



RECIPES

SUMMER CAMP 2013



MONDAY GUACAMOLE

MEXICAN FOOD

Serves 4 people

INGREDIENTS

2 Avocados
½ red onion
1 jalapeño pepper
2 ounces cilantro
¼ cup olive oil
Cotija cheese to taste
Salt & Pepper to taste
Tortilla Chips for serving

PREPARATION

1. Finely chop the onion, jalapeño and cilantro.
2. Slice the avocados in half and remove the pit. Scoop out the flesh with a spoon and put in a medium bowl. Mash with a fork, add the remaining ingredients and mix well.
3. Add the lime juice and olive oil and season with salt and pepper.
4. Sprinkle the guacamole with cheese and serve with tortilla chips.

Enjoy.



SMOOTHIE VALLARTA IGUANA


INGREDIENTS

1 kiwi
1 mango
3 basil leaves
1 tsp. passionfruit

PREPARATION

Peel and chop the kiwi and the mango. Add all ingredients to the blender with one cup of water and puree. Best when very cold.





TUESDAY HAMBURGER

AMERICAN FOOD

Serves 4 people

INGREDIENTS

20 oz. ground beef
1 medium onion
2 cloves garlic
1 egg
10 basil leaves
2 ounces olive oil
4 leaves of lettuce
4 slices American cheese
4 Hamburger buns
Salt & Pepper
Jalapeños in vinegar
Pickles
Ketchup and Mustard
French fries for serving

PREPARATION

1. Wash all vegetables.
2. Finely chop the onion, garlic and basil and add them to the meat. Add the egg, 1 teaspoon mustard, 1 teaspoon ketchup and season with salt and pepper. Mix well.
3. With the help of a plastic mold, make the hamburger patties and refrigerate for 30 minutes. Heat a little olive oil in a pan and fry the patties to desired doneness.
4. Add cheese at the last minute to melt on top of each patty.
5. Heat the buns on the grill and add mustard and ketchup. Place patty on bun.
6. Slice the tomato and onion and prepare the lettuce leaves. Assemble on a plate with the pickles.
7. Serve with French fries and jalapeños in vinegar.

Enjoy.



SMOOTHIE IRON MAN

INGREDIENTS

½ cup beet juice
½ cup carrot juice
5 blackberries
1 cup watercress
Juice of 1 lime

PREPARATION

Blend all ingredients well. Sweeten with honey if desired.





WEDNESDAY ALFAJORES

ARGENTINIAN FOOD

Serves 4 people

INGREDIENTS

8 cinnamon cookies
8 vanilla cookies
8 coconut cookies
Shredded coconut
Chocolate sauce
Cajeta (Mexican caramel)
Powdered sugar
Sliced almonds

PREPARATION

1. Make sandwiches out of the cinnamon, vanilla and coconut cookies, using the caramel to glue two of the same cookies together.
2. Sprinkle the cinnamon sandwiches with powdered sugar, cover the vanilla sandwiches with chocolate sauce and sprinkle the coconut sandwiches with the shredded coconut. Top each with sliced almonds.
3. If desired, serve on a plate decorated with fresh fruit and chocolate garnishes.
4. Accompany with a glass of ice cold milk.

Enjoy.



SMOOTHIE COCO-STRAWBERRY

INGREDIENTS

6 strawberries
½ cup coconut milk
1 pinch garam masala
1 date
5 almonds
1 tablespoon honey

PREPARATION

Blend all ingredients with one cup of cold water. Drink immediately.





THURSDAY PIZZA MARGARITA

ITALIAN FOOD

Serves 4 people

INGREDIENTS

4 rounds of pizza dough
10 basil leaves
5 ounces pizza sauce
3-ounce piece of mozzarella
5 ounces shredded mozzarella

PREPARATION

1. Heat oven to 536 F.
2. Place pizza dough on pizza baking rack.
3. Make small holes in dough with a fork, so that it does not inflate while baking.
4. Starting in the center, spread pizza sauce over dough with a spoon. Sprinkle the grated mozzarella over the sauce.
5. Slice the tomato and piece of mozzarella. Add to the pizza in the shape of a circle.
6. Bake until cheese is melted and crust is cooked through.
7. Decorate with basil leaves.

Enjoy.

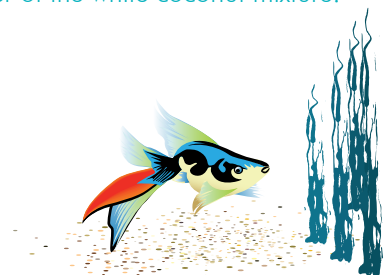
SMOOTHIE SUPERMAN

INGREDIENTS

5 strawberries
½ cup blueberries
3 tsp. grated coconut
1 cup coconut milk
1 cup soy milk
Honey

PREPARATION

Blend the coconut milk, honey and grated coconut. Pour into a container and set aside. Blend the strawberries and blueberries with the soy milk and set aside. Pour the smoothie in two layers into a glass: a layer of the strawberry and blueberry mixture followed by a layer of the white coconut mixture.





FRIDAY PAELLA

SPANISH FOOD

Serves 10 people

INGREDIENTS

1 lb. leg of pork
1 lb. pork ribs
8 oz. Mexican or Spanish chorizo
1 lb. boneless chicken breast
1 lb. shrimp
1 lb. mussels
8 oz. boiled octopus
1 lb. clams
2 lbs. parboiled rice
1 onion
20 cloves garlic
1 green bell pepper
1 red bell pepper
5 oz. green beans
5 oz. peas
5 oz. carrots
2 gr. saffron
1 ½ cups olive oil
3 liters chicken broth
½ liter white wine
Salt & Pepper to taste

PREPARATION

1. Wash all vegetables.
2. Cut the leg of pork and chicken breast into cubes (ask your butcher to cut the pork ribs in 4 cm pieces). Slice the sausage. Rinse the chicken thighs.
3. Cut the octopus into cubes and thoroughly wash and scrub the clams, mussels and shrimp with cold water (no soap).
4. Cut the carrots into cubes and slice the bell peppers.
5. Blend the onion, garlic and saffron with the chicken stock. Season with salt and pepper.
6. Heat the olive oil in the Paella pan over medium heat and brown the pork, chicken breast and chicken thighs. Add the rice and wine and allow the rice to begin to absorb the liquid.
7. Add the chicken broth and allow to simmer for 10 minutes.
8. Add the carrots, peas, green beans and seafood.
9. Cover the mixture with the sliced peppers and slowly add the chicken broth mixture as required for cooking. Correct the seasoning.
10. Let boil for about 20 minutes until rice is cooked through. Drizzle with the rest of the olive oil and let stand for 20 minutes.
11. Serve with Spanish bread and white or red wine.

Enjoy.



SMOOTHIE REFRESHING

INGREDIENTS

1 sprig of mint
6 cranberries
3 strawberries
Juice of one lime
1 oz. simple syrup
Cold mineral water

PREPARATION

Blend all ingredients except for mineral water. Pour into a glass and add water to make a sparkling mixture.



SATURDAY SUSHI

JAPANESE FOOD

Serves 4 people

INGREDIENTS

1 lb Calrose rice
½ cup rice vinegar
2 tsp. sugar
6 sheets Nori seaweed
3 oz. cream cheese
6 cooked shrimp
2 bars imitation crab
3 oz. smoked salmon
1 avocado
1 cucumber
1 carrot
½ cup lime juice
2 cups soy sauce
Sesame seeds
Pickled ginger
Wasabi

PREPARATION

1. Wash all vegetables.
2. Rinse the rice in cold water until the water runs clear. Let soak for 30 minutes.
3. Cook the rice with the water and sugar for 15 minutes. Remove from the pot and put in a bowl. Sprinkle with rice vinegar and allow to cool.
4. Cut the vegetables into thin strips and set aside.
5. Cut the Nori sheets in half and keep them very dry in a bag.
6. Mix the soy sauce with the lime juice.
7. Using a bamboo sushi rolling mat, make maki sushi with different combinations of seafood, vegetables and cream cheese. Garnish with sesame and serve with ginger, soy-lime sauce and wasabi.

Enjoy!

SMOOTHIE TUTTI FRUTTI

INGREDIENTS

1/2 cup chopped peach
½ cup pineapple
½ cup orange juice
½ cup grapefruit
1 cup plain yogurt
2 tsp. honey

PREPARATION

Blend all ingredients with ½ cup ice. Drink immediately.





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