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Recipes From Columbia For Oklahomans

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cuisine

Since the theme for this issue is "Distinctive Peoples," it's fitting that our Cuisine Section should be devoted to the Hispanics. Our guest editor is Mariana De Lehman, a student from Colombia currently living in Geary, Oklahoma.

RECIPES FROM COLOMBIA FOR OKLAHOMANS

— Mariana De Lehman

The Sancocho here is a synthesis of all the sancochos from different regions of Colombia. All these sancochos are descendants of Quixote's Olla Podrida, the original "Rotten Pot," or heavy stew, that itself was a descendant of an ancient Jewish dish called Adafina, a kind of long-cooking boiled meal. The Adafina was based on chicken and beef, vegetables, and hard-boiled eggs. At the time of the Inquisition when Spain became the stronghold of Christianity and it was necessary for the consumer to demonstrate his religious beliefs, the eggs of the Adafina were replaced by pork. Sancocho became the dish in Colombia, which added to it the tropical vegetables yucca root and platano.

Today Sancocho Colombiano is adaptable to the economy of any household. It's not only the rich man's food but also the poor man's. Additional vegetables may be added.

SANCHO COLOMBIANO (Columbian Stew)

Ingredients:

1 quart hot water	1/4 tsp. savory
1/2 fowl, eviscerated	1/8 tsp. cayenne pepper
1 lb. pork shoulder — trimmed, diced	1 lb. yucca root, medium dice
1 oz. onions, small dice	1 lb. platano, medium dice
1/2 tsp. garlic, minced	1 lb. zucchini, skin on, medium dice
1/2 tsp. salt	
1/8 tsp. pepper	

Preparation:

1. Place fowl in pot with water. Bring to a boil and simmer for about one hour.
2. Add pork, onions, garlic, and seasonings. Simmer until fowl is cooked. Remove fowl from heat and cool. Skin and bone fowl; cut in small pieces and reserve.
3. Pork should be nearly tender when fowl is cooked. Test for doneness and proceed.
4. Add diced yucca root and simmer for 1/2 hour. Add platano and zucchini and cook until all ingredients are tender. Adjust seasoning if necessary.
5. Add cooked chicken meat. Reheat and serve with bread.

CUISINE

FABADA (bean soup with sausages)

Ingredients:

4-5 quarts of water
2 cups (1 lb.) dried fava beans or dried
white kidney beans
2 cups coarsely chopped onions
1 Tbs. finely chopped garlic
1/4 lb. LEAN SALT PORK
1/2 lb. ham

3 chorizos (or substitute 1/2 lb. other garlic-seasoned
smoked pork sausage)
3 morcillas (or substitute 1/2 lb. other blood sausage)
1/8 tsp. ground saffron
1/8 tsp. salt
1/8 tsp. black pepper

Preparation:

In a pot, bring 2 quarts of the water to a boil. Drop in the beans and boil them briskly uncovered for 3 minutes. Remove the pot from the heat and let the beans soak for one hour.

Drain the beans and return them to the pot. Keep the liquid. Measure the bean-soaking liquid, add to it enough water to make 4 quarts, and pour into the pot. Add the onions, garlic, and salt pork and bring to a boil over high heat — meanwhile skimming off the foam as it rises to the surface. Reduce the heat to low and simmer. Partially cover for one hour. Add the ham and simmer about one hour longer or until the beans are barely tender.

Place the chorizos in a skillet and prick them in two or three places with the point of a small knife.

Add enough water to cover them completely and bring to a boil over high heat. Reduce the heat to low and simmer uncovered for five minutes. Drain the sausages over paper towels.

When the soup has cooked its allotted 2 hours, drop in the chorizos and morcillas, stir in the saffron, and cook 30 minutes longer. Taste and season. Then with a slotted spoon, transfer the salt pork, ham, and sausages to a plate. Cut the pork and ham into 1/2 - inch cubes and slice the sausages into 1/2 - inch - thick rounds. Return the meat to the soup and simmer 2 - 3 minutes.

