Flavors of PoCC
A collection of recipes from the PoCC community to nourish, strengthen, and connect to cultures around the globe.

Arroz con Pollo Puerto Rican Style (Rice & Chicken)
Submitted by: Sandra E Sachar, Calvert School (MD)  Heritage: Puertorriquena  Meal Type: Main Dish

Ingredients: oil, sofrito, recaito, sazon, garlic (chopped), salt, black pepper, adobo, onions (diced), tomato sauce, bay leaves, chicken buillon or “cubitos”, chicken thighs, medium grain rice, green olives (diced), fresh cilantro.

Recipe: In my little island we are known to not measure, but go by sight and taste, so I’ll do my best. Marinate your chicken for at least 30 minutes on white vinegar, olive oil, onions, garlic & adobo. Upon the half hour, heat oil in the pot you are going to use to make the rice, a caldero is best. Brown the chicken, then add the sofrito, recaito, garlic, salt, pepper, tomato sauce, garlic, onions, bay leaves. Coat the chicken. Add the rice. Make sure it get completely coated before adding the water and “cubitos de pollo“ or bouillon powder (teaspoon of bouillon for every cup of water; 1.5 cups of water for every cup of rice). Bring the water to a boil, then turn the heat to medium and allow the rice to cook uncovered until most of the water evaporates, lower the heat to medium low, cover and cook for 20 minutes untouched. Uncover and add green olives and cilantro. Stir. Serve hot. Best part of the rice is the “pegao“ (the semi burned rice at the bottom of the pan)!
Sambar
Submitted by: Ravi Pillalamarri, Stoneleigh-Burnham School (MA)   Heritage: India   Meal Type: Main Dish

Ingredients:
Note: I don’t have specific quantities aside from the toor dal/water ratio of 1:4. I try to conserve sambar podi because a) it’s scarce and b) a little bit more doesn’t change the taste much so it’s not worth using too much. How you cut the vegetables is up to you. Also, you only need fresh onion, potato, and carrot for this. Cilantro, garlic, tomato, beans, tamarind - I use all of these frozen, dried, or from cans so it’s up to you.

1 cup toor dal (dry)  
4 cups water  
1 large onion  
1 medium potato  
15 oz canned tomato  
1-2 carrots  
½ cup green beans  
1 tsp minced garlic  
Cilantro to taste - separate the stem pieces from the leafier pieces.  
1 tsp tamarind paste  
1 tsp Sambar podi

Recipe:

Add toor dal, water, vegetables, cilantro stem pieces, and garlic to the pot. Save the leafier parts and tamarind paste. Pressure cook for 3 minutes and allow natural pressure release. Then, add the cilantro leaves and tamarind paste.

Tiragamuta addon (advanced)
Tiragamuta is prepared separately, and added to the sambar after it is done cooking.

Black mustard seed  
Cumin seed  
Dried red chili  
Urad dal (split)  
Asafoetida - a pinch  
Oil

To make tiragamuta, you add oil and mustard seed to a very small pot and heat until the mustard starts popping. Then, add the rest. I’ve heard this is called tempering the spices, not frying or roasting. I don’t know what that means. You could look it up. I just know how to make tiragamuta from my mom.

Sweet Potato Pie -- with a little extra kick (NSFW)
Submitted by: Ashley Barnett, Calvert School (MD)  
Heritage: Black from Kentucky  
Meal Type: Dessert

Ingredients:
- 1 ½ cup of cooked sweet potatoes
- 1 pie crust (deep dish if you want)
- ¼ cup of soften butter
- 2 cups of brown sugar
- 1 small can of condensed milk
- 1 teaspoon of vanilla extract
- 1 teaspoon of cinnamon
- ½ teaspoon of nutmeg
- ¼ all spice seasoning
- 3 eggs
- Your favorite bourbon or rum (not flavored)

Recipe:

- Once you boil your potatoes, set them to the side to cool.
- Preheat the oven to 400 F.
- Once your potatoes have cooled off, use a potato masher or puree machine to mash up the potato. No lumps.
- Combine and mix the eggs, butter, and milk first. Mix until creamy.
- Then combine and mix the vanilla, cinnamon, nutmeg, and all spice.
- To taste: start by pouring ½ cup of bourbon or rum to the mixture. As you are doing this, you may want to taste your mixture. Also, make sure not to make your mixture too watery.
- Once you are satisfied with your mixture, scoop it into the pie crust. Spread evenly with the back of a spoon. Depending, you can add leftover mixture into another pie crust or freeze it for another time. Good for at least 3 months in the freezer.
- I like to put aluminum foil around the crust so it doesn’t burn.
- Place your gorgeous pie in the oven and cook for about 30-40 minutes until fork tender.
- Let it cool and enjoy however you want.
Ginger Beer
Submitted by: Carol Swainson, San Francisco Schoolhouse (CA)  Heritage: Bermuda  Meal Type: Drink
Adapted from theroastedroot.net
Ingredients
9 cups spring or well water  1 teaspoon active dry yeast****
½ teaspoon cream of tartar*  You Also Need:
1/3 cup fresh ginger, peeled and grated  1 (2-liter) plastic bottle with screw top , a soda water
1/3 cup fresh lemon juice** bottle that has been carefully cleaned works great
1 cup granulated cane sugar*** A medium to large sized pot for heating water
Recipe:
● Add the cream of tartar, lemon juice and fresh grated ginger to a large pot along with 4 cups of the water. Bring to a full
boil.
● Turn the heat down to medium, add the sugar and stir until all of the sugar is dissolved.
● Add the rest of the (cold) water to the pot and allow it to cool to around 75 degrees F (23 degrees C).
● Add the yeast, stir and cover the pot with a kitchen towel.
● Place pot in a dark place for 3 hours.
● Using a fine strainer, strain the liquid into a pitcher to remove all the bits of ginger.
● Pour the brew into one clean 2-liter plastic bottle (or two 1-liter bottles) but do not fill up the bottle all the way because the
fermentation will yield carbon dioxide, causing gases to build in the bottle - you will need to give the liquid some room to
build the gas.
● Place the bottles in a dark, warm room for 2 to 3 days (two days if you want a sweeter ginger beer, and 3 days if you prefer
a drier ginger beer).
● Once to three times a day, carefully loosen the caps to relieve some of the pressure (without opening the bottles all the
way). Be very careful in this process and do not point the bottles at anyone's (or your own face).
● Once the ginger beer has finished brewing, store it in the refrigerator to chill. This will also slow the fermentation process.
● Pour in a glass and enjoy as is, or add a splash of rum and lime juice for a Dark n' Stormy. Ginger beer keeps for 10 days -
be sure to store in air-tight bottles in your refrigerator.

Pan Mallorca (Puerto Rican Soft Sweet Bread Rolls)
Submitted by: Tony Hernandez, NAIS  Heritage: Puerto Rican  Meal Type: Appetizer
Ingredients:
1 package dry yeast (1/4 ounce)
1/2 cup milk, lukewarm
1 1/2 cup water, lukewarm
8 egg yolks
3/4 cup sugar
3 sticks of butter
6 1/2 cups bread flour
1 teaspoon salt
confectioner's sugar

Yields 12 rolls

Recipe:
1. In a large bowl combine, egg yolks, sugar and two sticks butter, melted. Whisk until combined and set aside.
2. In another large bowl pour in milk and water. Sprinkle in the yeast and let sit for a minute.
3. Add egg mixture to yeast mixture and whisk until well combined.
4. Add 1 teaspoon salt and 6 1/2 cups of flour a cup at a time, stirring with a wooden spoon until just combined.
5. Cover with a kitchen towel and let rise for 2 hours then refrigerate for 3 hours or overnight.
7. Preheat oven to 350 degrees.
8. Flour a clean work surface and then turn dough out on to work surface.
9. Sprinkle flour over dough and roll out to 1/4 inch thick.
10. Use a pizza cutter to cut the dough evenly into 12 strips.
11. Roll the strips into coils, tucking the end under the bun.
12. Place six rolls per sheet, cover with a kitchen and let rise for another 45 minutes.
13. Using a pastry brush, gently brush rolls with melted butter.
14. Bake for 20 to 25 minutes until the rolls are beginning to brown.
15. Allow them to cool. then sift generously with powdered sugar.