasionally, for 2 minutes.
8. Add conch mixture to saucepan.
9. Stir in evaporated milk, coconut milk, salt, black pepper and cumin.
10. Cook, stirring occasionally, until mixture just comes to a boil.
11. Remove from heat.
12. Stir in cilantro and serve.

33. Conch Soup IV

INGREDIENTS:
- 1 pound [½ kg] conch or scallops, peeled and cut in bite-size pieces
- 2 shredded coconuts
- 3 green bananas, peeled and sliced
- 2 carrots
- 2 pounds [1 kg] yellow yucca
- 2 cloves garlic, diced
- 2 large yellow or white onions, diced
- 2 green peppers, diced
- 2 bouillon cubes
- ½ cup coriander, small leaf
- ½ cup coriander, broad leaf
- ½ cup margarine
- 1 cup coconut milk
- 2 bay leaves
- ½ tsp. parsley

DIRECTIONS:
1. In a large kettle, sauté onions in oil until translucent.
2. Add salt and pepper.
3. Add lemon juice, tomatoes and conch and increase heat.
4. Add vegetables and rest of ingredients.
5. Bring to a boil and then simmer for 3 hours.
6. Remove bay leaves and serve.
34. Exotic Curry Conch Chowder

Serves 6

Ingredients:

- 8 conchs
- 1 lg. onion
- ½ cup cream
- 4 tomatoes (or 1 pt. stewed tomatoes)
- 2 tsp. curry powder
- 2 bay leaves
- 1 tsp. sugar
- 1 pinch thyme
- 2 tbsp. butter
- 1 small can tomato paste

Directions:

1. Grind the conch and boil in water until tender.
2. Fry onion in frying pan with butter until cooked (not brown).
3. Add Bay leaves and thyme.
4. Work curry powder into cream.
5. Add onion to cream; add tomatoes, curry powder and cream to sugar. Also add tomato paste.
6. Simmer ½ hour and serve in soup bowls.
7. Add 1 tsp. of sherry in each serving.

35. Honduran ceviche garnish

Yield: 4 oz. or ½ cup

- 2 oz. green onion (extreme bias cut thin)
- 1 oz. red pepper (fine brunoise)
- 1 oz. yellow pepper (fine brunoise)

Directions:

1. Combine all ingredients and mix well.

36. King Crab Ceviche

Yield 4 servings

Ingredients:

- 1 lb. King Crab Tails (cooked and remove from shell)
- 2 cups Honduran Ceviche Marinade (see recipe provided in this book)
- 4 tbsp. Garnish mix (see sub recipe below)

Directions:

1. Cut the cooked crab tails into ½ inch strips and combine with the Honduran Ceviche marinade.
2. Let the crab tails marinate for at least two hours.
3. To serve place the crab tail meat and some of the marinade into a stemmed service glass and garnish with the onion pepper mixture.
4. Serve.
37. Utilan Green Curry Prawns

SERVES: 6

CURRY INGREDIENTS:

- 2 jalapeno chiles (red and green)
- 4 "seasoning" peppers (cherry, serrano, anything small/medium size with mid-grade heat)
- 2 medium-sized green capsicum (bell) peppers
- 2 cloves pan roasted garlic
- ½ tsp cumin seeds
- 8-10 black peppercorns
- 6-8 coriander seeds
- 1 tbsp. whole leaf oregano
- 3 root sections of cilantro plant (only the bulb, minus tendrils and stalk)
- 1 knuckle of ginger
- Pulp of one large ripe mango
- ¼ cup oil
- 1½ tbsp soya sauce
- Peel of ½ lime
- Salt to taste

PRAWN & VEGGIE INGREDIENTS:

- 1½ lbs of veined "16-20" (medium) shrimp
- 1 cup cubed pineapple
- 3-4 cups julienne carrots, jalapenos, Napa cabbage, etc.
- 2 cups rich coconut milk

*optional: season with fish sauce and Thai basil

DIRECTIONS:

1. Char the three types of peppers over open flame until the skin blisters.
2. Cut out the seed pods.
3. Roast garlic cloves with skin in cast iron pan.
4. Toast the cumin seeds, peppercorns and coriander when garlic is nearly done.
5. When the seeds begin to pop, add the oregano and take off the heat.
6. Pound the cilantro root with a flat knife.
7. Peel the garlic and add with all above ingredients to processor along with the mango, ginger, oil, soya, lime and salt and purée.
8. Sauté the mixture over low flame until the oil begins to separate from the paste and it gives off a rich aroma.
9. Turn up the heat to med/low and add the vegetables and pineapple to the pan.
10. A minute later add the shrimp and the coconut milk.
11. Adjust to desired thickness with corn starch and either ladle over rice or serve in separate bowls.
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Tortillas, Pupusas, Quesadillas, Tamales

38. Apple Gouda Quesadillas

SERVES: 5

INGREDIENTS:
- 8 (8 inch) flour tortillas
- 30 ml olive oil
- 30 ml Dijon mustard
- 2 green onions, chopped
- 2 red apples, cored and thinly sliced
- 240g shredded Gouda cheese

DIRECTIONS:
1. Preheat a grill for high heat.
2. Brush oil onto one side of a tortilla, and place on a plate oil side down.
3. Spread about ½ tbsp. of mustard on the top side, and top with green onion, apple slices and about ½ cup of shredded cheese.
4. Place a second tortilla on top, and brush the top with olive oil.
5. Repeat with remaining ingredients, stacking the quesadillas on the plate.
6. Brush the grilling surface with oil, and place the quesadillas carefully on the grill.
7. Grill for about 3 minutes, or until the bottom is crisp.
8. Flip, and grill on the other side until crisp.
9. Remove from the grill to serving plates and cut into quarters. Serve warm.

39. Asparagus and Goat Cheese Quesadillas

SERVES: 5

INGREDIENTS:
- 30 ml extra virgin olive oil, divided
- 225g fresh asparagus, cut into 1½ inch pieces
- salt and pepper to taste
- 2 (10”) flour tortillas
- 115g herbed goat cheese
- 10g chopped fresh cilantro
- fresh cilantro sprigs, for garnish

DIRECTIONS:
1. Heat 1 tbsp. olive oil in a skillet over medium-low heat, and cook the asparagus, stirring occasionally, until tender and lightly browned.
2. Season with salt and pepper, and remove from heat.
3. Spread one side of each tortilla with ½ the goat cheese.
4. Place ½ the asparagus and ½ the cilantro on each tortilla, and fold tortillas in half over contents to form quesadillas.
5. Brush the outsides of the quesadillas with remaining oil.
6. Place the quesadillas in a skillet over medium-low heat, and cook 3 minutes on each side, or until lightly browned.
7. Cut in half and garnish with cilantro to serve.

40. Baleadas

Take a fresh warm tortilla (6”, 8” or 12” -- your call) and add your favorite fixings:
- Pintos, simmered or mashed
- Shredded cheese
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- Sweet/sour cream or “crema”

Others enjoy and will add these to their baleadas:
- Simmered beef
- Minced onions
- Diced jalapenos
- Egg
- Avocado

Fold, roll, however you care to do it -- and dig in.

41. Enchiladas

**YIELD:** about 10-12 enchiladas

Fry 1 lb ground beef with onion, green pepper, garlic, ½ tsp especias, salt, ½ tsp oregano, and 2 chicken cubes. Add Worcestershire sauce, ketchup (or tomato paste and water), about 4 small potatoes (cubed). Cook until potatoes are done (might have to add a little water). Separately fry corn tortillas in oil until crisp.

Ensalada: Cut up cabbage and toss with salt, especias, vinegar, lemon juice, and sliced tomatoes. Spoon meat mixture on tortillas and top with cabbage.

42. Homemade flour tortillas

**INGREDIENTS:**
- 1 lb. flour
- pinch salt
- pinch baking soda
- 2 tbsp. oil

**DIRECTIONS:**

1. Mix ingredients and kneed well. Form into balls and let rest for 15 minutes.
2. Spread/roll dough out in the shape of a tortilla and cook on a hot griddle (no oil needed)

43. Nacatamales

**INGREDIENTS:**
- maize flour
- pork meat
- pork butter
- chopped or liquefied sweet
- pepper, onion and cilantro
- garlic
- salt and pepper
- achiote
- baked potatoes cut in small squares
- raisins
- olives
- baked rice
- capers
- plantain leaves and mecate.

**DIRECTIONS:**

The Dough:

1. Combine half of the maize dough with salt, pepper, and achiote and the other half without achiote so that the nacatamal will have two colors.
2. Add water and melted pork butter, cook everything afterwards leaving the dough a little firm.
The “Recado”:

1. Liquefy the onions, tomatoes, sweet peppers, and garlic all together.
2. Once they are liquefied mix them with the dough, and add more salt and pepper and a bit of spicy chile if you wish.

The Meat:

1. The pork is marinated with the liquefied ingredients and it is put to cook until it is soft.

The Rest of the ingredients:

1. The potatoes are cooked in small squares and the rice is prepared like always.
2. The other things as they are.

Time to put together this “Hot Tamale”:

1. Put a big spoonful of the two types of dough in the center of the plantain leaf, the size of the nacatamal is your decision.
2. Dig a hole in the dough and put a piece of pork meat, the “recado,” the rest of the vegetables and the rice.
3. Wrap the tamale with the dry plantain leaf and tie it with the “mecate” or small piece of thin rope.
4. Now they are ready to cook! Put several plantain leaves on the bottom of the pot and then put the nacatamales by layers covering them with water.
5. In three hours, more or less, and with strong fire they can be ready to eat.

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44. Pupusas I

SERVES: 6

INGREDIENTS:

- 2 cups masa harina
- 1½ cups warm water
- 1 tbsp. ground cumin
- salt, to taste
- pepper, to taste
- 6 oz. mild cheese (or the filling of your choice)
- ½ cup fresh cilantro, chopped

DIRECTIONS:

1. Mix the masa harina, cumin, salt and water into dough which is soft but not sticky. Be prepared to add more flour if necessary. If it is too dry, add more water.
2. To make a 3” round pupusas, take about half a cup of dough and roll it into a ball. Flatten with your hand.
3. Put the filling in the centre [in this case, cheese, cilantro, salt and pepper].
4. Work the edges up over the filling and again form a ball, completely enclosing the filling.
5. Flatten each ball to about ¼ inch or less and cook the pupusas on a hot, lightly oiled griddle for about 3 minutes per side, or until both sides are lightly browned.

*This is really good with salsa or any kind of Hispanic dip.
45. Pupusas II

SERVES: about 4-5 pupusas

INGREDIENTS:

- 2 cups masa harina
- 1 cup warm water
- 1 cup filling (see variations)

DIRECTIONS:

1. In a large bowl, mix together the masa harina and water and knead well. Knead in more water, one tbsp. at a time, if needed to make a moist, yet firm dough. (It should not crack at the edges when you press down on it.) Cover and set aside to rest 5-10 minutes.
2. Roll dough into a log and cut into 8 equal portions. Roll each portion into a ball.
3. Press a hole in each ball with your thumb. Put about 1 tbsp. of desired filling into each ball and fold the dough over to completely enclose it. Press the ball out with your palms to form a disc. Be careful that the filling doesn't spill out.
4. Line a tortilla press with plastic and press out each ball to about 5-6" wide and about ¼" thick. If you don't have a tortilla press, place the dough between plastic wrap and roll it out with a rolling pin.
5. Heat an ungreased skillet over high heat. Cook each pupusa for about 1-2 minutes on each side till lightly browned and blistered. Remove to a plate and cover till all pupusas are done. Serve with curtido and salsa roja.

VARIATIONS:

- Pupusas can be made plain or filled with any number of ingredients. Following are some of the most popular.
- Pupusas de Queso: with a cheese filling. Use grated quesillo, queso fresco, farmer's cheese, mozzarella, Swiss cheese or a combination. Add some minced green chile if you like.
- Pupusas de Chicharrones: With a filling of fried chopped pork and a little tomato sauce. A reasonable facsimile can be made by grinding 1 cup of cooked bacon with a little bit of tomato sauce in a food processor.
- Pupusas de Frijoles Refritos: With a refried bean filling.
- Pupusas Revueltas: Use a mixture of chicharrones, cheese and refried beans.
- Pupusas de Queso y Loroco: With a cheese and tropical vine flower filling. Loroco can be found in jars at many Latin markets.
- Pupusas de Arroz: A variety of pupusa that uses rice flour instead of corn masa.
- Cooked potatoes or finely minced, sautéed jalapeño peppers are also tasty fillings. Try a mixture of different fillings.
- The above recipe uses masa harina, special dried cornmeal flour used in making tortillas, tamales, etc. If you are able to get fresh masa, definitely use it instead. The flavor will be much fresher. Just substitute the masa harina and water with fresh masa. One pound will make about 4-6 pupusas depending on size.

46. Quesadillas I

SERVES: 5

INGREDIENTS:

- 10 (6”) corn tortillas
- 225g shredded mozzarella cheese
- 56g sliced black olives
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- 2 avocados - peeled, pitted and sliced
- 10ml hot pepper sauce

DIRECTIONS:

1. Heat a large frying pan or griddle over a medium heat.
2. Place one tortilla flat on the frying pan.
3. After 1 minute flip the tortilla over.
4. Sprinkle a little more than ¼ cup cheese on the tortilla, followed by some olives, avocado, and hot pepper sauce.
5. Place another tortilla on top to make a sandwich.
6. Cover the quesadilla with a lid.
7. After one minute, flip the quesadilla.
8. When the cheese has melted on the inside, remove the quesadilla.
9. Repeat with remaining ingredients
10. Cut the quesadillas into triangles and serve.

47. Quesadillas II

SERVES: 10

INGREDIENTS:

- 1 skinless, boneless chicken breast halves - cut into strips
- 15ml vegetable oil
- 1 onion, sliced into strips
- 30ml salsa
- 10 (10") flour tortillas
- 210g shredded Cheddar- Monterey Jack cheese blend

DIRECTIONS:

1. Preheat oven to 350°F (175°C). Spray a cookie sheet with non-stick cooking spray.
2. In a large skillet, fry the chicken strips in vegetable oil until they are no longer pink. Add the onions and fry (stirring constantly) until they are translucent. Mix in the salsa (you may want to add more to taste).
3. Place the tortillas between two damp paper towels and microwave on high for 1 minute.
4. Fill half of one tortilla with the chicken mixture and cheese and then fold the tortilla over the full half.
5. Repeat with remaining tortillas and filling. Arrange the quesadillas on a cookie sheet.
6. Bake the quesadillas in the preheated 350°F (175°C) oven until the cheese has melted.
7. Cut the quesadillas into fours.

48. Quesadillas on the BBQ

SERVES: 4

INGREDIENTS:

- 120 ml salsa, divided
- 4 (10 inch) flour tortillas
- 40g chopped sweet onion
- 35g chopped green bell Pepper
- 40g chopped red bell pepper
- 45g chopped tomato 6 g chopped fresh cilantro
- 6g chopped fresh chives
- 35g sliced black olives
- 130g cooked and peeled Shrimp
- 55g shredded Cheddar cheese
- 60g sour cream

DIRECTIONS:

1. Preheat an outdoor grill for low heat.
2. Spread 1 tbsp. of salsa on half of each tortilla.
3. Distribute the onion, green bell pepper, red bell pepper, tomato, cilantro, chives, olives, and shrimp evenly among the tortillas.
4. Sprinkle each with cheese, and fold tortillas in half to cover the filling.
5. Lightly oil the grill grate.
6. Place the filled tortillas directly on the grill.
7. Cook about 2 minutes per side, until cheese is melted and the tortilla has grill marks.
8. Serve with remaining salsa and sour cream.

49. Santa Fe Veggie Quesadillas

SERVES: 4

INGREDIENTS:
- 1 (12”) flour tortilla
- 80g shredded Cheddar/Monterey Jack cheese blend
- 80g whole kernel corn, drained
- 80g diced red bell pepper
- 120g black beans, drained
- 1 chopped green onion

DIRECTIONS:
1. Prepare a lightly oiled large skillet over medium heat. Place the tortilla in the skillet and flip it once to ensure an even coating of oil on both sides.
2. Allow the tortilla to heat on one side for one minute. Beginning at the center of the tortilla, evenly spread the cheese blend until the tortilla's entire surface is covered.
3. Top the cheese with corn, red bell pepper, black beans and green onion.
4. When the cheese is completely melted, carefully slide the tortilla from the pan onto a cutting board.
5. Slice into 8 wedges and serve warm.

50. Spinach and Mushroom Quesadillas

SERVES: 16

INGREDIENTS:
- 280g chopped spinach
- 275g shredded Cheddar cheese
- 30g butter
- 2 cloves garlic, sliced
- 2 Portobello mushroom caps, sliced
- 4 (10”) flour tortillas
- 15ml vegetable oil

DIRECTIONS:
1. Prepare spinach according to package directions. Drain and pat dry.
2. Preheat oven to 350°F (175°C). Sprinkle ½ cup cheese on one side of each tortilla.
3. Place tortillas cheese side up on baking sheets, and bake 5 minutes, or until cheese is melted.
4. Melt the butter in a skillet over medium heat.
5. Stir in garlic and mushrooms, and cook about 5 minutes.
6. Mix in spinach, and continue cooking 5 minutes.
7. Place an equal amount of the mixture on the cheese side of each tortilla.
8. Fold tortillas in half over the filling.
9. Heat oil in a separate skillet over medium heat.
10. Place quesadillas in the skillet one at a time, and cook 3 minutes on each side, until golden brown.
11. Cut each quesadilla into 4 wedges to serve.
51. Tamales

INGREDIENTS:

- 1 pkg. maseca
- banana leaves or aluminum foil
- 1 large onion
- 1 large and 1 medium pot
- 1 large tomato
- 1 bowl of cooked rice
- 1 large green pepper
- 1 can peas (chicharro)
- 1 cup cilantro
- 3 lbs. cooked pork stew meat
- ¼ cup cumin (more or less)
- 3 large potatoes -- (3 to 4)
- 2 large cubes chicken flavor (cooked and cubed)
- 1 can tomato paste

DIRECTIONS:

1. In the largest pot pour about three-fourths of the maseca and add water until it is almost like a thin batter for pancakes. (Not too thin, and not very thick...it’s better for it to be a little more thick than too thin. Too thin will not cook correctly.)
2. In a blender, blend the onion, tomato, green pepper, cilantro and cumin. Add this to the batter. Also add the chicken bouillon to the mix and blend well. You may only need one. But add to suit your taste. Add salt to your liking.
3. Put about 5 cups in the smaller pot and add the tomato paste. Stir until it is an even red color.
4. Before these are boiling add about half of the bottle of oil to the larger pot and ½ to ¾ of what is left to the smaller pot.
5. Stir continuously to keep from burning.
6. After it has come to a boil cook a few minutes longer, then remove from heat.
7. If you are using banana leaves to cook them in you will need to wash and heat them. If you are using aluminum foil make sure that it is heavy duty. The foil is easier to roll up the tamales and does not give the flavor of the leaves.
8. Rolling of the tamales: for leaves or foil: square to about 12 to 15 inches. Start adding ingredients at the top corner or center.
9. Add about 1 cup of the regular masa batter then add about ¼ cup of the red masa.
10. Then add rice, pork, potato and peas.
11. Fold over several times then fold sides in. Set aside.
12. With the foil it is a little easier to mold the tamales and is not as likely to come undone. If it is your first try at tamales, I would recommend using the foil.
13. After rolling all of the mixture clean the two pots and then add all the rolled tamales to them add water until about half way and cook covered for about an hour.
14. After the hour, check one of them to see if it has thickened. Let cool down for about 5 minutes and unroll on to a plate.
15. If it is still a little runny then cook all for 20-30 minutes longer.

52. Tamales de Elote

SERVES: 12 tamales

INGREDIENTS:

- 2-3 ears corn on the cob
- 2 cups masa harina
- 1 cup warm water
- 2 teaspoons of salt
- ¼ cup lard
- ¼ cup softened butter
- 2 tsp baking powder
- 12-15 corn husks for wrapping
**DIRECTIONS:**

**Basic Steps:** Soak → Purée → Mix → Whip → Mix → Wrap → Steam

1. Add the cornhusks to a large pot. Pour boiling water over them and let them soak for at least 30 minutes to make them pliable.
2. Cut enough corn kernels off the cobs to make about 2 cups. Scrape the cobs with a knife to get all their milk. Purée the corn in a food processor until fairly smooth but still a little chunky.
3. In a large bowl, mix the masa harina with the warm water and salt and knead to form a pliable mass. Pulse into the puréed corn till well mixed.
4. Whip the lard, butter and baking powder together with a whisk, egg beater or mixer till light and fluffy. Remove to the large bowl and add the corn-masa mixture and the salt. Beat with a spoon until dough is well blended.
5. Drain cornhusks and wipe dry. Lay out a husk with the pointed end up, and add about ¼ cup dough to the center. Fold in each side to cover the dough. Then fold up the bottom of the husk. Finally fold down the pointed top and insert it into the bottom to make a package. Tie the tamale with string if needed. Repeat with the rest of the dough.
6. Set up a steamer and steam the tamales for 30-45 minutes. Remove and serve hot with a little milk or cream poured over.

**VARIATIONS:**

- Add 1-2 tbsp sugar if you like your tamales sweeter.
- Savory additions: shredded cheese, chopped chiles.
- Sweet additions: raisins, cinnamon, substitute milk for the warm water.

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**53. Texas Chicken Quesadillas**

**SERVES:** 8

**INGREDIENTS:**

- 30 ml vegetable oil, divided
- 1 onion, sliced into rings
- 15ml honey
- 2 skinless, boneless chicken breast halves - cut into strips
- 120ml barbeque sauce
- 55g shredded sharp Cheddar cheese
- 55g shredded Monterey Jack cheese
- 8 (10”) flour tortillas

**DIRECTIONS:**

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large, deep skillet, heat 1 tbsp. oil over medium high heat.
3. Slowly cook and stir onion until translucent. Mix in honey.
4. Stir until onion is golden brown, about 5 minutes.
5. Remove from skillet and set aside.
6. Place remaining oil and chicken in the skillet over medium high heat.
7. Cook until chicken is no longer pink.
8. Stir in barbeque sauce and evenly coat chicken.
9. Layer 4 tortillas individually with chicken, onions, cheddar cheese and Monterey Jack cheese.
10. Top with remaining tortillas.
11. One or two at a time, place layered tortillas on a large baking sheet.
12. Bake uncovered in the preheated oven 20 minutes, or until cheese is melted.
13. Do not let tortillas become too crisp.
14. Remove from heat.
15. Cut into quarters to serve.
54. Traditional Pupusas Con Queso (corn dough with cheese filling)

INGREDIENTS:
- 2 cups flour, or masa harina
- water
- shredded mozzarella cheese (string cheese, believe it or not, will work)

DIRECTIONS:
1. Using a mixer, or your hands, combine masa harina with enough water to make a pliable dough.
2. Take a piece of the dough, about the size of two golf balls, and flatten it with your hand.
3. Place about 1 tbsp. of cheese on top of the flat dough, then fold the sides up over the cheese until it is covered.
4. Flatten the dough again. The cakes shouldn't be more than a few inches tall.
5. Spray a flat grill with enough oil to keep the pupusas from sticking.
6. Cook the pupusas over medium heat for about 7 - 10 minutes on each side, or until they are brown.
7. It is ok if the cheese oozes out.

55. Vegetable Quesadillas

SERVES: 2

INGREDIENTS:
- 1 zucchini, cubed
- 1 head fresh broccoli, chopped
- 1 red bell pepper, chopped
- 1 carrot, chopped
- 1 yellow onion, chopped
- 4 small button mushrooms, chopped
- 4 (10”) flour tortillas
- 55g shredded sharp Cheddar cheese
- 55g shredded Monterey Jack Cheese

DIRECTIONS:
1. Preheat oven to broil. Line a baking sheet with aluminum foil.
2. Place zucchini, broccoli, bell pepper, carrot, onion and mushrooms in a steamer over 1” of boiling water, and cover.
3. Cook until tender but still firm, about 2 to 6 minutes.
4. Drain.
5. Place two tortillas, side by side, on the prepared baking sheet.
6. On each tortilla layer cheddar cheese, vegetables, then Monterey jack cheese.
7. Top each with another tortilla.
8. Place under the broiler and cook until lightly browned.
9. Carefully turn tortillas and cook on the other side until lightly browned.
Plantains

56. Fried Plantains (Platanos)

Plantains (or platanos) are a cousin of the breakfast banana but are much larger.

Differences in plantain ripening stages or maturity:
- Green - Called verdes
- Yellow
- Brown/Black - Called maduros (mature)

The green 'stage' is used in making tostones.
For this recipe, we will use black, or ripened plantain. They are the sweetest stage as the sugars form within the fruit.

ONE PLANTAIN SERVES 2

INGREDIENTS:
- 1 maduros plantain
- ~¼ cup corn or soybean oil

DIRECTIONS:
1. Cut the plantain in half. (Don't peel yet).
2. Cut each ½ lengthwise. You now have quartered the plantain into four equal, narrow, relatively flat pieces.
3. Now peel the plantain, more by pulling it off with your knife than peeling per se.
4. Heat ¼" corn or soybean oil in a pan (I like olive oil in the kitchen but you can't take the temperature too high)
5. Put the plantain in the oil when the oil has reached a medium-high temperature. If oil smokes, turn it down.
6. Turn the plantain when the natural sugars in the fruit begin to caramelize (just starting to turn brown) - about 6 minutes.
7. Fry the other side - about 5 minutes.
8. Place fried plantains on paper towels to remove extra oil.

57. Green Plantain Chips (Platanos)

SERVES 4

INGREDIENTS:
- Vegetable oil
- 1 large, verdes (green) plantain (~1 lb.)
- Salt, optional

DIRECTIONS:
1. Put 2 or 3 inches of vegetable oil in a large frying pan and heat to 375°.
2. Remove skin from plantain and cut off the fibrous strings.
3. Slice the plantain into paper thin rounds.
4. Deep fry plantain slices, a dozen at a time until golden brown on both sides, about 3 to 4 minutes.
5. Drain on paper towel. Sprinkle with salt and serve chips warm or at room temperature.

58. Oven Baked Sweet Plantains

SERVES 4

INGREDIENTS:
- 4 very ripe plantains (when the skin is yellow with spots of black they're perfect)
- cooking spray

DIRECTIONS:
1. Preheat oven to 450°F.
2. Coat a nonstick cookie sheet with cooking spray.
3. Cut the ends off of the plantains and peel.
4. Cut each plantain on the diagonal into ½ inch slices.
5. Arrange in single layer and coat tops with cooking spray.
6. Bake, turning occasionally, for 10-15 minutes, until plantains are golden brown and very tender.

59. Plantain Pancakes  [Panquecas de Bananas]

**INGREDIENTS:**
- 3 very ripe plantains
- 3 tbsp. flour
- 4 tbsp. melted butter
- ⅔ cup cooked beans
- ⅔ cup shortening or lard

**DIRECTIONS:**
1. Boil and mash plantains; add flour and butter, and mix thoroughly.
2. Fry the beans in 1 tbsp. shortening for about 5 minutes.
3. Heat remaining shortening in another frying pan.
4. Add plantain mixture, 1 tbsp. at a time, and spread with a fork so that it will take the shape of a small pancake.
5. Fry the pancakes for about 5 minutes.
6. Place 1 teaspoon of the fried beans on each pancake, and fold.
7. Fry the stuffed pancakes, covered, 3 minutes on each side, or until brown.

60. Plantain Soup Recipe

**SERVES 4**

**INGREDIENTS:**
- 1 tbsp. extra virgin olive oil
- 1 small onion, finely chopped
- 1 carrot, finely chopped
- 1 celery rib, finely chopped
- 2 garlic cloves, minced
- 4-4 ½ cups chicken stock or broth
- 2 green plantains, peeled, quartered lengthwise & thinly sliced
- 1 bunch cilantro, stemmed and finely chopped
- ½-1 teaspoon cumin
- 1 bay leaf
- Salt & pepper

**DIRECTIONS:**
1. Heat oil in large saucepan over medium heat.
2. Add onions, carrots, celery and garlic.
3. Cook, uncovered, for 3-4 minutes, or until onions are soft but not brown.
4. Add 4 cups of chicken stock/broth and bring to boil over high heat.
5. Add plantains, most of the cilantro (reserve a few tbsp. for garnish), cumin, and bay leaf.
6. Season with salt and pepper.
7. Return to boil.
8. Reduce heat to medium-low and simmer, uncovered for 40-50 minutes or until plantains very tender.
9. Remove and discard bay leaf.
10. Transfer half the soup to blender; purée until smooth.
11. Return to the pan.
12. If soup is too thick, add a little more stock/broth.
13. Season with more salt/cumin if desired.
61. Plátanos Fritos (Fried ripe plantains)

SERVES 4-6

INGREDIENTS:

- Ripe plantains cut in half crosswise and lengthwise, peeled 4 each
- Oil for frying

DIRECTIONS:

Basic Steps: Sauté
1. Heat about ½" oil in a skillet over medium heat. Add the plantains, a few pieces at a time and sauté until lightly browned. Turn and sauté the second side.
2. Remove to a paper towel-lined plate and repeat with the rest of the plantains. Sprinkle with a little salt serve hot.

VARIATIONS:

- The plantains can be sliced in rounds if you like.
- Top the plantains with a little brown sugar or piloncillo if they need added sweetness. Other possible garnishes are crumbled queso fresco, grated Parmesan cheese, sour cream or seasoned tomato sauce.
Salsas

62. Authentic Honduran Salsa

SERVES: 25-30

INGREDIENTS:
- 1 Med yellow onion
- 4 tbsp. fresh cilantro
- 2 freshly squeezed lemons
- 1 tbsp. salt
- 4 Med tomatoes

DIRECTIONS:
1. In a medium bowl add diced tomatoes and onion.
2. Mince cilantro and add salt to mixture.
3. Add the salt before the lemon juice and taste for your preference.
4. Cut and squeeze your lemons in a smaller separate container.
5. You don't want the bitter taste from the lemon to get inside your salsa.
6. Remove seeds and add over your mixture.

63. Chismol

INGREDIENTS:
- 2 large onions
- 3 green peppers
- 4 ripe roma tomatoes
- fresh lime juice
- vinegar
- sea salt
- Honduran especias (or a blend of garlic powder, oregano, onion powder, and pepper if this ingredient is not available)

DIRECTIONS:
1. Chop onions, green peppers and tomatoes into small cubes.
2. Pour fresh lime juice over mixture and mix well.
3. Add a few teaspoons of vinegar to taste, and the spices.
4. Place in refrigerator and marinate for more than an hour.

64. Mango Avocado Salsa

SERVES 4 -6, 1 Bowl

INGREDIENTS:
- 1 mango, peeled and diced
- 2 avocados, peeled and chopped
- 1 tomato, diced into very small pieces
- ⅛ red onion, diced
- 1 red pepper, diced into very small pieces
- Optional:
  - 1 dash garlic powder (optional)
  - 1 dash lime juice (optional)

DIRECTIONS:
1. Cut up the mango avocados, tomato, red onion and red pepper in to the amounts described and then add, for extra flavor, a dash of garlic powder and/or a dash of lime juice.
2. Then when all the work is done let it sit in the bowl for about 20 minutes or over night with a plastic wrap over it to keep its flavor.
3. After that all you have to do is serve it with chips and enjoy!

65. Mango Salsa "to die for"

**INGREDIENTS:**
- Two large mangoes, diced (or several small mangoes), not too small
- Large sweet (purple/red) onion, diced
- 2 leaves of chopped cilantro
- 2 or 3 cloves finely chopped garlic
- Olive Oil and vinegar to taste

**DIRECTIONS:**
Mix this up and serve with meat.

66. Mango-Avocado Salsa

Serves: 1 Bowl

**INGREDIENTS:**
- 1 mango, peeled and chopped
- 1 red pepper, diced
- 1 tomato, diced
- 2 avocados, peeled and chopped
- 1/4 red onion, diced
- 1 dash garlic salt (optional)

**DIRECTIONS:**
1. Combine all ingredients in a medium size bowl.
2. Cover and chill for 20-30 minutes.

67. Unique Salsa

12 oz. approximately

**INGREDIENTS:**
- 32 oz. tomato sauce
- ⅛ teaspoon garlic granules (But DO NOT try any other form of garlic; not powder, or the kind with salt mixed in called granula)
- ½-1 teaspoon chile flakes
- 1 small onion, diced or minced
- fresh cilantro, rinsed and chopped
- salt

**DIRECTIONS:**
1. Mix all ingredients in a bowl.
2. Refrigerate for at least an hour for best taste.
3. Be warned, the longer it sits the hotter it gets.
**Assorted dishes**

68. **Chayotes in Creamy Green Onion Sauce**

SERVES: 12 side dish servings

**INGREDIENTS:**
- 3 large or 4 medium chayotes, cut in halves
- ½ teaspoon salt
- ¼ cup all-purpose flour
- 1 can (12 fl. oz.) evaporated milk, divided
- 1 cup chicken broth or water
- ½ cup Honduran crema or ½ cup sour cream with 2 tbsp. heavy whipping cream
- 3 green onions, sliced
- 2 tbsp. chopped fresh parsley
- ¼ teaspoon salt or more to taste
- ¼ teaspoon ground black pepper or more to taste

**DIRECTIONS:**
1. Place chayotes in large saucepan; cover with water.
2. Add ½ tsp. salt.
3. Bring to a boil over high heat.
4. Reduce heat to medium; cook until tender when pierced, about 40 to 45 minutes.
5. Meanwhile, after 20 minutes of cooking chayotes, combine flour and ½ cup evaporated milk with wire whisk in small bowl until smooth.
6. Warm remaining evaporated milk and broth in small saucepan over medium heat.
7. Gradually stir in flour mixture.
8. Cook, stirring constantly, until sauce comes to a boil and thickens slightly.
9. Reduce heat to low; cook, stirring constantly, for 2 minutes.
10. Remove from heat.
11. Stir in crema, green onions, parsley.
12. Season with salt and pepper, adding more to taste.
13. Drain the chayotes; place on cutting board and remove seeds. Carefully cut into 1/4-inch slices.
14. Place in serving bowl.
15. Pour sauce over sliced chayotes; serve immediately.

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69. **Chayotes Maria**

SERVES: 6-8

**INGREDIENTS:**
- 6 medium chayotes, washed
- ⅓ cup flour
- 3 cups skim milk
- 1 cup evaporated skim milk
- ½ cup low-fat sour cream
- 2 tbsp. chopped fresh parsley
- pepper
- salt

**DIRECTIONS:**
1. In a large saucepan, bring 4 quarts of salted water to a boil.
2. Add the chayotes, cover, and cook until they are tender when pierced with a fork, about 30 minutes.
3. While the chayotes are cooking, prepare the sauce. In a small bowl, whisk together the flour and ½ cup of skim milk until smooth.
4. In a large non-aluminum saucepan, stir together the remaining skim milk and the evaporated skim milk.
5. Bring to a simmer over medium heat.
6. Very gradually whisk in the flour mixture.
7. Stir until the sauce boils and thickens.
8. Reduce the heat to very low and cook for 2 minutes, stirring occasionally.
9. Stir in the sour cream, parsley, and scallions and season to taste with salt (optional) and plenty of pepper.
10. Drain the cayotes and cut into ¼ inch thick slices.
11. Put the sliced chayotes in a serving bowl, pour the sauce over, and serve immediately.

70. Cheeseball

SERVES: 15 -20

INGREDIENTS:

- 2 (8 oz.) packages cream cheese (softened)
- 1 (4 oz.) can crushed pineapple (drained)
- 2 tbsp. finely chopped green peppers
- 1 tbsp. finely chopped onion
- 1 tsp. seasoning salt
- chopped nuts

DIRECTIONS:

1. Mix all ingredients very well.
2. Chill mixture for about 20 min.
3. Then form into 2 balls and roll into chopped nuts, and serve.

71. Cold Broccoli Salad

INGREDIENTS:

Salad:

- 2 or 3 bunches of broccoli
- 1 onion
- Raisins
- Fried bacon
- ½ cup oil
- ½ cup vinegar
- 2 tbsp. sugar
- 1 tsp. celery seed
- 1 tsp. paprika
- 1 tsp. salt

DIRECTIONS:

Pesto:

1. Grind basil, parmesan, walnuts and garlic in food processor till well ground.
2. Then add oil slowly.
3. Store in refrigerator up to two months.

Salad:

1. Take a two or three bunches of broccoli, chop half a good sized onion, some raisins and some fried bacon (optional), and put it in a bowl.
2. In another bowl mix ½ cup oil, ½ cup vinegar, 2 tbsp. sugar, 1 tsp. celery seed, 1 tsp. paprika, 1 tsp. salt.
3. Pour it over top and let it marinate for a few hours or so. Oh, and sunflower seeds are really good sprinkled on just before you serve it.

72. Crema

The crema is unlike common cream. You will hear it referred to as mantequilla blanca (white butter) or mantequilla crema.
Buy regular tub (8 oz.) of sour cream and add about ¼ cup of heavy whipping cream. It makes the crema milder and richer. Add a pinch of saltbbsp.

Eat with french bread, with fried plantains (you can drizzle the crema on top), you can put it on baleadas.

Make some black beans and platanos, and try making some mantequilla blanca to accompany them.

73. Easy Rice With Pigeon Peas (Arroz Con Gandules)

SERVES: 8

INGREDIENTS:
- 4 cups water
- 4 cups long grain rice
- 1 (10 ounce) can pigeon peas, gandules
- 2 (1 ounce) packages sazon goya
- 3 tbsp. recaito
- 3 tbsp. adobo seasoning
- 2 tbsp. tomato paste
- 1 tbsp. chicken bouillon granule
- chopped olive (optional)

DIRECTIONS:
1. Rinse the rice in a bowl with warm water.
2. In a large pot, add water and all items except rice.
3. Bring to boil, and let it boil for about 3 minutes. (taste it and add more seasoning to taste if needed).
4. Add rice and let it continue to boil for about 2 minutes.
5. Turn heat to low, and place tight fitting lid over pot.
6. Check periodically, cook until liquid is absorbed. Stir once, remove from heat, replace lid and let it stand for about 5 minutes.

74. Honduran Liver

SERVES: 4

INGREDIENTS:
- 1 small onion, minced
- ½ green pepper, chopped
- 1 tbsp. cider vinegar
- ½ teaspoon hot pepper sauce
- 1 lb liver, cut in small pieces
- 2 tbsp. butter or margarine
- 1 tbsp. fine dry breadcrumb
- ¾ cup chopped salted cashews
- ½ cup water
- hot cooked rice

DIRECTIONS:
1. Mix first 5 ingredients and set aside 15 minutes.
2. Melt butter in skillet and add liver mixture, crumbs, nuts and water.
3. Cover and simmer 20 minutes, or until liver is tender.
4. Serve with rice.

75. Huevos Con Salsa De Chiles (Eggs Poached in Chile Sauce)

SERVES: 2

INGREDIENTS:
- 1 (4 oz.) can hot green chile peppers
111 Recipes for Honduran Foods

- 1 2 tsp. all-purpose flour
- ¼ tsp. salt
- 4 eggs

**DIRECTIONS:**

1. Sieve chile peppers and their liquid into 7” or 8” skillet.
2. Stir in flour and salt.
3. Bring to boil and simmer for a few minutes, until slightly thickened, stirring constantly.
4. Space 4 eggs on top of chile sauce, cover, and simmer over low heat until poached to desired doneness.
5. Serve with chile sauce from pan.

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76. **Juan’s Pizza Famosa**

**INGREDIENTS:**

**Crust:**
- 3 cups of flour
- 1½ sticks butter
- 1½ tbsp. yeast
- 1-2 tbsp. sugar
- 2 eggs
- salt

**Tomato sauce:**
- 1 can tomato paste
- 2 chicken cubes
- ½ stick butter
- sugar
- especias
- onion and green pepper (fry 1st then add to other ingredients)

**DIRECTIONS:**

1. Pour flour out in a mound on countertop and make a large hole in the middle of it.

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77. **Rice and Beans**

**INGREDIENTS:**

- 1 cup of already cooked beans
- 1½ garlic cloves, minced
- ½ fresh celery, finely chopped
- 1 onion finely chopped
- 2 cups unsweetened coconut milk
- 1 cup uncooked rice
- 1¼ cup water
- 3 tbsp. of olive oil
- 1 tsp. salt
- ½ tbsp. sugar
- Salt and ground black pepper

**DIRECTIONS:**

1. Prepare the rice as you always do but instead of adding just water you have to combine 1 cup of coconut milk with 1 cup of water for 1 cup of rice.
2. Then in a medium saucepan fry with the oil the rest of the ingredients for 5 minutes then add the other cup of coconut milk.
3. Cook covered over medium heat until all the liquids are absorbed, about 15 minutes.
4. Serves six and is ready in about 1 hour.

78. San Pedro Sula Simmered Beef

Use this as a delicious taco or tortilla filling

SERVES: 6

INGREDIENTS:

- 1 lb. bottom round of beef (any good cut will work). Trim any excess fat
- 2 tbsp. olive oil
- 1 small chopped onion
- 4 cloves minced garlic
- ⅛ cup white flour
- 1 can (14-15 oz.) stewed tomatoes (preferably with green chiles)
- 1 can (7 oz.) diced green chiles (fresh is even better – poblanos are mild and work well)
- 1 jalapeño – diced (carefully washing hands after dicing)
- ¼ cup water
- ¼ cup red wine (increase water amount above choose not to use wine)
- ½ tbsp. oregano
- ½ tsp. cumin
- Salt to taste. Don’t overdo. If you are using canned vegetables, often the salt from them is sufficient.

DIRECTIONS:

1. Cut meat into 1 inch pieces.
2. Brown the meat in olive oil.
3. Add onion and garlic, cooking until soft.
4. Sprinkle the flour over the browned meat; cook 2 minutes.
5. Then, add remaining ingredients.
7. Cover and simmer on very low for 1 to 1½ hours, checking and adding water/wine as needed.
8. Stir occasionally (every time you have to yell at the kids seems to work well).
9. To serve, garnish with sour cream (or plain, unsweetened yogurt) on tortillas/tacos with cheese, lettuce, diced tomatoes, your favorite finishings.

79. Honduran meatballs in tomato sauce

INGREDIENTS:

Meat balls:

- 2 lbs. ground beef
- 1 egg
- 6 grated carrots
- Cilantro
- 1 medium onion
- Especias
- ½ green pepper

Salsa:

- 2 cans tomato paste
- 5 chicken cubes
- Green pepper
- Onion
- Cilantro
- Sugar (to taste)
- Water

DIRECTIONS:

Meatballs:

1. Mix together, make meat balls, and fry in oil until cooked.
Salsa:
1. Boil above ingredients
2. Add meat balls and cook for 20 min.

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80. Vegetable Lasagna

Substitute roasted vegetables for meat in whatever recipe for lasagna (try the box). Use eggplant, sweet potatoes, zucchini, carrots, artichokes, and squash.

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81. Vegetable Sancocho

SERVES: 8

INGREDIENTS:

- 1 large red onion or yellow onion, chopped
- 1 jalapeno pepper, seeded and minced
- 2 tbsp. corn oil
- ¼ teaspoon ground turmeric
- 3 lbs. yucca root or malanga (mixed tropical root vegetables mixed together)
- 1 lb. butternut squash, peeled and cubed
- 3 cups water
- 2 plantains, peeled and sliced lengthwise, cut into crescents
- ½ lb. tomato, coarsely chopped
- 2 tbsp. chopped fresh cilantro or fresh parsley
- Salt

DIRECTIONS:

1. Combine onion, pepper and oil in a 3-quart microwaveable dish.
2. Cover and microwave on high for 3 minutes.
4. Peel and chop the vegetables, dropping them into cold water as they are cut (so they won't turn brown).
5. Add the vegetables, along with the squash, to the onion mixture.
6. Add 3 cups water, cover, and microwave for about 20 minutes until vegetables are fork tender.
7. Add the plantains, tomatoes and cilantro and salt (it will take about 2 tsp. of salt).
8. Cover and microwave for 2 to 3 minutes longer.
9. Don't drain -- mixture will absorb liquid on standing.
# Breads

## 82. Banana Bread

### INGREDIENTS:
- 2 tbsp. stick margarine, softened
- 2 tbsp. light cream cheese, softened
- 1 cup sugar
- 1 large egg
- 2 cup all-purpose flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- 1 c mashed ripe banana
- 1/2 cup skim milk
- 2 tbsp. dark rum or 1/4 tsp. rum extract
- 1 tsp. vanilla
- 1/4 cup chopped pecans
- 1/4 cup flaked coconut
- 1/4 cup packed brown sugar
- 2 tbsp. dark rum or 1/8 tsp. rum extract
- 2 tbsp. chopped pecans
- 2 tbsp. flaked sweetened coconut

### DIRECTIONS:
1. Preheat oven to 375°. Coat an 8x4" loaf pan with cooking spray; set aside.
2. Beat 2 tbsp. margarine and cheese at medium speed of a mixer; add 1 cup sugar, beating well. Add egg; beat well.
3. Combine flour, baking powder, baking soda and salt; stir well. Combine banana and next 5 ingredients (banana through vanilla); stir well.
4. Add flour mixture to creamed mixture alternately with banana mixture; mix after each addition.
5. Stir in ¼ cup pecans and ¼ cup coconut.
6. Pour batter into prepared pan; bake at 375° for 60 minutes. Let cool in pan 10 minutes; remove from pan. Let cool slightly on a wire rack.
7. Icing: Combine brown sugar and 2 tsp. each margarine, lime juice, and rum in saucepan; bring to a simmer. Cook 1 minute; stir constantly. Remove from heat. Stir in 2 tbsp. each pecans and coconut; spoon over loaf.

## 83. Cassava Bread

Flat, white, cracker-like bread

### INGREDIENTS:
- Bitter cassava
- Salt to taste

### DIRECTIONS:
1. Peel, wash and grate cassava. Squeeze out as much of the juice as possible, using either a matapee or by wringing in a towel. Leave in lumps and allow to dry slightly in open air.
2. Pound, sift, and add salt. Heat a griddle and a metal hoop of the size of cake required.
3. Put cassava meal to a depth of about ⅛ - ¼ inch in the hoop.
5. Remove the hoop, level the surface and press firmly.
6. Turn onto the other side and cook.
7. When cooked through, remove the cake and allow to dry until crisp.

Note: Cassava bread may be lightly toasted and butter spread on one side for a delicious snack.
84. Coconut Bread I

SERVES 8-10

INGREDIENTS:
- 4 oz. margarine
- 6 oz. raw cane sugar
- 10 oz. Whole meal flour
- 2 tsp. baking powder
- ½ tsp. ground cinnamon
- 6 oz. freshly grated coconut
- ½ pint soy milk

DIRECTIONS:
1. Cream the margarine and raw cane sugar until well blended.
2. Sift the flour, baking powder and ground cinnamon in a separate bowl.
3. Stir in the grated coconut.
4. Add the dry ingredients alternately with the soy milk to the creamed mixture, mixing it thoroughly to a thick dough-like consistency.
5. Divide the mixture and shape into buns with floured hands.
6. Place the buns on a greased baking sheet, spacing well apart.
7. Bake in a preheated oven at 180° until risen and brown.

85. Coconut Bread II

INGREDIENTS:
- 2 cups flour
- 1 ½ cup milk
- 2/3 cup white sugar
- 4 tsp. baking soda
- 1 tsp. salt
- 2 tsp. melted shortening
- 1 egg beaten
- 1 tsp. vanilla
- 1 cup coconut

DIRECTIONS:
1. Sift together flour, baking powder, salt and sugar.
2. Add shortening, milk & vanilla.
3. Next, add the beaten egg & coconut.
4. Bake at 350° in a greased loaf pan for one hour.

86. Coconut Bread III

INGREDIENTS:
- 1 ½ coconuts, grated
- 2 ½ cups warm water
- 3 pounds [1½ kg] all-purpose flour (about 11 cups)
- 3 tbsp. yeast
- ¼ cup warm water
- 1 tbsp. margarine
- 3 ½ tbsp. sugar
- 3 teaspoons salt

DIRECTIONS:
1. Add approximately 2½ cups of warm water to grated coconut. Mix well. Squeeze out coconut milk into bowl.
2. Dissolve yeast in ¼ cup warm water. Add 1 tbsp. sugar and 1 tbsp. flour mix well, and let rise. Then add yeast and remaining ingredients to coconut milk and knead until smooth. If dough is a bit stiff, add a little more coconut milk.
3. Set aside in a pan, cover, and let rise until double in bulk, about two hours. Knead and form loaves. Place in greased pans to rise again until double in bulk.
4. Bake at 350°F [175°C] for 40 to 45 minutes. When done, take out of pan and cool on rack.

87. Corn Bread

INGREDIENTS:

- 1 cup cornmeal
- 1 cup flour
- 4 tsp. baking powder
- ½ tsp. salt
- 2 tbsp. brown sugar
- ½ cup dry milk powder (optional)
- 2 beaten eggs
- 1 cup milk
- ¼ cup oil or melted margarine

DIRECTIONS:

1. Mix together cornmeal, flour, baking powder, salt, brown sugar and dry milk powder (optional).
2. Make a well in the middle and add beaten eggs, milk and oil or melted margarine.
3. Stir just until smooth (that's important to mix it a lot and just use a spoon).
4. Pour in square pan or double the recipe for a 9x13.
5. Bake at 400° for 25 minutes and make sure your oven is preheated before you put it in.

88. Garifuna Backyard Oven Allspice Cinnamon Buns

INGREDIENTS:

- 3 lbs. pastry flour
- A generous ½ lb. of sugar
- ¾ stick of butter
- 1 egg
- Enough water to form dough
- ½ packet of yeast
- ½-¾ tsp. allspice
- ½ tsp cinnamon

DIRECTIONS:

1. Cream the butter, sugar and eggs in large bowl.
2. Add spices.
3. Dissolve yeast in a little water and add to mix.
4. Stir in flour slowly and add tbsp. of water to form dough.
5. Knead for ten minutes and place in greased bowl in a warm place.
6. Let rise for one hour and knead again for 5 minutes.
7. Form into 12 inch long "snakes", of slightly more girth at one end.
8. Take that end and start rolling the snake around it in concentric circles.
9. Place rolls on a cookie sheet to rise for another hour.
10. Bake in your own back yard oven or at 375°+ in your oven for 15 minutes or until deep golden brown.
Desserts

89. Baked Bananas [Bananas Assadas]

**INGREDIENTS:**
- Bananas, sliced in half
- Butter
- Sugar
- Cinnamon sticks
- Milk
- Aluminum foil

**DIRECTIONS:**
1. Grease baking dish with butter.
2. Place on top the desired amount of bananas.
3. Add sugar to taste, cinnamon to taste, and enough milk to cover the bananas.
4. Place cubed butter on top.
5. Cover with aluminum foil and bake at 350°F [175°C] for 5 minutes.
6. Uncover and put back into oven.
7. Let milk reduce and the bananas get to a golden brown color.
8. Serve hot or cold.

90. Baked Mango Dessert

**INGREDIENTS:**
- Mangoes
- Cinnamon
- Sugar
- Heavy Cream

**DIRECTIONS:**
1. Slice mangoes thinly to cover the bottom of a large baking pan (Hades mangoes are best).
2. Sprinkle ground cinnamon over the mango slices and cover lightly with sugar. Dot with butter.
3. Bake at 400º until lightly browned, but not too dry.
4. Drizzle heavy cream over top when serving.

91. Honduran Cake

**INGREDIENTS:**
- 18 oz. white cake mix
- 3 eggs
- ½ cup milk
- 1/3 cup oil
- 1 cup whole milk
- 12 oz. evaporated milk
- 14 oz. sweetened condensed milk
- 8 oz. whipped dessert topping mix
- ½ teaspoon vanilla
- ½ cup whole milk
- 9 cherries

**DIRECTIONS:**
1. Bake cake as directed on box.
2. While cake is cooking, mix together 1 can sweetened condensed milk, 1 can evaporated milk, and 1 cup whole milk with a whisk. Set aside.
3. When cake is finished cooking, use the end of a wooden spoon to poke holes in the cake. Whisk your milk mixture once again, and pour slowly over the entire cake. Put the cake in the fridge for 4 hours to set flavors.
4. After 4 hours, make your whipped topping by mixing together the vanilla, milk & whipped topping mix. Use
mixture for 4 minutes. When topping is ready, spread over cake.

5. To top it off, drain & rinse 9-12 cherries. Dry each cherry off, so the juice doesn't run in the topping. Put dry cherries on top of cake in rows of 3 or 4.

6. This makes a beautiful cake. Must be kept refrigerated. You can use various flavors of cake mix. Many people love to put sweetened coconut in the whipped topping.

7. You can also make a lower fat version by choosing low sugar cake mix, fat free sweetened condensed milk, fat free evaporated milk, & skim milk.

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### 92. Carrot Cake

**INGREDIENTS:**

**Cake**
- 2 cups sugar
- 2 cups flour
- 1 tsp. soda
- 1 tsp. baking powder
- 1 tsp. cinnamon
- 1 tsp. salt
- 1 cup oil
- 4 eggs
- 3 cups grated carrots

**Cream Cheese Frosting**
- 1/3 oz package cream cheese
- 1/4 cup butter or margarine
- 1 tsp. vanilla
- 3 cups powdered sugar

**DIRECTIONS:**

1. Mix together sugar, flour, baking soda, baking powder, cinnamon and salt.
2. Add oil, eggs, grated carrots beat 2 minutes.
3. Bake at 325° for 50-60 minutes.

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### 93. Chunky Granola

**INGREDIENTS:**

- 6 cups of oatmeal
- 1/2 cup sunflower seeds or nuts
- 1/2 cup coconut
- 1/2 cup wheat germ
- 1/2 cup powdered milk
- 3/4 cup honey
- 3/4 cup vegetable oil
- 1 tsp. vanilla

**DIRECTIONS:**

1. Bake in oven 6 cups of oatmeal.
2. Stir in sunflower seeds or nuts, coconut, wheat germ, powdered milk.
3. Mix honey, vegetable oil, and vanilla.
4. Stir until thoroughly coated. Bake 20-25 minutes, stirring every 3-5 minutes until uniformly golden. Do not overbake.
5. Press down to make it chunky.

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### 94. Guava Jam

**INGREDIENTS:**

- Guavas
- Sugar
- Lime juice

**DIRECTIONS:**

1. Peel the guavas thinly; put them on to boil (whole) with enough water to cover.
2. Boil until they are very soft.
3. Take them out of the water and rub them through a sieve until only the seeds are left.
4. To each cup of pulp allow ¾ cup sugar.
5. Put the fruit and sugar into a clean sauce-pan and boil to the consistency of jam.

95. Honuran Ponche De Pina (Hot Pineapple Punch)

SERVES: 8 -12

INGREDIENTS:
- 3 pineapple
- 3 cups water
- 3 cinnamon sticks
- 2 teaspoons whole cloves
- 2 teaspoons whole allspice
- ¾ cup sugar
- 1 cup coconut milk
- 1 quart light rum

DIRECTIONS:
1. Peel pineapples; chop or shred.
2. Add water and let stand overnight.
3. Put in large saucepan with spices, sugar, and coconut milk.
4. Boil for 5 minutes.
5. Strain liquid into large pitcher.
6. Add rum and serve hot.
7. If fresh coconut milk is not available, pour sweet milk over shredded coconut.
8. Let stand for several hours.
9. Squeeze through a cloth.

96. Key Lime Pie

INGREDIENTS:
- 1/3 – 1/2 cup key lime juice
- 4 eggs separated
- 1 can (14 oz.) condensed milk
- 9 inch pie shell

DIRECTIONS:
2. Slowly add lime juice and continue beating until well blended.
3. Pour into pie shell.
4. Refrigerate overnight.

Optional: top with meringue or whipped cream or a little grated lime rind.

97. Lemon Cake

INGREDIENTS:

Cake:
- 2 cups flour
- 2 ½ tsp. baking powder
- ¾ tsp. salt
- 2/3 cup margarine
- 1 ½ cups sugar
- 1 Tbsp. grated orange peel
- 1 ½ tsp. grated lemon peel
- 2/3 cup milk
- 2 tbsp. lemon juice

Filling:
- ¾ cup sugar
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- 2 tbsp. cornstarch
- Dash of salt
- ¾ cup cold water
- 2 beaten egg yolks
- 1 tbsp. grated lemon peel
- 3 tbsp. lemon juice

DIRECTIONS:

Cake
1. Combine in small bowl 2 cups flour, 2 ½ tsp. of baking powder and ¾ tsp. salt.
2. In another bowl beat till fluffy 2/3 cup margarine
3. Add and beat 1 ½ cups sugar, 1 tbsp. grated orange peel, 1½ tsp. grated lemon peel.
4. Add 3 eggs one at a time, beating after adding each one.
5. Take turns adding the milk, lemon juice and the dry ingredients you have in the other bowl until everything is gone.
6. Bake at 350° for 30 minutes.

Lemon Filling
1. Combine ¾ cup sugar, 2 tbsp. cornstarch and a dash salt.
2. Stir in ¾ cup cold water.
3. Add two beaten egg yolks, 1 tbsp. grated lemon peel and 3 tbsp. lemon juice.
4. Cook and stir until bubbly.
5. Cook for one minute longer.

If you make two round layers you put the lemon in between and powdered sugar frosting with lemon on top. If it's a 9X13 I just put the lemon filling on top and spoon some frosting over it.

98. Mango Chutney

INGREDIENTS:
- 4 cups under ripe mangoes, diced
- 1 cup raisins
- 1 cup dates, chopped
- 4 oz. green ginger, chopped
- 1 tsp mustard seed
- 4 cups sugar
- 2 oz. salt
- 2 cloves garlic, minced
- 2 hot peppers, chopped
- 4 cups red wine vinegar
- ½ lb. onions, chopped

DIRECTIONS:
1. Add fruit and peppers to vinegar and allow to steep until the next day.
2. To Mangoes, add sugar, ginger, garlic, onions and other seasonings. Boil all ingredients together gently until chutney is thick and brown.

Note: Pears, peaches or apples are good substitutions for mangoes. Serve on meats, rice, or baked potatoes or mix 1½ cups mayonnaise, ¼ cup of the chutney, and ½ tsp curry powder for a delicious dressing on salads or hot vegetables.

99. Oatmeal Bars

INGREDIENTS:
- 4.5 cups oatmeal
- 1 cup butter or margarine
- 1 cup brown sugar
- ½ cup white sugar

DIRECTIONS:
1. Mix this together well and pat into 9 x 13 pan.
2. Bake at 350°F for 20 minutes or until just beginning to brown around edges.
3. Melt one cup chocolate chips, mix with one cup peanut butter, and top the bars.

100. Oatmeal Cake
Combine and let stand for 20 minutes: 1 cup quick oatmeal and 1¼ cup boiling water.

Cream together until fluffy:
- ½ cup margarine or butter
- 1 cup brown sugar
- 1 cup white sugar
- 2 eggs
- 1 tsp. vanilla
Add oatmeal mixture and beat well.

Sift together:
- 1 ½ cups flour
- 1 tsp. soda
- 1 tsp. baking powder
- ½ tsp. salt
- 1 tsp. cinnamon
Add to creamed mixture and beat well. Bake at 350°F for 35 minutes.

When it's done, carefully spread the following topping on and broil (watch it the whole time because it always burns the second you take your eyes off it)

Coconut Topping:
- ½ cup brown sugar
- ¼ cup margarine
- ¼ cup milk
- ½ cup chopped nuts
- 1 cup coconut
Mix all together and spread on hot cake. Broil 2-4 minutes.

101. Pan de Coco
The recipe is really simple. The yeast dough is made with coconut milk and further coco flakes are added to the dough. The dough is then made into little rolls and backed. They will then be served lukewarm on a mirror of pineapple, papaya or mango mousse together with a bowl of coconut ice cream. You could also use lemon balm to garnish the dish.

102. Strawberry Cheesecake Quesadillas
SERVES: 2

INGREDIENTS:
- 4 (8 inch) flour tortilla
- 30 g softened cream cheese 40 g strawberry jam
- 7 g confectioners' sugar

DIRECTIONS:
1. Spread one side of 2 tortillas with ½ the cream cheese. Spread equal amounts jam over cream cheese. Spread remaining 2 tortillas with remaining cream cheese, and place on top of first 2 tortillas to form quesadillas.
2. Place quesadillas in a skillet sprayed with cooking spray over medium heat and cook 5 minutes on each side, until golden brown. Serve sprinkled with confectioners' sugar.

103. Torrejas (Ladyfingers in Syrup)
This dessert is served at Christmas and Easter.

SERVES 4 -6
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104. Tres Leche Cake

SERVES 6 -8

INGREDIENTS:

- 1 cup firmly packed light brown sugar
- 1 cup water
- 2 cinnamon sticks
- 12 ladyfingers

DIRECTIONS:

1. Boil sugar, water, and cinnamon together about 10 minutes.
2. Arrange ladyfingers in shallow dish.
3. Pour syrup over and let stand for at least 5 minutes before serving.
4. Serve hot.

105. Yucca (Cassava) Cake with Sweet Milk Sauce

15 servings

INGREDIENTS:

- 300 grams flour
- 2 tsp baking powder
- 200 grams sugar
- 1 pinch of salt, ½ packet of vanilla sugar
- 125 grams butter
- 6 eggs
- 2 cups (225 ml) condensed milk
- 1 cup (225 ml) milk
- 1 spoon rum
- 500 ml cream
- ½ packet vanilla sugar
- 1 Spoon sugar

DIRECTIONS:

1. Preheat oven to 175°C. Stir together butter, sugar, salt and vanilla sugar until frothy and then stir in egg after egg and then flour and baking powder.
2. Put the dough into a greased backing form or tray and bake it in the oven for about 30 minutes.
3. Leave it to cool and pierce several times with fork.
4. Now whisk together condensed milk, milk and rum and put it over the cake until it is well soaked with mixture.
5. You might not need to use all of the mixture. Cover it with cling film and leave it in the fridge for about 3 hours
6. Whisk cream with vanilla sugar and sugar until stiff and put the mixture on to the cake.
7. Now you can cut the cake into squares and decorate it with fruits or a pinch of cinnamon.
DIRECTIONS:

1. Preheat oven to 350° F. Grease 13” x 9” baking dish.
2. Combine sugar, cinnamon, allspice, nutmeg and salt in small bowl. Combine yucca, eggs, coconut milk, evaporated milk, coffee, butter and vanilla extract in large bowl until well blended. Add sugar mixture; stir until well blended. Pour batter into prepared baking dish.
3. Bake for 35 to 40 minutes or until toothpick entered in center comes out clean. Cool completely in dish on wire rack.
4. To serve, pour sweetened condensed milk over entire cake to glaze or top each piece with desired amount of condensed milk.

106. Yucca Pie

INGREDIENTS:

- ½ cup flour
- 1 cup sugar
- 2 cups grated yucca
- 2 sticks margarine or butter
- 2 cups coconut milk
- 2 tsp. baking powder
- 1 cup of coffee
- ¾ tsp. vanilla
- ½ tsp. cinnamon
- ¼ tsp. allspice
- ¼ tsp. nutmeg
- ¼ tsp. salt

Topping for pie:
- ½ stick of butter
- ½ cup sugar
- ¾ cup powdered milk
- ½-¾ cup water

DIRECTIONS:

1. Combine flour, salt and baking powder.
2. Cream butter and sugar, add spices, coconut milk, coffee.
3. Mix in dry ingredients.
4. Pour into greased, floured baking pan and bake in a 375° oven until the mixture solidifies and turns golden brown on top.
5. For the topping, melt butter; add sugar, powdered milk and water.
6. Hydrogenate by stirring while heating.
7. Cook until thickens.
8. Pour over top of pie
Drinks

107. Brandied Eggnog Recipe

SERVES 4

INGREDIENTS:

- 5 scoops French vanilla ice cream or eggnog ice cream
- ¼ cup brandy
- ¼ cup milk
- 2 tbsp. orange-flavored liqueur (optional)
- ¼ tsp. grated nutmeg

DIRECTIONS:

1. In blender, combine ice cream, brandy, milk, Grand Marnier, if desired, and ⅛ teaspoon nutmeg and blend until mixture is smooth and frothy.
2. Pour into 4 glasses and sprinkle with remaining nutmeg.

108. Classical Rompopo

INGREDIENTS:

- 1 liter milk
- 12 egg yolks
- 55g sugar
- 30g cinnamon sticks
- 2 cloves
- 2 peppercorns
- 250ml strong white liquor (aguadiente or rum)

DIRECTIONS:

1. In a big pot, boil milk together with sugar, cinnamon, nutmeg and cloves.

109. Horchata (sweet rice beverage)

Yield: 2 quarts

INGREDIENTS:

- 2 cups rice
- 6 cups water
- ½ teaspoon cinnamon
- 1/3 cup sugar
- 1 teaspoon vanilla

DIRECTIONS:

Basic Steps: Soak → Purée → Strain → Mix.

1. Soak the rice overnight in 3 cups of the water. Add the rice, soaking water and cinnamon to a blender and purée until smooth, 2-3 minutes.
2. Strain into a pitcher through a fine-meshed sieve or 3 layers of cheesecloth. There should be no grit or large particles in the liquid.
3. Stir in the remaining 3 cups water, sugar and vanilla. Adjust sugar to taste and serve well chilled.

VARIATIONS:

- Substitute 3 cups of milk for 3 cups of the water or use evaporated milk for a richer, creamier version.
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- Add $\frac{1}{4}$ to $\frac{1}{2}$ cup blanched, chopped almonds to the blender when puréeing the soaked rice.
- Some recipes call for grinding the rice before soaking. Use a spice or coffee grinder to first pulverize the rice. Then add the water to soak. The soaking time can usually be cut in half when following this method.

110. Horchata de Chufa

**INGREDIENTS:**

- 1 pound chufa (tiger nuts)
- 1 cup sugar
- 2½ quarts water
- 1 cinnamon stick

**DIRECTIONS:**

1. Wash the chufa well and rub off any hairy fibers.
2. Soak for 12 hours in water to cover, and then discard the soaking water and rinse again.
3. Purée the nuts in a blender with 1 or 2 cups of water. Pour into a pitcher and add the remaining 2 quarts of water and the cinnamon stick. Chill and soak another 2 hours.
4. Strain through a fine-meshed sieve or 3 layers of damp cheesecloth to remove any grit and serve well chilled.

111. Tropical Coconut Cherry Drink

**INGREDIENTS:**

- 4 Coconuts (any size will do fine)
- 4 Cherry drink mix packs (any flavor or brand will do fine)
- Coconut milk (use all of the milk in the 4 coconuts)
- 1 cup of sugar (you can use more or less for desired taste)

**DIRECTIONS:**

1. Take out all of the meat in the coconut (do whatever you want with the coconut meat).
2. Mix the flavored drink mix, coconut milk and sugar together.
3. Stir until sugar and flavoring mix are totally dissolved.
4. Chill drink mixture for 10 minutes then serve.