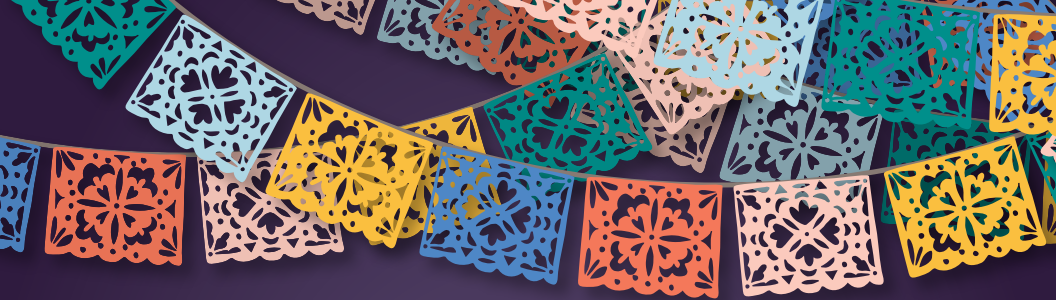




PARKHURST[®]
DINING

CELEBRATING
*Hispanic
Heritage*
MONTH

Sept. 15 - Oct. 15



SOUP FOR THE WHOLE FAMILY

This is a recipe I love cooking with my family for celebrations. One of my greatest joys has been teaching my kids how to make it, so they can share it with others.

Emiliano Jimenez, Sous Chef



ALBONDIGAS SOUP

INGREDIENTS

Meatballs

- 1 lb** Ground Beef (*or substitute with turkey, pork, or chicken*)
- 1 cup** Spanish Rice (*Uncle Ben's or similar dry box mix*)
- 1** Egg
- ½ cup** Onion (*medium, finely chopped*)
- 2 cloves** Garlic (*minced*)
- ¼ cup** Fresh cilantro (*chopped*)
- To Taste** Salt and Pepper

Soup

- 6 cups** Chicken or Beef Broth
- 1 can (15 oz)** Tomatoes (*medium, diced*)
- 2** Carrots (*medium, sliced*)
- 2** Potatoes (*medium, diced*)
- 1** Zucchini (*chopped*)
- 1/2 cup** Fresh cilantro (*chopped*)
- 1 tsp** Ground Cumin
- To Taste** Salt and Pepper
- To Garnish** Lime wedges

DIRECTIONS

- 1. Prepare the Meatballs:** In a large bowl, combine the ground meat, Spanish rice mix, egg, chopped onion, minced garlic, and cilantro. Season with salt and pepper. Mix until well combined, then shape into small meatballs, about 1 inch in diameter. Set aside.
- 2. Make the Soup:** In a large pot, bring the broth to a boil over medium-high heat. Add the diced tomatoes, sliced carrots, and diced potatoes. Reduce heat to medium and let simmer for about 10 minutes.
- 3. Cook the Meatballs:** Gently add the meatballs to the simmering soup, one at a time. Be careful not to overcrowd the pot. Add the chopped zucchini and cilantro to the pot. Season with ground cumin, salt, and pepper. Cover the pot and let simmer for another 20-25 minutes, or until the meatballs are cooked through and the vegetables are tender.
- 4. Serve:** Ladle the soup into bowls, making sure to include several meatballs and a variety of vegetables in each serving. Serve with lime wedges on the side for squeezing over the top, and enjoy!



A SPICY BREAKFAST

I make this dish for special occasions, using chilis from my garden in the sauce. My wife prefers it extra spicy. One of my favorite memories was preparing it for her family—they were so grateful, and it was a great way to showcase my cooking skills.

Ruben Jimenez, Lead Cook



TRADITIONAL HUEVOS RANCHEROS

INGREDIENTS

- 6** Roma Tomatoes
(medium)
- 2** Serrano Peppers
(medium, seeded)
- 1** Yellow Onion
(medium, peeled,
cut into thick slices)
- 4 cloves** Garlic
- 3 tbsp** Neutral
Flavored Oil
- 8** Corn Tortillas
- 8** Eggs
- 2 cups** Refried Beans
- To Garnish** Queso Fresco
- To Garnish** Fresh Cilantro
(chopped)
- To Taste** Salt and Pepper

DIRECTIONS

- 1.** Preheat the oven to 425°.
- 2.** Add the tomatoes, peppers, onions, and garlic to a sheet tray lined with parchment paper, and coat in the 3 tablespoons of oil and season with salt and pepper.
- 3.** Roast in the oven at 425° for 30 minutes and then add to a blender and pulse a few times so that it is like a chunky salsa. Transfer to a saucepot, adjust seasonings with salt and pepper, and keep warm over low heat.
- 4.** While the vegetables are roasting you can prepare everything else. In a large frying pan add some neutral flavored oil and heat over medium heat or until it is 350°.
- 5.** Fry the corn tortillas in batches until crispy, which takes about 1 minute per side. Place them on a rack over a sheet tray to drain.
- 6.** In that same oil, fry eggs to your desired amount of doneness. Be sure to season them with salt and pepper.
- 7.** Serve the eggs on top of the crispy tortillas and top off with salsa. Other things to serve it with are warm refried beans, queso fresco cheese, and cilantro.



Tip: You can make the salsa a day ahead. This makes your morning cooking breakfast easier, so you can spend more time drinking coffee!

A FAMILY RECIPE

This recipe was passed down to me by my mother, who made it often for our family. It's my dad's favorite dish. Make it with love and enjoy it with a cold Coca-Cola!

Miguel Mateo Vargas, Dining Room Attendant



BISTEC ENCEBOLLADO CON PATACONES

(Steak and Onions with twice fried Plantains)

INGREDIENTS

- 2 Green Plantains
(medium, peeled and cut into large pieces)
- 1 pound Beef *(thinly sliced)*
- 1 Large Onion
(chopped)
- 2 Tomatoes *(medium, chopped)*
- 1 tsp Salt
- ¼ cup Water

DIRECTIONS

1. **Prepare the Plantains:** Heat oil in a frying pan over medium heat. Fry the plantain pieces for about 5 minutes or until they start to turn golden. Remove and flatten each piece using a plate or the bottom of a glass. Fry the flattened plantains again until they are crispy and golden brown. Drain on paper towels.
2. **Cook the Meat:** In a separate pan, sauté the chopped onion and tomato in a bit of oil over medium heat until softened. Add the churrasco slices and salt, and cook until the meat is fully cooked and the flavors are well combined. Add a bit of water if needed to create a sauce.
3. **Serve:** Place the crispy patacones on a plate and top them with the encebollada meat. Serve immediately.



Tip: The key to perfect patacones is *frying them twice!* First to cook them through and then again to make them crispy.

A MEAT LOVER'S RECIPE

This dish holds a special place in my heart because I love meat, and in my country, Colombia, beef churrasco is a very typical dish we often prepare to celebrate special occasions.

Pedro Miguel Vargas, Dishwasher



BEEF CHURRASCO

with Chimichurri

INGREDIENTS

Chimichurri

- 1 cup** Parsley Leaves
(*chopped, tightly packed*)
- 1 cup** Cilantro Leaves
(*chopped, tightly packed*)
- ¼ cup** Red Wine Vinegar
- ½** Onion (*medium, coarsely chopped*)
- 5 cloves** Garlic
- 1 tsp** Coarse Salt
- 1 tsp** Dried Oregano
- 1 tsp** Hot Pepper Flakes
- 1 tsp** Freshly Ground Black Pepper
- ½ cup** Extra-Virgin Olive Oil

Beef Churrasco

- 1 pound** Skirt Steak
- 1 large** Onion (*medium, sliced*)
- 1 tbsp** Salt
- To Taste** Garlic (*optional, for extra flavor*)

DIRECTIONS

Chimichurri

1. Combine parsley, cilantro, red wine vinegar, onion, garlic, salt, oregano, hot pepper flakes, and pepper in the bowl of a food processor; pulse a few times. Pour olive oil in slowly, while pulsing a few more times, until chimichurri is chopped, but not mushy.
2. Refrigerate until flavors have blended, about 2 hours.

Beef Churrasco

1. Season the beef with salt and garlic the day before grilling. Combine the seasoned beef with the sliced onion in a container to marinate overnight in the refrigerator.
2. Preheat the grill to medium-high heat. Grill the churrasco until it reaches your desired level of doneness, turning occasionally.
3. Serve hot with chimichurri on top, and a fresh side salad.

