

# SUMMER LATIN RECIPES



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## Latin Chicken/Steak BBQ Marinade:

### “Pollo/Steak Borracho”

(4-6 Servings)

#### Ingredients:

- 4-6 chicken thighs or breast filets, skinless & deboned
- Sea salt & lots of black pepper
- 2 Garlic cloves, crushed
- 4 Spring Onions, crushed
- 1 Tbsp. mild curry powder
- 1-2 tsp cumin
- 2 Tablespoons of vegetable oil
- 1/2 cup of beer or any spirit of choice (optional)

#### Method:

1.-Crush garlic, spring onions, cumin, sea salt & pepper in a mortar or blend with a hand blender. Rub on chicken and add beer, let marinade for 30 minutes or overnight.

2.-Heat up a dry, frying pan on high heat or preheat your BBQ grill. Cook chicken 4-5 minutes on each side, cooked to your own liking. Let a golden crust develop on each side, do not shake, or stir, let flavours develop. Grill on a BBQ 4-5 minutes each side. Serve with a generous serving of salad.



**Chef Jeeny Maltese’s Tips:** This recipe is perfect for a summer BBQ, you can use the same recipe and replace the chicken with steak, fish, prawns, turkey, chicken, halloumi and even tofu. Make sure to add plenty of greens to your salad to aid digestion when consuming red meats.

## Chimichurri Salsa:

(4-6 Servings)

### Ingredients:

- 1/2 Red pepper, finely diced
- 1/2 Red onion, finely diced
- 1/2 Garlic clove, grated
- 1/2 Cup parsley, finely chopped
- 2 Tbsp. oregano
- 2 Tbsp. Red wine vinegar
- 2 Tbsp. Any Oil
- 1/4 Cup of cold water
- 1 tsp cumin (optional)
- 1 tsp paprika (optional)

### Method:

1. Mix all your ingredients for the chimichurri salsa in a small glass bowl and set aside.
2. You can keep the salsa in a glass jar or air-tight container in the fridge, until ready to use.



### Chef Jeeny Maltese's Tips:

The chimichurri sauce goes perfect with any food, even with a roasted chicken and as a salad dressing. They are great health benefits in this sauce with the great benefits of raw vegetables like pepper, onions, garlic, and herbs. Excellent for arterial health.

Finely diced onion can be soaked for 5-10 minutes in 2 cups of cold water with ½ cup white vinegar and pinch of salt, to help break down the fibre for better digestion, make sure to drain them and rinse them with cold water before use. Then add to your chimichurri sauce.

**Smoke technique:** Place the piece of natural lump charcoal directly on top of a gas burner. With the heat on full, burn the charcoal directly over the flames, turning the charcoal around ***using long tongs for safety***, so the flames reach all sides of the charcoal. Add charcoal to the middle of a hollow onion, add 2 tablespoons of oil, ghee or clarified butter on top, place inside a pot, alongside the food you would like to smoke, and cover with a lid. Leave it for as long as you desire, to add that Smokey flavour to your favourite dishes.