

**Cross Cultural Food Exchange with Slow Food Sonoma Co. at Relish
Sonoma County Meets Guatemala**

Cabbage and Crema Slaw with Lime and Cilantro

Recipe by Peter Brown
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Ingredients

1 small head of cabbage, shredded

1 small carrot, peeled and grated

2 scallions, finely chopped

1/2 cup of cilantro, roughly chopped

1 teaspoon salt, or to taste

1 large lime or 2 small limes

1/2 cup of crema, sour cream, or crème fraiche

In a large bowl combine the cabbage, carrot, scallion and cilantro. Sprinkle the salt and toss well to combine. In a separate bowl whisk together the crema and the juice from the two limes. Scrape the crema mixture into the cabbage mixture and toss until well combined.

Yucca 'Latkes'

Recipe by Peter Brown
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Ingredients

1 yucca, about 1 pound

4 eggs, lightly beaten

Canola oil, as needed

A pinch of salt and pepper

Carefully remove the skin from the yucca with a sharp knife. Shred on the large wholes of a cheese grater. Add the eggs and the salt and pepper and mix well. Heat a tablespoon of oil in a small frying pan until hot. Add about 1/2 cup of the 'batter' at a time, spreading into an even layer. Fry until golden brown on one side and flip, continue to cook until brown on the other side. Repeat the process with the rest of the batter, adding a little more oil as necessary. Hold in a low oven until ready to serve. Makes 6-8 five inch latkes.

Chicken Paillard with Spicy Carrot and Pepper Puree

Recipe by Peter Brown
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Spicy Carrot and Pepper Puree

Ingredients

1 large or 2 small carrots, peeled and cut into 1/2" dice

2 cups of water

1 tablespoon salt

1 large red bell pepper

1 large yellow bell pepper

2 spicy red chili peppers

1 head of whole garlic

1/2 cup of chicken stock, or juice from the roasted peppers, or a bit of both

1 teaspoon salt

Preheat oven to 400 degrees. In a small saucepan bring the water and 1 tablespoon salt to a boil. Boil the carrots until soft, about 10 minutes.

Meanwhile, roast the chilies and the head of garlic in a hot oven for 15 minutes. Place in a bowl and cover tightly with plastic wrap. When cool enough to handle, peel the skin off and remove the seeds, reserving the juices that have collected in the bowl. Chop roughly and place in a blender or food processor. Add 3 peeled cloves of the roasted garlic, reserving the rest for another use. Strain the carrots and place in the blender. Add the stock or pepper juice, the teaspoon of salt, and puree. Transfer the pureed vegetables into a small saucepan and keep warm over low heat while preparing the paillards.

If you are using a mortar and pestle, pound the garlic with a pinch of salt, then add the chopped, peeled peppers and pound. Add the drained carrots and continue to pound to a rough puree. Place this mixture along with the stock or pepper juice in a small sauce pan and simmer for 10 minutes until very soft. Push the pulp through a strainer to create a smooth consistency, discarding any fibrous material left in the strainer. Transfer to a saucepan and keep warm over low heat until ready to serve.

Chicken Paillard

4 skinless boneless chicken breasts

1 cup masa flour

Salt and pepper

2 tablespoons Olive or Canola oil

Place one breast between two layers of plastic wrap and pound with a mallet or small pan until no thicker than 1/4 inch. Try to keep the thickness as uniform as possible. Season lightly with salt and pepper, and coat both sides with a thin layer of masa. Heat the oil in a large skillet until very hot, and fry the paillards until golden and cooked through, about 2 minutes on each side. Serve right away with the pepper puree. You may also hold covered in a low oven until ready to serve.

Serves 4

Coconut Macaroons

Recipe by Carrie Brown
Copyright 2008, Jimtown Store

Ingredients

2 egg whites

2/3 cup sugar

2 tablespoons flour

Pinch of salt

1 teaspoon vanilla extract

1 1/2 cups shredded coconut

Preheat the oven to 325 degrees. Grease a cookie sheet, or line with parchment paper.

Lightly toast the coconut on an un-greased cookie sheet, set aside and let cool.

Beat the egg whites in a clean dry bowl with a whisk until stiff peaks form. Continue whisking while gradually adding the sugar. Beat in the flour, salt, and vanilla. Fold in the coconut. Drop by the tablespoon on to the prepared cookie sheets. Bake for 15 minutes, until lightly browned and set. Allow to cool before removing.

Makes about 24 cookies.