**Natilla (Colombian Custard)**

Ingredients:  
1 box of Maizena ready flour\*  
4 cups of milk  
Raisins  
Cinnamon sticks

Preparations:  
  
1. Pour one cup of milk into a glass container, add the Maizena flour, and mix until dissolved.  
2. Boil the rest of the milk with the cinnamon sticks in a safe pot. Add the Maizena flour mixture. Continue stirring until thick.  
3. Add the raisins and immediately pour the mixture into a 9x13 glass baking dish. Let it cool. Refrigeration is not required in the winter, but it tastes better if it is refrigerated.  
Enjoy it!

\*You can buy in any Colombian grocery store in Chicago or online.

**Pandebono**

Ingredients for 20 pandebonos:

12 oz. pandebono mix

16 oz. Spanish cheese, finely ground\*

1 c. milk

1 egg

To prepare:

Add pandebono mix to cheese and egg. Slowly add milk to form a workable dough.

Make 2 inch diameter balls (or whatever size you prefer).

Place balls on an oiled pan at a 6” distance from each other and press gently with your fingers until they are about 1” thick. Let rest for 15 minutes. Bake at 450° for 15 to 20 minutes as necessary.

\* You can substitute Parmesan Cheese or cotija cheese (available at Walmart)

**Frijoles Colombianos ( Colombian-Style Beans)**

Recipe borrowed from www.mycolombianrecipes.com/paisa-pinto-beans-frijoles-paisas  
*This is a common Colombian dish from the Antioquia region. Serve it over rice.*

(6 servings)

Ingredients:

3 cups cranberry or pinto beans

½ pound pork hocks\*  
6 cups water

½ green plantain, cut into ¼-inch

1 cup shredded carrots

½ teaspoon salt  
Guiso:

3 tablespoons vegetable oil

1 tablespoon chopped onions

2 cups diced tomatoes

¼ cup chopped scallions

¼ teaspoon salt

1 clove garlic, minced

¼ cup chopped cilantro

¼ teaspoon ground cumin

\* For the demonstration, Rocio will not use pork. Instead, she will make half of the beans with beef and half without meat.

Directions for stovetop:  
1. Wash the beans and put them in a pot to soak overnight in cold water. Drain the beans and place in a large pot. Add the water and pork hocks. Over medium-high heat, bring the beans to a boil, then cover the pot and reduce the heat to medium-low. Allow the beans to cook until almost tender, approximately 2 hours.

2. When the beans are cooking, prepare the guiso. In a large skillet, heat the vegetable oil over medium heat. Add the tomatoes, onions, scallions, salt, garlic, cilantro, and ground cumin, and cook for 10 to 15 minutes.

3. When the beans are almost tender, add the guiso, plantains, carrots, and salt. Cover and cook for another hour or until the beans are fully cooked. (Add additional water as necessary).

Directions for slow cooker:

1. If using a slow cooker, use the same ingredients, but use just 4 cups of water instead of 6.

2. Wash the beans and soak overnight in cold water. Drain the beans and place in a slow cooker. Add 4 cups water and pork hocks, and cook on high for about 2 hours.

3. Follow step 2 in the regular recipe above to prepare the guiso.

4. Add the guiso, plantains, carrots, and salt, then cover and cook for another 3 hours. Taste for salt, and serve.