

## RECIPES FOR THE SLOW FOOD CORVALLIS 18 SEPTEMBER 2013 ECUADORIAN DINNER

Authentic Ecuadorian Recipes  
From *Food of the Andes* (unpublished)  
by Michelle O. Fried



### **Salsa de Pepa de Sambo** (Pumpkin Seed Sauce)

1 raw hot red chile  
1 teaspoon vegetable oil  
1/2 teaspoon achiote paste\* or substitute 1/2 teaspoon paprika  
6 scallions, chopped with both the white and green parts  
1 cup (8 ounces) roasted, pumpkin seeds (pepitas)  
1 1/2 cups water  
salt to taste

Boil the whole chile for 2 minutes; remove and discard the seeds; chop the pepper.

Heat the oil and achiote paste in a heavy saucepan. Add the scallion and sauté over low heat until soft.

Grind the pepitas in a blender until completely pulverized. Return to the blender with the water and the seeded hot pepper and blend to a purée consistency. Blend in the scallions. Add salt to taste. Pour the purée into a sauce pan and heat gently to thicken on medium low. Be careful not to let the sauce boil, which could curdle it.

Yield: 2 cups

\*Achiote paste (Recado rojo) is a Latin American spice blend that typically includes annatto, Mexican oregano, cumin, cloves, cinnamon, black pepper, allspice, garlic, and salt.

#### **Michelle's Notes for the SFC Dinner**

This is the way I wrote the recipe for my as yet unpublished book, *Food of the Andes*. However, for the SFC dinner, I chose to buy raw pumpkin seeds to avoid the possibility that the roasted ones weren't completely fresh. Toast the seeds 2 or 3 tablespoons at a time in a large heavy, unoiled saucepan to prevent seeds from popping out over the top. Since they can burn easily, it is important to stir them during the entire toasting process. Once most of the seeds have popped, immediately remove them from the pan. They should still be partially green and but not brown.



## Tortillas de Quinoa

Quinoa Burgers: Novo-Andean Style  
(Recipe developed by Michelle O. Fried)

These crunchy light burgers have gone over so well in Ecuador that they are sold in the largest supermarket chain. Formed into small patties and served with either a hot chile or an avocado sauce, they are now popular at cocktail parties in fancy hotels. My son suggested that they be filled with fresh white cheese, as in Llapingachos,\* the melted, smoothness lending a wonderful touch.

1 large carrot, diced	1/2 cup Parmesan cheese
1 cup onion, diced	2 garlic cloves, mashed
3 eggs	1 teaspoon Worchester sauce
2/3 cups Quinoa Pilaf	1/2 teaspoon salt
2/3 cup quick-cooking oatmeal	1/2 teaspoon black pepper
1/3 cup whole wheat flour (or white)	1/4 teaspoon oregano
1/4 green bell pepper, finely minced	1/4 teaspoon thyme
1/4 red bell pepper, finely minced	2 tablespoons vegetable oil for sautéing

To prepare the Quinoa Pilaf, first rinse and then simmer in 1 1/3 cups water, in a covered pan for approximately 20 minutes until all of the water has been absorbed. In a blender purée the carrot and onion with the eggs. Mix in the Quinoa Pilaf, oatmeal, flour, green and red bell peppers, Parmesan cheese, garlic, salt, pepper, oregano, and thyme.

Divide the dough into 16 portions. Fill each portion with cheese and form into patties about 1/2 inch thick and 2 1/2 inches in diameter.

Sauté over medium heat in the vegetable oil until they are dark brown and very crunchy.

Note: Do not serve these in buns, but plain with a sauce.

Yield: 16 burgers.

\*A popular Andean specialty in Ecuador, Llapingachos are fried potato cakes. They are stuffed with cheese and cooked on a hot griddle until lightly browned and crisp.

### Michelles's Notes for the SFC Dinner

This is the original recipe. For our dinner, we used a more modern version with quinoa flakes (rolled quinoa, produced by a similar process as rolled oats). Replace the oatmeal and whole wheat flour with 1 cup of quinoa flakes.



## **Cebolla Encurtida**

(Pink Pickled Onion)

Foreigners in my cooking classes have always been fascinated by something so special and at the same time, so simple as these pickled onions. This special preparation conserves the texture of the onion, while removing its pungency.

2 medium red onions, sliced very thinly (almost as thin as paper)

3 tablespoons salt

1 tablespoon key lime juice

½ teaspoon sugar

Mix the onion with the salt and let sit for 20 minutes. Rinse with many changes of water to remove most of the salt. Drain well and mix with the lime juice and sugar.

Let sit for about 15 minutes until they turn pink.

### **Michelle's Notes for the SFC Dinner**

These are the onions we served with the mussel cebiche.