



Dark Water

The first book in the I.C.E. series to be released from
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Gabriella Hewitt's Puerto Rican Recipes

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In celebration of my first release *Dark Water*, I wanted to share a few of my favorite Puerto Rican dishes with you. Come with me and be transported to the beautiful tropical island paradise where the dishes are served hot and the men are even hotter.

- Gabriella Hewitt



APPETIZER

Surullitos de maiz (Corn Fritters)

Cook Time: 30mins

Ingredients:

2 cups water
1 & ¼ tsp of salt
1 ½ cups yellow cornmeal
1 cup grated Colby cheese or Edam cheese
Vegetable oil for deep-frying

Combine salt and water in saucepan. Boil and remove from heat. Add cornmeal. Mix together. Cook over medium heat for 10 minutes or until mixture thickens and rises. Remove from heat.

Add cheese and mix well. Let cool slightly. Tablespoon mixture and roll in palm of hands to form ½ inch thick cylinders with rounded ends. Deep fry in oil until golden brown. Remove from heat and drain on paper towel. Serve with salsa.

DRINK

Coquito (Puerto Rican Egg Nog)

A popular Christmas drink in Puerto Rico.

Ingredients:

1 cup white rum
1 can coconut milk
2 egg yolks
1/8 tsp salt
6 fl oz sweetened condensed milk
Cinnamon or nutmeg spice

Pour half of rum into blender. Add coconut milk. Blend together. Add egg yolks, salt, and condensed milk and blend until smooth. Pour into large pitcher. Add remaining rum and stir. Refrigerate. Remove from fridge 30 minutes before serving. Stir well and serve in small glasses, sprinkle liberally with cinnamon or nutmeg.

MAIN COURSE

Arroz Con Pollo (Chicken with Rice)

Cook Time: 45 minutes

Preheat oven to 350 degrees

Serves 8 ppl

Ingredients:

1 cup Long Grain Enriched Rice
4 cloves garlic chopped
1 large Spanish or yellow onion chopped
Olive oil
2 lbs. Chicken legs and thighs
Baby Carrots
Turmeric seeds (pinch)
Salt & pepper (for taste)
1 Goya Saffron packet
1 cube or packet Chicken Bouillon
2 cups water
1 cup dry white wine

In a large pot or skillet pour olive oil with just enough to coat bottom of pan. Add in chopped onion and garlic. Put in a dash of turmeric for flavor. Add in Saffron packet and stir. Cook till the onions become yellow and soft. Salt & pepper chicken to taste. Place chicken inside the pan and lightly brown chicken on both sides. Pour in dry white. Bring to a boil. Mix in chicken bouillon into water. Reduce heat and add in bouillon water. Cook for 15 minutes.

In a separate baking dish, pour the rice and evenly spread until bottom is covered. Take the chicken out of the pan and arrange on top of the rice. Then slowly pour the hot sauce from the pan into the baking dish. Place carrots in between the chicken making sure to immersed carrots in the sauce. Cover with aluminum foil.

Cook for 30 minutes or until rice is soft and tender. Chicken should be thoroughly cooked through to the bone.

QUICK and EASY Recipe

Rice:

Put 1 cup of rice into a rice cooker. Add 1 saffron packet and 2 cups water into cooker. Put in diced frozen carrots and peas. Turn on cooker.

Chicken:

In a skillet, pour in olive oil enough to coat bottom. Season 1lb of chicken breasts sliced thin with onion powder and garlic powder. Add salt and pepper to taste. On medium heat brown chicken breasts on both sides. Add in ½ cup dry white wine and 1 cup of chicken broth. Bring to a boil and reduce heat. Let it cook for 10 minutes.

Serve chicken with sauce over rice.

SIDE DISHES

Habichuelas Coloradas Salsa (Red Beans in sauce)

Cook Time: 5 minutes

Ingredients:

- 1 Can Red Kidney Beans
- 1 8oz bottle of Goya Sofrito* (found in the exotic food isle)

Drain the juice from beans and rinse the beans in cold water until all starch is gone. Place beans in a pot. Pour in the sofrito. Cook beans on low heat occasionally stirring. Cook for five minutes. Serve hot over rice or as a side dish.

Sofrito (Seasoning sauce used in many Puerto Rican dishes)

Cook Time: 15 minutes

Ingredients:

- ½ Cup olive oil
- 2 tbls annatto oil (or annatto seasoning packet found in exotic food isle)
- 1lb tomatoes peeled and chopped (or 2 cans of stewed tomatoes)
- 2 medium yellow onions, chopped
- 1 green bell pepper, seeded and chopped (or hot green chili peppers)

4 tsp finely chopped fresh cilantro (or dried cilantro)

1 tsp dried oregano

1 sprig of parsley finely chopped (or dried parsley)

6 cloves garlic, peeled and chopped (or garlic powder)

Paprika, salt and pepper to taste

Combine olive oil, annatto oil, garlic and onion and tomatoes in blender or food processor and puree. Stir in remaining ingredients. Simmer 10 minutes. Increase heat to moderate and cook for one more minute.

Put in glass dish and let cool. Cover and put in refrigerator overnight to bring out flavor. Serve anytime cooked or as a cold salsa seasoning.

Yuca con Mojo Criollo (Steamed Yuca with sauce)

Cook Time: 30 – 45 minutes

Ingredients

- 2 ½ lbs frozen yuca (sometimes called Cassava)
- water
- salt
- juice from lemon
- Mojo Criollo* (can be found in exotic food isle)

Place yuca in large pot. Pour in water to cover. Add salt. Boil for 1 hour. When yuca is tender remove from water. Sprinkle yuca with salt, pepper and a squirt of lemon. Serve hot with Mojo Criollo sauce.

Mojo Criollo

Ingredients:

- 4 large yellow onions, peeled and diced
- 6 garlic cloves, peeled and sliced
- 1 cup oliveoil
- 4 bay leaves
- 1 tsp peppercorns (substitute ground black pepper)
- 1 lemon (substitute orange juice or lemon juice)

In a large saucepan sauté onion and garlic olive oil until soft. Stir in peppercorns and salt Squeeze in lemon juice with some pulp. Simmer for 15 minutes on low heat.

DESSERTS

Besitos de Coco (Coconut Kisses)

Cook Time: 45 minutes

Preheat oven to 350 F

Ingredients:

3 ¼ cups fresh frozen grated coconut (available in the frozen food aisle of Latin stores)
1 cup brown sugar, firmly packed
8 tsps all purpose flour
¼ tsp salt
4 tbs butter at room temperature
3 large eggs yolks
½ tsp vanilla

Place grated coconut in a bowl. Add brown sugar, salt, butter, yolk and vanilla. Mix well. Grease a 9x13 in. glass-baking dish. Take mixture by teaspoon. Shape into balls and arrange in baking dish. Bake for 35 minutes or until golden brown. Let cool 10 minutes. Carefully remove besitos with spatula and place on a platter.



Flan De Piña (Pineapple Custard)

Cook Time: 1 hour

Preheat oven to 350 F

Ingredients:

2 cups fresh or canned pineapple juice
1 cup sugar
1 tbs brandy, optional
8 eggs beaten

Lightly grease 1 quart baking dish. Combine pineapple juice and sugar in saucepan and bring to boil. Reduce heat and simmer until mixture forms a thick syrup consistency. Let cool. Beat pineapple syrup and brandy onto beaten eggs. Pour into prepared baking dish and set dish in a roasting pan. Add enough hot water to pan to come halfway up sides of baking dish. Bake until a knife inserted in middle of custard comes out clean, about 1 hour. Remove from water and let cool, let chill before serving.

Gabriella's Secret Tip

Look for instant Flan among the custards in the baking aisle.