

Chile

Latin America

Menu

1. Empanadas

Ingredients:

- 1 1/2 lbs. ground meat
- 2 tsp. oil or shortening
- 2 medium onions, chopped
- 1 tsp. oregano
- 1 tsp. garlic
- 1 cup water
- 1 tsp. cornstarch
- 3 hard boiled eggs, sliced
- 1 cup raisins
- 1 cup black olives, sliced

Dough:

- 5 cups flour
- 2 tsp. salt
- 1 cup milk, lukewarm
- 1 cup shortening, melted
- 2 eggs, beaten

Directions:

To prepare filling, put oil in a frying pan; add spices, and onions. Sauté until onions are golden brown. Add meat and cook 30 minutes. In a small bowl, combine water and cornstarch; add it to the meat mixture to thicken. Preheat oven to 400°. Put flour and salt into a mixing bowl. In another bowl, combine warm milk and melted shortening. Add to flour and mix well. Set aside 10 minutes. Roll out dough on lightly floured board until dough is 1/8-inch thick, cut with a 4-inch circular cookie cutter or glass and add filling. The filling is layered in this way on each circle of dough: 1 Tbsp. meat, a slice of cooked egg, 2 raisins, and 2 olives. Fold each circle in half and press edges with a fork to seal. Brush tops with beaten egg and bake until golden brown, or 25 minutes. This recipe makes about 100 empanadas.

2. Avocado with smoked fish

Ingredients:

- 1 lb. firm smoked tuna
- 8 eggs, hard-boiled with whites separated from yolks
- 1/2 cup lime juice
- 1/2 tsp. sugar
- 1 tsp. salt
- 1 cup cooking oil
- 4 Tbsp. olive oil
- 4 avocados
- 2 red bell peppers

Directions:

Mash the egg yolks with the milk until they form a smooth paste. Add sugar, salt, and 1 Tbsp. of the lime juice. Then beat in the olive oil, one tablespoon at a time. Chop the egg whites finely and add them to the bowl along with the fish. Combine thoroughly but gently. Just before serving, cut the avocados in half, remove the pits and fill with the fish mixture. Garnish with pepper and pass around the remaining lime juice to sprinkle on individual servings.

Life in Chile

Approximately two-thirds of Chile's people are *mestizo*, people of mixed Indian and European ancestry. Most speak Spanish with the exception of some natives who have retained their own languages. Most Chilean families live in the central region of the country. Many of them work in the service industry or commerce. Agriculture and fishing predominate in rural areas.

Typical meal

Typical meals in Chile consist of meat, especially beef and chicken, as well as rice, potatoes, fresh fruit, and vegetables from the fields of Central Chile.

At home with Vladimir



Vladimir Reinaldo is sitting near his house. His house is the typical *Pehuenches* wooden house, without windows – a central room with a hole in the roof to vent smoke from a fire. The house can only be reached by foot. He lives in conditions of extreme poverty, social exclusion, isolation and an imminent danger of extinction. In this difficult social, economic and geographic context, Vladimir has no economic resources; his family can't even cover the basic necessities such as food, health, and clothing.

References:

Mahuron, Anna. Personal Interview. June 1, 2006.

Contact Chile. Chile Guide-Eats & Drinks. <http://www.contactchile.cl/en/chile-eats-drinks.php>. Accessed June 14, 2006.06.