

Dominican Republic

Latin America

Menu

1. Black bean soup

Ingredients:

- 2 lbs. Washed uncooked black beans
- 1 lb. diced white onions
- 2 cloves garlic, minced
- 1/2 cup chopped celery
- 1 lb. white rice
- 1/2 lb. Cuban or Anaheim Peppers
- 1/2 bunch of fresh cilantro

Directions:

Wash beans well and let soak overnight. Lightly sauté garlic, onions, celery, and Cuban peppers. Bring beans to boil, add sautéed ingredients and fresh cilantro and gently simmer for 4 hours. Puree soup until smooth in a blender or food processor. This soup is traditionally accompanied with white rice and diced onions.

2. Coconut grouper

Ingredients:

- 2 lbs. fresh grouper fillet (or substitute cod)
- 2 Tbsp. fresh-minced garlic
- 4 Tbsp. fresh lime juice
- 1/4 cup tomato paste
- 2 Tbsp. all purpose flour
- 1/2 cup olive oil
- 2 cups coconut milk
- 1 peeled white onion
- 1 Cuban or Anaheim pepper, peeled and seeded
- 1/4 bunch of fresh cilantro
- 2 ribs of celery
- Salt and pepper to taste

Directions:

Season the fish fillets with salt, pepper, garlic and lime juice. Cut onion and peppers into strips, dice celery and chop cilantro. Lightly sauté garlic, onions, celery and peppers in half the oil. Then incorporate the chopped cilantro and the tomato paste, combine very well. Sprinkle with the flour and cook 4 more minutes. Add the coconut milk and allow sauce to cook for about 15 minutes or until thickened. Pass sauce through a medium-fine strainer and thin out with water if too thick. Sauté fish fillets quickly in the remaining oil and top with the sauce.

Life in the Dominican Republic

Dominicans are cheerful, hardworking, and community-oriented, often forming strong bonds with their families and neighbors. One common way of making a living is to engage in small-scale business activities such as sewing, bread making, or bicycle repair.

Typical meal

The dietary staple for the Dominican Republic is beans and rice.

Joselo receives a package



Joselo Trinidad, 12, has been a World Vision sponsored child in Enriquillo Area Development Program in Jimani since he was 2. He and his mom, Elena Trinidad, received a huge tub of essential food, cooking, and cleaning supplies yesterday from World Vision. "It helps a lot and makes life easier," said Elena. "World Vision is my friend and they always help."

References:

<http://www.geocities.com/TheTropics/3348/recipes.html>

Bremzen, Anya Von. *Fiesta: A Celebration of Latin Hospitality*. 1997. Doubleday: New York.