



from the
cortina
to the
cocina



Beloved recipes from the Argentine tango community

assembled by Dagny Arizona Miller



The Argentine tango community is filled with people who sometimes see each other twice a day. They are there for the big accomplishments, support during low times, and laughter during the everyday banter. Over time, these people have become an international family, and like with many families, have traditions and stories worth preserving.

I have put together this cookbook to celebrate the multitude of backgrounds that make up this family, and home away from home for so many.

♡ Dagny





Filipino Fruit Salad

Philippines

Submitted by Dagny Miller

Filipino Fruit Salad means the marking of a special occasion to me. Best of all, it is quick and easy to make. Actually, it takes longer to find the ingredients than to make the dish. This recipe wasn't written down before I wrote it for an anthropology class which is partly what inspired me to collect all of these family recipes. We make it by taste. Every family has their own way to make it, which is usually influenced by the region where they live.

Ingredients:

1 12 oz jar coconut palm (Kaong)
1 12 oz jar coconut gel (Nata de Coco)
1 12 oz jar coconut strings
1 15 oz can jackfruit in syrup or water, shredded
1 20 oz can Fruit cocktail in pear juice

Sauce:

1 can condensed milk
2 8 oz packs cream cheese, softened
Juice of half lemon
1/4c milk if needed

almond slivers, toasted

Directions:

Cut up whole jackfruit pods into strips. Drain jars and cans of fruit into a mixing bowl, Discard juices.

Blend condensed milk, cottage cheese, add lemon juice to neutralize sweet taste of milk, add 1/4c milk to thin out sauce, if sauce is too thick or sweet.

Stir sauce into fruit in a large bowl and serve with toasted almonds.

Can be eaten almost frozen, or cooled from the fridge.





Oxtail soup

Korea

Submitted by Hyeongmi Kim

This is one of the most traditional Korean dishes that has health / medicinal benefits. (bone broth became a trend in the last few years in the US, but Koreans have had this for a long time). As a Korean who was born and raised in Japan, eating traditional dish like this comforts me and reminds me of being Korean, in addition to great taste and health benefits. And this is the soup when I want to boost my energy.

Ingredients:

3-4 pounds of oxtails
3-4 cloves of garlic
a few slices of ginger
daikon radish
green onions
salt and pepper

Directions:

1. Soak oxtails in cold water for 20 mins > Drain and add water > Repeat this for 3 times (Total for an hour)
This draws out the blood from ox tails. And you can cut off excess fat from oxtails once they are ready to cook.
2. Put oxtails in a large pot, add water (about 3.5 L), and boil for 4 hours. Use a strainer to discard all impurities. Add some water (a cup or two) if needed.
3. Separate oxtails from soup and put them in a fridge for a night. Next day, you will see fat separating from the soup so you can get rid of the fat.
4. Put oxtails back into the soup, add garlic, ginger, and sliced daikon radish pieces after the soup is boiled and cook for 20-30 mins.
5. Add salt and pepper and sliced green onions.





Spinach with sesame Japanese style

Japan

Submitted by Keiko Kato

It is typical home vegetable dish. You can have this with any other main course not limited with Japanese food. Very healthy and tasty with a lot of vitamins and iron. My recipe is slightly different from standard one.

Serving for 6-8 - this is an appetizer

Ingredients:

2 bunch of spinach
salt
soy source
lemon
toasted sesame (you can buy it at the Japanese grocery stores.)
sesame oil

Directions:

1. Boil the water with one teaspoon of salt.
2. Put washed spinach and almost immediately pick up them from the boiled water (it depends how soft spinaches are.)
3. Put them in colander and cool them down with running cold water.
4. Squeeze them by hand to remove water. - do not remove water completely - you should remove water almost all but keep a touch. If you don't keep a touch of water, the final product will be too dry.
5. Cut them in small pieces.
6. Add 1-2 spoons of soy sauce and lemon juice from 1/4~1/2 of lemon.
7. Mix them well.
8. Add one spoon of sesame oil and one handful baked sesame, and mix them well.
9. Assort them on the bowl and add some sesame at top.





Beata's Mom's Ruskie Pierogi

Russia

Submitted by Beata Zdanowska

This is a signature happy dish growing up, and the first meal my Mom would make for me to greet me at home whenever I would go to visit my parents. It means nothing less than Mom's Love to me!



Stuffing:

1.5 cups of dry Farmer's Cheese (no liquid in the cheese)
1.5 cups of mashed Yukon Gold potatoes (do NOT use any liquid for mashing!)
½ of medium onion, chopped into very small dice, sautéed golden brown on butter
Salt (farmer's cheese may be salty!), black pepper

Mash the cheese with potatoes using potato mashing tool; add sautéed onion and S&P to taste

Dough:

3 cups of white sifted flour
Approximately 1 cup of lukewarm water (make sure it is not hot)
¼ cup of sparkling water

On the large flat surface, make a flour 'mountain' and dig a hole right in the center. Using a fork, keep adding the warm water in very small amounts, while constantly mixing the flour incorporating it all into a sticky ball, add the sparkling water at the end. When the dough starts forming, keep kneading using hands, adding more flour if necessary, to keep the dough from sticking to hands and surface. The dough is ready when it holds together, looks smooth al around and it does not stick any longer. Cut the ball into 2-3 smaller pieces.

Using the rolling pin, roll out the dough on a floured surface to about 5 millimeters thickness. Cut small circles using a glass or a cup. Put a tablespoon of the stuffing in the center of the circle and close the edges very tight (you can brush a tiny bit of water on the edge, if the dough is too dry). Get creative with the edges J

Boil salted water in a large pot, add few pierogies at the time to a boiling water making sure they do not stick to the bottom. Using a wooden spoon, mix the perogies very gently until they





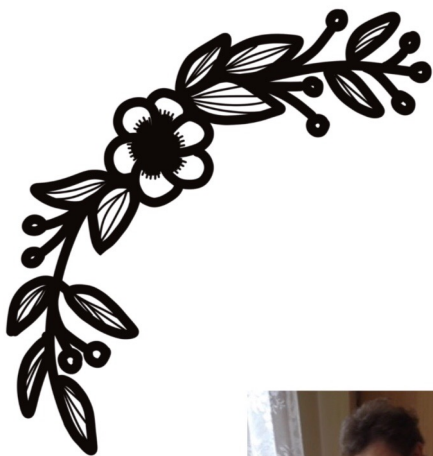
Start coming up to the surface. Cook for about 8-10 min from that point on. They are ready when soft to the touch. Fish them out and drain in a colander. Keep cooking batch by batch in the same pot.

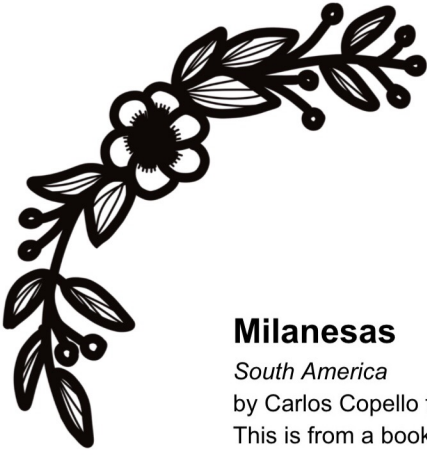
The trick is to make a soft, thin dough and stuff it with a healthy spoonful of stuffing (the stuffing must be hard) and make each pierogi the same size J It is impossible to measure the exact amount of water flour ratio, it is all "in the fingers" as Mom would say, "You have to feel the dough for softness and pliability. It's a labor of love." J

Serve perogies sprinkled with diced, browned fresh bacon and bacon fat (not the smoked type!) and sour cream on the side.

The second favorite way to serve them is using the cold pierogi, cut horizontally in half and browned in a frying pan on butter until golden brown on both sides. Serve with sour cream on the side. Heaven!







Milanesas

South America

by Carlos Copello from Tango School Carlos Copello

This is from a book project started in 2003 by Batt Johnson called "Cooking con Copello"

Ingredients:

1 Kilogram of Veal. Buttock is the name of this cut in Argentina. Cut into four millimeter pieces.

3 eggs

4 tbsp of milk

garlic

parsley.

Season with black pepper, salt, ground pepper and cumin.

Breadcrumbs 1 Kgs

Directions:

*Put four tablespoons of milk in a bowl with three eggs and stir very well. Add the chopped parsley, chopped garlic.

In that same bowl, place the meat. Stir it to season, and leave it in the refrigerator all night.

*The next day they are ready and very well seasoned.

In a deep plate put the meat and pass through the breadcrumbs one by one. For the bread to adhere to the meat, it is necessary to press them well with the palm of your hand.

*It is now ready to fry it in an aluminum skillet. Add a good quality oil, covering the meat. Turn on the heat, make it hot enough to fry on both sides. When you take it out of the oil, put it on white paper to absorb the oil.

*Garnish: Two fried eggs, french fries

Before eating the Milanese add some droplets of lemon. Aaaahhhh!

Tango School Carlos Copello





Batt Johnson's Veggie Bean Soufflé Casserole Stew Soup Thingie

American
Submitted by Batt Johnson

I have changed my eating habits to a near plant based diet and I am very happy because of it. This is taking me back to my roots because I was born on a farm in Olympia, Washington and my Dad was an incredible farmer. The earth, the earth, the earth has and will feed us..."IF" we take care of it.

Ingredients:

BEANS 1. Chickpeas (garbanzo) 2. Lentils 3. green lentils 4. black lentils 5. peas 6. kidney beans 7. black beans 8. soybeans 9. pinto beans 10. navy Shrimp (shelled, deveined, precooked, comes in a frozen package.) Take about 20 pieces, thaw in warm water, cut into thirds. Add after the thick vegetables have cooked.	VEGETABLES Peas Spinach Kale Collard greens Arugula Broccoli Carrots Mushrooms Okra Brussels sprouts Red cabbage Beets Leeks Artichoke Asparagus Green beans Corn Radishes
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Instructions:

I start with a half a cup of five or six or more of beans. Wash them five or six times and soak them in a large pot overnight with about two inches of water above the beans. This prevents gas.





Next day change the water, add salt & pepper, a bottle cap of vinegar. Cook for 1 1/2 to 2 hours. Add water as needed depending on how thick you want it. Add the thickest vegetables first and cook for another hour on low heat.

Cut the vegetables to bite size and add to the beans, the thickest vegetables first. Cook another half hour to one hour more on low heat. I rotate 6-10 different beans and vegetables so I don't get bored and my system doesn't get too accustomed to the same thing.

This is an incredible meal which was inspired by a Weight Watchers program that I modified. In 10 months I lost about 24 pounds, with more to go.





Chicken adobo

Philippines

Submitted by Marc Dee

Ingredients:

3 lbs chicken pieces
1/4 C vinegar
1/4 C + 2 T soy sauce
3-4 garlic cloves minced
1/8-1/4 t black peppercorns
1-2 bay leaves

Instructions:

Mix and cook at low-med heat for 45 minutes





Grandma Mary's Famous Cookies aka "Gram's Famous Cookies"

Polish

Submitted by Corin Lee Girard

These cookies were always the first thing people would ask about when they came over. My gram is Polish and often cooked traditional food but she also always kept the cookie jar full with these cookies. I don't know where she got this recipe but I think she probably made it up over the years (she made them from memory), perfecting it as she went along.

A photograph of a recipe card for "Chocolate Chip and Oatmeal cookies". The card is held by two red binder rings on the left. It features a list of ingredients and instructions, with a small inset photo of a person mixing ingredients in a bowl. The card is decorated with black wavy lines at the top and bottom.

Chocolate Chip and Oatmeal cookies

- 1 cup butter
- $\frac{3}{4}$ cup sugar
- 1 cup brown sugar
- 2 eggs

Mix these together.

Add:

- 1 tsp baking soda
- (pinch of salt is optional)
- 2 $\frac{1}{2}$ cups flour
- 2 cups oats
- 1 package chocolate chips
- 1 cup ground walnuts
- 1 cup coconut

Cook at 375°F for 10 minutes or slightly more.

A small, square, black and white photograph showing a person with long hair, wearing a light-colored shirt, sitting at a table and mixing ingredients in a large metal bowl with a spoon.



Chili

American

Submitted by Adam Hoopengardner

The Chili has been a family staple since childhood. My dad would make it every once in a while and it always tasted better after a day or two.

Ingredients:

15 oz can of either tomato purée, sauce, or leftover spaghetti sauce
12 oz water
1 lb ground meat
15oz. can of kidney beans
¼ c uncooked Hershey's Chocolate
1 TBSP Chili Powder
1 TBSP Cumin
½ TSP salt

Directions:

Cook ground meat and add the cumin, chili powder and chocolate, stirring as it cooks. Don't walk away. The tomato sauce with added water and drained kidney beans need to be cooking at medium heat, stirring occasionally.

When ground meat is browned, drain the grease and add meat to the tomato sauce.

Turn heat down a little and keep watching and stirring for an hour.

Taste it, add more cumin and chili powder if you desire.

Let it cook another hour, as it cooks down it will thicken. Keep stirring. Done when you think it is.

Always better the next day!





The Poor Man's Supper

American

Submitted by Adam Hoopengardner

The poor man's supper is a quick meal. Hence the name. I think my dad invented it but I'm not 100% sure.

Ingredients:

½ lb ground meat
1.5 c elbow macaroni
1 can of Campbell's Tomato Soup
1 TBSP garlic powder
salt to taste
parmesan cheese

Directions:

Boil elbow macaroni while cooking the ground meat.

Add garlic powder to meat.

Drain meat, add can of tomato soup and then macaroni after you drain it. Mix it up.

You're done! Oh add parmesan cheese if you want!





Murt's Macaroni and Cheese

American

Submitted by Adam Hoopengardner

The Mac and cheese was my father's adopted mother's recipe so its been in the family for awhile and it's always delicious.

Ingredients:

1.5 c elbow macaroni

2.5 c cheese (Do not use packaged grated cheese, grate it yourself)

-I suggest using cheddar and swiss, but if you can afford it get some fontina.

8 oz Philadelphia cream cheese

flour

butter

Directions:

Make a rue using flour, butter or margarine.

Add up to 2 cups of milk and the cream cheese constantly stirring and add salt and taste, constantly stirring.

Remove pan from stove. Drain macaroni noodles.

Add the cut-up swiss and cheddar cheese to the macaroni stirring as it melts, then add the rue, stir and put in a casserole dish not covered.

Bake for 15 minutes, remove and stir, then cover with more cheese on top.

Put back in oven for 12 minutes uncovered. Done.





Ajiaco (Chicken and Potato Soup)

Columbia

Submitted by Elkin Guerra Nájar adapted from Kitchn

The only thing is unnecessary is the cilantro and what's a replacement is Creole potato that is really hard to find out of the country. Is important this recipe because is from where I'm from and represents a lot the flavors and the things we eat in my culture. Besides is the only recipe that I can cook abroad easily

Serves 6 to 8

Ingredients:

2 large chicken breasts, bone-in and skin on (about 1 1/2 pounds)
1 large yellow onion, roughly chopped
5 cloves garlic, roughly chopped
1 tablespoon coarse salt
1 tablespoon freshly ground pepper
2 tablespoons olive oil
4 cups chicken stock
1 1/2 pounds mixed potatoes (red, yukon gold, and russets), peeled and cut into bite-size chunks
2 to 3 ears fresh corn, cut crosswise into quarters, or 1 1/2 cups frozen corn kernels
1 bunch cilantro, with stems, washed very well and tied with twine
1 bunch green onions, washed and tied with twine
2 tablespoons dried guascas

Toppings:

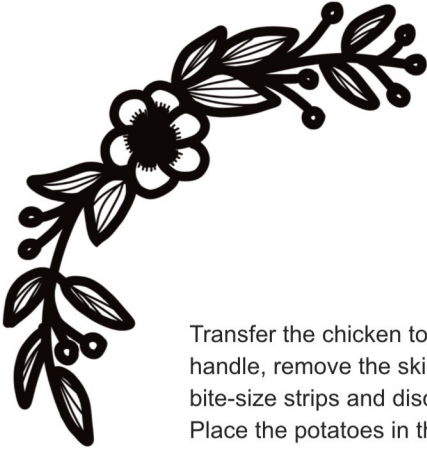
2 avocados, pitted, peeled and thinly sliced
1/2 cup crema Mexicana, sour cream or crème fraîche
1/2 cup chopped cilantro leaves
2 tablespoons drained capers, chopped

Instructions:

Place the chicken in a glass or ceramic dish. Top with the onion, garlic, salt and pepper. Cover, and refrigerate for 8 to 24 hours.

Heat the olive oil in a heavy 4-quart lidded pot, like the Chambaware pot or a Dutch oven, over medium-high heat. Add the chicken with its marinating bits and brown each side, about 6 minutes total. Pour in the stock and raise the heat to high. When the mixture boils, lower the heat to medium-low, then cover and simmer. Cook until the chicken is tender, about 30 minutes.





Transfer the chicken to a platter, reserving the cooking liquid in the pot. When cool enough to handle, remove the skin from the chicken and discard. Cut or tear the chicken breasts into bite-size strips and discard the bones.

Place the potatoes in the pot with the leftover cooking liquid and set over medium heat. Cover and cook for about 5 minutes.

Add the corn, the bunch of scallions, the bunch of cilantro, and the guascas. Simmer with the lid on for 20 minutes, or until potatoes are tender but not overcooked. Remove the cilantro and scallions and return the chicken to the pot. Simmer another few minutes until the chicken is warmed through.

Ladle the soup into individual bowls and place the toppings on the table to be passed around.





Chicken Paprikash

Hungarian

Submitted by Edit Fasi

Ingredients:

5 chicken thighs (or drumsticks)
2 medium red onion
5 pieces of garlic
oil (as much as you like to saute the onion in)
3 or 4 tablespoon Hungarian paprika powder
salt
pepper

Dumpling
2 eggs
1 cup flour
2 oz water
salt
some oil in boiling water

For Serving
sour cream
white bread
pickles

Instructions:

Dice onion to small squares and saute it in oil until the onion is see through.

Take the pot off of the flame and add 3 or 4 tbsp Hungarian paprika (I use about 2/3rd mild and 1/3rd hot paprika), salt and pepper as much as you like. Stir the spices with the onion – you should get a dark red somewhat dry matter. Add a tiny bit of water (2 tbsp) and put the pot back over to the flame. Immediately add the chicken thighs and sizzle them for about 3-5 minutes, until they bake a little.





Add the chopped garlic and as much water that the water just covers the chicken.



The chicken will give more water while they cook, so if you don't like lots of liquid add less water – but enough for the chicken to cook.

Turn down the flame to very low (I use 2.5 – not sure what temperature that is) and cover the pot.



Cook the chicken under the lid for about 30 minutes then turn each piece. Cook for another 30 minutes. After an hour of cooking you can check whether the chicken is cook through thoroughly – I usually like to see the meat separating from the bones. This depends what part of the chicken you use: drumsticks cook quicker than thighs.





Dumpling

Stir the two eggs with little salt in a mixing bowl.

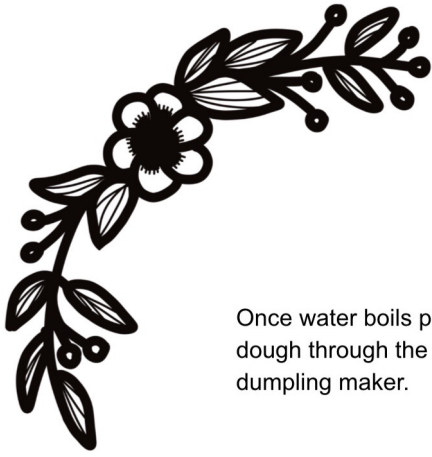


Boil water in a pot with little oil.



Add flour one spoon at the time to eggs and constantly mix it until all lumps and bumps are gone. When the dough gets too thick add a bit of water at the time.





Once water boils put the dough through the dumpling maker.



Cook the dumplings for few more minutes in boiling water.



Strain dumplings and it's done.

Serve the chicken paprikash with its sauce over the dumplings and add lots of sour cream on top of the chicken. Some people pre mix the chicken with the sour cream – I like to keep them separate because I am making a big pot for few days. I am warming up the sour cream with my plate. Buon Appetite!





food is the
ingredient
that binds
~~us~~
together

