

Curry Chicken with Mango & Rice

- 500-600g Carrots
- 2 Bundles Spring Onion
- 1 Ripe Mango
- 5 Chicken Filets or replacement
- (2 red chilli's) ← if you like
- Orange juice
- Sesame oil
- 1 glass Mango Chutney

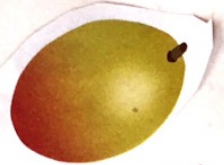
Sauce:

- 2 spoons Schmand or Creme fraiche
- 750g Yoghurt
- 1-2 teaspoons Curry powder
- White pepper

1. Cut chicken in small pieces, fry in sesame oil, salt & pepper and put aside
2. Fry small-cut carrots, 1 bundle of spring onions, chilli's, in sesame oil, deglaze with orange juice and cook to finish on low temperature.
3. Add half a glass of Mango-chutney, chicken and mango in slices. Cook approx. 5 minutes.

Sauce: Stir all ingredients + remaining onions and chutney. Add salt and pepper.

Make rice however you enjoy and add to it however it feels best :)



Carefully

- 1
- 2
- 3 Purchase it. Or ask nicely to borrow it
- 4 At home. build a stone mill < look up reference on wikipedia >
- 5 Find a donkey. or a horse. depend on the ambition
- 6 Ask nicely the animal to mill a desirable amount of rice
- 7 Carefully scope some amount to a container
- 8 Say thank you to the animal. feed helshel/it/they.
- 9 mix grain - gradually water into the container
- 10 find a consistency with it comes together in a ball
- 11 Roll it out into a long stick. 1/2 thickness of fingers
- 12 cut into size - length of 3 fingers
- 13 Roll them into lovely "O" balls
- 14 Go back

- 19 wait patiently for it
- 20 fill the oil starts to bubble a little
- 21 Add the "O"s
- 22 fry till they are even
- 23 fry till they are even
- 24 Add some kind of
- 25 Add sprinkle of white see
- 26 wait till its cool enough to handle
- 27 Repeat till balls or sticks

Find the Big Ass looking Bag of Rice

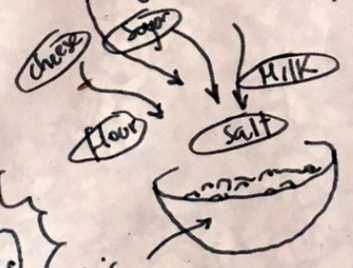
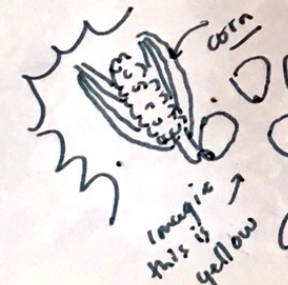
(Go to local Chinese/Asian Grocery store)

AREPAS DE CHOCLO

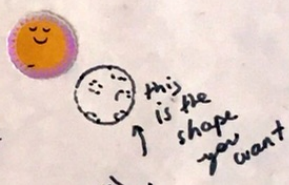
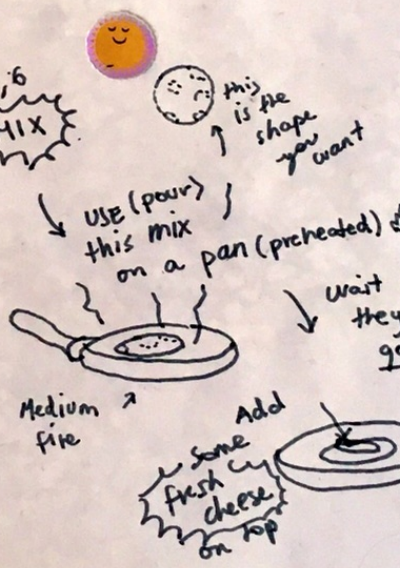
- I miss them a lot.
- 1 * yellow "tender" corn flour (choclo)
 - 2 * milk
 - 3 * fresh cheese
 - 4 * butter
 - 5 * sugar
 - 6 * salt

I. PROCESS:

* ADD 1, 2, 3, 4, 5, 6 on a blender MIX



this mix has to be a bit liquid



(some people at this point fold the arepas like this)

enjoy them



Cashew

You can about Take

Cashew Cheese



- + You can soak the cashews for about 24 hours before but it's not a must
- + Take a package of cashews
- + You will need a good blender for a good texture, if it's not that good it will be a bit chunky.
- + put the cashews in the blender, cover with water and lemon juice from 1 lemon.
- + add salt and pepper according to taste.
- + blend until you have an even texture.
- + add more water if it's too thick.
- + You can add any spices you want - Zaatar, Sumak (to make it pink), You can put a spicy pepper in and blend again, or whatever you feel like.
- + ~~take~~ take a jar, put some olive oil inside and then put the cheese in.
- + You are going to finish this in one day because it is super tasty.



Mashed potatoes from my childhood

You need:

- a garden where you're growing potatoes
- a cow to give you fresh milk
- a big pot
- a wooden spoon
- salt



Big potatoes from the garden until you have enough. Milk the cow in the morning, get a cupful of milk and put it on the stove to warm up. ~~Boil~~ Peel the potatoes and boil

- Zaatar, sumak
blend again, or whatever you
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Big potatoes from the garden until you have enough. Milk the cow in the morning, get a cupful of milk and put it on the stove to warm up. Boil peel the potatoes and boil in a pot of water with salt. Drain the boiled potatoes and mash with the wooden spoon. Add the milk little by little and keep mashing until creamy. Add salt. Eat directly with the wooden spoon from the pot.

6 TOM

make it pink!
 Whatever you
 put the cheese in.
 use it is Super tasty.

potatoes from my childhood
 when you're growing potatoes
 use fresh milk



Vegan TAMALES

1 cup of water
 1/2 cup of oil
 1/2 cup of flour
 1/2 cup of cornmeal
 1/2 cup of salt
 1/2 cup of sugar

FOR THE MASA:
 4 cups gluten free rice
 4 zlonies of garlic
 X coconut oil
 salt

H66A0

to make gazpacho

- 6 tomatoes (ripped)
- 1/2 green paprika
- 5 cm piece cucumber
- 1/2 apple or 1/2 garlic
- 1^o count to five olive oil (extra virgen)
- 2^o count to two white vinegar
- salt
- blend together
- correct with a bit of white sugar Δ
- if its to acid



