

Kitchen Krafts

Learn about a child who lives in Chile by reading “Jump into Journaling” on page 14. Then learn about Chilean food by trying these recipes.

Pebre (Chilean Salsa)

- 1 garlic clove
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 1 tablespoon fresh lime juice
- 6 green onions, chopped
- 1 small tomato, chopped
- 1 cup packed fresh cilantro leaves
- 1/4 cup water
- 1 jalapeño, seeded and chopped (optional)

1. Mash garlic, salt, and pepper together in a medium bowl. Whisk in the oil, vinegar, and lime juice.

2. In another bowl, blend green onions, tomato, cilantro, and water until the ingredients are minced but not pureed. For a spicier salsa, add chopped jalapeño.

3. Stir the onion mixture into the oil and vinegar mixture. Cover. Let stand for two hours before serving with tortilla chips or bread.

Empanadas

- 1 tablespoon olive oil
- 1/2 pound (227 g) lean ground beef
- 1/2 green bell pepper, chopped
- 2 tablespoons chopped garlic
- 1/4 cup raisins, chopped
- 1/4 cup green olives, chopped
- 1 1/2 tablespoons red wine vinegar
- 1 tablespoon flour
- 1 3/4 teaspoons allspice
- 1 teaspoon cumin
- 1/4 teaspoon cayenne pepper (optional)
- salt and pepper, to taste
- 1 cup grated cheese
- 1/3 cup cilantro, chopped
- 2 packages (8 biscuits each) refrigerated buttermilk biscuit dough
- 1 egg
- 1 tablespoon water

1. Heat the oil in a skillet over medium heat. Add the beef, bell pepper, and garlic. Cook until the beef is browned and the vegetables begin to soften. Add raisins, olives, vinegar, flour, allspice, and cumin. For spicier empanadas, add cayenne pepper. Cook until the mixture thickens. Season with salt and pepper. Stir in cheese and cilantro.

2. Preheat oven to 375°F (190°C). Roll one biscuit into a 4-inch (10-cm) circle. In a small bowl, beat the egg with one tablespoon of water. Brush half the biscuit dough with egg. Scoop 1 rounded tablespoon of meat filling onto the dough. Fold the dough over and press the edges with a fork to seal the dough closed. Repeat with remaining biscuits and place empanadas on a large baking sheet. Brush them with egg and bake them for 12 minutes or until golden brown. Makes 16 empanadas.

