



Colombia, with Rocio Matthews

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Past recipes at cpldcooking.weebly.com



ARROZ CON QUESO (CHEESE RICE)

Fresh garlic to taste, minced
¼ of a sweet green pepper, minced
3 Tbsp olive oil
4 c. white rice
6 c. water
Pink or white salt, to taste
½ lb hard white cheese, shredded
(queso duro blanco, or whatever
cheese you like)

Heat oil in a pot over medium heat. Sauté garlic and green pepper for a few minutes, then add the rice. Add water and salt and stir.

Boil until water mostly evaporates, cover, turn down heat to very low, and steam until rice is done.

Add the cheese (setting aside ½ cup) and mix with the rice. Top with the remaining ½ c. and cover until cheese melts.

Enjoy rice on its own, or with beef or chicken.

CARNE MOLIDA (GROUND BEEF WITH VEGETABLES)

1 Tbsp olive oil
Garlic, chopped
Sweet green pepper
Green onion
2 lbs ground beef
Pink salt
Steak spices
Goya spices

In a large saucepan, sauté all the vegetables with 1 Tbsp. olive oil. Add ground beef, salt, and spices to taste, and stir until done. A squeeze of lime is nice to add at the end.

To stretch this dish, you can add new potatoes, cubed and cooked.

COCADAS BLANCAS (COLOMBIAN-STYLE COCONUT CANDY)

2 ½ c. shredded coconut (fresh or
store-bought)
¾ c. sugar
1 ½ c. coconut water
¼ c. whole milk
Pinch of cinnamon

Place all ingredients in a pot. Bring to a boil and reduce the heat to low.

Let simmer uncovered for about 30 minutes or until thickened. Stir often with a wooden spoon to prevent the mixture from sticking to the bottom of the pot.

Using 2 spoons, drop small amounts of the mixture onto the baking sheets lined with parchment paper, spacing them 2 inches apart.

Allow to cool completely. Store in an airtight container for up to two weeks.

You can adjust ingredients according to your preferred consistency and flavor. Rocio added condensed milk and topped the finished cocadas with slivered almonds.