InterKulTreff (IKT): Chilean Cooking Course

**Pebre**

**About it**

Pebre is a traditional Chilean sauce, used to add to any traditional Chilean preparation. It is part of the Chilean identity.

**Ingredients (4 person)**

- 2 Tomatoes
- 1 white onion, finely chopped
- 1 small chili
- 2 SP white vinegar
- 2 SP chili sauce
- 3 garlic cloves
- Coriander or parsley, salt, pepper, oil

**Preparation**

- (Optional) Reserve chopped onion in hot water with some sugar to eliminate the sulfuric from the onion for around 10 minutes. Wash the onion.
- Peel and chop garlic and tomatoes, remove the center of the chili and chop chili and coriander.
- Mix all the ingredients adding the sauce, vinegar, salt, pepper and oil.
- Try the result and add more dressing if needed.
- Reserve so the flavors mix better.
- Serve on bread or add to empanadas.

**Tomate relleno**

**About it**

Tomate relleno is a versatile summer season salad. The filling depends on the creativity of the chef.

**Ingredients (4 person)**

- 4 medium tomatoes
- ½ onion, finely chopped
- ½ can corn
- 1 can tuna
- Mayonnaise, pepper, salt, oil, coriander or parsley
- Lettuce leaves

**Preparation**

- Remove upper part of the tomato, remove center of tomato.
- Mix in a bowl, the center of tomato in pieces, corn, tuna, onion, mayonnaise, chopped coriander, pepper, salt, and oil. Fill the tomatoes with the mix. Serve cold over a lettuce bed.
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Empanadas

About it
Empanadas is a Latin American preparation, whose filling can vary from country to country. In Chile, the filling is called Pino and has a Mapuche origin. The Mapuche are a group of indigenous inhabitants of south-central Chile and southwestern Argentina.

Dough Preparation

- Make a volcano with the flour, then mix the flour, with salt and baking powder.
- Melt the butter and add it to the warm water.
- Add a bit of the water and butter to the center of the volcano, and with a spoon mix. Repeat until the water and butter are over.
- Knead the dough until it becomes flexible.
- Turn the dough out onto a floured surface, and roll into desired thickness (1/2 cm) before cutting. Cut into circles of a bread plate size.

Pino Preparation

- Fry the chopped onions in a pan with a spoon of oil. Once the onions are transparent, add the chopped garlic, stir. Reserve.
- Fry the meat in a pan with two spoons of oil. When the meat is ready, add the onions, paprika powder, cumin, salt, pepper, merkén and white wine. Let it cold.
- Cut the eggs, once they are hard boiled.

Dough ingredients (20 small size empanadas or 12 medium size empanadas)

- 1 kg Flour
- 200 gr butter
- 500 ml warm water
- 1 SP salt
- 1 SP white wine
- 1 TSP baking powder
- 1 egg

Pino Ingredients (20 small empanadas or 12 medium size empanadas)

- 750 gr ground meat
- 3 white onions, finely chopped
- 2 cloves garlic
- ½ cup white wine
- 1 ½ SP paprika powder
- 1 ½ SP cumin
- 20 olives
- 5 hard-boiled eggs
- Oil, salt, pepper, merkén (smoked chili pepper)
Empanadas Preparation

- Put a big spoon of Pino into the center of dough. Add a piece of boiled egg and an olive. Put a bit a white egg around the dough and close the empanada. Add yolk egg on top and put into the oven at 180°C for ½ hour.

Vegetarian filling ingredients (20 small size empanadas)

- 450 gr cheese
- 1 or ½ can corn (as preferred)
- 1 can mushrooms or 1 package of fresh ones
- 1 egg
- Sesame seeds

Vegetarian filling preparation

- Cut the cheese in cubes. Mix in a bowl the cheese, 1 white egg, corn and mushrooms (if you use the fresh ones cut them in thin slices) or any preferred vegetables.

Empanadas Preparation

- Put 2 big spoon of the mix into the center of dough. Put a bit of white egg around the dough and close the empanada. Add yolk egg on top and seeds and put into the oven at 180°C for ½ hour.
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### Chilenitos (20 chilenitos)

**Chilenitos Preparation**

- Mix flour, baking powder, melt butter, eggs, and vinegar.
- Turn the dough out onto a floured surface, and roll into circles, by cutting with a glass and use a fork to make small holes in the circles. The dough should be as thin as possible (1 or 2 mm).
- Bake the circles at a hot oven 180°C during 6-8 minutes.
- Once the circles are cold put manjar between two layers, put powder sugar on top.

**Ingredients (20 chilenitos)**

- 2 cup flour
- 1 TSP baking powder
- 2 SP butter
- 1 egg and 2 yolks
- 1 ½ SP vinegar
- ½ kg manjar (see the separate recipe)
- Powder sugar

**About it**

These sweets are typical from the central zone of Chile, especially in La Ligua sector.

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### Manjar (400 ml)

**Ingredients**

- 1 can sweetened condensed milk (e.g. Milch Mädchen Nestle)
- Boiling water

**Preparation**

- Remove the tag from the can.
- Put the can into a pan with boiling water, to medium temperature and cook for two hours.
- Remove the hot water carefully and wait until the can get cold to open it.
- IMPORTANT! Do not open the can while it is hot, because of the pressure the content could be release and burn you.

**About it**

Manjar is a milk caramel that is also present in other Latin American countries by the name of Dulce de Leche, Manjar Blanco, Arequipe or Cajeta.

In Germany, it is very hard to find ready manjar, but the ingredients to prepare it are easily available.

There are a few ways to prepare manjar. We choose a method that required less work from you.