

Recipes from
CONFLICT KITCHEN



Recipes from **CONFLICT KITCHEN**



MENU

SMALL DISHES

CONGRI

BLACKBEANS AND RICE

ENSALADA CUBANA

CABBAGE, CARROT, CUCUMBER AND
TOMATO IN LEMON-GARLIC DRESSING

MAINS

YUCA CON MOJO

YUCA IN MOJO SAUCE

LECHON ASADO

SLOW ROASTED PORK

PICADILLO

GROUND BEEF WITH OLIVES, PEPPERS,
RAISINS AND TOMATOES

ROPA VIEJA

CUBAN-STYLE SHREDDED BEEF

SWEETS

NATILLA

HOMEMADE VANILLA PUDDING WITH
LEMON ZEST AND CINNAMON

BEVERAGES

AGUAS FRESCAS

CUBAN DRINK

Recipes from **CONFLICT KITCHEN**



[Recipes are at restaurant scale]

Salt and Pepper Mix

3 cups Salt

¼ cup Black Pepper

Rehydrated Black Beans

1. Pour a 1 ½ inch layer of black beans into large pot.
2. Cover with water to within 3 inches of top of pot.
3. Bring to boil.
4. Turn off burner.
5. Let beans rest in hot water for 30 min.
6. Drain and rinse.
7. Place back in pot and fill with water as before.
8. Bring to boil.
9. Turn off burner.
10. Let beans rest in hot water for 30 min.
11. Drain and rinse.
12. Store, refrigerated, in labeled and dated container.

Seasoned Black Bean Mix

3 Onions (diced to size of black beans)

4 Green Bell Peppers (diced to size of black beans)

8 Cloves Garlic (minced)

½ cup Olive Oil

3 Tbsp Cumin

3 Tbsp Oregano (Dried)

5 Tbsp Salt and Pepper Mix

4 Tbsp Tomato Paste

5 Tbsp White Vinegar

14 Cups Rehydrated Black Beans

1. Heat olive oil in large pot.
2. Saute first three ingredients in pot until onion is translucent.
3. Add all remaining ingredients into pot, except black beans.
4. Cook, stirring, until all ingredients are thoroughly mixed.
5. Stir in rehydrated beans.
6. Turn off burner.
7. Store, refrigerated, in labeled and dated container.

Recipes from **CONFLICT KITCHEN**



[Recipes are at restaurant scale]

Black Beans and Rice

10 cups white Rice
15 cups Seasoned Black Bean Mix
2 Tbsp Veg Base
2 Bay Leaves

1. Measure rice into rice cooker pot using scoop provided with cooker.
2. Store scoop in bag of rice so as not to lose.
3. Rinse rice by filling rice cooker pot with cold water and swirling rice in said water until water becomes cloudy.
4. Let rice settle into bottom of pot and then pour off cloudy water.
5. Fill with fresh water and repeat process to rinse a total of three times.
6. After rinsing, fill with cold water to the level indicated in pot for the amount of rice used, in this case the line that says "6."
7. Scoop 9 cups seasoned bean mix in with rice and water and stir to mix.
8. Place rice cooker pot in cooker and close lid.
9. Turn on rice cooker (white button) and press the button for "white rice."
10. As rice nears finishing timer on cooker will count down the last 12 minutes of cooking time.
11. After rice finishes cooking, turn off rice cooker.
12. Dump rice and beans into large bowl and stir rice gently to fluff (separate grains) and incorporate beans which may have risen to top after cooking.
13. At end of service store leftover rice, refrigerated, in labeled and dated container.
14. Rice may be reheated once in glass bowl covered in plastic using microwave for 3 min.

Note: Smaller batches can be made, just use the same ratio of 2 parts rice to 3 parts bean mix.

Salad Dressing

1/3 cup minced Garlic
1/4 cup Salt and Pepper Mix
1 1/3 qt olive oil
1/3 qt lemon juice
1/3 qt white vinegar

1. Combine all ingredients.
2. Store, refrigerated, in labeled and dated container.

Recipes from **CONFLICT KITCHEN**



[Recipes are at restaurant scale]

Mojo Marinade

4 cups garlic
¼ cup Cumin
¼ cup Oregano (dried)
1/2 cup salt
4 Tbsp Black Pepper

3 qts Orange Juice
1 1/2 qts Lemon or Lime Juice

1. Mix two juices together in large container.
2. Place remaining ingredients in food processor.
3. Add ¼ cup juice mix
4. Mince ingredients until almost a paste.
5. Stir minced ingredients into juice.
6. Store, refrigerated, in labeled and dated container.

Mojo Sauce for Yuca

6 qts Sliced Onions
Mojo Marinade
3 cups Olive Oil

1. Place sliced onions in 8qt container.
2. Pour Mojo Marinade over onions to just cover.
3. Allow onion/marinade mix to sit for 15 min.
4. Heat olive oil in large pot.
5. Stir onion mix into oil and cook until onions are soft and translucent.
6. Pour back into 8 qt container.
7. Store, refrigerated, in labeled and dated container.

Recipes from **CONFLICT KITCHEN**



[Recipes are at restaurant scale]

Boiled Yuca

Yuca

¼ cup salt

¼ cup lemon juice (bottled)

If using frozen Yuca skip to step 5.

1. Carefully peel fresh yuca with red paring knife.
2. Split yuca into quarters lengthwise.
3. Remove tough core from inside of quartered yuca.
4. Cut yuca into 1 ½ inch chunks.
5. Fill large pot with water and add salt and lemon juice.
6. Bring to boil.
7. Add Yuca to pot of boiling water.
8. Boil until tender (check after 30 min.)
9. Drain yuca and allow to cool.
10. Check for woody strands in cooled yuca by hand.
11. Store, refrigerated, in labeled and dated container.

Prepared Yuca

1 part Mojo Sauce for Yuca

2 parts Boiled Yuca

1. Heat mojo sauce in saute pan.
2. Add boiled yuca to pan.
3. Saute until yuca is hot and sauce is incorporated into yuca.

Recipes from **CONFLICT KITCHEN**



[Recipes are at restaurant scale]

Marinated Pork

2 Pork Shoulders/Butts
2 cups Mojo Marinade
¼ cup Salt and Pepper Mix
3 sliced onions

1. Score fat cap on pork roasts in 1 inch diamond pattern.
2. Season all sides of roasts with salt and pepper mix.
3. Place onions and roast in large plastic pan.
4. Pour marinade over roasts and flip to ensure all sides get covered.
5. Cover with plastic wrap and store overnight in refrigerator to marinate.

Roast Pork

Marinated Pork

1. Preheat oven to 300 degrees.
2. Place roast, fat side up, in roasting pan, on top of onions.
3. Roast in oven for at least 3 hours or until internal temperature, in thickest part, reaches 165 degrees.
4. Remove from oven and cool overnight, with pan juices and fat drippings, in large covered plastic pan.
5. Cut cooled roasts into 1 inch square cubes.
6. Return cubes to pan and toss with pan juices and fat.
7. Transfer to smaller container and store, refrigerated, in labeled and dated container.

Recipes from **CONFLICT KITCHEN**



[Recipes are at restaurant scale]

Picadillo

10 cups onion, diced
10 cups green pepper, seeded and finely chopped
20 cloves garlic, minced
10 pounds ground beef
15 diced roma tomatoes
2 tbsp cumin, ground
1 1/2 teaspoon cinnamon
1/2 teaspoon ground cloves (The optional, highly controversial, ingredient!)
2 tbsp oregano
2 1/2 cup green olives, chopped
1 1/2 cup raisins
salt and pepper mix

1. Saute onions peppers and garlic in large pot.
2. Add beef and cook until browned, drain fat.
3. season with s+p
4. Add remaining ingredients and bring to simmer.
5. Simmer 15 min.

Recipes from **CONFLICT KITCHEN**



[Recipes are at restaurant scale]

Shredded Beef for Ropa Vieja

Flank Steak

Olive pomace oil

Salt + Pepper

3 green peppers chopped into big chunks

3 onion sliced

15 cloves garlic smashed

1. Season each flank steak with s+p and brown them one at a time in large pot.
2. Return steaks to pot and fill cover with water
3. Add all other ingredients and bring to boil.
4. Reduce heat to simmer and cook until meat is tender and shreds easily.

Ropa Vieja

8 onions, sliced thinly

20 cloves garlic, minced

8 green peppers, sliced

olive pomace oil

shredded beef

4 cups dry white wine

2 cups tomato paste

1 #10 can crushed tomatoes

2 cans roasted red pepper, sliced thinly

1/2 cup ground cumin

1/4 cup worcestershire sauce

3 bay leaves

salt and black pepper to taste

1. In large pot, saute onions, garlic and pepper until soft. Season with s+p
2. Add beef to pot and stir to thoroughly mix.
3. Add remaining ingredients and bring to simmer.
4. Simmer for 1/2 hour.

Recipes from **CONFLICT KITCHEN**



[Recipes are at restaurant scale]

Natilla

1 Gallon Milk
Rind of one lemon
3 cinnamon sticks
1 tsp salt
32 egg yolks
6 cups brown sugar
1 cup water
1 1/3 cup cornstarch
2 Tbsp Vanilla

1. Add salt, lemon rind and cinnamon stick to milk. Bring to a boil. Reduce heat and simmer for about ten minutes, stirring occasionally.
2. Beat egg yolks with an electric mixer until they are fluffy. Continue beating and gradually add sugar until it is completely mixed.
3. Remove cinnamon and lemon peel from milk and gradually add milk to mixture until you have a smooth consistency.
4. Place the mixture back in pot and begin to cook, over low heat, stirring constantly until it begins to simmer.
5. Mix corn starch with water and add to mixture, stirring constantly, until it thickens. The mixture should be very thick.
6. Add vanilla and stir. Pour into individual containers. Chill completely in refrigerator. Sprinkle cinnamon on the top just before serving.

Refresco Tamarindo

1 pouch tamarind pulp
1 1/2 cup sugar
2 qts warm water

1. Combine all ingredients.
2. Stir until sugar is dissolved.
3. Store, refrigerated, in labeled and dated container.