

# PACIFIC DELIGHTS

BASIC RECIPES FROM THE PACIFIC CUISINE



## REFRITO DE HIERBAS DE AZOTEA

### Ingredients:

(Chillangua / Chiyangua)

Onion

Pennyroyal

Basil

Oregano

Oil

Salt to taste

Garlic

Annatto



Chiyangua



Onion



Salt



Pennyroyal



Basil

Oregano

Oil



Garlic



Annatto

Refrito de hierbas de azotea



### Preparation:

Collect the herbs from the roof the same day that the rehashed is going to be done, wash and chop them (In the past they used to be ground on stone).

Put a pan with two cups of water and let it heat up; add the onion, then the garlic and the annatto.

Shake little by little with a wooden spoon (Or a spoon made of mate or totumo).

When the onion and garlic are cooked, add all the other herbs.

Cook over low heat and gradually add the oil. In the territory, if the stew is going to be used the same day, instead of oil you can add two cups of thick coconut milk.

Let stand for ten minutes and put out of direct heat.



## COCONUT MILK

*Grating the coconut is a difficult task. In communities it is done with an artisan scribe, a serrated blade attached to a bench, or with a sharp spoon.*

### Ingredients:

3 coconuts  
6 cups of water

### Preparation:

Open the coconuts and grate the pulp.  
Add two cups of water to the grated for each coconut.



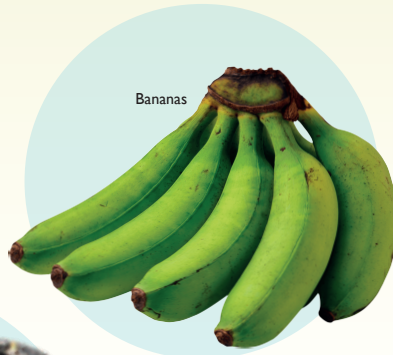
Coconut milk

Squeeze by hand. Thick milk is obtained after the first squeeze. From a second squeeze the milk is obtained, which is lighter. Both have their time in the cooking process,

## TAPAO DE PESCADO CON PLÁTANO O BANANO

### Ingredients:

Fish  
Plantains or bananas  
Roof herbs to taste  
Salt to taste



Bananas

### Preparation:

Clean, gut, and slice the fish; add a little salt and let sit for a while.  
Peel the bananas or plantains, take them out (rub them by hand or with the same peel until they turn pink) and split them.  
Put the bananas in a pot, cover them with water and add the chopped roof herbs.  
On top put the fish slices and cover them with the chopped herbs.  
Cook for thirty minutes over low heat, until reduced.



fish

Tapao de pescado con plátano



Roof herbs

# COCADILLAS DE COCO

## Ingredients:

3 coconuts  
3 raw cane sugar  
("panelas")  
Cinnamon and  
cloves to taste



## Preparation:

Scrape the coconut and cook it with plenty of water, cloves, cinnamon and raw cane sugar. Stir constantly with a wooden spoon, until the coconut is well cooked. When it starts to become a sweet paste, remove the heat, spread on a table and let cool. Once cold, cut the paste or make small balls with it.



*You can add ripe banana, pineapple or orange leaves to the coconut once it boils, this in order to give it different flavors.*



**Bibliography:**  
Knowledge and Flavors of the Pacific of the Colombian Pacific: Guapi - Quibdó.  
Ministry of Culture, 2015

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