

Regional Gastronomy of Argentina

NORTHWEST

LITTORAL

CUYO

CENTER

PROVINCE OF BUENOS AIRES

BUENOS AIRES CITY

PATAGONIA



Federación Empresaria
Hotelera Gastronómica
de la República Argentina

Turismo
FEHGRA



Regional Gastronomy of Argentina

NORTHWEST | LITTORAL | CUYO | CENTER | PATAGONIA
PROVINCE OF BUENOS AIRES | CITY OF BUENOS AIRES

*“An imaginary trip through the flavors
of our gastronomy.”*



Federación Empresaria Hotelera Gastronómica
de la República Argentina



Federación Empresaria Hotelera Gastronómica de la República Argentina

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- Secretariat of Tourism of the Province of Buenos Aires
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Gustavo Santos

NATIONAL MINISTER OF TOURISM
OF ARGENTINA

Local cuisine is a key feature of the tourist offer of any country, region or province. Enjoying typical dishes is essential if we wish to know a place well, discover its culture and feel close to its people and their traditions.

The vast majority of tourists are eager to taste the products and representative dishes of the destinations they visit, and this book from FEHGRA is an invitation to take an imaginary journey through the flavours of Argentina, its pages revealing the great gastronomic variety of our vast and diverse country

This selection of dishes representing each region is also a key contribution to achieving the goal that the National Ministry of Tourism has set through its Gastronomical Tourism Strategic Plan "CocinAr". This plan aims to increase the status of Argentine cuisine so it can improve its national and international reknown.

This ambitious and attractive plan includes the entire country from end to end, involving all citizens, boosting the economy of each region and helping all those in the food industry, from local and national businesses to farmers, chefs, schools, markets and restaurants.

Under our plan, we ask all the actors to sit at the table with us and contribute in revealing Argentine cooking to the world. Only by working together can we achieve this, supporting the public and private sectors and academia as they work hand in hand.

I am proud of this contribution from the gastronomic and tourist sectors. I am confident that our wonderful cuisine can bring many more tourists our country, and will encourage more Argentinians to discover new regions and typical dishes of our country, as our extraordinary culinary traditions become internationally known and respected.



Ministerio de Turismo
Presidencia de la Nación



Roberto Brunello

P R E S I D E N T O F F E H G R A

Landscapes and gastronomy are intimately related. So it is defined by the well known metaphor "cooking is the landscape on the meals", specially proper for a country as ours, so vast and rich in meats and agricultural products, so creative in the preparations of the country's local, urban and rural cooking. A soil with regions of clay zones suitable for the growing of red, sturdy tannins, that produce the best Malbec, a cultural icon of Argentina in the world, as well as meat and tango. A land that was able to also link its Country Brand with the "yerba mate" brew, the "empanadas" pies and the "dulce de leche" sweet, among others, because they are typical Argentine products and widespread eaten in all its regions.

The 35,000 restaurants, bars, pizzerias, canteens, taprooms and many of the 10,000 hotels gathered in FEHGRA, through our 63 affiliates, offer the argentine flavors, which reflect the history and culture, and constantly revalue its cooking, improving the quality and promoting with its effort and dedication a very strong section of the national economy.

Our Affiliates follow the organization of Festivals, Gastronomic days or Weeks, which include lectures, discounts on restaurants, contests, workshops, children's activities, among others, as a great contribution in the position of its cities through gastronomy.

Since several years our Federation has the mission of take actions to promote the product, the raw materials and the culinary production, because it is not only a way to highlight the activity, but also a contribution to the country's consolidation as quality touristic destination and to achieve an increasing competitive position.

This valuable book carried out by the Tourism Department with the contribution of many important entrepreneurs and specialists, drives the reader to the culture, the tastes, the smells, textures, rituals and habits of each town, using as tows easy texts to enjoy and high quality illustrations.

We thank our Affiliate of the City of Buenos Aires for the facilitation of their premises to elaborate the different courses which are part of this material.

We invite you to enjoy with each of these pages of this new broadcasting tool, created by our entity, which will help us to communicate the distinctive qualities of our gastronomy and will facilitate the task to increasingly transform it in an memorable experience for the Argentine people, and a great promoter of trips for local, as well as foreign tourists.

A handwritten signature in blue ink, appearing to read "Roberto Brunello". The signature is stylized and written in a cursive-like font.



Claudio Aguilar

VICE-PRESIDENT OF FEHGRA
IN CHARGE OF THE TOURISM DEPARTMENT

Tourism is more than just an economic activity. It includes convictions, projects, values and dreams, and it's also one of the most important activities in our country. That's why FEHGRA works hard on the boost and the growth of the tourism.

I'm proud to have the opportunity to introduce to you this book about Argentine gastronomy, the result of a collaboration between the public and private sectors.

It includes traditional food from all 7 regions of our country, and it's an essential promotional tool due to the information about the cuisine of our entire country. The aim of this publication is to show the potential of each region within Argentine gastronomic culture.

It is noteworthy that culinary productions are one of the factors that position and contribute to the growth of regional economies, functioning as a motivator of travel for both local and foreign tourists.

We live in times where challenges are becoming bigger and more decisive. Tourism is an important productive force, and the closer we work together, the more achievements we will accomplish in pursuit of the activity. From the Department of Tourism, we are working on this task and with the

participation of leaders and entrepreneurs, through the different subsidiaries of FEHGRA, we seek to position the tourist destinations of each province promoting internal tourism.

It is an honor to be part of the team that carried out this excellent publication. I congratulate each of the people in this working group. We will all continue joining forces in pursuit of tourism and gastronomy in our country.



Federación Empresaria
Hotelerá Gastronómica
de la República Argentina



INTRODUCTION

One of the great pleasures of my profession of journalist is to travel. But my travels are always related to the market and to taste different meals.

Many come back from their journeys with perfumes. But I must say that my luggage smells of spices, delicatessen and more than once some cheese. I'm certain that the food of each corner of this world has something special and when found out, is recorded forever in our taste and in our memory and acts like a magnet, asking to return.

Isn't it what happens when we remember holidays in our childhood, with a sweet or a meal that comes longing to life again? This is why, to have investigated and written for this book, focusing in the seven regions of Argentina, was almost like having participated of a huge menu, of a table full of surprises. As I was covering them, their landscapes changed one by one. From the Atlantic Coast I went to the mountains of the Cordillera, from the Puna to the Patagonia Region, from the Littoral to the Center of the country, not forgetting the Capital's meals. In each step I discover how the soil, the climate, the people, the history, the music, the colors, the scents. They are a group of ingredients that are combined to make the traveler find that unique and special flavor, when he or she tastes something, whether being in a little town or in a big city.

In the different regions, the book's team tried to reflect the tradition and also other streams. Many of them, although typical and particular of each place, are unknown even by Argentine people. Because to describe the cattle beef of different areas is almost familiar, for locals and tourists, but to know that in some remote towns, some meals are prepared with otter, was a surprise. It also happened to me regarding names: barbecues, empanadas and pizzas have a familiar name, however, "holupchi"



sounded to me very strange. It's a Ukrainian meal, right now a citizen of the littoral and this is only one example, among others. While I was writing and traveling with my imagination, I got to know that in the province or Buenos Aires, besides its classic "alfajores" (a sweet biscuit with filling), it's always like Christmas, because the "pan dulce" (a sweet bread) has even its regional fest. Or that the city of Buenos Aires has its "Gramajo" scrambled eggs, but it also honors the policemen that guarded the street corners some time ago, called "vigilantes", same name given to a typical dessert. That peperina is the central region's perfume, where besides sausages and kids, people eat fine cheeses and the vizcacha rodent. Cuyo invites to enjoy its sun and its wines with massed meats, delicious olive oils and sweets produced with infinite patience. The littoral's rivers provide fishes of strong flesh and its coast, exotic colored fruits. In the Argentina Northwest (NOA), it's essential to taste its corns, little potatoes and the llama's meat. And in the Patagonia, its fine fruits and its deers, trouts and choiques (local ostriches).

Contrasts, nuances, a table with culture, tradition and also adventure and discovering.

PAG.

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Patagonia Region

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CONVERSION TABLE
METRIC TO IMPERIAL:



Weight:	
1 kilogram (kg.)	> 2.204 pounds
100 grams (g.)	> 3.527 ounces

Capacity	
1 liter (L)	> 0.264 gallons
100 cubic centimeters (cc. /cm3)	> 3.33 fluid ounce

Length:	
1 centimeters (cm.)	> 0.393 inches

n/a > necessary amount

This book, a great map of flavors of Argentine regions to visit, is rich and diverse. Our country invites you to travel around more than once. So, when you go through these pages, I can assure that the temptation will be great.

My recommendation is to read it while traveling, to take notes, to take pictures to taste and taste. I'm sure that after the first trip, there will be many more.





Northwest Region

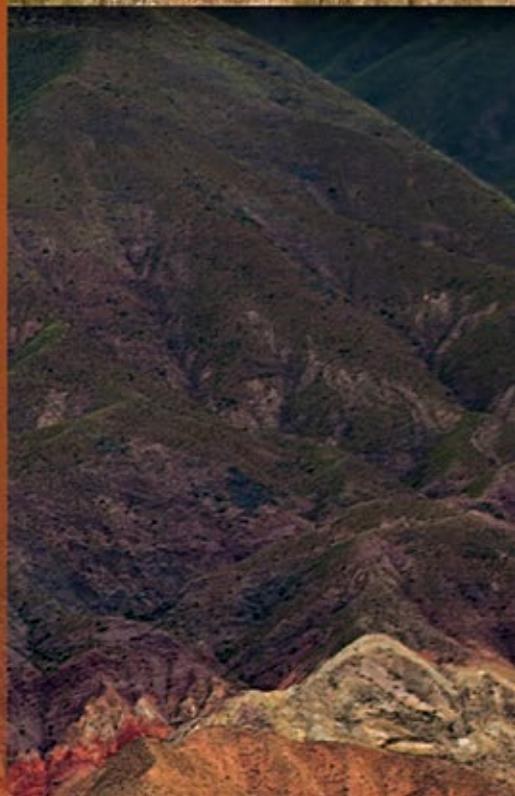
JUJUY

SALTA

TUCUMÁN

SANTIAGO DEL ESTERO

CATAMARCA



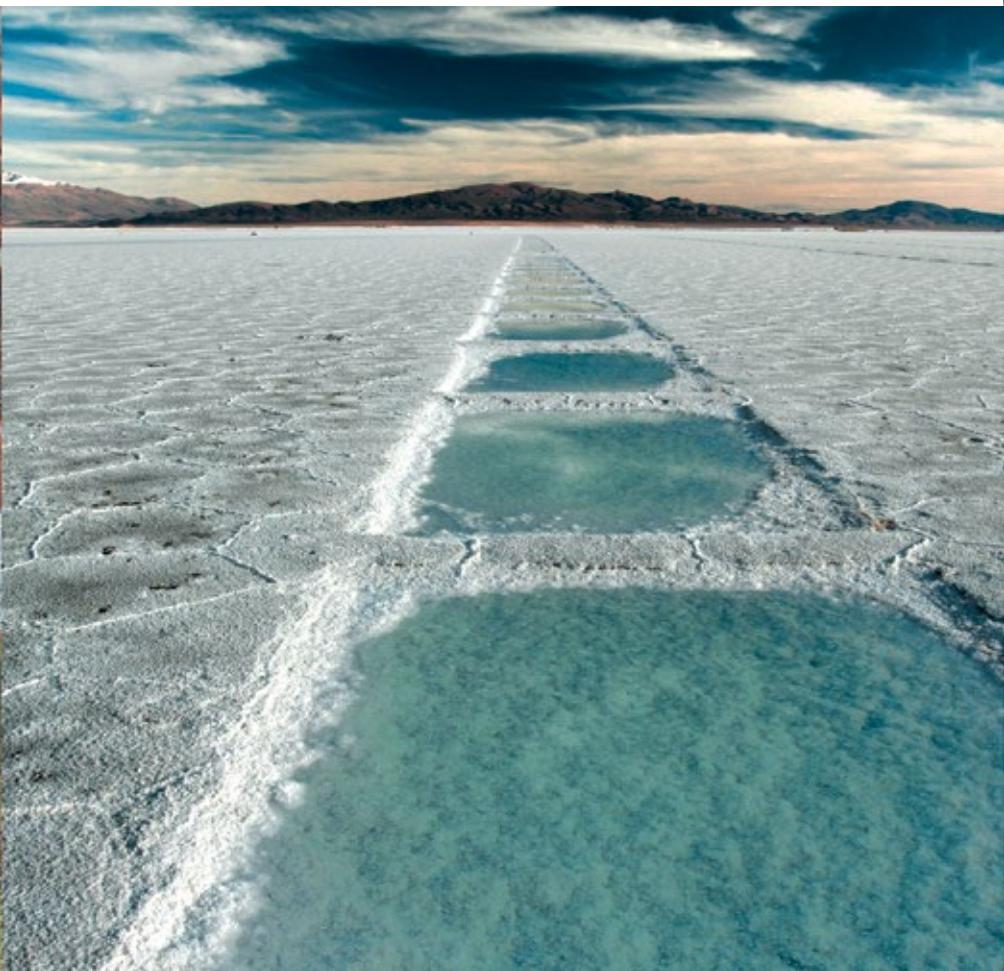
The ritual of the Northern food was sacred for centuries. It took a long process of preparation with several following hours to enjoy it. Pailas (big metal vessels), woody spoons and time were some of the basic ingredients to prepare spicy red stews, colored by the tones of the different chili.

To fill all those pots, the Pachamama or Mother Earth was always generous. Corn is the foundation of this region's meals. With chuchoca (white corn) a delicious stew called locro is made, that invites you to eat with the back sound of the guitars and quenenas (a local kind of flute), well served with a Torrontés, white wine or some of the red ones also well cultivated in the area.

Besides corn, cooking is completed with chili peppers; traditional and little potatoes as well as different tuber plants with their infinite flavors, colors and sizes. Colors like lilac, green, blue, yellow or red, are only some of them. The pre-Hispanic quinoa and the amaranth are no longer secret, to be once again enjoyed in new versions. The region also gives pumpkins and lama meat which is increasingly known, and the charqui (meat dried in the sun), among other foods.

So, in this region where silence is imposed to appreciate its natural beauties, there's a lot to visit and to taste. It is a sin to leave NOA without having eaten empanadas (a meat pie), humitas (a meal made with sweet corn) or tamales. Or not having plunged a spoon into those locros or spices, name given to stews. Afterwards come the sweets, with the classic vigilante dessert: syrup spread on a piece of cheese. After having seen part of the landscapes, it's a must to fill the luggage with the honey of the Calchaquies valleys, or some carob-tree or anise scents. The alfajores made with the carob bean, the sweets with local fruits as the fig, the cuaresmillo or the alcayota (kind of pumpkin); and the dulce de leche made with goat milk, are also classics. There also are the typical candies as the alfajores with nougat and molasses, gaznates (cupcakes filled with cream or dulce de leche), and sweet light meals, and the crystallized nuts.

Finally, meals, good wines, guitar playing, landscapes like coming out of a postcard, and much more, awaits for those who come to this delicious Argentine region.





Northwest Region

APPETIZERS/FIRST COURSES/ HORS D'OEUVRE

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JUJUY
SALTA
TUCUMÁN
SANTIAGO DEL ESTERO
CATAMARCA



APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Empanada with knife sliced meat

Empanadas of the whole NOA are so famous that even some have its own music, the "Cueca". They are made with potatoes, they are juicy and spicy. A good Torrontés wine goes great with them.



Data

EMPANADAS

Each province has its own particular way to prepare empanadas. The filling or mince can be cow, chicken, mare, viscacha, or lamb meat, among others.

It can also have potatoes, olives, raisins, eggs, onions, or peas. They can be salty, sweet, spicy bittersweet, and there thousands of variations.

INGREDIENTS (8-10 persons)

FILLING

1 kg.	ARMPIT OR PULP (BOVINE MEAT)
200 g.	POTATOES
200 g.	ONION
1 spoonful	PAPRIKA
20 g.	SALT
150 g.	ONION
150 g.	PELLET FAT
10 g.	BLACK PEPPER
1 pinch	CUMIN
6 units	EGGS
4 plants	SCALLIONS

MASS

1 kg.	FLOUR 0000
150 g.	FAT
30 g.	SALT
350 cc.	WATER

PREPARATION:

Slice the meat in little cubes with a knife. Place a pot on heat with the pellet fat, then add the meat and the onion sliced in little cubes. Season with salt, pepper, paprika and cumin. Cook for about 15 minutes. Then add the potatoes also in small cubes. Cook until the potatoes are almost done. Remove and save. Boil the eggs, chop the scallions and save.

Mass

Make a sort of crown. Place fat in the center, heat water, then make a brine. Add this to the crown, and then knead till getting a homogenous mass. Let it rest 30 minutes, then stretch and slice in circles 5 to 7 cm. of diameter.

With the help of a fork press the eggs and add on the mince together with the scallions.

Fill the discs with the mince and fry or bake 7 to 10 minutes in an oven to 220°C.



APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Meat in long boiling with *locro* juice

Time is one of the basic ingredients used in the region. As we are not in a hurry here, the meat in long boiling, as well of the *locro* juice, show this.





INGREDIENTS (for 8 persons)

500 g.	WHITE CORN
250 g.	BEANS
1 kg.	FLANK STEAK
250 g.	SALTED BACON
250 g.	SALTED BONE
250 g.	BOILED GUT
250 g.	PORK SKIN
1500 g.	PUMPKIN - "PLOMO" (a local kind)
200 g.	SWEET POTATOES
3 plants	SCALLIONS
100 g.	PELLET FAT
1 teaspoon	CHILI PEPPER
1 teaspoon	SWEET PAPRIKA

PREPARATION:

In a big pan, place the corn and the beans (previously soaked from the night before), add the meat, bacon, skin, salted bones, the gut and the rest of the ingredients. Slice the pumpkin in cubes and add water till all ingredients are covered.

In another pan, heat water, for it might be necessary to use it as corn consumes a lot during boiling.

Place the pan with all ingredients at medium heat. Once the water starts to boil, watch it, stirring once in a while.

Add finally the sweet potatoes in small cubes, the cook during 3 to 4 hours till corn is tender altogether with the other ingredients.

Stir-fry:

Heat the pellet fat, add the onions sliced in small cubes, and then the paprika and the ground chili, and stir-fries in a few minutes at low heat.

Data

LOCRO

Each country has its particular stew and locro is the Argentine one, being its origin from the Incas. There is not an only way to prepare it and there as many adjustments and variations as regions. In the Northwest it is made with corn since always and after the Conquer, with wheat. The most used kind of corn for its preparation is the pressed white one and less frequently the yellow one.

APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Humita in a pot with cheese au gratin and *llajwa**

To say Humita is almost to mention the name of the region. It is a traditional preparation, with maize, that has survived in these landscapes for thousands of years. Here is presented in a pot, with cheese au gratin.

* *llajwa*: a hot sauce with chili.



Data

HUMITA

The Humita is one of the more traditional preparations of the regional cooking. It is simple and fast and is made with fresh maize. It can be made in casserole or wrapped in a corn husk (chala). Mostly it goes with the so called native or fresh cheese, with quesillo (kind of cottage cheese) or in llajwa sauce, which adds spice.

INGREDIENTS (for 8 persons)

6 units	MAIZE
1 unit	ONION (MEDIUM)
2 units	RED PAPRIKA
500 g.	PUMPKIN
100 cc.	SUNFLOWER OIL
15 g.	SALT
5 g.	PEPPER
500 cc.	MILK
200 cc.	WATER
200 g.	LOCAL COW CHESSE

LLAJWA

400 g.	CHERRY TOMATO
1 unit	LOCOTO (A KIND OF CHILI)
50 cc.	CORN OR SUNFLOWER OIL
5 g.	SALT

PREPARATION:

Grate the maize and the pumpkin. In a pot, place 2 spoonful of oil and add the onion in cubes till it's transparent. Add paprika chopped in cubes and toss in oil. Place the maize and the pumpkin, add the ingredients with a wood spoon, add milk and water, salt and pepper. Stir and cook till it thickens.

In a frying pan place the rest of the oil and add the paprika, salt and pepper and cook the sauce for 7 minutes. To serve, place in each dish a piece of cheese on the humita and a spoonful of sauce. Take it to the oven till cheese turns au gratin (5 minutes).

Llajwa sauce:

All the ingredients are GRINDED in a batán (a flat stone in which, with oscillation of another curved base, grind the ingredients, or it liquefies them, taking care of getting it clotted, but not completely liquefied so not to alter its essence). If you don't have this batán, you can grate the tomato and the locoto with a hand grater and afterwards mix the ingredients with the salt. If you use herbs, add them chopped fine.

SAVOURIES · MAIN COURSES

Goat in salt shell with steamed vegetables and paprika oil

When you get to the thermal waters of Río Hondo, you can enjoy the goats of the region. Its flesh increases its flavor in a salt shell, a classic of the region.



Data

GOATS

In the thermal waters of Río Hondo it is very usual the domestic breeding of goats, a tender and delicious meat, offered in all restaurants in different forms, but it's recommended to eat barbecued or grilled.

INGREDIENTS (for 12 persons)

8 kg.	GOAT (baby sucker goat)
30 g.	PEPPER
n/a	PARSLEY
n/a	THYME (fresh)
100 cc.	OLIVE OIL

STEAMED VEGETABLES

500 g.	CARROTS
500 g.	SQUASH
500 g.	BROCCOLI
500 g.	SMALL POTATOES
5 leaves	LAUREL
n/a	SALT
n/a	GRINDED BLACK PEPPER

PAPRIKA OIL

180 cc.	SUNFLOWER OIL
1 spoonful	PAPRIKA
2 teaspoons	GRINDED BLACK PEPPER

SALT CRUST

1500 g.	SALT
5 units	EGG WHITE

PREPARATION:

Marinate

Mix olive oil, parsley, pepper and thyme. Marinate goat during 8 hours in the refrigerator in an oven-plate wrapped with film paper.

Steamed vegetables

Peel and cut the squashes and carrots. Remove the broccoli flowers. Steam the vegetables till they tender. Mix laurel with ground pepper and season with salt as desired. In the bottom of the steam pot place the Mix olive oil, parsley, pepper, and thyme. Then marinate leaves of laurel to perfume the vegetables.

Salt crust

Mix the egg white with sea salt till getting a homogenous paste.

Cocking

Remove the film from the meat. Place the salt shell preparation (covering the whole goat), take to the oven during 2 and a half hours at 180°C, after having been heated previously.

Paprika oil

Mix the sunflower oil with the paprika and the pepper and add to the steamed vegetables at the time of serving the meal.



SAVOURIES · MAIN COURSES

Fried *dorado* with beans and poached egg

A surprising plate is this Dorado, a river fish, served fried, with beans and poached egg. It goes ideally with Torrontés wine.



Data

DORADO

In the NOA rivers it's very common the traditional and sportive fishing. The best prize for these hours of patience is a dorado, with species than can reach in exceptional cases 30 kg. It has a very tasty flesh and many people chose to prepare it at the same place where they fished it, generally grilled. This way for cooking enables to appreciate its white and tender flesh.

INGREDIENTS (for 8 persons)

1 unit (6kg.)	DORADO
6 units	LEMON
n/a	PEPPER
1 kg.	WHEAT FLOUR 0000
600 g.	PORK FAT
1 liter	SUNFLOWER OIL
n/a	SALT

BEANS

1 kg.	BEANS
n/a	SALT
n/a	WATER

POACHED EGG

n/a	WATER
5 spoonful	VINEGAR
2 spoonful	SALT

PREPARATION:

Remove dorado's scales. Cut the tail, the head and fins. Cut the dorado in slices. Then place it in a glass recipient and add lemon juice with salt and paprika as desired. Let it rest a few minutes and roll in flour. Then fry in a thick base recipient with pork butter.

Beans

Boil the beans till they are tender. Then end the boiling with cold water and remove the skin. Then toss it in butter before being served.

Poached egg

In a big pan, heat much water with 50 cm³ of vinegar for each liter of water. Wait for the boiling point. In the meanwhile, crack the egg in a bowl.

When water starts to boil, introduce a spoon in the pan and, with a circular movement, make a whirlpool in the center of the pot. Introduce the egg, sliding it gently.

Cook the egg 2 and a half minutes, the necessary time to achieve the right point: a consistent white egg and a coagulated yolk. Remove the egg carefully, using a skimmer.

To end the cooking let the egg cool down in a bowl with iced cold water. The poached eggs are boiled one by one.

* It's recommended to add herbs in the butter (oregano, parsley, coriander, thyme)



SAVOURIES · MAIN COURSES

Grilled trout with butter of *molle** pepper and *humita* custard

For the sportive fishing lovers, a grilled prepared trout is the best of trophies. Most of all when the one who eats is the one who fished.

* *molle*: peruvian tree.



**INGREDIENTS** (for 5 persons)

5 units	TROUTS (320-350 g. each)
5 g.	SALT
5 g.	PEPPER

BUTTER OF MOLLE PEPPER

250 g.	BUTTER
25 g.	PINK PEPPER

HUMITA CUSTARD

4 units	HUMITA
8 units	EGGS
180 cc.	HEAVY CREAM
500 cc.	WHOLE MILK

PREPARATION:

Remove the trout's spines. Cut the tail, the fins and the head. Heat a grill, then add the butter of molle, and brown both sides of the trout between 5 to 10 minutes.

Humita custard

Crack the eggs, place them in a bowl, add the cream and milk (whip by hand till emulsified). Add the humitas without chalas previously pressed with a fork. Butter and flour the individual custard molds. Place it in the oven in bain Marie during 15 minutes, at 180°C

Butter of molle pepper

Grind pepper, mix with butter till it gets creamy.

Data**LAGOON TROUT**

In lagoons, lakes and water mirrors of dams we find trout of the "rainbow" variation. Each area has its own close season calendar.

SAVOURIES · MAIN COURSES

Charqui stew in casserole of *capia* corn flour

Sun is one of the permanent ingredients of this region. Thanks to its heat, charqui is elaborated, being the base of this stew made with *capia* corn flour.



tips*

Once the charqui is crumbled, don't add salt.

INGREDIENTS (for 5 persons)

1 kg.	CHARQUI
200 g.	ONION
100 g.	RED PEPPER
2 cloves	GARLIC
3 units	TOMATO (medium-sized)
200 g.	SMALL POTATO (plain potato)
150 g.	CAPIA CORN FLOUR
2 units	CARROT
2 teaspoons	SALT
1 teaspoon	GRINDED BLACK PEPPER
2 teaspoons	PAPRIKA

BROTH

2 cloves	GARLIC
2 sticks	PARSLEY
2 plants	LEEK
1 plants	CELERY
1 unit	CARROT (medium-sized)
2 units	LAUREL LEAF

PREPARATION:**Broth:**

In a pot, add water, salt, laurel leaves, and the vegetables for the broth. Place on heat and when water starts to boils, add the charqui. Cover the pot and leave boiling 40 minutes at high heat.

Procedure:

Put a drop of oil in a pan, then toss onions, red pepper and garlic. Add the charqui already flaked, together with two cups of broth and the capia corn flour. Slice tomatoes in small cubes removing the seeds. Season with paprika and black pepper.

Peel and slice carrots. Cut potatoes in halves and add them to the pan. Cook at medium heat and cover the pan during 30 minutes.

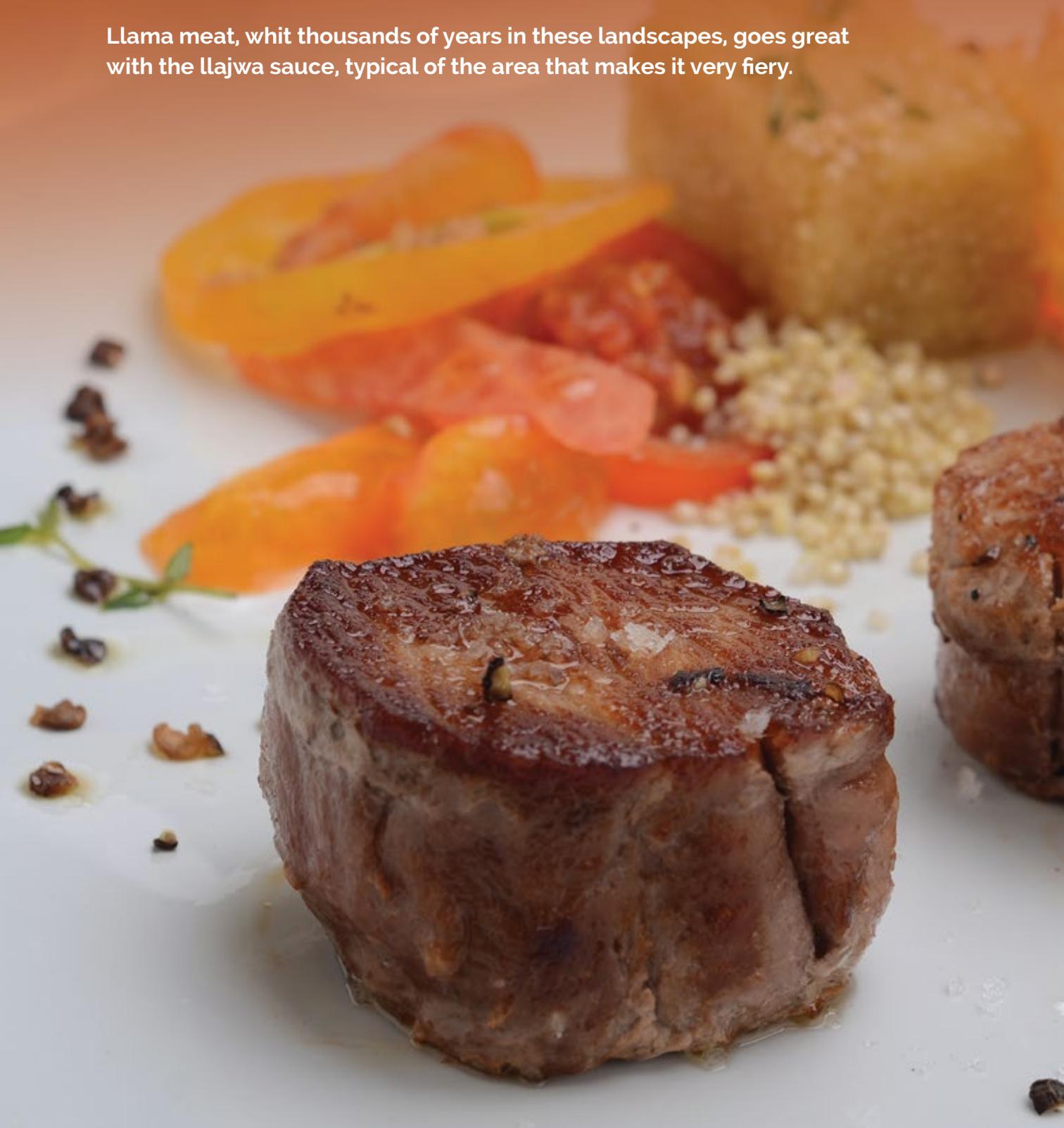
Data**CHARQUI**

The "chalona" is mutton bones and flesh dried to the sun with salt. Charqui is made of cow meat or of llama, but without bones, also dried to the sun with salt. In both cases they are eaten in stews or soups and they must be soaked to tender the meat, and then, in some cases, a slight toast to get a particular and tasty flavor.

SAVOURIES · MAIN COURSES

Llama pink loin, llajwa and quinoa rice

Llama meat, wht thousands of years in these landscapes, goes great with the llajwa sauce, typical of the area that makes it very fiery.



INGREDIENTS

1,25 kg. LLAMA LOIN
 5 g. SALT
 3 g. PEPPER
 20 cc. OLIVE OIL

LLAJWA

400 g. TOMATO (CHERRY)
 1 unit LOCOTO
 50 cc. CORN OR SUNFLOWER OIL
 5 g. SALT

Data**LLAMA**

Before the Spaniards arrived, llama was the animal most consumed. It has a meat with a strong flavor, that allows different preparations, and it has a great amount of proteins. It looks like the bovine meat, and it doesn't have a too distinctive flavor nor scent. The fat of the meat of camelid, is very white and has low levels of cholesterol.

INGREDIENTS (for 6 persons)**QUINOA RISOTTO**

500 g. QUINOA (A KIND OF CEREAL)
 70 g. RED PEPPER
 100 g. SQUASH
 200 g. ZUCCHINI
 100 g. CARROT
 200 cc. WHITE WINE
 5 g. VEGETABLES BROTH
 50 cc. OLIVE OIL
 50 g. ONION
 200 g. HEAVY CREAM
 200 g. GRATED CHEESE
 50 g. BUTTER

PREPARATION:**Llama loin**

In a frying pan, put oil, place it in heat, and then brown on both sides, adding salt and pepper as desired. Place it in the oven during 30 minutes at 180°C.

Llajwa sauce

All the ingredients must be grinded in a batán (a flat stone in which, with oscillation of another curved base, grind the ingredients, or it liquefies them, taking care of getting it clotted, or not completely liquefied so not to alter its essence).

If not, grate tomato and locoto with a hand grater and then mix the ingredients together with salt and if you use herbs, add them chopped fine.

Quinoa risotto

Wash quinoa till water turns clear and clean. Add boiling water or broth. Cook till it gets grained (approximately 12 minutes in boiling water), strain and cool down.

Pour oil in a big frying pan and add onions, garlic, red pepper, carrots, squash and zucchinis, previously sliced in small cubes. Add the wine, let it evaporate a few minutes, pour heavy cream with quinoa, and then stir so that it won't stick. Finally add cheese and butter.

SAVOURIES · MAIN COURSES

Chicken picquant

There are lots of ways to prepare a stew, and in NOA many of them have the name of picquant (very spicy). The one that contains chicken is typical and is prepared in restaurants as well as at homes, full of local seasonings.



**INGREDIENTS** (for 5 persons)

1 unit	CHICKEN (2 ½ kg. approximately.)
3 units	ONION (medium-sized)
4 units	TOMATO
1 cup	PEAS (peeled)
2 spoonful	PARSLEY
½ teaspoon	GRINDED BLACK PEPPER
1 spoonful	SALT
3 units	GARLIC
3 cup 250cc.	BROTH
2 spoonful	SUNFLOWER OIL
1 unit	LOCOTO

PREPARATON:

In a pot place the chicken boned and the rest of the ingredients sliced in small cubes. Add the broth which must be completely covered all the ingredients. Let cook at high heat till it boils, and then at low heat for at least one and a half hour till chicken get very smooth. Stir once in a while. If while cooking the juice has diminish a lot, increase with a little bit more of broth, so that it will be juicy when served. Finally put parsley over the chicken picquant.

Data**CHICKEN**

One of the typical northern plates is stews and pastry, synonym of homemade cooking. Generally they are made with chicken. A cover with a layer of cayote (local sweet), black sugar and meringue, can be added. This is commonly served in weddings.

SAVOURIES · MAIN COURSES

Vizcacha meat paté in pastry

Viscacha meat is not frequent in gastronomy, but plenty in this landscape. You have to dare and eat the paté in pastry.



**INGREDIENTS** (for 6 persons)

3 kg.	VISCACHA MEAT
100 g.	BUTTER
3 plants	LEEK
1 teaspoon	THYME
50 cc.	COGNAC
1 teaspoon	SALT
1 y ½ teaspoon	PEPPER
1 cup 250 cc.	VEGETABLES BROTH

MASS

500 g.	FLOUR
10 g.	YEAST (pressed)
15 g.	SALT
5 g.	PEPPER
50 g.	BUTTER
100 cc.	MILK

PREPARATION:

Brown meat with a drop of oil and add leek, thyme, and garlic. Add cognac and once it evaporates, pour a cup of broth. Cook for 30 minutes approximately. Once cooked, removed the meat and flake it. Place in the food processor with half a cup of broth of the same cooking. Process and keep it in the refrigerator.

Mass

Make a crown with flour, crumble the baking powder, add milk and butter. Blend all ingredients till achieving a homogenous mass. Let it rise for 15 to 20 minutes. Degas the mass, then make small buns. Then to the oven during 20 minutes at 200°C.

Data**VIZCACHA**

The wild viscacha has a stronger flavor than the ones from breeding grounds. Its flesh has a better flavor if marinated previously or prepared in brine with vegetables, spices and herbs.

SAVOURIES · MAIN COURSES

Roll of silverside fish with purple corn flour sauce and pumpkin cream

The very tasty silverside fish with a very compact flesh, is enriched with the northern ingredients, where the purple corn and the pumpkin don't fault.



Data

SILVERSIDE FISH OF RIVERS AND RESERVOIRS

This specie has a silver band that crosses its body, from head to tail and justifies the also known name of "silver arrow". It has small and compact scales, and a very tasty flesh.

INGREDIENTS (for 6 persons)

5 units	SILVERSIDE FISH
1 bunch	SPINACH
200 g.	SARDINIAN CHEESE
2 units	ONION (medium-sized)
50 g.	BUTTER
n/a	GRATED NUTMEG

PUMPKIN CREAM

400 g.	PUMPKIN
200 cc.	HEAVY CREAM
250 cc.	VEGETABLES BROTH

PURPLE CORN FLOUR SAUCE

150 g.	PURPLE CORN FLOUR
1 cup	VEGETABLES BROTH
50 g.	BUTTER
3 g.	SALT
2 g.	PEPPER

PREPARATION:

Filling

Boil the spinach and strain. Chop the onions in small cubes and toss it in butter.

Process the spinach with the tossed onions and add grated cheese plus the grated nutmeg. Salt and pepper as desired.

Roll processing

Clean the fish removing the fins, the head and scales, the put salt and pepper inside. Add a spoonful of filling (make the roll and blend with a toothpick). Bake during 3 to 5 minutes in an oven preheated at 200°C.

Purple corn flour sauce

our the flour in a frying pan. Toast 5 minutes over heat, adding butter. Then add the broth like a string, stirring so not to make lumps. Once it thickens, remove from heat.

Pumpkin cream

Make a pumpkin purée without lumps. Then place it in a frying pan adding cream and broth. Cook at a minimal heat till it gets thick.



SAVOURIES · MAIN COURSES

Chanfaina* with squash bread and humita

NOA tables show the cultures encounter. This chanfaina of Hispanic origin is served with a very native bread of pumpkin and humita.

* chanfaina: rice with meat.

INGREDIENTS (for 6 persons)

CHANFAINA

300 ml.	LAMB BLOOD
150 g.	LAMB KIDNEY
100 g.	LAMB LIVER
100 g.	LAMB HEART
150 g.	LAMB GUT
2 spoonful	FAT
2 spoonful	SUNFLOWER OIL
2 cup	VEGETABLES BROTH
2 units	ONION (medium-sized)
2 units	TOMATO (medium-sized)
2 units	CHILI
1 spoonful	FLOUR
2 spoonful	VINEGAR
1 spoonful	SUGAR
1 teaspoon	SALT
1 teaspoon	GRINDED CHILI
1 teaspoon	PARSLEY
1 teaspoon	SWEET PAPRIKA

INGREDIENTS

SQUASH BREAD

500 g.	SQUASH
2 teaspoon	DRY YEAST
2 teaspoon	HONEY
500 g.	FLOUR
2 teaspoon	SALT

HUMITA IN CHALA

6 units	MAIZE
10 leaves	BASIL
300 g.	SQUASH
1 unit	RED PEPPER
1 teaspoon	SALT
1 pinch	SUGAR
200 cc.	WHOLE MILK
100 g.	PORK FAT
1 teaspoon	GRINDED CHILI
1 teaspoon	PAPRIKA
250 g.	FRESH NATIVE COW CHEESE

PREPARATION:

Squash bread

Place a pot with water and salt on heat. When water starts to boil, add the squash previously peeled and cut into pieces. Let it boil at low heat about 20 minutes till it's tender. Drain the squash well removing all water excess. Keep the boiling water. Place in a glass 60 ml. of water from the squash boiling and add the yeast, honey and two spoonful of flour. Let it rest till it doubles its volume. Place in a bowl flour and salt. Then add yeast already fermented and then the squash purée. Powder the table with flour and place the mass over and mix it about ten minutes till mass is homogenous and elastic. Cover with a kitchen cloth or film paper and let it rest for about 15 minutes till it doubles its size. Degas the mass beating it, letting it rest for about ten more minutes till it gets a round form. Place in an oven plate smeared with a bit of oil, cover with a kitchen cloth and let it rest one hour till it doubles its size. Preheat oven at 220 degrees and bake it during 40 minutes till bread has a browned color and sounds hollow when beaten. Let it cool down on a grid before eating.



Chanfaina

Stir blood with salt and let it harden. Remove the membrane of the entrails (keep them in vinegar and lemon juice). Boil in water and salt. Add the harden meat and slice in pieces. In a pot of thick bottom add the fat, mixed with oil. Fry onions, tomatoes and chili sliced in cubes. Season with salt, grinded chili as desired, paprika, parsley and oregano. Cover with broth and vinegar. Add a spoonful of sugar and cook at low heat.

Humita

Clean maize and keep chalas. Grate and grind them with a mortar together with squashes (or process), with basil, chili, salt, sugar, and, if necessary milk. Fry the grinded chili and paprika in fat and add the maize. Cook for about 5 minutes stirring with a wood spoon. Chose 12 whole chalas y put on top by twos. Place in the center of each cross 3 spoonfuls of maize paste and sink in the center a dice of cheese (approximately 30 g.). Fold the ends of chalas inside (to form a little package) tie it pulling the chala. Repeat with the rest of the chalas and the filling. Cover one 1/3 of the pot with water, place in a recipient the discarded chalas and place the humitas. Cook for one hour, drain and it is ready to serve.

**Data****CHANFAINA**

Chanfaina is an Spanish stew, that arrived to this region in times of the conquest. There are different versions, but all of them have, generally, lamb and plenty of offal, including the animal's blood.

tips*

Choose maize preferably not the hard ones. If you wish to thicken the sauce a little bit more, add, at the last minute, a spoonful of flour solved in half a cup of water.

SAVOURIES · MAIN COURSES

Baked lamb paws, string beans and *papines** boiled in *charqui* juice and basil oil

In the middle of the Quebrada (mountain stream) or in different landscapes of Jujuy province, the lamb's paws are very tasty with the small potatoes and aromatic basil oil.

* *papines*: small potatoes



Data

LAMB

In the Abrapampa zone in Jujuy, a lamb is bred, famous for its taste. The place is located at the foot of Huncar hill, at 3000 meters. above the sea, with few pasture, but with some herbs the animals eat, and those herbs give meat a particular taste.



INGREDIENTS (for 4 persons)

8 units	LAMB PAWS
3 spoonful	OLIVE OIL
3 cloves	GARLIC
1 unit	ONION (big-sized)
2 units	LEEK
1 unit	CARROT
1 stick	CELERY
1 unit	TOMATOES
1 liter	RED WINE
1 unit	HERB BOUQUET
50 g.	BUTTER

STRING BEANS AND SMALL POTATOES BOILED IN CHARQUI JUICE

400 g.	STRING BEANS
400 g.	SMALL POTATOES (oca potato)
300 g.	CHARQUI
2 sticks	CELERY
3 cloves	GARLIC
2 units	CARROTS (middle-sized)
2 units	ONIONS (middle-sized)
1 unit	LEEK

BASIL OIL

200 cc.	SUNFLOWER OIL MAIZE
2 sticks	BASIL (approximately 20 leaves)

PREPARATION:

Put salt and pepper to the meat, brown it well in a pot with hot oil (keep apart). Chop the vegetables and brown them a few minutes in the same pot. Slide with the red wine scratching the bottom of the boil and let it reduce some minutes. Add the paws and the herbs. Cover with water. Boil during 60 minutes since water starts boiling. Let the meat cools down in the boiled broth. Take the paws to the refrigerator and place the broth in heat till half of it is reduced. Strain vegetables and leave the broth without impurities.

Place the paws in a high baking tin with the already reduced broth and butter. Place in an oven at a middle heat and brush them with broth each 15 minutes, 4 to 5 times till meat is varnished and brilliant.

String beans and small potatoes boiled in charqui juice

Boil the charqui in a pot with the vegetables. In that same juice boil string beans and small potatoes till they are tender. Remove and cut the passive boiling.

Basil oil

In a liquidizer place 250 cc. of sunflower oil and add the two brunches of basil. Liquidize till oil turns green.

SWEETS · DESSERTS

Goat cheese cake with *tuna** in syrup

Cactuses are an important part of the landscapes of this region. They give the delicious sweetness of the tuna syrup in contrast with the marked flavor of the goat cheese cake.

* tuna: cactus fruit.



Data

TUNA SYRUP

Syrup is a cooked fruit juice, very thick, similar to honey. As its name says, it's prepared with different vegetables, as sugar cane or tuna, the fruit of a typical cactus of the area. This syrup is consumed in different ways, but one of the more traditional is over goat cottage cheese (quesillo).

INGREDIENTS (for 6 persons)

MASS

180 g.	SHORT PASTRY (brisée)
200 g.	FLOUR 0000
100 g.	BUTTER
1 unit	EGG
1 teaspoon	SALT

CAKE'S FILLING

200 g.	GOAT CHEESE
2 units	EGGS
50 cc.	HEAVY CREAM

TUNA SYRUP

400 cc.	WATER
2 kg.	TUNA
300 g.	SUGAR

PREPARATION:

Mass

Put in a bowl, butter, egg and a pinch of salt. Mix adding the flour. When you get a fine mass add 2 spoonful of cold water and keep working. If it's dry you can add more water. Once it's well kneaded place it in the refrigerator to cool down before stretching. To stretch, powder with flour and with the aid of a rolling pin. Stretch the mass from inside to outside till getting the thickness you want. Roll in the pin and the place in a cake tin previously floured. Butter with the help of a fork, prick to avoid globes in baking. Brush the mass with an egg yolk and bake it from the 5 to 8 minutes in an oven at 180°C.

Cake's filling

Grate cheese and mix with eggs and cream. Then pour the filling in the baking tin and bake 15 minutes at 200°C.

Tuna syrup

Peel tunas, cut into pieces and put them in a pot together with water and sugar. Cook stirring with a spoon till tunas are smashed. Sieve it and take again the liquid till it turns to a dark, dense color.

Once the cake is baked, let it cool down at room temperature over a metallic grid and finally add the tuna syrup before eating.

SWEETS · DESSERTS

Cayote in syrup with nut iced cream

At each Northern home, there is always syrup sweets. One of the favorites is the cayote to be eaten alone, with quesillo (curd cheese), or with this ice cream of nuts.

Data

CAYOTE

The alcayota is an American kind of marrow, born in Mexico, Central America and North of South America. This sort was already cultivated by the Aztecs, more than 4000 years ago. They called it "tzilcayotli". With the arrival of Spaniards, the named derived to alcayota and cayote. In the outside it seems like a watermelon and inside it has a pulp that opens like vegetal noodles.





INGREDIENTS (for 8 persons)

CAYOTE SWEET

1 kg.	CAYOTE (whole)
10 units	CLOVES
500 g.	SUGAR (by each kilo of cayote)

NUTS ICED CREAM

500 g.	MEAGER RICOTTA (Italian cheese similar to cottage cheese)
8 spoonful	ICING SUGAR
100 g.	GRINDED NUTS (1 cup)
4 spoonful	COGNAC
250 cc.	HEAVY CREAM
3 units	EGG WHITE
3 spoonful	SUGAR

PREPARATION:

Cayote sweet

Before starting preparation, cayotes must be weighted in their whole to calculate the amount of sugar we will need. Then heat the cayotes in the oven to be able to peel them easier. Flake them with your fingers, so it will turn fibrous. Place them in a bowl of stainless steel, add sugar and let rest till next day. Be sure it has let go its own juice. Place it in a pot and bake at low heat till cayote's fibers are transparent. Mix constantly the pot so it won't stick, with a wood spoon. Let it cool down in a sterilized flask to it will be perfectly conserved.

Nuts iced cream

Process the ricotta and add icing sugar till obtaining a cream (add nuts and cognac). Whip the cream till it is well thick. Add the preparation in a wrapped form. Put the egg whites and sugar in a pan. Heat and mix with a hand whisk the whites till they are heated (put a finger and test). Remove them from heat and pour them on the bowl. Whip them with the sugar till stiffed (meringue). Add cream to the whipped egg whites in a wrapped form. Take to the refrigerator till it's very cold.

SWEETS · DESSERTS

*Alfajor** of carob tree flour stuffed with burned figs

One substitute of the region's cacao is the carob tree. With its fruit, a healthy and rich flour is prepared, base of these alfajores stuffed with burned figs.

* alfajor: sweet biscuit.



Data

FIGS

Figs are cultivated in the North, even though they are typical from the Mediterranean. In that region they are known since ages and they are mentioned in the Bible. Greeks loved it, maybe because it was the favorite fruit of Plato, the called the fruit of philosophers. In the region's provinces, it is eaten fresh, dried, in sweets or in syrup preserve.

INGREDIENTS (for 8 persons)

MASS

120 g.	WHOLE MEAL FLOUR
70 cc.	SUNFLOWER OIL
70 g.	BLACK SUGAR
70 g.	CAROB TREE FLOUR
35 g.	CORNSTARCH (Maicena)
2 teaspoons	BAKING POWDER
1 teaspoon	SALT
70 cc.	WATER
1 unit	APPLE (medium-sized)

FIGS IN SYRUP

2 kg.	FIGS (ripe)
2 liter	WATER
1 kg.	SUGAR
½ unit	LEMON ZEST

PREPARATION:

Mass

In a bowl, mix the whole meal flour, the carob tree flour the cornstarch, salt and baking powder. Make a crown and in the center place the margarine, the apple and sugar (with necessary amount of water). Make a bun and keep it in the refrigerator covered for about two hours. Stretch the thick mass and make 12 little buns (press them so the turn round). Bake at 180°C., during 15 to 20 minutes and let it cool down and fill with the burned figs.

Figs

Clean the figs very well, under the cold water jet. Place the figs in a big pot covered with water and boil it till it releases part of the sticky milk. In the water surface foam is produced in a few minutes. At that point, remove and save. In a pot pour two liters of water, in a recipient of thick bottom, add sugar and lemon peel. Then put the figs previously pricked. Cook at low heat during 2 hours (they must turn transparent).

Place in a frying pan a spoonful of butter, then brown it from both sides, with a spoonful of black sugar and finally make the "alfajores".



SWEETS · DESSERTS

Bolanchao with lemon cream and *torrontés* reduction

This typical dessert of the region, in a bun form, is prepared crushing fruits in a mortar. In this case, it goes with a lemon cream and a Torrontés reduction.





INGREDIENTS (for 8 persons)

1 kg.	FRUITS OF THE MISTOL (tree)
n/a	TOASTED CORN FLOUR

LEMON CREAM

2 units	LEMONS
150 g.	SUGAR
1 glass	WATER
2 spoonful	CORNSTARCH
2 units	EGGS

REDUCCIÓN DE TORRONTÉS

1 liter	TORRONTÉS WINE
500 g.	SUGAR

PREPARATION:

Bolanchao

Grind the mistol in a mortar. Then make little buns and roll in breadcrumbs with the toasted corn flour. Take to the oven at low heat till they are stiff.

Lemon cream

To prepare the cream, whip 2 egg yolks, and mix with the two spoonful of cornstarch. On the other hand, pout sugar in a recipient and add a glass of water (stir till sugar is solves).

Pour the yolks with the cornstarch to the previous preparation (well mixed) add a bit of lemon zest, plus the juice of two lemons. Cook at bain Marie, always stirring with a wood spoon till obtaining the necessary consistence. Let it cool down at room temperature.

Torrontés reduction

Place in a recipient of thick bottom at medium heat. Add the wine together with sugar, and let it reduce 45 minutes till obtaining the desired consistence.

Data

TORRONTÉS

Torrontés is the symbolic white wine of Argentina, which in this region found one of its best lands to intensively express its scent and its flavor.

SWEETS · DESSERTS

Ice cream of molasses nougat

Tucumán is the land of the sugar cane. With its honey (molasses) nougat sweet is made, a formula that comes from the Colony, and with which this delicious ice cream is made.





INGREDIENTS (for 6 persons)

6 units	EGGS
250 g.	FLOUR 0000
1 pinch	SALT
125 g.	SUGAR
250 cc.	MOLASSES
1 spoonful	CORNSTARCH
1 cup	DULCE DE LECHE
100 g.	CHOPPED NUTS
250 g.	HEAVY CREAM
3 units	EGG WHITES

PREPARATION:

Whip the egg whites to stiff peaks and then add the cornstarch. Heat sugar and honey. Before water starts to boil, remove from heat and pour on the egg whites and continue whisking till it cools down.

Mass

Mix yolks together with sugar till it gets a white color. Add a little at a time the flour previously sieved. Make a mass gently adding flour till the mass doesn't stick. Let it rest for 30 minutes.

Stretch the mass and make discs with a medium mold, place them in an oven plate. Bake at 180°C during 5 minutes. Remove when it turns brown.

Ice cream o nougat

Process the discs. Then add the cold meringue, the dulce de leche, and the chopped nuts. Whip the cream till it becomes thick enough. Add to the preparation in a wrapped form. Place the egg whites and sugar in a pan. Heat it and mix with a hand whisk the egg whites till they are hot (put a finder and test). Remove from heat and pour on a bowl. Whip them with sugar till meringue point. Add cream to the whipped egg whites in a wrapped form.

Data

MOLASSES

Molasses derives from the sugar cane. It has the consistence of thick bee honey and its color is dark and its flavor sweet and strong, slightly similar to licorice.



NEA·Littoral Region

MISIONES
CORRIENTES
ENTRE RIOS
FORMOSA
CHACO
SANTA FE



Argentine littoral surprises every minute with its red lands, rivers of incomparable richness, and an exuberant vegetation. Famous for its rivers with waterfalls and cascades, in its waters lives thousands of delicious species with good cooks. In nets and baits, we can catch surubies, dorados, shads or pacús, among other species combined on fires with herbs and vegetables that grow luxuriantly. The landscape surprises continue with colorful butterflies with special sizes, or exotic birds that live in the esteros (tidelands). They are areas where we also find non conventional meats, under a sky that usually forms a clear rainbow. The region is also rich in citrus, fruits brought by Spanish hands. Its orange blossoms perfume the air intensively. In the littoral the traveler can taste the local cooking as well as another inherited from communities who were in their homeland. There, you can rescue, for example, part of the Guarani culture, that we know nowadays with breads made of flour or of manioc starch, as the typical chipás (sort of buns), eaten at every time and found anywhere along the roads.

With them we find the Ukrainian "holupchi" and other preparations of names hard to pronounce properly, and have different origins. From that range of disperse communities so attached, once a year the traditional Communities Festival is celebrated.

The littoral's menu would not be complete without mentioning the subtropical fruits, as exotic as the landscapes. They have delicious flavors, like pineapples, mango, papaya, coconuts, palm hearts, consumed fresh, or in different preparations. Also, this humid and fertile land gives nuts, like the Pecan one. This natural exuberance attracts bees producing a variety o honey. But there are two distinctive products of this land: with naked eye they seem like little leaves, but from them important beverages are born: plain tea and yerba mate. The last is one of the most pure synonyms of Argentina.





APPETIZERS/FIRST COURSES/ HORS D'OEUVRE

PAG.

- 56 · *Chipá skewers and sweetened tomatoes*
- 58 · *Surubí sticks with milky mayonnaise and browned garlic*
- 60 · *Misiones table board: "reviro", boga (fish)- manioc cake, and "chimichurri" (barbecue sauce)*

SAVOURIES/MAIN COURSES

- 62 · *Surubí with arugula and vegetables sauté*
- 64 · *Boga au gratin, onion in caramel, semi-sweetened tomato, crispy cheese rings, with little green salad, manioc sauté and melissa emulsion.*
- 66 · *Lamb of Federación marinated in herbs with eggplant compote, sweet red pepper and onion and burgul wheat*
- 68 · *Yatay pork bondiola (shoulder)*
- 70 · *Manioc pie and country cheese*
- 72 · *Mbaypi chicken*
- 74 · *Sweetened rabbit with creamy corn and Cuartirolo cheese*
- 76 · *Holupchi - stuffed cabbage leaves (niños envueltos)*
- 78 · *Gnocchi of milk with Pecan nut crunch and parmesan cheese*
- 80 · *Grilled pacú fish with crunchy potatoes with fresh herbs and roasted lemons sauce.*

SWEETS/DESSERTS

- 82 · *Cupcakes filled with quince in syrup*
- 84 · *Bread pudding and oranges with yerba mate granita.*
- 86 · *Wet cake of honey and Yacaratiá*
- 88 · *Kinoto and cardamom mousse in chocolate trelliswork with capsule of curaçao of kiwi and peach*
- 90 · *Tart of Pecan nut and honey with Melissa ice cream*



**NEA · Littoral
Region**

MISIONES
CORRIENTES
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APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Chipá skewers and sweetened tomatoes

Chipá is eaten at all times. Once it's out of the oven, it invites to be devoured with its strong scent. Or an appetizer near a cascade or waterfalls, this skewer with tomatoes, is ideal.





INGREDIENTS (for 8 persons)

CHIPÁ

500 g.	FLOUR OR MANIOC STARCH
150 g.	SARDINIAN CHEESE
150 g.	TYBO CHEESE
50 g.	BUTTER
3 units	EGGS
1 teaspoon	SALT
n/a	MILK

SWEETENED TOMATOES

3 units	CHERRY TOMATO
1 clove	GARLIC
n/a	FRESH THYME
10 g.	SUGAR
n/a	SEA SALT
n/a	OLIVE OIL

PREPARATION:

Chipá

Add eggs to manioc flour. Add ointment butter and salt. Mix and add a milk jet. Join. Add milk as necessary. Add grated cheeses and take the mass till it becomes homogenous. Place in a buttered plate and to the oven at high heat till it becomes brown.

Tomatoes

Slice tomatoes in quarters y remove seeds. Place the tomatoes slices in a plate and cover with thyme, garlic layers, sea salt and sugar. Place above a bit of olive oil.

Take to high heat during 30 minutes approximately. In case you want to preserve, dip in olive oil.

Data

CHIPÁ

Chipá is the "bread" of the region. It's made with manioc flour and cheese, and is eaten at all times. Its shape and flavor is like the cheese bread ("pão de queijo") of our neighbor country Brazil.

APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Surubí sticks with milky mayonnaise and browned garlic

The snacks of Mesopotamia have its distinction and surubí (catfish) fried sticks are a classic. Surubí with mayonnaise claims for a very cold beer ideal for the region high temperatures.



Data

SURUBÍ

As it is a big fish, it's mostly cooked in square pieces. Its flesh is very tasty, though more greasy than the one of sea fishes, and the remains are always used in different particular recipes.

INGREDIENTS (for 2 persons)

SURUBÍ STICKS

120 g.	SURUBÍ
50 g.	FLOUR
n/a	SALT
n/a	PEPPER
n/a	SUNFLOWER OIL

MILKY MAYONNAISE

75 cc.	MILK
220 cc.	OLIVE OIL
n/a	SALT
n/a	PEPPER
drops	LEMON JUICE
1 spoonful	MUSTARD

BROWNED GARLIC

2 units	GARLIC
200 cc.	SUNFLOWER OIL
n/a	ROSEMARY
n/a	THYME

PREPARATION:

Surubi

Take the surubi in portions to obtain 4 pieces of 30 grams each, and add salt and pepper. In a fry pan heat a little bit of oil. Flour the pieces and brown in oil. Dry them with absorbing paper.

Milky mayonnaise

Pour milk in a mixer glass. Start to mix and add in threads olive oil as to add it slowly. Once both products are integrated, put salt and pepper as desired and add lemon juice and mustard.

Eat during two days after the preparation.

Brownwed garlic

Peel garlic and make fine layers.

Pour oil in a small pot and add thyme and rosemary to flavor it.

Place the garlic layers and to the oven at low heat. Move continuously the garlic layers to avoid them from burning, till they get brown and crispy.



APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Misiones table board: *reviro*, *boga**¹ manioc cake, and *chimichurri**²

The table board of Misiones is very complete. It has *reviro*, as the typical food from the region made with flour, is called. It is the companion of men of the mounts, and of the mate. The board also goes with the *boga* manioc cake and a very tasty *chimichurri*.

*¹ *boga*: fish.

*² *chimichurri*: barbecue sauce.

tips*

Once all plain ingredients are ready,
prepare the board on top of a banana
leaf.



INGREDIENTS (for 6 persons)

REVIRO

50 g.	WHEAT FLOUR 0000
15 cc.	SUNFLOWER OIL
n/a	WATER
n/a	SALT

MBEYÚ

50 g.	CORNSTARCH
20 g.	CHEESE
20 g.	PORK FAT
1 unit	EGG
n/a	SALT
n/a	WATER

BOGA MANIOC PIE (SMALL EMPANADAS)

50 g.	STUFF OF VEGETABLES AND BOGA
25 g.	WHEAT FLOUR 0000
25 g.	CORN FLOUR
1 unit	EGG
n/a	MILK

Data

BOGA

As appetizer or hors d'oeuvre, we always have fried meals in this region. One of the most popular is elaborated with boga croquettes and with other river fishes, prepared with remains of fish from other plates.

INGREDIENTS

CHIMICHURRI FROM MISIONES

30 g.	TOMATOES
30 g.	ONIONS
30 g.	SWEET PEPPERS
30 g.	MAIZE
5 g.	GARLIC

HALF APEPÚ (FRUIT) JUICE

n/a	OIL
n/a	SALT
n/a	PEPPER

PREPARATION:

Reviro:

Sieve flour and salt. Then add to this preparation oil, and with a wood spoonbill, stir in a wrapping fashion adding water till getting a homogenous mass.

Cooking: Heat by preference in an iron pot, 10 cc. of oil. Pour in it the preparation and stir with a wood spoonbill till the mass is cooked and granulated.

Mbeyú (a meal from Paraguay)

Sieve cornstarch with salt; add egg, creamy cheese and 50% of pork fat to the preparation. Then mix till getting a granulated mass.

Cooking: Heat in a fry pan with rest of the fat, then place the mass on the pan pressing on it with a spoon till forming the aspect of a tortilla. Cook at low heat.

Boga manioc pie (small empanadas)

Smash manioc, and add corn flour, plus wheat flour adding the necessary quantity of milk as to join the both the manioc and the flour. Then let the mass rest half an hour, stretch it and cut in circles of empanada. Chunk the boga and poach with water and vegetables. Remove broth remove the fish's spines and toss it in a fry pan with olive oil, onions, sweet peppers and garlic and leeks. Add the fish to this, and season with salt, pepper, cumin, and laurel. Shape the empanadas and fry.

Chimichurri of Misiones

Slice tomatoes, onions, sweet peppers in cubes, add maize, oil and asepú juice. Add salt and pepper as desired, and finally on this preparation powder with scallions and parsley, previously cut in Chiffonade.

SAVOURIES · MAIN COURSES

Surubí with arugula and vegetables sauté

Of a very consistent meat and with personality, surubí is one of the leaders of river fishes, in NEA tables. It is appreciated in different preparations y, for example, with arugula, its flavor is great.



INGREDIENTS (for 1 person)

200 g.	SURUBÍ LOIN
2 units	BUNCHES OF ARUGULA
20 g.	CAPERS
40 cm ³	LEMON JUICE
2 spoonful	OLIVE OIL
50 cc.	WHITE WINE SEC
½ unit	ONION (chopped fine)
n/a	SALT AND BLACK PEPPER

LEMON SAUCE

2 spoonful	OLIVE OIL
30 g.	BUTTER
3 units	CHOPPED ECHALOTS
1 glass	WHITE WINE
1 cup	VEGETABLES BROTH
100 cm ³	HEAVY CREAM
1 unit	LEMON JUICE

INGREDIENTS**MUSTARD**

1 spoonful	GRAIN MUSTARD
n/a	WATER

PREPARATION:

Cut surubí as filets making two loins. On a very hot grill, heat at a medium point. Save.

In a Teflon fry pan, pour olive oil, and sauté onions. Then add the wine, the capers and lemon. Put salt and pepper and let it reduce.

Place surubí, cover with sauce and add fresh arugula on top. Serve with the vegetables sauté. Decorate with the mustard grains.

Vegetables sauté

Slice onions in Julienne fashion or very fine, and brown in a fry pan or wok with neuter oil.

Add salt and pepper. Slice chili, carrots, zucchini, and eggplant in Julienne. Integrate to the onion, sauté and rectify seasoning.

Add the peeled beans and maize, previously defrost. Remove ice with water, continue cooking till is evaporated.

Sunflower crunch

Place sunflower seeds in an roaster, spread with salt, and to the oven for 2 minutes. Remove and save.

Mustard

Hydrate mustard grains in tide water for 1 hour, drain an save.

Assamble

Place sauté within the cabbage leaves, and on top the sunflower seeds. Serve on a source according to the volume of the preparation obtained, with cherry tomatoes, chives and basil.

Data**SURUBÍ**

Surubí is one of the biggest river fishes. Its origin is South America, it is eaten in all littoral in many ways, and there are different kinds: with spots (painted or stained) and with strokes (tiger). Besides its flesh, its skin is used as leather.



SAVOURIES · MAIN COURSES

Boga au gratin

onion in caramel, semi-sweetened tomato, crispy cheese rings, with little green salad, manioc sauté and melissa emulsion

The littoral is more than a river, from those waters we get the boga whose flesh is white and tasty and it's eaten here au gratin, with caramelized onion. Manioc sauté is one of its typical garnish.



INGREDIENTS (for 2 persons)

500 g. BOGA

ONION IN CARAMEL1 unit ONION (medium-sized)
n/a SALT AND OIL**SEMI-SWEETENED TOMATO**2 units CHERRY TOMATOES
10 g. SUGAR
n/a SALT AND OIL**MANIOC SAUTÉ**100 g. MANIOC
150 g. WATER
50 g. BUTTER
n/a SALT AND PEPPER**MELISSA (herb) EMULSION**LEMON
CORN OIL
SALT
AGUARIVAY SEEDS
MELISSA**PREPARATION:**

Chop onion finely as to better resist the long cooking it'll have to go through. Toss in oil at high heat first and then low down till getting a brownish color and a caramelized flavor.

Semi-sweeteed tomato

Peel and remove seeds of tomatoes having passed them previously a few seconds under hot water. Toss them in olive oil, garlic, add basil and oregano.

Melissa emulsion

Season lemon juice, add the pressed seeds, melissa cut in julienne and emulsify with oil pouring in threads.

Manioc sauté

Peel manioc, and make sticks. In a fry pan melt butter, add manioc and cover with water. Cook till getting a good golden color below, without moving manioc till the end of cooking. This method is given in two steps: one by boiling first till water is completely evaporated and finally browning in butter giving an excellent golden color in the part laying on the fry pan.

Cheese rings

For the ring, grate cheese, over a parchment paper like a rectangle and to the oven. When it's brown remove and get the shape of a ring.

Assamble

Seal meat in a grill or fry pan. Add caramelized onion, and the semi-sweetened tomato over the meat's side, cover with cheese, aguarivay (tree) seeds and grate. Place manioc sticks, little salad inside the cheese ring and decorate with emulsion.

Data**BOGA**

Boga is one of the river fishes mostly prepared in the region. It's a variety with many scales and spines. Smaller it is the more little spines it has. Fishing and selling small bogas is forbidden to save the specie and its reproduction.



SAVOURIES · MAIN COURSES

Lamb of *Federación* marinated in herbs, with eggplant compote, sweet red pepper and onion and burgul wheat

When you visit the thermal waters of Federación you must taste its famous lamb, which has its own provincial festival.

INGREDIENTS (for 4 persons)

1 kg.	LAMB
1 unit	ONION (medium-sized)
1 brunch	CELERY
1 unit	CARROT
10 g.	BLACK PEPPER (in grain)
2 cloves	GARLIC
1 brunch	PARSLEY
1 brunch	THYME
1 brunch	ROSEMARY
2 leaves	LAUREL
750 cc.	RED WINE
n/a	SUNFLOWER OIL

COMPOTE

100 g.	BEGGPLANT
50 g.	RED CHILI
100 g.	ONION
80 g.	BLACK SUGAR
25 cc.	WATER
25 cc.	WINE VINEGAR
n/a	SALT
n/a	GINDILLA CHILI (without seeds)
n/a	OLIVE OIL

SAUCE

10 g.	FLOUR
2 spoonful	PARSLEY
1 clove	GARLIC
n/a	OIL
n/a	SALT
WINE AND VEGETABLES OF MARINADE	

BURGUL WHEAT

50 g.	BURGUL WHEAT
100 cc.	VEGETABLES BROTH

PREPARATION:

Marinade:

Cut meat in cubes. Chop celery, carrots and onions in any way you want, but they must be even. Crush slightly the pepper to help spread the aroma. In a bowl, mix meat, vegetables, pepper, herbs, and finally the wine. Cover and let in refrigerator from 12 to 24 hours. Then, sieve the mixture to recover the liquid and save it to be used later as sauce. Separate meat from vegetables and save the last ones for the sauce.

Lamb

In a fry pan put oil and heat. Once hot, seal the meat cubes and cook them. Once cooked, remove from fry pan and keep cold.

Compote

Clean and cut vegetables in cubes of approximately 1 cm. by side. Place all ingredients in a pot and take it to low heat during 30 minutes stirring once in a while. Remove from heat, rectify flavor and keep cold.

Burgul wheat

Pour broth in a pan, heat and add burgul wheat. Let it cook till completely hydrated.

Sauce

Chop garlic and parsley. In a pot, brown the marinade vegetables with garlic. Add flour and mix. Pour wine and evaporate the alcohol. Once evaporated and consistent as desired, sieve the preparation in order to use only the liquid.

Pour again the liquid in the pot, and heat the lamb cubes, finally add parsley.



Data

LAMB

Lambs of Mesopotamia gained, little by little, a place in tables. Their flesh is appreciated for it's an animal raised in green fields, adding so to its muscles the local herbs taste.



SAVOURIES · MAIN COURSES

Yatay pork bondiola



The littoral is famous for its palm trees and the Yatay is one of the most known species, it gives its name to this typical meal of the region which goes with bondiola (pork's shoulder), one of the most tasty cuts of pork's meat.

INGREDIENTS (for 2 persons)

300 g.	PORK BONDIOLA
15 g.	BUTTER
50 g.	RICE
1 unit	ONION (Chopped in Brunoise)
120 cc.	VEGETABLES BROTH
200 cc.	CREAM
50 g.	MUSTARD
20 cc.	YATAY LIQUOR

PREPARATION:

Seal bondiola in a pot. Once it's well done, add vegetables to give taste, red wine and broth till it's completely covered. Put the lid on and cook during 5 hours. Remove and shape as a cylinder with the aid of a film paper. Let it cool down and then make portions.

Pilaf rice:

Let the liquid off onions in butter. Add pilaf rice, first toss in fat, and then the boiling broth. Put the lid on and boil till liquid is evaporated.

Sauce:

Heat cream together with mustard. Reduce. Add Yatay liquor.

Presentation:

Heat bondiola in oven. Add Yatay sauce and pilaf rice.

DATA

PORK MEAT

Pork bondiola is a tender cut of meat with a pink tone and white fat, intramuscular and oily. When cooked, it gives each plate a special flavor.



SAVOURIES · MAIN COURSES

Manioc pie and country cheese

There is no house or restaurant in Misiones without a manioc pie. It's said that there are as many recipes as people. In this case, it goes with country cheese, with a very special flavor.





INGREDIENTS (for 4 persons)

1 kg.	PEELED MANIOC
200 cc.	MILK
100 g.	BUTTER
600 g.	LEAN MINCED MEAT
1 unit	ONION
2 units	SCALLIONS
2 units	RIPE TOMATOES
1 unit	GARLIC CLOVE
100 g.	COW FAT
n/a	SALT
n/a	PEPPER
n/a	PAPRIKA

PREPARATION:

Make the meat stuffing chopping onions and garlic finely. Sauté them in a very hot fry pan with fat and put a bit of salt and pepper.

Add the meat and cook for 10 minutes stirring once in a while.

Add peeled tomatoes, without the seeds and cook for 3 more minutes. Rectify seasoning, powder the chopped parsley and let it cool down at room temperature.

In much water with salt, boil the manioc till it's tender, drain and remove the central ribbings of it. Press them hot till they turn consistently smashed, add butter and milk plus salt and pepper.

Prepare portions individually in a square mold. Place in the bottom a part of the smashed manioc, then the meat and end again the puree.

Brush with melted butter, splash with grated bread, or even better with corn flour. Bake in oven at medium temperature, till it browns, remove ad serve.

Data

MANIOC

Manioc or "yuca", "casava" or "casabe", as known in different parts of the world, gives plenty in this region. What is consumed form this plant is the root, like a cylinder of hard shell, and it's used in its natural state as well as in flours or starches. These are gluten free, suitable for celiac people.

SAVOURIES · MAIN COURSES

Mbaipy chicken

Being a pre-Hispanic food whose origin is Guarani, the “mbaypi”, is something like the predecessor of the “polenta” (seasoned corn meal). It is prepared with yellow corn flour, and in this case, chicken competes and enhances its flavor.



**INGREDIENTS** (for 4 persons)

500 g.	CORN FLOUR
1 unit	ONION
1 unit	SCALLION
1 clove	GARLIC
1 unit	RED CHILI
100 g.	GRATED CHEESE
150 g.	CHICKEN MEAT
30 g.	FAT
n/a	CHICKEN BROTH
n/a	CHOPPED PARSLEY
n/a	SALT
n/a	PEPPER
n/a	CUMIN
n/a	FRESH OREGANO

PREPARATION:

Hydrate flour with part of the broth. Save. In a low pan heat the fat well and sauté vegetables finely chopped, put salt and pepper. After 4 minutes of cooking, add chicken meat and cut it in cubes of 1.5 cm. each side. Add oregano and the rest of seasoning. Stir. After about 3 minutes, deglaze with the rest of the broth, let it boil and then add the corn flour. Reduce heat and stir till flour is cooked. Finally add grated cheese and chopped parsley. Mix and serve.

Data**CHICKEN**

The chicken of the pastures of littoral has a solid meat of special flavor. They are raised with grain and grass, with access to countryside, water and shadow, without being crowded. All this gives them special features like tenderness, steadiness and flavor.

SAVOURIES · MAIN COURSES

Sweetened rabbit with creamy corn and cuartirolo cheese

In this region you can find plenty of animals like the rabbit, with a flesh that is more flavored when is sweetened. In one of the most wanted preparations, it comes with a creamy corn with Cuartirolo cheese.



Data

RABBIT

Rabbits have a tasty and lean flesh.

Of a fine texture and pink color, you can sauté, stew, grill and even roast.

It's an animal famous for its fecundity and in many place it is considered a plague, as the mares, its American relative.

INGREDIENTS (for 6 persons)

1 unit	RABBIT
1 liter	SUNFLOWER OIL
3 cloves	GARLIC
2 brunches	ROSEMARY
2 brunches	THYME
15 g.	PEPPER GRAINS

CREAM OF CORN AND CHEESE

3 units	MAIZE IN GRAINS
1 unit	BIG LEMON
30 g.	BUTTER
n/a	OLIVE OIL
180 cc.	CREAM
1 unit	ONION
10 g.	CAYENNE PEPPER
n/a	SALT

PREPARATION:

Preserve

Debone rabbit. Place meat like a rectangle over film paper, with a hammer for meat match the rabbit, season and with the help of the film paper like a cylinder, tight well so it won't dismantle. In a medium-sized pot place the rabbit roll with the rest of the ingredients y take to low heat during approximately 45 minutes. Oil must never produce bubbles. In case there are ones, separate from heat and then repeat.

Corn cream

Chop onion in small cubes.

In a fry pan melt butter and add some drops of oil to avoid burning. Add corn, onion, juice and lemon zest, salt and cayenne pepper. Stir well. Put the lid and cook at low heat approximately for 10 minutes, stirring once in a while, to avoid sticking and to get a yellow color in the whole corn. When we feel that corn is almost cooked, add cream. Stir well and let evaporate a little, and without cover in the fry pan.

At last add cheese in small cubes and add to the cream. Mix to melt the cheese and integrate to the preparations.



SAVOURIES · MAIN COURSES

Holupchi

Stuffed cabbage leaves (Niños Envueltos)



This “Holupchi” or “Holopchi” are cabbage leaves stuffed, one of the contributions the Ukrainian immigration made to the region. They have different meats and rice and are wrapped in cabbage, They are so famous that they have its own fest in Oberá, province of Misiones.

INGREDIENTS (for 2 persons)

150 g.	MINCED BEEF
150 g.	MINCED PORK
150 g.	RICE
1 unit	ONION
As desired	SCALLIONS
As desired	PARSLEY
2 cloves	GARLIC
As desired	SWEET RED PEPPER
50 g.	CHOPPED SMOKED BACON
200 g.	TOMATOES PURÉE

PREPARATION:

Fry meat, vegetables and tomato purée at low heat during 30 minutes. Remove from heat and add the rice with a bit of oil. Let it rest. Heat one head of cabbage in water during 15 minutes. Then prepare the stuff with those leaves pre cooked (avoiding to be completely cooked). Place a spoonful of stuff in each leaf, close them and roll. Once prepared place them in a pot with water to cover them (previously put at the bottom cabbage leaves), a drop of vinegar and a drop of oil. Boil during 90 minutes at crown heat (minimum below the lowest)and served hot. They are also cooked with red sauce instead of water.

Data

BEEF

Bovine cattle found in these fertile lands of littoral an appropriate space to develop in a natural way. Here we find all races, for their meat and the dairy products.

SAVOURIES · MAIN COURSES

Gnocchi of milk with pecan nut crunch and parmesan cheese

Pasta is part of the littoral diet. You can see in these very soft gnocchi contrasting with the pecan nut crunch and the spicy and intense touch of Parmesan cheese.





INGREDIENTS (for 4 persons)

800 cc.	MILK
200 cc.	BEEF STOCK
400 g.	FLOUR
400 g.	PECAN FLOUR
n/a	SALT
n/a	NUTMEG
n/a	WHITE PEPPER

PREPARATION:

In a pot boil milk with the beef stock and seasonings. Once water starts to boil, remove from heat and place spread flour and Pecan nut flour.

Put together all this and let it cool down, then make the gnocchi.

Cut gnocchi two and a half centimeters long (the length depends of your own desire), place them on floured table or covered with a floured cloth.

Take them one by one, press them a little in the palm of your hand, and filled them with half a Pecan nut.

Make gnocchi again covering well, the stuff with the mass and them form a bun.

Flour them.

Then place them again on the floured table. Boil in much water, with salt, adding them slowly with a skimmer. Once they pop up, remove. Serve them with the sauce you prefer.

Data

PECAN NUT

Pecan nuts appeared in Middle and East of the United States and in Mexican valleys, in flooding areas.

There they were named "the nut that needs a stone to be broken". It arrived here thanks to the initiative of Domingo Faustino Sarmiento.

SAVOURIES · MAIN COURSES

Grilled *pacú* with crunchy potatoes with fresh herbs and roasted lemon sauce



Pacú is one of those fishes that shine when prepared in a simple way, grilled. It goes, for example, with crunchy potatoes with fresh herbs. Chardonnay preserved in wood, is an ideal proposal.

INGREDIENTS (for 3 persons)

1 unit	PACÚ
n/a	SALT
n/a	PEPPER
2 units	POTATOES
2 stalks	THYME
2 stalks	ROSEMARY
5 g.	OREGANO

SAUCE

2 unit	LEMON
50 cc.	WHITE WINE
100 cc.	CREAM
40 g.	BUTTER
n/a	PARSLEY

PREPARATION:

Clean pacú, add salt and pepper and grill.

Crunchy potatoes

Mark potatoes with cold water till you can puncture them with a knife and it can enter clean without resistance. Slice potatoes. Oil a plate and put potatoes together with herbs. Place them in an oven at high heat till browning. Add salt.

Lemon sauce

Cut lemon en slices of approximately 1 centimeter and roast in oven.

In a small pot, pour wine and evaporate the alcohol, add cream and lemon slices, cook at low heat during 15 minutes.

Remove from heat and add butter, whip the preparation to make an emulsion.

Finally add chopped parsley.

Data

PACÚ

Pacú is a scaly and greasy fish. As it's one of the most tasty river fishes, fans of fishing always want to hook it. You can find it in the whole littoral and it can weight up to 18 kilos and have more than 80 centimeters. Nowadays, hatchery specimens are constantly consumed and produced specially in Oberá, province of Misiones.



SWEETS · DESSERTS

Cupcakes filled with quince in syrup

“Mate” time in the NEA is a ritual that can’t be avoided. And these cupcakes with quince in syrup are ideal to be present in the round meeting.



**INGREDIENTS** (for 6 portions)

500 g.	FLOUR
250 cc. (approx.)	WATER
1 pinch	SALT
300 g.	BUTTER
250 g.	QUINCE
400 g.	SUGAR
n/a	FAT/OIL

PREPARATION:**Mass**

Make a crown with flour. Put salt and butter in cubes in the center and start taking the mass. Add water little by little till getting a plane mass. Let it rest for 20 minutes. Stretch till getting 1 cm. width. Smear with 50 g. of melted butter. Powder with flour and fold in three . Stretch the mass again . Again with other 50 g. of butter and powder with flour. Fold again in three Let it rest 30 minutes in refrigerator. Stretch mass again with a thickness of 3 mm. and then cut cubes of 8 cm.

Assamble

Cut quince in cubes of 1.5 cm. each side. Place quince jelly in the center of each square. Brush with water around the jelly. Cover with another square of mass with the ends overlapped. Pinch mass from below, pressing in the borders to seal the cupcakes. Fry with oil or much fat which must be warm at the time of placing the cupcakes and then hot till so they get browned. Once they are ready, pour syrup equally.

Data**QUINCE**

Quince is an ancient fruit of velvet skin and a yellow color, produced by a bush tree which belongs to the rosaceae specie. From Asia Minor, its origin, it spread through the Mediterranean. Different from others, it's not eaten raw but is delicious in sweets.

SWEETS · DESSERTS

Bread pudding with oranges with *yerba mate* granita

The classic bread pudding in littoral taste of its oranges and goes with Granita (Italian semi-frozen dessert) made with the very special product of the region: the yerba mate. Oranges are one of the citric fruits typical of this area, one of the main producers of this delicacy.



Data

YERBA MATE

Yerba mate was the base of the Guarani's diet. They called it "caa-mate". "Caa" means plant or herb in Guarani, and mate is believed that derives from the Quechua word "mati, name given to the small squash where it was served.

INGREDIENTS (for 8 portions)

600 g.	BREAD CRUMBS
1 litre	MILK
100 g.	RAISINS
50 cc.	ORANGE LIQUOR
1 unit	ORANGE ZEST
6 units	EGGS
200 g.	SUGAR
n/a	VANILLA EXTRACT
100 g.	NUTS

CARAMEL

250 g.	SUGAR
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GRANITA

250 cc.	WATER
75 g.	YERBA MATE
75 g.	SUGAR
1 unit	LEMON

PREPARATION:

Soak bread in milk.

Place on a bowl the raisins, together with liquor and orange zest. Let it hydrate.

Separate, whip eggs with sugar, vanilla extract and chopped nuts.

Add bread crumbs with milk and mix well to integrate ingredients. If you wish a smoother texture, mix the preparation.

Finally, add raisins previously hydrated in orange liquor and orange zest.

Caramel

Prepare a dry caramel with sugar only. Spread through the mold and let it cool down.

Pour the previous preparation in the caramelized mold and cook in bain Marie in the oven at medium heat during approximately 1 hour.

Granita

For granita, place in a pot all ingredients, one by one, and boil.

Cook at low heat for 10 minutes. Remove from oven, Strain in a fine sieve and keep in the freezer, till it solidifies. To be more consistent, scratch with a fork each half an hour and at the time of being served.

SWEETS · DESSERTS

Wet cake of honey and *yacaratiá*

It's a wet cake based on honey and brings a surprising ingredient, the *yacaratiá*. It is an eatable wood, unique in the whole world.



**INGREDIENTS** (for 8 portions)

230 g.	BUTTER
250 g.	BLACK SUGAR
100 g.	HONEY
15 g.	YACARATIÁ
3 units	EGGS
100 cc.	MILK
750 g.	FLOUR 0000
2 teaspoons	BAKING POWDER
1 spoonful	CINNAMON

PREPARATION:

Put butter in a pan, together with black sugar, honey and yacaratiá and melt.

Remove from heat, let cool at room temperature and add eggs and milk.

Finally add sieved flour with the baking powder and cinnamon.

Pour on a crown mold spread with butter and powder with flour. Cook at 170°C. heat for about 45 minutes approximately.

Remove from the oven, let cool down and unmold. Spread with icing sugar.

Data**HONEY**

In Argentina there are many kinds of honey, like the ones called yerba mate was the base of the Guarani's diet.

They called mount honey, coming from Great Chaco.

They have organic certification because they come from an area distanced from every kind of pollution and without any chemical additives.

SWEETS · DESSERTS

Kinoto and cardamom mousse in chocolate trelliswork with capsule of curaçao of kiwi and peach

A very assorted delicacy: kinoto mousse spiced with cardamom, contrasting with the chocolate trelliswork to which the curaçao of kiwi and peach gives an special flavor.



Data

KINOTOS

This region is famous for its citric fruits. It has plenty of quinotos or kinotos, also known as midget orange tree. This fruit, despite it arrived with Europeans, had its origin in China, where it's known as golden orange. Due to its heartburn, it is usually prepared with syrup.

INGREDIENTS (for 3 portions)**MOUSSE**

50 g.	KINOTO MARMALADE
25 g.	HEAVY CREAM
25 g.	SWISS MERINGE
1 g.	UNFLAVORED JELLY

(A full capsule of saffron has approximately this measure)

SYRUP

100 g.	CURAÇÃO LIQUOR
15 g.	SUGAR

PEACH COULIS

1 unitx	PEACHES IN SYRUP
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KIWI COULIS

60 g.	KIWI PULP
50 g.	SUGAR
50 ml.	WATER

TRELLISWORK OF CHOCOLATE

50 g.	SEMI-BITTER CHOCOLATE PREVIUOSLY TEMPERED
-------	--

INGREDIENTS**CAPSULE OF CURAÇÃO**

100 g.	FONDANT
50 g.	GLUCOSE
n/a	VEGETABLE DYE

DECORATION

BARS OF SEMI-BITTER CHOCOLATE

PREPARATION:

Process marmalade and save. Beat cream till $\frac{3}{4}$ point and save. Make a Swiss meringue with two egg whites and 250 grams of sugar. Join in a wrapped way the marmalade with the beat cream. Then add the Swiss meringue in the same way. Add jelly previously hydrated. Place in a mold y refrigerate for 1 hour minimum.

Curação syrup

Place both ingredients in a pot nd heat up to 104°C. Save till it cools down.

Peach coulis

Mix peaches till making a puree of smooth texture and save.

Kiwi coulis

Make syrup with sugar and water, heat at 180°C, then let it cool down. Once the syrup is cool, add to the kiwi pulp and mix all till obtaining a smooth textured puree.

Capsule of curação

Make a half sphere of chocolate with a candy mold, unmold and fill with the curação syrup.

Chocolate trelliswork

Melt the chocolate and on a parchment paper make little trellis to decorate.

Curação caramel

Heat the fondant and the glucose up to 155°C., remove from heat and dye is necessary. Pour on silicone paper. Even out with a palette, let it cool down and break in little pieces to decorate.

Decoration

Unmold mousse, place on a rectangular plate, sauce with the coulis of peach and kiwi. Add at the sides of the mousse, the capsule of curação and decorate with the chocolate trelliswork and the curação caramel.



SWEETS · DESSERTS

Tart of pécan nut and honey with ice cream of melissa

In the littoral's river delta there are plenty of pecan nuts plantations. With them a great part of the region's pastries are elaborated, as tarts scented with honey and with a different ice cream.



Data

MELISSA

Melissa or "toronjil" (lemon balm) though it comes from Europe, grows plenty in this area, where it's used as an herb, many times mixing it with yerba to give aroma to the mate. Its aroma is similar to lemon, and is ideal for this presentation.

INGREDIENTS (for 6 portions)

TART

250 g.	HONEY
50 g.	SUGAR
150. g	SOFT BUTTER
2 units	EGGS
400 g.	FLOUR
1 teaspoon	BAKING POWDER
2 teaspoon	CINNAMON
200 cc.	MILK
300 g.	PECAN NUTS

ICE CREAM

622 cc.	WATER
5 g.	MELISSA LEAVES
158 g.	DEXTROSE
50 g.	GLUCOSE
111 g.	SUGAR
4 g.	ADDITIVES
50 cc.	LEMON JUICE

PREPARATION:

Tart of nuts

In a bowl whip butter with honey and sugar till getting a cream. Add eggs, milk and vanilla extract and keep whipping. Sieve flour with cinnamon and baking powder. Add dry staff to the whip in and wrapping way. Take it to medium heat for 40/50 minutes, in a rectangular mold of 20 cm. x 30 cm.

Ice cream of melissa

Process Melissa leaves with sugar, and save. In a recipient pour water, add glucose and dextrose. Mix. Heat from 40°C. Add sugar perfumed with the Melissa leaves and additives save well mixed with a bit of sugar. Take it 86°C. Cool down as fast as possible to 4°C., add lemon juice. Let it ripe in cold between 6 and 12 hour before blending

Decoration

Cut the tart in rectangular portions. In another dish put pecan nuts and melissa ice creamto go with.





Cuyo Region

LA RIOJA
SAN JUAN
MENDOZA
SAN LUIS



Turismo
FEHGRA



Cuyo region is synonym of sunny lands and good wines. It's one of those areas that make difficult to choose only one tempting option, because everywhere there a lot to see and taste. Wines are part of this landscape, with mountains are mute witnesses and a blue sky clear and clean, caressing the eternal snows. These were once desert soils, but men worked hard to install the first stakes.

With time, the local people specialized and began to cross the wine road. And nowadays, the varieties are among of the bests of the world. In these landscapes special beverages are born with a distinctive personality. You find have Malbec as an emblem, a wine of French origin which found here its place in the world, but it's not the only one. It grows together with Cabernet Sauvignon, Bonarda, Syrah, Tempranillo, Pinot Noir, Merlot, Chardonnay or Sauvignon Blanc. They are just a part of a list that has in the lands of Cuyo, a place to develop all their virtues, those the traveler appreciates at each step with a glass of wine in his/her hand.

But also, as Cuyo is a land of hot days and cold nights, it gives other fruits of exceptional quality, as olives in their different types. This is why this zone is specialist in extra virgin olive oil, and its particular taste. Also it has rich dry, fresh or dehydrated fruits and vegetables of incredible quality. All is rounded by herbs that perfume the air with the touch of authentic "jarilla" (a bush tree used in medicine). Go along its roads, it is recommended to taste the meats. You can find of all kinds, and the Malargüe goat, that even has its own festival.

Other typical food, impossible to miss? Empanadas in clay oven cooked with olive firewood, massed meats, cupcakes, desserts like "quimbo" eggs, ambrosia, the bars of quince or alcajota and the syrups. All sweets that have in common the long hours cooking in heaters, rocking "pailas" (large frying pans) with wood spoons to enhance a basic ingredient of the region: time. Lord and master of these soils and skies.





Cuyo Region

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LA RIOJA
SAN JUAN
MENDOZA
SAN LUIS

APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Empanadas from *Cuyo*

The empanadas from Cuyo have plenty of onions. Experts say it must be the same quantity as meat to be juicy. The stuff also has raisins and chili. They are prepared in clay ovens or fried, and they never miss a celebration.



Data

EMPANADAS

It's one of the typical Argentina meals, and although this might hurt our national pride, they were not invented here. Nevertheless, we adopted them.

Each province and each home gave them, as time went by, its own characteristic.



tips*

In Cuyo, empanadas are soft and juicy, using a bit of chili and cumin. They are baked in a clay oven, heated with local firewood. Oven is ready when the upper part is white in ashes, fire is removed and empanadas are baked. We call pies to the fat-fried empanadas. This meal is served in popular celebrations and is eaten with hands.

INGREDIENTS (for 2 dozens)

MINCE

500 g.	BOVINE MEAT (grinded)
1 kg.	ONIONS
50 g.	PELLET FAT
n/a	SALT
n/a	PAPRIKA/OREGANO/CHILI/CUMIN
2 units	HARD-BOILED EGGS
100 g.	GREEN OLIVES

MASS

500 g.	FLOUR 0000
80 g.	FAT
250 cc.	BRINE
1 unit	EGGS (FOR BRUSH)

PREPARATION:

Mince

Chop onions very finely and toss in fat during 10 minutes, add the GRINDED meat and the seasonings. Cook for 20 minutes. Let it cool down.

Once cold, in mince add the hard-boiled egg chopped and the olives sliced.

Mass

Make a crown with flour and the fat tepid, and the brine. Form a simple mass. Let it rest for 30 minutes and stretch. You can make a simple puff pastry with a bit of melted fat.

Assemble the empanadas, fold the edgings, and brush with whipped eggs.

Bake in a pre heated oven at 180°C. during 20 minutes.

Decoration

Serve empanadas hot and eat them with your hands.



Combination:
Young Malbec

APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Sopaipillas with olive paste and dried tomatoes

As an appetizer to go with a glass of Cuyo wine, a delicious bruschetta of homemade bread, covered with olive paste and dried tomatoes, is an ideal choice. A meal inherited from our Italian ancestors, it is the best of the hors d'oeuvres of good meals.



Data

TOMATE FROM CUYO

The tomato from Cuyo is juicy, fleshy and slightly sweet. It is eaten fresh as well and in stews, in sauce or sweets, fresh or dry. This last process is made at the sun, naturally and without additives.

INGREDIENTS (for 4 portions)

4 units	SOPAIPILLAS
c/n	OLIVE OIL
1 clove	GARLIC
50g.	DRY TOMATOES
n/a	OREGANO
n/a	PAPRIKA
50g.	BLACK OLIVES
n/a	SALT AND BLACK PEPPER
n/a	CHILI

PREPARATION:

To make sopaipillas (sort of fried cakes), you use bread mass, give a circular shape and fry in plenty of fat. Hydrate dry tomatoes during 10 minutes in hot water and marinate in olive oil and the desired seasonings. Remove stones from olives, season with olive oil and black pepper.

Presentation

Make a quenelle with the olive paste and place a hydrated tomato.

tips*

The Huarpes, ancient inhabitants of Cuyo, called "Chichocas" to vegetables dried at the sun. In some recipes, dried tomatoes are named as chichocas, making reference to this drying method of ancient conservation, typical of our own sunny desert.



Combination:
Syrah

APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Raw ham with black olives compote with goat cheese crunch

Raw hams cured at the air of Cuyo, are tasted alone or, like in this recipe, with black olives compote with goat cheese crunch and a very good wine.





INGREDIENTS (for 4 portions)

4 slices	RAW HAM
100 g.	GOAT CHEESE
100 g.	BLACK OLIVES
n/a	SALT AND PEPPER
20 g.	BUTTER
50 g.	WHITE PART OF THE LEEK
10 g.	SUGAR
20 cc.	RED WINE

PREPARATION:

Cut in small cubes (Bernoise) the white part of the leek and toss 5 minutes with butter, Then add sugar, the sliced olives, season, continue cooking 5 minutes and pour red wine. Cook about 10 minutes till completely cooked.

Grate goat cheese, cook both sides in a non-stick fry pan, till it turns crunchy.

Presentation

Option 1: Make a roll with the slice of raw ham, fill with compote and serve on the goat cheese crunch.

Option 2: Serve on a spoon the compote and the ham in threads and the cheese crunch in the upper part of the piece.

Data

OLIVES

There are many kinds of olives. Each one gives a particular flavor to the fruit, The most known in Cuyo are the "Arauco", although there also are many others types, like "picual" or "manzanilla".

SAVOURIES · MAIN COURSES

Mass meat with roasted chili

In a vineyard the guests are surprised when from a great package of mass cook in a clay oven, shows this tender meat, spicy and juicy. It goes with roasted chili, and of course, a glass of good wine.

tips*

Barbecued meat with the skin is the cradle of the mass meat, the skin is replaced for a simple mass which serves to contain the cooking juices and to get a very done and tender meat.



Combination:
**Cabernet
Sauvignon**



INGREDIENTS (for 4 portions)**FOR MEAT**

2 kg.	BOVINE MEAT (brisket or marotilla)
2 spoonful	FOR CHIMICHURRI
3 cloves	CHOPPED GARLICS
100 cc.	SUNFLOWER OIL
30 cc.	WINE VINEGAR
n/a	SALT
n/a	PAPRIKA/OREGANO/CHILI
2 spoonful	CHOPPED PARSLEY
200 cc.	WHITE WINE

MASS

1 kg.	FLOUR 0000
n/a	SALT
600cc.	WATER

INGREDIENTS**GARNISH**

2 units	SWEET CHILI PEPPER
2 units	ONIONS
1 bulb	GARLIC
n/a	SALT AND OLIVE OIL
2 units	GREEN CHILI
n/a	GREEN BOUQUET (arugula, lettuce butterhead and curled-leaved)

PREPARATION:**Mass meat**

Chopped parsley and garlic very finely, Mix with all ingredients of chimichurri, till making the base of marinade. Cut meat in regular pieces, place on a recipient and marinate with chimichurri during 6 hours, in the refrigerator. Make a crown with the flour, add salt and water. Make a simple mass. Let it rest 30 minutes and stretch.

Place mass in a deep baking sheet and put meat and the marinade juice, cover meat with the mass (like a tart). Cook in a pre-heated oven at 180°C. during 2 and ½ hours.

Garnish

Roast the whole vegetables in coil during 25 minutes and rotating vegetables so cooking is uniform. Clean the burned skin of vegetables, cut in Julienne, season with salt and olive oil. It can go with a green bouquet as desired.

Presentation

Remove meat from mass carefully (because the external part could be burned and must not go to the guest's dish).

Place the meat portion in a casserole or in a recipient made of mass with the cooking juice, join the chosen garnish.

Data**BOVINE MEATS**

In different areas of Cuyo, bovine cattle develops in an extensive way, in green fields. The pastures give the meat an special flavor which can be appreciated in their various preparations. But it's in barbecues with wood of the wine branches, where it shows off.



SAVOURIES · MAIN COURSES

Roasted goat chuck with cooking juice and chili and black olives salad

It is a must that shows off in the tables of Cuyo. The salad of chili and black olives is an ideal garnish to join flavors of the region in a same dish.

INGREDIENTS (for 2 portions)

1 unit	GOAT CHUCK
300 cc.	WHITE WINE
50 g.	CARROTS
20 g.	CELERY
50 g.	ONIONS
1 clove	GARLIC
n/a	SALT AND OIL

GARNISH

1 unit	RED CHILI
1 unit	YELLOW CHILI
80 g.	BLACK OLIVES
1 unit	EGGPLANT
n/a	SALT
1 unit	ZUCCHINI
n/a	OLIVE OIL

PREPARATION:

Roasted

Clean vegetables and cut in Mirepoix (little dices). Seal the goat piece in a casserole with oil, then add the chopped vegetables, toss during a few minutes, season and deglaze with the white wine. Cook art low heat during 1 and a ½ hours, till meat tender is.

Garnish

Clean vegetables and cut them in Paysanne (in squares).

Toss vegetables in oil, during about 10 minutes, season with salt, olive oil and the sliced olives

Presentation

Option 1: You can display the whole piece con salad and sauce with a reduction of cooking.

Option 2: Crumble the roasted rib and in a deep dish, mold in the center within an inserted ring, the vegetables sauté and the crumbled, sauce the base of the dish with the cooking reduction.

Data

GOAT

You can find goats and kids (litter of the goat till its stops sucking) in all Cuyo. Till they are 4 month old, they can reach a maximum weight of 10 to 12 kilos and adult specimens can reach till 20 kilos. In Malargüe city, which name means "place of farmyards", in Mapuche language, some of the best of them are produced.





tips*

Goats meat was chosen as a referent of the region in the seminar of the Cuyo Entity.

SAVOURIES · MAIN COURSES

Goat rib with sweet potatoes emulsion, rosemary and olive oil

It is a very tasty preparation which has the herbs aroma, like rosemary and olive oil from Cuyo, with a dense, fruity and aromatic feature. A delicious combination to taste while wandering through the vineyards.



tips*

A gluten free dish for celiac respecting the hygiene norms recommended for this case.



Combination:
Tempranillo

INGREDIENTS (for 4 portions)

1 unit GOAT RIB

EMULSION

100 cc. OLIVE OIL
300 g. SWEET POTATOES PUREE
n/a FRESH ROSEMARY
n/a SALT AND PEPPER

GARNISH

100 g. SWEET POTATOES
n/a OIL
1 bunch WATERCRESS

PREPARATION:**Goat rib**

Clean rib, put salt and pepper and bake in a pre-heated oven during 1 and ½ hours.

As an option you can rub the goat with butter and lemon juice before cooking.

Emulsion and garnish

Clean sweet potatoes, place them in a recipient with cold water and cook during 15 minutes, remove from water and make a very fine puree.

Clean rosemary, chop finely, add to the puree.

Mix with oil till getting the emulsion

For chips cut the sweet potatoes with their skin and fry en hot oil. Remove and save.

Presentation

Place the rib portion in the dish, the chips inserted with the sweet potatoes emulsion and add the watercress bouquet.

Data**OLIVE OIL**

With olives in their different kinds, the area became an expert in extra virgin olive oil, consumed in the country and exported. There are soft or more spicy and varieties which identify the olives they are made of. Or in the case of wines, cutting oils where a very special and defined flavor is gained.



SAVOURIES · MAIN COURSES

Provoleta of goat cheese marinated in grape oil and beet purée

The provoleta goat cheese gains in flavor after resting in the grape oil marinade. The combination is completed with a beet purée, contributing to with color and aroma.



tips*

Oil from grapes seeds has a green color, dark and shiny. Its aroma is subtle and herbaceous and can be used in many culinary preparations, bringing a great quantity of antioxidants.



Combination:
Chardonnay
in wood

INGREDIENTS (for 2 portions)

4 units	GOAT PROVOLETA
n/a	OLIVE OIL
n/a	BALSAMIC VINEGAR
n/a	BLACK PEPPER
n/a	SALT

GARNISH

4 units	BEETS
10 g.	HONEY
50 g.	FRESH GRAPES
50 g.	CHICORIES
n/a	FRESH TENDRIL

PREPARATION:

Marinate the provoleta in grape oil about 30 minutes. Bake two beets wrapped in aluminum paper till they tender are, remove the skin and make a puree, season and add honey.

With the rest of the beets make some chips, finely cutting them and dehydrate in low heat. Make a vinaigrette with 1 part of balsamic vinegar, salt as desired and three parts of grape oil. Emulsion.

Bake provoleta in a hot grill in both sides.

Presentation

Serve the hot provoleta, the beet puree and the crisp. Add chicories, grapes, tendril and the vinaigrette of grape oil.

Data**GRAPE OIL**

Being the stars of the area, from its juice wine is born. With their seed we make oil, ideal for many meals. Its extraction, as well as the olives one, can be made in different ways, although the best is by pressing.

SAVOURIES · MAIN COURSES

Tomaticán of Cuyo

It is one of the popular stews of the region, a combination of the benefits of the migration hands with the products of the land.



tips*

The roasting disc is a typical element of the farms of Cuyo. The metal must be cleaned, cured with fat, heating it at high fire and rubbing with sea salt to finish. Its capacity allows to make abundant dishes.

The "Tomaticán cueca" in honor to this traditional meal of Cuyo was composed by Víctor Hugo Cortes and is a sang recipe, where cooking and music are united.

INGREDIENTS (for 10 portions)

10 units	CHERRY TOMATOES
5 units	ONIONS
2 units	GREEN PEPPERS
8 units	EGGS
n/a	OLIVE OIL
2 spoonful	BREAD CRUMBS
n/a	SALT
n/a	PAPRIKA/OREGANO/CHILI
1 spoonful	BASIL

TO GO WITH

150 g.	DRY TOMATOES
10 slices	HOMEMADE BREAD
300 g.	ATUEL CHEESE

PREPARATION:

Clean vegetables, chop onions, chili in Brunoise and tomatoes in Concassé (in thick pieces).

In a roasting disc, toss with olive oil, the chili and onions during 10 minutes. Add tomato, season and continue cooking for 5 more minutes. Then add whipped eggs and breadcrumbs till the end of cooking.

Hydrate dry tomatoes in hot water about 10 minutes and the marinate in olive oil.

Chop basil in Chiffonade, add the fresh ones over the cheese on the dish.

Presentation

Serve it hot on the bread slice and add marinated cheese, basil and dry tomatoes.

Data**TOMATO**

Then Indians of the region, the Huarpes, received from other friendly tribes, the tomato, which was called "tomato". The fruit was distributed in the zone, where it grows and gives later birth to many meals as an ideal complement.



SAVOURIES · MAIN COURSES

Three chili pudding with greens and green olives salad

Pies and puddings are an important part of the cooking from Cuyo. This one elaborated with three chili is a good example. It goes with a garnish of green salad and olives, spread with a touch of olive oil to bring more taste and aroma.



INGREDIENTS (for 4 portions)

2 units	RED CHILI
2 units	GREEN CHILI
2 units	YELLOW CHILI
6 units	EGGS
150 g.	HEAVY CREAM
n/a	SALT AND PEPPER

GARNISH

100 g.	CHERRY TOMATOES
1 bunch	ARUGULA
1 unit	POLO ROSSO
n/a	OLIVE OIL
n/a	BALSAMIC VINEGAR
100 g.	GREEN OLIVES

PREPARATION:

Clean chili and roast in aluminum paper during 20 minutes in a pre heated oven at 180°C.

Remove seed and skin from chili. Process one chili of each color separately to get a yellow, a red and a green purees. Save the three clean chili of each color. Mix 2 eggs, 50 g. of cream with the green puree.

Put salt and pepper to obtain the base of the pudding, repeat with red and yellow with the rest of the ingredients.

In a pudding mold wrap with a film appropriate for baking, place chili of each color in layers and cover with the puree of the same color. Repeat with the rest of the ingredients (you'll get the three colors alternated). Put it on a pre heated oven and cook at bain Marie during 50 minutes.

Unmold cold.

Garnish

Make a vinaigrette with three part of olive oil and a part of balsamic vinegar. Season and emulsion.

Clean greens and tomatoes. Inject with vinaigrette and prepare salad with with olives.

Presentation

Place the pudding portion and add the green leaves salad, tomatoes, olives and sauce with the rest of the vinaigrette.

Data**CHILI**

In Quechua language they are called "misqui uchú", "nupu uchú" or "pachirina". They are "Capsicum annuum", of the rest of the American chili family, but are different because, besides being fleshy, they are not spicy. All are green at first and when they ripe, turn to yellow, red, or even and original blue color.



SAVOURIES · MAIN COURSES

Classic *chanfaina* part by part

The classic chanfaina is an adaptation of a traditional meal from Cuyo. It needs long hours at heat and it require a dose of patience, but it makes up when served with wines of the region.



tips*

This meal is prepared in posts or goat farms, where giblets are used for the everyday dishes, to join the preparation, the animal's fresh blood is used, or with flour instead. Blood could be replaced for crumbled blood sausage.

INGREDIENTS (for 2 portions)

1 unit	GOAT GIBLETS
1 unit	ONION
2 cloves	GARLIC
50 cc.	WHITE WINE
n/a	SALT/PEPPER
n/a	OREGANO/CHILI
1 teaspoon	FLOUR
4 teaspoons	WATER
2 slices	HOMEMADE BREAD
100 cc.	BLOOD OR BLOOD SAUSAGE
30 g.	GOAT FAT

PREPARATION:

Cut the goat giblets in small cubes (heart, liver, kidneys). Clean vegetables and chop finely the garlic, and parsley and onion in Brunoise. Toss vegetables in fat during 8 minutes. Then add the giblets, season as desired and cook for 15 more minutes. When giblets are well cooked, add blood till coagulation or you can add flour previously solved in water, and the sausage crumbled. Finally, pour white wine. Cook 5 minutes till finishing.

Presentation

Serve as hors d' oeuvre or in casseroles with homemade bread or in small pieces on bread.

Data**CHANFAINA**

As a good stew, this country meal requires long hour of cooking. Its base is oil or pellet fat and onions and chili plus meat and giblets of the typical animal of each zone must be fried. In Cuyo, it's usual to prepare with goat.

SAVOURIES · MAIN COURSES

Kidneys with white wine and crushed baked *charqui*

Kidneys with white wine get tasty with the charqui crushed, that is to say, this meat dried at the sun, and then mashed in a mortar, before baking. You can eat it as hors d'oeuvre or main course.



tips*

Charqui is the name that ancient inhabitants gave to dried meat and it can be made with different meats with low fat and boneless. Meat is cut in fine beefs with sea salt, is covered and pressed or squeezed with a superior weight. Then it is exposed to the sun during about 15 days, protecting it from insects and the night dew. Pressing and salting is repeated several times. It is conserved dry, in a fresh place, it is a classic in the saddlebags of the small farmers.

INGREDIENTS (for 2 portions)

1 unit	VEAL KIDNEYS
50 cc.	APPLE VINEGAR
100 cc.	WHITE WINE
n/a	SALT AND PEPPER
1 clove	GARLIC
1 spoonful	CHOPPED PARSLEY
2 units	SCALLIONS

GARNISH

n/a	FRYING OIL
100 g.	CHARQUI OR ROASTED MEAT
20 g.	SEA SALT
5 g.	BLACK PEPPER IN GRAINS
10 g.	THYME AND FRESH ROSEMARY
4 units	SMALL POTATOES

PREPARATION:

Clean kidneys, cut lobes and sour in a recipient with water and vinegar till covered, during 30 minutes in the refrigerator.

Cut scallions, garlic and parsley. Toss finely in butter, add kidneys, season as desired and cook 5 minutes. Deglaze with white wine, cook 3 minutes and serve juicy.

Hydrate charqui, crumble finely and take to oven about 10 minutes. You can replace with crumbled roasted meat and dried in soft oven.

Garnish

Wash potatoes well. Boil in water with salt with their skin till they are tender, remove from water and save. In a mortar grind pepper, thyme and rosemary. Dry potatoes, smash and fry. Serve hot with scented salt.

Presentation

Serve potatoes broken in circle at the center the kidneys and the baked charqui at the top.

Data**CHARQUI**

Charquican is a stew cooked in several provinces, where there is a main ingredient, charqui meat. It is dried at the sun, a conservation method very useful since times when artificial refrigeration didn't exist. To add charqui in preparations, it has to be hydrated again.



SAVOURIES · MAIN COURSES

Sorrentinos of smoked trout with maize sauce and raising chips

A show of classic pastas recipes updated to new cuisine, are trout sorrentinos, and you shouldn't miss them with a good wine.



INGREDIENTS (for 4 portions)**MASS**

3 units	EGGS
400 g.	FLOUR 0000
n/a	SALT
1 spoonful	OLIVE OIL

STUFF

1 unit	SMOKED TROUT (250 grams)
1 unit	LEEK
40 g.	BUTTER
n/a	SALT AND PEPPER

SAUCE

2 units	MAIZE
250 g.	HEAVY CREAM
n/a	SALT AND PEPPER
1 unit	SMALL ONION
80 g.	RAISINS (WITHOUT SEEDS)
20 g.	BUTTER

PREPARATION:**Mass**

Make a crown, add salt, whipped eggs and oil, knead and let it rest 30 minutes.

Stuffing and baking

Cut the white part of the leek in Brunoise, and toss in butter. Clean the trout. Make fillets, flake and add to the previous preparation. Season. Cook 5 minutes and let it cool down.

Stretch mass, place it in a mold for sorrentinos. Fill in an appropriate way, brush the edges with water and seal the pasta.

Boil in plenty of hot water with salt till pasta is done (when sorrentinos go up).

Sauce

Clean vegetables and grate maize and onion finely.

Cook in a fry pan with butter during 10 minutes.

Add cream, season and let it reduce till getting a soft and creamy sauce.

For the chips, press raisins and to the low oven during 1 and ½ hours, till raisins are well dehydrated (this preparation can be made before).

Presentation

Serve sorrentinos with the creamy sauce, the raisins chips, some layers of smoked trout and grape tendrils.

Data**RIVER/LAGOON TROUT**

Trout from Cuyo are species that adapt to life in sweet waters of lakes, rivers and creeks. They have an interesting size and a beautiful color. Their flesh has a color like salmon and a soft taste, but defined, that distinguishes them from the rest of fishes.

tips*

Smoking is an ancient technique of preservation, where food is submitted to the smoke of woods, without toxic resins.

Smoke from wood of fruity trees is excellent. The most recommended are: apple tree (gives a sweet and ascetic flavor), lemon tree, orange tree (all citrus go well with fish), peach tree, plum tree (sweet flavor).



SAVOURIES · MAIN COURSES

Tail of rump

with black olives crunch and red wine sauce; with vegetables wrapped in grapevine leaves

This meal honors Cuyo. It goes with wrapped vegetables of grapevine leaves, that come from the vineyards of the region. A tribute to flavor enjoyed with all senses.



Data

OLIVES

Green or black, the cradle of olives was the Mediterranean. But in Cuyo olives found another place in the world.

They are very appreciated for their oil but they are also directly eaten, after being cured. Their ripening process is gradual and goes from green to violet, till getting finally the dark purple and black colors.

INGREDIENTES (para 4 porciones)

1 unit	TAIL OF RUMP
200 g.	BLACK OLIVES
1 clove	GARLIC

WINE SAUCE

300 cc.	MALBEC WINE
2 spoonful	SUGAR
2 spoonful	BUTTER
5 g.	BLACK PEPPER IN GRAINS

GARNISH

1 unit	TOMATO
1 unit	ZUCCINI
1 unit	EGGPLANT
12 units	GRAPEVINE LEAVES
n/a	SALT/PEPPER
n/a	OLIVE OIL
2 spoonful	CREAM CHEESE
1 unit	ONION
n/a	SALT

PREPARATION:

Seal the tail of rump, season, save.
Process the olives without stones with the garlic.
Smear the upper part of the tail of rump with the processed olives. Place on a plate and cook in oven at 200 g. for 45 minutes.
Light the grill at the last minute to strengthen the olive crust.

Sauce

In a hot fry pan brown peppers with 1 spoonful of butter. The add wine, sugar and reduce to half. Finally emulsion with 1 spoonful of butter.

Garnish

Clean vegetables and cut the in Brunoise. Toss during 20 minutes in olive oil and season as desired. Finally add the cream cheese.
Make the packs with grapevine leaves and vegetables.

Presentation

Serve a portion of meat on a grapevine leaf with two small packs of vegetables and sauce as desired. To give color you can decorate with a little bit of the Brunoise of the stuffing.



SWEETS · DESSERTS

Cold tart of grapes

Grapes in all their variations is the heart of wines and also of the new confectionery of Cuyo. A show is this cold tart of grapes, for dessert or tea time.



tips*

The mass brisée has a neutral flavor, and is a very soft broken mass where the flavors of the filling show off.



Combination:
Late harvest

Data

GRAPES

Besides grapes for wines, in Cuyo we have they so called table grapes. There also are varieties with different colors of skin, with bunches loose or tight, soft or thick skins, more or less sweet, of big or small grains (as the famous chinche) and there are even without seeds.



INGREDIENTS (for 6 portions)

MASS

300 g.	FLOUR 0000
200 g.	BUTTER
3 spoonful	LATE HARVEST WINE
1 unit	EGG
1 unit	YOLK

FILLING

300 g.	HEAVY CREAM
80 g.	ICING SUGAR
400 g.	FRESH GRAPES
n/a	GRAPE SYRUP
80 g.	BLUE CHEESE
50 g.	SLICED TOASTED ALMONDS

PREPARATION:

Mass

Make a sandy mass with flour and butter (it can be made in food processor).

Add the rest of the ingredients, and join them only the necessary as to form the mass.

Let it rest in refrigerator 30 minutes.

Stretch the mass, wrap the chosen mold and bake in a pre heated oven at 180°C during 15 minutes.

Let it cool down and save.

Filling

Whip cream with the icing sugar at Chantilly.

Clean grapes (you can peel them if you prefer).

Brush the base of the baked mass with the grape syrup, fill with the whipped cream, decorate with grapes and almonds. If you prefer, the grapes can be marinated in syrup or in sweet wine according to the chosen tastes.

Presentation

Serve very cold. With late harvest wine you can add a small portion of blue cheese and sauce it with syrup.

SWEETS · DESSERTS

Plum granita with chocolate crunch

The plum granita gives the fruit all its flavor. It is one of those refreshed desserts ideal with a chocolate crunch. A good company is a late harvest or a fortified Malbec.



tips*

If you want to have a spicy granite you can aromatize the syrup, with cinnamon, cloves, peppers, etc. In this case we enhance the flavor and aroma of plums.

Data

FRUITS I

Cuyo, with their sunny days and cold nights of great range temperatures, is ideal for fruit harvest, tasty and healthy, where there is no need for chemical elements.

Plums, peaches, apricots, chestnuts, cherries or nuts, are some of the ones you can taste fresh as well as preserved, or dry.

INGREDIENTS (for 4 portions)

100 g.	DRY PLUMS
300 cc.	WATER
200 g.	SUGAR (for syrup)
100 g.	FRESH PLUMS (for processing)
100 g.	FESH PLUMS (to go with)
50 g.	BUTTER
50 g.	SUGAR
50 cc.	GRAPE LIQUOR
100 g.	SEMI-BITTER CHOCOLATE
50 g.	GRINDED NUTS
50 g.	SUGAR (caramel)

PREPARATION:

Let the dry plums rest in water the day before. Boil them in the same water of soaking, add sugar and make a light syrup.

Clean fresh plums and process with syrup.

Freeze about three hours, then scratch the preparation with a fork to get the granita, cool again till the time to serve.

To go with

Slice plums, put butter in a fry pan and add the fruit. Cook for about 3 minutes, then add sugar till it melts and finally flambé with the grape liquor.

Chocolate crunch

Make a clear caramel and add nuts. Stretch on a non-sticky surface and once cold, grind.

Melt chocolate at bain Marie, plant with crunch, and make figures on a non-sticky surface.

Let it cool down.

Presentation

Serve granita very cold in a glass, together with the chocolate crunch and in the base of the dish put tepid plums.



SWEETS · DESSERTS

Cheese and quince with *Malbec* reduction

Cuyo has its particular version of one of the typical Argentina dessert: cheese and sweet. In this case we chose quince with cheese and a delicious reduction of Malbec.



tips*

The vigilante dessert is a classic of the Argentina's cuisine. Some say it was the favorite of writer Jorge Luis Borges.

INGREDIENTS (for 4 portions)

300 g.	CHEESE
300 g.	QUINCE SWEET
150 cc.	MALBEC WINE
50 g.	SUGAR
80 g.	SLICED ALMONDS

PREPARATION:

Place sugar and wine, reduce in half and let cool down.

Cut cheese and quince sweet in fine slices, interpose and take to the refrigerator for 30 minutes.

Cut and serve.

Presentation

Serve the dessert, decorate with the Malbec reduction and optional almonds.

Data**QUINCE**

Many of the desserts from Cuyo have the touch of the encounter between the American lands fruits and the contribution of the Spanish conquest: quimbo eggs and ambrosia shared relevance with breads of quince sweet, alcayota sweet and various syrups. All require to be cooked long hours in braziers



SWEETS · DESSERTS

Nut bonbons

Nut bonbons are one of the candies to have when you travel along the routes of Cuyo, in Mendoza, San Juan or La Rioja provinces. They go with coffee, some homemade liquor and, at any time of the day, as an appetizing break.



Combination
Late harvest with
base of red grapes

Data

NUTS

Nuts and other fruits, like chest nuts or pistachio, give plenty in Cuyo.

Nuts are consumed dry or in a typical snack: candied. They are like bonbons, preparations inherited of the convents sweets typical of the region.

INGREDIENTS (for 12 bonbons)

24 units	BUTTERFLY NUTS
n/a	ALCAYOTA SWEET
n/a	DULCE DE LECHE (SORT OF CARAMEL)
300 g.	SEMI-BITTER CHOCOLATE

PREPARATION:

Melt chocolate at bain Marie.
Join two butterfly nuts with alcayota sweet or dulce de leche, then spread over the melted chocolate, let it cool down on a grill or parchment paper.



SWEETS · DESSERTS

Fruits preserve: Peaches in its own juice

Since the first bite in the morning at the last dessert at the end of the day, fruit preserves are present in the tables of Cuyo as a symbol of home flavors.



tips*

Chose healthy and firm peaches as to resist cooking. Also preserves can be made with other fruits as pears or quince, among others.

INGREDIENTS (for 3 jars of 1 kg.)

1 liter	WATER
500 g.	SUGAR
2 kg.	YELLOW PEACHES
3 units	JARS

PREPARATION:

Make a light syrup.

Peel fruit with a plain knife so not to leave marks on it, cut in half and remove stones.

Sterilize jars, fill with the fruit and cover in syrup.

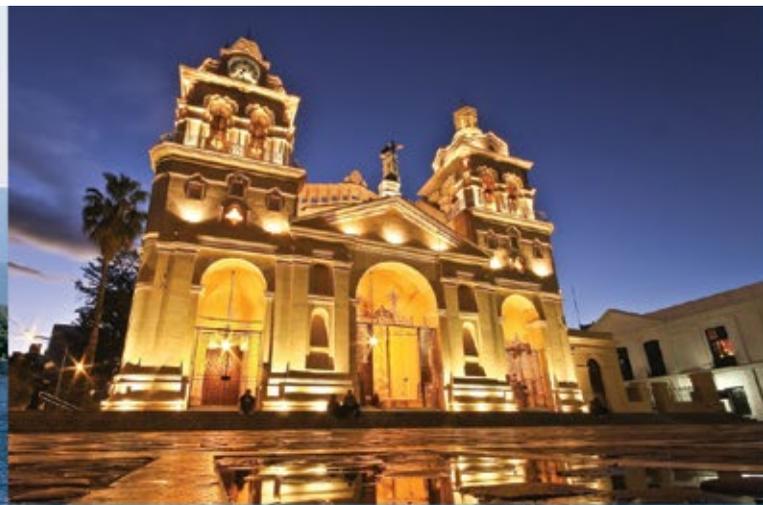
Put the lid on jars immediately.

Boil jars previously wrapped in paper (so they won't break during boiling). Cook during 20 minutes when water starts to boil. Remove once cold.

Data**FRUITS II**

Fruits from Cuyo are the closure of every meal. They are consumed fresh or you can make preserves, sweets and desserts. There are quinces in bread, jellies, marmalades, and in syrup, with or without liquor. Besides quince, peaches or plums you can prepare tomatoes or alcayota sweets.





Center Region

CÓRDOBA



Being the geographic center of the country it is a land of sierras and pastures mixed with as many herbs that it's said that breathing this perfumed and clean air is since always, healing. Its landscape is also decorated with rivers and lagoons of calm colors.

In their wild zones the green hills are interrupted by the apparition of goats, for example, which while eaten those wild weeds, they have a special milk, with which particular and tasty cheese are elaborated. O you can find kids, of tender meat that are raised or eaten in multiple cooking, although specially roasted, to enhance its flavor. Also the center is land of pork production, with which sausages and cold meats are elaborate with immigrates recipes. Some like the Caroya salami are famous and have their on national festival. Bovine cattle also has its place in this zone of good meats. The milky production derives in the thick "dulce de leche" and cheese of different flavors and textures, with pastas tender, hard or half hard.

To these products, at the time of cooking, you can add many others, like types of honey, enriched with the aroma and flavor of the local flora. Or the extra virgin olives that grow from the olive groves, same centenary and rewarded abroad.

Cereals and good flours are other of the distinctive products of the zone, so in every scale of the way, it is possible to taste homemade breads, country styled and well done loafs.

The calm and peace, silence and pure air are the key ingredients of this region, where there are many moments for chatting and of course drink vermouths. You must not forget the local herbs are so aromatic that you can make with them very famous, common and recognized beverages like Fernet.





APPETIZERS/FIRST COURSES/ HORS D'OEUVRE

PAG.

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- 138 · *Salami skewers, roasted chili and olive oil*
- 140 · *Toasted bread and viscacha brine*

SAVOURIES/MAIN COURSES

- 142 · *Roasted goat kid with maize pudding*
- 144 · *Pork belly with honey reduction, peperina scent and fresh green salad*
- 146 · *Tender cow rib with native sauce and fresh corn*
- 148 · *Cold viscacha roll, chimichurri from the sierras and watercress salad*
- 150 · *Mille-feuilles of potato, scallions and cream in saffron broth*
- 152 · *Bondiola with mixed peanuts and smoked bacon with sliced potatoes*
- 154 · *Maize and cheese cake*
- 156 · *Rolled pork stuffed with roasted quinces and spiced and sweet potatoes purée*
- 158 · *Classic Choripán (grilled sausages between two slices of bread) with traditional sour pickles and their sauces*
- 160 · *Hen locro (Perico Vicente)*

SWEETS/DESSERTS

- 162 · *Alfajores of fruits marmalades*
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- 166 · *Ice cream of peanut nougat*
- 168 · *Different snacks*
- 170 · *Pudding of nuts with peanut praline*

**Center
Region**

CÓRDOBA



APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Cold salad with cheese on corn crunch

Waiting for the barbecue or a big main course, this cold salad with cheeses is a great option, which can be enjoyed the rest of the menu.



**INGREDIENTS** (for 6 portions)

200 g.	GROUND CORN (polenta)
600 cc.	MILK
5 g.	FRESH THYME
10 g.	SALT
5 g.	BLACK PEPPER
30 cc.	OLIVE OIL

FOR SALAD

100 g.	CHERRY TOMATOES
40 g.	ARUGULA
40 g.	ENDIVES
10 g.	PURPLE BASIL
40 g.	MARINATED BLACK OLIVES
50 g.	PARMESAN CHEESE
30 g.	COTTAGE CHEESE
60 g.	CURED BONDIOLA (PORK SHOULDER)
10 g.	SALT
5 g.	PEPPER
20 cc.	BALSAMIC REDUCTION
60 cc.	OLIVE OIL

PREPARATION:

Make polenta in milk scented with thyme, salt and pepper. Place on a plate covered with a film.

Let it cool down and then proceed to cut it in rectangles of 2 x 8 and 1 cm. height (0,8 x 3,15 in and 0,4 in height).

Brown in olive oil trying to make it crunchy.

Place over the crunchy polenta the salad previously smeared with cottage cheese so it won't move.

Season with vinaigrette done with the balsamic reduction and olive.

Data**CORN**

Corn, sacred in American lands was and still is a great part of the native cooking. It is consumed in different preparations: fresh, dry, or in flours.

In this area white corn is produced and with it we make the famous polenta from Friuli (Italy).

APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Skewer of salami, roasted chili and olive oil

To go with Fernet, there is nothing better than the skewers of salami, decorated with roasted chili. There is one problem: one knows when we start to eat, but the end is unpredictable.

INGREDIENTS (for 8 portions)

1 unit	SALAMI "DE LA COLONIA"
1 unit	RED CHILI
1 unit	GREEN CHILI
200 g.	STUFFED OLIVES
50 cc.	EXTRA VIRGIN OLIVE OIL
12 units	BROCHETTE STICKS

PREPARATION:

Peel and cut salami on the bias. Save. On the other hand, roast chili on high heat till burning them on the outside, peel them and preserve in olive oil.

Cut chili in squares, and start to interpose in the brochette sticks with salami and the stuffed olives.

Brush with olive oil.

tips*

We can prick the snacks already prepared, on bread or some big fruits like melon or watermelon.

Data

SALAMI

One of the most famous salami in this region, which has exquisite flavors of dry production, is the one from Oncativo, made by halves of pork and bovine meats, sliced with a knife. Once elaborated let ripe between 60 and 90 days in fresh and dry cellars. When it detaches what is called "mufa" (its green moss colored little cap), it is showing that it's ripe and at the right time to eat it.



APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Toasted bread and viscacha brine

As it happens with the rest of meats, brine enhances the flavor and tenderness of the viscacha. One way to appreciate its texture and intense taste is on on a good toasted country bread and drinking a beer.





INGREDIENTS (for 8 portions)

BRINE

1500 g.	VISCACHA
600 g.	ONIONS
600 g.	CARROTS
6 units	GARLICS
4 units	LAUREL
500 cc.	OIL
300 cc.	VINEGAR
300 cc.	WHITE WINE
30 g.	SALT
15 g.	PEPPER IN GRAINS
1 kg.	HOMEMADE BREAD
50 cc.	OLIVE OIL
10g.	SMASHED GARLIC

PREPARATION:

Start preparing the viscacha. You have to remove the bones of the ribs and spine, and cut the rest in regular pieces.

Chop onions in quarters, carrots in pieces and smash with a knife the unpeeled garlic. Place on a pan half of the vegetables, and on these the whole viscacha, cover with the rest of vegetables, add liquids, take to medium heat, pit salt and pepper and cook till the viscacha pieces are done

Preservation: Directly in a recipient in the refrigerator for 5 days or place in flasks previously sterilized, put the lid on and take to recipient with boiled water for 25 minutes, remove and save.

Serve with toasted homemade bread slightly brushed with olive oil and garlic.

You can replace the viscacha with game meat or use chicken, seafood or another conventional meats, as well.

Data

BRINE

Brines were born as a homemade conservation method, back when there were no refrigerators or other ways to freeze. They are made with vegetables and meats. Patience is required for them to be tasty. Once prepared, we have to wait some days to get a better flavor and for all seasonings to integrate.

SAVOURIES · MAIN COURSES

Roasted goat kid with maize pudding

If you go to Córdoba and you don't eat a goat kid, is as unforgivable as not having been here. It is prepared in different ways, but roasted and crunchy is unbeatable. The local garnish goes very well with it.



tips*

pudding can be made individually in muffins molds or in a plate and then be portioned.

Kids, if you wish, can be seasoned with chimichurri only 10 minutes before the end of their preparation in order to avoid the burning of herbs and seasonings.

INGREDIENTS (for 8 portions)

1 unit	KID
30 g.	SALT
15 g.	BLACK PEPPER

PUDDING

300 g.	WHOLE MAIZE
150 g.	ONION
40 cc.	CORN OIL
15 g.	SALT
10 g.	PEPPER
5 g.	NUTMEG
8 units	EGGS
250 g.	HEAVY CREAM
150 g.	MATURED SARDINIAN CHEESE
100 g.	BUTTER

15 kg. FIREWOOD OF WHITE QUEBRACHO (tree)

PREPARATION:

Light fire with wood and proceed to the preparation of the kid.

Open the animal dislocating ribs as to be wide open and as plain as it can. Put many salt and pepper and wait till flames are well formed. Start to cook with low fire and the animal upside down. If necessary lubricate with oil during cooking.

Pudding

For the pudding, toss the onion till browning. Then add maize, seasonings and process.

On the other hand, join mixing the eggs with cream and grated cheese in threads and add to the previous preparation. The mix must be very homogenous and place it on a well buttered plate. Take to the oven at 170°C for 45 minutes. Let it rest and cut square portions to go with the kid.

Data**GOAT KID**

The zones of Quilino and Deán Funes, in Córdoba, are famous for their kids, considered some of the best of this province for the excellence of their flesh and their flavor. The rural establishments that produce them can be visited to be able to see how animals are raised and by the way to enjoy an excellent barbecue of this typical product of the hills.

SAVOURIES · MAIN COURSES

Pork belly with honey reduction, peperina scent and fresh green salad

The very tasty pork meat has more flavor with the peperina mint and the honey reduction, which in this zone is delicious floral and fruity.



tips*

The seasoning for leaves can be made with fruity vinegars as raspberries or apple instead of the smoked aceto.

INGREDIENTS (for 8 portions)

2 kg.	PORK BELLY
25 g.	SALT
10 g.	BLACK PEPPER

REDUCTION

1000 cc.	WHITE WINE
300 g.	HONEY
30 g.	FRESH PEPPERINA

SALAD

100 g.	NATIVE LETTUCE
100 g.	YOUNG LETTUCE
100 g.	ESCAROLE
100 g.	ARUGULA
50 cc.	OLIVE OIL
12 g.	SALT
25 cc.	SMOKED BALSAMIC VINEGAR

PREPARATION:

Put many salt and pepper on the pork belly and take to the oven or grill. Cook till browning and find the desired point of baking.

Reduction

On the other hand, make the wine's reduction with honey, and once the consistence of the sauce is achieved, add fresh chopped peperina. Let it make an infusion for some minutes. With this reduction, brush the belly at the last minutes of its cooking so it can get shiny and of a delicate flavor.

Salad

To go with this meat, make a salad of a mix of leaves and season with a balsamic vinaigrette with smoked sparkles.

Data**PEPERINA**

You can say that Córdoba smells of peperina. It grows since ages in the sierras and is considered as important as the accent of the province. It comes from the mint family.



SAVOURIES · MAIN COURSES

Tender cow rib with native sauce and fresh corn

Bovine meat or beef cannot be absent from the Cordoba's menu. The tender rib appears in family barbecues as well as in restaurants. The native sauce is a classic to go with.



**INGREDIENTS** (for 4 portions)

4 units	ROUND TENDER RIB
12 g.	MEDIUM QUALITY SALT

NATIVE SAUCE

1 unit	CHERRY TOMATO
1 unit	RED CHILI
1 unit	GREEN CHILI
1 unit	ONION
1 unit	SCALLION
100 g.	YELLOW MAIZE IN GRAINS
10 g.	FRESH THYME
14 g.	SALT
8 g.	BLACK PEPPER
40 cc.	LEMON JUICE
60cc.	OLIVE OIL

PREPARATION:

Put salt on ribs with medium quality salt. Heat the plate or grill and cook in high fire both sides trying to make it well browned and juicy inside.

Native sauce

Cut all ingredients in medium-sized cubes (this sauce will be a garnish or complement), scent them with fresh thyme, season and add the lemon juice and the olive oil.

Data**BEEF**

This is a zone of privileged meats and you can get all kinds of cuts. The chops with their bones, are famous for their taste. They are prepared with the fire wood of local trees that give the flames their particular scent.

SAVOURIES · MAIN COURSES

Roll of cold *vizcacha*, *chimichurri* from the sierras and watercress salad

One way to taste this unusual meat is cold, rolled and with a tasty chimichurri from the sierras, made with local herbs.



tips*

You can wrap the pieces in various layers of kitchen paper film and then in aluminum paper to avoid the sewing and regarding the cooking, it can be made in a soft oven during 2 hours.

INGREDIENTS (for 8 portions)

1 unit	DEBONED VISCACHA
5 g.	GRINDED CHILI
1 unit	CHOPPED CHILI
10 g.	THYME
8 g.	PEPPER
15 g.	MEDIUM QUALITY SALT
1000 cc.	WHITE WINE

RELLENO

250 g.	SMOKED BACON
200 g.	SPINACH
8 units	HARD BOILED EGGS
1 unit	CARROT
2 units	GARLIC
10 g.	CHOPPED PARSLEY
14 g.	UNFLAVORED JELLY
20 g.	TABLE SALT

INGREDIENTS**CHIMICHURRI**

5 g.	GRINDED CHILI
5 g.	DRY OREGANO
10 g.	FRESH PARSLEY
2 units	GARLIC
20 g.	SALT
80 cc.	HOT WATER
30 cc.	WINE VINEGAR
100 cc.	SUNFLOWER OIL
300 g.	CULTIVATED WATERCRESES
50 cc.	CLASSIC VINAIGRETTE

PREPARATION:

Place on a skillet with the marinated ingredients. Let rest the previously deboned viscacha in the marinade one night in the refrigerator.

Make hard boiled eggs. Peel and cut the carrot lengthwise in fine bars. Chop garlic and parsley. Extend the viscacha upside down. Put salt and powder garlic and parsley.

Cover with spinach leaves. Place the bacon slices. Put the carrot bars lengthwise. Place the eggs in a queue lengthwise, beside the carrot.

Powder with jelly. Roll the viscacha. Sew with needle and thread.

Wrap the roll in a cloth y tie with cotton thread.

Boil the roll in much salty water during 2 hours.

Remove and press during 4 hours minimum, it can be made placing on top a board and weight on it.

Remove the cloth and the threads.

Serve the roll, cold, cut in slices, with the classic chimichurri and a fresh watercress salad.

Data**VISCACHA**

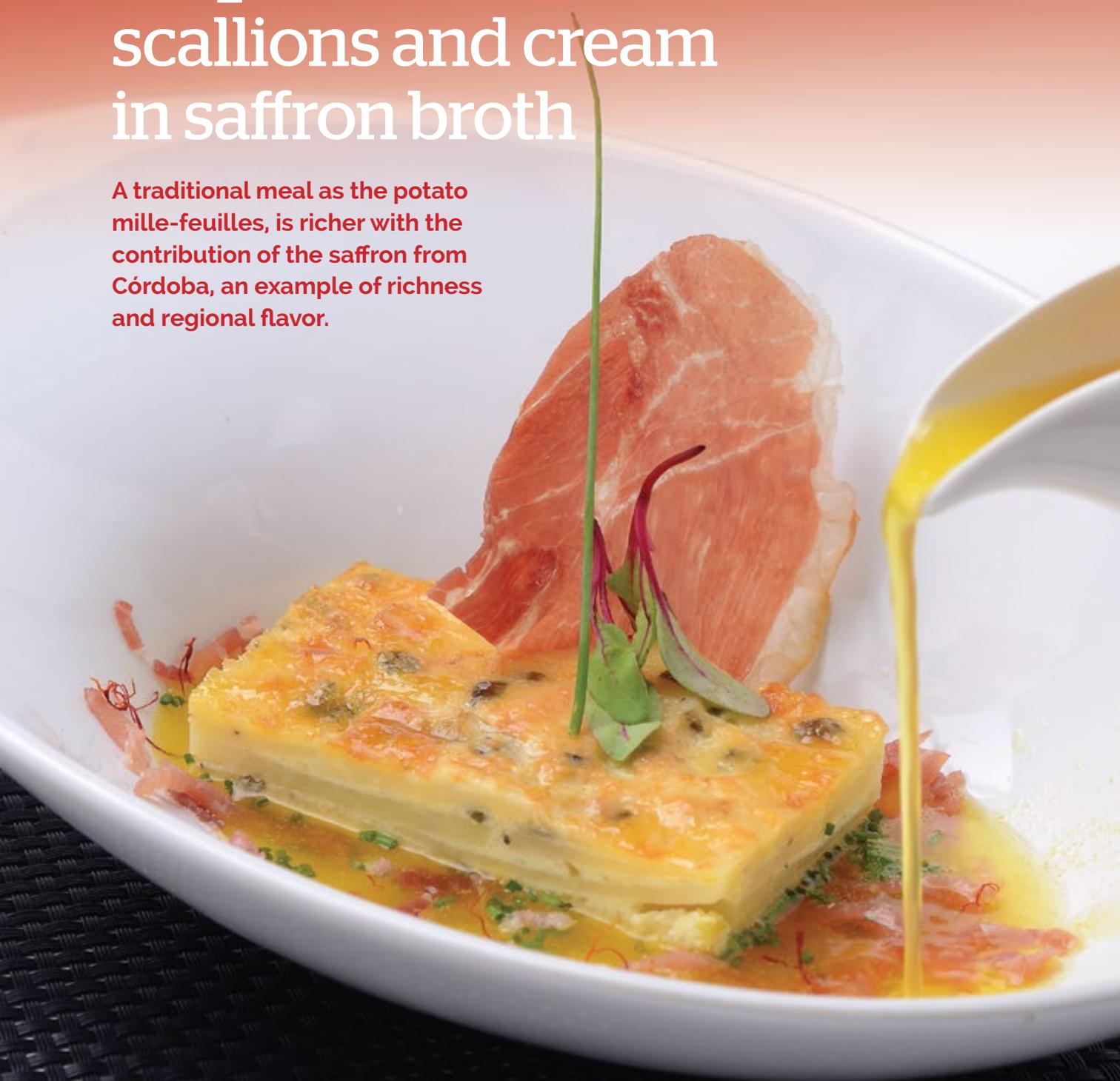
Although the viscacha is a rodent, its meat is consumed in various points of the provinces. In this zone the so called viscacha of the plains ("Lagostomus maximus"), is raised. Its meat is slightly hard. So it needs a marinade to be well done.



SAVOURIES · MAIN COURSES

Mille-feuilles of potato, scallions and cream in saffron broth

A traditional meal as the potato mille-feuilles, is richer with the contribution of the saffron from Córdoba, an example of richness and regional flavor.



Data

SAFFRON

Saffron is considered the golden spice. Since its origin to now, the process of recollection and the profits of its harvest are kept without changes; 160,000 collected roses are needed, one by one, you get 1 kilo of this precious spice. In Argentina, it is collected in Córdoba, at a height of between 700 to 1100 meters above sea level.

INGREDIENTS (for 8 portions)

800 g.	POTATOES
300 g.	CREAM
200 g.	GRATED CHEESE
8 units	EGGS
200 g.	GREEN ONIONS
20 g.	SALT
10 g.	PEPPER
100 g.	BUTTER

BROTH

40 g.	BUTTER
150 g.	RAW HAM
100 g.	ONION
40 g.	CELERY
1000 cc.	WATER
4 g.	SAGE
5 g.	THYME
4 g.	SAFFRON
15 g.	SALT
8 g.	PEPPER

PREPARATION:

Peel potatoes and cut them to get a round shape, as fine as possible. In a bowl, put cream, cheese, eggs, scallions chopped in Brunoise, salt and pepper. Make a good mass with all this. The mold to use, as far as possible, must be Teflon or non-sticky. Smear with butter and place making a layer of potatoes and a spoonful of the mix. Interpose till finishing.

Take to a medium heat during 20 minutes. With a knife prick to see if potatoes are already tender; if not let them a little bit more. You can spread cheese au gratin. They are served to go with any dish or in a good green salad.

Broth

Toss in butter the ham, together with onion and celery. Then add water and cook for 20 minutes. Add herbs and saffron. Season and save.

SAVOURIES · MAIN COURSES

Bondiola stuffed with peanuts and smoked bacon with sliced potatoes

To appreciate the flavor of this pork bondiola, you have to taste it all: stuffed with peanuts and smoked bacon. A good Malbec rosé is the ideal companion.



Data

PEANUTS

Its origin is America, and old rests of peanuts were found in the tropical regions of South America and Mexico.

The word "mani" in Spanish, many say comes from a word in Guaraní language "mandubi".

This fruit has another famous name also in Spanish, "cacahuete", that comes from Nahuatl, or earth cocoa, because its husk grows on the soil.

Peanuts are the base of many dishes and desserts, from is fruit, or the butter and oil made with it.

INGREDIENTS (for 8 portions)

1 unit	PORK BONDIOA
250 g.	PORK PULP
2 units	EGG WHITE
100 g.	HEAVY CREAM
100 g.	FRESH BREADCRUMBS
100 g.	SMOKED BACON SALT
150 g.	PEELED TOASTED PEANUTS
2 units	PURÉE OF ROASTED GARLIC
15 g.	SALT
8 g.	BLACK PEPPER
n/a	THREADS TO TIE

FOR POTATOES

800 g.	POTATOES
100 cc.	SUNFLOWER OIL
20 g.	SALT
10 g.	FRESH PARSLEY

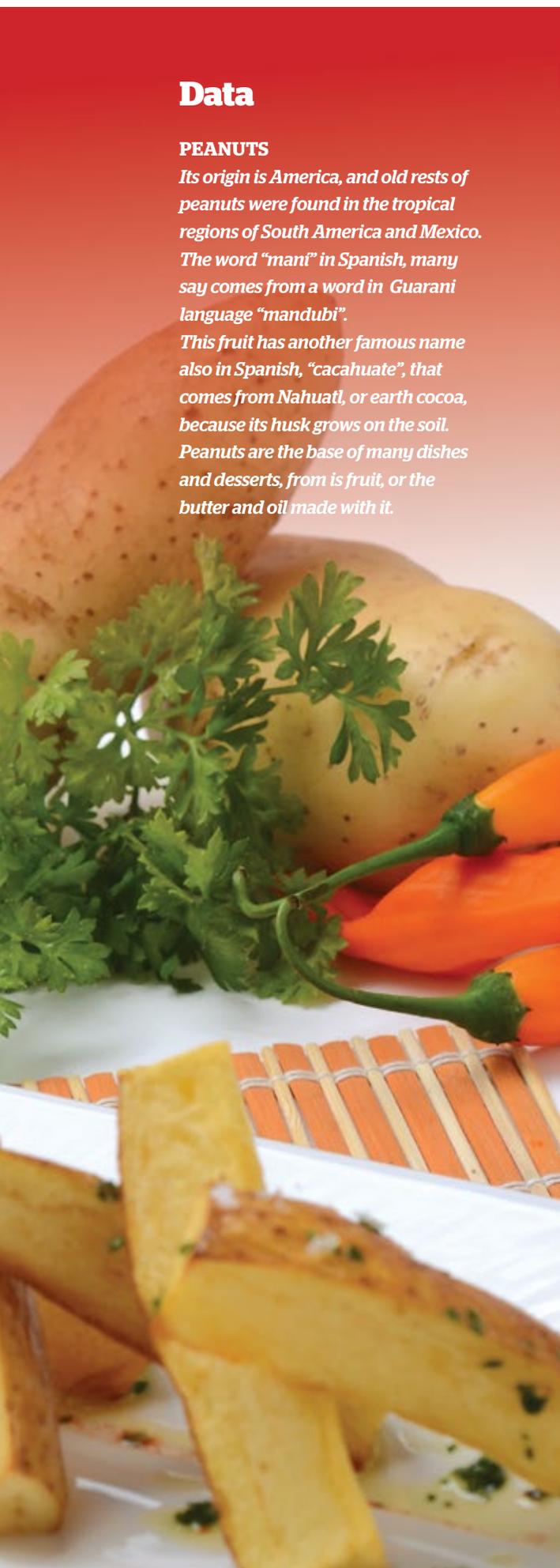
PREPARATION:

Take bondiola and make a hole to be able to stuff it. To make the stuff, process the pork pulp and then add the mix of egg white, cream and fresh breadcrumbs (bread mass). Season the stuff with small pieces of smoked bacon, toasted peanuts roughly chopped, the garlic purée previously roasted and the seasonings. Mix all and make a mass to get a good consistence.

Stuff the bondiola and close sewing the end from which you'll put the filling. Tie to help keeping the tubular shape during cooking. Take to an oven at 180°C for about one hour.

Potatoes

To go with the bondiola, cut potatoes in slices, oil them and brown in oven. When cooking ends (being well browned and crispy), put salt powdering the fresh chopped parsley.



SAVOURIES · MAIN COURSES

Pie of maize and cheese

The maize from the central zone is meaty and tender. With it you can prepare various dishes like this pie, allowing the cheese to show off.

INGREDIENTS (for 10 portions)

500 g.	YELLOW MAIZE IN GRAINS
300 g.	ONION
2 g.	GARLIC
50 cc.	OLIVE OIL
6 units	EGG
150 g.	GREEN ONION (leaf)
25 g.	SALT
10 g.	PEPPER
5 g.	NUTMEG
300 g.	FRESH CHEESE

FOR MASS

500 g.	FLOUR 0000
20 g.	FRESH YEAST
10 g.	SALT
40 g.	FAT
220 cc.	WATER

INGREDIENTS

FATTY RED SAUCE

40 g.	PORK FAT
50 cc.	SUNFLOWER OIL
200 g.	GREEN ONION (BULB)
5 g.	GRINDED CHILI
10 g.	SWEET PAPRIKA
10 g.	SALT

PREPARATION:

Toss onion, maize and garlic in olive oil. Process and add the eggs slightly whipped, chopped green onion leaves and seasonings. Save with the fresh cheese.

On the other hand, make a yeasted mass enriched with grease, let it yeast, stretch to enfold an oven plate with high borders and filled with the mix of maize covering the cheese on top.

Take to a preheated oven at 170°C. for 1 hour.

Red fat

Serve with "the red fat" made from hot fat and sunflower oil, to which you add the chopped bulbs of green onion, the grinded garlic, the sweet paprika and salt. Cooked briefly and it's ready.





Data

CHEESES

In this region excellent goat milk cheese are elaborated. If you have a first approach, it's ideal to taste the soft ones and then continue through our own taste to the more stress and strong.. There are of a softer paste, neuter and strong, of tender paste, hard, to smear or creamy.

SAVOURIES · MAIN COURSES

Rolled pig stuffed with roasted quince and spiced sweet potatoes purée

Pigs from Córdoba are always present in every important celebration. You can eat hem fried or hot, whole or rolled. The combination with the roasted quinces, is a delicious sweet and sour suggestion.



Data

PIG

The pork of the region produces a very good meat and is fully used. The little animals in their lactation period are called pigs or piglets and are usually prepared in different ways, all of them very tasty.

tips*

We can get a little animal (piglet) and stuff it whole removing head, legs and tail, which must be protected by wrapping in aluminum paper during cooking so it won't burn.

INGREDIENTES (para 12 porciones)

½ unit	PIG
1 kg.	LEAN PORK MEAT
250 g.	ONION
250 g.	CARROTS
200 g.	FRESH BREADCRUMBS
200 g.	HEAVY MILK
3 units	EGG WHITE
500 g.	QUINCE COMPOTE
250 g.	QUINCE SYRUP CLUSTERS
25 g.	SALT
10 g.	BLACK PEPPER
n/a	THREAS AND NEEDLE TO TIE

PURÉE

1000 g.	SWEET POTATOES
40 cc.	LEMON JUICE
2000 cc.	VEGETABLES BROTH
4 g.	CLOVES IN POWDER
5 g.	NUTMEG
5 g.	BLACK PEPPER
10 g.	SPICED ANISE
80 g.	BUTTER
100 g.	HONEY
15 g.	SALT

PREPARATION:

Debone the half pig and save.

On the other hand make the stuff processing the pork meat, tossing onions and carrots sliced in small cubes and mix with the processed meat.

Make a mass of fresh breadcrumbs, heavy cream and egg whites. Season.

Proceed to stuff the pig, interposing the previously made filling with the sliced quinces in cubes small and mixed (the compote and syrup).

Once stuffed, proceed to cook to avoid the filling to go away.

Cook in oven at 170°C. for 1 hour and 30 minutes.

Purée

For the sweet potatoes purée, boil them in a vegetables broth and lemon scented with spices, and once they are tender, make the purée adding butter to be more greasy. Correct seasonings and served with the rolled pig.



SAVOURIES · MAIN COURSES

Classic *choripán* with traditional sour pickles and their sauces

Classic among classics, the popular choripán has more flavor with the traditional and very good products derives from pork, elaborated in Córdoba. Roasted quinces are a delicious sour sweet suggestion.



tips*

We can use the conventional seasonings such as mustard in paste, ketchup, flavored mayonnaise, among others.

INGREDIENTS (for 2 portions)

2 units	PORK SAUSAGE
400 g.	FRENCH BREAD
50 g.	HEADED LETTUCE
2 units	TOMATOES
40 g.	WHITE CABBAGE
40 g.	PURPLE CABBAGE
20 g.	VEGETABLES PICKLES
30 g.	YELLOW CHILI IN VINEGAR

CHIMICHURRI

30 g.	CHOPPED PARSLEY
2 units	CHOPPED GARLIC
5 g.	DRY OREGANO
5 g.	SWEET PAPRIKA
5 g.	GRINDED CHILI
100 cc.	BRINE
50 cc.	ALCOHOL VINEGAR
150 cc.	SUNFLOWER OIL
40 g.	MAYONNAISE

PREPARATION:

Roast sausages till they are well browned., then take the French bread and cut it by the half, toast it and add mayonnaise, chimichurri and vegetables, preciously cut and cleaned.

To make the chimichurri, chop parsley with garlic, add the rest of the seasonings, tepid brine, vinegar and last the sunflower oil. Mix well and let it rest for some hours (from one day to another, best).

Data**SAUSAGES**

The origins of the cold pork meats in the region, come from original productive populations in Caroya and Oncativo zones (which compete themselves for the quality of their products), of Italian communities from Piedmont and Friuli, that reproduced the recipes they brought from their cradle. Salami, bondiola, hams, blood sausages, stuffed sausages (codeguín) and all kinds of them.

SAVOURIES · MAIN COURSES

Hen *locro* (Perico Vicente)

The chicken locro from Córdoba province, has a name and a last name: Perico Vicente. In the pot there is poultry, to which you add maize and white beans.



Data

STEWES

Each region of our country is proud of their stews, and casseroles with homemade flavors to enhance the local products. In this region, we have the contribution of one previously slightly fried better with a good olive oil.

INGREDIENTS (for 8-10 portions)

200 g.	ONION
200 g.	RED CHILI
150 g.	FAT
1500 g.	CHICKEN OR HEN
300 g.	SMOKED BACON
200 g.	WHITE CORN
200 g.	WHITE BEANS
500 g.	NATIVE PUMPKIN
c/n	WATER
30 g.	SALT
15 g.	PEPPER
15 g.	PAPRIKA
10 g.	CUMIN
4 units	RED SAUSAGES

SAUCE

150 ml.	CORN OIL
200 g.	SCALLIONS
10 g.	GRINDED CHILI
10 g.	PAPRIKA
7 g.	SALT

250 g.	NATIVE CHEESE
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PREPARATION:

Slice onion and paprika in tiny cubes, toss them in melted fat till they tenderize.

Add the roughly pieced meats, Seal them and then add corn and beans previously soaked 8 hours in water.

Cut the pumpkin in cubes and add it to the preparations adding water till covering, low heat down and cook till the pumpkin is solved.

Season and add the red sausage cut in slices.

Sauce

To make the sauce, heat oil, add onion finely chopped (bulb and leaf), the chili, paprika and salt.

Cook at low heat without browning till onion tender is.

Optional: add native cheese

tips*

This stew goes with hens, and you can previously boil them to be sure that they are tender.

SWEETS · DESSERTS

Alfajores of fruits marmalade

The alfajores from the province of Córdoba are famous and a real legend. They come from old recipes of the Carmelite sisters, and many of the most known are made with sweets of the region's fruits.



tips*

These alfajores can be coated with chocolate

INGREDIENTS (for 6 portions)

500 g.	FLOUR 0000
12 g.	BAKING POWDER
150 g.	SUGAR
150 g.	CREAM BUTTER
50 g.	HONEY
3 units	EGGS

TOPPING

200 g.	ICING SUGAR
30 mL.	TEPID WATER

FILLING

300 g.	PEACH MARMALADE
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PREPARATION:

Place the flour mixed with the baking powder in a sieve. Sift.

Whip butter with sugar and honey till getting a cream, adding eggs one at a time. Sieve on the mix the dry ingredients and make a bun without kneading. Refrigerate for 30 minutes in the fridge.

Then stretch the mass with a width of a half centimeter, and cut in caps of 4 to 5 centimeters diameter.

Take to an oven a 180°C. for 8 minutes on a floured and buttered plate.

Let it cool down in a grid.

Join two caps with any sweet, be of fruits or for milk. Cover with glaze of icing sugar and tepid water.

Data**ALFAJORES**

The custom of enjoying the alfajores is deep-rooted in different provinces. It is said that the ancient dames prepared them filled, always with homemade sweets, following old formulas inherited in convents.



SWEETS · DESSERTS

Wet cake of honey and ice cream

The texture of the cake is better with the honey of the zone giving humidity and flavor. It can be served alone, with cream or a good dose of ice cream.





tips*

You can add to this cake dry fruits, apples, pears, raisins or any other garnish you like.

INGREDIENTS (for 4 portions)

250 g.	FLOUR 0000
12 g.	BAKING POWDER
220 g.	BUTTER
120 g.	SUGAR
80 g.	HONEY
10 g.	POWDERED CINNAMON
4 units	EGGS
1 unit	LEMON ZEST
100 ml.	MILK

500 g. AMERICAN ICE CREAM

HONEY SAUCE

150 g.	HONEY
2 units	LEMON (juice and zest)
10 g.	CINNAMON

PREPARATION:

Join eggs, milk and the sieved dry ingredients. Add the zest to the previous preparation. Place on a buttered mold. Bake at 160°C. Serve tepid, with American ice cream and honey sauce.

Sauce

For the sauce, reduce honey, the lemons juice and its zest and scent with cinnamon. Eat it cold.

Data

HONEY

There is not only one kind of honey. If bees go to one same flower, that honey will be varietal and if they go to many, it is multi-flower. In Argentina there are many varieties, like pure honey (misto) of a clear color, produced in this region and which has an special herbaceous flavor.

SWEETS · DESSERTS

Ice cream of peanut nougat

For hot afternoons in the sierras and riversides, the ice cream of peanut nougat, a typical dessert of the region, is appreciated in different ways.

INGREDIENTS (for 4 portions)

6 units	EGG YOLKS
125 g.	SUGAR
350 mL.	MILK ½ LITER (2 BIG CUPS)
0,350 g.	HEAVY CREAM
20 g.	VANILLA EXTRACT
100 g.	SMOOTH PEANUT NOUGAT

GROUND

250 g.	VANILLA COOKIES
100 mL.	OPORTO LIQUOR

PREPARATION:

Whip yolks with sugar and the ½ milk. In a pot, add the heavy cream and the rest of milk together with the vanilla, and take to an oven at low heat. Remove, pour on the yolk like threads and take to heat again. Add the smooth peanut nougat in little pieces and mix till the nougat has melted. Remove from heat and stir till it cools down. Once cold, pour cream in the fridge and mix for 30 minutes. Once the ice cream is made, take to the freezer.

To serve, wet the vanillas with the liquor and put ice cream on top.

Data

NOUGAT SWEET

The nougat sweet or “mielita” is a mixture made with whipped egg whites until stiff, to which you add boiling sugar cane honey, till caramel. So you have a honey cream of sugar cane, used in different desserts.



SWEETS · DESSERTS

Different Sweet snacks

The traditional snacks from Córdoba are well known for their waffle shape. They are stuffed with the dulce de leche and usually covered with a light glaze.





INGREDIENTS (for 4 portions)

MASS

125 g.	FLOUR 0000
5 g.	AMMONIUM BAKING SODA
5 units	YOLKS
20 g.	SUGAR
10 ml.	GRAPPA OR ALCOHOL

FILLING

350 g.	DULCE DE LECHE
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SUGAR TOPPING

200 g.	ICING SUGAR
5 ml.	LEMON JUICE
20 ml.	HOT WATER

PREPARATION:

Make a crown with dry elements. Place yolks and alcohol in center, gather all the preparation, wrinkle the mass and make it homogeneous during 3 minutes, then knead till it gets flat.

Let the mass rest during 15 minutes.

Stretch with a stick till getting a width of 3 ml., pass through a cutter and get the pieces giving them a classic shape to the snack, bake at 180°C.

Cool down and fill, cover with the sugar topping.

Data

SNACKS

In this region, a thick dulce de leche is produced, ideal to enjoy in a spoonful or as a filling of alfajores and other candies. This sweet snack called "colaciones", are pastries whose origin are convents, and are still produced.

SWEETS · DESSERTS

pudding of nuts with peanut praliné

Joining different dry fruits you get desserts such as this pudding of nuts, ideal or tea time, or with an infusion from the sierras.



tips*

You can also add glazed fruits, raisins or other dry fruits.

INGREDIENTS (for 8 portions)

180 g.	CREAMY BUTTER
150 g.	BLACK SUGAR
10 g.	INSTANT COFFEE
1 unit	ORANGE ZEST
4 units	EGGS
300 g.	FLOUR 0000
10 g.	GRINDED CINNAMON
10 g.	SPICES FOR PASTRIES
15 g.	BAKING POWDER
200 g.	NUTS
200 g.	PEANUT PRALINÉ
50 cc.	BRANDY

PREPARATION:

Whip till make the creamy butter white with black sugar. Add coffee, zest, eggs one by one and nuts with praline roughly chopped. Finally, join the sieved flour with cinnamon, the spices for pastries and baking powder.

Cover with four layers of buttered vegetable paper the pudding molds.

Place inside the mass and straighten.

Bake in an oven at 150°C. for 45 minutes to one hour. Let it cool down completely before removing from the molds.

Remove papers and brush the pudding with brandy.

Data**PRALINÉ**

Praliné is the base of various sweets of the region.

Generally it is prepared with peanuts and is cooked in copper pots (pailas), stirring the preparations a long time, till it gets is well done.



Province of Buenos Aires Region



When the travelers cross this region, as big as a small European country, he/she finds different landscapes: the blue of the Atlantic Ocean, its wide coast, and the infinite green of the plains of La Pampa that masters the views. All of them are suppliers of their tables. Although Argentine meat is considered one of the best of the world, cattle not always was in these lands. It arrived, it adapted and reproduced making their field an appropriate habitat for a tasty and exceptional outcome. Men collaborated with this success: they worked a lot for the improvement. This joint effort, natural as well as human, was translated in meats which are a symbol of Argentina and its people, and which are enjoyed roasted in different ways. The beef that is made almost as it was ever, with the flesh extended, even with the skin, in an iron cross on the flames of intense woods, or the one that needs little firewood. All of them are inviting and wonder those who arrive to these lands.

Cattle provide also the milk with which cheeses are made of, a task that requires knowledge and patience. Also, other animals like pork, were raised to use its meat, tasted fresh or processed in sausages with local and inherited recipes. Besides, in this zone very good goats are raised as well.

The fertility of soil offers a great variety of fruits, vegetables, cereals and flours. This landscape would not be complete without mentioning the wide coast that borders the region, where live many sea species. Rivers claim to be discovered and toured. From them exquisite fishes are extracted, the food that fills the soul of the most demanding tastes.





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**Province of
Buenos Aires
Region**

BUENOS AIRES

APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Cheese and sausages board

Cheese and wine are an inseparable couple. You can enjoy them in this region as an appetizer or hors d'oeuvre, with excellent sausages of the province, elaborated by craftsmen.



tips*

Salami, when it's made with good raw materials and is well conserved, forms in the outside a mushrooms film called emplume (feathered).

If it doesn't have this, means it lacks stationing or quality.

Cheeses must not have an oily film. In the crust, if they have, it is due to temperature changes, causing musty cheeses

In cases of soft cheese, texture must be tender, if not, it's possible they lack ripeness. The crusts must be sane without cracks.

INGREDIENTS (for 8-10 portions)

80 g.	SALAMI FINELY SLICED
80 g.	SALAMI THICKLY SLICED
80 g.	CALABRIAN LONG PORK SAUSAGE (LONGANIZA)
80 g.	THIN SPICY SAUSAGE (FUET) FROM TANDIL
80 g.	SPIANATA (KIND OF SALAMI)
80 g.	SALAMI FROM TANDIL
80 g.	CHISTORRA (BASQUE SAUSAGE)
80 g.	COOKED PORK LOIN SMOKED
80 g.	BALONEY WITH PISTACHIO
80 g.	RAW HAM FROM THE SIERRAS
80 g.	BRIE CHEESE
100 g.	COUNTRY CHEESE
100 g.	FARM CHESSE
100 g.	ROMAN CHEESE
100 g.	HOLLAND CHEESE
100 g.	PEPATO CHEESE (WITH PEPPER)

PREPARATION:

Cut as desired, in slices, or small pieces and decorate.

Data**COLD CUTS AND CURED MEATS**

Italian and Spanish people contributed with many recipes, to the local gastronomy, as the formulas to prepare cold cuts and cured meats. Once they settle down in any town and they started raising domestic animals, they prepare them and in as short time, tables were full of snacks boards

APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Fried squids rings (*Rabas a la romana*)

Summers in Buenos Aires province have the flavor of the rabas Roman style, enjoyed very tender, by the sea side.





tips*

To make the squids tubes tender we must put them in iced water with sodium bicarbonate in the proportion of one spoonful for each liter of water.

INGREDIENTS (for 2 portions)

400 g.	SQUID TUBES
n/a	SALT
n/a	PEPPER
n/a	FLOUR
n/a	FRYING OIL
n/a	LEMON

PREPARATION:

Cut the squid tubes in rings.
Mix flour with salt and pepper and go through this preparation with the squid rings.
Place in a sieve to remove the excess of flour.
Fry and put salt.
End with drops of lemon.

Data

SQUIDS

Rabas are squid rings cut in different sizes, after being slightly fried. According to their size they are called "calamaretti" or "chipirones". Batter offers different flavors.

APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Browned sweetbreads with *Hesperidina*, red onions, and carrots and globe squash au gratin

Before you eat the meat, is good to have some browned sweetbreads, tasty and tender. They go with a *Hesperidina* sauce, a national beverage, based on orange skins.



Data

OFFALS

Sweetbreads are the masters of offal. They are a delicious bite. Then you choose them, it's ideal to use the ones that come from the heart, because they are less greasy than the ones from the neck and they have a better texture and taste.

tips*

Hesperidina was the first Argentine appetizer. It is a beverage based on bitter or sour oranges.

They are two kinds of sweetbreads, the ones from the neck (saliva glandule) and of the heart, these last ones are of better quality.

INGREDIENTS (for 4 portions)

BROWNED SWEETBREADS

2 units	SWEETBREADS
n/a	SALT

HESPERIDINA AND RED ONIONS SAUCE

200 cm ³	HESPERIDINA
100 g.	RED ONIONS
50 g.	SUGAR
n/a	SALT
n/a	PEPPER
20 g.	BUTTER

CARROTS AND GLOBE SQUASH AU GRATIN

200 g.	GLOBE SQUASH
150 g.	CARROTS
2 units	EGG
100 cm ³	MILK
n/a	NUTMEG
n/a	SALT
n/a	PEPPER
100 g.	CHEESE IN THREADS
n/a	BUTTER

PREPARATION:

Browned sweetbreads

Clean sweetbreads under a jet of water and remove the membranes they have in the outside. Place them in salted water and cook for 5 minutes. Cool down and make fillets, then brown them in a grill on both sides.

Hesperidina sauce

Slice the red onions in very fine sticks and toss them in butter, add sugar and cook till it's transparent. Add Hesperidina and let it reduce. Put salt and pepper.

Carrots and globe squash au gratin

Clean squashes and peel carrots. Slice them in fine layers with the mandolin (the ones of the carrots must be more fine).

Mix the rest of the ingredients, reserving the grated cheese to powder. Season.

Butter the mold for the oven and interpose layers of vegetables and the mixture. Powder with grated cheese.

Cook in an oven at 170°C. for about 30 minutes.

SAVOURIES · MAIN COURSES

Barbecue on a cross or grilled

This type of cooking on firewood flames is a tradition in this region. It is made on an iron cross staked on ground, surrounded by hot carbons which allows to show the magic alchemy of meat, after the right time of slow cooking. A tasty and tender barbecue is the result that attracts every person who visits this zone.

tips*

Ribs must be cooked first from the bone side at high fire so as to let out the grease and then with low fire till the end of the cooking.

You will know that it's ready when you stretch with your hand one rib and comes out clean.

Native sauce lasts in a closed flask up to 5 days in the fridge.





Data

BEEF

The bovine meat of Argentina is world famous for its taste and texture.

These features come from the raising of cattle in an extensive way and in open country. They can be cooked in many different ways and the most traditional one is the barbecue.

INGREDIENTS (for 12 portions)

10 kg.	MEAT (RIBS)
n/a	SEA (MEDIUM GRAIN)

NATIVE SAUCE

1200 cm ³	OIL
6 cloves	GARLIC
1200 g.	ONION
400 g.	RED BELL PEPPER
400 g.	GREEN BELL PEPPER
400 g.	YELLOW BELL PEPPER
n/a	PARSLEY
120 g.	TOMATO
800 cm ³	VINEGAR

MIXED SALAD

2 kg.	LETTUCE
3 kg.	TOMATO
1 kg.	ONION
n/a	SALT
n/a	OIL
n/a	VINEGAR

PREPARATION:

Ribs

The best way to prepare the fire is placing a base of quebracho tree, wood that gives a lasting fire and on top make a sort of Indian tent with eucalyptus lumbers, which will give a bigger flame, necessary to roast.

Make 5 vertical cuts in ribs in the bone side to mark it. Spread both sides of the ribs with sea salt, place in the cross and finally on fire at an approximate distance of 60 centimeters.

Cooking time will be different according to the size of the ribs and the flames intensity. For ribs of 10 kilos, it will approximately take 2 hours in one side and 45 minutes in the other one, depending of the desired doneness.

Native sauce

Peel tomatoes and remove seeds. Slice onions, bell peppers and tomatoes in Brunoise and season. Finish with oil and vinegar.

Mixed salad

Wash lettuce and tomatoes. Cut. Peel and cut onion in Julienne, then mix with lettuce and tomato. Tune with oil, vinegar and salt.



SAVOURIES · MAIN COURSES

Grouper-fish with potatoes scales, almond cream and fresh scallions

The Atlantic coast offers grouper-fishes of white and firm flesh. Prepared with potato scales and a tepid almond cream with the green onions scent, is an exquisite main course. It is recommended to eat it with a rich Chardonnay.



Data

SEA FISHES

Argentina has a continental maritime platform which is very wide and gives infinite species. Also we have the ones from rivers and lakes. All fishes can be prepared in different ways. Roasted, fried or baked, their stressed 3 of sea can be enjoyed with a good garnish as desired.



tips*

Once potatoes are peeled, you must not wash them, because if you do so, starch would be removed, and it is the one that will let the potatoes layers to stick themselves, making the scales effect.

INGREDIENTS (for 2-4 portions)

GROUPER-FISH WITH POTATO SCALES

1 unit	GROUPER (SMALL)
300 g.	POTATO
n/a	PEPPER
n/a	BUTTER
n/a	SALT

ALMOND CREAM AND FRESH SCALLIONS

500 cm ³	FISH FUMET (BROTH)
150 g.	SCALLIONS
200 g.	ALMONDS
1 unit	LEEK
n/a	OLIVE OIL
100 g.	POTATO
n/a	SALT
n/a	PEPPER
50 cm ³	HEAVY CREAM

PREPARATION:

Grouper with potato scales

Make fillets with the fish and save in the refrigerator.

Peel potato and cut in mandolin in fine layers.

With s round blade of 1 centimeter, cut circles which later will form the fishes scales.

Place the potato scales interposing them trying to copy the scales of the fillet, add salt, pepper and brush with butter.

Place in a buttered tin and cook at medium heat for approximately 20 minutes depending on the size of the fillet.

Almond cream and fresh scallions

Slice scallions and leek. Toss in a pot with olive oil.

Add almonds previously peeled and chopped. Add the potato peeled and cut in cubes.

Add the fumet and cook till potato is disarmed. Crush all with a Chinese sieve (conic), add salt and pepper, tune with the heavy cream.

To peel almonds it's easier if you soak them during 2 minutes in boiling water, then in cold water and last, rub them with a cloth.

SAVOURIES · MAIN COURSES

Grilled *bondiola* with vegetables and cooking sauce

Pork *bondiola* is a cut that admits different ways of cooking. In this case, coal enhances its tender texture and its juices, which, together with vegetables forma an excellent garnish.





INGREDIENTS (for 8 portions)

1 unit	BONDIOLA
n/a	OLIVE OIL
2 cloves	GARLIC
300 g.	ONION
2 small brunches	CELERY
250 g.	CARROT
250 g.	POTATO
250 g.	SWEET POTATO
30 g.	DIJON MUSTARD
1 small brunch	FRESH THYME
300 cm ³	WHITE WINE
2 leaves	LAUREL
30 g.	BUTTER
30 g.	KETCHUP
1 small brunch	ROSEMARY

PREPARATION:

Grilled Bondiola

Peel and slice onions, leeks, potatoes, carrots and sweet potatoes in pieces. Save.

Peel and cut the garlic cloves in slices.

Season the bondiola with salt and pepper, tie it with a sausage thread to keep the shape, smear it with Dijon mustard and ketchup and place it in a plate spread with olive oil.

Add half of the wine and cook in a pre-heated oven at maximum till a crust is formed, then remove from oven, scent with rosemary, thyme and laurel. Add vegetables and cover with aluminum paper.

Cook in oven for two hours, let it rest and cut in slices.

Cooking sauce

Remove bondiola and vegetables. Save. Put the plate at direct heat and add the rest of the wine (deglaze). Filter and finish with a pinch of butter.

Data

PORK MEAT

Bondiola is a cut of meat located on the pork's fore legs. It's a kind of white meat, slightly striped with fat in the inside. Cured in salt it looks like raw ham. When cooked, the inner fat melts and gives the rest of the meat a special flavor.

SAVOURIES · MAIN COURSES

Chicken supreme “pastora” style

The menus in Buenos Aires restaurants have a traditional item: the chicken supreme prepared in different versions.

“A la pastora”, they are stuffed with ham and cheese, melted in cooking.



tips*

If you have doubts about cooking, once it's well browned, finish cooking in the oven covered with aluminum paper, so you can avoid the browning excess that could be produced in the frying and to have to cut in the middle to check. Besides, if you have guests, it's a good way to keep the supreme hot till the time to serve.

Fillings can vary as desired, for example, ham, mozzarella and blue cheese, vegetables in Julienne, cream of spinach, mozzarella, dry tomatoes and basil.

tips*

It can also be battered in Panko (Japanese breadcrumb), to be more crispy mixed with seeds, fresh herbs, or simply alone.

You can add to the eggs mix any seasoning or herbs (grated cheese, chives, etc.) as desired to get better aroma and flavor

**Data****CHICKEN**

Poultry are abundant in this region and are made whole or cut in pieces. The chicken supreme meat is a little drier than the one of the thigh, with less fat. It is something to take into account when you choose the cooking method.

INGREDIENTS (for 2 portions)

1 unit	CHICKEN SUPREME
1 slice	HAM
1 bar	MOZZARELLA CHEESE
2 units	EGGS
20 g.	MUSTARD
n/a	PARSLEY
n/a	BATTER
n/a	SALT
n/a	PEPPER

PASTORA SAUCE

200 cc.	BECHAMEL SAUCE
100 cc.	HEAVY CREAM
50 cc.	KETCHUP SAUCE
n/a	SALT
n/a	PEPPER

GARNISH

1 unit	POTATO (BIG)
1 liter	OIL

PROCEDIMIENTO:

With a knife, open the supreme to make as flat as possible. Place it on two film papers and give small knocks till you get and uniform width. Put salt and pepper.

Wrap the mozzarella bar with the slice of ham, place it in one of the edges of the supreme and wrap with it. Mix eggs, mustard, chopped parsley, salt and pepper. Place the cylinder made with the supreme, within the mix of eggs, so the surface be all wet and batter Repeat the proceeding once more.

At last, wrap in film trying to make a cylinder shape. Save in refrigerator till cooking time.

Cook the supreme in much oil till all the surface is browned and well done inside (around 15 minutes).

Sauce

Mix white sauce and ketchup, and, if necessary, process to get it plain and soft. Finally, add cream, salt and pepper.

Heat at the time of serving.

Presentation

Serve the supreme and pour the hot pastora sauce. It can go with a garnish of noisette potatoes, smashed potatoes, fried sweet potatoes, crushed potatoes or vegetables.

SAVOURIES · MAIN COURSES

Coast seafood in casserole

Mar del Plata port is famous for the fishermen pier which gathers restaurants where you can enjoy among other delicatessen, the seafood casserole.



tips*

Mussels and clams if you get them alive, have more flavor and sea aroma.

To eat them with a drop of lemon, really enhances their flavor.

INGREDIENTS (for 6 portions)

150 g.	ONION
100 g.	RED SWEET PEPPER
300 g.	TOMATO
2 cloves	GARLIC
200 cm ³	WHITE WINE
300 cm ³	FISH FUMET (BROTH)
300 g.	SQUID
150 g.	SHELL FISH OF SCALLOPS
150 g.	SHRIMPS
10 units	WHOLE MUSSELS
6 units	PRAWNS
150 g.	CLAMS
n/a	SALT
n/a	PARSLEY
n/a	PEPPER

PREPARATION:

Clean squid and cut the tubes in rings and the fins and tentacles in pieces.

Clean prawns. Save.

In a casserole, with olive oil, sauté onion and sweet pepper cut Brunoise. Add chopped garlic and squids. Then add crushed tomato and cook for some minutes. Add white wine and when alcohol is evaporated, add the broth and cook during 30 minutes. Put salt and pepper. Add the seafood and cook some minutes more. Powder with chopped parsley.

Data**SEAFOOD**

The sea coast brings different fruits, all of them very tasty. Each latitude offers its creatures, as crustaceous, big and meaty clams and the abundant mussels.



SAVOURIES · MAIN COURSES

Ravioli with ricotta and spinach in three tomatoes sauce

Ravioli with ricotta and spinach are an old tradition. They used to be prepared every Sunday at homes. The filling can vary, replacing the basic recipe for brains and borages. In this case, the classic stew is replaced for a soft three tomatoes sauce.



Data

PASTA

In the country of meat, the stronger challenger is pasta, a meal that me with the Italian immigration and became Instantaneously popular. Dry or fresh, with or without filling, the variations are as many as its followers.

INGREDIENTS

MASS

500 g.	FLOUR
5 units	EGGS
25 cm ³	OLIVE OIL
n/a	SALT

STUFFING

300 g.	RICOTTA
400 g.	SPINACH
100 g.	ONION
1 clove	GARLIC
50 g.	PARMESAN CHEESE
n/a	NUTMEG
n/a	SALT
n/a	PEPPER

INGREDIENTS (for 4 portions)

THREE TOMATOES SAUCE

400 g.	TOMATOES
5 g.	TOMATO EXTRACT
100 g.	DRY TOMATOES
100 g.	ONION
50 g.	RED SWEET PEPPER
n/a	OLIVE OIL
1 pinch	SUGAR
1 pinch	SWEET PAPRIKA
1 small brunch	FRESH OREGANO
n/a	SALT
n/a	PEPPER
1 small brunch	FRESH THYME
200 cm ³	WHITE WINE
1 clove	GARLIC

PREPARATION:

Mass

Make a crown with flour and salt, in the center place the eggs and oil and join in a mass till getting a soft one. Let it rest and stretch with a stick or machine.

Stuffing

Smelt onion and garlic, add raw spinach and cook. Chop the previous preparation very fin and add the ricotta and cheese. Season.

Shape of ravioli

Flour the working table, place on it the stretched mass, spread the filling and place on it another mass. Pass a stick in a soft way to level the filling and mark with a pointer or a mold for ravioli. Cut ravioli with the round cutter.

Cook in plenty of water with salt till it starts to boiling.

Three tomatoes sauce

Hydrate tomatoes in white wine. Save.

Whiten tomatoes and peel them, remove seeds and cut in Brunoise. Save.

Toss onion, garlic and red sweet pepper in oil, previously cut in Brunoise.

Add the tomato extract and the dry ones cut in a fine Julienne. Add the white wine use to hydrate, fresh herbs and finally the crushed tomatoes. Put salt and pepper.

tips*

Always cook pasta with abundant water with salt, it gives a much better flavor.

SAVOURIES · MAIN COURSES

Black rice with clams broth

Being a sea meal, in the coast of the Buenos Aires province, it is always present, the black rice with meaty clams broth that gives its special flavor. It goes very well with Sauvignon Blanc wine.

INGREDIENTES (para 4 porciones)

400 g.	CARNAROLI RICE (MEDIUM GRAIN)
2 sachets	SQUID INK
12 units	CLAMS
200 cm ³	WHITE WINE
2 cloves	GARLIC
n/a	PARSLEY
n/a	SALT
n/a	PEPPER
n/a	OLIVE OIL
n/a	WATER
50 g.	ONION

PREPARATION:

Chop parsley. Save. Sauté onion and garlic cut in brunoise in a pot. Add clams, white wine and water. Cook for 5 minutes. Remove.

In a casserole with olive oil, sauté the rest of the onions, add rice and toss it for some instants. Add the squid ink and the white wine then go adding clams juice till rice is done. Put salt and pepper. Finally, add clams, the chopped parsley and a little jet of olive oil.

tips*

Carnaroli rice can be replaced for Arborio rice (short grain) because both can give a more creamy texture, due to their quality to absorb liquids and to free starch.

To clean clams sink them in water to liberate all the sand and then rub them one another.



Data

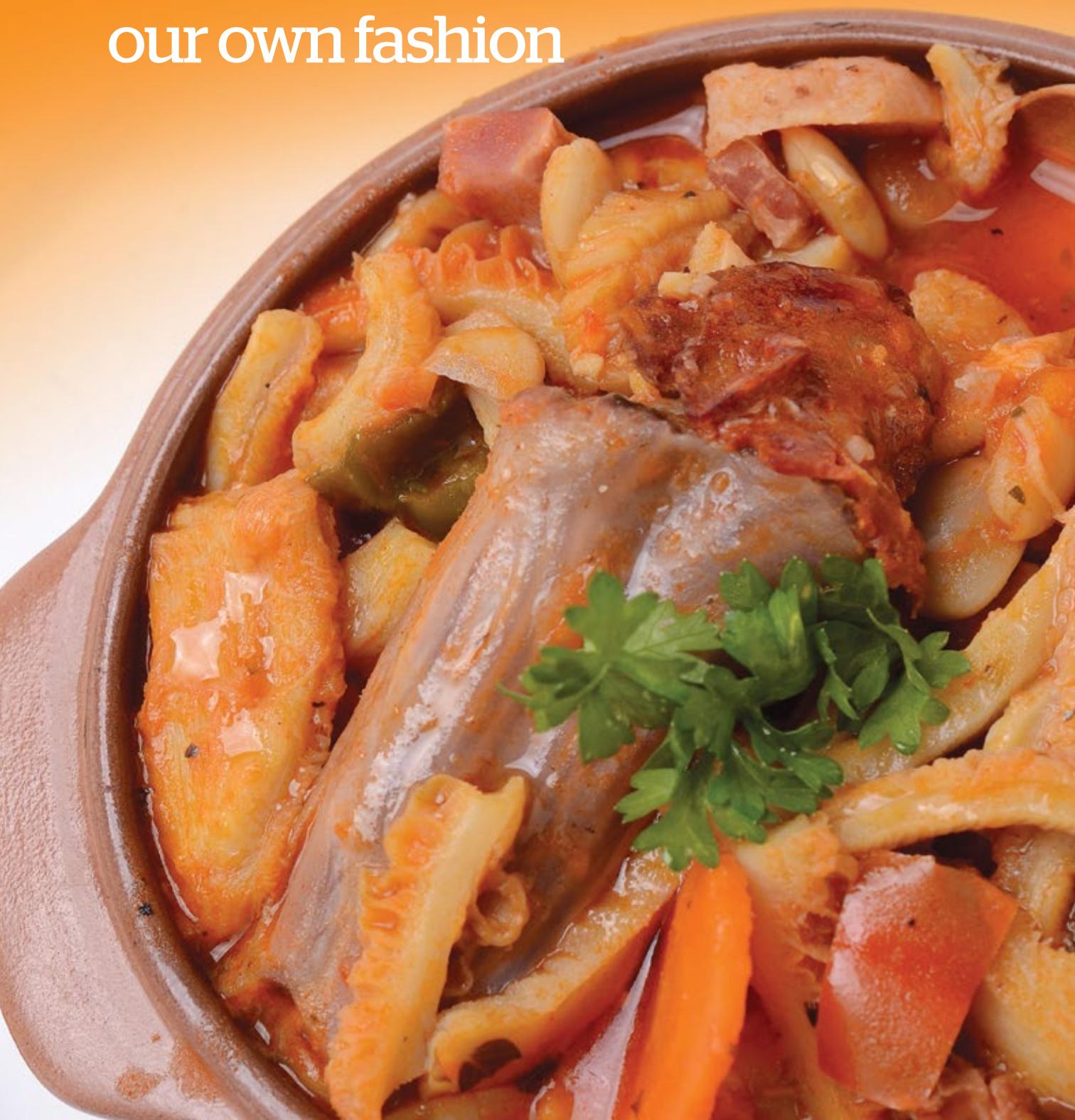
RICES

Rice is present in the tables of the world since more than 3000 years. Its origin is Asia, where it's considered the base of nutrition. At the beginning it was a plant of dry earth, which became semi aquatic due to a mutation and today is cultivated at the riversides. In this country it is harvest at banks of rivers Paraná and Uruguay.



SAVOURIES · MAIN COURSES

Tail and entrails casserole our own fashion



In this region, from cows, we consume absolutely everything. This casserole of tail and entrails is a clear example. It takes time to prepare and to enjoy it, together with a good Cabernet wine.

INGREDIENTS (for 8 portions)

300 g.	HARRICOT BEANS
1 unit	TAIL
1 kg.	ENTRAILS
2 leaves	LAUREL
n/a	SALT
n/a	PEPPER IN GRAINS
200 g.	ONION
200 g.	RED SWEET PEPPER
150 g.	TOMATO
2 units	RED PORK SAUSAGE
n/a	OIL
5 g.	TOMATO EXTRACT
n/a	PEPPER
1 unit	SCALLIONS

PREPARATION:

Sauté beans in cold water during one night. Cook for about 20 minutes till 3/4 cooking. Drain and save.

Cut the entrails in

Julienne and cook in a pot with much water, the laurel, pepper in grains and salt. Cook until it is tender.

Cook the whole tail the same way as the entrails, once cooked cut in pieces. Save the cooking water.

Cut the pork sausage in slices. Save.

Chop scallions and save.

Peel and remove the tomatoes seeds, then cut in Brunoise.

Sauté in oil the onions and the sweet pepper previously cut in Brunoise. Add the sausage and the tomato, the entrails, water and end at low heat. Add salt and pepper. Finish with the chopped scallions.

tips*

The tail cooked the same way but with sauce from Provence (recipe in page 199) makes an excellent hors d'oeuvre.

Data

CASSEROLES

The word "mondongo" (the entrails), has its place in the literary English the XVII° century, transformed in "mundungus". It was used as a synonym of waste as it was a meal for poor people. One century after, this word was given to a low quality tobacco.

SAVOURIES · MAIN COURSES

Grilled veal loin

with three sauces (native, from provence and *chimichurri*) and salad with aragula, cherry tomatoes and gruyere cheese in threads

To be able to fully understand what do we talk about when we mention Argentine meat, you have to taste this dish with “Your Majesty” the grilled veal loin, with three sauces, basic of the local cuisine, together with salads.



INGREDIENTS

1 unit	LOIN
100 g.	PROVENCE SAUCE (see recipe in page 183)

PROVENCE SAUCE

20 g.	PARSLEY
2 cloves	GARLIC
80 cm ³	OIL
n/a	SALT
n/a	PEPER

INGREDIENTS (for 6 portions)**CHIMICHURRI SAUCE**

20 cm ³	VINEGAR
40 cm ³	WATER
2 cloves	GARLIC
10 g.	PARSLEY
1 pinch	SPICED PARPIKA
1 pinch	OREGANO
1 pinch	GRINDED CHILI
1 pinch	LAUREL
1 pinch	SUGAR
n/a	SALT
n/a	PEPPER

SALAD

2 plants	ARUGULA
150 g.	CHERRY TOMATOES
50 g.	GRUYERE THREADS
n/a	OLIVE OIL
n/a	BALSAMIC VINEGAR
n/a	SALT
n/a	PEPPER

PREPARATION:

Clean and cut the loin in medallions. Tie it and cook in the grill at medium heat till it's done.

Provence sauce

Chop parsley and garlic, add oil and season.

Chimichurri sauce

Let the water boil and add all the dry ingredients.

Salad

Clean arugula and cherry tomatoes. Cut the tomatoes in halves and the arugula by hand in a rustic fashion. Line up with oil and balsam, salt pepper and finish with the threads of cheese.

tips*

These three sauces are a classic and go very well with any veal cut.

Data**MEATS**

Loin is the king of the meat cuts. The most tender is of cows and with it many simple meals are prepared like grille or other of haute cuisine. All of them have for sure, flavor and texture.

SAVOURIES · MAIN COURSES

Grilled *pacú* on endives with native sauce

In San Nicolás, San Pedro, Baradero, Zárate and Camapana, locations by the Paraná river, *pacú* is one of the delights, you cannot miss. It's prepared grilled on endives slightly bitter, that enhance its flavor. The native sauce gives it a mild spiciness.





INGREDIENTS (for 4 portions)

1 unit	PACÚ
2 units	LEMON
n/a	SALT
n/a	PEPPER
n/a	ENDIVES (PLANT)
n/a	NATIVE SAUCE
n/a	OLIVE OIL

PREPARATION:

Light fire and once the embers are done, spread them below the grill. Heat well the grill floor.

Cut the pacú in halves, going from head to tail. Put salt and pepper. Then place the fish with its meat upside down with a medium quantity of embers.

Between 10 and 15 minutes of cooking depending on the size of the piece, turn it down and finish. In this second part of the cooking increase fire to let go as much fat as possible.

Spread fish with the juice of half a lemon and cook for other 10 or 15 minutes

Choose fresh endives and remove the leaves and wash. Marinate up with olive oil, lemon and just grinded pepper.

Data

PACÚ

Rivers that flow trough the provinces bring a great amount of species, extracted by fishing, one of the sports of the region. You can eat them in many ways, but once they are hooked they are exquisite if grilled.

SWEETS · DESSERTS

Tradicional Sweet bread

It is said that in the native tables, it is Christmas all the time, and the handcrafted sweet bread is the star. In the province it even has its fest celebrated in La Plata city.

INGREDIENTS (for 4 portions)

FRUITS

200 g.	RAISINS
200 g.	CANDIED FRUIT
100 g.	GLAZED FIGS
150 g.	GLAZED CHERRIES
150 g.	NUTS
120 g.	CASHEWS
120 g.	TOSTED ALMONDS
100 g.	RUM OR COGNAC

FERMENT

300 g.	FLOUR 0000
25 g.	FRESH YEAST
150 cm ³	WATER
25 g.	HONEY

MASS

90 g.	FRESH YEAST
100 cm ³	MILK
250 g.	EGGS
200 g.	SUGAR
20 g.	EXTRACT
10 g.	TABLE SALT
c/n	PANETTONE ESSENCE, VANILLA AND LEMON
200 g.	FLOUR 0000
200 g.	BUTTER
n/a	EGG

PREPARATION:

Fruits

Chop fruits, soak them during several hours in rum.

Ferment

Mix ingredients and let the ferment till its volume is doubled.

Mass

Solve yeast in milk.

Mix, eggs with sugar, malt extract, salt and essences. Make a mass with the ferment and the flour, add yeast and the eggs mix. Knead. Add the butter creamed. Knead again till getting a silky mass.

Let it rest for 15 minutes.

Drain fruits and add to the mass.

Separate mass in portions. Give shape to breads and place them on the sweet breads molds. Let it leaven till they double their size.

Make cut on the surface. Brush with eggs.

Bake at 180°C. for 40 minutes.

tips*

The cut we make to sweet breads lets them free the fruits humidity and allows them to breath. The malt extract gives color and a humid mass.

Data

SWEET BREAD

Tables have to do with the calendar. For Christmas, the toasts go with the sweet breads. They have many versions, but all have the same origin: Ancient Rome. There, they were made rich in fruits and were eaten in the Saturnalia, the fests dedicated to celebrate the sun lighting lives.



SWEETS · DESSERTS

Rice pudding

This traditional rice pudding, reminds of our childhood, and it crossed the limits of homes to be a main character of the restaurants menu. You can taste alone, with cinnamon or dulce de leche.



tips*

The rice we should use must be of short grain, not parboiled (which never goes beyond its point). You must use whole milk, to have more flavor and this also has to do with the final texture giving consistence to the dessert.

INGREDIENTS (for 6-8 portions)

1000 cm ³	MILK
180 g.	RICE
200 g.	SUGAR
1 unit	CINNAMON STICK
1 unit	LEMON PEEL

PREPARATION:

Boil milk in a pan with the cinnamon stick. Add rice, when it heats, add sugar. Stir.

Grate the lemon peel and add to the preparation. Cook at low heat during 20 minutes.

Remove from heat and take out the cinnamon stick.

Cool in the refrigerator and serve.

Data**RICE PUDDING**

Rice pudding came to our country by Spanish hands, but soon it became a local citizen and turned out to be a classic, to be enjoyed alone or with dulce de leche. For example, Lucio V. Mansilla wrote in his article "The seven dishes of rice pudding", his experiences with this dessert, famous in the home residence of Juan Manuel de Rosas.



SWEETS · DESSERTS

Dulce de leche alfajor

In this country, during a lot of time this alfajores were related to holidays. The use of eating them and buy them for presents was born at the beginning of the year 1947, when some friends started in Mar del Plata, a factory of alfajores open to the public.

INGREDIENTS (for 8 portions)

400 g.	FLOUR 0000
100 g.	CORNSTARCH
4 g.	SODIUM BICARBONATE
4 g.	AMONIUM BICARBONATE
1 g.	BAKING POWDER
220 g.	SUGAR
1 unit	YOLKS
220 g.	BUTTER
40 g.	HONEY
1 unit	EGG
n/a	VANILLA EXTRACT

FILLING

n/a	DULCE DE LECHE FOR PASTRIES
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COATING

n/a	FLUID CHOCOLATE
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PREPARATION:

Mass

Make a crown with flour, cornstarch, sodium bicarbonate, ammonium bicarbonate, baking powder and sugar.

The add yolks, creamed butter, honey, and the egg. Finally, the vanilla extract. Knead well. Let the mass rest in the refrigerator for 20 minutes, wrapped in film paper.

The stretch the mass till getting 2 mm. of thickness.

Cut in discs of 6 to 7 cm. diameter, place on a buttered plate and to the oven for 7 to 8 minutes at 175°C.

Filling

Once the discs are cold, use dulce de leche for pastries as filling.

Coating

Place alfajores in a grid and coat with the fluid chocolate, previously melted.

Data

ALFAJOR

The word alfajor comes from the Arab "alfahúa" that means honeycomb. But in Argentina as well as in Chile is associated with any candy with two masses, joined with different sweets pieces.



tips*

It is convenient to prepare alfajores two or three days previously, so they can be more humid.



SWEETS · DESSERTS

Dom Pedro classic and renewed

Whisky, ice cream and nuts are the base of the “Dom Pedro”, a classic cold dessert in all restaurants. It’s served with this strong drink so the flavor could contrast with the ice cream.



INGREDIENTS (for 6 portions)

500 g.	AMERICAN OR VANILLA ICE CREAM
4 measures	WHISKY
100 g.	NUTS
5 g.	UNFLAVORED JELLY (*)
150 g.	SUGAR

(*) For the renewed version

PREPARATION:**Classic**

Place on the food processing machine the American or vanilla ice cream and whisky.

Chop nuts. Make a caramel with sugar.

Serve in whisky glasses and add the chopped nuts.

Finish with caramel.

Renewed

With the same ingredients we shall get the same renewed version.

We put ice cream and whisky in a siphon, to which we add the unflavored jelly previously hydrated. We place three fills of siphon and save them in the fridge for at least 6 hours.

With nuts and sugar, we make a praline cooking sugar in a fry pan and when it browns, we add nuts. Pour on a non-sticky plate or marble table and let it cool down. Then chop.

tips*

Unflavored jelly must be hydrated in cold water and then heated in a microwave or at bain Marie, till it's completely solved.

The proportion to hydrate is one part of jelly for 5 or 6 of water.

Data**DOM PEDRO**

The ice cream cups are part of all the restaurants menus in the province. Some were born in its region and others like the Dom Pedro, are due to the classic restaurant Lo Prete, in Montserrat quarter. A symbol of the place, it was born in a wide glass with whisky, cream and nuts.

SWEETS · DESSERTS

Homemade pudding with nuts and sweet potatoes candy

The homemade pudding with fruits or jams, is another dessert present in all menus. It comes with the flavor that caramel brings and gourmands use to taste it with a good portion of whipped cream.



**INGREDIENTS** (for 8 portions)

600 g.	BREADCRUMBS
1 liter	MILK
100 g.	NUTS
150 g.	SMALL CUBES OF SWEET POTATO CANDY
50 cc.	ORANGE LIQUOR
1 unit	ORANGE ZEST
6 units	EGGS
200 g.	SUGAR
n/a	VANILA EXTRACT

CARAMEL

250 g.	SUGAR
250 g.	WATER

PREPARATION:

Soak bread in milk.

Place in a recipient, the liquor and the orange zest, let it hydrate.

On other place, whip eggs with sugar, vanilla a extract and the chopped nuts.

Add the breadcrumbs with milk and mix well to integrate the ingredients. Add the small cubes of sweet potatoes and softly integrate it to the ingredients with a spoon.

Finally add the orange zest.

Caramel

Prepare a caramel from water with sugar, Spread trough he whole mold and let it cool down.

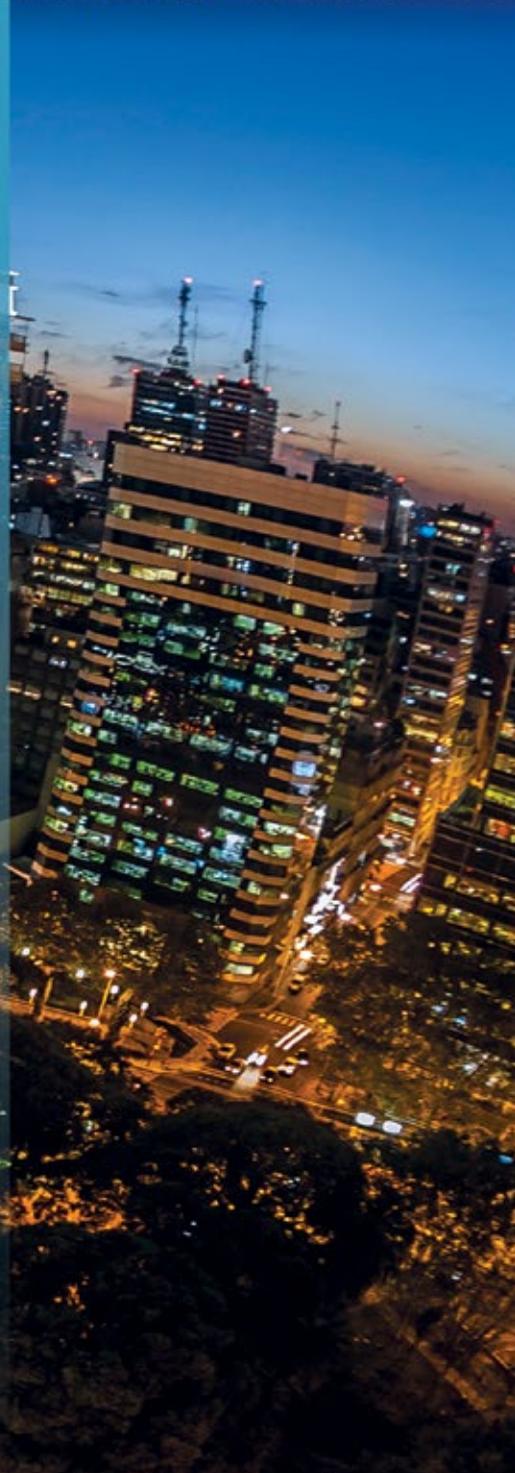
Pour the previous preparation in the caramelized mold and cook at bain Marie in a medium heated oven during 1 hour, approximately.

Data**HOMEMADE BREAD PUDDING**

Bread pudding is a dessert you can say it has no borders, because where there was a piece of stale bread the popular wisdom add milk to make it tender and eggs to add flavor and form its base. Afterwards, fruits and other additions appeared.



City of Buenos Aires Region



Like we say in a famous tango: "streets of Buenos Aires have a certain something". The city has its port, the concrete crossed by bug green parks, old groves and even lakes. Quarters were the colors and shapes of the streets and avenues are clear reference to tango. It has famous football stadiums, visited as if they were museums and brand new areas like Puerto Madero or the renewed quarter of Palermo. And of course there is the Obelisk. And the very, very wide river lion colored with its riverside (Costanera), symbol of a great part of Argentine people, because at its water arrived ships with the immigrants who came "to make their America", as they used to say. All this and much more offers this city, which despite being in one end of the world, calls visitors from all countries. Maybe that is why, being so far away, that its expressions are so strong and firm. This is felt in the rest of the planet. As many of its aromas.

In gastronomy, you may think that Buenos Aires is a synonym of meats, with the smell that shows in the street at lunch time, coming from the grills of restaurants, from a house or from the workers in a construction site. Because barbecue is an inviting meal, a synonym of union.

However, the menus in the city, which is a big region, show a rich web that was weaved with the contribution of the original people, and the immigration that came by millions. That is why on the city's tables you can taste different flavors, since ever, Spanish and Italian, with local touches and changes to which were added the Arab, Asiatic or from Central Europe meals. To this great web in time was added -increasingly- the Latin Americans and a delicious mix was made, also with the contributions of chefs looking for an Argentine cuisine. They are professionals, who in many occasions went away to gain more knowledge and when back, remade the inherited recipes with avant-garde techniques.

So, the traveler can taste in this region, classics of all times, as the barbecue, the meat roll (matambre) with Russian salad, the Gramajo scrambled eggs, pasta with Bolognese sauce, among many other options to which you can add the desserts.





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- 216 · *Skewer of provoleta and sweetened tomato*
 - 218 · *Roasted potato with red pork sausage, onions and egg.*
 - 220 · *Big toasted bread, raw ham, chili and roasted eggplants*

SAVOURIES/MAIN COURSES

- 222 · *Scrambled eggs (Gramajo)*
- 224 · *Maryland chicken supreme*
- 226 · *Stuffed rolled beef (matambre) with Russian salad*
- 228 · *Hen stew*
- 230 · *Beef sausage with French fries*
- 232 · *Lentil stew*
- 234 · *Bolognese noodles*
- 236 · *Half-mass or molded pizza*
- 238 · *Hake filet Roman*
- 240 · *Chicken of Provence with Spanish potatoes*

SWEETS/DESSERTS

- 242 · *Mixed custard with cream and dulce de leche*
- 244 · *Melba ice cream*
- 246 · *Vigilante dessert*
- 248 · *Pancake burned with rum*
- 250 · *Strawberries with cream*



**City of
Buenos Aires
Region**

CITY OF
BUENOS AIRES

APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Skewer of *provoleta* cheese and candied tomato



As appetizer or hors d'oeuvre, a skewer of provoleta and candied tomato is a great choice. It combines the taste of melted cheese with the freshness of tomato.

INGREDIENTS (for 8 portions)

500 g.	PROVOLETA CHEESE
1 kg.	CHERRY TOMATO
n/a	SALT AND PEPPER
n/a	OLIVE OIL

PREPARATION:

Dip the cherry tomatoes in boiled water during some seconds, cool down at an inverse bain Marie. Peel. Slice in quarters and remove seeds.

In a plate with Silpat (a non sticky cloth), take to low heat with a bit of olive oil, salt and pepper and cook till they are tender, but don't let the disintegrate. Save. Cut the provoleta cheese in cubes of 2 cm. In a fry pan with a jet of olive oil seal all the sides of the cheese cube.

Presentation

Go placing in Brochette sticks, one cube of cheese with one square of candied tomato.

Decorate with basil sprouts.

Data

PROVOLETA CHEESE

Provoleta is actually the Argentine spinning provolone cheese. Its shape "logged-conic-extended" allows it to be cut in circular slices round and to be cook on a grill. It was the idea of a Calabrese who lived in Argentina, Mr. Natalio Alba. The originals are made of bovine milk, but there also are of goats and sheep, with a more intense flavor.



APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Roasted potato with red pork sausage, onion and egg

Roasted potatoes are a good base to go with red pork sausage, onions and eggs. It's a different choice to taste the basic ingredients of the classic tortilla.





INGREDIENTS (for 8 portions)

½ kg.	ONION
20 g.	BUTTER
100 cc.	WHITE WINE
100 g.	SUGAR
2 units	RED PORK SAUSAGE
1 kg.	POTATO
12 units	QUAIL EGGS

PREPARATION:

Onion marmalade

Chop onions finely on the middle vertically. Sauté with butter till it's completely transparent. Deglaze with white wine. Let all the alcohol evaporate and then add sugar. Cook at low heat till it starts to caramelize. Remove from heat. Save.

Red sausage powder

Cut red sausages, peeled, in small cubes. In a fry pan at low heat, de-fat. Process till getting a fine powder. Dry in low oven.

Baked potato

Peel potatoes. Cut in slices of 2 cm. thick. With a round cutter of 5 cm. diameter line up the slices. Take to medium heat till browning.

Fried egg

Fry the quail eggs with the help of a round mold to get a neater shape.

Presentation

Place the potatoes circle as a base. On top, distribute the onion marmalade. Place the fried quail egg and spread the red sausage powder. Finish decorating with uns.

Data

RED PORK SAUSAGE

Red sausage is another contribution of Spanish immigration. In the Iberian Peninsula is made with pork and its color is given the addition of a good paprika. Here it is known as a cold meat as well as added to different dishes.

APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Big toasted bread, raw ham, chili and roasted eggplants

At the time of a Vermouth, a bruschetta is ideal. It is prepared with a base of bread with different toppings. In this case, there is a good raw ham, chili and roasted eggplants.





INGREDIENTS (for 6 portions)

6 units	SLICES OF COUNTRY BEAD
1 kg.	RED SWEET CHILI (also called Bell Pepper)
1 kg.	EGGPLANTS
200 g.	RAW HAM
n/a	OLIVE OIL
n/a	SALT AND PEPPER

PREPARATION:

Red chili purée

Wash red sweet chili well, place on a plate with a little bit of olive oil and covered with aluminum paper in a low oven till they tender. Let them cool down to remove skin and seeds. In a Silpat, place sweet chili and powder with sugar and salt, and dry them in low heat, during 30 minutes approximately. Process the sweet chili with olive oil, salt and pepper. Place in a piping bag.

Eggplants purée

Wash eggplants. Take to medium heat in a place covered with aluminum paper till they tender. Process with a little bit of olive oil ass salt and pepper. Place in piping bag.

Cut in rectangles the country bread slices 1,5 cm. thick. Take to toast at oven or salamander.

Presentation

On the county bread toast make lines interposing he two purées. On top place a slice of raw ham. Finish with a jet of olive oil.

Data

RAW HAM

The method in which the best hams of the world are made, is very simple: Salt and patience to wait that the action of these ingredients on the pork meat, cures it. In all he quality pieces, that time is never less than 9 months, but it's worthwhile to wait for.

SAVOURIES · MAIN COURSES

Gramajo scrambled eggs

This is one of the few dishes authentically from the city of Buenos Aires. It a delicious mix of potatoes, egg, green peas, onion and ham, all of them fried, made and enjoyed instantly with its flavors enhanced.





INGREDIENTS (for 8 portions)

1 kg.	POTATO
4 units	EGGS
1 unit	ONION
100 g.	HAM
100 g.	SMOKED BACON
50 cc.	CREAM
100 g.	FRESH GREEN PEAS
n/a	SALT AND PEPPER

PREPARATION:

Peel and cut potatoes in very fine bars. Fry till they get browned and crispy. Save.

Peel green peas removing pods. Whiten them some seconds in boiling water and then dip them in water with ice to cut the cooking.

Slice onion, ham and bacon in Brunoise.

Sauté onion with olive oil, add bacon and ham.

Brown. Add the fried potatoes and the green peas previously whitened. Mix and add eggs slightly whipped with cream.

Cook stirring, a little till eggs start to clot, put the scramble must be juice.

Presentation

Serve the scrambled eggs in a neat way, and on top of it, decorate interposing some onion leaves and sauté green peas, some French fries and crispy kayers of bacon dried at a very low heat.

Data

GRAMAJO

This typical meal has its name due to a man who created it, Colonel Artemio Gramajo, aide-de camps of General Julio Argentino Roca. There are two versions about its origin: some say it was born before a battle in 1879 and others, that it was created in the kitchen of the Club del Progreso, of which Gramajo was a member. What is real is that Roca's aide-de camps, has for breakfast a mix of fried eggs, French fries, ham and onion, base of the meal.

SAVOURIES · MAIN COURSES

Maryland chicken supreme

People in Buenos Aires, love supremes with great garnish. The Maryland chicken supreme was adopted in most of the restaurants and comes in a big plate, with banana, maize cream and a lot more.



Data

MARYLAND

One possible origin of this meal comes from Maryland, United States, where they are experts in fried chicken, cooked in its same fat. Then, they add a heavy cream, which with the cooking broth form a sauce, very much alike the white sauce. The formula came from the beginning of XX° Century, and seemingly, this famous Maryland chicken was part of the menu of the historic Titanic.

INGREDIENTS (for 4 portions)

4 units	CHICKEN SUPREME
4 units	EGGS
300 g.	BREAD CRUMBS
1 spoonful	CHOPPED GARLIC AND PARSLEY
n/a	SALT AND PEPPER
n/a	OIL
1 unit	MAIZE
25 g.	FLOUR 0000
25 g.	BUTTER
100 cc.	MILK
1 kg.	POTATOES
4 units	BANANAS
8 units	QUAIL EGGS
2 units	RED SWEET CHILI

PREPARATION:**Supreme**

Cut supremes in rectangular shape. Whip eggs with garlic and parsley, salt and pepper. Slide supremes by the eggs and then the bread crumbs. Fry in much hot till browning. Save keeping them hot.

Maize cream

Boil milk. Melt butter with flour and cook during some minutes, constantly stirring. Add hot milk always stirring. Cook at low heat till it thickens. Put salt and pepper. Shatter the maize end toss it with a little bit of olive oil till it browns. Add to the Bechamel sauce. Save.

French fries

Slice peeled potatoes in bars. Wash them in water and then dry well. Fry in much hot oil till they brown.

Fried bananas

Place longwise bananas the most fine as possible. Try to use not very ripe bananas, so they are more consistent. Fry in oil the bananas slices.

Fried eggs

Fry the quail eggs with the help of a metallic ring to maintain the circular shape.

Red sweet chili purée

Wash chili well, place them in a plate with a little bit of olive and cover with an aluminum paper at low heat till they tender. Let them cool down to be able to remove skin and seeds. In a Silpat (non-sticky cloth) place red sweet chili and powder with sugar and salt and dry them at low heat during 30 minutes approximately. Process chili with olive oil.

Presentation

Brush the dish with the red sweet chili purée. Put in the center the chicken supreme, make a quenelle (cylinder or an oval) of maize cream and place it on the supreme together with banana slices and fried quail eggs. On a small saucepan place the French fries.



SAVOURIES · MAIN COURSES

*Matambre** with russian salad

It's a dish synonym of home celebrations, is always present in every familiar Buenos Aires parties. It's the famous matambre stuffed with Russian salad with infinite recipes which give it different touches. It's a real classic in fest times and in restaurants it is one of the most traditional hors d'oeuvre.

* matambre: stuffed rolled beef.



INGREDIENTS (for 8 portions)

1 unit	MATAMBRE
6 units	EGGS
1 unit	RED SWEET CHILI
1 unit	YELLOW SWEET CHILI
½ kg.	CARROT
20 g.	LEAFLESS PARSLEY
2 cloves	GARLIC
1 teaspoon	WHITE PEPEPR
1 teaspoon	BLACK PEPPER
1 spoonful	GRINDED CHILI
2 g.	DRY OREGANO
10 leaves	FRESH MINT
1 unit	JUICE AND LEMON ZEST
10 g.	SHERRY VINEGAR
1 teaspoon	SMOKED PAPRIKA
100 cc.	WATER
150 cc.	NEUTRAL OIL
1 kg.	POTATO
200 g.	GREEN PEAS
2 units	YOLKS
1 spoonful	BALSAMIC VINEGAR
1 unit	LEMON JUICE
n/a	SALT AND PEPPER
n/a	OLIVE OIL

PREPARATION:**Chimichurri**

Mix parsley, garlic, neutral oil, juice and lemon zest and sherry vinegar. Add dry oregano, grinded chili, fresh mint, pepper and smoked paprika. Make it homogeneous. Finally, add water and emulsion well.

Matambre

Remove the excess of fat from the matambre.

Boil eggs, peel them and cut the edges. So when matambre is sliced it keeps more even in all slices. Cut sweet chili and carrots in thin strips.

Season the matambre with salt, distribute the chimichurri mix over its whole surface. Place longwise, the eggs together with sweet chili and carrots. Roll evenly and firmly wrap with several film layers, closing with a knot in the edges. Place in the oven at 150°C. in a bowl with water and cover with aluminum paper during 6 hours approximately.

Remove from oven and press during 24 hours in the fridge. Remove the film paper and cut.

Russian salad

Peel potatoes and carrots. Slice in cubes of 1 centimeter by side. Cook carrots in a pot with much water and a bit of salt till they tender. Cut the cooking placing them at an inverted bain Marie. Make the same procedure with potatoes and green peas. Boil the quail eggs during 5 minutes approximately. Cool down and peel.

Mayonnaise

Integrate yolks, balsamic vinegar and lemon juice in a mixer, and go adding little by little the olive oil till it emulsions. Put salt and pepper.

Presentation

Brush the dish with the chimichurri used to prepare the matambre. Cut the matambre in fine slices. Place them on the dish. By the side, make a drop with mayonnaise and cover on top with the potato and carrot cubes, the green peas and the quail hard boiled eggs.

Data**MATAMBRE**

Matambre is a national meat cut which means (mata-kills hambre-hunger), it "kills hunger". This meat that covers the roast, the plate, flank is from the cow's ribs, and there are two from each animal, one for each half beef.



SAVOURIES · MAIN COURSES

Hen stew

Buenos Aires winters have the taste of this stew. Big pots where a lot of ingredients are cooked with smells that fill all environments.

The one with hen was so popular that it has its own tango, sung by singer Edmundo Rivero with music and lyrics of Roberto Medina. It must go with Carlon wine.



tips*

It is usual to find this meal in the city's gastronomy with vegetables of traditional sizes.

INGREDIENTS (for 6 portions)

1 unit	HEN
2 stalks	CELERY
2 units	LEEKs
2 units	SCALLIONS
2 leaves	LAUREL
½ kg.	BABY CARROTS
¼ kg.	BABY MAIZES
3 units	SWEET POTATOES
1 unit	SMALL PUMPKIN
½ kg.	BABY ONIONS
¼ kg.	CHICKPEAS
1 kg.	SMALL POTATOES (PAPINES)
3 units	RED PORK SAUSAGE
3 units	PORK SAUSAGE
3 cloves	GARLIC

PREPARATION:

Place much water with salt on a pot and add the hen in pieces with celery, laurel, leek and garlic. Let it boil, constantly skimming.

Add chickpeas, previously soaked during 12 hours. Let them tender a bit, and then add the pork sausages. Keep cooking.

When the chickpeas are done, and the meats cooked, remove part of the broth to clear. By each liter of broth use 2 egg whites. Cool down a little the broth before clearing, then break the egg whites bind and add them to the broth. Take the preparation at low heat, stirring at first and then let the whites coagulate, clearing the broth. Strain.

Cook the baby onions, the peeled small potatoes, carrots and maize in the cleared broth. Then add the sweet potatoes sliced in cubes and the pumpkin in tubes.

Presentation

Lay on a deep dish, the different vegetables interposing them with the sausages and in center place pieces of hen. Serve the cleared broth in a little jar.

Data**STEW (PUCHERO)**

This cooked stew is one of the preparations inherited from Spain. One of its origins is the so called "rotten pot from the Renaissance" (pot pourri), which Cervantes rise to the rank of symbol of the boiling cuisine and Calderón de la Barca defined as the "princess of stews"

SAVOURIES · MAIN COURSES

Beef steak (*bife de chorizo*) with french fries

Other of the kings of barbecues, this beef steak is tasty, juicy a good options to understand why Argentine meat is considered one of the best of the world.

INGREDIENTS (for 1 portion)

1 units	BEEF (PER PERSON)
1 kg.	POTATOES
n/a	FRYING OIL

PREPARATION:

Peel potatoes. Slice in cubes of 7 x 2 cm. Cook in water till they tender but not to turn into pieces. Dry and cool down.

Make a first frying with oil at 130°C. during 8 minutes approximately or until the surface becomes firm. Take care that oil doesn't low down the temperature when introducing the potatoes. To avoid that fry little by little. Remove, strain and cool down again.

Make a new frying with oil at 100°C. during 3 minutes or until it start to brown.

Strain and put salt.

Put salt on beefs.

Place beefs in on a very hot grilled plate with a bit of olive oil. Let it seal well on one side and then turn them down, cooking till done as desired.

Presentation

Serve beef and French potatoes with some sauce, for example, chimichurri or a native sauce (criolla).

Data

BEEF

National meats also show of for the way the cuts are prepared. This beef is one of those cuts typical of Argentina. It is actually a narrow deboned beef, usually roasted thick and is served at different points as ordered only by the guests. It is one of the stars of the national barbecues.



SAVOURIES · MAIN COURSES

Lentil stew

Lentil stew is always present in the menus of the typical Buenos Aires restaurants. It's prepared with smoked bacon and vegetables and it's a classic in traditional inns and homes.





INGREDIENTS (for 8 portions)

½ kg.	LENTILS
2 units	ONIONS
2 cloves	GARLIC
1 unit	RED SWEET CHILI
1 unit	GREEN SWEET CHILI
1 unit	YELLOW SWEET CHILI
2 units	CARROTS
1 unit	RED PORK SAUSAGE
200 g.	SMOKED BACON
300 g.	MEAT
3 spoonful	TOMATO EXTRACT
1 liter	MEAT BROTH
n/a	SALT AND PEPPER
n/a	OLIVE OIL
n/a	CHOPPED PARSLEY

PREPARATION:

Soak lentils for some hours. Strain and boil about half an hour till they are a bit tender. Strain and save.

Sauté meat in cubes, smoked bacon and the pork sausage in a pot with olive oil. When browned, remove and in the same pot, toss onion in Brunoise with the chopped garlic. Then add the sweet chili and carrots cut in small cubes.

Add to the vegetables. When they are already sautéed, add meat, bacon and sausage. Add lentils, tomato extract and cover with the meat broth previously heated. Cook for 40 minutes approximately or till lentils are tender.

Presentation

Serve on a deep dish and powder with parsley finely chopped. Eat with some toasted bread.

Data

LENTILS

Lentils are small pieces that come canned by nature in pods and take that name because they seem lens. Their origin is Central Asia and the Mediterranean and when you mention them you talk in plural, because there are many varieties, each one has its own flavor.

SAVOURIES · MAIN COURSES

Bolognese noodles

Bolognese noodles are one of those classic pasta dishes, very cherished by people from Buenos Aires. During many times they were one of those meals eaten every Sundays at home. In restaurants you have homemade versions, with different kinds of pasta. Minced meat is the key ingredient of their sauces and flavors.





INGREDIENTS (for 5 portions)

1 unit	ONION
2 cloves	GARLIC
500 g.	MINCE MEAT
n/a	OLIVE OIL
n/a	SALT AND PEPPER
n/a	FRESH THYME
500 g.	TOMATOES
250 g.	TOMATOES PURÉE
500 g.	FLOUR
6 units	YOLKS
3 units	WHOLE EGGS
15 g.	OLIVE OIL
15 g.	SALT
50 g.	WATER
200 g.	SBRINZ CHEESE

PREPARATION:

Sauce

Sauté onion and chopped garlic in olive oil. Add the minced meat and let it cook, add thyme, tomatoes cut in thick pieces (concassé) and the tomato purée. Cook at low heat during 45 minutes approximately. Put salt and pepper.

Pasta

Make a mass like an elastic and flat bun.
Let it rest for 30 minutes.
Stretch and cut tagliatelle of 13 mm. width.
Boil in water with a pinch of salt till pasta is "al dente".
Remove from water and pour a little jet of oil.

Presentation

With the help of a carving fork, make a ringlet with the tagliatelle. On top pour sauce and grate Sbrinz cheese with a microplane grater over the sauce.

Data

PASTA

The most traditional dish of the Italian city of Bologna, there is no doubt, is a pasta: tagliatelle with ragù (with a sauce meat-based). When this came to Argentina with immigrants it was known as Bolognese tagliatelle.

SAVOURIES · MAIN COURSES

Pizza

in mold or half dough

In Buenos Aires we eat good pizza and at each place it's served with its particular thickness, although mostly it's in mold or half dough. Be in oven or grilled, they are made with as many variations as pizza chefs there are, each one with its particular touch.

INGREDIENTS (for 2 pizzas)

1 kg.	FLOUR 0000
30 g.	YEAST
50 cc.	OLIVE OIL
10 g.	SALT
n/a	WATER
n/a	OLIVES
n/a	COLORED CHEERY TOMATOES

PREPARATION:

Sieve flour and make a crown with it, mixing with salt.

Shatter the yeast, add a teaspoon of sugar and a little bit of tepid water. Whip till homogenize.

Let it rest for some minutes in a warm place.

Place ferment in the center of the crown with oil and water and knead till getting a flat and homogenous mass.

Let the mass rest till it doubles its size and divide in two buns.

Oil the pizza mold and stretch within it.

Place a bit of sauce in the surface and let it doubles its size.

Bake in an oven at 200 degrees during approximately 10 minutes.

Pour more sauce on top, the mozzarella and to the oven till cheese is melted.

Finally, with cherry tomatoes of different colors, fresh basil leaves, olives and parsley oil





Data

PIZZA

Pizza came to our country with Italians who introduce it at the beginning of last century. In the 30s. it was already present in the hundred quarters of Buenos Aires, thanks to men who made pizza in the streets and offered them in big platters taking them on top of their heads. So, it also came to the football stadiums, where fans enjoyed without cheese, only with sauce. Between goal and goal. Over the years, its consumption and roots grew so much that I became one of the classic of always.

SAVOURIES · MAIN COURSES

Roman hake filet

Of all fishes served in this zone, the most popular is hake, prepared Roman fashion, dipped in flour and eggs. It's a course that usually goes with purée or French fries. Fish must be brown on the outside and very white in the inside.



**INGREDIENTS** (for 4 portions)

1 kg.	HAKE FILET
200 g.	FLOUR
2 units	EGGS
100 cc.	MILK
1 teaspoon	BAKING POWDER
n/a	SALT AND PEPPER
n/a	FRYING OIL
500 cc.	CREAM
100 cc.	LEMON JUICE

PREPARATION:

Mix flour, eggs, milk and baking powder. Add salt and pepper.

Dip filets through the mix. Fry them till they are browned. Prepare a sauce of lemon to go with filets, reducing cream to a half, add lemon juice, salt and pepper. Cool down and serve.

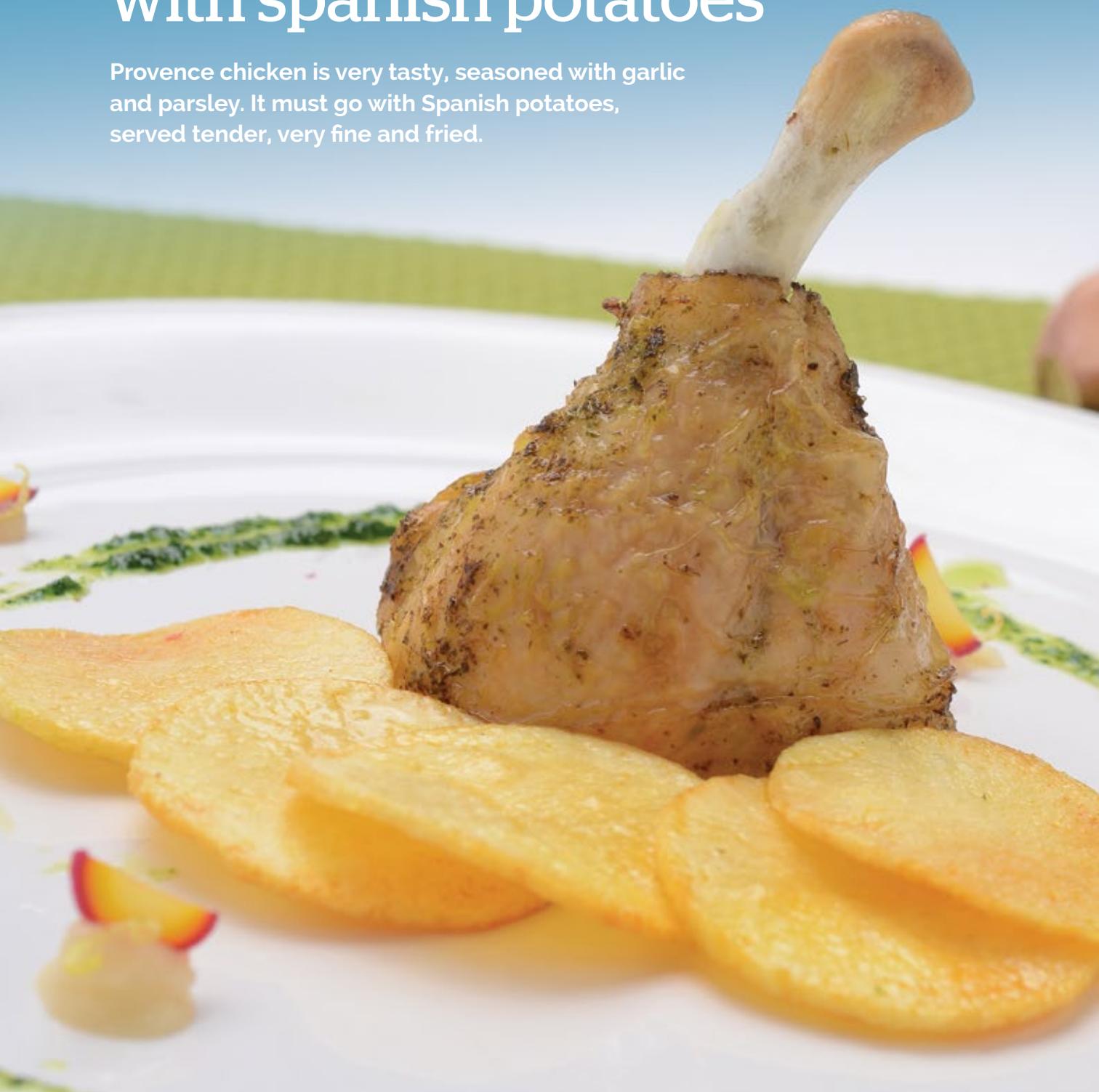
Data**HAKE**

Hake has an ossified skeleton, flat, round and small scales, placed as the tiles in a roof. Its body is long and there are infinite ways to prepare it.

SAVOURIES · MAIN COURSES

Chicken of Provence with spanish potatoes

Provence chicken is very tasty, seasoned with garlic and parsley. It must go with Spanish potatoes, served tender, very fine and fried.





INGREDIENTS (for 4 portions)

1 unit	CHICKEN
8 cloves	GARLIC
4 spoonful	CHOPPED PARSLEY
200 cc.	WHITE WINE
500 cc.	CHICKEN BROTH
1 kg.	POTATOES
n/a	OLIVE OIL
2 spoonful	SMOKED PAPRIKA
1 unit	GARLIC
n/a	SALT AND PEPPER

PREPARATION:

Cut chicken in pieces, separating legs, thighs, breast and wings. Put salt and pepper. Brown pieces well in a fry pan with olive oil. Remove pieces and in the same pan add chopped parsley and deglaze with white wine. Add the chicken broth and go adding pieces and half parsley. Cook at medium heat till it is done. Add the other half of parsley, salt and pepper.

Sweetened potatoes with smoked paprika

Cut potatoes in slices de ½ cm. thick. Cut with a circular cutter 5 cm. diameter to get potatoes of the same size. Heat oil with the paprika till reaching 100°C. Sieve.

Place potatoes in a long dish and cover with the paprika oil. Sweeten the potatoes in oven at 100°C. till they tender.

Roasted garlic purée

Wrap the garlic bulb with aluminum paper and cook at low heat till garlic is very tender. Press garlic till getting a purée.

Presentation

Place sweetened potatoes in the center of the plate, and on top of them place the chicken piece. Make some points with the roasted garlic purée to decorate.

Data

PROVENCE FASHION

In these lands a preparation called "a la Provençal" is known which is a mix of chopped garlic and parsley. However the recipe varied because, actually it comes from the French region of Provence and from its enriched mixture of herbs.

SWEETS · DESSERTS

Mixed custard with cream and *dulce de leche* (milk caramel)



Being by definition, a homemade dessert, custard is always present in the tables of people from Buenos Aires, who have a very appetizing palate. So, it comes mixed: with a big spoonful of whipped cream and another of dulce de leche.

INGREDIENTS (for 6 portions)

200 cc.	MILK
200 cc.	CREAM
300 cc.	CONDENSED MILK
1 units	VANILLA EXTRACT
4 units	EGGS
2 units	YOLKS
500 cc.	CREAM (FOR CHANTILLY)
25 g.	ICING SUGAR
250 g.	DULCE DE LECHE (FOR PASTRIES)
500 cc.	CREAM (FOR DULCE DE LECHE SAUCE)
n/a	SUGAR

PREPARATION:

Heat milk and the cream with vanilla extract. Make an infusion for 15 minutes.

Mix eggs not whipped, yolks and condensed milk. Pour the mix of milk and tepid cream. Sieve.

Caramelize the molds of the custard, place them in a recipient with high borders to make a bain Marie and cook, covered with aluminum paper in a soft oven till preparation clots.

Let it cool down. Remove from the mold.

Whip cream with icing sugar till getting Chantilly. Save cold.

Heat the cream to make the sauce of dulce de leche. Pour on the dulce de leche and homogenize. Cool it down.

Presentation

Make a drop with the sauce of dulce de leche and place the custard in one edge.

Make a quenelle with the Chantilly cream.

Data

DULCE DE LECHE

Buenos Aires declared the “dulce de leche” a “cultural, alimentary and gastronomic heritage”. And to strengthen that honor, some asserts and famous songs say sso. Jorge Luis Borges firmly told to his friend Adolfo Bioy Casares: “One cannot be married with someone who doesn’t know a what a poncho or dulce de leche are”.



SWEETS · DESSERTS

Melba ice cream

Ice creams have a leading role in desserts of a great part of Argentine restaurants. There are different options, but the Melba cup is one of the most required.



**INGREDIENTS** (for 8 portions)

3 units	WHITE NECTARINES
3 units	YELLOW NECTARINES
3 units	WHITE PEACHES
3 units	YELLOW PEACHES
2 units	LIMES
500 g.	VANILLA ICE CREAM
250 cc.	CREAM
25 g.	ICING SUGAR
250 g.	FRESH RASPBERRIES
50 g.	SUGAR
50 g.	TOASTED AND PEELED ALMONDS

PREPARATION:

Boil raspberries with sugar and little water. Sieve. Let it cool down.

Cut fresh peaches and nectarines with a circular cutter and marinate with a bit of sugar, juice and lime zest.

Whip cream with the icing sugar till getting Chantilly.

Use a microplane grater and grate the toasted almonds.

Presentation

In a Martini glass, pour at the bottom the raspberries sauce, and go adding on top the circles of peaches and nectarines. In the sides, place small balls of Chantilly cream and a quenelle of vanilla ice cream in the center. Powder with the microplane of toasted almonds.

Data**MELBA**

This dessert was created at the end of the XIX century, by the great Auguste Escoffier, a fan of Opera, who dedicated it to the soprano Helen Mitchel, better known as Nellie Melba. It has peaches syrup and cream, two ingredients the artist adored.

SWEETS · DESSERTS

Vigilante dessert

This simple dessert is prepared in the whole country, with some versions. Its base has two ingredients: cheese and sweet. People from the city of Buenos Aires, called it the vigilante dessert and there are fans of sweets of quince as well as sweet potato. The ideal cheese is the pategras, which enhances flavors, although many prefer with cuartirolo cheese.

INGREDIENTS (for 6 portions)

500 g.	SWEET POTATOES CANDY
500 g.	FRESH CHEESE (CUARTIROLO OR CREAMY)
n/a	CAYOTE SWEET
n/a	QUINCE IN SYRUP
n/a	SWEET POTATOES IN SYRUP

PREPARATION:

Cut in a neat and even way cubes of 1 cm. by side of sweet potato paste and fresh cheese. They must have the same size as to form a checkerboard. Interpose sweet and cheese in the dish. Process till getting a purée with quince and sweet potatoes syrup. Place it in a piping bag. Decorate making points of the different purées. In the checkerboard's vertex put a bit of cayote sweet, like a petal

Data

VIGILANTE

It's believed that the name of this dessert was born in times where, at each corner there was a public servant who was part of the quarter. Kids in the block called him: "vigilante, "barriga picante" (spicy stomach), and it's said that when this men in uniform was very hungry, as not to interrupt his guarding hours, ate a portion of this cheese and sweet.





SWEETS · DESSERTS

Pancake burned in rum

Pancakes are also one of the favorite desserts in Buenos Aires. At home they are frequently prepared with “dulce de leche” and in restaurants, burned with caramel and rum flambé, with gives a show to flavor.



**INGREDIENTS** (for 8 portions)

200 g.	FLOUR 0000
5 g.	SALT
30 g.	SUGAR
3 units	EGGS
500 cc.	MILK
50 g.	BUTTER
6 units	APPLES (GRANNY SMITH)
n/a	SUGAR
n/a	BUTTER
n/a	RUM

PREPARATION:

Mix flour, salt, sugar, eggs and milk.

You can use a blender or a mixer.

Add melted butter at room temperature. Homogenize well the mix.

Let it rest for 2 hours in the refrigerator before use.

Slice a fine Julienne of green apple.

In a non-sticky fry pan, place a bit of butter. Place a metallic circular mold to give a neater form to the pancake, and pour the mix.

Put the apple slice on the pancake and pour again a bit more mass on top of the apples. Cook till the base browns. Carefully, remove the mold and turn the pancake upside down.

Prepare the necessary amount of pancakes, before starting the flambé.

Make a blond caramel in the fry pan, put the pancake, cook both sides so caramel impregnates. Make the flambé with rum.

Serve in a dish previously buttered so caramel won't stick.

It goes with a quenelle of ice cream or whipped cream.

Data**PANCAKES**

The idea of making a meal based on a flexible mass, is as old as bread. Those first rustic cakes evolved and became French crêpes, American pancakes, Mexican tortillas, Spanish hojuelas and Russian blini, among others.

SWEETS · DESSERTS

Strawberries with cream

Strawberries with cream are those desserts that relate to spring and whims. They come in big cups and everybody likes them. They are served alone or with a touch of some liquor wine

INGREDIENTS (for 8 portions)

500 g.	STRAWBERRIES
500 g.	CREAM
25 g.	ICING SUGAR
n/a	SUGAR
3 units	LIME JUICE

PREPARATION:

Cut very fine slices of strawberries, marinate them with sugar and lime juice.

Whip cream with icing sugar till getting the Chantilly cream.

Place the strawberry slices in circle and pour the juice detached till they are completely covered.

Make a quenelle of Chantilly cream and place it in the center of the circle.

Data

STRAWBERRIES

Strawberries, relatives of roses, grow in different regions of the country. They are one of the ingredients which America gave to the world. They were discovered at the beginning of the XVIII^o century, by a Breton navy officer, Antoine Frézier who take them to Europe from Chile.

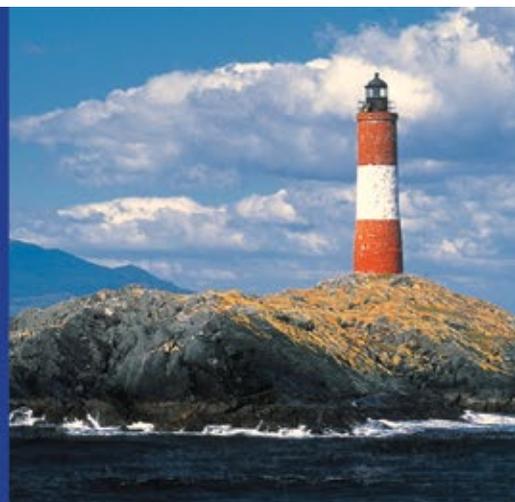






Patagonia Region

LA PAMPA
NEUQUÉN
RÍO NEGRO
CHUBUT
SANTA CRUZ
TIERRA DEL FUEGO



Patagonia is a corner of the planet where landscape talks for itself. From the huge desert lands, to the deep aged woods, with lakes derived from glaciers. From the endless oceanic coast, natural border of the desert, to that longwise line that the Andes mountains witness. It's unlimited to see and difficult to grasp with the rest of the senses, to arrive to this region -one of the most remote and beautiful of the planet- supposes to reach that desired destination by any one considered a traveler. Its flavors, of course, are according to what the landscape offers.

The meals of this zone are featured by the search of the identity and an invitation to pleasure. Its richness comes from the encounter between the products and recipes of the place with the ones were brought by immigrants. From that symbiosis, the cuisine from Patagonia is born. With what do we fill the Southern pots? In relation with meats, the lamb from Patagonia shows off -tender and with a delicious flavor- and others also appreciated as deer and wild boar, raised in half captivity guaranteeing an appropriate slaughter. They are eaten fresh or smoked in different preparations.

The infinite sea provides its own products: spider crabs, hakes, among others sea fruits, as the lagoon and river fishes, where the trout is the queen. Waters are another show by themselves and witness being one of the pure reservoirs of Humankind.

In the Andes strip of the region there are plenty of mushrooms. They emerge after the first rains of May and June, when they are collected fresh, to dry them afterwards. The baskets are completed with the so called fine fruits, wild or cultivated, another important thing from Patagonia. With them you can make sauce, sweets and liquors. Another outstanding product of the area is the Eglantine rose, which is found its place in the zone of the Andes-Patagonia. But if you talk about desserts, chocolate -even in summer- is the favorite and is made with recipes from Central Europe.

As the beverages, the handcrafted beer is taking its place. It is produced in small ventures rescuing the pureness of water as one of its essential ingredients. And as to wines, the surprise is big, because Neuquén and Rio Negro, and lately La Pampa have ventures which are taking a leading place in the national wine production. For all this things, Patagonia is one of those dreamy places for traveling.





APPETIZERS/FIRST COURSES/
HORS D'OEUVRE

PAG.

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- 260 · *Sheep cheese au gratin and sweet potatoes, with emulsion of prunes*

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- 264 · *Sirloin of wild boar, with red pork sausage, honey reduction, balsamic vinegar, taco's corn flour and pear chutney*
- 266 · *Sorrentinos filled with shrimp and sauce of roasted chili*
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- 270 · *Regional trout with morels pesto and Cordillera small potato (papa)*
- 272 · *Grilled choique, tart of oyster mushrooms and pine nuts, green salad and raspberry vinaigrette*
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- 284 · *Custard with sheep milk and different caramelized sorts of dried nuts*
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- 288 · *Mousse of two chocolates*
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**Patagonia
Region**

LA PAMPA
NEUQUEN
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APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Shrimp and razor clams skewer (brochette) grilled with onions and green chili

Ideal to eat with the South Atlantic landscape as a frame, this shrimp and razor clams skewers have two of the main ingredients of the tables of the region.



tips*

Put Wakame powder over shrimps to enhance their flavor.

INGREDIENTS (for 2 portions)

120 g.	SHRIMPS N° 1
25 g.	WAKAME SEAWEEDS
200 g.	RAZOR CLAMS
100 g.	ONIONS
50g.	GREEN CHILI
	BROCHETTE STICKS

PREPARATION:

Clean shrimps of their skins and reproductive organs. Wrap in wakame seaweeds previously hydrated and make three brochettes.

Make the onions and green chili sweat.

Cook the razor clams previously washed with their shell on a plate at very high heat.

Data**SHRIMPS**

The waters of Patagonia bring shrimps among other kinds of crustaceans of high quality. They are ideal for short cooking, as not to devalue the flavor of their delicate flesh.



APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Scallops with smoked paprika scent au gratin with scales of cheese and herbs bread

The bivalves of Patagonia are some of the most appreciated products by gourmets. The meaty scallops with smoked paprika scent are an ideal preparation.



**INGREDIENTS** (for 2 portions)

300 g.	SCALLOPS WITH VALVE
n/a	SMOKED PAPRIKA
30 g.	PARMESAN CHEESE
30 g.	BUTTER
30 g.	OREGANO, THYME, PASLEY
50 g.	BREAD CRUMBS

PREPARATION:

Make a paste with cheese, butter, herbs and bread crumbs.

Clean the scallops and add salt and pepper.

Season with olive oil and smoked paprika.

Cover with paste, cool down and au gratin in oven at 200°C.

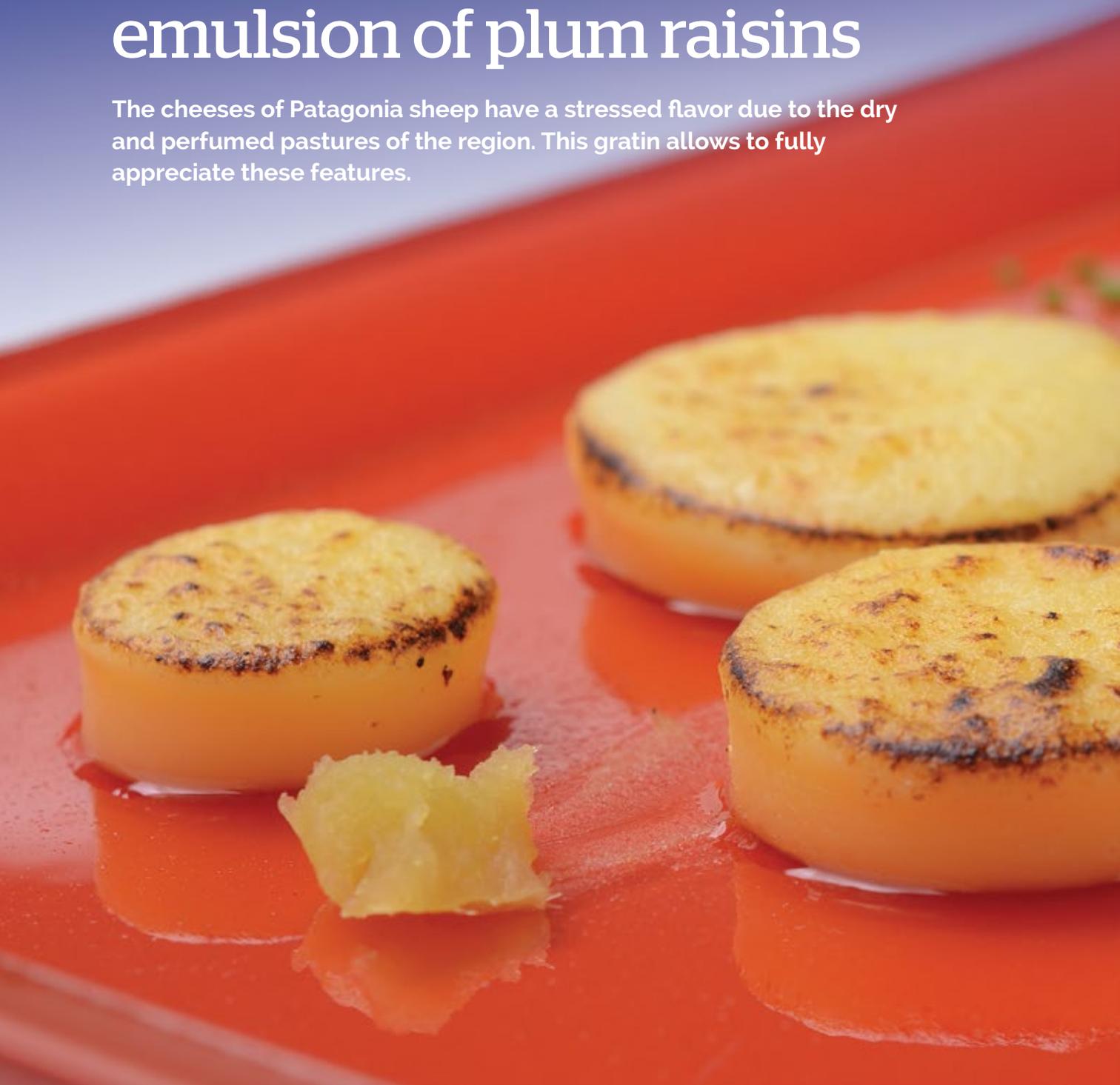
Data**SCALLOPS**

The scallops of Patagonia, "Zygochlamys patagonica", have a great size. They have an ivory or intense orange color and a flesh with delicate flavor, slightly sweet.

APPETIZERS · FIRST COURSES · HORS D'OEUVRE

Sheep cheese au gratin with sweet potatoes and emulsion of plum raisins

The cheeses of Patagonia sheep have a stressed flavor due to the dry and perfumed pastures of the region. This gratin allows to fully appreciate these features.



**INGREDIENTS** (for 2 portions)

150 g.	SHEEP CHEESE
100 g.	SWEET POTATOES
25 g.	BUTTER
25 cc.	BALSAMIC VINEGAR
50 cc.	OLIVE OIL
50 g.	PLUM RAISINS
0.01 g.	XANTAN RUBBER

PREPARATION:

Make a creamy sweet potatoes purée.
Make an emulsion with oil, balsamic vinegar, salt and pepper. Add xantan rubber and stabilize, chop the plum raisins and add to the emulsion.

Gratin

Cut slices and triangles of cheese and take them to the oven at 180°C. during some minutes.

Data**SHEEP CHEESE**

The milk from sheep competes with the one from cows. It's used in several preparations and different products are made of it, like yoghurt, and some kinds of cheese. They are produced of a very hard, granular and spicy paste, as well as more elastic and strong flavored. There also are half soft, natural and smoked.

SAVOURIES · MAIN COURSES

Roasted lamb in an iron barrel at a clay oven, on fennel jelly, poached egg an emulsion of potato with olive



tips*

The boxes of melted iron can be placed on fire and in ovens, and what is important when working with them is the care we must have of not to make abrupt temperature changes, nor to beat to avoid cracking.

The famous lamb from Patagonia, shines on this meal, roasted in an iron barrel, with the heat and flavor given by the firewood of the clay oven.



INGREDIENTS (for 4 portions)

400 g.	LAMB CHUCK WITH BONE
200 g.	FENNEL
100 g.	ONIONS
30 g.	GARLIC
2 small branches	THYME
200 cc.	WHITE WINE

POACHED EGG

1 unit	EGG
10 cc.	WHITE VINEGAR
200 cc.	WATER

POTATO EMULSION

50 g.	POTATOES
25 g.	MILK
50 cc.	OLIVE OIL
n/a	LAUREL
10 g.	GARLIC
n/a	SALT AND PEPPER

PREPARATION:

Pre heat the clay oven. Place on an iron box the fennel, onions, garlic and thyme. Over the vegetables place the lamb chuck, cover and introduce in the clay oven for some minutes till vegetables caramelize and the chuck seals.

Remove from oven and rise the soaking liquid with white wine. When alcohol evaporates cover again and take to the oven during 2 hours. Remove.

With the help of a mixer, make a jelly with fennel, garlic and onions. Pour milk and put potatoes in a pan. Cook till potatoes are tender.

Make a potato purée, mix the preparation and as it was a mayonnaise go making the emulsion with the olive oil. Put in a pan water and vinegar, stir the preparation and introduce the egg. Once the egg white is coagulated, remove and serve.

Data

LAMB

The lamb from Patagonia is one of the main meats of the region. It's tender and has a delicious flavor, same as the French "Pre-salé" and the Meager from the Middle East. The characteristic that won the prize is its nutrition based in herbs and a constant walk of animals, which generates low fat and a delicious flavor.

SAVOURIES · MAIN COURSES

Sirloin of wild boar with red pork sausage, honey and balsamic vinegar reduction, *polenta** taco and pear *chutney*

One of the game meats to eat is the wild boar. Its sirloin is tender and has more flavor with the red pork sausage and the sweet touch of honey.

* *polenta*: corn flour meal



Data

SIRLOIN OF WILD BOAR

The wild boar is a mammal whose breeding in Patagonia is of half captivity, as to guarantee an appropriate slaughter. It's eaten fresh or smoked, and also as cold meat. Its flesh is dark and lean. When the animal is young, the flesh is delicate and the flavor goes stressing with age. From the wild boar, everything is used, including the leather, but the sirloin is the best.

INGREDIENTS (for 2 portions)

300 g.	SIRLOIN WILD BOAR
50 g.	RED PORK SAUSAGE
50 g.	SLICED WHITE BREAD
25 g.	BUTTER

HONEY AND BALSAMIC VINEGAR REDUCTION

50 g.	HONEY
100 cc.	BALSAMIC VINEGAR

POLENTA TACO

100 g.	POLENTA (CORN FLOUR)
50 g.	PARMESAN CHEESE
100 cc.	MILK

PEAR CHUTNEY

100 g.	PEARS
n/a	SPICY DRY CHILI
50 g.	ONIONS
1 unit	CLOVE
1 small branch	CINNAMON
60 g.	BROWN SUGAR
50 cc.	WINE ROSÉ

PREPARATION:

Red pork sausage garnish

Mix bread crumbs with butter and red pork sausage powder. Place on foylex paper and press till getting the appropriate size. Cool it and then slice it with the sirloin shape.

Pear Chutney

Take off the onions liquid. Cut pears in small cubes and add to the preparation. Add sugar, chili, clove and cinnamon. Rise with wine and let it reduce till getting the chutney.

Polenta taco

Heat milk till it boils. Put polenta, keeping stirring, remove from heat and add the Parmesan cheese. Place it on a mold and cool down. Then unmold and grill at the time of serving.

Seal the sirloin, add salt and pepper cook in oven at 200°C. during 3 minutes, remove and place over the sirloin the red pork sausage garnish. Cook 2 more minutes, remove and let the meat rest.

SAVOURIES · MAIN COURSES

Sorrentinos stuffed with shrimp with sauce of roasted chili

The Patagonia shrimps, as well as those from Chubut, give life to these sorrentinos, served with a sauce of roasted chili.





INGREDIENTS (for 2 portions)

MASS

150 g.	FLOUR
2 units	EGGS

STUFFING

200 g.	SHRIMP
30 g.	PUMPKIN PURÉE
10 g.	RED CHILI
10 g.	GREEN CHILI
20 g.	ONION
c/n	THYME

CHILI SAUCE

100 g.	CHILI
5 g.	GLUCOSE
5 cc.	VINEGAR
100 cc.	VEGETABLES BROTH

n/a	SALT AND PEPPER
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PREPARATION:

Make a paste with flour and eggs. Stretch and save covered with a moist cloth. Take the liquid from the onions and chili, add shrimps and cook.

In a bowl, put this preparation together with the squash purée and thyme. Process slightly, leaving remains. Make sorrentinos.

Chili sauce

Burn chili with fire, add the broth and process. Put the preparation in a pan and add glucose and vinegar. Let it boil.

Data

SHRIMPS

The shrimps of Patagonia are special crustaceous developed in an environment free from contamination, which makes its flesh very appreciated. Of several sizes, with a slight cooking they are delicious.

SAVOURIES · MAIN COURSES

Black hake loin grilled with vegetables and grilled garden vegetables and *chimichurri* of citrus

The coasts of Patagonia offer to the world the black hake, one of the queens of the southern seas. Its grilled loin goes very well with the chimichurri of citrus.



tips*

It is advisable to flour fatty fishes like the black hake, in order to protect them from temperature and that this fat won't burn, getting a bitter flavor. Do not make abrupt temperature changes, nor beat, to avoid cracking.

INGREDIENTS (for 2 portions)

300 g.	BLACK HAKE
n/a	FLOUR
100 g.	SQUASH
60 g.	CHERRY TOMATO
20 g.	PORTOBELLO MUSHROOMS
20 g.	CHAMPIGNON MUSHROOMS
100 g.	POTATO
60 g.	ZUCHINI
60 g.	MINI LEEKS
10 cc.	BALSAMIC VINEGAR
n/a	THYME
n/a	SALT, PEPPER AND OLIVE OIL

PREPARATION:

Put salt and pepper on the black hake and flour. Remove the excess of flour and seal on a grill till getting doneness. Put thyme on the hake's slab and add balsamic vinegar. If necessary take to oven at 200°C.

Whiten the potatoes and squashes till they are tender. Then display on grill with the rest of the vegetables and brown.

Data**BLACK HAKE**

With a skin darker than the usual ones, their loins are meaty, almost like mother pearly. They are tasty and of a special texture, and require very few cooking to keep their qualities.



SAVOURIES · MAIN COURSES

Regional trout with morels pesto and *cordillera* small potatoes

at the region's lakes, there are a lot of different trout, of pinky flesh and very tasty. In this case it's prepared with another star ingredient from Patagonia; morels pesto.





INGREDIENTS (for 2 portions)

300 g.	TROUT FROM LAKE MUSTER
n/a	FLOUR
50 g.	BASIL
50 g.	PARSLEY
2 cloves	GARLIC
1 unit	LEMON
100 cc.	OLIVE OIL
150 g.	SMALL POTATOES (PAPINES) FROM CORDILLERA
n/a	PAPRIKA
6 units	MORELS
1 unit	TEA OF EGLANTINE ROSE

PREPARATION:

Clean and remove spines from the trout. Cut in pieces the filet. Add salt and pepper and flour the preparations. Cook on the side of the skin and then turn the filet till getting doneness.

Morels Pesto

Place on a bowl garlic, parsley, basil, lemon and zest, and process together with the juice of this citrus and olive oil. Add the morels previously hydrated in a tea of eglantine rose (rosa mosqueta). Save.

Small potatoes

Whiten papines. Brown in a frying pan and add paprika.

Data

LAKE TROUT

The "Oncorhynchus mykiss", best known as Rainbow trout, is one of the queens of the lakes and rivers of Patagonia, It stands out for their beautiful tones and it has a flesh of a salmon color. It has a soft taste, but well-defined, which distinguish them from the rest of the fishes. It is ideal to eat raw, grilled, smoked and "rare done". It is important not to exceed the doneness, to be able to fully appreciate its flavor, color and texture.

SAVOURIES · MAIN COURSES

Grilled *choique* tart of oyster mushrooms and pine nuts, green salad and raspberry french dressing

This bird of dark flesh and stressed flavor is offered with a delicious garnish: a tart of oyster mushrooms and pine nuts, two products that are very local. A very unusual and surprising proposal from Patagonia.



tips*

The choique picaña is a cut recommended to eat juicy, because, beyond that point it stiffens and dries.

INGREDIENTS (for 2 portions)

300 g. PICAÑA OF CHOIQUE (TOP RUMP CAP)

TART OF OYSTER MUSHROOMS

100 g. PUFF PASTRY
 100 g. OYSTER MUSHROOMS
 10 g. PARSLEY
 50 g. PINE NUTS OF ARAUCARIA (NATIVE TREE)

GREEN SALAD

50 g. ARAGULA
 50 g. WATERCRESS
 50 g. RADISH
 50 g. CELERY

RASPBERRY FRENCH DRESSING (VINAIGRETTE)

50 cc. OIL
 20 cc. WINE VINEGAR
 30 g. FRESH RASPBERRIES

PREPARATION:

Cut picaña in little beefs, add salt and pepper, and seal in a grill until getting them juicy.

Tart

Bake a cap of puff pastry of 6 cm. of diameter and on top place the oyster mushrooms sauté with garlic, parsley and lemon.

Green salad

Wash the green leaves, cut garlic and put them in water with ice.

Raspberries French dressing

Make a vinaigrette and process with a mixer together with the raspberries.

Data**CHOIQUE**

The choique, a small ostrich, is known as "flat beak". It's a native runner bird which usually is 1 meter high. It is on danger of extinction due to the search for its skin and feathers. It develops in breeding places to be able to use its flesh of low cholesterol.



SAVOURIES · MAIN COURSES

Guanaco casserole in country bread with *chicharrones* of bacon

The guanaco casserole is an excellent option to enjoy this meat which although native, is very well known. The country bread with chicharrones (pork rind) of bacon on top, goes fine with this course.



**INGREDIENTS (for 3 portions)**

400 g.	GUANACO PULP
100 g.	ONIONS
50 g.	CARROTS
50 g.	CELERY
50 g.	LEEKS
n/a	LAUREL
200 cc.	RED WINE

COUNTRY BREAD WITH CHICHARRONES

50 g.	SALTY BACON
300 g.	FLOUR
10 g.	SALT
50 g.	COW FAT
25 g.	YEAST
200 cc.	WATER
5 g.	SUGAR

PREPARATION:

Take the liquid off vegetables, cut in Brunoise in a casserole. Add the guanaco meat sliced in cubes and brown.

Deglaze the pan with red wine. Add laurel, cover and cook till getting a tender meat.

Country bread with chicharrones

Make a crown with flour and salt.

Prepare a ferment with yeast, tepid water, sugar and a bit of flour. Put it in a warm place and let it rest till getting a sponge. Place it in the crown's center and make a mass with the rest of the water.

Let it leaven, degas and make a bun. Let the mass rest till it doubles its size and bake in oven at 180°C. during 30 minutes approximately.

Cool down and crumble.

Place the casserole inside and serve.

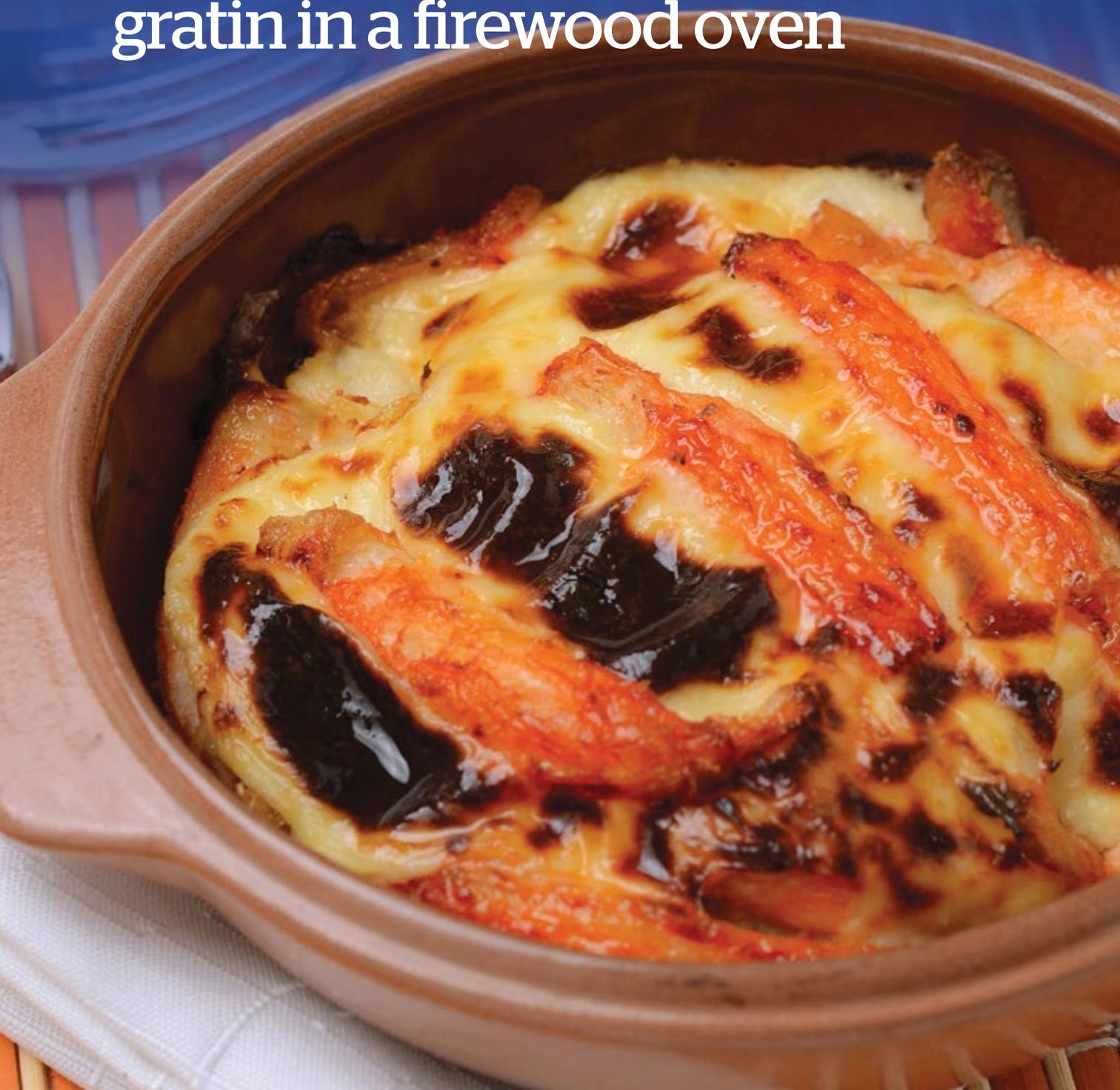
Data**GUANACO**

The guanaco, whose name comes from the Quechua word "wanaku", is a native mammal from the continent and nowadays in several Argentine provinces it's consumed is promoted. Its meat has low cholesterol and is very tasty.

SAVOURIES · MAIN COURSES

Spider-crab

boiled in broth of three
vegetables and potatoes au
gratin in a firewood oven



Spider-crab is one of those products you must taste if you visit this area. In this preparation it is boiled in a three vegetables broth. A delicatessen to go with a Sauvignon Blanc wine.

INGREDIENTS (for 2 portions)

300 g.	FRESH SPIDER-CRAB RAW LEG
50 g.	CELERY
50 g.	LEEKs
100 g.	ONIONS
n/a	LAUREL
1 unit	LEMON

POTATOES AU GRATIN

200 g.	POTATOES
100 g.	REGIANO CHEESE

PAPRIKA OIL

n/a	PAPRIKA
30 cc.	OLIVE OIL

20 g. THYME, ROSEMARY, FRESH OREGANO

PREPARATION:

Place on a pan water, vegetables cut in Brunoise, laurel and lemon juice.

Boil and when it's done, low heat at minimum. Place the king spider crab and cook till they are very juicy. Save.

Potatoes au gratin

Wash the potatoes well and whiten them whole. The cut in slices, mix them with herbs, garlic and lemon zest, then au gratin with cheese on top.

Make a paprika oil.

tips*

*The spider crab meat is very delicate and must be handled softly.
Cook at low temperature of 80°C.*

Data

SPIDER-CRAB

The spider crab is one of the famous crustaceans from Patagonia, especially from the Tierra del Fuego province. The meat we find below its shell, as well as its sticks, is delicious. It's ideal to taste in meals without very substantial sauces, as not to darken its flavor.

SAVOURIES · MAIN COURSES

Deer

on bread crust and spices,
cured garlic purée and
roasted tomatoes compote



The deer from Patagonia is prepared in different ways. In this case, is served with a bread crust and spices. It's a meal that greatly combines with a Pinot Noir wine of the region.

INGREDIENTS (for 2 portions)

300 g. DEER LOIN

BREAD CRUST

50 g. WHITE BREAD
 50 g. BUTTER
 n/a GRINDED CHILI
 n/a PAPRIKA
 n/a NUTMEG
 n/a MERKEN (CHILI)
 50 g. PARSLEY
 1 units LEMON

GARLIC PURÉE

2 bulbs GARLIC
 200 g. POTATOES

TOMATOES COMPOTE

200g. CHERRY TOMATOES
 60 g. BLONDE SUGAR CANE
 50 cc. BALSAMIC VINEGAR

PREPARATION:

Clean the aponeurosis (membrane) and the rest of the wastage.

Seal in a fry pan, put salt and pepper and save.

Make a crust with bread, butter and spices.

Place the loin in an oven pre heated at 200°C. during 5 minutes; remove and put the crust. Cook 2 more minutes, remove and rest.

Cured garlic purée

Roast the garlic bulbs and mix with smashed potatoes previously sieved till getting a very smooth texture.

Roasted tomatoes compote

Remove the tomato's seeds and the skin. Slice in cubes and save.

Put blonde sugar in a pan together with tomato, vinegar, garlic and thyme.

Cook at very low heat till obtaining the compote.

Data

DEER

Deer lives in half captivity, in great extensions of Patagonia. They eat basically grass, which produce more tender cuts and a softer flavor than the wild animals. The smoked cuts, in paste or marinated are looked for.

SAVOURIES · MAIN COURSES

Soup of pine mushrooms and baked squash crumbs with eggs *mollet*

The pine mushrooms are the base of this soup, an ideal meal for fresh days and nights which are characteristic of Patagonia.





INGREDIENTS (for 2 portions)

50 g.	PINE MUSHROOMS
100 g.	ONIONS
100 cc.	VEGETABLES BROTH
50 cc.	HEAVY CREAM
50 g.	SQUASH
1 unit	EGG
n/a	LAUREL
	SALT CRYSTALS

PREPARATION:

Cut onion in very fine sticks and take the liquid from it. Add mushrooms previously hydrated in tea, laurel and the vegetables broth. Boil, remove from heat and process. Add the cream and cook till the soup gets the desired texture. If necessary use a strainer with a fine net.

Salt and pepper as desired. Serve.

Baked squash crumbs

Cut small cubes of pumpkin and whiten in hot water with salt. Cool in an inverse bain Marie.

Make a blow to give color and heat in oven.

Mollet egg (soft boiled)

Cook egg for 3 minutes from boiling. Peel and in the presentation add salt crystals.

Data

PINE MUSHROOMS

The mushrooms of this area spring after the first rains of May and June when they are collected fresh to dry them afterwards. Those from pines, meaty and tasty, have achieved to reproduce in other zones. It doesn't happen so with the famous morels, very looked for by gourmets, which grow at the cypress foot and are only from Patagonia.

SWEETS · DESSERTS

Blueberries and raspberries waffles with toasted hazelnuts and natural yogur



tips*

Once cooked place them piled in a tray so they won't cool, and leave them in a warm place

For breakfast or dessert, waffles with red fruits from Patagonia show off the region's pastry.

INGREDIENTS (for 3 portions)

1 cup	FLOUR 0000 (or the one you can get)
1 pinch	SALT
1 teaspoon	BAKING POWDER
25 g.	SUGAR
1/2 cup	YOLK
30 g.	MELTED BUTTER
1/2 cup	MILK
1 unit	EGG WHITES
1/2 spoonful	SUGAR
1 teaspoon	VANILLA
1 teaspoon	LEMON ZEST
100 g.	NATURAL YOGUR

PREPARATION:

Sieve flour, salt, baking powder and sugar.
On other side, mix yolks, melted butter and milk.
Mix the dry ingredients with the liquid ones. Add vanilla and the lemon zest.

On other hand, whip egg whites, together with stiffed sugar and add in a wrapping form the previous preparation.

Heat the waffle plate and put a bit of the mass on the center of it, always in small quantity.
Let it spread through all the plate, with the help, if necessary of the curved part of a spoon.

Data

FINE FRUIT

The wild or cultivated fine fruits are consumed fresh or as the base of sauces, sweets and liquors. Among the most common there are the raspberries, of the roses family, and the redcurrants also black or white. The boysenberries are a mix of blackberries and blueberries.



SWEETS · DESSERTS

Custard with sheep milk and caramel coated dry fruits

There are many ways of preparing a custard and in this region shows of the one made with sheep milk. Its creamy texture makes a contrast with the force of the caramel coated dry fruits.

INGREDIENTS (for 2 portions)

100 cc.	SHEEP MILK
1 unit	EGG
50 g.	BROWN SUGAR
10 g.	DRY FRUITS

PREPARATION:

Place eggs and half of the brown sugar in a bowl and whip with a whisk. Save. Heat milk in a pan and when boiled, remove from fire. Let it rest for 20-30 seconds and add little by little to the bowl, always whipping. Caramelize the rest of the brown sugar in a fry pan at a soft heat. Distribute fruits in four custards and add the caramel. Cover with the previous mix and place custards in a tray fit for a bain Marie. Bake at 150°C. during 40-45 minutes.

tips*

You have to take care that this water does not boil, because if so, the custard will be full of holes.

Data

PINE KERNELS

The pine kernels are dry fruits typical from the area, of Pehuén and Araucaria. The Indians considered it a sacred tree and worshiped it. To eat, they must be heated in a fry pan or in oven till they explode, and then peel them to consume. With them also chauí is made (a ferment beverage) and a very nutritious flour.



SWEETS · DESSERTS

Wales cake

Tea time in Gaiman is, since many years ago, sacred. The ceremony is not complete without a Wales cake. The typical pastry, symbol of this area of Chubut province.



tips*

If mass is a little dry, you can moisten adding some burned sugar solved in hot water.

**INGREDIENTS** (for 4 portions)

1 cup to the top	WHITE FLOUR
½ cup	BROWN SUGAR
½ cup	BUTTER
¾ cup	RAISINS WITHOUT SEEDS
¾ cup	SULTAN RAISINS
¾ cup	CRYSTALLIZED FRUITS
½ cup	CHOPPED NUTS
½ cup	RUM
1 unit	EGG
1 teaspoon	BAKING POWDER
¼ teaspoon	SODIUM BICARBONATE
¼ teaspoon	SALT
¼ teaspoon	CINNAMON
¼ teaspoon	NUTMEG
¼ teaspoon	GINGER

PREPARATION:**First day**

Cut the fruit, nuts and sultan raisins in little pieces. Put in a bowl and pour rum on top. Leave so until next day. In another bowl mix flour, salt, brown sugar, cinnamon, nutmeg and ginger. Add butter rubbing with the fingertips. Let it rest until next day.

Second day

Start adding the baking powder to the flour mix. Then add the fruit that was in the rum. Embed. Put sodium bicarbonate in a cup and add a bit of boiled milk. Add to the previous preparation. Then add the egg.

Cook in a preheated oven at 180°C. during one hour approximately.

Data**WALES CAKE**

The Wales cake is one of the examples of the integration of immigration flavors to the Patagonia cuisine, in this case of Welsh settlers. Known as black cake, the first recipes came to Chubut in 1865. Due to honey and brown sugar it's conserved for a long time. It also has dry and dried fruits, and it is traditional to eat at tea time.

SWEETS · DESSERTS

Mousse of two chocolates

A mousse of two chocolates is the ideal final touch of a dinner at the coast of any lake of Patagonia, in a fresh southern night.



**INGREDIENTS** (for 4 portions)

6 units	YOLKS
200 g.	SUGAR
180 g.	MILK CHOCOLATE
180 g.	BITTERSWEET CHOCOLATE
350 g.	CREAM
50 g.	FRESH RED FRUITS, BLACKCURRANTS, BLACKBERRIES, RASPBERRIES
50 g.	VANILLA BISCUIT

PREPARATION:

Whip yolks with half the sugar and with the other half and water make a syrup at 120°C. and add to the previous preparation. Separate in equal parts and save.

Melt at bain Marie both chocolates separately and add to the previous preparation.

Whip cream at midpoint and add with wrapping movements the two chocolates and save.

Make biscuit crumbs and on top put a quenelle of each chocolate mousse.

Data**CHOCOLATE**

Chocolate -even in summer- is the favorite of the visitors of Patagonia, who eat it in many ways: in cup, in brunch or in the classic bars with Central Europe recipes.

SWEETS · DESSERTS

Warm cheesecake with honey pastry and caulker sauce

Patagonia invites for the gourmand rests. In one of those pauses, the warm cheesecake with caulker sauce is ideal to regain physical energy.



**INGREDIENTS (for 6 portions)**

40 g.	CREAM BUTTER
90 g.	ICING SUGAR
45 g.	FLOUR
3 units	EGGS
1 unit	YOLK
120 g.	CREAM
260 g.	WHITE CHEESE
1 unit	LEMON ZEST
80 g.	CULKER MARMALADE

MASS

120 g.	CHOCOLATE COOKIES
60 g.	MELTED BUTTER
65 g.	HONEY

PREPARATION:

Process cookies, mix with sugar and melted butter. Place on a mold, buttered and floured. Whip the cream butter with sugar making a cream. Add the egg and yolk. Add the white cheese, cream and the lemon zest. Finally, add flour like a spray. Pour the mix on the mold with cookies.

Bake at bain Marie directly in oven at 160°C. during 1 hour; let cool down and unmold. Coat with caulker marmalade, and if necessary, lighten it with a bit of syrup.

Data**MILK AND CAULKER**

The caulker comes from the berberis, native bushes of Patagonia, which has a very important rol. Due to its thorns and the structure of its plants it is resilient to the over grazing, it becomes a shrub and stops the soil erosion. Also, they are an excellent protection barrier against the winds of Patagonia.

The fruits have a bluish black color. Meaty, juicy and of a bittersweet flavor, it's eaten fresh or in different preparations, like sweets, jellies, syrups, ice creams and liquors. Bees travel through earth and give their noble product. Wherever they go, each one of the drops they produce have a special flavor. In Patagonia, among the ones that stand out, there is the original from Puerto Madryn, which combines the honey from various flowers with the fruits of the zone.

REGIONAL REPRESENTATIVES



CHEF SOLEDAD NARDELLI / **City of Buenos Aires Region**

Born in Buenos Aires, she made an internship in restaurants of touristic centers, as she progressed in her career. In Spain and France, she acquired a varied knowledge which she achieved to apply in all her jobs. In 2009, she started to conduct a TV. program in channel "El gourmet". She is also one of the founders of the group of cooks Young Argentina Gastronomy. Part of her staff also collaborated: Milton Fragozo Iglesias, Luciano Vásquez and Ana Silvina Irie.



CHEF ANA PAULA GUTIERREZ / **Cuyo Region**

She made a degree in Gastronomy Management in the Aconcagua University and specialized in regional cuisine of Cuyo. Then, she graduated in Sustained Patrimony and Tourism UNESCO chair. She made national and international trainings and seminars. She worked in the Ministry of Tourism making workshops of gastronomy identity and participated in the launching of the Gastronomy Route of the province of Mendoza. Also, she made gastronomy shows of Argentina cuisine in several countries of Latin America.



CHEF GUILLERMO BASTIDA / **Province of Buenos Aires Region**

He studied in the School of Hotel and Gastronomy of the city of Mar del Plata and defines himself as a cook who values "The simple cooking caring for the products, using the season's fresh raw materials searching the combination of flavors and achieving harmony in each meal, without distorting the essence of it". He acquired experience traveling in countries of Latin America and Europe, where he worked in restaurants like the Girasol of Moraira in Spain, acknowledged as a two stars Michelin. Today he works as Executive Chef of the Alpe group of Mar del Plata.



CHEF LUCIANO NANNI / **NEA - Littoral Region**

His restaurant in Rosario was one of the firsts in the country to apply the vacuum cuisine. He participated of the gastronomy congress "Madrid Fusión", representing Argentina for the first time. He is a founding member of the Foundation Rosario Cuisine Ideas and Director of the School of the Hotel and Restaurants and Related Business Association of the city of Rosario. He was nominated "Distinguished Cook" by the Rosario City Hall for his solidarity work with the RCI (Rosario Cuisine Ideas). He is General Coordinator of the Regional Tournament Rosario Chefs and part of the team of training of FEHGRA.



CHEF ANDRÉS CHAIJALE / **Center Region**

With a strong artistic background, he posed in his courses a focus which doesn't leave other arts apart. For example, before presenting a meal in his cooking, he designs it with paper and pencil. He devoted many years of his professional life to teach. His cooking features for being "simple" and "sincere", and says that "regions and their traditions have always been the backbone" of meals. With professional practices in America and Europe, today his works as consultant and is one of the responsible of the restaurant Cruz de los Vientos, of the Quorum Hotel of Córdoba city.



CHEF PABLO SOTO / **Patagonia Region**

Born and raised in the city of Comodoro Rivadavia, he graduated as Technician in Gastronomy in the ISGH of Patagonia (Superior Institute of Hotels and Gastronomy). He started at the Austral Hotel, where he got the position of executive chef, always heading to the search of a gastronomy identity. He was jury at the National Chef Tournament, he gives master classes in festivals of gastronomy of Patagonia region and is one of the founders of the group CHUCARO (Chubut Argentine Origin Cuisine), integrated by cooks from all the province with the aim of developing a particular gastronomy.



CHEF MARCOS GONZÁLEZ / **Northwest Region**

He is a professional confectioner, graduated in 2006 in the Argentine Institute of Gastronomy, and he became a professional chef in the National Institute of Technological Education. He participated in several seminar related with the gastronomy of the Andes. He is in charge of a catering enterprise and gained several prizes in gastronomy contests made by the Secretariat of Tourism of the province of Salta. Also, he was chef in several ventures and has a segment in the TV. program "Mañanas Informales", of channel 9 of Salta.

STAFF

PATISSIERE ROSI BAIARDI

Born in a family of confectioners, she was interested in the area studying several cultures. She improved in the country and abroad. She participated as jury of several tournaments, and she has been for 20 years, a confectionary teacher.



CHEF GUADALUPE MENDOZA

Raised in the city of Monte Hermoso in the province of Buenos Aires, she studied gastronomy and developed her first steps in the city of Bahía Blanca. Settled in city of Bariloche, she achieved distinctions in the National Tournaments of Chefs. In 2011 she was part of the Argentine Brigade of Chefs of FEHGRA for the promotion of Argentine gastronomy in the frame of the FITUR (International Tourism Fair) in Madrid. Today she works in the Superior Institute of Hotel and Restaurants Training, that belongs to Association of Hotels, Restaurants, Bars and Cafes of the city of Buenos Aires.



CHEF FEDERICO SUAREZ

Born in the city of Bragado, province of Buenos Aires, since young he was interested in country cuisine. He studied as a Technician in Gastronomy in the city of Buenos Aires. He worked as cook in several restaurants in his home town and in Buenos Aires. He collaborated with FEHGRA to accomplish engagements of the promotion of the tourism and gastronomy of Argentina. Today he is chef in several ventures.



COORDINATORS



CHEF MANUEL AUSEJO / Gastronomy Coordinator

He started professionally in the gastronomy activity in Buenos Aires. In 2000 he got the certified International Degree of Spanish cuisine and the homologue Diploma of Handling of High Risk Food of the European Union. He worked in several enterprises like the "Restaurant of the Guggenheim Museum" in Bilbao, Spain. Since 2004, in Argentina, he entered in the gastronomy development of the "Quebrada de Humahuaca", in Jujuy province, as cultural patrimony of UNESCO. In 2009, he achieved the leading position in the National Tournament of Chefs and in 2013 he was invited to give a class in the "Madrid Fusión 2013".



JORGE LÓPEZ CORTÉS / Technical Coordinator

Since 2007, he is advisor and Director of the Integral Project of Regional Hotel and Restaurants Development FEHGRA and its Affiliates. Today, he also is Coordinator of the Department Training and Professional Education of the entity, whose work is to give more than 300 courses each year in the 63 affiliates of the federal net, and to offer required technical assistance to the rest of the departments of FEHGRA. He was advisor of the marketing plan of Gastronomy and Tourism developed by the Ministry of Tourism of the Nation.



DEPARTAMENT OF TOURISM / General Coordination

The department was in charge of the coordination and development, although the field work and the monitoring was made by Mario Wisner, province of Buenos Aires and Juan Lucero, NOA. Also participated its responsible, Fernando Desbats and the regional representatives, Leonardo Baguette, Carlos Gutiérrez and Gabriela Akrabian of the city of Buenos Aires; Laura Rivera and Cristina Oddone, Middle of the country region; Horacio Guazoni, Cuyo; Alica Puntin and Graciela Franco, NEA region; Florencia Landivar, NOA region; Vicente Bua, Patagonia; Marcelo Fredes and Silvio Rausenberger, province of Buenos Aires. As collaborators, the Executive Director Karina Perticone, and Johanna Campagnoli and Jordi Busquets, advisor of the Department.

GENERAL INDEX

Northwest Region

APPETIZERS

- 16. Empanadas with knife sliced meat
- 18. Meat in long boiling with locro juice
- 20. Humita in pot with cheese au gratin and llajwa

SAVOURIES

- 22. Goat on salt shell with steamed vegetables and paprika oil
- 24. Fried Dorado (fish) with beans and poached egg
- 26. Grilled trout with butter of molle pepper and humita custard
- 28. Charqui stew in casserole of capia corn flour
- 30. Lama pink loin, llajwa and quinoa rice
- 32. Chicken picquant
- 34. Viscacha meat paté in pastry
- 36. Roll of Silverside fish with purple corn flour sauce with pumpkin cream
- 38. Chanfaina (rice with meat) with squash bread and humita
- 40. Baked lamb paws, string beans and small potatoes boiled in charqui juice and basil oil

SWEETS

- 42. Goat cheese cake with tuna (cactus fruit) in syrup
- 44. Cayote in syrup with nut iced cream
- 46. Alfajor of carob tree flour filled with burned figs
- 48. Bolanchao with lemon cream and Torrontés reduction
- 50. Ice cream of molasses nougat

NEA-Littoral Region

APPETIZERS

- 56. Chipá skewers and sweetened tomatoes
- 58. Surubí sticks with milky mayonnaise and browned garlic
- 60. Misiones table board: “reviro”, boga (fish) manioc cake, and “chimichurri” (barbecue sauce)

SAVOURIES

- 62. Surubí with arugula and vegetables sauté
- 64. Boga au gratin, onion in caramel, semi-sweetened tomato, crispy cheese rings, with little green salad, manioc sauté and melissa emulsion.
- 66. Lamb of Federación marinated in herbs, with eggplant compote, sweet red pepper and onion and burgul wheat
- 68. Yatay pork bondiola (shoulder)
- 70. Manioc pie and country cheese
- 72. Mbaypi chicken
- 74. Sweetened rabbit with creamy corn and cuartirolo cheese
- 76. Holupchi - stuffed cabbage leaves (niños envueltos)
- 78. Gnocchi of milk with Pecan nut crunch and parmesan cheese
- 80. Grilled pacú fish with crunchy potatoes with fresh herbs and roasted lemons sauce.

SWEETS

- 82. Cupcakes filled with quince in syrup
- 84. Bread pudding and oranges with yerba mate granita.
- 86. Wet cake of honey and Yacaratiá
- 88. Kinoto and cardamom mousse in chocolate trelliswork with capsule of curaçao of kiwi and peach
- 90. Tart of Pecan nut and honey with Melissa ice cream

Cuyo Region

APPETIZERS

- 96. Empanadas from Cuyo
- 98. Sopaipillas with olives paste and dried tomatoes
- 100. Raw ham with black olives compote with goat cheese crunch

SAVOURIES

- 102. Mass meat with roasted chili
- 104. Roasted goat chuck with cooking juice and chili and black olives salad
- 106. Goat rib with sweet potatoes emulsion, rosemary and olive oil
- 108. Provoleta of goat cheese marinated in grape oil and beet purée
- 110. Tomaticán from Cuyo
- 112. Three chili pudding with green and green olives salad
- 114. Classic chanfaina part by part
- 116. Kidneys with white wine with crushed and baked charqui
- 118. Sorrentinos of smoked trout with maize sauce and raisins chips
- 120. Tail of rump with black olives crunch and red wine sauce; with vegetables wrapped in grapevine leaves

SWEETS

- 122. Cold tart of grapes
- 124. Plum small grains with chocolate crunch
- 126. Cheese and quince with Malbec reduction
- 128. Nut bonbons
- 130. Fruits compote

Center Region

APPETIZERS

- 136. Cold salad with chesses on maize crunch
- 138. Salami skewers, roasted chili and olive oil
- 140. Toasted bread and viscacha brine

SAVOURIES

- 142. Roasted goat kid with maize pudding
- 144. Pork belly with honey reduction, peperina scent and fresh green salad
- 146. Tender cow rib with native sauce and fresh corn
- 148. Cold viscacha roll, chimichurri from the sierras and watercress salad

- 150. Mille-feuilles of potato, scallions and cream in saffron broth
- 152. Bondiola with mixed peanuts and smoked bacon with sliced potatoes
- 154. Pie of maize and cheese
- 156. Rolled pork stuffed with roasted quinces and spiced sweet potatoes purée
- 158. Classic Choripán (grilled sausages between two slices of bread) with traditional sour pickles and their sauces
- 160. Hen locro (Perico Vicente)

SWEETS

- 162. Alfajores of fruits marmalades
- 164. Wet honey cake with ice cream
- 166. Ice cream of peanut nougat
- 168. Different snacks
- 170. Pudding of nuts with peanut praline

Province of Buenos Aires Region

APPETIZERS

- 176. Cheese and sausages board
- 178. Fried squid rings (rabas a la Romana)
- 180. Browned sweetbreads with Hesperidina (appetizer beverage) red onions and carrots and summer squash au gratin

SAVOURIES

- 182. Grilled barbecue cross or grilled
- 184. Grouper-fish with potato scales, almond cream and fresh scallions
- 186. Baked bondiola roasted with vegetables and cooking sauce.
- 188. Chicken supreme "a la pastora"
- 190. Coast seafood in casserole
- 192. Ricotta and spinach ravioli in three tomatoes sauce
- 194. Black rice with clams broth
- 196. Tail and entrails casserole our own way
- 198. Grilled veal loin with three sauces (native (criolla), Provence and chimichurri) and arugula, cherry tomatoes and gruyere cheese in threads salad
- 200. Grilled pacú on endives with native sauce

SWEETS

- 202. Traditional handcrafted sweet bread
- 204. Traditional rice pudding
- 206. Dulce de leche alfajor
- 208. Classic and renewed "Dom Pedro" ice cream
- 210. Homemade bread pudding with nuts and sweet potatoes candy

City of Buenos Aires Region

APPETIZERS

- 216. Skewer of provoleta and sweetened tomato
- 218. Roasted potato with red pork sausage, onions and egg
- 220. Big toasted bread, raw ham, chili and roasted eggplants

SAVOURIES

- 222. Scrambled eggs (Gramajo)
- 224. Maryland chicken supreme

- 226. Stuffed rolled beef (matambre) with Russian salad
- 228. Hen stew
- 230. Beef sausage with French fries
- 232. Lentil stew
- 234. Bolognese noodles
- 236. Half-mass dough or molded pizza
- 238. Hake filet Roman
- 240. Chicken of Provence with Spanish potatoes

SWEETS

- 242. Mixed custard with cream and dulce de leche
- 244. Melba ice cream
- 246. Vigilante dessert
- 248. Pancake burned with rum
- 250. Strawberries with cream

Patagonia Region

APPETIZERS

- 256. Shrimp skewer (brochette) and grilled razor clams with onions and green chili
- 258. Scallops with smoked paprika scent, au gratin with scales of cheese and herbs bread.
- 260. Sheep cheese au gratin and sweet potatoes, with emulsion of prunes

SAVOURIES

- 262. Roasted lamb in an iron barrel clay oven, on fennel jelly, poached egg and emulsion of potato with olive
- 264. Sirloin of wild boar, with red pork sausage, honey reduction, balsamic vinegar, taco's corn flour and pear chutney
- 266. Sorrentinos filled with shrimp and sauce of roasted chili
- 268. Grilled black hake loin with vegetables and grilled garden vegetables and chimichurri of citrus
- 270. Regional trout with morels pesto and Cordillera small potato (papín)
- 272. Grilled choique, tart of oyster mushrooms and pine nuts, green salad and raspberry vinaigrette
- 274. Guanaco casserole in country bread with bacon scratching (chicharrón)
- 276. Spider-crab boiled in broth of three vegetables and potatoes au gratin in an firewood oven
- 278. Deer on bread crust (croute) and spices, smashed cured
- 280. garlic and roasted tomatoes compote
- Mushrooms soup of pine and baked squash crumbs and egg mollet

SWEETS

- 282. Blueberries and raspberries waffles with toasted hazelnuts and natural yogurt
- 284. Custard with sheep milk and different caramelized sorts of dried nuts
- 286. Wales cake
- 288. Mousse of two chocolates
- 290. Warm cheesecake with honey pastry and caulker sauce

This book, a great map of flavors of Argentine regions to visit, is rich and diverse. Our country invites you to travel around more than once. So, when you go through these pages, we can assure that the temptation will be great.

The recommendation is to read it while traveling, to take notes, to take pictures to taste and taste. We are sure that after the first trip, there will be many more.



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