

Recipes from Ecuador

Pork Loin with Shrimp (Lomo con Camarones)

3 pounds pork loin
½ pound raw shrimp, peeled and coarsely chopped
1 hardboiled egg, chopped
Salt
Freshly ground pepper
2 cloves garlic, crushed
4 tablespoons butter
2 cups dry white wine
1 tablespoon flour
White wine or chicken stock



With a sharp, narrow knife, make holes about the thickness of one's thumb all over the loin, almost to the center of the meat. Season the shrimp and egg with salt and pepper. With your fingers, stuff half the holes with the shrimp, the other half with chopped egg, or mix the shrimp and egg together and use as a stuffing. Season the loin with salt, pepper, and the crushed garlic. Heat 3 tablespoons of the butter in a flameproof casserole large enough to hold the loin comfortably (an oval casserole is best) and saute the meat until it is golden all over. Pour in the wine and bring to a simmer. Remove from the heat. Cover with aluminum foil and the casserole lid and bake in a preheated moderate (325 F) oven for 2 hours, or until the pork is tender. Lift the pork and keep warm. Mix the flour with the remaining tablespoon of butter and stir it, over moderate heat, into the casserole, stirring until the sauce is lightly thickened. If the liquid has reduced a great deal during cooking and the sauce is too thick, add a little wine or chicken stock to thin it to medium consistency. Taste, and season with more salt and pepper, if necessary. Spoon a little of the sauce over the pork slices, and pour the rest into a sauceboat. Serves 6.

Striped Bass and Shrimp Stew (Chupe de Corvina y Camarones)

1 ½ pounds striped bass fillets, cut into 1 ½ inch slices
Flour
Salt
Freshly ground pepper
¼ cup vegetable oil
1 pound small or medium shrimp
4 tablespoons butter
1 teaspoon sweet paprika
1 large onion, finely chopped
2 pounds potatoes, peeled and sliced
2 cups milk or half and half
½ pound grated Muenster cheese
3 hardboiled eggs, sliced

Rinse the fish and pat dry with paper towels. Season the flour with salt and pepper. Dredge the fish in the flour. Heat the oil in a skillet and saute the fish slices until lightly browned on both sides. Set aside.

Shell the shrimp, reserving the shells. Cut the shrimp into 1/2-inch pieces and set aside. Melt a tablespoon of the butter in a saucepan, add the shrimp shells, and cook, stirring, until the shells turn pink. Add 3 cups water, bring to a boil, cover, and simmer for 5 minutes. Strain, discard the shells, and measure the stock. Bring it up to 3 cups with a little water if necessary. Set the stock aside.

Heat the rest of the butter in a large saucepan. Add the paprika and the onion and sauté until the onion is softened. Add the potatoes and the shrimp stock, cover, and simmer until the potatoes are tender, about 20 minutes. Add the milk, or milk and cream, to the saucepan and continue to cook the potatoes, stirring from time to time, until they are partly disintegrated. Add the cheese and stir to mix thoroughly. Season to taste with salt and pepper, then fold in the fish and the shrimp. Cook over low heat for about 3 minutes, or until the shrimp are cooked. Serve in bowls topped with slices of hardboiled egg. This should be thick. Thin with a little milk if necessary.

Avacado Tomato Salad over White Rice

2 avocados, diced in medium-sized cubes
2 medium tomatoes, diced in medium-sized cubes
½ red onion, chopped finely
Juice of 1 ½ lemons
1 teaspoon salt
3 tablespoons cold water or olive oil
1 teaspoon salt
White rice, cooked



Dice tomato and avocados. Mix together lightly. In a separate dish, mix the chopped onion with lemon juice, salt and water or oil. Stir all the ingredients together. Serve cold with hot white rice. Serves 4-6.

Ceviche de Camarones (Ecuadorian Shrimp Cocktail)

½ cup fresh lime juice	2 tablespoons extra virgin olive oil
2 tablespoons fresh lime juice	1 cup diced cucumbers
1 pound unpeeled shrimp	½ cup diced tomatoes
½ medium white onion	1 small avocado
1/3 cup chopped fresh cilantro	Salt and pepper
½ cup ketchup	1 large garlic clove
1-2 tablespoons bottled hot sauce	3 cups popped popcorn (unsalted microwave popcorn – no butter!)

Boil 1 quart salted water, adding 2 tablespoons lime juice. Add shrimp and cover, bring water back to a boil. Remove immediately from heat and set lid slightly askew. Pour out all liquid, replace cover and let shrimp steam off heat for 10 minutes. Spread shrimp in pan too cool. Shell shrimp when cooled. Toss shrimp in remaining lime juice and refrigerate for one hour.

Dice onion, avocado, cucumber, cilantro, garlic and tomato. Add to bowl with shrimp and toss with ketchup, hot sauce and olive oil. Cover and refrigerate if not served immediately.

Serve in martini glasses for a stylish presentation. Sprinkle unsalted popcorn on top for crunch, and serve remaining popcorn in a bowl on the side. You may wish to add more popcorn as initial popcorn is eaten. Do not add too much popcorn at once because it will get soggy before it is eaten. Garnish with lime slices and cilantro sprigs. Serves 4.

Potato Soup Ajiaco

4 tablespoons butter	1 ½ teaspoons salt
3 onions, finely chopped	1/8 teaspoon cayenne pepper
2 tablespoons flour	3 cups milk
3 cups chicken broth	½ cup green peas
4 potatoes, peeled and diced	3 eggs
1/8 teaspoon saffron	¼ pound cream cheese
1 avocado, peeled and sliced	

Melt butter in a large saucepan. Add the onions and cook for 10 minutes. Add flour, and mix until smooth. Add the chicken broth gradually, stirring constantly until boiling. Add potatoes, saffron, salt and cayenne pepper, and simmer for 20 minutes. Add milk and peas and continue to cook gently for 5 minutes.

Beat eggs and cream cheese together in bowl, and gradually add 2 cups of hot soup, beating constantly to avoid curdling. Return the contents to the sauce pan, and heat, but do not boil. Place a few thin slices of avocado in each soup bowl and pour hot soup over them. Serves 6.