



Colombian  
Cuisine  
For The World  
Cultural Diplomacy  
And Culinary Diversity

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**Ministry of Foreign Affairs**

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# Colombian Cuisine For The World

## Cultural Diplomacy And Culinary Diversity





# Colombian Cuisine For The World

Cultural Diplomacy  
And Culinary Diversity

Photo: Mateo Chaves  
Art: María Paula Martínez



“CULINARILY, COLOMBIA  
IS AN ENTIRE CONTINENT”  
Julián Estrada R.I.P.  
Anthropologist and Food Journalist



\* Mustard sprouts, specially grown for this image by Raúl Zavala from Green Plants.  
Photo: Mateo Chaves  
Art: María Paula Martínez





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Costa Rica, El Salvador, Guatemala, Mexico, Nicaragua and Panama

397 IN THE CARIBBEAN  
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399 SELECTED ACTIVITIES IN THE SOUTH CONE  
Argentina, Bolivia, Brazil, Chile, Ecuador, Paraguay, Peru and Uruguay

401 SELECTED ACTIVITIES IN EUROPE  
Germany, Austria, Belgium, Spain, Finland, France, Hungary, Ireland, Italy, Norway, UN Geneva, Netherlands, Poland, Portugal, United Kingdom, Russia, Sweden, Switzerland

403 SELECTED ACTIVITIES IN EURASIA and ASIA  
China, South Korea Indonesia, Israel, Japan, Lebanon, Malasia, Thailand and Vietnam

405 SELECTED ACTIVITIES IN AFRICA  
Algeria, Egypt, Ghana, Kenya, Morocco and South Africa

405 IN OCEANIA  
Australia and New Zealand

Photo: Mateo Chaves  
Art: María Paula Martínez





# PROLOGUE

Ancestral knowledge associated with cooking and eating, as well as exploration and innovation, constitutes a diversity of culinary cultures. That knowledge is part of the 'gastronomic luggage' that thousands of Colombian cooks take to different parts of the world, in this case, as part of the Plan for the Promotion of Colombia Abroad, one of the most valuable tools of Colombian public diplomacy.

This book summarizes extraordinary experiences that have been, and are still being promoted by the Ministry of Foreign Affairs of Colombia to show the world what we are and what we eat. The planning behind all of this has been made possible by traditional knowledge-bearers, cultural entrepreneurs, researchers, and chefs, who are in constant dialogue with the land and its produce. All of them are passionate about their craft and their motherland, which offers them so much abundance.

Our culinary heritage is incredibly diverse and has many opportunities to multiply thanks to creative work. There is also a growing movement in Colombia that is focused on protecting our ecosystems and our intangible cultural heritage, fair trade, and the United Nations 2030 Agenda for Sustainable Development.

Photo: Mateo Chaves  
Art: María Paula Martínez





Readers will have the opportunity to travel around a country full of contrasts. They will come into contact with different practices and flavors through the stories told by those who have been key actors of our culinary diplomacy strategy. Some traveled to Manila, Ankara, Quito, Accra, Paris, Argel, Beirut, Canberra... Not just to prepare a dish, but to share and teach culinary techniques and knowledge associated with these recipes. Also to learn from other culinary cultures that can mix, thereby enriching themselves and our culture as well.

The Ministry of Foreign Affairs and its diplomatic missions have convoked in more than 60 countries, workshops, tastings, master classes, visits to farmers markets, innovation labs, and, of course, dinners inspired by the purpose of promoting conversations, supporting negotiations, or celebrating the friendship and solidarity that unites us with the world.

Thank you for joining us on this journey and taking an interest in the memory and talent of our country.

**Álvaro Leyva Durán**  
Minister of Foreign Affairs of Colombia





# Colombia Cooks for the World

Colombia is an abundant pantry of products, flavors, and culinary knowledge that materialize our cultural heritage: stories, recipes, cooking techniques, rites, and myths around food.

This wealth, as well as a variety of animal and plant products, must be used sustainably to guarantee their protection. This implies generating and reinforcing processes that encourage their continued use, not only as a strategy to conserve them, but as a mechanism to keep our culinary and cultural heritage alive.

Ancestral knowledge is consolidated in the oral tradition that is transmitted from generation to generation, allowing the strengthening of communities and their identities. They are the fundamental basis of a process that itself seeks to preserve its roots.

Traditional knowledge is the set of knowledge of local and foreign populations (Spanish, African, Lebanese and Palestinian, among others), through which we can reclaim that origin. All this, added to the multiplicity of thermal floors, forests and jungles, seas, rivers and snow-capped mountains, allows us to talk about a unique cuisine that can refresh and enrich other culinary cultures.

Undoubtedly, by understanding them we can preserve our flavors and knowledge, giving them space and value.

In the following pages the reader will find a collection of recipes, techniques and products that inspired us to nurture Colombian gastronomy and keep it alive. Thanks to the talent and special touch of each author and chef, it is in constant evolution.

**Álex Salgado, Colombian chef.**

Photo: Mateo Chaves  
Art: María Paula Martínez  
Production: Ministry of Foreign Affairs - Protocol Department  
Mustard sprouts, courtesy of Daniel Aristizábal





# The Soft Power Of Gastro-Diplomacy

At the beginning of the 21st century, gastronomy began to consolidate itself as an instrument of cultural diplomacy for the international projection of nation states. This has had a positive impact on the promotion strategy in areas such as tourism, trade, and what is called 'marca país' (Colombia country brand).

Thailand and South Korea were at the forefront of promoting gastronomy as a national endeavor in the early 2000s, defining it as an instrument of their foreign policy. Subsequently, Mexico and Peru stood out for their decisive commitment to the topic, aimed at achieving worldwide recognition of their national dishes.

It is from these events that the term 'gastro-diplomacy' began to appear in the field of international affairs, usually associated with the concept of soft power. The term is attributed to the American political scientist Joseph Nye\*, who highlights culture as one of the essential resources to influence the behavior of others, promoting one's own interests and changing the preferences and opinions of others.

Gastro-diplomacy uses food and cooking to promote understanding, appreciation, and respect for other cultures.

The Ministry of Foreign Affairs, by means of the Plan for the Promotion of Colombia Abroad (PPCE for its abbreviation in Spanish), created in 1983, seeks to develop activities in the fields of music, cinema, literature, performing arts, visual arts, and gastronomy with the purpose of promoting the foreign policy objectives of the Colombian State.

Within the framework of the PPCE, gastronomy has occupied a special place due to the extraordinary reception it has had from the international community. In conjunction with the missions of Colombia abroad, more than 60 countries have been reached by the cooks and researchers of Colombian cuisine that accompany this initiative.

Activities have included workshops in the most renowned cooking schools around the world; master classes at prestigious universities and museums; conversations with chefs and importers of Colombian products; participation in international culinary programs; interviews with well-respected journalists, photographers, and food influencers; collaborative cooking sessions in the best international restaurants; and street food and farmers' market tours.



\*Nye, Joseph, Jr. 2008. "Public Diplomacy and Soft Power". *The Annals of the American Academy of Political and Social Science*, vol. 616, no. 1.  
QR Gastro-diplomacy Reel  
Photo: Mateo Chaves  
Art: María Paula Martínez



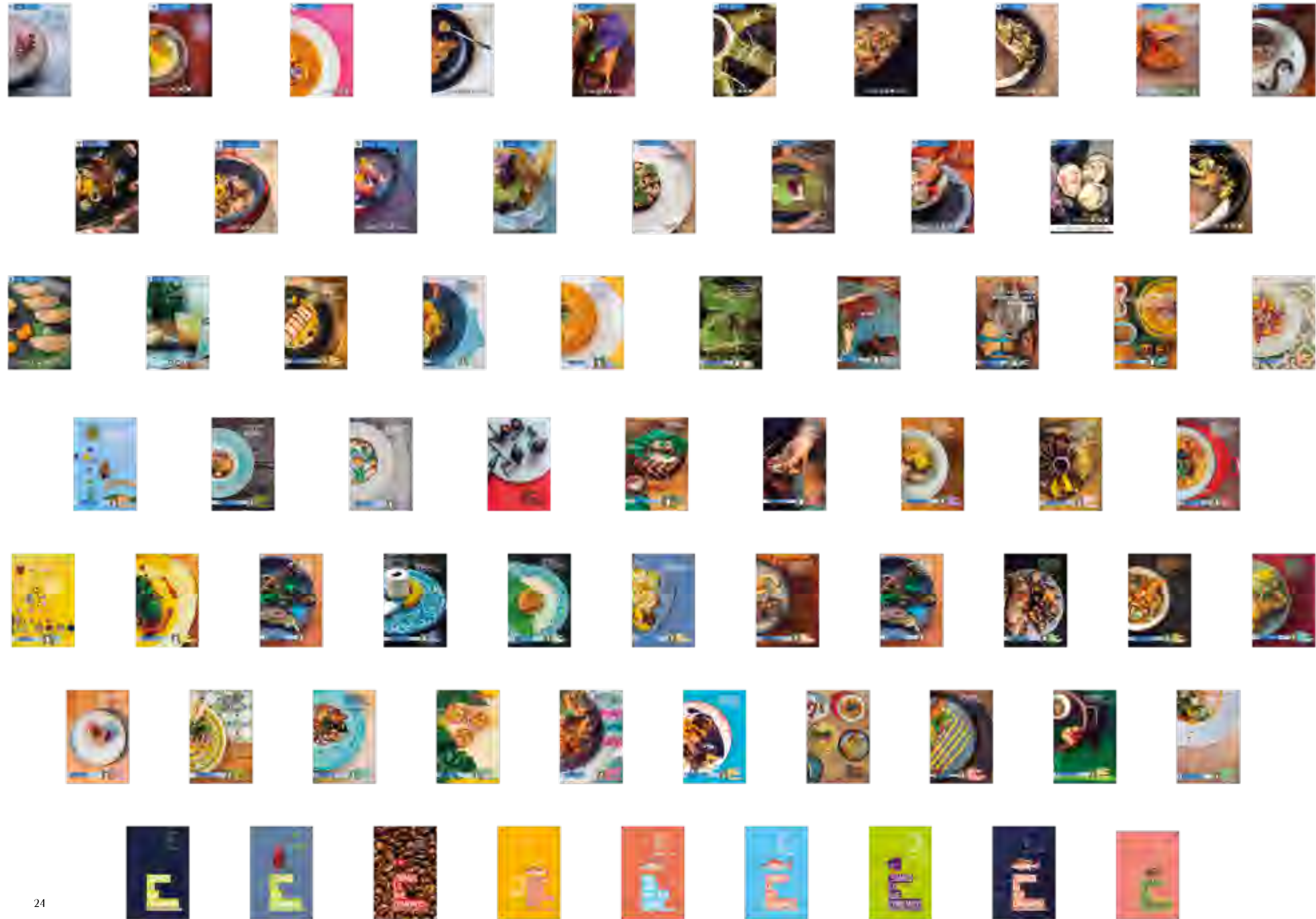


All of this is the result of various planning actions started by the "Gastro-diplomacy Design Thinking" workshop, whose main objective was to put together the handbook for these activities based on the experiences of an interdisciplinary audience.

This is how our culinary richness has been made visible: the diversity of the Colombian pantry, ancestral cuisines of different regions of the country, and innovative processes characteristic of contemporary cuisine.

It is interesting to see that these actions have allowed us to recognize the great variety and abundance of ingredients the country has, its multiple climatic conditions, and the development of a diversified national agriculture, as well as the existence of lands with high productive capacity, which serve as evidence of our biodiverse character.





It is also important to note that thanks to these actions it has been possible to disseminate the best of Colombian gastronomy on a global scale, with recipes and ideas based on the safeguarding of regional traditions such as those found in the kitchens of the Caribbean, Pacific, Sabana, Santanderes, Llanos Orientales, Valle del Cauca, Amazonia, La Guajira, and the coffee region, among others.

In the following pages, readers will find a selection of recipes created for activities that were carried out within the framework of the PPCE. They will also find QR codes through which they can access additional content, such as each activity's digital recipe and complementary video.



QR Digital Recipe Book, Plan for the Promotion of Colombia Abroad.



QR Youtube Channel, videos made by cinematographer Mateo Chaves for the Plan for the Promotion of Colombia Abroad.



# “CUISINE DOESN'T HAVE BOUNDARIES, BUT IT MUST HAVE ROOTS”

Martín Berasategui

The Caribbean, the Pacific, the Orinoquía, the Amazon, the Andes, and the Islands are the six natural regions of Colombia, each with its own characteristics, customs, and foodways. Through their recipes, origins, migrations, and cultures, each region narrates the history of our country.

We have selected some of the exponents of Colombian cuisine who, together with Colombian Embassies, have traveled to promote a cultural strategy that transcends the goal of supporting the creation, promotion, and dissemination of artistic expressions and cultural interests and focuses on the strategic objectives of foreign policy. We firmly believe that culture will facilitate opportunities to strengthen international relations and establish long-term ties with strategic partners, all in support of defending similar interests and working towards a better understanding between nations.







“BRING ME GOOD CHEFS  
AND I WILL GET YOU GOOD DEALS”

Charles Maurice de Talleyrand

# Exponents of Colombian gastro-diplomacy around the world and some of their recipes

Alejandro Cuéllar R.I.P  
Alejandra Salamanca  
Alejandro Gutiérrez  
Álex Nessim  
Álex Quessep  
Álex Salgado  
Álvaro Clavijo  
Andrews Arrieta  
Antonuela Ariza  
Camilo Ramírez  
Carlos Ibáñez  
Carlos Andrés Montoya  
Carolina Asmar  
Carolina Jaramillo  
Catalina Vélez  
Charlie Otero  
Diego Campos  
Diego Marciales  
Diego Panesso

Eduardo Martínez  
Iván Cadena  
Jaime Rodríguez  
Jennifer Rodríguez  
José Luis Rivera  
Juan Manuel Barrientos  
Julián Estrada R.I.P.  
Laura María Jaramillo  
Leonor Espinosa  
Manuel Benjamín Martínez  
Manuel Mendoza  
Marcela Arango  
María Angélica Bernal  
María Buenaventura  
María Cecilia Restrepo  
Oscar González  
Paula Silva  
Rey Guerrero  
Rodrigo Pazos  
Santiago Macías  
Verónica Socarrás  
Vicky Acosta  
Yulián Téllez

#### BEARERS OF TRADITION:

Elsis María Valencia  
Luz Dary Cogollo  
Zoraida Chori Agámez

Photo: Mateo Chaves  
Art: María Paula Martínez





## TRIBUTE “THE GUY WHO ATE FLOWERS” Alejandro Cuéllar R.I.P.

When talking about Colombian culinary diplomacy, it is essential to mention Alejandro Cuéllar, paying tribute to him through his favorite flowers –pansies–, recounting how he dedicated a good part of his energy and reflections to understanding how to position Colombian gastronomic fruitfulness, both within the country and abroad. Thus, he quickly became one of the people closest to Plan for the Promotion of Colombia Abroad, taking his avant-garde recipes to Chile, the United States, and Southeast Asia, where he made his last tour to promote the passion he felt for our gastronomy.

In 2018, Alejandro was invited by the Ministry of Foreign Affairs to carry out end-of-year activities at the Colombian Embassies in the United States and the United Nations in New York, where he undoubtedly delighted diners with representative dishes from five of the regions of Colombia. Among them were: oysters in street *ceviche* of mango ‘*biche*’ (Caribbean); prawn ‘coctél’ (Pacific), ‘*pescado moqueado*’ with black chili tapioca and cassava puree (Amazon); tenderloin on horseback over *criolla* potato puree and cured egg yolks (Andes); and its well-known and colorful Christmas *majule* custard\* with *mayanes* pineapple, strawberries and blackberries (Orinoquia).

\**Majule* META-ARAUCA-CASANARE Difficulty level \*\* | Cooking time: 45 minutes.  
6 plantains in their maximum state of maturity · 1½ liter of water · ½ pound (250 gr) of fresh curd · 1 liter of milk.

Plantains are peeled and sliced thin like paper streamers. The heart is discarded. They are cooked in water for 20 minutes over medium heat, whisking until [the liquid] boils and the strips are loose. Add the shredded curd and let it boil until it takes on a reddish color. Add the milk, and cook until the desired thick consistency is achieved. [This dish] is served hot in soup plates, accompanied by *cachapas* or *tungos*.”  
Photo: Esteban Rodriguez.

Taken from: Ordóñez Caicedo, Carlos. 2012 [1984]. Biblioteca Básica de Cocinas Tradicionales de Colombia, vol. 09, Gran Libro de la Cocina Colombiana. Ministry of Culture of Colombia, Bogotá D.C. (original in Spanish. This translation respects the writing style of the recipe).  
\*Cachapas are a pancake-like variety of *arepa* made with *maíz choclo*. *Tungos* are rice cakes boiled or steamed, wrapped in leaves.  
Photo: Esteban Rodriguez.





One of the aspects that we remember most from his time in New York was the impact he had on the team that accompanied him in the kitchen. The night when the diners enjoyed their dishes, the cooks and chefs sent a message with a photo where they said: "We're delighted with Alejandro here". So, in 2019, when Alejandro passed away, Carmencita, the cook of the United Nations mission in New York, shown hugging him in the photo, expressed her sadness remembering him for those "bonus cooking classes" that he gave them during his stay in New York.

That positive attitude characterized him: generosity and endless desire to share his knowledge.

He would sit down for as long as necessary with consultants from the Ministry of Foreign Affairs, the Ministry of Culture, and ProColombia, to discuss how to unite us around the goal of showing our cuisines, all "rowing in" the same direction. Without a doubt, his legacy continues to inspire Colombian gastro-diplomacy. Alejandro will always be remembered for energetically displaying the country in all of its splendor: cultures, edible flowers, and ingredients condensed in a concept of wild cuisine that feels very Colombian.



"The man who ate flowers", as many recognize him, was a key motivator for companies like Green Plants. Raúl Zabala, its founder, tells us that Alejandro was the inspiration for planting edible sprouts: "the main person who guided us to launch these products forward and make them available to chefs". By drawing the map of Colombia using these sprouts in various images of this book, we want to remember and thank Alejandro.

**Laura Arango Blanco,**  
Minister Counselor of Foreign Affairs,  
Permanent Mission of Colombia  
to the United Nations Office in Geneva.

Photo: Mateo Chaves  
Pansies, Alejandro's favorite flowers  
Crops by Raúl Zabala and Andrés Torres, Greenplants





# Exponents of Colombian gastro-diplomacy in the world and some of their recipes

## Alejandro Cuéllar R.I.P.

He specialized in wild cuisine and, hand in hand with botany, discovered new products and flavors that he himself produced in his orchard, Santa Beatriz. Likewise, he made his own tableware in a workshop with natural products, which gave his kitchen a unique touch.

A culinary culture mixed with visual arts was present in his creations, rich in textures, ingredients, aromas, and flavors. The color and aesthetic composition of his dishes pleasantly surprised diners' senses.

**EXPERIENCE**  
Colombian Embassies  
in Australia, Chile,  
United States,  
Philippines, Japan,  
Malaysia, New  
Zealand and Thailand.





## Shrimp 'coctél' with avocado mousse and cassava sticks

6 servings  
INGREDIENTS

### 'COCTÉL'

|                 |       |
|-----------------|-------|
| Medium shrimp   | 400 g |
| Red pepper      | 50 g  |
| Red onion       | 50 g  |
| Garlic          | 10 g  |
| Tomato paste    | 30 g  |
| Lemon juice     | 20 ml |
| White vinegar   | 10 ml |
| Mayonnaise      | 30 g  |
| <i>Cilantro</i> | 5 g   |
| Salt            |       |

### AVOCADO MOUSSE

|              |       |
|--------------|-------|
| Hass avocado | 300 g |
| Lemon juice  | 50 g  |
| Heavy cream  | 100 g |
| Salt         |       |

### CASSAVA STICKS

|               |       |
|---------------|-------|
| Cassava       | 500 g |
| Vegetable oil | 2 l   |

Edible flowers, pickled onions, and fish eggs

### DIRECTIONS

Peel and cut the cassava into 8 x 3 cm pieces.

Salt plenty of water, bring it to a boil, and cook the cassava until it is soft but not falling apart. Set aside.

Salt plenty of water, bring it to a boil and cook the shrimp for 2 minutes. Remove and immediately place in ice water. Strain and refrigerate.

Finely chop the peppers, onion, and garlic.

In a large bowl, mix vegetables with the lemon juice, vinegar, tomato paste, mayonnaise, and salt for seasoning.

In a blender, add the avocado, lemon juice, and a dash of salt. Blend until smooth and set aside.

Whip the cream until stiff peaks form. With a spatula mix the cream and avocado, gently lifting and turning ingredients until they are combined. Refrigerate.

Fry the cassava sticks in the oil at 180°C. until crisp and golden. Season with salt.

Mix the shrimp with dressing and marinade for 10 minutes.

To serve, arrange a spoonful of avocado mousse on the plate, then add the shrimp and cassava sticks. Finish with plenty of coriander. Decorate with edible flowers, pickled onions, and fish eggs.



QR Digital Recipe Book  
Photo: Colombian Embassy in Washington D.C.





## Smoked *tambaqui* with *hogao* and pineapple chutney

### 1 serving

#### INGREDIENTS

|                    |       |
|--------------------|-------|
| Cachama filet      | 200 g |
| Egg whites         | 60 g  |
| Scallions          | 100 g |
| Salt and pepper    |       |
| Unflavored gelatin | 5 g   |

#### HOGAO

|   |       |
|---|-------|
| Scallions   | 50 g  |
| Orange and black food dye                         |       |
| Peeled and seeded, tomato 'chonto' or San Marzano | 200 g |
| Annatto infused oil                               |       |
| Cumin powder                                      |       |
| Fresh <i>cilantro</i>                             |       |
| Salt  |       |

#### CHUTNEY

|                         |     |
|-------------------------|-----|
| Piña <i>mayanes</i>     | 1 u |
| Mango                   | 1 u |
| Vegetable oil           |     |
| Vinegar and sugar       | qs  |
| Turmeric powder         | qs  |
| <i>Cilantro</i> sprouts | qs  |

#### TAMBAQUI

To smoke the *tambaqui*, prepare the stove with firewood or charcoal (to get a good amount of smoke, put banana leaves on top). Butterfly the fish and roast it over coals for 3 hours at a distance of approximately 80 cm from the heat source.

Blend while still hot with an egg white, salt and pepper, finely chopped scallions, and the gelatin previously soaked in water.

Spoon into ramekins or cake tins previously colored with the food dye and refrigerate for 30 minutes.

#### HOGAO

Finely chop the scallions and tomatoes. Heat the oil and sauté them until reduced, finishing with the cumin and chopped coriander. Add salt to taste.

#### CHUTNEY

Peel the pineapple, remove the heart, and cut into small cubes. Peel and cut the mango into cubes. Heat the oil in a pan and cook the fruits over low heat until tender, adding the sugar and vinegar.

For a balanced bittersweet taste, add more vinegar or sugar.

Unmold the *tambaqui* mousse and serve with the chutney and *hogao*, garnishing with *cilantro* sprouts.



QR Digital Recipe Book  
Photo: provided by the chef





## Coconut Yogurt Panna Cotta and Oatmeal Granola Parfait

### 1 serving INGREDIENT

|                      |        |
|----------------------|--------|
| Tapioca              | 100 g  |
| Coconut yogurt       | 500 ml |
| Heavy cream          | 500 ml |
| Sugar                | 50 g   |
| Unflavored gelatin   | 15 g   |
| Oatmeal granola      | 100 g  |
| Pitaya               | 1 u    |
| Soursop pulp         | 30 g   |
| Dried coconut flakes |        |

### DIRECTIONS

Cook the tapioca in boiling water for 10 minutes. Remove it from the stove and let it cool under running tap water. Strain it, put it in a bowl, and add half of the coconut yogurt. Set aside.

Cook 200 ml of heavy cream with the sugar, add gelatin, bring to a boil and mix with the rest of the yogurt, away from the heat. Fill a mold with the mixture and refrigerate until set.

Put the panna cotta at the center of the plate with the granola, pitaya, soursop, tapioca, and coconut flakes around it. Garnish with edible flowers.



QR Digital Recipe Book  
Photo: provided by the chef





# Alejandra Salamanca

Anthropologist from Universidad de los Andes (Bogotá, Colombia), Master of Arts Anthropology of Food from SOAS University of London. She works on participatory methods focused on environmental peace and food sovereignty. Among other projects, she worked on the co-creation of community initiatives based on foodways at Casa Múcura (Chocó, Colombia), and coordinated the projects of the FUNLEO Foundation: "Sucre tastes differently", focused on the gastronomic heritage of the department of Sucre, Colombia, and Zotea, Integrative Center of Gastronomy (Coquí, Chocó). She was a co-researcher in the "Los herederos" project, which focused on migration and street food vending (New York) and, in partnership with the community of Coquí, she is the co-author of the book *Abrazar la Tierra: Memorias Colectivas de la Cocina Ancestral de Coquí, Chocó* (Ed. Hambre de cultura, 2022), which won two awards at the Gourmand Awards Food Culture by country, 2023.

**EXPERIENCE**  
Colombian Embassies  
in Bolivia and  
Singapore.

Photo: Mateo Chaves





# “Feeding Identity: An Exploration of Food, Race, and Territoriality in Coquí, Chocó”

I participated at the 2022 Annual Meeting of Ethnology “Mutual Parenting and Food” in Bolivia (RAE, its abbreviation in Spanish) with the presentation: “Feeding identity: An exploration of food, race and territoriality in Coquí, Chocó, Colombia”.

In this event I addressed how human beings relate to food and other vital elements for our existence, such as water.

Climate change, deforestation and other related activities have been detrimental for biodiversity. It is therefore essential to transform the ways that we relate to what surrounds us. In the context of the challenges that the Anthropocene poses, I found it pertinent to show how the community of Coquí, in the Colombian Pacific, has a lifestyle that shows care for the environment, and establishes their notion of identity and race based on the recognition of the diversity of the territory they inhabit.

In this community, it is possible to find types of mutual upbringing; identities and territorialities that position themselves, through the leadership of women and in their conception of the ‘Biogeographical Chocó’, as the home of all forms of coexistence, thus allowing us to foresee a path for the creation of community models based on racial, climate, and ecological justice.

People in Coquí build their identity through activities of daily life, such as agriculture, fishing, and cooking. Activities that are connected as such to governance structures seeking black territorial autonomy and good living practices.

Local discourses in this community are mechanisms to explain tensions with modernity, race, food, political agency, and territorial autonomy. The use of local ingredients such as coconut, fish, *hierbas de azotea*, corn, and plantain are vitally important tools to define, reflect upon, and, through that lens, understand a coquiseña community’s identity. Likewise, the prevalence of traditional dishes such as ‘*sopa de resplandor*’, *juju*, and *tapado* are dishes that maintain the legacy of the coquiseños’ ancestors and their struggle for freedom. They are a reaffirmation of the history of the African diaspora.

Foodways have been a pillar for the community to build its black identity around flavor, forms of production, food harvesting, and traditional knowledge. Through ingredients, metaphors, stories, and symbols around these themes, a sense of belonging is nurtured. For example, the hiding of seeds in the braided hair of a woman when trying to escape from the plantations or finding cures for the body with plants from the forest to live much longer.





Territorial autonomy has allowed a consolidation of a radical and fugitive food geography, in accordance with what has been proposed by authors such as Tina Campt, Fred Moten, and Stefano Harney in their research work. It also shows ontological connections of a relational nature with land, perspectives on black political activism, and notions of race and sustainable economies, which dialogue with the global capitalist model in how they use local products and their understanding of biodiversity. These topics are also explored by Vandana Shiva, Arturo Escobar, Michael Taussig, and Eduardo Kohn.

All of this is represented in associative projects such as the Zotea community restaurant in 2019, the construction of a hut of local knowledge from Coquí in 2020, and the publication of the book *Abrazar la Tierra: Memorias Colectivas de la Cocina Ancestral de Coquí, Chocó* (Ed. Hambre de cultura, 2022), which aims to gather this traditional knowledge.

**Alejandra Salamanca**  
Anthropologist, Universidad de los Andes,  
Bogota D.C.





# Alejandro Gutiérrez

His previous studies in biology have led him to promote a cuisine that seeks to make visible the immense diversity of the country through sustainable production projects, which include direct conversation and trade with producers. Salvo Patria, his restaurant, is characterized by using traditional techniques to offer an ever-changing menu that is enriched with seasonal ingredients.

**EXPERIENCE**  
Colombian embassies in Argentina, Philippines, Japan, Paraguay, South Africa, and Uruguay.





## *Arepas de Choclo*, Fresh Cheese, and Honey

4 servings (8 *arepas*)

### INGREDIENTS

|                                   |        |
|-----------------------------------|--------|
| Big corns on the cob              | 2      |
| Eggs                              | 2      |
| Brown sugar                       | 25 g   |
| Salt                              | 5 g    |
| Wheat flour                       | 10 g   |
| Fresh cheese<br>(mozzarella type) | 200 g  |
| Butter                            | 50 g   |
| Honey                             | 100 ml |

### DIRECTIONS

Remove the corn kernels from the cobs with a knife.

In a blender or food processor, place the corn, eggs, sugar, salt, flour, and half of the cheese, and blend until you get a homogeneous mass.

Divide into eight portions and form an arepa with each one.

In a nonstick skillet over medium heat, melt 15 g of butter and grill one arepa at a time. Let it cook on one side until browned (for approximately four minutes), flip and cook on the other side in the same way.

Right before it is cooked, add a tablespoon of cheese, fold in half making sure that the cheese is covered, and set aside. Do the same with every *arepa* and serve them warm with the honey drizzled on.



QR Digital Recipe Book  
Photo: Mateo Chaves  
Art: María Paula Martínez





## Trout from the Source of the River Fonce

4 servings

### INGREDIENTS

#### TROUT

|                          |       |
|--------------------------|-------|
| Whole trouts             | 2     |
| (500 to 600 g each) Salt | 5 g   |
| Butter                   | 50 g  |
| Garlic gloves            | 2     |
| Onion                    | 30 g  |
| Peeled macadamia nuts    | 250 g |
| <i>Panela</i>            | 20 g  |
| Fish or chicken broth    | 1 cup |

#### SALAD

|                     |       |
|---------------------|-------|
| Quinoa              | 60 g  |
| Black <i>tucupí</i> | 30 g  |
| Honey               | 15 g  |
| Lemon juice         | 1     |
| Olive oil           | 3 tbs |
| Hass avocado        | 2     |
| Greens mix          |       |
| Salt                |       |
| Pepper              |       |
| Peeled macambo nuts | 50 g  |

#### OTHER INGREDIENTS

Edible flowers

#### NOTE

You can replace the trout with salmon or fresh tuna, the macadamias with cashews or hazelnuts, and the *tucupí* with red miso or soy sauce.

### DIRECTIONS

#### TROUT

Remove the bones from the filets with tweezers. Set aside and refrigerate.

Heat the butter and a little bit of oil in a large frying pan, season the filets with salt, and cook them, skin side down first, until toasted. Flip them and cook for 1 more minute.

#### SAUCE

Finely chop the onion and garlic. In a pan over low heat, add the butter and sauté the onion and garlic, stirring constantly, until lightly browned. In the meantime, toast the macadamias for 10 minutes in an oven at 120°C. Add the macadamias to the pan, cover with the broth, and cook over low heat for 15 minutes. Mix in a blender and process. If the sauce is too thick, add some warm water. Filter in a fine strainer and adjust the seasoning with salt and *panela*. Set aside.

#### SALAD

Bring plenty of water to a boil, add salt, and cook the quinoa for 20 minutes or until it is al dente. Strain and set aside.

To make the vinaigrette, mix the *tucupí*, honey, lemon juice, and olive oil. Cut the avocado into thin slices, mix the quinoa with half of the greens, half of the avocado, and the vinaigrette. Add the *macambo* nuts and salt and pepper to taste. Toss well.

Put the sauce at one end of the plate and cover it with the trout skin side up. Next to it, place the quinoa salad and the remaining avocado. Garnish with edible flowers.



QR Digital Recipe Book  
Photo: Mateo Chaves  
Art: María Paula Martínez



## Arequipe 'Cocadas'

**4 servings**  
**INGREDIENTS**

|                                   |       |
|-----------------------------------|-------|
| Dried coconut flakes              | 200 g |
| <i>Arequipe</i> or dulce de leche | 200 g |
| Rice flour                        | 100 g |

**DIRECTIONS**

Arrange the coconut flakes in a wide pan and toast them for 10 minutes over very low heat, stirring constantly with a spoon.

Meanwhile, heat the *arequipe* in a medium-sized saucepan over low heat.

In a bowl, mix the coconut and the *arequipe* until they are integrated. Let the mixture cool.

Form small balls with a spoon and toss them in the rice flour to coat them evenly.

Store in a tightly covered container and serve at room temperature.



QR Digital Recipe Book  
Photo: Mateo Chaves  
Art: María Paula Martínez

## Colombian Coffee and Banana Shake

**4 servings**  
**INGREDIENTS**

|                               |               |
|-------------------------------|---------------|
| Water                         | 1 1/4 cup     |
| Freeze dried Colombian coffee | 2 tbsp (20 g) |
| Ripe plantains                | 2             |
| Ice                           | 1 cup         |
| Condensed milk                | 2 tbsp (80 g) |

**DIRECTIONS**

Dilute the coffee in 1/4 cup of hot water.

In a blender, place the sliced bananas, coffee, ice, and condensed milk with the rest of the water. Blend until smooth and creamy.

Serve in short glasses and garnish with sprinkled coffee.

**NOTE**

This recipe can also be made with 1/4 cup of filtered coffee already brewed.

Photo: Mateo Chaves  
Art: María Paula Martínez







# Alex Nessim

Álex is the leader of the responsible fishing network managed by the “Pescando Pacífico” organization. He also works with producers from Cauca, Nariño, Chocó, and Valle del Cauca to support sustainable agriculture and the consumption of ‘clean’ products in order to improve the economic reality of communities of farmers.

He studied at the Cordon Bleu in Lima, Peru, and he was the owner of the restaurants Pica and Selfish Bar in Santiago de Cali. He currently owns and runs Kibdo Barra Izakaya, also in Cali.

**EXPERIENCE**  
Colombian Embassies  
in China, Morocco,  
Lebanon, and Ghana.



QR Video  
Cinematographer: Mateo Chaves  
Art: María Paula Martínez





## Ceviche with *Hierbas de Azotea* and Coconut

### 1 serving INGREDIENTS

|                          |        |
|--------------------------|--------|
| Coconut milk             | 150 ml |
| Fish stock               | 100 ml |
| <i>Cimarrón cilantro</i> | 20 g   |
| <i>Cilantro</i>          | 20 g   |
| Dark basil               | 20 g   |
| Oregano                  | 20 g   |
| Lime                     | 100 g  |
| Red onion                | 30 g   |
| Salt                     | 10 g   |
| Fresh fish of the day    | 100 g  |
| Vegetable oil            | 500 ml |
| Unripe plantains         | 300 g  |
| Avocado                  | 80 g   |

### DIRECTIONS

In a blender, place the coconut milk, fish stock, *cilantro*, basil, oregano, lemon, onion, and salt. Blend until the mixture is homogenous. Cut the fish into medium-sized cubes and mix them in the marinade gently. Adjust seasoning and set aside.

In a pot or frying pan heat the oil to 175°C.

Grate the plantain and form portions in the shape of a spider. Fry them until browned and remove the excess oil.

Serve the ceviche with the avocado slices and fried plantains on the side.

Photo: Mateo Chaves  
Art: María Paula Martínez





## Glazed Lamb and 'Titoté' Rice

### 1 serving INGREDIENTS

|                        |        |
|------------------------|--------|
| Thyme                  | 20 g   |
| Bay leaves             | 10 g   |
| Rosemary               | 30 g   |
| Salt                   |        |
| Red onion              | 70 g   |
| Garlic                 | 20 g   |
| Red wine               | 100 ml |
| Butter                 | 50 g   |
| Lamb shin              | 400 g  |
| Coconut milk           | 200 ml |
| <i>Panela</i> , grated | 20 g   |
| Soy sauce              | 5 g    |
| Rice                   | 100 g  |

### DIRECTIONS

Put the herbs, salt, onion, garlic, red wine, butter, and lamb shin in a vacuum bag and seal it. Let it rest for some seconds and cook at 80°C for 15 hours in a sous vide machine.

Cook the coconut milk with *panela* and soy sauce until you get a syrupy texture.

Sauté the rice with the reduction of coconut milk and mix well until you get a sticky texture.

Heat the cooking juices of the lamb until reduced, glaze the shin, and serve it with rice on the side.

Photo: Mateo Chaves  
Art: María Paula Martínez

## "Boozed" *Lulada*

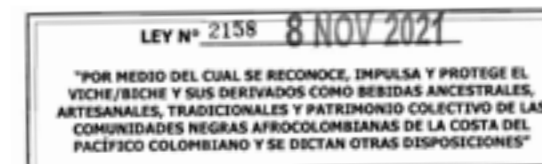
### 1 serving INGREDIENTS

|                                    |        |
|------------------------------------|--------|
| Lulo                               | 100 g  |
| <i>Viche</i> or <i>aguardiente</i> | 2 ½ oz |
| Lime                               | 50 g   |
| Sugar                              | 30 g   |
| Ice cubes                          | 6      |
| Spearmint                          |        |

### DIRECTIONS

Put all the ingredients in a shaker and mix well several times.

Pour into a glass, add sparkling water, and garnish with spearmint.



QR Digital Recipe Book  
Photo: Mateo Chaves  
Art: María Paula Martínez







## PROTECTING *VICHE* ROOTS: the Ancestral Culture of Colombia's Pacific Region

It cures illnesses and frees from fear, alleviates ailments, and accompanies celebrations. It comes from the Pacific region and is a fundamental part of the cultural and economic life of the ancestors of this magical region in Colombia. It is the *viche* that sprouts from the cane and is today considered Colombian heritage.

Law 2158 of November 8, 2021\*, better known as the *Viche* Law, was sanctioned by the Colombian Government, which recognized it as an ancestral drink that, along with its artisan derivatives, is the collective heritage of the Afro-Colombian communities of the Pacific.

\*Law 2158 of 2021  
Taken from the Ministry of Justice and Law of Colombia  
(original in Spanish).  
Year CLVII No. 51.852 Bogotá, D. C., November 8, 2021, p. 1.  
Law 2158 of 2021: "By means of which Viche/Biche and its derivatives are recognized, promoted, and protected as ancestral, artisanal, traditional beverages, and collective heritage of the black Afro-Colombian communities of the Colombian Pacific Coast and other provisions. November 8, 2021."





**PACIFIC REGION**

**SUGAR CANE HECTARES PLANTED:**

Total area: 232,070 ha. Valle del Cauca 179,279 ha.

Cauca 6444.035 ha.

Risaralda, Quindío, and Caldas 8,756 ha.



*Viche* is made from the non-industrial distillation of the fermented sugar cane juice, carried out using *trapiches*.

The region comprising the territories of the departments of Chocó, Cauca, Nariño, and Valle del Cauca has been recognized as the place of origin of *Viche* and its derivatives. The flavor of these drinks varies according to the area where they are produced.

According to information provided by the Ministry of Culture of Colombia, the “Asociación de Productores y Transformadores del *Viche* del Pacífico Colombiano” estimates that the livelihoods of 10% to 15% of the communities on the river basins of Valle del Cauca, Chocó, Nariño, and Cauca depend on this drink. The epicenter of *viche*’s promotion and marketing is the “Petronio Álvarez” Festival, but its consumption is spreading beyond special events to places like Cali, Buenaventura, Bogotá, and Medellín.

Colombian law explicitly indicates that Afro-Colombian communities of the Colombian Pacific coast will have the exclusive right to produce and process *viche* and its derivatives, within the framework of their uses and customs, regardless of their final destination.

## The Flavor of Ancestors

The name *viche* comes from the Bantu languages of Central and Eastern Africa. The word means “green” or “raw.” It is used medicinally by master herbalists and midwives to heal wounds and snake bites, relieve colic, and control parasites.

Among its derivatives are ‘*arrechón*’, ‘*tumbacratre*’, ‘*tomaseca*’, and ‘*curao*’. These products, which can be used as aphrodisiacs or as a means to relieve menstrual pain and enhance fertility, are made from the mixture of *viche* with ingredients such as cloves, honey, peach, *borojo*, and different seeds and roots. In addition, it is a tradition to share it during *mingas*<sup>\*</sup>, patron saints festivities, and communal festivals.

<sup>\*</sup>*Minga*: From Quechua mink’a.

F. Arg., Chile, Col., Ec., Par. and Peru. Gathering of friends and neighbors to carry out collective volunteer work.

F. Ec. and Peru. Collective volunteer agricultural labor with the purpose of achieving social welfare”.

Taken from the Royal Spanish Academy Dictionary – RAE. 2023. (original in Spanish). Electronic source: <https://dle.rae.es/minga>. doa: January 10, 2023.

Photo: Victor Velasco





## Training and Productivity

Under the leadership of the Ministry of Agriculture and Rural Development of Colombia and the Ministry of Culture of Colombia, through Program of Escuelas Taller, the *Viche* Law seeks to promote training activities that are complementary to the traditional know ledge associated with the production of *viche* and its derivatives, considering the current regulations on the National Qualification System.

The teaching of *viche's* distillation is a cultural practice transmitted from generation to generation by the black communities of the Colombian Pacific. According to these communities' beliefs, *viche* accompanies the inhabitants of the Colombian Pacific territories from the moment they are born until they leave to another "dimension"; which is why it will be ensured that methods of teaching the production and processing of this product are developed under the guidance of *viche* organizations' leaders.

In this sense, the *Viche* Law seeks to guarantee that ancestral knowledge is transmitted in a continuous way within these communities, in accordance with the government's policy of strengthening the artisanal and cultural sector in Colombia.

The Ministry of Culture of Colombia recognizes the great potential *viche* has to promote development in the communities that make it and to improve their practices of production. The main goal is for this drink to become a catalyst for economic growth, as is the case with beverages such as *pisco* in Peru and *mezcal* in Mexico. All this, on an international scale, as the law that supports its promotion seeks.



QR The *Viche* Law  
Photo: Víctor Velasco





# Álex Quessep

Through his research on the influence of Arab cuisine on Colombian Caribbean gastronomy, he has managed to create a culinary style that narrates the migrations of Lebanese, Syrians, and Palestinians and the resulting cultural combination in this region. He has also worked with the Ministry of Culture of Colombia to recover knowledge of traditional cuisine in the departments of Atlántico and Sucre. He was the general coordinator of the book about traditional cuisine from the Atlántico department, *Atlántico tastes good (Atlántico sabe rico* -original in Spanish-, Gobernación del Atlántico, 2018). This book was awarded "Best Local Cookbook in the World" at the Gourmand World Cookbook awards that same year.

**EXPERIENCE**  
Colombian Embassies  
in Algeria and Cuba.

Photo: Daniela Murillo





## Lamb with Moroccan Spices in Coconut Milk Stew, Perfumed with *Hierbas de Azotea* with Yellow Corn and Sesame Seed *arepas* on the Side.

Servings 6

### INGREDIENTS

|  |    |    |
|--|----|----|
| Lean leg of lamb, chopped in<br>2 x 2 cm cubes | 1  | k  |
| Raz-El-Hanout<br>(arab seasoning mix)          | 30 | g  |
| Salt   |    | qs |
| Oil  |    | qs |

### STEW

|   |     |        |
|---|-----|--------|
| Finely chopped scallions  | 4   | stalks |
| Smashed garlic glove  | 4   |        |
| Finely diced carrots  | 1   |        |
| Finely diced red pepper   | 1   |        |
| Mixture of <i>hierbas de azotea</i><br>(spearmint, dark basil,<br><i>cilantro cimarrón</i> , and oregano) | 50  | g      |
| Coconut milk  | 400 | ml     |
| Oil   | 100 | ml     |

### AREPAS

|                      |     |   |
|----------------------|-----|---|
| Corn dough (masa)    | 300 | g |
| Toasted sesame seeds | 100 | g |
| Grated fresh cheese  | 150 | g |
| Salt                 |     |   |
| Butter               | 50  | g |

### DIRECTIONS

#### AREPAS

Add the toasted sesame seeds, cheese, butter, and salt to the corn dough. Knead well and form *arepas* about 10 cm in diameter and 1 cm thick.

Grill them on a pan or griddle over medium heat until browned on both sides and cooked through. Set aside.

#### LAMB

Marinate the lamb with the spices, oil, and salt. Let it sit for 30 minutes.

In a pot, add oil and fry the lamb until it is brown on the outside. Remove from the heat and set aside.

In the same pot, add more oil and sauté the onion and garlic. When they are lightly browned, add the peppers and carrots.

Cook for 10 minutes over low heat until the vegetables are tender; add *hierbas de azotea*, mix well, and pour in the coconut milk. Cook over high heat until the mixture boils.

Add the lamb and cook for another 10 minutes.

Serve hot with the arepas on the side.



Photo: book "*La presencia árabe en la cocina del caribe colombiano*" Bogotá, February, 2015.





## 'Coctél' with Shrimp in Coconut Milk, with Crispy Thyme Pita

**6 servings**  
**INGREDIENTS**

### COCTÉL

|   |              |
|---|--------------|
| Precooked shrimp  | <b>600 g</b> |
| Lime  |              |
| Seasoning mixture<br>(cumin, black pepper<br>and paprika are suggested) |              |
| Shredded local corn on the cob  | <b>6</b>     |

### COCONUT MILK

|                            |               |
|----------------------------|---------------|
| Annatto                    | <b>100 g</b>  |
| Sunflower oil              | <b>150 ml</b> |
| Finely chopped red onion   | <b>1</b>      |
| Smashed garlic gloves      | <b>3</b>      |
| Finely diced red pepper    | <b>1</b>      |
| Finely diced green pepper  | <b>1</b>      |
| Finely diced ripe tomatoes | <b>3</b>      |
| Salt                       | <b>qs</b>     |
| Cayenne pepper             | <b>qs</b>     |
| Brown sugar                | <b>1 tbsp</b> |
| Coconut milk               | <b>400 ml</b> |
| Chopped basil              | <b>40 g</b>   |

### CRISPY THYME PITA

|                                |                |
|--------------------------------|----------------|
| Butter                         | <b>50 g</b>    |
| Leaves of fresh thymes         | <b>6 stems</b> |
| Pita bread, cut in thin strips |                |

### DIRECTIONS

Season the shrimp with lime and the mixture of spices. Refrigerate.

Infuse the annatto in oil at a low temperature until it is completely infused (red). Remove from the heat, let it rest and strain, reserving the oil.

In a saucepan, pour the oil and sauté the onion for a couple of minutes. Add the garlic and peppers.

Cook for 5 minutes. Add the tomatoes and season with salt, pepper and sugar. Lower the heat and cook until the tomatoes have released their juice.

Pour in the coconut milk and cook over high heat for 10 to 15 minutes. Season with salt and spices. Remove, let it rest, and, when the mixture is cold, add the shrimp.

For the crispy pita, melt the butter in a saucepan over low heat. Add the thyme and mix well to perfume the butter.

Add the strips of pita bread gently to avoid breaking them. Sauté them over medium heat until browned.

Pour a portion of the shrimp and the coconut milk mix into six small bowls, garnishing with the crispy pita and corn kernels, and serve.



Photo: book *"La presencia árabe en la cocina del caribe colombiano"* Bogotá, February, 2015.





## Corn cake with Dried Fruits and Anise

6 servings

### INGREDIENTS

|                                 |         |
|---------------------------------|---------|
| Shredded unripe corn on the cob | 10      |
| Eggs                            | 4       |
| Corn flour                      | 300 g   |
| Anise seeds                     | 5 g     |
| Diced pitted dates              | 200 g   |
| Finely chopped nuts             | 150 g   |
| Honey                           | 1/2 cup |
| Milk                            | 2 cup   |
| Butter                          | 50 g    |

### DIRECTIONS

In a blender or food processor, place the corn kernels, eggs, milk, 250 g of corn meal, and anise. Mix well, transfer to a bowl, and add the remaining ingredients, except the butter.

Grease a baking pan (or small muffin molds) with butter, sprinkle the remaining 50 grams of cornmeal into it, and shake it well to prevent the flour from forming lumps.

Pour the mixture into the mold or molds. Bake for 45 minutes or until the tip of a knife comes out clean.

Serve slightly warm or at room temperature and garnish with coconut milk whipped cream, fruit and spices, dates, and corn kernels (or the toppings of your choice).



Photo: book *"La presencia árabe en la cocina del caribe colombiano"* Bogotá, February, 2015.





# Álex Salgado

Economist, chef, and entrepreneur. Professor at the University of La Sabana for some years, where he collaborated on a research project about three local products: coconut, shrimp, and peach palm. He also worked with the director of the herbarium at Universidad Javeriana, on a project focused on gastronomy and identity in the Bogotá savanna.

Through his cuisine, he highlights the value of Colombian products and the culinary knowledge of many ethnic local groups, and he is also familiar with other cuisines from South America and Asia. Álex was the winner of the Embassy Chef Challenge Washington award in 2018, and currently lives in Paris, where he works on a gastronomic project that uses products imported from Colombia.

**EXPERIENCE**  
Colombian Embassies in Austria, Chile, Dubai, Ecuador, El Salvador, the United States, Finland, Guatemala, Hungary, Japan, Poland, and Vietnam.



QR Digital Recipe Book  
Photo: Mateo Chaves





## Seafood and Fresh Fish Casserole, *Chontaduro* and Coconut

Servings 5 to 6  
INGREDIENTS

### MARINADE

|  |                |
|--|----------------|
| Coconut milk   | 2 cups         |
| <i>Chontaduro</i>  | ½ cup          |
| Mandarin Lemon   | 3 u            |
| <i>Viche</i><br>(distilled from sugar cane)  | 1 shot glass   |
| Coarse salt  | q. s.          |
| Annatto seed   | 2 tbsp         |
| Coconut vinegar or white vinegar   | 2 shot glasses |
| Chopped ginger   | 1 tbsp         |
| Garlic   | q. s.          |
| <i>Hierbas de azotea</i> (Rooftop herbs)<br>(green basil,<br>holy basil,<br><i>cimarron cilantro</i> , <i>cilantro</i> ,<br>oregano, pennyroyal) | 5 leaves       |
| Sweet chili  | q. s.          |
| Fresh tuna   | 500 g          |
| fresh grouper  | 500            |

Photo: Maleo Chavez  
Art: María Paula Martínez





## CASSEROLE

|   |          |
|---|----------|
| Carrots   | 350 g    |
| Leeks   | 350 g    |
| Scallions   | 300 g    |
| Onions  | 350 g    |
| Celery  | 150 g    |
| Garlic cloves   | 3 to 5 u |
| Parsley and <i>cilantro</i>   | q. s.    |
| Oil (neutral)   | 150 c.c. |
| Sweet pepper finely chopped   | 3 u      |
| Ripe tomatoes   | 6 u      |
| <i>Hierbas de azotea</i> (Rooftop herbs)<br>(green and purple basil<br><i>Cimarron cilantro</i> , <i>cilantro</i><br><i>oregano</i> , pennyroyal) | q. s.    |
| Tiger shrimp  | 250 g    |
| Precooked octopus   | 150 g    |
| Crab sticks   | 100 g    |
| Clams   | 150 g    |
| Calamari rings  | 250 g    |
| Whole shrimp  | 150 g    |
| Crab claws  | 250 g    |
| <i>Cilantro</i>   | q. s.    |
| Hass avocado  | q. s.    |
| Neutral oil   | q. s.    |
| Salt  | q. s.    |

## DIRECTIONS

To obtain the coconut milk, peel the coconut, chop it, and process it with lukewarm water in a blender. Strain to separate the juice from the pulp and extract approximately 2 cups of liquid. Reserve.

Macerate in a mortar or blend  $\frac{1}{2}$  cup of coconut milk and the previously smoked, cooked, peeled and seedless *chontaduro*. Add the annatto until you get a thick, concentrated and highly scented paste. Reserve.

Mix the mandarin lemon,  $\frac{1}{2}$  cup coconut milk, *viche*, salt, annatto, coconut vinegar, ginger, garlic, rooftop herbs, and sweet chili. Macerate in a mortar to make a paste. Marinate the fish with this paste, making sure to coat it well on all sides.

Place the fish on the grill over the *bijao* or plantain leaves and smoke for approximately 15 minutes, away from the flame so that it does not overcook. Reserve.

For the casserole, cover the carrots, the leek, scallions, and onions with water (reserving a bit of the last two), the celery, half the garlic, the parsley, and the *cilantro*. Cook over high heat for two hours until you have a concentrated broth. Reserve.

In an iron cauldron, pour the oil and sauté with the rest of the garlic, the sweet pepper, and the finely chopped onions that you reserved, and cook for about four minutes. Add the reserved *chontaduro* and coconut milk mixture, stir and allow to thicken over low heat. Then incorporate the previously blended or grated tomato, cook for 4 minutes, add a cup of vegetable broth and mix. Season with the rooftop herbs. If the casserole liquid is too thick, add the remaining cup of coconut milk or the amount needed.

Add the shrimp, octopus, crab sticks, clams and squid (with their liquid). Add the prawns with their carcass and the crab claws. Add the reserved smoked fish (previously cut into small cubes), and cook for another 15 minutes. Adjust the seasoning, adding a bit of chili pepper and lemon juice if you want to further enhance the flavors.

To serve, place the fish, shellfish and crab claws in a *casserole*. Pour the thick liquid from the pot into the dish using a teapot. Decorate with edible flowers, *cilantro*, drops of mandarin lemon and a few dollops of avocado puree made with Hass avocado, salt, neutral oil and lemon, previously processed in the blender or in a food processor.

## NOTE

The *cazuela* can be accompanied with an avocado, red onion and cape gooseberry salad.

*Bijao* or plantain leaves.



QR Digital Recipe Book  
Mateo Chaves  
Art: María Paula Martínez





## Fish and Vegetable Patarashca

Servings 4 to 6  
INGREDIENTS

### VEGETABLES AND FRUITS

|                       |     |
|-----------------------|-----|
| Beetroot              | 1 u |
| Baby carrots          | 6 u |
| Red onion in julienne | 1 u |
| Pineapple             | ½ u |
| Sweet chili pepper    | 5 u |

### GUACAMOLE

|              |        |
|--------------|--------|
| Hass avocado | 2 u    |
| Oil          | 150 cc |
| Salt         | q. s.  |
| Lemon juice  | q. s.  |

### PATARASHCA

|                                  |              |
|----------------------------------|--------------|
| Sweet chili pepper               | 5 u          |
| Red onion                        | 1 u          |
| Mandarin lemon juice             | 3 u          |
| Fresh whole fish                 | 2 u          |
| Oil                              | 30 cc        |
| Bell pepper in julienne          | 1 u          |
| Chopped <i>cimarron cilantro</i> | 5 leaves     |
| Garlic                           | 5 cloves     |
| <i>Viche</i> or artisanal liquor | 1 glass shot |
| Bijao leaves                     | 4 leaves     |
| Sea salt                         | q. s.        |

Photo: Mateo Chavez  
Art: María Paula Martínez





## DIRECTIONS

### VEGETABLES AND FRUIT

Grill the beetroot, carrots, onion, pineapple, and chili. Let them cook until they are soft and juicy inside. Once everything is cooked, peel, cut and reserve.

### MARINADE

Prepare a marinade for the fish, with the red onion, *cilantro*, garlic, lemon juice, sea salt, *viche*, sweet chili pepper and bell pepper, all finely chopped. Reserve.

### FISH

Place the fresh fish and the mixture on *bijao* leaves, bathing it well with the marinade, inside and out. Wrap and fasten it with some toothpicks.

Sauté the vegetables that were on the grill at very high heat in a wok, and season them with a little salt and lemon juice.

Take it to the grill or directly to the coal to cook.

Serve the fish with the vegetables. Decorate with edible flowers and a few dollops of guacamole made with Hass avocado, salt, neutral oil and lemon (previously processed in a blender or processor).

Photo: Mateo Chavez  
Art: María Paula Martínez

## “Nalga e’ vieja”

Servings 4 to 6  
INGREDIENTS

|                              |        |
|------------------------------|--------|
| Large cassava                | 1 u    |
| Very ripe banana or plantain | 3 u    |
| Plantain leaf                | 4 u    |
| Brown sugar                  | 4 tbsp |
| Salt                         | q. s.  |

### DIRECTIONS

In a bowl, grate the cassava, mix with the plantain and add the sugar, salt and knead. Wrap the dough in plantain leaves.

Immediately grill for 20 minutes, turning the wrap on all sides until the leaf is charred. Remove and serve hot.

Photo: Mateo Chavez  
Art: María Paula Martínez







# Álvaro Clavijo

Chef trained at the Hoffman school in Barcelona, and at the restaurants Le Bristol, L'Atelier de Joël Robuchon (Paris), Noma (Copenhagen) and Perse and Atera (New York). His proposal supports the work of small producers, enhancing the qualities of Colombian ingredients with techniques that show his experience in these world kitchens.

El Chato is ranked 5<sup>th</sup> among the "Latin America's 50 Best Restaurants" 2022; 83 in The World's 50 Best Restaurant 2022, and 86 in The Top 100 of the "Best Chef Awards" 2022.

**EXPERIENCE**  
Colombian Embassies in Korea, Belgium, Spain, France, Hungary, Italy, Japan, Malaysia, Mexico, UN New York, Portugal, United Kingdom, South Africa and Vietnam.



QR Digital Recipe Book  
Photo: Mateo Chavez





# Liver Pâté, Crispy Tapioca, Vinegar Spherification

## Serving 1 INGREDIENTS

### LIVER PATÉ

|                      |       |
|----------------------|-------|
| Pork fat (trimmings) | 33 g  |
| Onion brunoised      | 33 g  |
| Vermouth             | 33 g  |
| Port wine            | 33 g  |
| Rum                  | 17 g  |
| Liver                | 85 g  |
| Black pepper         | 0.8 g |
| Thyme leaves         | 0.4 g |
| Chicken hearts       | 185 g |
| Egg                  | 67 g  |
| Salt                 | 2.5 g |
| Pink salt            | 1 g   |
| Allspice             | 0.5 g |
| Clarified butter     | 80 g  |

### CRUNCHY TAPIOCA

|                 |       |
|-----------------|-------|
| Tapioca         | 134 g |
| Parmesan cheese | 100 g |
| Warm milk       | 22 g  |

### VINEGAR SPHERIFICATION

|                    |       |
|--------------------|-------|
| Sodium citrate     | 0.1 g |
| Agar agar          | 2.5 g |
| Artisanal vinegar  | 250 g |
| Cold vegetable oil | 250 g |

### ADDITIONAL INGREDIENTS

|                               |      |
|-------------------------------|------|
| Wild berries or local berries | 50 g |
| Edible flowers or sprouts     | 5 g  |

## DIRECTIONS

### LIVER PATÉ

Place the pork fat trimmings in a pan and melt the fat at a low temperature; add the finely chopped onion, the Vermouth and let the alcohol evaporate. Separate the liquid and reserve the onion.

Cut the liver and mix it with the salts, pepper, thyme and the reduction of the liqueurs. Vacuum pack and leave it marinate for three hours.

Place all ingredients in a blender or Vitamix processor, except the clarified butter. Pack in a vacuum bag and cook for 45 minutes at 65°C.

After this time, process again and pass through a sieve. Reserve.

### CRUNCH

With a blender or Vitamix processor, process the tapioca until it becomes a powder and reserve in a bowl.

Grate the cheese through the finer side of a grater and mix it with the tapioca. Add the warm milk and integrate the ingredients thoroughly.

Spread the mixture on a tray to a 0.5 cm thickness and refrigerate.

Cut in triangles and fry just before serving.

Photo: Mateo Chavez  
Art: María Paula Martínez





## VINEGAR

Mix the sodium citrate and agar with the artisanal vinegar. Bring to 80°C and mix with a whisk. Reserve and bring to room temperature.

Pour the previous mixture into a syringe or dropper, and gradually add the drops to the cold vegetable oil.

To remove the spheres from the oil, use a spherification spoon.

Serve the crispy tapioca triangles with a bit of the pâté and the spherifications, ending with the blackberries and flowers or sprouts.





## Pork *Bondiola* with *Suero Costeño*, (Sour Cream) *Papa Criolla* (Creole Potato), Scallion Confit, *Demi-Glacé* and Mint

### Serving 1 INGREDIENTS

|                                     |       |
|-------------------------------------|-------|
| <i>Papa criolla</i> (Creole potato) | 200 g |
| Vegetable oil                       | 50 g  |
| Scallions                           | 50 g  |
| Pork <i>bondiola</i>                | 200 g |
| Dijon mustard                       | 10 g  |
| Beef <i>demi-glace</i>              | 30 g  |
| Mint                                | 10 g  |
| Chives                              | 5 g   |
| <i>Suero costeño</i> or sour cream  | 50 g  |

### DIRECTIONS

In a frying pan, brown and cook the potatoes cut in half in three tablespoons of vegetable oil.

Once the potatoes are cooked, add half of the scallions cut diagonally and set aside.

Brush the *bondiola* with Dijon mustard and brown it in a separate pan with a little oil. When it is cooked add the rest of the finely chopped scallions and the beef *demi-glacé*.

Finely chop the mint leaves together with the chives.

Arrange the sour cream as a base, then the potato mixture, the scallions, and the meat bathed in the sauce. Finish by adding the chopped chives and mint.







## Cape Gooseberry Panna Cotta, Chamomile Crumble, Dragon Fruit and Cucumber

Serving 1  
INGREDIENTS

### CAMOMILE CRUMBLE

|                                |      |
|--------------------------------|------|
| Sunflower oil                  | 80 g |
| Parsley                        | 50 g |
| Chamomile (flowers and leaves) | 50 g |
| Almond flour                   | 25 g |
| Powdered milk                  | 25 g |
| Maltodextrin                   | 10 g |
| Sunflower seeds                | 5 g  |
| Sugar                          | 10 g |

### DIRECTIONS

Heat oil to 80°C. In the blender, add the parsley leaves and pour in the previously heated oil in a thread at medium speed.

Sieve with a strainer. Pour it into the blender and add the chamomile leaves and flowers, process and strain again.

Process all the dry ingredients in the blender for 2 minutes, on low speed. Add the green oil slowly in a thread until it forms a crumble.

Spread on an oven proof tray and bake at 60°C for one hour or until the crumble is dry.

Photo: Mateo Chavez  
Art: María Paula Martínez









# Andrews Arrieta

Born in Barranquilla. Graduated from INCA in gastronomy and the Verde Oliva Academy, he has extensive experience in managing restaurant kitchens, including that of chef Leonor Espinosa.

Today he leads the Açai project, in Bogotá, whose focus is Amazonian gastronomy and indigenous ancestral cuisine. He has been interested in developing sustainable dynamics with regard to the supply chain of the restaurant, including the producer of the *chagra* and the *conuco* (community orchards), and the artisanal fishermen in order to reach the final consumer.

**EXPERIENCE**  
Colombian Embassy in  
El Salvador.





## Cured Piranha in Indigenous Catara\*

### Serving 1 INGREDIENTS

|  |         |
|--|---------|
| Whole piranha<br>(2 u)                       | 400 g   |
| Fresh basil                                  | 1 Leaf  |
| Purple basil<br>(from the Amazon)            | 1 Leaf  |
| Red onion                                    | 20 g    |
| Tomatoes                                     | 20 g    |
| Indigenous <i>Catara</i>                     | 25 g    |
| Sesame oil                                   | 5 ml    |
| Black sesame seeds<br>(from Montes de María) | q. s.   |
| Sweet potato                                 | 60 g    |
| <i>Corpoazú</i> oil                          | 6 drops |
| Avocado                                      | 50 g    |
| <i>Asái</i>                                  | 20 ml   |
| <i>Sacha Inchi</i> ,                         | 1 seed  |
| Quinoa                                       | 10 g    |
| Big-headed ants<br>(from the Amazon)         | 3 u     |
| <i>Açai</i> salt                             | q. s.   |

\**Catara* is a spicy sauce prepared by the indigenous people of the Amazon Jungle. It is made from the tails of a type of large ants that abound in this region, known as *bachacos* (*Atta laevigata*), cooked in cassava juice and spices.





## DIRECTIONS

Fillet the piranha, carefully removing the bones and skin. Cut off the head and tail and season them with salt and pepper as well as the skin. Fry them and keep them hot.

Cut the fillet into small cubes and mix them in a bowl with the basil, the onion, and the finely chopped tomato. Add the indigenous *catara* and marinate for five minutes.

Add the sesame oil and black sesame seeds, and adjust with a little salt and pepper.

Cook the sweet potato in abundant water with a little salt. When it is soft, pass it twice through a fine strainer to obtain the puree. Add the drops of *copoazú* oil and reserve.

Blend the avocado with the *açaí* and add salt and pepper.

To serve, place the cured fish mixture on the plate, grate the *sacha inchi* seeds over it, and sprinkle with the quinoa and the fried piranha skin.

Put a few dobs of the mashed sweet potato mixture around it, and decorate with some big-headed ants. Put a little of the avocado sauce sprinkling a little *açaí* salt on top and arrange the head and tail of the fish at the ends. Serve immediately.





## Victoria Regia Dessert

### Serving 1 INGREDIENTS

#### CHOCOLATE AND TURMERIC GANACHE

|                           |         |
|---------------------------|---------|
| Milk                      | 1060 ml |
| Sugar                     | 260 g   |
| Cardamom                  | 3 g     |
| Amazon Turmeric           | 12 g    |
| Amazon lemongrass         | 3 g     |
| Egg yolks                 | 368 g   |
| Corn starch               | 96 g    |
| Butter                    | 216 g   |
| Chocolate<br>85% (origin) | 340 g   |

#### MAMBE CREAM

|                   |         |
|-------------------|---------|
| Milk              | 1060 ml |
| Sugar             | 260 g   |
| Egg yolks         | 368 g   |
| Corn starch       | 96 g    |
| Butter            | 216 g   |
| Mambe             | 10 g    |
| Amazon lemongrass | 6 g     |
| Cardamom          | 6 g     |

#### HUACATAY TUILE

|               |       |
|---------------|-------|
| Huacatay leaf | 50 g  |
| Oil           | 160 g |
| Water         | 60 g  |
| Flour         | 20 g  |
| Salt          | 1 tsp |

#### TAPIOCA BISCUIT

|             |       |
|-------------|-------|
| Butter      | 1 kg  |
| Tapioca     | 700 g |
| Sugar       | 600 g |
| Wheat flour | 400 g |

#### WHITE CHOCOLATE PETALS

|  |   |
|--|---|
| Tempered white chocolate petals<br>(White chocolate from the Sierra Nevada de Santa Marta) | 6 |
|--|---|

#### ADDITIONAL INGREDIENTS

|                              |                  |
|------------------------------|------------------|
| Mambe powder                 | 1 g              |
| Freeze-dried Jamaica flowers | 1 pinch          |
| Freeze-dried blackberries    | 2 g              |
| Cream                        | 100<br>to 200 ml |

#### DIRECTIONS

Boil the milk with the sugar, cardamom, turmeric and lemongrass. Turn off the heat and let the infusion stand for one to three hours. After this time, boil it again, strain the mixture, and slowly thread pour the infused milk over the egg yolk

Add the corn starch and cook in a double boiler or over direct low heat stirring constantly for about 5 minutes, being careful that the eggs don't coagulate. Remove from heat and stir for 3 more minutes (the mixture is ready when dipping a spoon and making a clear groove). Cool slightly.





Once it is lukewarm, add the butter, which must be at the same temperature as the mixture so that it combines well.

Mix the chocolate cream with a whisk or an electric mixer until shiny and set aside.

For the *mambe* cream, repeat the steps for the ganache, but add the *mambe* instead of the turmeric. Reserve.

For the *tuile*, blend the *huacatay* leaves and strain well (you should have a bright green liquid). Mix with the other ingredients and pour the mixture into a pan over high heat. Once it starts to toast on the sides, turn the *tuile* over and finish cooking. Let cool on a plate off the heat until hard and consistent.

For the tapioca cookie melt the butter. Put the other ingredients in a blender and slowly add the butter (the mixture should look smooth). Pour on a baking tray and bake at 180°C for 15 to 20 minutes.

Once baked, process or crush the cookie to get a rocky texture.

To make the petals, temper the chocolate. Melt in a double boiler at 45-50 °C (for white chocolate). Pre-crystallize the chocolate at 26-28°C and crystallize the mixture at 28-32°C. Use a knife or a mold to make the petals.

For assembling, separate a small part of the ganache in a sleeve and reserve the rest to use as follows: the purpose of this process is to have three textures in the dessert: a creamy one at the base, the *mambe* cream and the center of the flower with denser but also creamy chocolate.

Bring between 50 and 100 ml of heavy cream to a boil. Add to the ganache and mix until you get a smooth and light cream. If necessary, do the same with the *mambe* cream.

Put a layer of ganache and on it a layer of *mambe* cream (1 to 1.5 cm thick).

Arrange it in a circle on the serving plate, making sure it doesn't exceed the size of the *tuile*.

Put the freeze-dried blackberries and the tapioca biscuit crumbs on top of the *mambe* cream.

Then put the *tuile* covering the previous layers taking care not to break it.

On the *tuile* put a little *mambe* powder and a dab of ganache in the center and form the flower around it.

Petal by petal, arrange 5 or 6 petals at the base and three more in the center, giving the impression of having a flower with two levels.

Sprinkle some roselle powder in the center and serve.





# Antonuela Ariza

Master in Plastic Arts and empirical cook. Culinary activist, cook at Mini-mal since 2002.

Co-founder of the Selva Nevada artisan ice cream project, she has participated in different Colombian cuisine festivals in various countries around the world within the framework of the Promotion Plan for Colombia Abroad. Since 2006 she has been a member of the Slow Food movement, where she is the national coordinator of the Latin American recipe book and leader of the chefs' alliance from Bogotá.

She is a member of the Cocineros a Punto group, which works to safeguard and promote Colombian cuisine and local products.

**EXPERIENCE**  
Colombian Embassies in Algeria, Belgium, Bolivia, Brazil, Ecuador, United Arab Emirates, United States, Finland, France, Hungary, Ireland, Japan, Nicaragua, Norway, UN, New York, Peru, Poland, Qatar, United Kingdom and Sweden.



QR Digital Recipe Book: *Tour of Colombia in Twelve Dishes*  
Colombian Embassies in Hungary, Austria, Finland, France, Norway, Portugal, Sweden, Vietnam and Japan.  
Photo: Mateo Chaves





## Albacore *Tuna* Tataki with Sweet and Sour *Arazá* Sauce and Smoked Chili\*

### Serving 1 INGREDIENTS

#### TUNA

|                          |        |
|--------------------------|--------|
| Fresh Albacore tuna loin | 800 g  |
| Salt                     | q. s.  |
| Vegetable oil            | 4 tbsp |

#### SAUCE

|                   |         |
|-------------------|---------|
| <i>Arazá</i> pulp | 350 g   |
| Sugar             | 150 g   |
| Chili powder      | 1 pinch |
| Water             | 2 tbsp  |

#### GARNISH

|                 |       |
|-----------------|-------|
| Cassava chunks  | 400 g |
| Microgreens     | 50 g  |
| Salt and pepper | q. s. |
| Olive oil       | q. s. |

\**Aji Wai Ya*, made by indigenous women in the area of the Pirá Paraná river.



QR Digital Recipe Book  
Photo: Mateo Chaves  
Art: María Paula Martínez





## DIRECTIONS

### SAUCE

Put the *arazá* pulp, the chili pepper, the water and the sugar in a pot over high heat. Boil for 5 minutes and reserve.

### TUNA

Sprinkle the tuna with salt on all sides. Heat a nonstick skillet over medium high heat and when hot add the oil. Place the piece of tuna until it browns on one side, turn it over with a spatula and let it brown on the other side (it should be raw inside).

### SALAD

Mix the microgreens with the salt, pepper and olive oil.

### GARNISH

Cook the cassava in salted water and fry the sticks in very hot oil.

The garnish can change according to your preference.

To serve, cut the tuna loin with a sharp knife into 1 cm slices.

Put a portion of *arazá* sauce on each plate, then, the tuna slices and decorate with the microgreens. Serve together with the cassava sticks.











Photo: Mateo Chaves.  
Art: María Paula Martínez.





## Amazon Forest, Overcast Forest

Servings 4  
INGREDIENTS

|   |          |
|---|----------|
| Small meringues                         | 4        |
| Whipped cream                           | 200 g    |
| <i>Camu-camu</i> ice cream              | 4 scoops |
| Red plums, seeded<br>and cut in halves  | 2 tbsp   |
| Wild blackberries<br>(washed and dried) | 1 tbsp   |
| Hibiscus flowers in syrup               | 4        |
| Pink pepper, crushed                    | ½ tbsp   |
| <i>Açai</i> powder                      | 20 g     |

To serve, carefully arrange the meringue pieces, whipped cream, fruit, flowers, ice cream and pepper on plates. Sprinkle with the *açai* and serve.



QR 1: Digital Recipe Book  
QR 2: Audiovisual support video.  
Cinematographer: Mateo Chaves  
Art: María Paula Martínez





# Colombia: Land of Female Talent, of Matrons' Kitchens, of Inspiring Women

I never saw anything like it. In Colombia there is a stimulating female supremacy. I am excited. From La Guajira to Putumayo, it is mostly women who are responsible for transmitting identity and tradition, for leading associative processes, for promoting independence, peace and equality.

They have been pioneers in freedom, in finding ways of reconciliation, in proposing new horizons for their communities based on cooking.

Long before the prominent Spanish chef, Ferrán Adrià, changed the paradigms of gastronomy by placing it as a decisive discipline for the economic and social transformation of countries, peasant women, indigenous women and bearers of tradition have used cooking as a form of subsistence and resistance; as a transforming tool, an educational instrument and a weapon for the perpetuation of culture and identity.

How many girls and boys in Colombia have entered the university thanks to a roll, a tamale or a wrap, cooked and sold by their mothers? How many towns, heritage of the country, have achieved recognition as such thanks to the recipe books of those women that have left a mark on their historical memory?

How strong has the influence of women been in building and preserving the identity of their territories, locations that today are great epicenters of tourist, cultural and gastronomic interest?

As a journalist I have learned about the work of dozens of tradition bearers in Colombia. At each shared table and in multiple conversations, I have confirmed that nothing is more revealing than a traditional cook telling stories and cooking on the stove. In any latitude, they are a source of decisive knowledge and flavors in the lives of their communities; and their work—many times invisible—is essential for promoting food security and sovereignty in a large part of the planet.

\*Women cooks in the Plan for the Promotion of Colombia Abroad:

1. Antonuela Ariza in Algeria. 2. Carolina Jaramillo in the Philippines. 3. Catalina Vélez, MasterClass at the Cuisine Mode d'Emploi-s- school, France. 4. Chori Agamez, Binational Meeting of Traditional Cooks in the State of Michoacán, Mexico. 5. Elsis Valencia, virtual class for students of the Gastronomy major at the Universidad del Valle, La Paz campus. 6. Eufracia Kuguedo, Meeting of cooks "Bearers of Tradition" in Michoacán, Mexico. 7. Jennifer Rodríguez with gastronomy students from Unitec, Tegucigalpa. 8. Juanita Umaña R.I.P.D., V Gastronomic Festival of the Pacific Alliance in the Parliament of Canada. 9. Laura Jaramillo, activity for the benefit of the Community of Tantamaco, Puno, Peru. 10. Luz Dary Cogollo, Binational meeting of traditional cooks in the State of Michoacán, Mexico. 11. Marcela Arango, Master Chef judge, with Khadija Bensdira, Morocco. 12. María Angélica Bernal, virtual MasterClass of Colombian vegetable gastronomy, United Kingdom. 13. María Buenaventura, MasterClass in Ghana. 14. María Cecilia Restrepo in a virtual class on the egg arepa for Panama. 15. Paula Silva, preparing quinoa encocao in Washington D.C. 16. Verónica Socarrás, speaking on Colombian gastronomy and its regions in virtual activity with Norway. 17. Vicky Acosta, event on Colombian gastronomy in Singapore. 18. Leonor Espinosa in Japan.



“LET NOTHING LIMIT US.  
LET NOTHING DEFINE US.  
LET NOTHING SUBJECT US.  
LET FREEDOM BE OUR OWN SUBSTANCE”.  
Simone de Beauvoir

The case of Zaida Cotes, a Wayuu authority, is inspiring. She has spent years strengthening the social and cultural fabric of her region through gastronomy, inspiring the new generations with her feminine example. So much so, that today 10% of women occupy a place of leadership in the Guajiro communities.

Nimia Teresa Vargas has been working in the departmental network of Chocoana women for 30 years. During this time, together with her colleagues, she has set up two restaurants, two craft shops and a hotel, creating employment and influencing the development processes of Quibdó.

Maura Caldas is also a symbol of Colombian cuisine. At 84 years old, she is a teacher, an ambassador and a promoter of the Pacific culture as a singer, a storyteller and a cook, and one of the most important women in the preservation of cultural memory in the Colombian Pacific region.

Luz Dary Cogollo, “Mama Luz”—just like that, without stressing the ‘a’ and with a Cordovan accent—is one of today’s most beloved bearers of tradition. Her work on the recovery of market plazas is nationally recognized and, from her restaurant Tolú in the Plaza de la Perseverancia in Bogotá, she has powerfully influenced young people to turn their gaze towards the farmers’ markets and local consumption.

Dorita Delgado, from Putumayo, leads a group of families that produce *sacha inchi*, all coca replacement crops. Together with other entrepreneurs in the region, she launched a rural gastronomy project as a cultural and economic driver in the community.

Zaida, Nimia, Maura, Luz Dary and Dorita are five of the millions of Colombian women convinced that they can change the world by cooking and nourishing.

There are also other culinary languages that prominent women in the Colombian industry have used to tell beautiful tales about the country; a country proud of its biodiverse pantry, of its historical heritage, and ethnic combinations. We have called this language the new Colombian cuisine.

Leonor Espinosa is its greatest reference. Her restaurant is one of the best in the world. Committed work and her extraordinary narrative skill make her kitchen the best in Colombia. With her artistic and territorial expressiveness Leo has attracted the foreign gaze on the mangrove *pianguas*, the cocoa from Arauca, the rooftop herbs and moorland plants; from abroad they now look upon alternative proteins found in the *chigüiro*, the *babilla* or the Mompox ducks, which are part of the Biome Cycle menu at Leo’s restaurant with interest and desire





Photo: provided by the Network of Gastronomic Events of Colombia and Gastronujeres

There are many more women doing great things from the kitchen: Antonuella Ariza, Erin Rose, Olga Visbal, Denise Monroy, Laura Hernández and Jennifer Rodríguez, are just some of the examples that prove the decisive role of women in Colombian gastronomy.

Their work from the kitchen, the cocktail bar or service, has contributed to Colombia's acknowledgement today, both for its diverse pantry and for its cultural richness expressed in the form of dishes or drinks with identity. Each has an impeccable career path marked by hard work, perseverance and hard-to-find accomplishments in an industry dominated by male names.

They have elevated the name of Colombian cuisine, transforming the country into a prominent emerging gastronomic destination in Latin America. And they have inspired many other women in the industry to think of the kitchen as a sector that shapes development, while respecting the culture and the environment.

Their voices have spawned a silent revolution that has revealed the important role of women as warrantors of identity, heritage and sustainability. Colombia is a land of female talent, of cuisine of matrons, of inspiring women.

**Pamela Villogra**

Journalist and consultant in gastronomic tourism,  
Founder of Gastronujeres.

\*Gastronujeres is an initiative that brings women together to discuss, reflect and propose practical solutions to the problems that affect them in the gastronomic industry. A means designed to make projects visible, initiatives and agri-food ventures with a feminine outlook. And an open and pluralistic space to promote diversity in the gastronomic world by reducing the gender gap.





# Carlos Ibáñez

Carlos graduated in Culinary Arts at the Art Institute of Fort Lauderdale, and is a hospitality professional, specialized in the kitchen, bar, service, and customer service areas. He is particularly motivated and interested in team projects and he also endeavors to train his creativity as chef.

Carlos applies this experience, his charisma and commitment to the profession and the country in ventures such as Cotiza Longaniza, Simón Pizzería, Battuto Colombia, among others. He has participated in events, talks and demonstration classes in Colombia and abroad.

**EXPERIENCE**  
Colombian Embassies  
in Spain, the United  
States and South  
Africa.





## Cauliflower “Chorriao” with Airs of Smoked Cape Gooseberry

### Serving 1 INGREDIENTS

|                        |        |
|------------------------|--------|
| Cauliflower            | ½ or ¼ |
| Sea salt               | q. s.  |
| Pepper                 | q. s.  |
| Cumin                  | q. s.  |
| Extra virgin olive oil | q. s.  |
| Cape gooseberry pods   | q. s.  |

### “CHORRIAO”

|  |       |
|--|-------|
| Tomato                                 | 1     |
| Scallion                               | q. s. |
| Oil                                    | q. s. |
| (previously preserved<br>with annatto) |       |
| Fine salt                              | q. s. |
| Cream                                  | q. s. |
| Grated curd                            | q. s. |

### DIRECTIONS

#### CAULIFLOWER

Cook the cauliflower in salted water, about to boil, for 10 minutes.

Drain it and keep it whole, adding the olive oil, salt, pepper and cumin.

Preheat the oven to 250°C. Bake the cauliflower for 10 minutes or until golden.

Remove from oven and separate into medium pieces.

#### “CHORRIAO”

Cut the tomato into 1 mm cubes (without removing the seeds and skin).

Cut the scallion the same size as the tomato and fry it in the oil along with the tomato and salt, over low heat. Let cool.

Add the curd and cream and heat over low heat for five minutes. Put a little of the sauce on the serving plate and arrange the cauliflower pieces.

Smoke the cape gooseberry pods with a blowtorch, place them on top of the cauliflower and cover the dish with a container that retains the smoke.

Bring to the table and remove the container.





## Chorotas

Servings 4

### INGREDIENTS

|                         |         |
|-------------------------|---------|
| Ground pork             | 100 g   |
| Vegetable oil           | 4 tbsp  |
| Finely chopped scallion | 40 g    |
| Garlic finely chopped   | ½ clove |
| Ground cumin            | ½ tsp   |
| Salt                    | q. s.   |
| Boiled egg, chopped     | 1       |
| Finely chopped parsley  | 5 g     |
| Peeled corn dough       | 160 g   |

### DIRECTIONS

Preheat a skillet over high heat and add the oil. Brown the pork on both sides and add the scallions. Let it brown for a minute, add the garlic and continue cooking until the scallions and garlic are translucent. Add the cumin and salt, remove from heat and let stand. Add the egg and parsley.

Take a 30 g portion of peeled corn dough, make a ball, shaping it by hand like a cone. Fill it with a bit of the meat mixture and close the edges of the dough, giving it an oval shape. Repeat this process with the rest of the dough. Cook in a traditional *sancocho* for about 30 minutes and serve hot.



QR: Digital Recipe Book  
Photo: provided by the chef





## Tuna in a Crust of *Culona* Ants

Servings 4

### INGREDIENTS

|  |                   |
|--|-------------------|
| Tuna steak                                 | 200 g             |
| Ground <i>culona</i> ants                  | 1 <b>tbsp</b>     |
| Salt and pepper                            | q. s.             |
| Olive oil                                  | 1 <b>tbsp</b>     |
| <i>Guarapo</i> and <i>panela</i> reduction | ½ <b>cup</b>      |
| Soy sauce                                  | 4 <b>tbsp</b>     |
| Lemon                                      | 3 <b>segments</b> |
| Orange                                     | 3 <b>segments</b> |
| Grapefruit                                 | 3 <b>segments</b> |
| Sprouts and flowers (edible)               | q. s.             |

### DIRECTIONS

Cut the tuna into 100 g portions (as to make a *tataki*). Cover the pieces with the ant powder, the salt and the pepper.

Pour the oil on a very hot griddle and sear the tuna for approximately 10 seconds on each side. In a separate saucepan, mix the *guarapo* and *panela* reduction with the soy sauce.

Arrange on a plate with the citrus segments and the reduction.

Decorate with the sprouts and edible flowers.



QR: Digital Recipe Book  
Photo: provided by the chef





## Carolina Asmar

A cook with studies at the Argentine Institute of Gastronomy (IAG) and a political scientist from the Universidad de los Andes, Carolina focuses on ancestral Caribbean cuisine, on the edible species of the tropical dry forest and the mangrove swamps of the Caribbean. She is also interested and specializes in fusion and immigrant cuisine with products from the Colombian Caribbean, and promotes the use of these products in Barranquilla.

**EXPERIENCE**  
Colombian Embassy  
in Ghana.





# Fried Horse Mackerel, Stewed

Servings 1  
INGREDIENTS

## FISH

|                      |       |
|----------------------|-------|
| Whole horse mackerel | 350 g |
| Garlic cloves        | 2     |
| Salt                 | q. s. |
| Wheat flour          | q. s. |
| Oil for frying       | 2 lt  |

## SAUCE

|  |              |
|--|--------------|
| Cumin grains                                 | 5 g          |
| Red bell pepper<br>(or red chili pepper)     | 100 g or 1 u |
| Green bell pepper<br>(or green topito chili) | 100 g or 1 u |
| Red onion                                    | 1 u          |
| Garlic cloves                                | 2            |
| Annatto oil                                  | 2 tbsp       |
| Coconut milk                                 | 100 ml       |
| Butter                                       | 1 tbsp       |
| Small fresh basil leaves                     | 10           |
| Hot chili                                    | q. s.        |
| Salt and pepper                              | q. s.        |

## YAM CROQUETTES

|                 |       |
|-----------------|-------|
| Yam             | 500 g |
| Salt and pepper | q. s. |
| Butter          | 50 g  |
| Egg             | 1 u   |
| Oil for frying  | q. s. |

## ADDITIONAL INGREDIENTS

|                         |      |
|-------------------------|------|
| Plantain leaf           | 1    |
| Roasted bell pepper     | 1 u  |
| Fresh basil leaves      | 10 u |
| Edible flowers to taste |      |
| Salted crushed peanuts  | 40 g |



QR: Digital Recipe Book  
Photo: Mateo Chaves  
Art: María Paula Martínez





## DIRECTIONS

Clean the fish and make some cuts on the back. Add the garlic and salt and cover it thoroughly with the flour.

For the sauce, grind the cumin in a mortar. Cut the bell pepper and onion into very small cubes and chop the garlic.

Sauté the cumin in the annatto oil over low heat until it releases its aroma and add the garlic, bell pepper and onion. Sauté until soft and add the coconut milk, butter and basil leaves.

Add the chili if you want and check for salt and pepper.

Cook the sauce over medium heat until thick and smooth.

Cut the yam into 5x5 cm cubes and cook in a pot with plenty of boiling water and salt.

When it is cooked, drain it in the colander and let the steam escape.

Put in a bowl and make a puree by adding the butter, salt, pepper and egg.

Make balls by hand and fry them in the hot oil until golden (they can be filled with cheese if you like). Drain and keep warm or fry at the same time as the fish.

In a cauldron with hot oil, fry the fish until golden on both sides. Drain in a colander.

Serve the fish on the plantain leaf bathed in the hot sauce. Serve with the balls and decorate with the bell peppers, basil, flowers and peanuts.





Photo: Mateo Chaves.  
Art: María Paula Martínez .





# Carolina Jaramillo

Social communicator, journalist and chef, with experience in teaching, production and presentation of content for television, setup and presentation of live kitchens. She also prepares recipes, standardization of recipes and catering. She is an image chef for different companies in the food sector and has conducted research on Colombian Pacific kitchens and represented Colombia at international events.

**EXPERIENCE**  
Embassy of Colombia  
in the Philippines.





## Tapioca Pearls and Mango Lemonade

Servings 4  
INGREDIENTS

|                                       |                |
|---------------------------------------|----------------|
| Tapioca pearls                        | 12 <b>tbsp</b> |
| Lemongrass sprigs                     | 6              |
| Water                                 | 500 <b>ml</b>  |
| Ripe mango or mango pulp              | 2 <b>cups</b>  |
| Lemon juice                           | 4 <b>tbsp</b>  |
| Semi-ripe mango, cut into small cubes | 4 <b>tbsp</b>  |
| Sugar                                 | q. s.          |

### DIRECTIONS

Boil the tapioca pearls and strain them to remove the water.

Boil six lemongrass sprigs in the water for three minutes. Let them cool in the water and then remove them setting the water aside.

Process the mango pulp in the food processor or blender or with a fork.

In a bowl, mix the tapioca pearls with a cup of the pulp and let it sit for 1 to 2 hours. Mix with the rest of the pulp, the lemon juice, the lemongrass water and the cubed mango.

Add sugar to taste and serve in bowls or glasses.

Photo: Mateo Chaves  
Art: María Paula Martínez

## Arepas from Boyacá

Servings 12  
INGREDIENTS

|                               |                          |
|-------------------------------|--------------------------|
| Corn flour                    | 320 <b>g</b>             |
| Wheat flour                   | 150 <b>g</b>             |
| Salt                          | 10 <b>g (2.5 tbsp)</b>   |
| Grated mozzarella type cheese | 300 <b>g</b>             |
| Soft butter                   | 110 <b>g</b>             |
| Lukewarm water                | $\frac{3}{4}$ <b>cup</b> |
| Refined sugar                 | 70 <b>g (4.5 tbsp)</b>   |
| Powdered sugar                | 100 <b>g</b>             |

### DIRECTIONS

On the counter, mix the flours, salt, butter, and warm water (the final amount of water you use will depend on how dry or humid the mixture is). Knead for eight minutes and divide into equal parts. Reserve.

In another bowl, mix the mozzarella type cheese with the sugar. Divide into 12 equal parts in the form of balls.

Gently flatten the 12 portions of dough, and with your fingers form a "basket".

Put a little of the cheese and sugar mixture inside and close with the same dough.

Flatten with your hands until you form the *arepas*.

Roast them in the oven at 180°C, for 20 to 30 minutes. Serve with powdered sugar if desired.

Photo: Mateo Chaves.  
Art: María Paula Martínez .







## Soda Coffee with Lemon

Serves 2 to 4  
**INGREDIENTS**

|                     |               |
|---------------------|---------------|
| Instant coffee      | <b>6 tbsp</b> |
| Boiling water       | <b>1 cup</b>  |
| Sugar               | <b>q. s.</b>  |
| Ice                 | <b>q. s.</b>  |
| Grated lemon zest   | <b>q. s.</b>  |
| Lime or lemon juice | <b>4 tbsp</b> |
| Sparkling water     | <b>175 ml</b> |

### **DIRECTIONS**

Dissolve the instant coffee in the boiling water. Add sugar to taste.

In each (long-bodied) glass add ice, a tablespoon of lime or lemon juice, a pinch of grated lemon zest, and  $\frac{1}{4}$  cup of coffee.

Fill the rest of the glasses with the sparkling water and serve.



QR: Digital Recipe Book  
Photo: Mateo Chaves  
Art: María Paula Martínez





## Catalina Vélez

She was born in Pereira and is a business administrator and chef graduated from The Art Institute of Atlanta, in the USA and the Cordon Bleu in Paris, and is recognized for her experience in community initiatives, television shows, live demonstrations and academic lectures, among others.

Her project has a contemporary outlook with influences from Asian cuisine and French techniques. However, she has focused on the rediscovery of native products, supporting organic agriculture, supplier networks without intermediaries and a local culinary craftsmanship.

Along these same lines, she is a participant and spokesperson for teaching projects and dissemination of better food and nutritional practices, based on the choice of products to the strengthening of social bonds through cooking.

**EXPERIENCE**  
Embassy of Colombia  
in France.





## Plantain Bullets with Shrimp *Encocado* and Cape Gooseberry Chili

Servings 4  
INGREDIENTS

### *FUFÚ* (green plantain mash)

|                          |        |
|--------------------------|--------|
| Green plantain with peel | 500 g  |
| Coconut milk             | 500 ml |
| Sea salt                 | q. s.  |

### PACIFIC *REFRITO*

|                                  |       |
|----------------------------------|-------|
| EV coconut oil                   | 40 g  |
| Annatto                          | 2 g   |
| Scallion (white and green parts) | 200 g |
| Sweet chili                      | 100 g |
| Salt                             | q. s. |
| Garlic                           | 40 g  |
| Cumin                            | 1 g   |
| Pennyroyal                       | 5 g   |
| Purple basil                     | 15 g  |
| <i>Cimarron cilantro</i>         | 20 g  |
| <i>Oregano</i> or French oregano | 10 g  |

### *ENCOCAO*

|                        |        |
|------------------------|--------|
| Pacific <i>refrito</i> | 150 g  |
| Coconut milk           | 300 ml |
| Clean shrimp           | 200 g  |
| Smoked fish            | 200 g  |
| Salt                   | q. s.  |
| Fufu                   | q. s.  |
| Passion fruit chili    | q. s.  |

### CAPE GOOSEBERRY CHILI

|                                     |       |
|-------------------------------------|-------|
| Scallion (green and white part)     | 60 g  |
| Red onion                           | 60 g  |
| Cape gooseberries                   | 40 g  |
| Fresh hot chili (the one of choice) | 5 g   |
| EV olive oil                        | 80 g  |
| Sea salt                            | q. s. |
| Lemon juice                         | 30 g  |
| <i>Gulupa</i>                       | 60 g  |
| Kefir vinegar                       | 30 g  |
| Fresh <i>cilantro</i>               | c.n   |



QR: Digital Recipe Book  
Photo: Mateo Chaves  
Art: María Paula Martínez





## DIRECTIONS

### FUFÚ

Peel the plantains and cut into homogeneous pieces, approximately 4 cm.

Put the plantain pieces in a deep bowl, cover with the coconut milk and salt.

Cook over medium-high heat for 25 minutes. Drain and reserve the cooking liquid.

Mash the plantains in a mortar or processor.

Gradually add the coconut milk to get a soft, elastic dough (add only enough milk to get the right consistency).

Pour into a container, cover and reserve until arranging the dish.

### PACIFIC REFRITO

Heat the oil and infuse the *annatto* seeds until the oil turns red. Reserve.

Cut the onion and sweet chili into 1 mm cubes. Chop the garlic and herbs (separately).

Over medium heat, heat the oil in a large pot and fry the onion and sweet chili with a little salt until soft.

Add the annatto oil, garlic and cumin.

Sauté for 4 or 5 more minutes over medium heat until all the ingredients are combined and finish with the chopped herbs. Reserve.

Photo: Mateo Chaves  
Art: María Paula Martínez

### ENCOCOA

Over medium heat, in a deep pot, cook the *refrito* sauce and the coconut milk. Reduce.

Add the chopped shrimp and the shredded fish and season with salt.

Cook for one minute until all the ingredients are fully combined. Reserve.

Divide the *fufú* into four 80 g portions and divide each portion into three small balls of the same size.

Flatten each ball on a piece of plastic wrap, fill with a little of the *encocao* mixture and close with the plastic wrap. Reserve and repeat until finished.

Fry the balls and accompany with cape gooseberry chili.

You can also serve the *fufú* accompanied by the *encocao* without frying.

### CAPE GOOSEBERRY CHILI

Cut the onions into 1mm cubes. Cut the cape gooseberries and chili pepper in small cubes.

Sauté the onions in half of the oil with the salt and cook until lightly browned. Remove from the heat.

Mix in a deep container with the other ingredients until well combined.

Finish with roughly chopped *cilantro*.

Photo: Mateo Chaves  
Art: María Paula Martínez







# Charlie Otero

Charlie's passion for gastronomy came to life in his grandmothers' kitchens in the Colombian Caribbean. His talent has been enriched thanks to an anthropological outlook in terms of the diverse preparations of a country as diverse and mestizo as Colombia.

His commitment to the advancement of Colombian gastronomy is evidenced by his distinction as Ambassador of SEGIB\* -General Secretary of Ibero-American States-, the Royal Academy of Gastronomy, and the Union of Capital Cities.

**EXPERIENCE**  
Colombian Embassies in Algeria, Bolivia, Canada, Chile, Ecuador, Egypt, United States, Israel, Norway, UN Geneva, Panama, Peru, South Africa, Switzerland, Turkey and Uruguay.



\*SEGIB: <https://www.segib.org/quienes-somos/>  
QR: Digital Recipe Book  
Photo: Mateo Chaves





## Black Carimañolas\*

In tribute to the artist Enrique Grau

Servings 4

### INGREDIENTS

|  |        |
|--|--------|
| Cassava  | 500 g  |
| Medium red onion                                 | 1 u    |
| Garlic   | q. s.  |
| Sweet chili                                      | 5 u    |
| Oil  | q. s.  |
| Seafood mix<br>(Shrimp, octopus, squid, mussels) | 200 g  |
| Annatto paste                                    | 1 tbsp |
| White wine                                       | q. s.  |
| Salt   | q. s.  |
| Squid ink  | 2 tbsp |

### DIRECTIONS

Cook the cassava for 20 minutes, grind or grate it, and knead briefly.

Make a *guiso* (stewed mixture) by frying the chopped onion, garlic and sweet chili, and cooking them for a few minutes in the oil. Add the seafood mixture with the annatto and cook for another 10 minutes. Add a splash of white wine, salt to taste and reduce. Reserve.

Mix the cassava dough with the squid ink and mix well until it acquires a homogeneous black color.

Make small, hand-sized balls, kneading evenly. Make a hole in the top and hollow out to create a pocket.

Fill with a little of the seafood stew mixture. Close and form cylinders with pointed tips. If necessary, smooth with your slightly damp hand. Fry in abundant oil for five minutes and serve hot.

\*These carimañolas are inspired by "La María Mulata" the bird found along the coast and that Grau painted and sculpted so many times.



QR: Digital Recipe Book  
Photo: Mateo Chaves  
Art: María Paula Martínez





## *Poleada* of Nariño Corns

### Serving 1 INGREDIENTS

|                                   |       |
|-----------------------------------|-------|
| Beef stock                        | 1 l   |
| Beef                              | 500 g |
| Scallions                         | 100 g |
| Garlic                            | 30 g  |
| Annatto powder                    | q. s. |
| Salt                              | q. s. |
| Tender sweet corn                 | 300 g |
| Potatoes                          | 250 g |
| Tender purple corn                | 200 g |
| <i>Cancha</i> corn                | 100 g |
| Fresh parsley and <i>cilantro</i> | q. s. |

### DIRECTIONS

In the beef stock boil the meat with the onion, the crushed garlic, the annatto and the salt.

Add half of the sweet corn and the potatoes chopped into small pieces and boil for an hour.

Cook the purple corn separately, shell and reserve.

Cook the other half of the sweet corn, blend and strain.

Mix the strained corn with the corn and potato mixture, stirring constantly so that it does not stick. When it thickens, add the purple corn.

Serve the *poleada* hot, with the portion of meat, toasted *cancha* corn, and sprinkled parsley and *cilantro* on top.



QR: Digital Recipe Book  
Photo: Mateo Chaves  
Art: María Paula Martínez







## Chickpea and Lamb *Tamales* in Vine Leaves

### Servings 1 INGREDIENTS

|  |       |
|--|-------|
| Chickpeas<br>(soaked the day before)   | 300 g |
| Red onion                              | 150 g |
| Garlic cloves                          | 3     |
| Cumin                                  | q. s. |
| Annatto or paprika powder              | q. s. |
| Pepper                                 | q. s. |
| Salt                                   | q. s. |
| Precooked cornmeal                     | 300 g |
| Leg of lamb<br>(cut into small pieces) | 500 g |
| Olive oil                              | q. s. |
| Vine leaves                            | q. s. |
| Olives cut in slices                   | q. s. |
| Buds and edible flowers to decorate    | q. s. |

### DIRECTIONS

Drain the chickpeas with the onion and garlic until a uniform dough is obtained. Bring abundant water to a boil, add the cumin, annatto or paprika, pepper and salt.

Add the chickpea dough with the cornmeal and cook for 10 minutes. Stir well.

Let cool. Put a spoonful of dough on top of each vine leaf. Add a little of the lamb previously seared in the oil and olives.

Close the tamale with the same leaf and roll up to form a cylinder. In a large pot, make a bed of leaves at the bottom, introduce the tamales and add hot water. Put a plate on top of the tamales to apply pressure and to prevent them from falling apart.

Cook with the pot covered, over low heat, for approximately 45 minutes.

\*Recipe prepared by the chef, in an activity at the Colombian Embassy in Turkey with gastronomy students from the Mompox Workshop School and the Traditional Cooking teacher Yesy Cristina Arévalo Pérez, who appears in the photo.





## Yesy Cristina Arévalo Pérez

She is a gastronomy and traditional cooking instructor at the Santa Cruz de Mompox Workshop School.

Yesy is one of the many bearers of tradition that the Workshop Schools have the honor of convoking and supporting. The Workshops are venues for training in trades related to tangible and intangible heritage. For 30 years, they have aided young people in vulnerable situations in different regions of Colombia.

Photo: provided by Kevin Hamed Reinfstang, FETM Managing Director.





## Workshop Schools

The mission of the Workshop Schools is to create social development mechanisms that encourage communities to improve their quality of life and, at the same time, to safeguard the heritage of trades and traditional knowledge of the territory among the new generations through the activation of creative economies and entrepreneurship in the trades sector.

The Workshop Schools are coordinated through the Workshop Schools Program of the Ministry of Culture. The program is currently made up of 13 schools located in Cartagena, Mompox, Barichara, Tunja, Popayán, Bogotá, Quibdó, Cali, Buenaventura and Tumaco. Each is characterized by the characteristics of the cultural practices of the area where they operate.

Additionally, we have the Villa del Rosario and Caldas Workshop Schools in Salamina, and the Naranja Workshop School, which is a platform for trade and promotion of the crafts and knowledge of the Schools, with a focus on sustainability and fair trade. In the coming years, new Workshop Schools will be created in the North of Cauca, Nariño, La Guajira, Atlántico and Antioquia.

More than 5,000 apprentices have been trained in these venues.





# Diego Campos

World Barista Champion in 2021. Professional in the coffee industry with more than 13 years of experience and three-time National Barista Champion of Colombia. In the World Barista Championship, he was ranked 14<sup>th</sup> in 2015, and 25<sup>th</sup> in 2017. He was also the Barista Champion at the Fushan Cup International Championship in 2016. Between 2009 and 2016, he continuously participated in different national Barista competitions, always winning a place in the finals.

Diego has been a High-Quality Coffee Master Roaster since 2008 for a specialty coffee brand in Colombia.

**EXPERIENCE**  
Colombian Embassies  
in Argentina, Finland  
and Indonesia.



QR Biographical video made by the Promotion Plan for Colombia Abroad in collaboration with Café Amor Perfecto. Cinematographer: Mateo Chaves





## Cold Coffee with Tonic

**SERVINGS 2**  
**INGREDIENTS**

|  |              |
|--|--------------|
| Ground coffee (ideally freshly ground) | <b>30 g</b>  |
| Tonic water                            | <b>300 g</b> |
| Orange juice                           | <b>4 oz</b>  |

### **DIRECTIONS**

In a clean container with a lid, put the ground coffee. The grinding should be medium coarse. (Use the texture of brown sugar as reference).

Use the French press method to prepare this coffee, if possible.

Add the water at room temperature. Mix, so that all the ground coffee becomes moist and begins its extraction process. Cover well.

Store in the fridge or in a cool place for 24 hours.

After this time, remove from the fridge and filter the coffee.

Serve over ice to taste and accompany with 2 ounces of orange juice per glass.





## Diego Marciales

Cook with around 15 years of experience. Professor of the post graduate program of the Universidad Nacional de Colombia. He promotes Colombian cuisine based on the study, research, use and teaching of products with Protected Designation of Origin.

He has taken his gastronomic proposal to entities such as the Presidency of the Republic, Governors Offices, Municipalities, Superintendence of Industry and Commerce, the Gastronomic Congress in Popayán, Central Bank of the Republic and Fontur, among others.

**EXPERIENCE**  
Colombian Embassies in Argentina, Ecuador, Guatemala and Paraguay.





## Colombian *Arepas*

Servings 4  
**INGREDIENTS**

### SWEET YELLOW CORN FLOUR *AREPAS*

|                         |       |
|-------------------------|-------|
| Sweet yellow corn flour | 250 g |
| Cheese from Caquetá     | 300 g |
| Paipa cheese            | 100 g |
| Butter                  | 300 g |
| Salt                    | q. s. |
| Sugar                   | q. s. |
| Cold water              | 1 cup |
| Milk                    | 1 cup |
| Oil                     | q. s. |

### WHITE CORN FLOUR *AREPAS*

|                     |       |
|---------------------|-------|
| Cold water          | 1 cup |
| Salt                | q. s. |
| White corn flour    | 250 g |
| Butter              | 300 g |
| Cheese from Caquetá | 300 g |
| Paipa cheese        | 100 g |

### DIRECTIONS

#### SWEET YELLOW CORN FLOUR *AREPAS*

In a bowl, add the yellow corn flour, the cheese from Caquetá, the Paipa cheese, butter, salt, sugar, cold water and milk.

Stir with a hand whisk or fork until the mixture is fully incorporated. Let sit for at least six minutes, mixing occasionally.

Preheat a flat grill and grease with oil or butter.

Stir the mixture once more and make the *arepas*. Grill for 4 minutes on each side, or until the desired color and flip when golden. Add a little more cheese on top at the end if desired and serve hot.



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 Photo: Mateo Chaves  
 Art: María Paula Martínez





## WHITE CORN FLOUR AREPAS

In a bowl add cold water in the same proportion of the flour. Mix the water with the salt and slowly add the flour.

Mix with a spoon or spatula continuously until a consistent dough is obtained. Check for moistness and, if necessary, add a little more water. Let stand for two minutes. It is not necessary to knead.

In a frying pan, melt butter and add the cheeses to the dough (although the amount of butter and cheese depends on taste, it is recommended that the sum of the two ingredients does not exceed 50% of the weight of the flour so that the *arepas* remain soft and the dough doesn't break up before grilling). Make the *arepas* by flattening balls made with the dough to the desired thickness

Grill the *arepas* on a flat surface over medium heat for four minutes on each side, or until golden brown. Serve hot.





## Arroz Atollado (Sticky Rice)

Servings 10  
INGREDIENTS

|                                     |        |
|-------------------------------------|--------|
| Muleteer pork loin                  | 1500 g |
| Baking soda                         | q. s.  |
| Mandarin Lemon                      | 20 g   |
| Annatto oil                         | q. s.  |
| White rice                          | 500 g  |
| Hogao                               | 100 g  |
| Cumin                               | q. s.  |
| Salt                                | q. s.  |
| <i>Papa criolla</i> (Creole potato) | 250 g  |
| Green peas                          | 250 g  |

### DIRECTIONS

Clean the meat and make grooves on the bacon side.

Apply baking soda and 'activate' it with lemon juice. Rinse the meat and place it in the oven in a covered pan for two hours.

Bake for 30 more minutes with the pan uncovered. Remove the meat and shred with a fork.

In a cauldron or pot over medium heat, add the annatto oil, the rice, pork, *hogao*, cumin and salt.

Add the *papa criolla* and mix gently. Finally add the peas and check the seasoning.

Before serving, add the juice of one lemon to enhance the flavors.

Heat over medium heat so that the food is at the right temperature and serve.

### NOTE

You can decorate the plate with slices of fried plantains.



QR: Digital Recipe Book  
Photo: Mateo Chaves  
Art: María Paula Martínez





## Diego Panesso

A chef who has been inspired by the flavors of the Coffee Cultural Landscape, which has led him to promote the gastronomy of the Coffee Region of Colombia. He has developed his own style that mixes contemporary and avant-garde cuisine, with local ingredients and culinary knowledge, reflected in the menus of his restaurants Ámbar and Carmela Horno y Cocina.

He specialized in the vacuum cooking technique at the Tony Botella School (TBTC) in Barcelona. In addition, he has received several awards as the best chef in the coffee region.

**EXPERIENCE**  
Colombian Embassies  
in Cuba, Israel and  
Kenya.





# Arepa Paisa Cylinder Stuffed with Lamb in Rum, Pumpkin Tortillas, Quinoa and Creole Chili

Servings 10  
INGREDIENTS

Boneless shoulder of lamb 2.5 kg

## CREOLE CHILI OIL

Finely chopped scallions 100 g  
Red tomato, seeded and finely chopped 100 g  
*Cilantro* leaves finely chopped 50 g  
Salt 5 g  
Finely chopped fresh red chili pepper 30 g  
Olive oil 150 ml

## CARIBBEAN MARINADE

Wild oregano 50 g  
*Cimarron cilantro* 50 g  
Garlic chopped 25 g  
Green bell pepper 100 g  
Red onion 125 g  
Annatto powder 2 g  
Sea salt 15 g  
Dark beer 100 ml  
Cumin powder 2 g  
Fruit vinegar 50 ml  
Aged rum 100 ml  
Red wine 100 ml  
Corn starch q. s.

## AREPA ROLL

Pan (*arepa* flour brand) 400 g  
Salt 10 g  
Water 200 ml

## QUINOA CRUNCH

Quinoa 150 g  
Water 350 ml  
Salt 5 g

## PUMPKIN PANCAKES

Pumpkin 300 g  
Eggs 2 g  
Salt 2 g  
Sugar 20 g  
Wheat flour 150 g

## DIRECTIONS

### CREOLE CHILI

In a bowl, pour all the ingredients, mix well and check the seasoning. Allow to stand for at least 15 hours for the flavors to develop.

### LAMB

Cut the meat in pieces. Prepare the marinade by mixing all the ingredients in a bowl, except the wine and cornstarch. In vacuum bags, distribute the lamb (the same amount in each bag), and add a little of the marinade. Seal the bags and cook in a thermocirculator at 80°C for 20 hours.

Remove the bags and cool with a thermal shock. Drain the lamb meat, reserving the cooking juices.

Finely chop the meat and reserve. Prepare the sauce by reducing the liquid with a little wine, over medium-high heat. If necessary, thicken it with corn starch. Check the seasoning.

### AREPA ROLL

Prepare the dough by mixing the flour with the salt and water. Knead vigorously until you have an elastic dough. Grease the outside of a cylindrical mold with oil that can be put in the oven. Preheat oven to 350°F. Wrap the cylinder with the dough, smooth the ends and bake for eight minutes. Remove and reserve.

### QUINOA CRUNCH

Rinse the quinoa well with plenty of water and cook with salt for 30 minutes. Drain and blend, adding the amount of cooking liquid necessary to obtain a thick cream. Preheat the oven to 300°F, spread the quinoa cream on a silicone baking mat, and bake for 45 minutes. Remove from the oven and portion the crispy pieces.

### PUMPKIN PANCAKES

Steam the pumpkin for 35 minutes. Remove and refresh. Preheat the oven to 180°C. Blend the pumpkin in pieces with the rest of the ingredients to get a homogeneous cream. In a silicone mold with round holes (approximately 20 g) distribute the mixture. Bake for eight minutes, remove and reserve.

To serve, fill the arepa cylinder (removed from the mold) with the lamb meat, pressing gently. Put the sauce in the center of the plate and on it the filled cylinder. Arrange three pumpkin pancakes on the sides, bathed in the Creole chili oil. Finish with the crispy quinoa on the cylinder.



QR Digital Recipe Book  
Photo: provided by the chef





## White Fish Stewed in Coconut with *Chontaduro* Croquettes

Servings 10  
INGREDIENTS

### FISH

|  |              |
|--|--------------|
| Grouper or Nile perch  | 250 g (10 u) |
| Salt   | 10 g         |
| Pepper   | 2 g          |
| Coconut milk   | 600 ml       |
| Pacific <i>Refrito</i> *   | 300 g        |
| Cassava chunks<br>(previously cooked with salt)                  | 30 u         |
| Ripe plantain slices<br>(cooked in water with salt<br>and sugar) | 30 u         |
| Oil for frying   | q. s.        |
| Green peas, cooked   | 250 g        |
| <i>Cilantro</i> leaves   | q. s.        |

### *CHONTADURO* CROQUETTES

|   |        |
|---|--------|
| Precooked peeled <i>chontaduro</i>          | 600 g  |
| Bee honey                                   | 100 ml |
| Lemon juice                                 | 100 ml |
| Salt  | 15 g   |
| Double cream cheese, ground                 | 150 g  |
| Eggs  | 2 u    |
| Corn flour for <i>arepas</i><br>(precooked) | 200 g  |
| Panko                                       | 300 g  |
| Oil for frying                              | 1 l    |

### DIRECTIONS

#### *CHONTADURO* CROQUETTES

Blend the *chontaduro* with honey, lemon and salt. Process until you get a dough. Make 15 g balls (you should get 30); fill them with double cream cheese. Coat with the egg, flour and Panko. Fry them and keep them warm.

### FISH

Season the fillets with salt and pepper and brown on the grill with a little oil. Meanwhile, prepare the sauce by blending the coconut milk with the *refrito*. Brown the cassava and plantain pieces in a frying pan with a little oil.

Heat the sauce with the peas and bathe the fish fillets in it. Serve with the cassava, plantain, croquettes and sprinkled *cilantro*.

\*Pacific *Refrito*:  
Chop and mix: white onion, scallions, tomato and bell pepper; and fry in vegetable oil flavoring with annatto powder, *cilantro* and basil.

Photo: provided by the chef





# Eduardo Martínez

Spontaneous farmer and agronomist, with more than 20 years of experience as a cook. Researcher and director of projects that promote Colombian cuisine, he is recognized as one of the pioneers and promoters of the revaluation of local cuisines.

In this same vein, he has extensive experience in the management of sustainable development projects associated with the various traditional cultures of the country and specific knowledge of the traditional productive systems of the humid forests of the Pacific and the Amazon, the development of methodologies for rural territorial planning, and analysis of the rural domestic economy in different parts of the country.

**EXPERIENCE**  
Colombian Embassies in Algeria, Argentina, Belgium, Bolivia, Brazil, Canada, Qatar, Ecuador, United Arab Emirates, Finland, France, Hungary, Ireland, Japan, Norway, UN New York, Peru, Poland, United Kingdom and Sweden.



QR Digital Recipe Book: Tour of Colombia in Twelve Dishes, Colombian Embassies in Hungary, Austria, Finland, France, Norway, Portugal, Sweden, Vietnam and Japan  
Photo: Mateo Chaves  
Art: María Paula Martínez





## Tamarind Eggplant and Mixed Mushrooms

4 servings  
INGREDIENTS

|   |        |
|---|--------|
| Tamarind paste                                      | 125 g  |
| Hot water   | 1 cup  |
| Brown sugar   | 4 tbsp |
| Smoked chili powder                                 | q. s.  |
| Medium eggplants, diced                             | 2      |
| Salt  | q. s.  |
| Mixed mushrooms<br>(cremini, oyster, mushrooms)     | 150 g  |
| Cape gooseberries cut in halves                     | 125 g  |
| <i>Farofa</i><br>(dried roasted and ground cassava) | 2 tbsp |
| Lemon thyme sprigs                                  | 2      |
| Vegetable oil                                       | 6 tbsp |
| Microgreens for decoration                          | q. s.  |



QR Digital Recipe Book.  
Photo: Mateo Chaves  
Art: María Paula Martínez





## DIRECTIONS

Mix the tamarind paste, water, sugar and chili powder and set aside.

Cut the eggplant into small cubes and mix with salt. Let stand for ten minutes and rinse with cold water.

Heat a little oil in a large skillet over medium heat and fry the eggplants in batches until golden. Season with a pinch of salt, remove and reserve.

Cut the mushrooms into thick slices. In the same skillet, over medium-high heat, add a little more oil, and sauté the mushrooms in batches until golden brown. Add a pinch of salt, remove and reserve.

In the same pan, over medium heat, add the cape gooseberries (reserving a tablespoon for decoration). Add a little salt and cook over low heat for five minutes until soft.

Add the eggplants and mushrooms to the pan and lower the heat. Add the tamarind mixture and cook over low heat for eight minutes.

Add more salt if necessary, mix and sprinkle the lemon thyme leaves and the *farofa*. Decorate with the remaining cape gooseberries and microgreens.



## *Tilapia* with Tamarind and Cape Gooseberries

4 servings  
INGREDIENTS

|   |         |
|---|---------|
| <i>Tilapia</i> fillet                         | 1 lb    |
| Salt  | q. s.   |
| Pepper  | q. s.   |
| Sunflower oil                                 | q. s.   |
| Cape gooseberries cut in halves               | 250 g   |
| Tamarind pulp                                 | 50 g    |
| Brown sugar                                   | 2 tbsps |
| Chili powder                                  | q. s.   |
| Plantain leaf<br>(cut into 15 x 15 cm pieces) | 1 u     |
| <i>Cilantro</i> leaves                        | 1 tbsps |

### DIRECTIONS

Season the fillets with salt and pepper and reserve.

Heat a tablespoon of oil in a skillet over medium heat and add the cape gooseberries with a little salt (reserving two tablespoons of fresh cape gooseberries). Sauté for three to four minutes until soft, add the tamarind, sugar and chili pepper and stir gently. Check the salt level. Lower the heat and reserve the mixture for 5 minutes until it thickens slightly.

Put a little oil on the fillets with a brush. Brown them on both sides in a skillet over medium-high heat.

Put a piece of the plantain leaf on each serving plate, and the fillets bathed in the sauce on them. Garnish with the fresh cape gooseberries and *cilantro* leaves.



QR Digital Recipe Book  
Photo: Mateo Chaves  
Art: Maria Paula Martínez









## Shredded Pork with Spicy Tamarillo Sauce, on Cassava “Dog’s Ear” *Arepa*

### 4 servings INGREDIENTS

|   |        |
|---|--------|
| Fresh cassava<br>(peeled and cooked al dente)                           | 200 g  |
| Salt  | q. s.  |
| Shredded pork<br>(roasted or cooked,<br>lightly seasoned)               | 200 g  |
| Tamarillo coulis*   | 100 g  |
| Fresh tamarillo or tree tomato,<br>finely chopped                       | q. s.  |
| Fresh <i>cilantro</i> leaves<br>(mixed with a pinch of<br>chili powder) | 1 tbsp |
| Sour cream  | 50 g   |
| Pickled green chili<br>(sweet or spicy)                                 | 1      |

### \*TAMARILLO COULIS

|  |        |
|--|--------|
| Fresh tamarillo or tree tomato<br>finely chopped | 100 g  |
| Butter   | 20 g   |
| Water  | 425 ml |
| Sugar  | 150 g  |
| Chili  | 10 g   |

### DIRECTIONS

#### TAMARILLO COULIS

Peel and cut the tamarillo or tree tomato into cubes, removing the hard part and the seeds. In a frying pan, melt the butter and add the tomatoes, sugar and water, and allow to reduce. At the end add a little chili.

#### PORK AND AREPA

Finely grate the cooked cassava, add a little salt, and knead until soft. Make 20 g balls.

Press each ball between two boards until they are very thin and round.

Heat the shredded pork. Have the tamarillo coulis and garnishes ready.

In a hot skillet, brown the *arepas* on both sides. Put a little coulis and meat on top and garnish with the tamarillo, *cilantro*, chili and sour cream.





# Iván Cadena

Empirical cook with a focus on contemporary signature cuisine based on local products and flavors, and sustainable production and consumption chains. Iván worked in various Colombian cuisine restaurants, then at Astrid y Gastón in Bogotá, finishing his training as a sous chef for Virgilio Martínez at the renowned Central restaurant in Lima. It was there that he fully internalized the importance of fresh food and native ingredients.

Today he is chef and co-owner of the Mesa Franca restaurant, opened in 2016 in Bogotá, together with his partners María Paula Amador and Tom Hydzik. Mesa Franca is ranked 49 in The Latin America's 50 Best Restaurants 2022.

**EXPERIENCE**  
Colombian Embassies  
in Peru, South Africa  
and Paraguay.





## Pacific Rice and Seasonal Fish Tartar

2 servings  
INGREDIENTS

### RICE

|  |        |
|--|--------|
| Annatto oil                                  | 30 ml  |
| Scallions finely chopped                     | 30 g   |
| Garlic finely chopped                        | 3 g    |
| Lightly roasted bell pepper (finely chopped) | 30 g   |
| Finely chopped ripe tomato                   | 30 g   |
| Spicy pork sausage finely chopped            | 50 g   |
| Parabolized rice                             | 90 g   |
| Shellfish stock*                             | 500 ml |
| Refined salt                                 | q. s.  |
| Squid ink                                    | 5 g    |
| Lemon (not squeezed)                         | 1 u    |
| Unsalted butter, cubed                       | 15 g.  |
| Olive oil                                    | 10 ml  |
| Ground black pepper                          | q. s.  |

### \*SHELLFISH STOCK

|  |        |
|--|--------|
| Annatto oil                              | 100 ml |
| Scallions (brunoised, cut medium)        | 500 g  |
| White onion (brunoised, cut medium)      | 500 g  |
| Leek (brunoised, cut medium)             | 150 g  |
| Garlic (A head cut in half)              | 50 g   |
| Ginger (peeled and cut into thin slices) | 30 g   |
| Lemongrass, chopped                      | 50 g   |
| Ripe tomato (cut medium, brunoised)      | 2000 g |

|                       |          |
|-----------------------|----------|
| Whole shrimp          | 1000 g   |
| <i>Cilantro</i>       | 30 g     |
| <i>Sacha cilantro</i> | 30 g     |
| Basil                 | 30 g     |
| Oregano               | 30 g     |
| Water                 | 2 to 3 l |

### TARTAR

|                      |        |
|----------------------|--------|
| Seasonal fish fillet | 100 g  |
| Chopped chives       | 10 g   |
| Olive oil            | 10 ml. |
| Pepperoncino         | 1 g.   |
| Sea salt             | q. s.  |
| Ground black pepper  | q. s.  |
| Black sesame seeds   | 3 g    |
| Lemon drops          | q. s.  |

### OTHER INGREDIENTS

|   |      |
|---|------|
| <i>Cilantro</i> (leaves for decoration) | 10 g |
| Small nasturtiums                       | 5 g  |
| Sunflower and sesame seeds (toasted)    | 10 g |

### DIRECTIONS

Heat the annatto oil in a pot and fry the vegetables starting with the onions, then the garlic, ginger, lemongrass and finally the tomato. Cook for five minutes or until the tomato is liquified.

Add the shrimp and cook for 10 more minutes over medium heat until everything caramelizes slightly.

Photo: Mateo Chaves.  
Art: María Paula Martínez.





Add water, raise the heat as high as possible, bring to a boil, and add the aromatic herbs. Cook for 30 minutes, strain and reserve the liquid for cooking the rice.

Heat the annatto oil in a medium skillet and fry the vegetables with the sausage for a few minutes.

Add the rice and fry, gently stirring until slightly transparent. Add the shrimp stock little by little, raising the temperature a little (this process takes about 20 minutes).

When the rice is halfway done, add the salt, squid ink and lemon. Continue the cooking process with circular movements for a few more minutes, also stirring the pan to activate the starch and thus obtaining creamy rice.

Turn the heat down to medium-low to prevent it from drying out, add the butter and olive oil and finally the pepper and more salt if necessary.

In a cold bowl gently mix all the tartar ingredients and add a few drops of lemon.

Serve the rice with the tartar on top, decorating with the *cilantro* leaves, the nasturtiums and the seeds.







# Jaime Rodríguez

Recognized as one of the best chefs in Colombia with more than 16 years of experience, co-owner and chef of creative development and research at Celele Restaurant, in Cartagena, Colombia.

Co-founder of Proyecto Caribe Lab, focused on a tour of the Colombian territory to investigate its gastronomic culture and biodiversity and be inspired by it to create its contemporary cuisine proposal.

Since its opening Celele has won awards several times by Latin America's 50 Best Restaurants: One to Watch in 2019, No. 49 in 2020, Art of Hospitality in 2021 and No. 19 in 2022.

Jaime is currently an honorary member of the Galapagos Foundation where he collaborates with training of the Muyu Galapagos team on the island of San Cristóbal, Ecuador, a project of the prestigious gastronomic journalist Luciana Bianchi.

**EXPERIENCE**  
Colombian Embassies  
in Chile, Mexico,  
Nicaragua and  
Panama.





## Cartagena Posta Negra

### Serving 1 INGREDIENTS

|                         |       |
|-------------------------|-------|
| Sunflower oil           | 2 ml  |
| Chopped red onion       | 20 g  |
| Minced garlic cloves    | 1 g   |
| Chopped red bell pepper | 10 g  |
| Chopped sweet chili     | 10 g  |
| Chopped carrot          | 5 g   |
| Chopped red tomato      | 50 g  |
| Thyme                   | 1 g   |
| Bay leaf                | 1 g   |
| Cinnamon stick          | 1 g   |
| Clove                   | 1 g   |
| Annatto seeds           | 1 g   |
| Salt                    | 1 g   |
| Rum                     | 10 ml |
| Tomato paste            | 2 g   |
| Beef stock              | 150 g |
| <i>Panela</i>           | 60 g  |
| Caramel tincture        | 3 g   |
| Orange juice            | 10 ml |
| White vinegar           | 5 ml  |
| Tamarind (see note)     | 50 g  |
| Beef fat                | 15 ml |
| Xanthan gum             | 1 g   |
| Agar agar               | 1 g   |
| Sweet pepper            | 1 g   |
| Black pepper            | 1 g   |
| Beef cut into cubes     | 500 g |

Photo: Mateo Chaves  
Art: María Paula Martínez





## DIRECTIONS

Heat the oil in a saucepan over low heat and sauté the onion until transparent. Add the garlic, the bell pepper and sweet pepper and sauté for about 20 minutes. Add the carrot and tomato, stir and add all the spices and herbs. Add the rum and let the alcohol evaporate. Allow the tomato to release all its juice.

Add the tomato paste, the beef stock, the *panela*, the caramel tincture, the orange juice, the vinegar and the tamarind. Let it boil.

Process the sauce in the Thermomix at speed 10, for 10 minutes. Strain it, heat it together with the beef fat and let it boil. Remove the fat. Finish with the xanthan gum and agar agar. Check for salt and flavor.

Sear the meat in the *pan* with a little salt and mix with the sauce and serve hot.

In his restaurant, Jaime serves this dish using toasted millet as a base, the *posta* with the hot sauce, corn foam and chive ashes. On the side, a popped millet crumble with corn in the textures and the land of coastal buns.

## NOTE

Tamarind should be cooked in water twice its weight. The seeds are removed and added to the sauce with the liquid.





## Banana Temptation with Sour Cream Ice Cream

### Serving 1 INGREDIENTS

#### SOUR CREAM ICE CREAM

|            |           |
|------------|-----------|
| Water      | 1000 g    |
| Sugar      | 30 g      |
| Glucose    | 200 g     |
| Sour Cream | 800 g     |
| Stabilizer | 10 g      |
| Gelatin    | 12 sheets |

#### BANANA TEMPTATION

|              |        |
|--------------|--------|
| Water        | 600 g  |
| Cinnamon     | 4 g    |
| Sugar        | 600 g  |
| Cloves       | 3 g    |
| Banana       | 2400 g |
| Kola extract | 500 g  |

#### DIRECTIONS

##### ICE CREAM

Put the water in a pot with the sugar and glucose and heat to make a syrup.

Add the sour cream and boil. Add the stabilizer. Hydrate and dissolve the gelatin and add to the mixture. Stir and let cool.

##### BANANA

In a pot over low heat put the cinnamon, sugar and cloves and cook for 15 minutes making a syrup. Strain and let cool.

Peel the bananas carefully and put them in the Kola extract, and then in a vacuum bag (five units in each bag) with 150 cc of syrup per bag, vacuum packed. Then place them in the thermocirculator for 30 minutes to cook at 90 °C. Remove and let cool.

At his restaurant, Jaime serves this dessert with a *chepacorina* crumble (traditional Carmen de Bolívar cookie made with fermented cheese), fried *costeño* cheese cubes, sour cream ice cream, and edible flowers.



QR Digital Recipe Book  
Photo: Mateo Chaves  
Art: María Paula Martínez





# Jennifer Rodríguez

Jennifer exalts traditional techniques in her cooking using native products harvested by farm laborers from the Mesitas del Colegio municipality (70% of the ingredients she uses are grown in the region). Thus, she seeks to promote nourishment sovereignty, the consumption of local products and direct trade, which favors self-sustainment in the municipality.

**EXPERIENCE**  
Colombian Embassies in Ecuador, Spain, Guatemala, Honduras, Nicaragua, Peru, United Kingdom and Sweden.

Winner of the National Prize for Traditional Cuisine of Colombia 2016 (Ministry of Culture); Revelation Chef at the La Barra Awards 2016, and Best Restaurant at the La Barra Awards 2019. She is also the winner of the Latin American reality show *Cocineros al límite* 2013, on the *Utilísima* channel.





## Cured Fish Ceviche, Coconut Cream, Unripe Mango and *Cilantro*

Servings 2  
INGREDIENTS

|   |         |
|---|---------|
| Fish<br>( <i>corvina</i> , sea bass, sawfish) | 500 g   |
| Salt  | q. s.   |
| Sugar   | q. s.   |
| Pepper  | q. s.   |
| Coconut milk                                  | 300 ml  |
| Lemon juice                                   | 100 ml. |
| <i>Cilantro</i> oil                           | 20 ml   |
| Red onion in plumes                           | 30 g    |
| Unripe mango                                  | 100 g   |
| <i>Cilantro</i> leaves                        | q. s.   |

### DIRECTIONS

Fillet the fish and cure it with salt and sugar for 30 minutes. Rinse, dry with paper towels and cut into cubes.

Season the coconut milk with salt and pepper. Separately, mix the lemon juice with the *cilantro* oil. Reserve.

Put the cubed fish, onion, mango and *cilantro* leaves on the serving plate. Bathe with the coconut mixture and finish with the lemon and *cilantro* oil.





## Atollado Chicken, Cilantro Emulsion and Tender String Beans

2 servings  
INGREDIENTS

|                            |        |
|----------------------------|--------|
| <i>Hogao</i>               | 100 g  |
| Round grain rice           | 100 g  |
| Annatto powder             | q. s.  |
| Water or chicken stock     | 200 ml |
| Cooked peas                | 60 g   |
| Salt                       | q. s.  |
| Pepper                     | q. s.  |
| Boneless cooked chicken    | 250 g  |
| Cooked string beans        | 60 g   |
| <i>Cilantro</i> mayonnaise | 30 g   |
| <i>Cilantro</i> leaves     | q. s.  |

### HOGAO

|                            |        |
|----------------------------|--------|
| Vegetable oil              | 1 tbsp |
| Scallions finely chopped   | 200 g  |
| Chopped red tomatoes       | 4 u    |
| Finely chopped white onion | 1 u    |
| Garlic paste               | q. s.  |
| Cumin                      | q. s.  |
| Salt                       | q. s.  |
| Pepper                     | q. s.  |

### DIRECTIONS

For the *hogao*, heat a skillet over medium heat and add the oil. Once hot, add the onions, salt and pepper and stir. When the onion is transparent, add the tomatoes and fry for a few minutes over medium-low heat. Add the garlic paste and cumin.

In a pot put the *hogao* well fried, the rice, the annatto, and the water or stock.

Cook and when creamy add the peas, salt and pepper. Hydrate little by little with the chicken stock as the rice softens and becomes creamy and check the salt.

On a small pan, put the chicken in the oven at 200°C for 10 to 15 minutes, or until the skin is crisp.

Cut the string beans on the bias and blanch them in hot water for 1 minute.

On a round plate, put the *cilantro* mayonnaise and on top the rice with the chicken cut into pieces.

Finish with the string beans and add a few drops of *cilantro* mayonnaise and *cilantro* leaves.

\*Variety of round, short grain rice widely used in Spanish cooking, with a pearly appearance, which noticeably absorbs the liquid in which it is cooked.

Photo: provided by the chef.





## Dessert: Corn Cake, Papayuela in Syrup and Creamy Cheese

2 Servings

### INGREDIENTS

|                            |        |
|----------------------------|--------|
| Shelled corn               | 1000 g |
| Sugar                      | 100 g  |
| Egg                        | 1 u    |
| Baking powder              | 8 g    |
| Curd                       | 200 g  |
| Salt                       | q. s.  |
| Cottage cheese             | 400 g  |
| <i>Panela</i>              | 80 g   |
| Cream                      | 100 g  |
| <i>Papayuela</i> in syrup* | 100 g  |
| Papayuelas                 | 6 u    |
| Water                      | 1 l    |
| Sugar                      | 70 g   |

### DIRECTIONS

#### *PAPAYUELA* IN SYRUP

Wash the *papayuelas* (mountain papayas) thoroughly. Peel them, open them and remove the seeds. Cut them into thick julienne strips and put them in a pot with the sugar and water. Cook them over high heat for 40 minutes and let cool.

#### CORN CAKE

In a blender, process the corn with the sugar, egg and baking powder.

Crumble the curd over the mixture, add a pinch of salt and put in a rectangular mold. Bake at 170°C for 40 minutes.

Let cool and unmold. Cut into 100 grams portions.

Mix the cream with the cottage cheese and the brown sugar.

Serve the corn cake with a little *papayuela* in syrup and the creamy cheese.





## José Luis Rivera

Born in the department of Huila, and a graduate of the Verde Oliva Academy, he has nearly 20 years of experience. He works together with laborers and farmers from the region to establish fair trade networks and new possibilities of consumption of products brought directly from the field. With these actions, José Luis wants to transmit the stories and realities of artisans, farmers, entrepreneurs and small businessmen.

He was executive chef of the El Cuervo restaurant, in the city of Neiva, where he received several prizes from the 2020 La Barra Awards. In addition, he created the El Bunker del Sabor project, a venue designed for the creation of gastronomic content, specializing in cuisine made with staple products of the Colombian family.

**EXPERIENCE**  
Colombian Embassies  
in Germany, Lebanon,  
UN Geneva, Japan and  
Switzerland.





## Tilapia and Passion Fruit Ceviche

2 servings  
INGREDIENTS

|   |       |
|---|-------|
| Corn cob                                  | 1 u   |
| Cloves                                    | 1 u   |
| Cinnamon stick                            | 1 u   |
| Star anise                                | 1 u   |
| Salt                                      | q. s. |
| Sugar                                     | q. s. |
| Passion fruit or purple <i>granadilla</i> | 1 u   |
| Sweet <i>granadilla</i>                   | 1 u   |
| Lemon juice                               | 120 g |
| White fish trimmings                      | 350 g |
| Grated ginger                             | 10 g  |
| Celery                                    | 20 g  |
| Red onion cut lengthwise                  | 150 g |
| Garlic                                    | 1 u   |
| Fresh <i>cilantro</i>                     | 50 g  |
| Chili pepper                              | 1 u   |
| Chili powder                              | q. s. |
| Avocado                                   | 1 u   |



QR Digital Recipe Book  
Photo: Mateo Chaves  
Art: María Paula Martínez





### DIRECTIONS

Cook the shelled corn cob with enough water, cloves, cinnamon, anise, salt, sugar, and a few drops of lemon for 10 minutes, strain and let cool.

In the blender, put the passion fruit or purple granadilla and granadilla pulp, the lemon juice, the fish trimmings, the ginger, the celery, the onion, the *cilantro*, the garlic, the chili pepper and a little water. Blend for two minutes and strain. Reserve in the fridge.

Cut the fish into cubes, put the salt and pepper, ginger, lemon juice, onion, corn and *cilantro*.

Add the tiger milk and a little chili powder to taste.

Serve immediately with avocado slices.





# Juan Manuel Barrientos

Executive chef and founder of El Cielo Hospitality Group, he began his career at a very young age alongside chefs Iwao Komiyama (from Argentina) and Juan Mari Arzak (from Spain). El Cielo restaurant has branches in Medellín, Bogotá, Washington D.C., and Miami, the latter two awarded a Michelin star (in 2021 and 2022, respectively) by the prestigious Michelin Guide; it is the first restaurant focused on Colombian cuisine to have this recognition.

Juan Manuel also received the Cruz de Boyacá in 2021 from the Colombian government, and a position on Latin America's 50 Best Restaurants list 2013, 2014 and 2015, and 2021 (on the same 50-100 list).

**EXPERIENCE**  
Colombian Embassies  
in Spain and the United  
States.





## Lobster or White Fish Ceviche and Fruits

Servings 4  
INGREDIENTS

|   |              |
|---|--------------|
| A fillet or portion of lobster (scallops or white fish) | 250 g        |
| Sea salt  | 250 g        |
| Brown sugar   | 250 g        |
| Pepper  | 10 g         |
| Fennel  | 50 g         |
| Juniper   | 50 g         |
| <i>Lulo</i> pulp  | 200 to 300 g |
| Small green tomatoes                                    | 1 lb         |
| Finely chopped garlic                                   | 10 g         |
| Finely chopped raw ginger                               | 5 g          |
| Red onion   | 40 g         |
| Blackberry pulp   | 200 g        |
| <i>Feijoa</i> or sour guava                             | 200 g        |
| Purple tamarillo  | 200 g        |
| Cream or coconut milk                                   | 250 g        |
| Milk  | q. s.        |
| Shallot or small red onion                              | 1 u          |
| Avocado   | 1 u          |
| Mustard sprouts   |              |
| Yacon   | 1 u          |

### DIRECTIONS

Take the fillets or the chosen pieces of fish and cure them in a mixture of salt, brown sugar, pepper, fennel and juniper for one hour.

To make the tamarillo and *lulo* juice, blend half of the *lulo* pulp, the green tomatoes, the garlic cloves, ginger, onion, salt, and pepper. Strain and reserve.

Separately, prepare a semi-thick *lulo* juice with the rest of the pulp (or fresh *lulos*) and reserve.

For the fruit gels, blend the fruit pulps separately without water (with a pinch of salt and a teaspoon of sugar); blackberry, sour guava and purple tamarillo and strain them through a fine strainer. Once they are thick and strained (each individually) let them sit until they have a compact texture.

For the coconut foam or air, mix the coconut cream with a little milk and heat to 45 degrees. Add air by beating with an electric mixer or hand blender until a light foam is formed.

On a plate place the marinated fillets with a little pickled onion, a few dots of the fruit gel of your choice and the mustard sprouts, avocado pieces and the *yacon*. Bathe with the tamarillo juice and serve.

### NOTE

The dish can be served in a deep bowl, or as a canapé on a spoon or shell to eat as a snack.









## Julián Estrada R.I.P.

Anthropologist from the Universidad de Antioquia, with studies in Hotel Administration in Brussels, Belgium. University professor of the chairs of Anthropology of Cookery and Food History at the Universidad de Antioquia, food commentator and journalist for local and national magazines and newspapers, as well as speaker at different national and international gastronomic events.

**EXPERIENCE**  
Embassy of Colombia  
in France.

Director of two investigations on Colombian Popular Cuisine: "Colombia de Sal & Dulce" (2004-2005) and "Investigando a investigar la cocina Popular Colombiana" (2006-2008). Awarded with the "Recognition of life and career, for his contribution to Colombian Cuisine", at the VIII Popayán Gastronomic Congress.

He also received the Recognition of a Culinary Career awarded by the first event in Madrid - Bogotá Fusión of Bogotá, in 2018.





*QUEAREPARAENAMORARTE*  
(WHAT CAN I DO TO MAKE YOU FALL IN LOVE),

Julián's restaurant where he himself said he served "elegant" traditional Colombian food and offered "Poor auntie's lentils", "Pleasant Ajiaco", "Curate's soup on the sidewalk" and a salad that he called "The discreet charm of chlorophyll".

Dishes full of humor and his love for cooking.

In addition to these, there are so many recipes that immortalize the memory of the gourmet anthropologist with whom we had the honor of working for the Promotion of Colombia Abroad. We couldn't leave out recipes such as the "Couple of tamales with flavors of the Pacific and Andean mountains"; the "Green plantain wrap stuffed with fish and shrimp in *naranjilla* and coconut sauce"; the "Beans wrap stuffed with shredded beef and *criolla* sauce with chopped ripe plantain"; or the "*Tumes* with clear *mazamorra*, guava jelly with *dulce de leche* and corn water". These dishes were part of the menu prepared by him for the Colombian Embassy in France.





# Leonor Espinosa

She was born in Cartago, Valle del Cauca, but grew up in Cartagena. Leonor studied Fine Arts, at the School of Fine Arts of Cartagena, and Economics, at the Technological University of Bolívar.

**EXPERIENCE**  
Colombian Embassies  
in Ecuador, Japan and  
Thailand.

She promotes her country's cuisine by appealing to innovation as a tool to enhance the use of biodiversity and value to its own culture and tradition. Through her foundation, she vindicates the activities and ancestral knowledge of indigenous and Afro-Colombian populations, promoting rural growth processes within frameworks of food sovereignty, marketing channels with small producers, and venues for education, nutrition, entrepreneurship, and tourism.

Her creative process is based on elements of contemporary plastic arts to convey sensations and emotions in a story where feeling, smelling, remembering, thinking, observing, listening and experimenting lead her to build a modern narrative of Colombian cuisine, which she has called CYCLOBIOMA.

She currently directs the kitchen at LEO, a Colombian haute cuisine proposal where she offers a tour of the biocultural richness of the different Colombian biomes. She also directed EL CASUAL, a concept based on culinary trends.

Photo: provided by the chef.





She was recently named the world's best female chef 2022 by THE WORLD'S 50 BEST RESTAURANTS and, for the last two years, her restaurant, LEO, has been present on this prestigious list, occupying place No. 46 in 2021, and 48 in 2022. Within the framework of LATIN AMERICA'S 50 BEST RESTAURANTS, she received the award for best female chef of Latin America 2017, and the Estrella Damm Chefs' Choice Award 2020 on this same list.

She was also ranked 98th among the Top 100 BEST CHEF AWARDS 2021 and 69th in 2022, and 5th in the TRAVELERS' CHOICE WINNERS TRIPADVISOR 2020.

She has several publications, including *Leo, El Sabor* (Planeta, 2018), a book where she tells stories of ancestral kitchens, expressing a modern vision of her experience in seven Afro-Colombian and indigenous communities. *Y Lo Que Cuenta El Caldero* (Penguin Random House and Grijalbo 2018), a book about her tours of the country told through magical and realistic culinary chronicles.



## THE BEST COOK IN THE WORLD

In 2022 Leonor Espinosa was named the best chef in the world by a team of voters from the prestigious list of The World's 50 Best Restaurants. Since the creation of the Latin American list of the 50 Best in 2013, her presence has been recurrent. In addition, her restaurant, LEO, became in 2019 the first Colombian gastronomic venue to reach world ranking, with position 46 in the 2021 version.

Beyond these acknowledgements, it is truly valuable and commendable that this Colombian chef, artist and economist by profession, and cook by vocation, has undertaken her work with commitment for decades, making the gastronomy of the secluded Colombia visible and rescuing it from oblivion. Through her intense research journeys with communities across the country, she has carefully and lovingly selected and promoted the best ingredients of our country, incorporating them into a novel proposal.

In 2012, the Colombian Foreign Ministry chose her as the representative of our kitchen at the third ministerial meeting of the Pacific Alliance, held in Cartagena de Indias, her adopted city, making her a pioneer in the gastro-diplomacy program, led by the Ministry of Foreign Affairs to disseminate the new Colombian cuisine.



Photo: provided by the Colombian Embassy in Japan.

For the first time, a similar initiative focused on highlighting the tradition and innovation of techniques and creation of national dishes in an international context, placing Colombia at the level of other Latin American cuisines recognized abroad.

Later, in 2016, within the framework of the Promotion Plan for Colombia Abroad, Leonor was able to continue this great idea by means of talks, workshops and tasting events held in Ecuador, Japan and Thailand, aimed at continuing to make our gastronomy visible internationally.

Influential chefs, culinary critics and specialized journalists witnessed the fact that art and gastronomy must go hand in hand, and that the avant-garde and the vernacular do not have to be exclusive.

Working around biodiversity, tradition and innovation in the right proportions, as in the most delicate recipe, is Leonor's merit, and proof that local topics are more global than ever. Today there is no place in the deep Pacific region, in the Cordoba savannahs, in the Amazon jungles, or in international cuisines, where Leo is not a milestone. In a traditionally feminine environment, but reserved for the masculine presence in high places, Leonor becomes an example for Colombia, Latin America and the world.

Leo is a model and an inspiration for the women of her generation and of all future generations. Because she is one of our founding figures of pots and pans, and for valuing Colombia as a territory and a unique culinary destination for ourselves as well as for others, we dedicate these words full of respect and gratitude to her, in the hope that her work continues to be multiplied wherever her presence is honored.

**Silvana Bonfante G., Anthropologist,**  
Former music and gastronomy adviser to the  
Promotion Plan for Colombia Abroad,  
and coordinator of the program "We are what we  
eat" (PPCE 2014-2018).

Silvana coordinated and edited the publication "The Arab Presence in the Colombian Caribbean Kitchen" (2014), the registration of the project carried out with the Erigaie Foundation and chef Alex Quessep, in alliance with the Embassies of Morocco, Algeria and Lebanon.







## INTERVIEW WITH LEO

In view of her recognition as Best Female Chef in the world and her invaluable contributions to Colombian gastronomy, we interviewed chef Leonor Espinosa regarding the meaning of this recognition for Colombia and her perception of the role of gastro-diplomacy in representing the country abroad.

### ***1. What does the recognition as the World's Best Female Chef 2022 in The World's 50 Best Restaurants represent for Colombia?***

A positive impact on chefs, critics, journalists and gastronomic travelers, represented in visibility and prestige for the cuisine of our country.

### ***2. What impact does this recognition have for Colombian cuisine and its dissemination abroad?***

Leo's cuisine is based on ingredients from Colombian biodiversity, connecting laborers, indigenous and Afro-Colombian communities located in often unseen territories. We recognize this biocultural heritage and we want to promote the development of these communities by putting their ancestral cultures and foods on the world map. The use of ingredients that characterize the identity of these townships is what has had a positive impact abroad.

### ***3. What role does gastronomy play for you in promoting a destination and in the image of a country?***

Gastronomy is the most important tool for tourism because it generates differential values. No one travels to eat food from their own country or from other cultures. They travel seeking the local dishes, and Colombia is a country that brings together flavors with happy people, people who want to live intensely and enjoy life. That is the image we project to the world from our kitchens.

### ***4. What message would you like to give to future generations of Colombian chefs?***

The chef today has a series of responsibilities associated with his participation in the development of an articulated production chain. His mission is to consolidate the participation of local producers and to support culinary artisans and bearers of tradition through culinary proposals that validate the strengthening of our culinary identities. This cook must be aware that he is an important actor in the generation of development, if he creates responsible gastronomy that contributes well-being and social cohesion. It is important to stop believing that his greatest participation is focused on media shows for his own convenience.

**Veronica Socarrás.**  
Master in Gastronomic Tourism of the Basque Culinary Center, in San Sebastián.  
Specialist in Strategic Marketing Management of Colegio de Estudios Superiores de Administración CESA, in Bogota.





## White Fish Fillet, *Titoté* Rice and Snail *Encocao*, on a *Bijao* Leaf

Servings: 1  
INGREDIENTS

|                               |       |
|-------------------------------|-------|
| Snail sauce                   | 40 g  |
| Black coconut rice            | 50 g  |
| White fish                    | 80 g  |
| Salt                          | q. s. |
| Plantain or <i>bijao</i> leaf | 1     |

### SNAIL SAUCE

|              |       |
|--------------|-------|
| Snails       | 80 g  |
| Onion        | 1     |
| Garlic       | 1     |
| Tomato       | 1     |
| Coconut milk | 50 ml |
| Salt         | q. s. |

### BLACK COCONUT RICE

|              |        |
|--------------|--------|
| Coconut milk | 50 ml  |
| Sugar        | q. s.  |
| Water        | 2 cups |
| Rice         | 50 g   |
| Raisins      | q. s.  |
| Salt         | q. s.  |

### DIRECTIONS

#### SNAIL SAUCE

Cook the snails over low heat for 45 minutes; remove, cool and cut into small cubes. Set aside.

In a hot pan fry onion, garlic and tomato. Add coconut milk, salt, pepper, and snail. Boil for 30 minutes until reduced.

#### COCONUT RICE

In a cauldron, reduce the coconut milk with sugar until a caramel is obtained. Add water, and then the caramel, and cook until it dissolves. Add the rice and cook over low heat. Once it has absorbed the liquid a little, add the raisins and salt, and cook until reaching the desired consistency.

#### FISH

Clean and cut the fish and season it with salt. On a plantain leaf put a layer of coconut rice and the fish on top. Cover with snail sauce, wrap and bake in the oven at 160°C for 9 minutes.

Serve the preparation on the open leaf.



QR Digital Recipe Book.  
Photo: provided by the chef.





## Tuna, Ants, *Pipilongo* and Sugarcane Syrup

Servings: 1  
INGREDIENTS

|  |       |
|--|-------|
| Sugarcane syrup  | 50 ml |
| Aged rum   | 2 ml  |
| Lemon juice  | 5 ml  |
| Xanthan  | 0.5 g |
| Pink pepper  | q. s. |
| Salt   | q. s. |
| Ants   | 4 g   |
| <i>Pipilongo</i>   | 1 g   |
| Tuna   | 40 g  |
| Sea salt   | q. s. |
| Olive oil  | q. s. |
| Soy  | q. s. |
| Sorrel, borage flowers<br>and nasturtium<br>(for decoration) | q. s. |

### DIRECTIONS

Mix the honey with the rum, lemon juice, xanthan, pink pepper and salt. Set aside.

Blend the ants and the *pipilongo* in the Thermomix and process for 1 minute. Reserve.

Cut the tuna into 5 x 5 cm cubes. Add the sea salt and spread a little olive oil on the top and bottom sides. Dip the cubes in the *pipilongo* and ant powder. Heat a pan with oil and sear the tuna on the side of the ants. Add soy and flambé. Repeat this process with the other side and set aside in the fridge.

To serve, decorate with rum honey, sorrel, a borage flower and a nasturtium.





## Manuel Mendoza

Born in Barranquilla, he is a Business Administrator from the Universidad Jorge Tadeo Lozano and Cook from the Escuela de Gastronomía Gato Dumas. Chef and owner of Manuel Cocina in the city of Barranquilla and Cocina 33 in the city of Montería, and member of the Academic Committee of the Sabor Barranquilla Gastronomic Fair.

**EXPERIENCE**  
Colombian Embassy  
in Brazil.

Manuel was nominated for Revelation Chef in Bogota Madrid Fusion 2021, and has been the winner of 12 La Barra Awards between 2016 and 2020, in different categories. He discovered his love for the kitchen and culinary art in early childhood, preparing great dishes of traditional and typical cuisine of the Caribbean coast.

His cuisine seeks to highlight the ingredients, flavors and techniques of local gastronomy, mixing them with a creative and avant-garde cuisine, where the authenticity of flavors predominates.



## Creamed Crab, Casserole Sauce, Avocado Sherbet and Parmesan Coral

Portion 1 (3 servings)

### INGREDIENTS

|                             |       |
|-----------------------------|-------|
| Crab                        | 80 g  |
| Parmesan cheese             | 100 g |
| Brunoised chopped red onion | 15 g  |
| Dijon mustard               | 3 g   |
| Salt                        | 2 g   |
| Black pepper                | 3 g   |
| Aioli                       | 15 g  |
| Olive oil                   | 10 g  |
| Germinated <i>cilantro</i>  | 3 g   |
| Pureed avocado              | 1 u   |
| Parmesan coral              | 2 u   |
| Casserole sauce             | 60 g  |

### CASSEROLE SAUCE

|                         |        |
|-------------------------|--------|
| Annatto oil             | 120 g  |
| Prawn shells            | 450 g  |
| Chopped carrots         | 200 g  |
| Red onion, chopped      | 180 g  |
| Chopped red bell pepper | 45 g   |
| Chopped leeks           | 60 g   |
| <i>Topito</i> chili     | 30 g   |
| Wine                    | 100 ml |
| Water                   | 750 ml |
| Coconut milk            | 800 ml |
| Dijon Mustard           | 20 g   |
| Cream                   | 80 g   |
| Butter                  | 50 g   |

|              |        |
|--------------|--------|
| Salt         | 30 g   |
| Sugar        | 15 g   |
| Cream cheese | 100 g  |
| Garlic       | 15 g   |
| White wine   | 100 ml |

### PARMESAN CORAL

|                 |        |
|-----------------|--------|
| Parmesan cheese | 100 g  |
| Water           | 150 ml |
| Wheat flour     | 60 g   |
| Squid ink       | 5 g    |

### AIOLI

|             |       |
|-------------|-------|
| Neutral oil | 300 g |
| Garlic      | 5 g   |
| Egg         | 1 u   |
| Lemon juice | 3 g   |
| Salt        | 2 g   |

### AVOCADO SHERBET

|                 |         |
|-----------------|---------|
| Avocado pulp    | 3000 g  |
| Lemon juice     | 600 ml  |
| Water           | 1050 ml |
| Sugar           | 300 g   |
| <i>Cilantro</i> | 75 g    |
| Olive oil       | 150 g   |
| Salt            | 82 g    |

Photo: provided by the chef.





## DIRECTIONS

Sauté the carcasses with the annatto oil and add the carrots, onion, leek, bell pepper, garlic, and the chili pepper. Sauté everything until golden brown, deglaze with white wine, and add the water and the coconut milk. Add the rest of the ingredients, boil for 15 minutes, and put in the Thermomix for 3 minutes at maximum speed. Strain.

## CORAL PARMESAN

Blend all the ingredients until a homogeneous mixture is obtained. Spread on a baking tray giving the dough a coral shape, and bake for 8 minutes.

## AIOLI

Process all ingredients in a mixer or hand blender until emulsified.

## AVOCADO SHERBET

Blend all the ingredients until a homogeneous mixture is obtained and freeze.

## CREAMED CRAB

Put all the ingredients in a bowl and mix gently until a homogeneous cream is obtained.

To serve, place the cream in the center of a deep dish, make a crown of *cilantro* sprouts, decorate with a *quenelle* and the coral parmesan, and finish with the aioli.





## Sirloin Tartar on Cheese *Arepitas* (Small *Arepas*) and Spicy Chili Pepper Mayonnaise

**1 Portion (3 servings)  
INGREDIENTS**

|   |       |
|---|-------|
| Tenderloin                                      | 60 g  |
| <i>Aji chivato</i> * chili pepper<br>mayonnaise | 15 g  |
| Dijon Mustard                                   | 10 g  |
| Capers  | 3 g   |
| Red onion brunoised                             | 5 g   |
| Worcestershire Sauce                            | 5 g   |
| Soy sauce                                       | 8 g   |
| Olive oil                                       | 35 g  |
| Chinese chives                                  | 10 g  |
| Salt  | 1 g   |
| Pepper  | 0.5 g |
| Lemon juice                                     | 5 g   |
| Cheese <i>Arepitas</i>                          | 5 u   |
| Parmesan cheese                                 | 15 g  |
| Germinated arugula                              | 3 g   |
| Powdered onion                                  | 1     |

### SPICY CHILI MAYONNAISE

|                                  |       |
|----------------------------------|-------|
| Oil                              | 300 g |
| Spicy <i>chivato</i> chili paste | 25 g  |
| Egg                              | 1 u   |
| Salt                             | 2.5 g |
| Lemon juice                      | 3 g   |

### CHEESE *AREPAS*

|                                 |       |
|---------------------------------|-------|
| Freshly ground white corn flour | 225 g |
| Butter                          | 40 g  |
| Olive oil                       | 20 g  |
| Grated mozzarella cheese        | 125 g |
| Grated <i>costeño</i> * cheese  | 125 g |
| Salt                            | 2 g   |

\**Aji chivato*: Very hot chili from Peru, the size of a corn kernel.

\*Salted cheese made in the Colombian coastal regions

Photo: Provided by the chef.





## DIRECTIONS

### SPICY CHILI MAYONNAISE

Process all ingredients in a mixer or with hand blender until emulsified.

### CHEESE AREPAS

Mix the corn flour with the butter and the olive oil. Add the cheeses and mix well. Put the mixture on a flat surface and knead for 5 minutes. Shape the small *arepas* (about 30gr) and sear them in a frying pan or griddle until golden brown.

For the tartar, place the finely sliced beef tenderloin and the rest of the ingredients in a bowl. Mix well.

To serve, put a portion of the tartar, a little mayonnaise, and parmesan cheese on each *arepa*. Finish with the germinated arugula and the onion powder.





# Manuel Martínez

Chef and Aerospace Engineer from Boston University with a master's degree in Industrial Engineering from the same university. Although he worked as an engineer for 17 years in the United States, in companies such as ITW, Transtech, Russlelectric and TYCO Healthcare, he found his true calling as a chef.

Manuel is now a great connoisseur of traditional Santa Marta and Colombian Caribbean cuisine. In addition, he has conducted research through cuisine on the history of migrations. With the Ministry of Culture, he published a book of recipes from the 19th century in Tenerife, a town on the banks of the Magdalena River.

**EXPERIENCE**  
Colombian Embassies in Germany, Australia, Belgium, Philippines, Israel, Italy, Norway, Vietnam and Turkey.

Photo: provided by the chef





*“EN HABIENDO COCO Y ARROZ,  
AUNQUE NO HAYA DIOS”.*  
**(NO MATTER IF THERE IS NO GOD  
AS LONG AS THERE IS COCONUT AND RICE.)**  
An old popular saying from the Colombian Caribbean region.

This saying describes the importance of coconut rice as part of our intangible cultural heritage, while boldly placing it on a level close to that of the deity. Traveling to the Colombian Caribbean and not eating coconut rice is like not having been there.

Manuel Martínez





## *Apastelado\** Rice with Vegetables

Servings: 5  
INGREDIENTS

|                   |          |
|-------------------|----------|
| String beans      | 57 g     |
| Carrots           | 1/2 u    |
| Celery            | 1 stalk  |
| Tomato            | 1 u      |
| Onion             | 1/2 u    |
| Red bell pepper   | 1/2 u    |
| Green bell pepper | 1/2 u    |
| Green olives      | 1/4 cup  |
| Capers            | 1/4 cup  |
| Chives            | 1 Sprig  |
| Garlic            | 1 tbsp   |
| Hot Pepper        | 1/2 tsp  |
| Cumin             | 3 tsp    |
| Black sauce       | 1/2 tbsp |
| Mustard           | 1 tbsp   |
| Fruit vinegar     | 2 tbsp   |
| Annatto           | 1/2 tsp  |
| Allspice          | 2 tsp    |
| Salt              | 1/4 tsp  |
| Rice              | 1 cup    |
| Water             | 1 ladle  |

### DIRECTIONS

Cut the string beans, carrots, celery, tomatoes, onion, red pepper, green pepper, olives, capers and chives into small pieces.

Mix garlic, hot pepper, cumin, black sauce, mustard, vinegar, annatto, allspice and salt. Rinse the rice and put all the ingredients with the water in a cauldron. Once the water is absorbed and the grains are sealed (not yet open), gradually add more water until the rice is cooked.

Let stand for a few minutes and serve hot.

\*Apastelado rice has a beige tint.





## Papaya and Pineapple Dessert

**Servings: 15**

### INGREDIENTS

|              |            |
|--------------|------------|
| Green Papaya | 300 g      |
| Pineapple    | 300 g      |
| Sugar        | 300 g      |
| Water        | 1 1/2 cups |

### DIRECTIONS

Grate the green papaya and the pineapple.

Put all the ingredients in a pot and cook over medium heat, using a spoon to make linear movements.

Cook until the mixture is ready, that is, when scraping you can see the bottom of the pot because of the thickness of the preparation. Let it cool down and serve.





## Marcela Arango y Camilo Ramírez

Marcela is from Bogotá, lived in Santa Marta but became a professional cook in Argentina. She was a teacher at La Salle College in Bogota. She is known for her "Reto del  *cubio*" (Challenge of the  *cubio*\*) to encourage the use of local products, which transcended borders. This meant that each person prepared a recipe with  *cubios* and shared it on social networks thus challenging friends to make one of their own. The total number of recipes published was around 200.

Together with her colleagues Jennifer Rodríguez and Camilo Ramírez, in 2022 she presented the web series "Identidad Colombia", about the cuisine, plazas and markets of the Caribbean, the Pacific region, Valle del Cauca, Nariño and Bogotá.

Camilo comes from Manizales and is an explorer of the flavors and ingredients of Creole cuisine, especially street food. His casual taqueria project El Pantera is inspired by this interest. It opened in 2019 and has two locations in Bogota today.

\*Cubio is an edible tubercle found in the Andes mountains.

**EXPERIENCE**  
Colombian Embassies  
in Algeria, Lebanon,  
Indonesia, Japan and  
Morocco.



Digital Recipe Book.  
Photo: Mateo Chaves





## Rice *Tamal* Stuffed with *Pisillo Llanero* Beef

Servings: 2  
INGREDIENTS

### DOUGH

|               |         |
|---------------|---------|
| Rice          | 2 cups  |
| Water         | q. s.   |
| Melted Butter | 4 tbsp  |
| Salted cheese | 1/2 cup |
| Salt          | q. s.   |

### FOR THE *PISILLO*\*

|                           |         |
|---------------------------|---------|
| Beef                      | 500 g   |
| Water                     | q. s.   |
| Salt                      | 1 tsp   |
| Pepper                    | q. s.   |
| Cumin                     | 1/2 tsp |
| Garlic cloves             | 3 u     |
| Scallions or white onions | 1 u     |
| Red bell pepper           | 1 u     |
| Annatto                   | 1 tsp   |
| Vegetable oil             | 4 tbsp  |
| Plantain leaves           | 1       |

### GREEN AVOCADO SAMBAL

|                    |          |
|--------------------|----------|
| Hass avocado       | 2 u      |
| Green tomatoes     | 2 u      |
| White onion        | 1/2 u    |
| Garlic cloves      | 2 u      |
| <i>Cilantro</i>    | 1.5 cups |
| Green chili pepper | 3 u      |
| Salt               | 2 tsp    |
| White Vinegar      | 3 tsp    |
| Water              | 1.5 cups |

### BLUEBERRY SAMBAL

|                                |         |
|--------------------------------|---------|
| Salt                           | 1/2 tsp |
| Cumin                          | 1/2 tsp |
| Pepper grains                  | q. s.   |
| Chopped red onion              | 1/4 u   |
| Chopped garlic cloves          | 2 u     |
| Chopped ginger                 | 1 piece |
| Fresh chopped red chili pepper | 2 u     |
| Blueberries                    | 1 cup   |
| <i>Panela</i> or palm sugar    | 1 tsp   |
| Guajiro shrimp paste           | 1 u     |
| Lemon                          | 1 u     |
| Oil                            | 1 tsp   |

\**Pisillo*, a very humble dish of shredded meat, formerly made with game.

Photo: Mateo Chaves  
Art: María Paula Martínez





## DIRECTIONS

### DOUGH

Soak the rice in water the night before (the water should be 3 cm above the level of the rice).

Strain the rice and reserve the water. Put it in the blender and pour back the soaking water until it reaches the same level as the rice. Add the rest of the ingredients and blend until a thick texture is obtained. Add more salt if necessary.

### PISILLO

Cook the meat in water with salt, pepper, cumin, a clove of garlic and a piece of onion until it can be easily shredded.

Strain and save the cooking broth. Shred the meat while it is still a little warm to make it easier.

Chop the bell pepper, the rest of the onion and the garlic, and sauté in the oil with cumin and annatto, until the vegetables are soft.

Add the meat and the broth to the fried ingredients. Reduce until there is almost no liquid. Allow to cool.

### GREEN AVOCADO SAMBAL

Cut everything into pieces and process in the blender for two minutes.

### BLUEBERRY SAMBAL

Toast the spices and grind them in a mortar. Then, in a frying pan with oil, brown for a few minutes and put them in the mortar. Continue grinding, adding the chili and then the blueberries until you obtain a sauce with a thick texture and inhomogeneous. Finally, add the *panela* or sugar, the shrimp paste, the lemon juice and the oil. Mix and set aside.

### SET UP

Clean the plantain leaves and cut them into 30 x 30 cm. squares.

In the middle of the leaves place two spoonfuls of the dough and some of the *pisillo* filling on top. Cover with another spoonful of dough.

Fold the edges of the leaf and close it. Steam for approximately 30 minutes (final cooking time depends on the size of the tamales).

Open and serve with the sambals and a little more meat if desired.





# María Angélica Bernal

Cook graduated from the Natural Gourmet Institute in New York City and is a publicist from Universidad Jorge Tadeo Lozano. She is co-creator and chef of the boutique hotel and restaurant Casa Lelyte in Bogotá.

**EXPERIENCE**  
Colombian Embassy  
in the United Kingdom

María Angélica has dedicated her life to exploring cultures and ways of nourishment in order to understand how food is connected to our emotions and the influence of that link in different social environments. Her specialty in the gastronomic world is vegetable cooking, where she fuses traditional Colombian cuisine with that of other cultures around the world. She is interested in experimenting with cooking techniques, flavors and foods that nourish the "body and soul", in order to create a functional culinary current inclusive of different diets and physiological conditions.

Photo: Mateo Chaves





## Heart of Palm *Ceviche*

### Portions 1 INGREDIENTS

|                                   |            |
|-----------------------------------|------------|
| <i>Cilantro</i> with stems        | 30 g       |
| Peeled ginger                     | 5 g        |
| Celery stalk                      | 1/4        |
| Vegetables broth                  | 1 1/2 cups |
| Vegetable milk (not coconut)      | 1/2 cup    |
| Lemon juice                       | 1 cup      |
| Red onion                         | 1/4 u      |
| Heart of palm                     | 30 g       |
| Mango (semi-hard)                 | 1 u        |
| Colored cherry tomatoes           | 20 g       |
| Cape gooseberries                 | 15 g       |
| Salt                              | q. s.      |
| Pepper                            | q. s.      |
| Olive oil                         | 1 tbsp     |
| White vinegar                     | 1/2 tbsp   |
| Crunchy corn                      | q. s.      |
| Powdered <i>panela</i> (optional) | q. s.      |

### DIRECTIONS

To make the tiger milk, blend 25 g of the *cilantro*, the ginger, celery, vegetable broth and vegetable milk. Add the lemon juice and blend again for a few seconds. Strain and reserve in a covered container in the refrigerator.

Cut the onion into 1/2 cm in plumes and place in a bowl with cold water and ice.

Cook the hearts of palm in a pot of boiling water for 30 minutes (if the hearts of palm are previously pickled, dry well and sear on a grill on both sides). Drain and set aside. Next, peel half of the mango and cut into small cubes. Cut the tomatoes and the cape gooseberries in halves. Set aside.

Drain the onion well and chop the rest of the *cilantro* finely. In a deep bowl mix them and add the olive oil and vinegar. Massage with your fingers for 2 minutes and add a little salt and pepper.

In a bowl mix the hearts of palm, mango, tomato and cape gooseberries and pour the tiger milk. Add a little salt and pepper and a teaspoon of *panela* to lower the acidity, if necessary. Mix gently and serve in a concave dish with some of the tiger milk. Garnish with the corn and finish with the onion and *cilantro* mixture.



QR: Recipe Book  
Photo: Mateo Chaves





## Cocoa Cake and Coffee Mousse

### Portions 1 INGREDIENTS

|                            |       |
|----------------------------|-------|
| Vegan egg (see Directions) | 180 g |
| Almond flour               | 90 g  |
| Rice flour                 | 100 g |
| Baking powder              | 6 g   |
| Cocoa powdered             | 50 g  |
| Ground panela              | 100 g |
| Salt                       | 2 g   |
| Almond milk                | 50 g  |
| Water                      | 50 ml |
| Coconut oil                | 100 g |
| Chocolate at 65 % (melted) | 60 g  |
| <i>Chia</i> seeds          | 100 g |

### COFFEE MOUSSE

|                         |       |
|-------------------------|-------|
| Small peeled avocado    | 1 u   |
| Coffee                  | 1 cup |
| Maple or coconut syrup. | q. s. |

### ADDITIONAL INGREDIENTS

|                  |       |
|------------------|-------|
| Red fruits sauce | q. s. |
|------------------|-------|

### DIRECTIONS

#### COFFEE MOUSSE

Process all the ingredients in a blender or food processor and set aside, refrigerated.

#### CAKE

To make the vegan egg put 100 g of *chia* seeds in 500 ml of water. Blend the seeds and the water. Process until diluted and set aside.

Mix all the dry ingredients with a fork except the *panela*. In another bowl, mix the vegan egg and the *panela* until homogenous (preferably, use a blender). Add to this mixture the almond milk, water and oil. Add chocolate in a thin stream and mix thoroughly.

Add dry ingredients one after the other until everything is properly combined. Finally, grease an oven pan and bake at 170° for 25 or 30 minutes (a toothpick introduced in the center of the preparation should come out clean).

To serve, put a portion of the cake on the plate, a little of the *mousse* and the red fruit sauce.





# María Buenaventura

María Buenaventura was born in Medellín; she studied philosophy at the Universidad de Los Andes, has a master's degree in Visual and Plastic Arts from the Universidad Nacional de Colombia, and continued her studies in scenic creation at the Jacques Lecoq International Theater School in Paris.

**EXPERIENCE**  
Colombian Embassies in Germany, Austria, United States, France, Ghana, Morocco, UN New York and Switzerland.

She has won awards such as the National Contest of Interventions of the Quinta de Bolívar and the District Stimulus Program in Bogotá. She has also shown group exhibitions at the Museum of Antioquia, the National Museum of Colombia, and at venues such as El Parqueadero. Her work Biblioteca de Plantas was part of the project Obra Viva of the Banco de la República and was presented at the Centro Cultural de Tunja.

Her proposal is based on the Bogotá Sabana, using ingredients such as corn and native potatoes, guinea pigs, birds and edible flowers, among others. Thanks to her multidisciplinary training, she has created a proposal that combines the knowledge of traditional cuisine with art. For this approach she was nominated in 2019 for the Luis Caballero Award.



QR: Digital Recipe Book; Colombian Embassies in Hungary, Austria, Finland, France, Norway, Portugal, Sweden, Vietnam and Japan.  
Photo: Mateo Chaves.





## Cambray *Empanadas* with *Pitahaya* Syrup and Flowers

Valle del Cauca traditional recipe and variations:

- \* Cambray *empanada*.
- \* Cambray *empanada* with almonds and pistachio.
- \* Cambray *empanada* with cape gooseberries.
- \* Cambray *empanada* with cape gooseberries and pistachio.
- \* Cambray *empanada* with *pitahaya* and almonds.

**Servings: 20 units**

### INGREDIENTS

#### EMPANADA DOUGH

|  |              |
|--|--------------|
| Cooked corn dough<br>(traditional recipe)<br>or yellow arepa flour | <b>150 g</b> |
| Corn starch  | <b>50 g</b>  |
| Cassava starch   | <b>50 g</b>  |
| Ghee with hazelnuts or caramel                                     | <b>50 g</b>  |
| <i>Panela</i> syrup*   | <b>150 g</b> |

\* Melao de panela: *panela* syrup, also known as cane honey or melado, is a syrup prepared by cooking *panela* with water until it has a semi-thick texture.



QR: Recipe Book  
Photo: Mateo Chaves.  
Art: María Paula Martínez.





#### TRADITIONAL FILLING

|                     |        |
|---------------------|--------|
| Grated Cassava      | 50 g   |
| <i>Panela</i> syrup | 50 g   |
| Cinnamon            | q. s.  |
| Cloves              | q. s.  |
| Beaten eggs         | 1 t sp |

#### TRADITIONAL FILLING WITH NUTS

|                     |       |
|---------------------|-------|
| Grated cassava      | 50 g  |
| <i>Panela</i> syrup | 50 g  |
| Cinnamon            | q. s. |
| Cloves,             | q. s. |
| Beaten egg          | 1 tsp |
| Pistachio           | 30 g  |
| Almonds             | 30 g  |

#### CAPE GOOSEBERRY FILLING

|                          |       |
|--------------------------|-------|
| Grated cassava           | 50 g  |
| Cape gooseberry in syrup | 100 g |
| Beaten eggs              | 1 tsp |

#### CAPE GOOSEBERRY AND PISTACHIO FILLING

|                          |       |
|--------------------------|-------|
| Grated cassava           | 50 g  |
| Cape gooseberry in syrup | 100 g |
| Beaten eggs              | 1 tsp |
| Pistachios               | 30 g  |

#### PITAHAYA AND ALMOND FILLING

|                          |       |
|--------------------------|-------|
| Grated cassava           | 50 g  |
| <i>Pitahaya</i> in syrup | 100 g |
| Cinnamon                 | q. s. |
| Cloves                   | q. s. |
| Beaten eggs              | 1 tsp |
| Almonds                  | 30 g  |

#### ADDITIONAL INGREDIENTS

|             |     |
|-------------|-----|
| Beaten eggs | 1 u |
|-------------|-----|

#### FRUIT IN SYRUP

Cape gooseberries, *pitahayas*, syrup & lemon drops

#### PITAHAYA SYRUP AND FLOWERS

|  |       |
|--|-------|
| <i>Pitahaya</i>  | 1 u   |
| Perfumed flower petals<br>(orange blossom, roses, or others) | q. s. |

#### DIRECTIONS

##### EMPANADA DOUGH

If using precooked corn flour, mix with the same amount of water until a homogeneous dough is obtained and let stand for 30 minutes.

If you use whole corn to make the dough, you must wash and chop\* the corn. Put it in water and rub it to remove the husk as much as possible (if using threshed corn this step is not necessary). Let it stand for one day in water. Drain, wash and grind finely.

Dissolve the resulting dough in water and strain. Let the water with the starch settle for an hour or more. Remove excess water and cook for 30 minutes, stirring constantly until the dough comes off the bottom of the pan. Let cool, remove and knead until smooth.

For the *empanada* dough, mix the corn dough with the corn and yucca starches, the *ghee*, and the syrup. Knead until you have a soft and malleable dough (if you used the traditional *arepa* dough, we recommend to add a little more cassava and corn starch, as well as *ghee*). Set aside.

\*Chop the corn: place the corn cob in the bottom of a small bowl and slice it from top to bottom with a knife. Thus, the kernels will fall into the larger bowl, as well as the juices of the corn.

\*You can use a cloth to squeeze the cassava. The water obtained can be left in a bowl so that the starch settles and can be used later. Set aside.





### TRADITIONAL FILLING

Mix the grated cassava with the syrup, cinnamon, cloves, and a teaspoon of beaten egg.

### TRADITIONAL FILLING WITH NUTS

Mix the grated cassava with the syrup, cinnamon, cloves, and a teaspoon of beaten egg, add the pistachios and almonds.

### CAPE GOOSEBERRY FILLING

Mix the grated cassava with the cape gooseberry in syrup and a teaspoon of beaten egg.

### CAPE GOOSEBERRY AND PISTACHIO FILLING

Mix the grated cassava with the cape gooseberry in syrup, add a teaspoon of beaten egg and the pistachios.

### PITAHAYA AND ALMONDS FILLING

Mix the grated cassava with the *pitahaya* in syrup, cinnamon, cloves, add a teaspoon of beaten egg and the almonds.

### CAPE GOOSEBERRY IN SYRUP

Cook the cape gooseberries (whole) with the syrup and a few drops of lemon juice, without stirring, until jam-like.

### PITAHAYA IN SYRUP

Extract the pulp from the *pitahayas* with a spoon and cook in the syrup with a few drops of lemon juice. Stir gently until the pulp dissolves. Set aside.

### NOTE

The cape gooseberry in syrup is crystalline, while the *pitahaya* in syrup has a more gelatinous texture.

Photo: Mateo Chaves.  
Art: María Paula Martínez

### PITAHAYA SYRUP AND FLOWERS

Strain the *pitahaya*, reserving some seeds for garnish. Cook the pulp over low heat until it begins to bubble. Then turn off the heat, add the petals and cover to infuse. When the syrup cools, place in a sauce pan with the seeds. Set aside until ready to serve.

### SET UP

Grease and flour a baking tray and preheat the oven to 150 °C.

Put a plastic sheet in the tortilla pan and coat it with a little ghee. Make small balls with the *empanada* dough, put them on the sheet and flatten them making very thin round slices (about 6 to 7 cm in diameter).

Put a teaspoon of the chosen filling in the center of each slice and close to form the *empanadas*, with a cup or mold if you wish. Brush them with the egg and bake them at 150 °C for 20 minutes.

Let the *empanadas* rest until warm or at room temperature and later serve hot with the syrup.

Photo: Mateo Chaves  
Art: María Paula Martínez







# María Cecilia Restrepo

Chef with emphasis on Colombian–Arabic and Colombian–Caribbean cuisine. She has participated in several gastronomic festivals, among them the Feria Sabor Barranquilla, Pasto Gastrodiversa, the Festival del Frito Cartagenero and GLOCAL Food Fest in Medellín.

**EXPERIENCE**  
Colombian Embassies  
in Cuba and Panama.

During the second season of MasterChef Colombia she won the wooden spoon and was a judge for the semifinal episode of MasterChef Celebrity, in its second season.

She was in charge of the Interno restaurant, a resocialization project of Fundación Acción Interna, led by Johana Bahamón, where she continues to be an active volunteer.

She has collaborated with well-known national and international chefs, and her star dishes are kibbes, *arroz de palito (twig rice)* and *arepa de huevo*. (Arepas filled with egg).

Foto: Mateo Chaves.





## *Arepa E' Huevo* Filled with Chopped Sausage

Servings: 4  
INGREDIENTS

### DOUGH

|            |        |
|------------|--------|
| Warm water | 2 cups |
| Salt       | q. s.  |
| Corn flour | 2 cups |
| Anise      | q. s.  |

### FILLING

|                          |       |
|--------------------------|-------|
| Sausages finely chopped  | 4 u   |
| Red onion finely chopped | 1 u   |
| Eggs                     | 4 u   |
| Salt and pepper          | q. s. |

### OPTIONAL INGREDIENTS

|                             |       |
|-----------------------------|-------|
| Grated cheese               | q. s. |
| Smoked and chopped eggplant | 1 u   |



QR: Recipe Book  
Photo: Mateo Chaves.  
Art: María Paula Martínez.





## DIRECTIONS

In a bowl dissolve the salt in the warm water and add the flour. Mix well and knead until you have a homogeneous dough. Set aside, covering the dough with plastic wrap so that it does not dry out.

After 5 to 10 minutes take  $\frac{1}{4}$  portion of the dough and make an *arepa* with your hands or with a rolling pin. Repeat the procedure with the remaining dough to obtain four *arepas*.

Mix the sausage and the onion and put  $\frac{1}{4}$  of the mixture in a bowl with an egg, salt and pepper. This process is done with each *arepa* separately (you can include the cheese and eggplant in this step if you are going to use them). Set aside.

Heat the oil and, when it is hot, put a small ball of dough in it. If it rises quickly to the surface it means that the oil is ready. Put the *arepa* in the oil and fry until one of its layers is inflated; remove from the heat.

With a knife, make a cut on one of the edges and fill with the chopped meat and the egg that were put aside (all at the same time). Repeat this process with the remaining *arepas*.

With a skimmer return them to the hot oil to cook them a second time. Wait approximately seven minutes and remove from heat. Drain, cut in half and serve hot.





# Óscar González

He studied Gastronomy at the Mariano Moreno School, years after graduating as Financial Administrator. He has 15 years of experience in kitchens in Colombia and the United States and has represented Colombia in national and international conferences, including Bogotá Madrid Fusion 2019.

For several years he has been helping farm laborers and indigenous communities to replant native potatoes and other local products. Specifically, farmers in Boyacá, Cundinamarca, Tolima, Antioquia, Norte de Santander, Nariño, Sucre, Córdoba and Amazonas.

Through his gastronomic proposal at Restaurante Mérito in Bogotá, and in events and workshops, Óscar promotes the consumption of these products with the aim of making their crops and trade sustainable.

**EXPERIENCE**  
Colombian Embassies  
in Ecuador, United  
States and Peru.



QR: Recipe Book  
Photo: Mateo Chaves.  
Art: María Paula Martínez





# Grilled Squid on Corn Cake, *Hogao* and Native Soufflé Potatoes

Servings: 2  
INGREDIENTS

## SQUID

|           |        |
|-----------|--------|
| Oil       | 2 tbsp |
| Onion     | 100 g  |
| Carrots   | 100 g  |
| Garlic    | 20 g   |
| Water     | q. s.  |
| Raw squid | 1 u    |
| Red wine  | 100 ml |

## CORN CAKE

|                               |       |
|-------------------------------|-------|
| Corncobs (semi-hard) threshed | 600 g |
| Curd                          | 840 g |
| Sugar                         | 120 g |
| Butter                        | 120 g |
| Baking powder                 | 3 g   |
| Eggs                          | 2 u   |

## HOGAO

|                    |       |
|--------------------|-------|
| Oil                | q. s. |
| Scallions          | 130 g |
| Ripe plum tomatoes | 200 g |
| Garlic             | 3 g   |
| Cumin              | q. s. |
| Annatto            | q. s. |
| Salt               | q. s. |

## SOUFFLÉ POTATOES

|                 |       |
|-----------------|-------|
| Native potatoes | 4 u   |
| Potato starch   | q. s. |
| Egg whites      | 1 u   |
| Oil             | q. s. |

Photo: Mateo Chaves.  
Art: María Paula Martínez.





## DIRECTIONS

### SQUID

In a large pot heat the oil and sauté the onion, carrot and garlic for a few minutes. Add plenty of water and bring to a boil.

"Scare" the octopus (i.e. dip and quickly remove it from the boiling water) 5 times. Add the red wine and cook for 45 minutes over high heat.

### HOGAO

Heat the oil in a frying pan and sauté the onion for a few minutes. Once it is transparent add the tomato and garlic. Cook at low temperature and season with annatto, cumin and salt. Mix and let it cook to make a stew.

### CORN CAKE

Grind the corn together with the curd; strain and add the rest of the ingredients. Knead well and put the mixture into a previously greased baking dish. Bake for 40 minutes in a preheated oven at 180°C.

### POTATOES SOUFFLÉ

Cut the potatoes into very thin slices. Place 12 slices separately on a flat surface, dry the excess liquid and, using a sieve, sprinkle the starch over half of the slices. Wipe off excess starch and set aside. Brush the remaining half with a paint brush and place the starchy ones on top of them. Press them together.

In a frying pan with abundant hot oil, fry the potato portions, basting them with the same oil until they puff. Remove and set aside.

To serve, place a piece of corn cake, cover it with a little *hogao*, put the octopus on top, cover it with some more *hogao* and finish with the soufflé potatoes around it.





## Andes Stew with Beef Tripe, Native Potatoes and Varied Color Carrots

**Servings: 1**  
**INGREDIENTS**

| <b>POTATOES</b>                      |        |
|--------------------------------------|--------|
| Native potatoes (Approx. 40 g. each) | 12 u   |
| Water                                | 500 ml |
| Salt                                 | 10 g   |
| <i>Cilantro</i> sprigs               | 6 u    |

### **BEEF STOCK**

|                |       |
|----------------|-------|
| Beef ribs      | 100 g |
| Chicken bones  | 100 g |
| Vegetable oil  | 20 ml |
| White onion    | 10 g  |
| Chopped garlic | 10 g  |
| Chopped carrot | 10 g  |
| Plum tomatoes  | 10 g  |
| Red wine       | 30 ml |

### **STEW**

|                         |       |
|-------------------------|-------|
| Beef tripe              | 100 g |
| Vegetable oil           | 10 ml |
| Red onion               | 50 g  |
| Chopped garlic          | 10 g  |
| Stripped chili pepper   | ½ u   |
| Beef stock              | 500 g |
| Green peas              | 100 g |
| Chopped <i>cilantro</i> | 10 g  |

Photo: Mateo Chaves  
Art: María Paula Martínez





## DIRECTIONS

Cook the potatoes in water with salt and *cilantro*. When cooked, drain and set aside.

Separately, cut the ribs and the chicken bones into pieces and brown them in the hot oil. In the same pan, sauté the onion, carrots and tomatoes over low heat until they lose their liquids. Deglaze with the wine and let reduce until a sauce is obtained.

Cut the tripe in 2 cm pieces and sauté in the hot oil. Remove when browned and set aside.

In the same pan sauté the onion and garlic over medium heat for a few minutes, and add the chili pepper until toasted. Deglaze with the wine and let it reduce.

Add the beef stock and let it reduce for one hour at 60°C. Add the peas, carrots and potatoes.

Serve the tripe with the sauce and finish with the *cilantro*.

Photo: Mateo Chaves  
Art: María Paula Martínez

## Pandebono Waffle on Native Potato Ice Cream and Guava Paste

Servings: 4  
INGREDIENTS

### PANDEBONO

|                |       |
|----------------|-------|
| Milk           | q. s. |
| Costeño cheese | 500 g |
| Corn starch    | 60 g  |
| Cassava starch | 250 g |
| Egg            | 1 u   |

### GUAVA PASTE

|                       |        |
|-----------------------|--------|
| Water                 | 100 ml |
| Guava jelly in slices | 100 g  |

### NATIVE POTATO ICE CREAM

|                     |       |
|---------------------|-------|
| Whole milk          | 675 g |
| Super neutro frutta | 10 g  |
| Sugar               | 125 g |
| Dextrose            | 30 g  |
| Powdered milk       | 50 g  |
| Cream               | 110 g |
| Potato purée        | 180 g |

Photo: Mateo Chaves.  
Art: María Paula Martínez.







## DIRECTIONS

### *PANDEBONO*

In an electric blender mix all the ingredients starting with 50 ml of milk. You will know the appropriate moisture content when, when pressing on the dough, it does not crack and looks homogeneous. Make balls with the dough and make waffles in a waffle iron.

### GUAVA PASTE

Cook the water and the guava jelly slices in a skillet or small asaucepan until a sauce is obtained.

### POTATO ICE CREAM

Heat the milk to 40°C. Add the super neuter frutta, sugar, dextrose and powdered milk. When it reaches 60°C, add the cream. Whip and set aside for one day for the mixture to "mature".

The next day, stir the mixture that you set aside with the mashed potatoes (previously strained) and refrigerate.

To serve, place the *pandebono* waffle and the potato ice cream on top, and finish by decorating with dobs of guava paste.





# Paula Silva

Her cuisine is a tribute to nature, based on a pantry full of local products, and on conscious practices.

Paula combines her specialization in "conscious eating" with her spiritual knowledge, and works with endemic products from different regions of Colombia to obtain a creative gastronomic proposal.

She considers herself a traveler who takes culinary and spiritual experiences around the world. "Sowing seeds of consciousness" is her purpose, based on three pillars: breath, nurture and nature.

**EXPERIENCE**  
Colombian Embassies in United States, Hungary, Ireland, Jamaica and Sweden.



QR Digital Recipe Book. Colombian Embassies in Hungary, Austria, Finland, France, Norway, Portugal, Sweden, Vietnam and Japan.  
Photo: provided by the Chef.





## Yam and Pigeon Pea Pie, Coconut Aroma, Tamarind Chili

Servings: 2  
INGREDIENTS

### PIE

|   |        |
|---|--------|
| Coconut milk  | 1 cup  |
| Garlic cloves in slices                                       | 5      |
| Cumin   | q. s.  |
| Sweet pepper grains   | 7      |
| Sea salt  | q. s.  |
| <i>Cilantro</i>   | q. s.  |
| Coconut oil   | q. s.  |
| Large onion chopped in small cubes                            | 1      |
| Large yams, cooked (set aside the cooking water)              | 2      |
| Pigeon peas (previously cooked with onion, bay leaf and salt) | 2 cups |

### FOR THE CHILI

|                               |        |
|-------------------------------|--------|
| Tamarind pulp ball (seedless) | ½      |
| <i>Panela</i> powder          | 2 tbsp |
| Chili powder                  | q. s.  |
| Olive oil                     | 1 tsp  |
| Apple vinegar                 | 2 tbsp |
| Scallion sliced               | 1 u    |

### OTHER INGREDIENTS

|                                |       |
|--------------------------------|-------|
| Fresh <i>cimarron cilantro</i> | q. s. |
|--------------------------------|-------|

### DIRECTIONS

#### CHILI

In a pan heat the tamarind pulp with the brown sugar. Mix well and add the chili and the oil, and stir well. When it thickens (the mixture should not be dry) remove from the heat, add the vinegar and stir. Check the salt and *panela* and add the scallion. Mix gently and set aside.

#### PIE

Heat the coconut milk, garlic, cumin, sweet pepper corns and a little salt. When it boils add the *cilantro* and let it cook for 5 minutes. Remove from heat and blend. Set aside. Turn on the oven to 180 °C.

In a large frying pan, sauté the scallion, white onion and a little salt in the coconut oil for 5 minutes over low-medium heat. Add the yam using a little of the cooking water. Mix well, cook over low heat, stir gently, pressing with a fork until a puree texture is achieved. Set aside.

Grease a baking pan with coconut oil. Place a layer of mashed yam on the bottom, flattening it well; continue with a layer of cooked pigeon peas, and on top, the coconut milk sauce and spices. Repeat the process until all the ingredients are in.

Bake in the oven until bubbles appear on the sides and the cake is golden brown.

To serve, remove the pan from the oven and set it aside for 4 minutes. Add the freshly cut *cilantro* and serve with the tamarind chili.







## Spicy Quinoa and Herbs *Encocao*

Servings: 1

### INGREDIENTS

|                               |         |
|-------------------------------|---------|
| Coconut oil                   | q. s.   |
| Red onion in small cubes      | 1 u     |
| Garlic cloves in small cubes  | 3       |
| Sea Salt                      | q. s.   |
| Turmeric powder               | 1 tsp   |
| Hungarian hot paprika         | 1 tsp   |
| Ripe grated tomatoes          | 2 u     |
| Coconut water                 | 1 glass |
| Coconut milk                  | 1 l     |
| Small broccoli in fleurettes  | 1 u     |
| Hearts of palm                | 200 g   |
| Mushrooms in halves           | 1 cup   |
| Grated coconut                | q. s.   |
| Quinoa cooked in water & salt | 200 g   |
| <i>Cilantro</i>               | q. s.   |

### DIRECTIONS

In a pot heat a tablespoon of coconut oil and add the onion and garlic with a pinch of salt. Sauté for about four minutes over low heat and add the spices (cumin, turmeric and paprika). Mix well, add the tomatoes and the coconut water. Allow to reduce completely and add the coconut milk.

When it starts to steam add the broccoli. Two minutes later, add the palm hearts and, after three minutes, add the mushrooms, the grated coconut and quinoa. Stir well (if the mixture is too thick add a little more coconut milk). Check the salt and spice flavors. Remove and serve in a deep dish with some fresh *cilantro*.





## Hearts of Palm Marinated in Hot Coffee on Ripe Plantain and Cocoa Broth

Servings: 4  
INGREDIENTS

### MARINADE

|                      |          |
|----------------------|----------|
| Dark black coffee    | 2 cups   |
| Chili powder         | 1 tsp    |
| Salt                 | q. s.    |
| Honey                | 2 tbsp   |
| Banana flour, sifted | 2 tbsp   |
| Whole Palm hearts    | 8 pieces |

### BROTH

|              |        |
|--------------|--------|
| Water        | ½ l    |
| Cocoa shells | 3 tbsp |
| Olive oil    | 1 tsp  |
| Red onion    | 1 u    |
| Salt         | q. s.  |
| Cocoa powder | 1 tbsp |
| Honey        | q. s.  |

### PLANTAIN

|   |     |
|---|-----|
| Black ripe plantain<br>(black on the outside) | 1 u |
|---|-----|

### ADDITIONAL INGREDIENTS

|                                      |   |
|--------------------------------------|---|
| Clitoria flowers<br>(vibrant colors) | 8 |
|--------------------------------------|---|

### DIRECTIONS

#### MARINADE

In a bowl put the coffee with the chili, salt, honey and banana flour. Add the palm hearts stirring constantly for one hour. Remove the palm hearts and reduce the sauce by stirring constantly with a whisk until a thick texture is achieved. Add the palm hearts again and set aside.

#### BROTH

Bring the water to a boil and add the cocoa shell. Remove from heat, cover and infuse for at least 10 minutes.

In a reduction pot, place the olive oil and the onion and sprinkle with salt. Sauté until the onion is beginning to brown.

Add the cocoa powder and a little honey and stir well. Immediately add the reserved cocoa infusion and boil for 10 minutes. Strain and set aside, hot.

#### PLANTAIN

Peel the plantain and cut it into medium thick slices. In a non-stick pan sear the slices over medium-high heat with a pinch of salt and let them brown on both sides.

In semi-deep plates serve a little of the broth, the plantain slices at the bottom and two palm hearts per serving. Drizzle with a little of the marinade and decorate with the flowers.



QR Digital Recipe Book.  
Photo: provided by the chef





# Rey Guerrero

Hotel manager with emphasis in gastronomy and SENA graduate as a cook, he has worked to recover the African culinary legacy.

His love of cooking began in childhood, when he searched for blue crabs in his grandmother's backyard in Buenaventura and cooked them with his cousins. As a young boy, he watched his mother cook with joy, which has inspired his particular gastronomic style.

Rey is the owner of a gourmet fishmonger's shop that bears his name, and one of the most critically acclaimed in Bogotá, where he prepares dishes that emphasize the diversity of Pacific cuisine.

His kitchen is a laboratory where he explores the food of this region of the country, expressing the culture that is part of his own roots and the legacy of his ancestors.

**EXPERIENCE**  
Colombian Embassies in Germany, Azerbaijan, Belgium, Bolivia, China, Costa Rica, Ecuador, Philippines, Israel, Kenya, Lebanon, Portugal, Uruguay and Vietnam.



QR: Digital Recipe Book.  
Photo: Mateo Chaves.





## Aborrajados with Smoked Fish

Servings: 2  
INGREDIENTS

|   |        |
|---|--------|
| Fish fillet<br>(in small 2 cm pieces)   | 300 g  |
| Ripe plantain   | 1 u    |
| Double cream cheese<br>(in small 2 cm pieces)   | 300 g  |
| Rooftop Herbs<br>(Pennyroyal, wide leaf oregano,<br><i>cimarrón cilantro</i> , black basil) | 1 g ea |
| Salt and pepper   | 2 g ea |
| Banana or regular flour   | 400 g  |
| Eggs  | 1 u    |
| Dehydrated Coconut  | 400 g  |
| Oil   | 1 l    |
| Edible Flowers  | q. s.  |



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Photo: Mateo Chaves.  
Art: María Paula Martínez.

## DIRECTIONS

Peel the plantain, cut it into 100 grams cubes and fry them. Smoke the fish in the bowl with wood chips. Chop the herbs and season the fish with them plus salt and pepper. Cover and set aside.

Put plastic wrap in a *pataconera*\* and crush the pieces of plantain applying gentle pressure. Put some pieces of fish and cheese on top of each serving and make medium sized balls using the plastic wrap. Dip them in flour, the beaten egg and finally the coconut.

Fry in preheated oil at 180°C until golden brown all over and the fish is cooked inside. Drain and serve the *aborrajados* hot.

*Pataconera*: a kitchen element, much like a waffle iron, round in shape used to press the plantain *patacones*.



Photo: Mateo Chaves.  
Art: María Paula Martínez.





## “Tumbacatre” Rice

Servings: 3

### INGREDIENTS

|                          |         |
|--------------------------|---------|
| Squid                    | 50 g    |
| Snail                    | 50 g    |
| <i>Piangua</i> clams     | 50 g    |
| <i>Piacuil</i> snail     | 100 g   |
| <i>Cimarron cilantro</i> | 30 g    |
| Purple basil             | 20 g    |
| Pennyroyal               | 10 g    |
| Wide leaf oregano        | 10 g    |
| Annatto                  | 15 g    |
| Pepper                   | 30 g    |
| White onion              | 30 g    |
| Tomato                   | 30 g    |
| Coconut milk             | 20 c.c. |
| Salt and pepper          | q. s.   |
| Water                    | 6 cups  |
| Oil                      | ½ cup   |
| Rice                     | 700 g   |
| Shrimps                  | 50 g    |
| Prawns                   | 3 g     |
| Hot sauce                | q. s.   |

### DIRECTIONS

Cook the squid and the snail in abundant water until soft, and chop them into 4 mm pieces with the *piangua* clam and the *piacuil* snail. Reserve.

Make a *mojo* with the rooftop herbs, annatto, paprika, onion, tomato, coconut milk, salt and pepper, and let it reduce a little. Set aside.

Add the water and the oil in a pot, and when the water boils add the rice, the *mojo*, the shrimps and the prawns and the spicy sauce. Cook with the pot uncovered. When it dries, lower the temperature and finish with the pot covered until the rice is soft.

Mix gently, check the seasoning and serve hot with the hot sauce.



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Photo: Mateo Chaves.  
Art: María Paula Martínez.





## Seafood Casserole in Coconut Milk

Servings: 2  
**INGREDIENTS**

|                                  |            |
|----------------------------------|------------|
| Octopus                          | 60 g       |
| Oil                              | 2 tbsp     |
| Chopped oregano                  | 1 g        |
| Chopped <i>cimarron cilantro</i> | 1 g        |
| Purple basil, chopped            | 1 g        |
| Chopped pennyroyal               | 1 g        |
| Chopped garlic clove             | 1          |
| Chopped sweet chili pepper       | 2 g        |
| Annatto powder                   | 1 g        |
| Coconut milk                     | 300 ml     |
| Prawns                           | 3 g        |
| Shrimp                           | 200 g      |
| Squid                            | rings 80 g |
| Black & green mussels            | 2 ea       |
| Salt and pepper                  | q. s.      |
| Oyster sauce                     | 15 g       |
| Plantain flour                   | 1 g        |

**SIDE DISHES**

|                       |       |
|-----------------------|-------|
| Grated <i>Patacón</i> | 25 g  |
| Coconut rice          | 150 g |



QR Digital Recipe Book  
 Photo: Mateo Chaves.  
 Art: María Paula Martínez.





### DIRECTIONS

Cook the octopus in hot water for one hour, or until tender. Cut into pieces and set aside.

Heat the oil in a frying pan over medium heat and sauté the rooftop herbs, garlic, sweet pepper chili and *annatto* until the flavors are integrated, stirring constantly so that the herbs do not burn.

Heat the coconut milk with all the seafood, salt and pepper. Add the fried herbs and the oyster sauce and stir. Add the plantain flour and mix.

Cook for 5 more minutes, check the seasoning and serve hot with *patacones* or coconut rice.





# Rodrigo Pazos

Chef at the Gato Dumas Gastronomy College, graduated as a Professional in Dietetic Gastronomy and Nutrition from the Universidad Autónoma de Madrid.

**EXPERIENCE**  
Colombian Embassy  
in Perú

He has worked in restaurants such as Mugaritz and Nerua, in Spain, and then returned to Colombia. In his cuisine, he applies contemporary techniques to transform raw materials to create versatile gastronomic experiences.

He takes advantage of the diversity of Colombian products, and great care to learn how farmers work these products according to the time of the year and harvesting seasons.

Photo: provided by the chef.





## Hearts of Palm with *Pipián*

**Servings: 2**

### INGREDIENTS

#### HEARTS OF PALM

|                            |       |
|----------------------------|-------|
| Hearts of Palm             | 120 g |
| Butter                     | 60 g  |
| Annatto                    | 5 g   |
| Grated <i>Paipa</i> cheese | 60 g  |

#### *PIPIÁN*

|                                |        |
|--------------------------------|--------|
| Vegetable oil                  | 5 ml   |
| Annatto                        | 5 g    |
| Chopped scallions              | 150 g  |
| Chopped plum tomatoes          | 180 g  |
| Red or <i>pastusa</i> potatoes | 400 g  |
| Peanut paste                   | 60 g   |
| Water                          | 300 ml |

#### ADDITIONAL INGREDIENTS

Vegetable sprouts and toasted quinoa.

### DIRECTIONS

#### HEARTS OF PALM

Vacuum cook the palm hearts in boiling water with the butter and annatto for 30 minutes. Remove from the water and, while still hot, remove the core to obtain cylinders. Fill with *Paipa* cheese and set aside.

#### *PIPIAN*

Heat the oil in a pot along with the annatto and the green onion. Cook over medium heat for 5 minutes and add the tomatoes. Cook for 10 minutes, add the potatoes and continue cooking, stirring constantly. Add the peanut paste, mix and add the water. Finish cooking until the potatoes have a pureed texture.

To serve, put some of the *pipián* and hearts of palm on each plate, finishing with some sprouts and *quinoa*.

Photo: provided by the chef.





## *Piñuela* and Paté

Servings: 2  
INGREDIENTS

### *PATÉ*

|                       |       |
|-----------------------|-------|
| Artisan pork sausages | 500 g |
| Eggs                  | 1 u   |

### *PIÑUELA* EMULSION

|                      |       |
|----------------------|-------|
| <i>Piñuela</i>       | 1 k   |
| Ground <i>panela</i> | 250 g |

### ADDITIONAL INGREDIENTS

Toasted quinoa and *mambe*

### DIRECTIONS

#### *PATÉ*

Blend the sausages together with the egg to make a creamy texture. Strain through a sieve to remove connective tissue, spread in a vacuum bag and cook for 12 minutes at 75°C. Remove from the bag and shape into a cylinder.

#### *PIÑUELA* EMULSION

Remove the seeds from the *piñuela* fruit and cook together with the *panela* until it becomes molasses. Blend and set aside.

Place the cylinders in a round dish, mark with the *mambe*, sprinkle with quinoa and make a drawing with the *piñuela* emulsion.

Photo: provided by the Chef.





## “Eduardo Santos” Popsicle, *Aplanchados* (biscuits) de “doña Chepa”

Servings: 2

### INGREDIENTS

|                |        |
|----------------|--------|
| Cream          | 250 ml |
| Whole milk     | 100 ml |
| Condensed milk | 70 ml  |
| Sugar          | 50 g   |
| Egg yolks      | 3 u    |
| Agar agar      | 9 g    |

### DIRECTIONS

Put the milk, condensed milk and cream together with half of the sugar in a saucepan over medium heat and cook until the ingredients are integrated. Mix the other half of the sugar with the egg yolks, beating for 3 minutes until you have soft peaks.

Hydrate the agar agar with water. Remove the three milks mixture from the heat and add the yolk mixture in a trickle, mixing gently so as not to coagulate the egg protein. Bring to medium heat again, add the agar agar and cook for 5 minutes.

Place in popsicle containers and refrigerate for 12 hours.

Serve the popsicles with an *aplanchado* biscuit on the side and edible flowers. Rodrigo serves this dish with Popayán puff pastry, dry fruits and *arequipe* sauce.





## Santiago Macías

He began his training in Gastronomy at the age of 17 when he moved from Bogotá to Buenos Aires to study. However, his childhood was marked by the years he lived in Cartagena, his mother's family home town. That is where his first culinary memories come from: the flavors of the Colombian Caribbean.

In 2008, an entrepreneurial spirit joined his passion for cooking and it was then that his first independent project was born. The restaurant i Latina, in Bariloche, with which he has been recognized by the New York Times, Forbes and The Guardian. In 2015 he won the award in the category "The one to watch" of Latin America's 50 Best Restaurants.

**EXPERIENCE**  
Colombian Embassies  
in Argentina, Chile,  
Paraguay and  
Trinidad & Tobago





## Cassava Arepa

Servings: 8 a 10

### INGREDIENTS

|                            |               |
|----------------------------|---------------|
| Cassava starch             | 250 g         |
| Grated double cream cheese | 250 g         |
| Butter ("pomade" texture)  | 50 g          |
| Mid-size egg               | 1 u           |
| Salt                       | 15 g          |
| Milk                       | 50 g          |
| Orange juice               | from ½ orange |

### DIRECTIONS

Put all the ingredients in a large bowl, except the orange juice. Mix well, and then add the juice.

Knead until obtaining a homogeneous texture that can be easily worked on by hand. Make small 50 g balls of and flatten them with two sheets of flexible plastic and a heavy wooden board.

Make the *arepas* 1 cm thick and sear them on a griddle or iron frying pan until golden brown.





## Encocao

Servings: 6 to 8  
INGREDIENTS

|   |       |
|---|-------|
| Whole unshelled shrimp                        | 15 u  |
| Corn oil                                      | 50 g  |
| Coconut oil                                   | 60 g  |
| Whole cumin                                   | 3 g   |
| Black pepper                                  | 3 g   |
| Ripe peeled grated tomato                     | 500 g |
| Scallions<br>(cut in medium size cubes)       | 100 g |
| Green plantain<br>(cut in medium size cubes)  | 60 g  |
| Red bell pepper<br>(cut in medium size cubes) | 50 g  |
| Celery<br>(cut in medium size cubes)          | 20 g  |
| Dry white wine                                | 50 g  |
| Fresh grated turmeric                         | 6 g   |
| Fresh grated ginger                           | 5 g   |
| Finely chopped garlic cloves                  | 2 u   |
| Bay leaves                                    | 2 u   |
| Powdered annatto                              | 2 g   |
| Fresh chili pepper                            | q. s. |
| Fish broth                                    | 2 l   |
| Coconut milk                                  | 300 g |
| Finely chopped <i>cilantro</i>                | 10 g  |
| Finely chopped basil                          | 10 g  |
| Finely chopped oregano                        | 5 g   |
| Salt and pepper                               | q. s. |

### DIRECTIONS

Clean the shrimp, separate the shells and head and set aside. In an iron pot, add the corn and coconut oil, the shrimp shells and heads, and cook until toasted (the liquid should be completely reduced and the shells should turn orange in color).

Stir in cumin and pepper, and toast them. Add the tomato, onion, plantain, red bell pepper, and celery. Cook until golden brown, and deglaze with white wine.

Add the turmeric, ginger, garlic, bay leaf, annatto, and chili. Add the fish stock, and cook for 25 minutes over medium heat. Add the coconut milk and the aromatic herbs (*cilantro*, basil and oregano). Check the salt, pepper and spiciness.

Finally, process in the blender until you have a creamy texture. Return the preparation to the pot, bring to high heat and add the shrimp. Cook for 3 minutes and serve.

Serve hot in deep bowls with the garnish of your choice.





## Green Mango Sherbet

Servings: 8 a 10  
INGREDIENTS

|                                    |       |
|------------------------------------|-------|
| Water                              | 75 g  |
| Sugar                              | 75 g  |
| Glucose                            | 20 g  |
| Stabilizer for sherbet             | 2.5 g |
| Green Mango<br>(seeded and peeled) | 150 g |
| Lemon juice                        | 75 g  |
| Water                              | 75 g  |

### OTHER INGREDIENTS

Meringues or cookies  
Fresh fruits and edible flowers

### DIRECTIONS

For the basic syrup put the water, sugar, glucose and stabilizer in a small pot over medium heat. Once it reaches boiling point, refrigerate for 12 hours.

Process the mango with the lemon juice in the blender, and add the basic syrup.

Transfer the preparation to the ice cream maker or freeze on a steel plate and, with a fork, break the crystals every two hours.

Serve with meringues or crunchy cookies as a base and top with the sherbet. Decorate with edible flowers and fresh fruits.

Photo provided by the chef

## Avocado and *Aguardiente* Ice Cream

Servings: 8 a 10  
INGREDIENTS

|                |           |
|----------------|-----------|
| Whole milk     |           |
| Cream          | 50 g      |
| Star anise     | 1 u 200 g |
| Sugar          | 65 g      |
| Egg yolks      | 3 u       |
| Condensed milk | 145 g     |
| Avocado        | 100 g     |
| Lemon juice    | 20 g      |
| Aguardiente    | 15 g      |
| Salt           | 1 g       |

### DIRECTIONS

Place the milk, cream, star anise and half of the sugar in a medium saucepan. Once boiling, remove from the heat without letting the liquid boil over.

Beat the egg yolks with the rest of the sugar until creamy. Slowly add the milk and cream mixture over the yolks and continue beating to avoid a temperature shock.

Place the elements in a double boiler and whisk vigorously until it reaches 82°C. Remove from the heat and strain. Add the condensed milk and let it cool in the refrigerator for 12 hours.

Process the avocado with the lemon juice and the aguardiente. Add a pinch of salt, incorporate the previous preparation (*crème anglaise*) and continue processing until a creamy and homogeneous texture is obtained. Transfer the preparation to the ice cream maker.

Serve with caramelized popcorn or with the garnish of your choice.

Photo provided by the chef







## Verónica Socarrás

Verónica has a master's degree in Gastronomic Tourism from the Basque Culinary Center (in San Sebastián, Spain), and a specialization in Strategic Marketing Management from the Colegio de Estudios Superiores de Administración-CESA (in Bogotá). She has more than 10 years of experience in marketing and sales working during seven years at ProColombia. She has been a speaker and moderator at different gastronomic events in Colombia

With Verónica Socarrás, the Colombian Embassies in Ghana, Dominican Republic, Bolivia, Argentina, Russia and Switzerland, carried out activities focused on gastronomic tourism, as well as a tour of different cities and regions of Colombia, including Bogotá, Cartagena, La Guajira, Medellín and the Coffee Region, exploring their culinary fruitfulness and their potential as privileged destinations for tourism.

**EXPERIENCE**  
Colombian Embassies in Argentina, Bolivia, El Salvador, Ghana, Norway, Dominican Republic, Russia, Switzerland and Turkey





# GASTRONOMIC TOURISM

## An opportunity for Colombia

Colombia has enormous potential for developing gastronomic tourism. Thirty-two departments or states; more than 2,000 traditional recipes; two cities that are members of the UNESCO Creative Cities Network in the field of Gastronomy; more than 400 varieties of fruits; Protected Designations of Origin associated with gastronomy; and one of the most recognized coffees in the world, are some of the reasons why Colombia has become an ideal destination for travelers seeking this type of tourism. Thanks to the diversity of climates and thermal floors, our two oceans and our proximity to the Equator, we can enjoy a variety of products all year round that give us an advantage over other countries.

Important steps have been taken to make our gastronomy known to the world. Proof of this is the Plan for the Promotion of Colombia Abroad, which is carrying out important work, including more and more regions and chefs in this initiative. In addition, the country is being acknowledged as a gastronomic destination in international media such as Eater, Vogue, Bon Appétit and Condé Nast Traveller.

The talent of our chefs is recognized in awards such as The Best Chefs Awards. Several Colombian restaurants are among the best in the world and Latin America, according to The World's 50 Best Restaurants. And two of them are in the Michelin Guide of the United States and Spain.

On the other hand, The Gourmand World Cookbook Awards have selected several Colombian books among the best cookbooks since 2014. And we have more reasons to be proud of: in 2020, Colombia was listed for the first time as the best culinary destination in South America at the World Travel Awards, the most important tourism awards. In addition to this motivating list, in 2021 the best barista on the planet was a Colombian; we are producing some of the best rums in the world, and our bartenders are doing an important job to raise awareness of other distillates such as *aguardiente* and *viche*.

Photo: Mateo Chaves  
Art: María Paula Martínez





Bogotá, Cartagena and Medellín are the most popular destinations for gastronomic tourism. However, there are great opportunities in places like the departments of Amazonas, Atlántico, La Guajira, Meta and Nariño. Several of the local governments are preparing to improve the offer, and more and more tourism companies are betting on developing gastronomic experiences. The marketplaces of Bogotá, Medellín, Cali and Cartagena are already a recognized tourist attraction, while Colombian cooking classes have become a way of offering differentiating experiences and a great showcase for our gastronomy.

**Veronica Socarrás.**  
Master in Gastronomic Tourism of the Basque Culinary Center, in San Sebastián.  
Specialist in Strategic Marketing Management of Colegio de Estudios Superiores de Administración CESA, in Bogotá.





# Vicky Acosta

Chef and gastronomic entrepreneur who for decades has promoted the development of this area of the nation, and has contributed substantially to the positioning of Cali and the Colombian Pacific as gastronomic references in the country.

Vicky has enriched her culinary proposal with international travels, studying Spanish cuisine in depth as well as several Asian cuisines during her time in China, Thailand and Indonesia. In her research on the Colombian Pacific she found the right scenario to transform the coastal cuisine into gourmet dishes that mix in balance Thai, Mediterranean, Amazonian, Moroccan and Peruvian gastronomy, among others.

**EXPERIENCE**  
Colombian Embassies  
in Algeria, Guatemala,  
Lebanon and Morocco





## Fish and Shrimp *Encocado*

Servings: 6  
INGREDIENTS

### ENCOCADO SAUCE

|                |        |
|----------------|--------|
| <i>Refrito</i> | q. s.  |
| Coconut cream  | 3 tins |
| Coconut milk   | 2 cups |
| Fish sauce     | 75 ml  |
| Brown sugar    | 30 g   |
| Chili          | q. s.  |

### REFRITO

|                    |        |
|--------------------|--------|
| Neutral oil        | q. s.  |
| White onion        | 1 ½ u  |
| Scallions          | 2 u    |
| Annatto oil        | 60 ml  |
| Bell pepper        | 1 ½    |
| Tomatoes           | 2 u    |
| Sweet chilis       | 2 u    |
| Garlic cloves      | 1 u    |
| Water with annatto | 100 ml |
| Salt               | q. s.  |
| Cumin              | q. s.  |

### ENCOCADO

|                                  |            |
|----------------------------------|------------|
| Clean shrimp                     | 800 g      |
| Salt                             | q. s.      |
| Pepper                           | q. s.      |
| Sunflower oil                    | 300 ml     |
| <i>Cilantro</i> (for decoration) | 30 g       |
| White rice                       | 6 portions |

### DIRECTIONS

#### SALSA

Put the *refrito* in a wok or pot and heat. Add the coconut cream, coconut milk and fish sauce, and check the flavor by adding a little sugar or chili if necessary.

#### ENCOCADO

Marinate the shrimp with salt and pepper. Heat a pot or wok over high heat and add a little oil. Quickly sear the shrimp and remove from the pan.

Pour the *encocado* sauce in the same pot, and heat over medium heat without boiling. Add the shrimp and finish cooking. Serve garnished with *cilantro* and white rice.





## *Arepitas* with Shredded Lamb and *Hogao*

Servings: 4  
INGREDIENTS:

### *AREPAS*

|            |       |
|------------|-------|
| Butter     | 100 g |
| Corn flour | 300 g |
| Warm water | q. s. |

### MEAT

|                              |          |
|------------------------------|----------|
| Lamb neck<br>(for shredding) | 1000 g   |
| Garlic                       | 30 g     |
| White onion                  | 50       |
| <i>Oregano</i>               | 10 g     |
| Thyme                        | 5 sprigs |
| Bay leaf                     | 3 leaves |

### *HOGAO*

|                          |       |
|--------------------------|-------|
| Sunflower oil            | 50 ml |
| Scallions                | 200 g |
| Chopped tomato           | 300 g |
| Garlic                   | 30 g  |
| Salt                     | q. s. |
| Pepper                   | q. s. |
| Cumin                    | q. s. |
| <i>Cimarrón cilantro</i> | 10 g  |
| <i>Cilantro</i>          | 20 g  |

### FOR DECORATION

|                                    |       |
|------------------------------------|-------|
| Quail eggs, cooked and cut in half | 5     |
| Avocado                            | 1     |
| <i>Cilantro</i>                    | q. s. |

### DIRECTIONS

#### *AREPA*

Melt the butter, mix with the corn flour and a little warm water. Let the mixture stand for 20 minutes. Make the *arepas* and grill them with butter to brown them.

#### MEAT

Cook the meat with the garlic, onion, oregano, thyme and bay leaf. Shred the meat and remove the tendons and the fat.

#### *HOGAO*

Chop the onion, tomato and garlic, and sauté them in the hot oil until soft. Add salt, pepper, cumin, *cimarrón cilantro* and regular *cilantro* and mix. Add the meat and let it warm up. Serve this mixture over the hot *arepas* decorating with half an egg, avocado slices and *cilantro*.





## Fish Croquettes with *Chontaduro* Cream and Chili Marmalade

Servings: 10 (30 units)

### INGREDIENTS

|   |       |
|---|-------|
| Soft white fish<br>(sea bass or mackerel) | 300 g |
| Salt and pepper                           | q. s. |
| Ascorbic Acid                             | q. s. |
| Chopped garlic                            | 5 g   |
| Oregano                                   | ¼ tsp |
| Thyme                                     | ¼ tsp |
| Bay leaves                                | 1     |
| Baguette type bread                       | 100 g |
| Chopped red onion                         | 50 g  |
| Chopped bell pepper                       | 20 g  |
| Panko                                     | 100 g |
| Frying oil                                | q. s. |

### OTHER INGREDIENTS

|                         |      |
|-------------------------|------|
| Chili marmalade         | 50 g |
| <i>Chontaduro</i> cream | 50 g |
| Edible flowers          | q. s |

### DIRECTIONS

Marinate the fish with salt, pepper and ascorbic acid. Cook it in a little water with the garlic and herbs. Reserve the cooking liquid, and use it to soak the bread.

Finely chop the fish and mix with the onion, garlic and bell pepper. Make small 10 g balls, roll them in the panko, and fry in the oil at medium-high temperature until golden brown and crispy.

Serve the croquettes over chili marmalade and decorate with the *chontaduro* cream and the edible flowers.



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Photo: provided by the chef





# Yulian Téllez

## “The Chef from Los Llanos”

Born in Guamal, in the department of Meta, Yulian is a chef characterized for promoting the products of his region, and the Llanero cuisine in general. Yulian studied industrial design and cooking at the SENA, and has training at the Cordon Bleu in Lima.

**EXPERIENCE**  
Colombian Embassies  
in Chile, Paraguay and  
Dominican Republic

Today he is studying food engineering with the specific interest of continuing to investigate the culinary traditions and techniques of the old Llanero cowboys.

His new restaurant SALMA, is a tribute to the Llanero cuisine, using slow cooking techniques and local organic products.



QR Digital Recipe Book.  
Photo: Mateo Chaves





## Amarillo al tatuco

Servings: 2  
INGREDIENTS

|   |        |
|---|--------|
| Scallions<br>(including green portion)                    | 250 g  |
| <i>Cimarron cilantro</i> leaves                           | 4      |
| Annatto   | 1 tsp  |
| Salt and pepper   | q. s.  |
| Ground cumin  | 1 tsp  |
| Vegetable oil   | q. s.  |
| Powdered chili  | tsp    |
| Powdered garlic   | 1 tsp  |
| River fish fillet<br>(yellow catfish for example)         | 1 kg   |
| Bamboo container  | 1      |
| Plantain leaves   | 1      |
| Guarapo (sugarcane liquor,<br>indigenous fermented drink) | 200 ml |
| Cassava   | 300 g  |
| Beetroot  | 80 g   |
| Water   | 2 cup  |
| Spinach   | 150 g  |
| Turmeric  | 1 tsp  |
| Sweet pineapple   | 300 g  |
| Plantain  |        |
| Cheese spread or sour cream                               | 50 g   |
| Avocado   | 1/2    |
| Fresh white cheese  | 200 g  |
| Pennyroyal leaves   | q. s.  |
| Basil leaves  | q. s.  |
| Annatto oil   | q. s.  |

Photo provided by the chef





## DIRECTIONS

Light the coals or charcoal. Macerate the scallions with two *cilantro* leaves, annatto, pepper, cumin, salt, a little oil, chili powder and garlic. Cut the fish in two fillets to fit in the bamboo *tatuco*. Season them with the marinated mixture and wrap them in plantain leaves.

Put them in the bamboo *tatuco* (bamboo container) previously washed and disinfected. Add the *guarapo* and seal it with plantain leaves. Cover with aluminum foil, tie it and take directly to the embers. Peel the cassava, cut into thin slices and then into threads. Divide into three parts and set aside.

Peel half a beet, soak it for two minutes in hot water and blend it with a cup of water. Strain and keep the tinted water. Do the same with the spinach, adding a tablespoon of turmeric to give it another color. Separately, heat the other cup of water and add turmeric.

After having the three natural dyes and the cassava in threads, add a portion in each dye to color them. Let stand for at least 30 minutes. Drain the threads well and fry them in very hot oil. Drain well and season with salt.

Cut a slice of pineapple and grill it. Do the same with the ripe plantain. Grill the pineapple for about 4 minutes on each side and the plantain for about 15 minutes.

Peel the plantain and put it in the blender along with the sour cream, chili, remaining *cilantro* leaves, and salt. Blend until a smooth texture is obtained and put it in a sleeve. Set aside.

Peel the grilled pineapple and cut it and the avocado into cubes. Cut the white cheese into medium cubes and place in a hot frying pan with oil until golden brown on both sides.

For the decoration put the pennyroyal and basil in cold water. Set aside. Remove the *tatuco* from the heat, uncover, remove the fish and sear on one side only in a hot pan with the annatto oil.

Finally, put some mashed plantain to hold the fillet and make thick parallel lines on the side. Arrange the avocado, pineapple, cheese and aromatic herbs. Finish with the cassava threads on top of the fish.





“BEARERS  
OF TRADITION”

“COOKING  
IS A LABOR  
FULL OF LOVE  
THAT GOES  
FROM GENERATION  
TO GENERATION”

CHORI AGÁMEZ





# Luz Dary Cogollo “Mamá Luz”

Born in Tolú, Sucre, an exemplary representative of traditional Colombian cuisine, "Mamá Luz", as she is known by her diners in the Plaza de la Perseverancia, where she has had her restaurant Tolú for several years, won the award for the best *ajjaco* of the city (2019), organized by the District Institute of Tourism of Bogotá.

**EXPERIENCE**  
Colombian Embassy  
in Mexico

In addition to working as a team with the other cooks of the Plaza de la Perseverancia for the promotion and dissemination of Colombian cuisines, in the midst of the pandemic she wanted to step up to the plate to expand her flavors to other places in the city; and that is how Casa de Mamá Luz was born. Everyone's home located in the Barrio La Candelaria, in the historic center of town. Here she offers her diners a mix of Caribbean and Bogotá dishes.



Luz Dary is deeply committed to her work. She is an activist of local identities and projects with a sense of community, which she promotes through workshops, classes, lectures, live shows, TV shows and streaming.

Photo provided by the chef





# Zoraida “Chori” Agamez

A traditional cook born in Barrancabermeja, she inherited the folklore and culture of the savannahs of Sucre and Bolivar, and the odor and preparations of Santander's cuisine and customs. An assiduous student of Colombian cuisine, not only of the oral tradition, but also from readings of research work done by professionals on the subject, Chori has a blog called [eltoquecolombiano.com](http://eltoquecolombiano.com) that she shares with two other important colleagues.

**EXPERIENCE**  
Colombian Embassy  
in Mexico



With her nearly 60 years of age and three children, Chori has excelled in important competitions of the Ministry of Culture and has been a lecturer and workshop leader in national and international academic centers.

Today she is a cooking instructor in her hometown, where she seeks to teach the culture and history of the country through cooking. In 2021, she received the award for "Best Cookbook in the World" at the Gourmand World Cookbook Awards in Paris with *Envueltos de Plátano, Yuca and Maíz en las Cocinas Tradicionales de Colombia* (Ed. Hammbre de Cultura, 2021). The book describes the origins of the different types of *envueltos* in Colombia and explains in detail how to prepare them.

Photo provided by the chef





## Elsis María Valencia

Originally from Mosquera, Nariño, Elsis is heir to ancestral knowledge and oral tradition, the result of the crossbreeding of black, indigenous and Spanish cuisine.

A graduate of SENA as Professional Cooking Technician, she also has a professional degree in Culinary and Gastronomy from the Fundación Universitaria Andina and a specialization in Management of Intangible Cultural Heritage from the Universidad de Córdoba, Argentina.

Elsis is currently a gastronomy instructor at SENA, Valle del Cauca regional campus, where she teaches traditional Pacific and Valle del Cauca cuisine. In this same institution she leads the Research Group "Fogones and Comunidad" (of the School of Gastronomic Culture), which aims to preserve and disseminate the techniques of traditional cuisine in the country. As part of the projects of this group, she is co-author of the books *Sabor a Pacífico*, *Sabor a Memoria* (2013), *El Festín de las Mujeres del Pacífico* (2015) and *Comida de Niños and Niñas, Gustos de Grandes* (2020).

**EXPERIENCE**  
Colombian Embassies  
in Belgium, Bolivia,  
Spain, Ecuador,  
Finland, Guatemala,  
The Netherlands and  
Dominican Republic





## Fish *Pandao* with Rooftop Herbs Wrapped in Plantain Leaves

Servings: 2  
INGREDIENTS

|                             |         |
|-----------------------------|---------|
| Sea bass (fillet or slices) | 1 k     |
| Lemon juice                 | 100 cc  |
| Ripe plantain               | 1 u     |
| Rooftop herbs:              |         |
| <i>Cimarron cilantro</i>    | 30 g    |
| Oregano                     | 30 g    |
| Chopped black basil         | 30 g    |
| Pennyroyal                  | 5 g     |
| Plantain leaves             | 1 bunch |
| Salt                        | q. s.   |

### DIRECTIONS

Clean the fish thoroughly, add the lemon juice, herbs and salt. Set it aside.

Clean and disinfect the banana leaves, put the fish on them ("pandar") together with the plantain, wrap and put them under the ashes of the stove. If you cannot use ashes, bake the fish or steam it, for about 20 minutes, with any of these methods.

Serve hot after unfolding the leaves.



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Photo: Mateo Chaves.  
Art: María Paula Martínez





## Aborrajados

Servings: 4  
INGREDIENTS

|  |       |
|--|-------|
| Ripe plantains<br>("guayabos" if this variety<br>is available) | 6     |
| Grated white (peasant) cheese                                  | 1 lb  |
| Cinnamon powder  | q. s. |
| Cloves   | q. s. |
| Water  |       |
| Wheat flour  | 25 g  |
| Eggs   | 3     |
| Salt   | q. s. |

### DIRECTIONS

Bake the plantains unpeeled and set them aside for a while. Remove the peel and mash them, add the cheese, cinnamon and cloves, and integrate the ingredients. In a bowl put the water, the wheat flour, the eggs and a pinch of salt. Mix well until you get a smooth texture.

Add the mashed plantains to this mixture and give the "aborrajados" an elongated shape, draining the excess coating. Heat the oil in a frying pan at 60°C and fry the *aborrajados* until golden brown. Remove them, drain well and put them on paper towels before serving.



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Photo: Mateo Chaves  
Art: María Paula Martínez

## Wheat *Empanadas* with Chicken and *Refrito*

Servings: 15  
INGREDIENTS

|                               |       |
|-------------------------------|-------|
| Wheat flour                   | 400 g |
| Aged or mature corn flour*    | 100 g |
| Salt                          | q. s. |
| Oil                           | 1 l   |
| Hot water                     | ½ cup |
| Chicken breast                | 300 g |
| <i>Refrito</i> (see page 152) | 1 cup |

### DIRECTIONS

Sift the wheat and corn flours. Put them in a bowl with a little salt, a dash of oil and the water, and mix the ingredients, without kneading them. Let stand.

Cook the chicken breast with ¼ cup of the *refrito* sauce for 30 minutes. Shred the chicken breast, add the rest of the *refrito* and mix thoroughly.

Take 30 g portions of dough and roll them out with a rolling pin. Fill each one with a little of the chicken preparation, fold the dough over itself and close by wetting the edges with water to form the *empanadas*. Set them aside for 30 minutes.

Finally, heat the oil in a deep-frying pan and fry the *empanadas* until golden brown on both sides. Drain them well, put them for a few minutes on paper towels and serve them hot with a little more *refrito* if desired.

\* Cured corn: corn that has been soaked for several days, changing the water periodically.







## Plantain *Fufú* and Shrimp *Encocado*

Servings: 15  
INGREDIENTS

### *ENCOCAO*

|                                  |        |
|----------------------------------|--------|
| Annatto oil                      | 100 ml |
| Chopped scallion                 | 500 g  |
| Mashed garlic cloves             | 20 g   |
| Chopped sweet chili pepper       | 150 g  |
| Chopped <i>cimarron cilantro</i> | 30 g   |
| Chopped black basil              | 30 g   |
| Chopped thick leaf oregano       | 30 g   |
| Chopped pennyroyal               | 3 g    |
| Cumin                            | q. s.  |
| Coconut milk                     | 2 cups |
| Clean U15 prawns                 | 1 k    |

### *FUFÚ*

|                                  |       |
|----------------------------------|-------|
| Ripe plantains                   | 2 u   |
| Salt                             | q. s. |
| <i>Refrito</i> (see page 152)    | q. s. |
| Chopped <i>cimarron cilantro</i> | q. s. |

### DIRECTIONS

#### *ENCOCAO*

Heat the annatto oil in a frying pan and add the onion. Add the garlic and then the sweet chili pepper, and sauté for about 10 minutes. Add the rooftop herbs and the cumin. Cook for 15 minutes more.

Add 1 ½ cups of the coconut milk and stir until the sauce thickens. Add the prawns, stir and cook for 5 minutes so that all the flavors are integrated.

#### *FUFÚ*

Peel the plantains and cook them for 30 minutes adding salt to taste. Mash them with a kitchen mallet or grind them. Mix them with the remaining half cup of coconut milk and the *refrito*.

Finally, serve small portions of *fufú* and add the *encocado* (see page 333) over them. Finish with a sprinkling of *cilantro*.



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Photo: Mateo Chaves  
Art: María Paula Martínez





## *Piangua Tamal*

### 3 Portions INGREDIENTS

|                      |        |
|----------------------|--------|
| Clean <i>Piangua</i> | 1 lb   |
| Water                | 2 cups |
| Refrito (page 152)   | 2 cups |
| Coconut milk         | 4 cups |
| Salt                 | q. s.  |
| Green plantain       | 1 lb   |

### OTHER INGREDIENTS

|                            |      |
|----------------------------|------|
| Plantain leaves            | 10 u |
| String, to tie the tamales |      |

### DIRECTIONS

Put the *piangua* in water to soften it and  $\frac{1}{2}$  cup of *refrito*.

Once it is soft, cut into thin slices and add one cup of *refrito* and 2 cups of coconut milk. Cook over low heat until the liquid is reduced and the preparation has the texture of a stew. Add the necessary amount of salt and set aside.

Blend and cook the plantain with the rest of the coconut milk and the *refrito* mixture. You should get a smooth dough.

### MAKE THE TAMAL

Place a plantain leaf underneath and another one on top of it, forming a cross. Put some of the *piangua* stew on top and a spoonful of the plantain dough. Add another bit of stew and another spoonful of plantain dough.

Bring the plantain leaves together in the middle, make two or three folds and tuck the ends underneath. With a string tie the leaves at the center and then turn the ends over (like a gift wrapping). Repeat this process with all the tamales.

Steam heat the tamales and serve.





## *Arepas Runchas*

**Servings: 3**

### **INGREDIENTS**

|  |              |
|--|--------------|
| Threshed white corn                                    | <b>300 g</b> |
| Aged threshed corn dough<br>(aged in water for 5 days) | <b>200 g</b> |
| Grated <i>costeño</i> cheese                           | <b>500 g</b> |

### **DIRECTIONS**

Wash the white corn and cook it for one hour in plenty of water. Drain and grind with a hand mill.

Mix the aged corn dough, the white corn flour and the cheese. Knead thoroughly for a smooth consistency.

Make small balls and shape the *arepas*. Bake until golden brown and serve hot.







**ACHIOTE:**

*Bixa orellana*. Also known as achote, bixínea, axiote, achiotal, bija, bijol, rocú, roncón, onoto or urucú. Spice of yellowish reddish color from the seed of the homonymous shrub. In cooking, it is used as a natural colorant. It can be replaced by paprika or red pepper powder.

**AGRAZ:**

*Vaccinium meridionale*. Also known as mortiño. It is an ericaceous plant that grows wild in the regions of Boyacá and Nariño mostly. Its berry is very appreciated in pastries and to make drinks.

**AGUARDIENTE:**

Also known as 'guaro'. It is a distillate made from sugar cane and aniseed. It is the most culturally identified and consumed alcoholic beverage of its kind in Colombia.

**AÍJ DE LECHE:**

Known as *ajicero en leche*. This recipe is typical of the Llanos of Colombia and is almost indispensable on the tables of this region, where it is served as a dressing for savory foods.

**AÍJ DULCE:**

From the genus *Capsicum* native to the Americas. This variety of chili bell pepper, used mainly in the Caribbean region, has been gradually replaced by paprika. However, it is now making a comeback in our kitchens. It belongs to the same family as tomatoes, eggplants and lulo and comes from family gardens and orchards. Hence its importance in traditional cuisines and its use in contemporary cuisine as a call to care for native seeds.

**ALGARROBO:**

*Ceratonía siliqua*. It is the fruit of the tree of the same name that grows in nearby areas of the Mediterranean in Europe and in some regions of South America. The fruit is a dark brown pod

containing seeds similar to a large lentil. Today its nutritional value is highly valued and it is used ground as a substitute for chocolate and cocoa, and to brew craft beers.

**ALMENDRO:**

*Terminalia catappa*. It is a tree with a tortuous trunk, very dark bark, split into small scales, deciduous lance-shaped leaves, white or pink flowers, and yellowish-green drupe fruit that encloses a stone and the seed in it. It can reach up to 12 meters in height.

**ANÓN:**

*Annona squamosa*. Also known as anón, ates, kidney, anona or saramuyo. It is a small fruit tree with an approximate height of six to eight meters. A five-year-old tree can produce up to 50 fruits. The inside of the fruit is a white pulp (edible part), sweet and quite nutritious.

**ARAZÁ:**

*Eugenia stipitata*. Also known as Amazonian guava. It is a shrub of the *myrtaceae* family, native to the western Amazon. Its fruit is yellow with velvety skin. It has an exquisite flavor and aroma, which is why it is used for juices, jams, ice cream or as frozen pulp and dried fruit.

**ARRECHÓN:**

Traditional "aphrodisiac" drink from the Pacific. It is used as a sexual enhancer. Some of its ingredients are viche (distilled from sugar cane), borojó, various spices, milk and honey.

**ASAÍ:**

*Euterpe precatoria*. Also known as manaca palm, murrayo, huasaí or naidí. It is a palm from the north of South America, used since pre-Columbian times, appreciated for the nutritional properties of its fruit. A drink is prepared by macerating the fruit in warm water. From the heart of the palm a very good quality palm heart is obtained.



**BADEA:**

*Passiflora quadrangularis*. Also known as badea, parcha, giant tumbo or quijón. It is a kind of passionflower plant of the intertropical zone. Its fruit is the largest of all the *passifloraceas*, 10 to 30 cm long, has thick spongy pulp, mealy, juicy, sweet and white. It is used in drinks, sweets, jellies and cakes.

**BIJAO:**

*Calathea lutea*. Also known as cachibú, *chisgua* or *risgua*, Congo leaves, white leaf or tó leaf. It is a species of plant belonging to the *marantaceae* family, which grows in the American tropics. Its leaves are used in some countries to wrap tamales, hallacas and other soft foods.

**BOROJÓ:**

*Borojoa Patinoi*. It is a tree of the *Rubiaceae* family, native to the tropical rainforest of the Colombian Pacific (Chocó), southern Panama and northwestern Ecuador. The pulp of its fruit has a sweet and sour flavor and is used for juices, sauces and desserts.

**CACAO DE TUMACO:**

*Theobroma cacao*. It is a chocolate with the character and strength of the rainforest. The seeds are used to make a chocolate with citrus aroma, spices, wood, nuts and caramel.

**CACAY:**

*Caryodendron orinocense*. It is also known as inchi, almendro, palo mani, taqui, nut tree or cumaná. The nuts of its fruit are consumed raw, roasted, fried and boiled with salt. The nuts can also be used to prepare foods such as cakes, nougat, coladas and cookies.

After grinding, the flour is used to produce vitamin supplements and to make functional beverages. In addition, cacay is considered an excellent oilseed plant due to the quality of its oil.

**CAFÉ COLOMBIANO:**

With the objective of safeguarding the characteristics and reputation of Colombian Coffee, in 2007 the National Federation of Coffee Growers of Colombia had the Commission of the European Union recognize Colombian Coffee as a Protected Geographical Indication. Later, in 2013, the Swiss Government granted this same protection for Colombian Coffee. Geographical Indications (GIs) represent the link between the quality of a product and its origin, thus fulfilling a promise of quality. Colombian Coffee is highlighted worldwide for its aromatic properties, refined flavor and subtlety of notes.

**CAIMARÓN:**

*Pourouma cecropiifolia*. Also known as uvilla or caimarona grape. It is a species of fruit tree native to the Amazon rainforest (northern Bolivia, western Brazil, southeastern Colombia, eastern Ecuador, eastern Peru, and southern Venezuela), which produces a fruit called caimarona or uva de monte. The Amerindians cultivated it long before the arrival of the Spanish and Portuguese in America. It is still possible to find wild varieties that are consumed directly as fruit. It is also used in the preparation of refreshing drinks and in the manufacture of nectars, jellies, jams and wine.

**CALOSTRO:**

*Colostrum* is a dense, creamy, yellowish liquid used to prepare a typical shepherd's dish made from the first milking of the goats.



**CAMU-CAMU:**

*Myrciaria dubia*. It is a shrub of Amazonian origin of the *Myrtaceae* family that grows in alluvial soils, appreciated for the high content of vitamin C in its fruits, used in soft drinks, desserts, ice cream and yogurt.

**CEBOLLA JUNCA:**

*Allium fistulosum*. It is also known as green onion, long onion, green onion, green onion or spring onion. It is a variety of onion stem or branch, similar to the leek or scallion but with thinner stems and leaves.

**CHICHARRÓN DE CUAJADA:**

Also known as dulce de cuajada. It is a typical sweet of Boyacá made from melted panela and cut milk (cuajadas), brown in color. It is used as a dessert and accompaniment to drinks such as cold milk, red wine and hot infusions.

**CHILLANGUA:**

*Eryngium foetidum*. Also known as *cilantro cimarrón*, *cimarrón*, *cilantro coyote*, *sacha culantro*, *culantro* or *recao*. It is a very important herb in the seasoning of Pacific and Amazonian cuisine in dishes such as *cazuela de raya*, *pusandao*, *piangua* tamales, 'encocaos' and broths with *tucupí*. The leaves are used fresh, whole or chopped.

**CHOLUPA:**

*Passiflora maliformis*. Also known as *granadilla de hueso*, *granadilla de piedra* or *parcha Cimarrona*. Its fruit is native to the department of Huila and declared with the seal of Denomination of Origin in 2007. Its flavor is sweet and acid, similar to passion fruit, and its pulp is gelatinous. It can be consumed in juices, ice creams, jams or candies.

**CHONTADURO:**

*Bactris gasipaes*. Also known as *pupuña*, *pejibaye*, *pijuayo*, *chonta*, *pipire*, *pixbae*, *cachipay*, *pifá*, *pibá*, *chima* or *tembe*. It can be eaten fresh or cooked in

salted water. It can also be processed into flour and used in bakery, pastry, compotes and jellies.

**COPOAZÚ:**

*Theobroma grandiflorum*. A variety of Amazonian cocoa with a hard shell and a soft, sweet and abundant pulp with a floral aroma. It is native to the eastern Amazon and central South America. Its natural habitat is the tropical rainforest in high, non-flooded terrain. It is used in the production of pulp, white chocolate and liquor, among others.

**COROZO DEL CARIBE:**

*Bactris guineensis*. Also known as *lata*, *píritu*, *güis*, *coyol* or *uvita*. It is a palm native to the dry forest. With its cooked fruits a refreshing and acid drink is prepared, very appreciated in the Caribbean.

**COROZO DEL PACÍFICO:**

*Attalea cuatrecasana*. Also known as *taparo*. It is a palm with a fruit similar to a coconut from which milk is extracted to cook rice, seafood and other preparations.

**COQUINDO:**

*Aspidosperma triternatum*, *Album vahl*, *Apocynaceae*. Timber tree of the genus *aspidosperma*. Known as *pepa de indio*. The Inga Indians of the upper Putumayo use it in infusion as a nerve calming agent and in necklaces to ward off bad energies.

**CUBIO:**

*Tropaeolum tuberosum*. Also known as *mashwa*, *añu*, *isaño* or *macua*. It is a plant of Andean origin whose tubers of aniseed flavor are used. In Colombia they are used in the preparation of boyacense stew, as well as in pickles and salads.



**ENCOCOA:**

Typical of the Pacific coast of Colombia and Ecuador, it is a thick soup or stew where coconut is the main ingredient. Generally, in its preparation the native products of each area where it is cooked is used, such as seafood, mollusks, aromatic herbs and a stir-fry vegetables and seasonings.

**FÉCULA DE YUCA:**

It is the starch obtained from cassava or manioc. It is a gluten-free ingredient used to make dough or to thicken preparations.

**FUFÚ:**

Also known as bolón de verde, mofongo, cabeza de gato, banana ball, banana-pilé or tacacho. It is a typical food of the Caribbean basin and part of the Amazon. It consists of a puree of cooked and mashed green plantains that can be mixed with animal fat, meat or vegetables.

**GUARAPO:**

It is the juice of sugar cane that may or may not be fermented. It has become a traditional beverage among farmers in the Americas and Colombia in regions where sugar cane is grown.

**GUATILA:**

*Sechium edule*. Also called cidra, cidrayota, chayote, air potato, chuchu. Climbing plant of Central and South America, of the *cucurbitaceae* family, to which pumpkins belong. Its fruit is consumed as a fresh or cooked vegetable in soups, stews, casseroles, stews and salads.

**HIERBAS DE AZOTEA:**

A mixture of traditional herbs from the Colombian Pacific area. They receive this name because they

are cultivated in elevated places (supported canoes or terraces, for example) so that they are not flooded by the flooding of rivers and mangroves common in the region. Among these are purple basil, cilantro cimarrón, oregano and pennyroyal.

**HORMIGA CULONA:**

An insect native to the Santander region that is consumed roasted. It has a nutty flavor and is considered an aphrodisiac food. The Guane Indians used it in their wedding ceremonies to fill the couples who breathed its aroma with vitality and a long life.

**LIMÓN ARRUGADO:**

*Citrus medica*. Also known as rough lemon, it is a variety of large, wrinkled lemons with a rather intense aroma. Its essential oils are used to make preserves and sweets. It is well known in the Amazon region.

**LIMÓN MANDARINO:**

*Cytrus x limonia*. Also known as Paraguayan lemon, mandarin lime, rangpur lime, cravo lemon, sour mandarin or limela. It is a hybrid of lemon and tangerine, orange color and intense acid flavor. Very appreciated in Colombia to accompany fried fish and to flavor aguapanela.

**LONGANIZA:**

Fresh or cured sausage made with minced and marinated pork. It is eaten fried or roasted when fresh, but can also be eaten raw when cured. There are several varieties depending on the type and quantity of ingredients used in its preparation.



**LULADA:**

Refreshing drink from Valle del Cauca prepared with pieces of lulo, sugar, ice and lemon and orange juices.

**MACAMBO:**

*Theobroma bicolor*. Also bacao or maraco. After removing the orange mucilage and the slime that covers the seeds of the fruit of this tree, the nuts are extracted and are usually roasted and consumed directly or used in salads, sautés, desserts and smoothies.

**MADURA VERDE:**

*Pouteria caimito*. Also known as abiu, caimito, caimito amarillo, caimo, cauge, and aguái or aguay. It is a tropical tree of edible fruits belonging to the *sapotaceae* family. It can be consumed fresh or in ice cream and sweets.

**MAJULE:**

It is a colada or drink made with cooked ripe plantain, water, cinnamon and panela, mainly consumed in the plains region and part of the Amazon (Meta, Casanare, Arauca).

**MANGO BICHE:**

Unripe mango with notes of green fruit, marked acidity and hard texture. Popularly consumed with lemon juice, salt and pepper.

**MAÑOCO:**

Lumpy flour obtained from the yucca brava. It is an essential ingredient in the cuisine of the indigenous communities of the Amazon.

**MARAÑÓN:**

*Anacardium occidentale*. Also known as cayú, nuez de la India, anacardo, merey, cajú, castaña de cajú, cajuil, caguil, cashew nut or pepa. This tree of Amazonian origin grows in dry regions and produces three different Creole varieties, which

differ in the color of the false fruit (red, yellow y salmon). There are also imported ones, divided according to origin (Trinidad or Jamaica).

**MELAZA:**

It is obtained through the crystallization of cane sugar. The evaporation and crystallization process are repeated three times, at which point a high viscosity is obtained, giving the thick consistency, dark color and sweet caramel flavor of molasses. The syrup is separated from the crystals in a centrifuge and then, using hot water, any residue in the syrup is removed. The sugar crystals are then dissolved in water and re-crystallized in a second stage to produce refined sugar.

**MOJO:**

Sauce or stew made with rooftop herbs. It is used to season meat, fish and vegetable dishes, among others. Mojo is used in other parts of Latin America with other herbs and, in some cases, garlic.

**MORICHE:**

*Mauritia flexuosa*. Also known as moriche palm, aguaje, buriti or morete. It is a large palm tree with a smooth, straight trunk and berry fruit that grows in tropical America. It is consumed fresh or used in beverages, sweets and oil.

**NARANJA OMBLIGONA:**

*Citrus sinensis*. Fruit of the sweet orange tree, one of the most cultivated citrus fruits in Colombia after tangerines and lemons.

**OREGÓN:**

*Plectranthus amboinicu*. Also known as oregano, French oregano, Spanish thyme, Mexican mint, witch hazel oregano, oregano oregano, oregano orejon, pennyroyal oregano and Indian borage. It is a fleshy herb of the Lamiaceae family, very important in the seasoning of Pacific cuisine



**PAN DE ARROZ:**

Rice flour and curd baked doughnut shaped biscuits, traditional from the department of Meta. The rice is soaked the night before and, in the morning, it is drained, ground and mixed with the curd in equal parts to form the dough and baked in a wood-fired or conventional oven.

**PANELA:**

Also known as piloncillo, empanizado, papelón, panocha, chancaca or raspadura. It is produced through the reduction of unrefined sugar cane juice. It is marketed in rectangular or round blocks and in powdered form, depending on the region or country. It is used to sweeten, as a base for *melaos* and sauces, and for *aguapanela*.

**PAPAYUELA:**

*Vasconcellea cundinamarcensis*. Also known as papayita de olor or chilacuán. From the *caricaceae* family, its seedless fruit is used in the preparation of desserts and teas.

**PATACONES:**

Fried slices of green plantain, also known as tostones or fritos in some areas of the Caribbean. To prepare them, the plantain is cut into thick slices that are fried in hot oil until golden brown. Then, they are removed from the pan, flattened with a rolling pin or 'pataconera' and dipped again in the oil until they are well toasted.

**PIACUIL:**

Seashell that inhabits the raiceros and mangroves of the Colombian Pacific. It is used to prepare ceviches, soups and rice dishes, among other traditional dishes. It can be replaced with snail.

**PIANGUA:**

*Anadara tuberculosa y Anadara similis*. Bivalve mollusk, that is to say, its body is protected by a shell formed by two pieces or valves. It is native to the mangroves of the Colombian Pacific. Its extraction is extremely particular, since the "piangueras", as the women who extract the piangua are known, wait for low tide to submerge their bare hands in the mud of the mangrove until they find the mollusk, which is usually buried about 20 to 30 centimeters in the mud.

**PIÑA MAYANES:**

It is considered the juiciest and sweetest Colombian pineapple. It is known for its saw-shaped leaves.

**PIPIÁN:**

It is a thick stew composed of a mashed potato made with a local variety of potatoes colloquially called "coloradas", seasoned with roasted and ground peanuts, garlic, tomato, onion and annatto. It is essential in the gastronomy of Cauca and the department of Nariño as a filling for empanadas and the base dough for tamales de pipián, which are accompanied with a spicy peanut sauce.

**PIPILONGO:**

*Piper Tuberculatum*. Shrub of the pepper family, native to the coasts of Central and South America and inter-Andean valleys. Its rough green fruit has been traditionally used by rural communities to flavor food in a traditional way.

**PIRARUCÚ:**

*Arapaima gigas*. Also known as paiche arapaima. It is an Amazonian fish, known for being the second largest freshwater fish in the world. Its meat is lean and low in fat and is usually prepared on the grill.



**PLÁTANO TOPOCHO:**

*Musa x paradisiaca*. The topocho plantain is a species halfway between the plantain and the cambur, but the taste of the fruit differentiates them. The topocho plant has more resistance to dry weather than other varieties of plantain.

**POLEO:**

*Clinopodium brownei*. It is a lamiaceous herb with an intense minty flavor; used in various regions to season stews and some sausages such as black pudding. It has a very characteristic aroma, intense and somewhat minty.

**PRINGAMOSA:**

*Urera baccifera*. Also known as yuyo. It is used stewed with coconut milk or in omelets, rice and soups. It is an important source of calcium.

**PRONTO ALIVIO:**

*Lippia alba*. It is a plant native to America, of ancestral, medicinal and aromatic use since pre-Columbian times until today. Its cultivation extends from Mexico to South America and the Caribbean region. In Colombia it is cultivated and maintained in gardens, orchards or patios in the Departments of the Caribbean Region (Caribbean Coast), Antioquia, Santanderes, Cundinamarca, Eje Cafetero, Valle del Cauca, Llanos Orientales and Amazonas. It is a perennial herb, with lemon or mint aroma and flowers of different colors.

**SIETE CUEROS CHEESE:**

It is an artisan cheese made with the traditional recipe of spun paste of llanero origin. It is fresh, semi-hard and semi-fat and has a slightly acid flavor. Its texture is smooth and soft, with a round shape and spiral layers.

**TATUCO:**

Guadua or bamboo container for cooking, which adds flavor to food as well.

**TOMATE DE ÁRBOL:**

*Solanum betaceum*. Also known as sachá tomato or tamarillo. It is an Andean shrub of the Solanaceae family, whose fruit is used to prepare juices, jams, marmalades and sauces for meats.

**TUCUNARÉ:**

*Cichla ocellaris*. Also known as pavón. It is a fish native to the Amazon and Orinoco basins. It has alternating black and yellow stripes, a characteristic black circular spot on the tail and reddish color in the lower fins.

**TUCUPÍ:**

*Ommai*, casaramá, catara or black chili. Amazonian ingredient prepared by the women of different indigenous peoples, with the juice extracted from the yucca brava (toxic in its natural state). Through fermentation and long controlled cooking, this millenary ingredient develops a powerful umami flavor, the basis of the seasoning of many preparations in the Amazon region. Women who prepare good tucupi have a highly respected position in their communities.

**ULLUCOS:**

*Ullucus tuberosus*. Also known as ollucos, ollocos, rubas, papalisa or mellocos. It is an Andean tuber of varied shapes and colors. It has a mucilage that gives texture to pickles, stews and vinaigrettes. It is highly appreciated in Andean cuisines.

**VICHE:**

Non-industrial distillate of fermented sugar cane juice. Law 2158 of November 8, 2021 ("Viche Law"), of the National Government of Colombia, recognizes *Viche* and its artisanal derivatives as ancestral beverages, collective heritage of the Afro-Colombian black communities of the Pacific.





**WAI-YA:**

Pepper from the Barasano women's community, indigenous communities of the Amazon and the Sierra Nevada in Colombia. It has been one of the endeavors to keep alive a tradition and ancestral knowledge, which tells the story of how this group sows, cares for and harvests the three varieties of chili that make it up: birdsí, caimán and cauchero.

**YACÓN:**

*Smallanthus sonchifolius*. A plant native to the Andes and belonging to the sunflower family, it produces a tuber with a crunchy texture and sweet flavor. It is refreshing and suitable for eating fresh or in salads. It can also be cooked like a potato.

**YUCA:**

*Manihot esculenta*. Commonly called cassava, aipim, guacamota, casabe, casava or lumu, it is a perennial plant of the euphorbiaceae family, widely cultivated in America, Africa and Oceania. It was the staple food of many indigenous peoples, even hundreds or thousands of years before corn. It is a versatile ingredient used to prepare fine flours, starches, coarse flours, doughs, fermented and fresh beverages, starch pearls, tamales and various doughs.

**ZAPOTE:**

*Matisia Cordata o Quararibea cordata*. Also known as chupa chupa. Greenish brown on the outside and orange on the inside when ripe. Prized for its sweet flavor and aroma, it is eaten fresh directly or in juices and smoothies.









# COLOMBIAN GASTRO- DIPLOMACY AROUND THE WORLD

## Countries having shared the table with Colombia

Algeria, Argentina, Australia, Austria, Azerbaijan, Belgium, Bolivia, Brazil, Canada, Chile, China, Costa Rica, Cuba, Ecuador, Egypt, El Salvador, Finland, France, Germany, Ghana, Guatemala, Hungary, Indonesia, Ireland, Israel, Italy, South Korea, Spain, Jamaica, Japan, Kenya, Lebanon, Malaysia, Mexico, Morocco, Nicaragua, Netherlands, New Zealand, Norway, Panama, Paraguay, Peru, Poland, Portugal, South Korea, Spain, United Kingdom, United States, Jamaica, Japan, Kenya, Dominican Republic, Lebanon, Malaysia, Mexico, Morocco, Morocco, Netherlands, New Zealand, New Zealand, Nicaragua, Norway, UN Geneva, UN New York, Panama, Paraguay, Peru, Poland, Portugal, Russia, South Africa, Spain, Sweden, Switzerland, Thailand, United Kingdom, United States, Uruguay and Vietnam.

## SELECTED ACTIVITIES IN NORTH AMERICA Canada, United States

**Alejandro Cuéllar R. I. P.**, United States.

**Álvaro Clavijo**, UN New York.

**Antonuela Ariza** and **Eduardo Martínez**, United States and UN New York.

**Carlos Ibáñez**, United States.

**Charlie Otero**, United States and Canada.

**Juan Manuel Barrientos**, United States.

**Juanita Umaña R. I. P.**, United States.

**María Buenaventura**, United States and UN New York.

**Oscar González**, United States.

**Paula Silva**, United States.





# SELECTED ACTIVITIES IN CENTRAL AMERICA

Costa Rica, El Salvador, Guatemala, Mexico, Nicaragua  
and Panama

**Álex Salgado**, Guatemala, El Salvador.  
**Álvaro Clavijo**, Mexico.  
**Charlie Otero**, Panama.  
**Diego Marciales**, Guatemala.  
**Elsis Valencia**, Guatemala.  
**Elsis Valencia, Chori Agamez, Eufracia Kuyuedo**, Mexico.  
**Jennifer Rodríguez**, Nicaragua.  
**María Cecilia Restrepo**, Panama.  
**Rey Guerrero**, Costa Rica.  
**Sebastián Pinzón** and **Jaime Rodríguez**, Nicaragua, Panama and Mexico.  
**Verónica Socarrás**, El Salvador.  
**Vicky Acosta**, Guatemala.

# IN THE CARIBBEAN

Cuba, Jamaica and Dominican Republic

**Álex Quessep**, Cuba.  
**Diego Panneso**, Cuba.  
**Elsis María Valencia**, Dominican Republic.  
**Paula Silva**, Jamaica.  
**Verónica Socarrás**, Dominican Republic.  
**Yulián Téllez**, Dominican Republic.





# SELECTED ACTIVITIES IN THE SOUTH CONE

Argentina, Bolivia, Brazil, Chile, Ecuador, Paraguay,  
Peru and Uruguay

**Alejandro Gutiérrez**, Paraguay, Argentina and Uruguay.

**Álex Salgado**, Ecuador and Chile.

**Charlie Otero**, Chile, Peru, Ecuador, Bolivia and Uruguay.

**Diego Campos**, Argentina.

**Diego Marciales**, Argentina, Ecuador and Paraguay.

**Eduardo Martínez** and **Santiago Macías**, Argentina.

**Elsis Valencia**, Ecuador, Bolivia.

**Iván Cadena**, Peru.

**Leonor Espinosa**, Ecuador.

**Manuel Mendoza**, Brazil.

**Óscar González**, Ecuador and Peru.

**Rey Guerrero**, Bolivia, Ecuador and Uruguay.

**Rodrigo Pazos**, Peru.

**Santiago Macías**, Chile and Paraguay.

**Sebastián Pinzón** and **Jaime Rodríguez**, Chile.

**Verónica Socarrás**, Argentina and Bolivia.

**Yulian Téllez**, Paraguay and Chile.





# SELECTED ACTIVITIES IN EUROPE

Germany, Austria, Belgium, Spain, Finland, France, Hungary, Ireland, Italy, Norway, UN Geneva, Netherlands, Poland, Portugal, United Kingdom, Russia, Sweden, Switzerland

**Álex Salgado**, Austria, Finland, Hungary and Poland.

**Álvaro Clavijo**, Spain, France and Portugal, Italy, United Kingdom and France.

**Carlos Ibáñez**, Spain.

**Catalina Vélez**, France.

**Charlie Otero**, Norway, Switzerland, UN Geneva and Turkey.

**Diego Campos**, Finland.

**Eduardo Martínez** and **Antonuela Ariza**, Belgium, Finland, France, Hungary, Ireland, Norway, United Kingdom and Sweden.

**Elsis María Valencia**, Belgium, Finland and Netherlands.

**Jennifer Rodríguez**, Sweden.

**José Luis Rivera**, Switzerland.

**Julián Estrada**, France.

**Manuel Martínez**, Norway, Germany, Belgium, Italy and Turkey.

**María Angélica Bernal**, United Kingdom.

**María Buenaventura**, Switzerland, France, Austria and Germany.

**Paula Silva**, Sweden and Hungary, Ireland.

**Rey Guerrero**, Germany, Belgium, Portugal.

**Verónica Socarrás**, Norway and Switzerland, Russia and Turkey.





# SELECTED ACTIVITIES IN EURASIA and ASIA

China, South Korea Indonesia, Israel, Japan, Lebanon,  
Malasia, Thailand and Vietnam

**Alejandro Cuéllar R. I. P.**, Japan. Korea and Thailand.

**Alejandro Gutiérrez**, Japan and Philippines.

**Álex Nessim**, China.

**Álex Salgado**, Japan.

**Álvaro Clavijo**, Malaysia. Korea. Japan and Vietnam.

**Carolina Jaramillo**, Philippines.

**Charlie Otero**, Israel.

**Diego Panesso**, Israel.

**Leonor Espinosa**, Japan and Thailand.

**Manuel Martínez**, Israel.

**Marcela Arango** and **Camilo Ramírez**, Japan and Indonesia.

**Rey Guerrero**, China, Philippines and Vietnam. Israel.

Lebanon. Azerbaijan.

**Vicky Acosta**, Lebanon.





# SELECTED ACTIVITIES IN AFRICA

Algeria, Egypt, Ghana, Kenya, Morocco and South Africa

**Alejandro Gutiérrez**, South Africa.  
**Álex Nessim**, Ghana.  
**Álvaro Clavijo**, South Africa.  
**Carlos Ibáñez**, South Africa.  
**Charlie Otero**, Algeria, Egypt, South Africa.  
**Diego Panesso**, Kenya.  
**Laura Jaramillo**, Ghana.  
**María Buenaventura**, Morocco and Ghana.  
**Rey Guerrero**, Kenya.  
**Verónica Socarrás**, Ghana.  
**Vicky Acosta**, Algeria and Morocco.

# IN OCEANIA

Australia and New Zealand

**Alejandro Cuéllar Q.E.P.D.**, New Zealand.  
**Álex Salgado**, Australia.





# Colombian Cuisine For The World

Cultural Diplomacy  
And Culinary Diversity

Photo: Felipe Hernández.





Photo: Mateo Chaves.  
Art: Protocolo Cancillería.





MINISTERIO DE RELACIONES  
EXTERIORES

"Black Carimañolas",  
dish made in tribute to  
the artist Enrique Grau, by Charlie Otero  
Photo: Mateo Chaves.  
Art: María Paula Martínez

"IN COLOMBIA,  
GASTRO-DIPLOMACY  
IT IS THE SOFT POWER TOOL  
WITH WHICH WE SHARE  
AN 'HONEST TABLE'  
WITH FRIENDLY COUNTRIES

