

[illegible]



# Building Bridges Through Bread Cookbook

## 2018-2019

A book of recipes written and taught by the students and families of Albemarle County.

### Albemarle County Public Schools

89 Countries

74 Languages



---

## Authors

Renata Germino - Rebecca Peters - Anthony Smith - Shannon Smith





# Building Bridges Through Bread Cookbook



## Acknowledgements

- Charlottesville Albemarle Technical Education Center (CATEC)
- Daphne Keiser, Director, CATEC
- Chef Carol Robbs, Culinary Arts Instructor, CATEC
- Debbie Gannon, Adult Education & Apprenticeship Coordinator, CATEC
- Carlos Martinez, Maintenance/Groundskeeper, CATEC
- Elaine Cecelski, ESOL Student and Family Support, Albemarle High School
- Maria Elena Guerra-Gomez, ESOL Office & Database Administrator, ACPS
- Lanette Hillman, ESOL Family Engagement Liaison, ACPS
- Cyndi Wells, Assistant Director, ESOL & World Languages, ACPS
- The International & ESOL Office, ACPS

We also want to thank Education First, NoVo Foundation, and Rockefeller Philanthropy Advisors for making our “Building Bridges Through Bread” program a reality and for publishing our book. Most of all, we would like to express our heartfelt gratitude and tremendous admiration for our students and their families who have so kindly shared their stories, cultures, and delicious food with us!

Thank You    شکرا    Gracias    धन्यवाद    Salamat    متشکرم    Teşekkür ederim



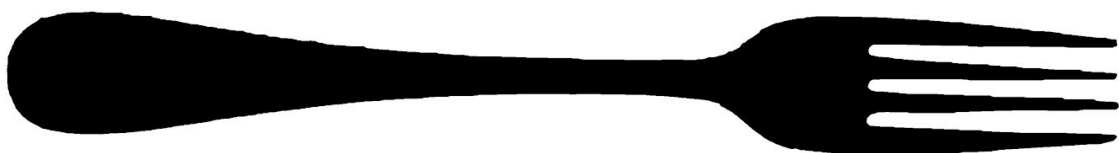






## Table of Contents

Reflections on our Cooking and Culture Class	pg. 1
<b>Chapter 1: Afghanistan</b>	pg. 3
<i>Bolani</i>	
<i>Kabuli Pulao</i>	
<b>Chapter 2: China</b>	pg. 9
<i>Coca-Cola Chicken</i>	
<i>Mapo Tofu</i>	
<b>Chapter 3: Egypt</b>	pg. 13
<i>Koshari</i>	
<i>Kofta</i>	
<b>Chapter 4: Honduras</b>	pg. 17
<i>Baleadas</i>	
<b>Chapter 5: India</b>	pg. 21
<i>South Indian Spicy Chicken</i>	
<b>Chapter 6: Jordan</b>	pg. 25
<i>Ouzie</i>	
<i>Fattoush</i>	
<b>Chapter 7: Mexico</b>	pg. 29
<i>Sopes</i>	
<b>Chapter 8: Nepal</b>	pg. 33
<i>Potato Curry, Mustard Curry, and Dal</i>	
<i>Chicken Biryani</i>	
<b>Chapter 9: Syria</b>	pg. 39
<i>Falafel</i>	
<b>Chapter 10: Venezuela</b>	pg. 43
<i>Arepas</i>	







# Reflections on our Cooking and Culture Class

Honduran Cooking, January 2019

Teachers: 10th Grader Lincoln and his mom Bertha

**Bertha:** What I liked most about the class was that people liked the food I made. When I saw how much everyone enjoyed it, it made me really happy. I didn't feel nervous; cooking is something that I love to do. When I had my son in Honduras, I gave him an American



name, Lincoln. I never imagined that I would be in America one day with my son and have the opportunity to share something from my country with Americans. I needed to know that Lincoln would do his part. Once he said he wanted to do a presentation, I knew that he would come through, even though he panicked when he saw all those people. That's the way he is, but I knew he would calm down and do it. Afterwards, he was very happy and relaxed, no more talk of a headache or feeling sick. His brothers were very proud of him. We were all surprised when the group started clapping and cheering. I am very thankful to the teachers for thinking about my son and my family. I'm

happy to be learning how to cook foods from other countries as well and share in others' cultures.

**Bertha:** Lo que más me gustó de la clase fue que a la gente le gusto la comida que preparé. Cuando vi cuánto lo disfrutaron todos, me hizo muy feliz. No me sentía nerviosa, cocinar es algo que me encanta hacer. Cuando tuve a mi hijo en Honduras, le di un nombre estadounidense, Lincoln. Nunca imaginé que algún día estaría en América con mi hijo y tendría la oportunidad de compartir algo de mi país con los estadounidenses. Necesitaba saber que Lincoln haría su parte. Una vez que dijo que quería hacer una presentación, supe que lo

lograría, a pesar de que se asustó cuando vio a toda esa gente. Así es él, pero sabía que se calmaría y lo haría. Después, se sintió muy feliz y relajado, ya no hablaba de dolor de cabeza ni de sentirse enfermo. Sus hermanos estaban muy orgullosos de él. Todos estábamos sorprendidos cuando el grupo comenzó a aplaudir y aplaudir. Estoy muy agradecido a los maestros por pensar en mi hijo y mi familia. Estoy feliz de aprender a cocinar alimentos de otros países y compartir las culturas de otros.





# AFGHANISTAN



**59 Students in  
Albemarle County Public Schools**



# AFGHANISTAN

## Bolani

By Shah Baz's Family

### Ingredients

Dough

3 1/2 cups flour

1 tsp salt

2 tbsp oil

1 1/4 cups water

Filling:

1 1/2 pounds potatoes

Green onions

Cilantro

Green peppers

1 tsp black pepper

1 tsp salt

2 tbsp olive oil

### Preparation

For the dough:

1. Combine flour, salt, and oil in a bowl.  
Knead with your hands until it combines into a ball. Add water if necessary.
2. Let dough rest for 20 minutes.





For the filling:

1. Wash and boil the potatoes.
2. When the potatoes are soft, let them cool. Remove skins and mash.
3. Chop the cilantro.
4. Heat olive oil in a pan.
5. Add chopped green pepper to the pan and saute for 1 minute.
6. Add green onion and saute for 2 more minutes.
7. Turn off the heat and stir in chopped cilantro, salt, and pepper.
8. Add the potatoes.



Putting it all together:

1. Roll the dough into small balls the size of your hand.
2. Flatten out each ball into a large circle. Fill half the circle with filling and fold the other half over to cover. Press the edges together.
3. Heat oil in a large skillet on medium high.
4. Fry the bolani one at a time on each side until golden brown.



# AFGHANISTAN

## Kabuli Pulao

By Batool, Farangis, and Hashir's Family

### Ingredients

#### Pulao Sauce

2 cups dried chickpeas  
2 chopped onions  
2lbs cut up goat meat  
½ cup oil  
1tspn salt  
1tspn garam masala  
6 cloves garlic  
Pepper  
2 cups water

#### Salad

2 small cucumbers, peeled and diced  
4 chopped tomatoes  
1 chopped kiwi fruit  
1 chopped iceberg lettuce  
Juice of ½ a lime

### Preparation

#### Meat:

1. Heat oil in pressure cooker. Fry onions, crushed garlic, salt, and pepper. After 10 minutes add garam masala and stir. Add meat, chickpeas, and water. Put lid on and cook in pressure cooker for 30 minutes.

#### For the top of the rice:

1. Heat 1 cup of oil in a large pan.
2. Add 2-3 cups of grated carrots. Cook in batches (1 cup at a time). Add 1 cup of raisins to the final batch. Set aside on paper towels.



3. Boil ½ cup pistachios in water for 10 minutes. Take skins off.
4. Pound 7-8 cardamom pods with a tsp. sugar.

#### Salad:

1. Mix salad ingredients in a bowl and add salt to taste.

#### Rice:

1. Soak 2 cups of Super Basmati rice in water for 2 hours (more if needed).
2. Add to 4+ cups of boiling water and add salt.
3. Cook for 15-20 minutes. Strain water.
4. Rinse with cold water to prevent from breaking or sticking.

#### Bringing it all together:

1. Put a little gravy from the sauce into a pot and add salt to taste.
2. Sprinkle a tsp. of garam masala onto the rice and add ½ cup of sauce.
3. Add carrots, raisins, pistachios, and 4-5 tbsps of oil to the rice, but do not mix them.
4. Cover and heat on a low heat for 10 minutes.
5. Lay rice out on serving platter. Top with carrot, raisin, nut mix.
6. Serve with chickpea/ meat sauce, yogurt, and salad.

Enjoy!

\*Afghan prunes can be eaten for dessert.



# CHINA



**77 Students in  
Albemarle County Public Schools**



# CHINA

## Coca Cola Chicken

By Zhao's Family

### Ingredients

Chicken Wings  
Coca Cola  
Ginger  
Aniseed  
Onion  
Cooking Wine



### Preparation

1. Wash the chicken wings.
2. Boil the chicken wings with onion and ginger.
3. Drain the water.
4. Put a little oil in a pot and then put in the chicken wings.
5. Fry until the skin is yellow on both sides.
6. Pour in the Coca Cola and submerge the chicken wings.
7. Add soy sauce, aniseed, onions, and ginger and turn the heat to high.
8. Turn the heat setting to low and stew until the sauce is thick.

## Mapo Tofu

### Ingredients

1 box of Silken Tofu  
1 tbsp. hot bean paste  
2 tsp. oil  
1 green onion  
2 cloves of garlic  
2 pieces of ginger



### Preparation

1. Cut the tofu into 2 cm. cubes. Chop garlic into small pieces. Chop green onion into 1 cm. segments. Chop ginger into small pieces.
2. Add 1 cup water to a large pot and add  $\frac{1}{4}$  tsp of salt. After the water is boiling, add the tofu and cook for one minute.
3. Add chopped vegetables and garlic and then remove.





# EGYPT



**3 Students in  
Albemarle County Public Schools**



# EGYPT

## Koshari and Kofta

By Mohamed's Family

### Ingredients

1 pkg short macaroni  
A handful of thin spaghetti, broken in half  
1 ½ cups of short grain Egyptian rice  
1 ½ cups of dried chickpeas: soak, and boil for 2 hours.  
1lb large green lentils  
A handful of angel hair/vermicelli  
Vegetable oil  
4 large onions, diced  
Finely chopped parsley and dill for decoration

### Preparation

1. Cook macaroni and broken spaghetti in boiling salted water with a splash of oil. Drain and rinse with cold water.
2. Rinse lentils and boil until cooked, about 30 minutes. Drain the water and save.
3. Rinse the rice well to remove the starch. Heat 2 tbsps of oil in a large pan, then add the vermicelli. Stir until lightly browned, then add the rice. Stir well, then add the lentil water, a tsp of salt, and about one more cup of water. Bring to a boil, then turn down and cover to cook slowly.
4. Heat a skillet with a cup of oil and add small batches of onions. Fry until they are brown and crispy and drain on paper towels.

### Sauces for the Koshari:

#### Sauce 1

1. Grate 4-5 cloves of garlic. Fry in a tbsp of oil. Add a jar of Ragu sauce, mix well, and add a little water to desired consistency.

#### Sauce 2

1. 4 cloves minced garlic
2. 1 cup white vinegar
3. 1 tbsp cumin
4. Whisk all ingredients together.



### Sauce 3

1. Heat 3 tbsps oil in skillet, add 2 tbsps chili powder, and stir to mix. Add  $\frac{1}{2}$ - $\frac{3}{4}$  cans of tomato sauce. Mix well.

### Putting it all together:

1. Put some pasta in a bowl, add rice on top, then add sauce #1.
2. Put lentils and some chickpeas on top of that.
3. Add fried onions, then sprinkle with sauces #2 & #3.
4. Mix all together and sprinkle chopped parsley and dill on top. Enjoy.

## Kofta

### Ingredients

1lb ground beef  
1 large onion, finely grated  
2 cloves minced garlic  
2 cups breadcrumbs  
2 eggs  
1 bunch of parsley and 1 of dill- finely chopped  
1 tsp ground cumin  
Black pepper  
1 tsp salt  
Vegetable oil



### Preparation

#### Meat

1. Put beef, onion, garlic, and 1 cup breadcrumbs into large mixing bowl. Use your hand to combine ingredients. Add more breadcrumbs as needed. Add beaten eggs, then add heaped tbsp dill and parsley. Add seasoning, Mix until well incorporated, then shape into sausage shaped patties.
2. Place on a greased pan and bake at 350 degrees for 30 minutes.

#### Tahini Kofta Dip:

1. Mix a jar of tahini with a cup of hot water and stir with a spoon, crushing lumps as you go. Add a splash of white vinegar and stir well. Add a squeeze of fresh lemon juice and salt to taste.
2. Sprinkle with chopped parsley and pepper.

# HONDURAS



**170 Students in  
Albemarle County Public Schools**





# HONDURAS

## Baleadas

By Lincoln's Family

### Ingredients

#### Tortillas:

2 cups all-purpose flour  
1 cup water  
1/2 cup butter  
1 egg  
1/2 tsp salt



#### Filling:

Refried beans, warmed (red beans are typical)  
Scrambled eggs  
Avocado, sliced  
Grated hard cheese (queso duro is a hard salty cheese)  
Crema fresca (or sour cream)

### Preparation

1. Mix flour, water, vegetable oil, egg, and salt in a large bowl; knead until dough is smooth and no longer sticky.
2. Form the dough into 8 golf ball-sized balls. Cover and let rest for about 20 minutes.
3. Stretch each ball of dough into a thick tortilla.
4. Heat a large skillet over medium-high heat. Cook each tortilla until browned and slightly puffed, about 1 minute per side.
5. Layer your choice of fillings (scrambled eggs, refried beans, avocado, and cheese) over tortillas. Drizzle crema on top. Fold tortillas in half over filling.





# INDIA



**28 Students in  
Albemarle County Public Schools**



# INDIA

## South Indian Spicy Chicken

By Debee and John's Family

### Ingredients

1 lb. boneless organic chicken (cut, cleaned, and marinated for 15 minutes)

1 cinnamon stick

2 cloves of garlic

2 bay leaves

3 or 4 curry leaves (optional)

Lime

½ red onion, thinly sliced

½ tbsp ginger and garlic paste

3 full green chiles (do not slit)

Turmeric powder

½ tbsp Kashmiri chilli powder

¼ tsp cumin powder

¼ tsp coriander powder

¼ tsp Shan garam masala

2 tomatoes

1 tbsp cilantro

2 or 3 mint leaves

2 ½ tbsp oil

Salt



### Preparation

1. Cut the chicken into small pieces and clean it.
2. Marinate the chicken in 1 tsp lime juice for 15 minutes.
3. Heat a pan to medium heat.
4. Pour oil in the pan. Once hot, add bay leaves, cinnamon stick, and cloves, followed by curry leaves.





5. Add the thinly sliced onion and saute until the onion is soft.
6. Add the ginger garlic paste and saute.
7. Add whole green chiles.
8. Add turmeric, Kashmiri chilli powder, cumin powder, coriander powder, and garam masala (one right after the other). Make sure the masalas are cooked well.
9. Add sliced tomatoes and saute until the masalas and tomatoes blend evenly.
10. Finally add the chicken and salt.
11. Mix well.
12. Cover and let it cook for 20 minutes on medium heat.
13. Your tasty South Indian Spicy Chicken is ready!



**\*Enjoy with naan**





# JORDAN



**5 Students in  
Albemarle County Public Schools**



# JORDAN

## Ouzie

By Zain's Family

### Ingredients

Rice  
Chicken  
Carrots  
Peas  
Ground beef  
Ouzia spices (a mix of biryani and kabsa spices you can find at the Grand Market Downtown)  
Curry spices  
Broth  
Salt  
Oil  
Turmeric  
Parsley  
Almonds

### Preparation

For the rice:

1. Wash the rice in cold water then soak in warm water for 20 minutes. Wash it again in cold water.
2. In a pan, add oil and when it is hot, add rice, ouzie spices, turmeric, and salt. Mix all together. Add water and cook the rice.

For the chicken:

1. After you clean and wash the chicken, add salt, curry spices, and a mix of lemon & garlic. Cover it with aluminium foil. Put it in the freezer for 1 hour or more. Then, place in the oven for 2 hours, or until ready.
2. During the last 10 minutes of baking, remove the foil and continue baking until you get a golden color.

For carrots & peas:

1. Boil peas and carrots in broth with a little bit of salt and curry.

For the ground beef:

1. In a pan, cook ground beef with curry, salt, ouzie spices, and turmeric.



For the last step:

1. Layer the rice, the ground beef, the vegetables, the chicken, and then decorate with parsley and almonds.

## Fattoush

### Ingredients

Tomato  
Cucumber  
Lettuce  
Green pepper  
Red cabbage  
Radish  
Mint  
Salt  
Fried bread  
Lemon  
Olive oil  
Sumac



### Preparation

#### Salad

1. Combine all vegetables together, add oil, lemon, salt, sumac, and decorate with fried bread.

#### Yogurt with Cucumber

1. Cut the cucumber into small cubes, then add yogurt, salt, and garlic. Decorate with dried mint.



# MEXICO



**65 Students in  
Albemarle County Public Schools**





# MEXICO

## Sopes

By Alex, Victor, and Nick's Family

### Ingredients

For the base:

Maseca (corn flour)

Water

Salt to taste

For the chicken:

Chicken (chicken breasts if desired or any other)

Canned chipotle peppers (to taste)

Sliced onions

Garlic

Diced tomatoes

One bay leaf

Salt to taste

Oil

Garnish:

Refried beans

Lettuce

Sour cream

Queso fresco (fresh cheese)

Hot sauce

Guacamole

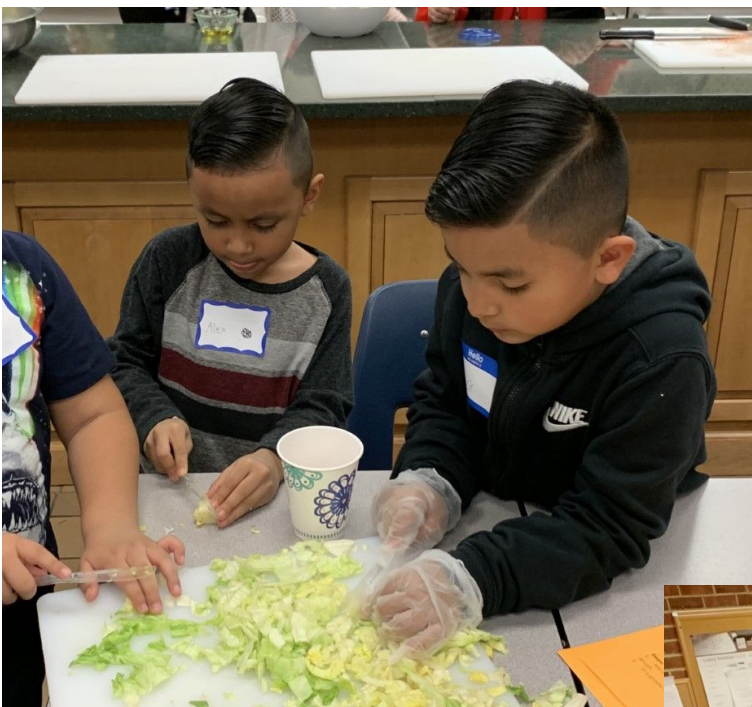


### Preparation:

1. Mix corn flour with water and salt to taste and make a dough.
2. On a griddle, make the tortillas. Cover them so they stay warm.
3. In a pot, boil the chicken with a little bit of water for about 15 minutes. When it cools, pull the chicken apart.



4. In a skillet, place the oil and fried onions until they turn see-through. Add garlic, diced tomatoes, and whole bay leaf. Add the chipotle peppers to taste (pureed if possible).
5. Add the pulled chicken to this mixture and let boil for about 10 minutes. Season with salt and pepper to taste.
6. In the meantime, slice the lettuce, and shred the cheese.
7. Make your favorite guacamole (or use store bought).
8. Have the sour cream ready.
9. When everything is ready, place tortilla on a plate and top it with refried beans, chicken, lettuce, cheese, guacamole, and sour cream.



# NEPAL



**33 Students in  
Albemarle County Public Schools**





# NEPAL

## Potato Curry, Mustard Curry, and Dal

By Preeya's Family

### Preparation:

#### Potato Curry:

1. Peel red potatoes.
2. Slice potatoes in half, then thin half moons, and then in half again (matchsticks). The smaller you cut them, the faster they cook.
3. Dice half an onion for a smaller portion of potatoes. For  $\frac{3}{4}$  of a 2qt pot, use  $\frac{1}{8}$  of an onion. The more potatoes you have, the more onion you will need.
4. Use a small to medium size frying pan. Heat the pan to medium heat.
5. Once hot, add  $\frac{1}{4}$  cup oil (should coat the entire pan with oil). Let oil heat until just starting to smoke. Add 2 tsp of panch phoran spice (if you want to add more you can). Add red chili if you like spicy food.
6. Once spices make the popping sound, add the onion and lower the heat so the onion doesn't burn. Fry onion until brown.
7. Once onions are brown, add  $\frac{1}{4}$  tsp turmeric to the pan. Once the color changes, add potatoes to the pan and stir in.
8. Continue stirring so it won't stick. If it is sticking, oil to potato ratio is off. Use a metal spatula to scrape up the stuck pieces from the bottom, and add more oil if potatoes begin to burn.
9. Add 1 tbsp salt to begin, and more later based on taste.
10. Try cutting a potato to know when they are done.
11. Add cilantro stem and leaves (diced) to potatoes before removing them from the heat.



### Mustard Curry:

1. Take a handful of mustard greens. Cut off the base of the stems and dice them. The smaller they are cut, the faster they will cook.
2. Dice ½ cup of onion.
3. Heat large frying pan on high. Add oil to coat the bottom of the pan (just like with the potatoes).
4. When the oil smokes, add 2 tbsp panch phoran and one handful onion. Cook onion until brown.
5. Once the onion is brown, add 4 double handfuls of the diced mustards and stir.
6. As greens settle, you can add more greens as you like.
7. Add 2 tbsp salt, taste later, and add if needed. Adding the salt pulls out water from the greens, and once the water burns off they are done
8. Add cilantro stems and leaves (diced) to greens.



### Dal:

1. Cook red lentils in water (1 handful of lentils for 1 person).
2. Add a pinch of turmeric.
3. Add salt.
4. Add 2 tbsp olive oil to coat the bottom of a pan and heat oil until smoking. Lower the temperature and add the diced ¼ onion and cook until brown. Increase the temperature as needed.
5. Add shaved ginger once the onion is brown.
6. Add cilantro and then turn off the heat.
7. Add to the lentils.



### Pickles:

1. Shred 1 green cabbage.
2. Dice 2 tomatoes.
3. Dice one onion.
4. Dice hot chiles.
5. Thinly slice one daikon radish.
6. Combine ingredients in a bowl.
7. Sprinkle with 2 pinches of salt.



# NEPAL

## Chicken Biryani

By Anuskar's Family

### Ingredients

1 1/2 cups basmati rice  
8 chicken drumsticks  
1/2 stick butter  
1/2 cup plain yogurt  
Vegetable oil  
2 tsp red chilli powder  
2 tsp turmeric  
Salt  
1 small garlic  
4 tomatoes  
1 large onion  
Small bunch of fresh coriander

Spices (available from the Indian store on Rio Road)

2 tsp garam masala  
2 tsp biryani masala  
2 tsp chicken masala  
2 bay leaves  
2 sticks cinnamon  
2 tsp cumin powder  
1 tsp cumin seeds  
3" piece of fresh ginger grated  
2 tsp coriander powder  
2 pieces of cardamom, and 2 of cloves



## Preparation

### Chicken:

1. Marinate chicken for 20 minutes in fridge in the following:

- 1 tsp turmeric powder
- 1 tsp chili powder
- 1/2 tsp salt
- 1 tbsp yogurt
- 1 tsp cumin powder

### Rice:

1. Cook rice with a little salt and 1 bay leaf. Add 1 tsp butter, 2 cardamom pods, 2 cloves, and a stick of cinnamon. Cook until water has evaporated and is still a little uncooked.

### Chicken:

1. On medium heat, heat 2 tbsps oil in pan, add chopped onions, and brown. Add grated garlic, ginger, and chopped tomatoes. Add masalas and a little salt. Fry for 5 minutes. Add 1 cup of water and cover pan for 5 minutes. Oil will rise to the top, then you know spices are cooked.
2. Turn heat to medium/low. Add chicken and stir for 2-4 minutes. Add 1 cup of water, stir well, and turn to medium heat. Cook for 10 minutes until water has reduced by half. Add 1 more cup of water and repeat. Cook chicken for 30 minutes.
3. Add the rice and mix together. Cover pan and leave for 5 minutes on low heat. Chop fresh coriander and sprinkle on top.



ENJOY!!!!

# SYRIA



**9 Students in  
Albemarle County Public Schools**



# SYRIA

## Falafel

By Hayat and Rukaya's Families

### Ingredients

chickpeas  
garlic  
onion  
parsley  
coriander  
cumin  
paprika  
parsley  
yogurt  
tahini  
lemon  
cucumber  
tomato  
pita bread  
salt and pepper

### Preparation

#### Falafel:

1. Add parsley, chickpeas, onion, salt, pepper, coriander, cumin, and garlic into a food processor and blend.
2. Let the mixture sit (for approximately 1 hour).
3. Shape the mixture into small, round discs. Use a small shaper to make sure they are all the same if you can.
4. Heat oil in a pan and fry the discs until dark brown and crunchy.

#### Sauce:

1. Mix tahini, yogurt, salt, cumin, and lemon juice in a large bowl until it is the taste you would like.

#### Putting it all together:

1. Crush the falafel in a straight line on the pita bread. Add cucumber, tomato, parsley, sauce, and sumac and wrap up the ingredients.







# **VENEZUELA**



**7 Students in  
Albemarle County Public Schools**



# VENEZUELA

## Arepas

By Maria Fernanda's Family

Chicken:

1. Cut a large double-breasted chicken into 4 parts. Place in a pot with enough water to cover the whole breast and boil for 20 minutes.
2. After it cooks and cools, use your hands or a fork shred the chicken.
3. Put the shredded chicken in a bowl and add salt to taste. Add ½-1 cup mayonnaise.
4. Add 2-4 avocados, as much as you like, and the mantra is the more the better.
5. Mix everything together.

Black Beans:

1. Dice 2 white onions and 4 garlic cloves.
2. Fry onion and garlic in any oil at medium temperature.
3. Add the black beans once the onions are translucent and cook for 5 minutes. Canned black beans or soaked and cooked dried black beans can be used.
4. Add salt if needed.



Cheese:

1. Shred the queso fresco (available at Guadalupano and Costco)

Tortillas:

1. Use precooked, white corn meal (the best brands are PAN, GOYA's Mas Arepa, or Maseca).
2. Follow the instructions on the package to combine the precooked, white corn meal, warm water (very important it is warm), and a little salt in a bowl.
3. Stir the mixture with your hands as you add the precooked cornmeal to get rid of any clumps that form until the mixture is a little sticky, but not wet, kind of like playdough.
4. Spread a thin layer of oil on the griddle to prevent the tortillas from sticking.
5. Wet your hands a little and roll the dough into a ball just a little smaller than a tennis ball, and perfectly round.

6. Flatten the dough between your palms slowly, rotating the dough in a circular motion to keep it perfectly round until it is a little over  $\frac{1}{4}$  inch thick.
7. Fry the tortilla on the griddle, turning every 2-3 minutes for 15-20 minutes until it is light brown on both sides. It is normal for a little burning to happen.

Reina Pepiada and Domino Arepa Assembly:

1. Cut open the tortilla (like a pita), stopping halfway through.
2. Add the filling: chicken mixture for the Reina Pepiada or queso fresco and black beans for the Domino.

\*Pair with papelon con limon (drink):

1. Put brown sugar cane in a pot with 2 cups of water at a very low temperature. Stir every 3-4 minutes so it won't burn until dissolved.
2. Add a few cups of the sugar cane liquid to a water pitcher. Add twice as much water and then a cup of lemon juice.
3. Try it, and depending on what you like, add more of one ingredient or another.





