



Name of the recipe: Corn & Meat dish (Pastel de Choclo)

International Affairs Office

Make sure you have everything you need and place them on your kitchen counter. This is called “mise en place” (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something. Enjoy!

Pino: (meat filling for different uses)

1. 2 large onions, chopped.
2. 2 tablespoons oil.
3. 1/2 kg finely ground lean beef or minced meat.
4. Salt and pepper to taste.
5. Pinch of sugar.
6. 1 teaspoon ground cumin.
7. 2 hard-boiled eggs, sliced.
8. 12 black olives, hopefully boned.
9. 30 raisins, pepper and cumin.

Fry the onions in oil until transparent, place the lid over it to make sure it doesn't go dry and add a pinch sugar to take away acidity, add the ground meat and stir to brown. Put the lid back on, lower the temperature, and season with salt, pepper and ground cumin. Set aside.

You will also need:

1. 6 pieces of 50-80 gr chicken, browned in hot oil, seasoned with salt.
2. 2 tablespoons sugar.

For the corn mixture:

1. 1 kilo frozen corn passed through the mincer or 8 kernels of corn, grated.
2. 8 leaves of fresh basil, finely chopped.
3. 1 teaspoon salt.
4. 3 tablespoon butter.
5. 1/2-1 cup milk.
6. 2 eggs.

How to prepare:

Pour the mashed corn, chopped basil, salt and butter in a large pot, add the milk little by little, stirring constantly until the mixture thickens and cook over low heat for 5 minutes. Careful, burns easily. Remove from heat. Add yolks, one at a time stirring constantly to incorporate evenly. Let cool a little, then beat egg whites until stiff and fold in the mixture. To prepare the dish use “pailas”, (individual oven-proof clay dishes that you can take to the table) Oil the dishes, spread over the bottom of the dish the onion-ground meat mixture, called “pino”.

Arrange over this a hard boiled egg slice, a couple of olives and 5-6 raisins. Bone the chicken if you like and place a portion over the meat. Cover the filling with the corn mixture. Sprinkle the sugar over the top. Bake until the crust is golden brown. Set for 5 minutes and take the pailas to the table on individual flat plates. Can get very hot.

Serve with "Ensalada Chilena" or tomato salad and extra sugar if you like.

Time to cook/bake:200°mins. **Temp.:**.....35... °C

Chilean Salad

(Ensalada Chilena)

1. 2 cups of peeled & sliced tomatoes in medium sized pieces.
2. 2 cups of onions, cut lengthwise in very fine wedges.
3. 2 tablespoons olive oil.
4. ½ teaspoon salt.
5. Pepper to taste.
6. 2 tablespoons cilantro.
7. 1 or 2 red or green peppercorns, no pips or nerves (optional).

To make sure the onion is not so strong, rest in salt for at least 20 minutes and then rinse with plenty of water under the tap and then place in sieve. Mix the tomatoes and onions together, add the oil, salt and pepper and the rest of ingredients. Put in bowl at the centre of the table so each helps themselves.

Enjoy!