

INSTRUCTIONAL TEXTS: RECIPES + EXERCISE

Instructional texts teach you to do things. Recipes are a good example, as well as instructions. Let's work!

Focus: textual analysis and cultural insights. Notice the structure—layout with a list of ingredients and then an explanatory paragraph. Notice the language—use of imperatives and omission of certain words.

Exploitation: *Reading* (two recipes) + *Vocabulary* (working on vocabulary: list verbs connected to cooking: which are for ways of cutting?, of cooking?, of handling food?) + *Writing* (a recipe for *Empanadillas* and *Paella*, + preliminary comment) + *Speaking/Listening* (explaining to classmates).

SAMOSAS

<http://www.gumbopages.com/food/indian/samosas.html>

Comment: I love these spicy potato-and-vegetable-filled pastries! This particular recipe is for East Indian-style samosas. I got it from Ski Sotero (a.k.a. "mopus-box"), who got it from an Indian woman.

For the pastry:

2 cups all purpose white flour
1/2 teaspoon salt
4 tablespoons olive oil
4 tablespoons water

Place the flour and salt in a bowl. Add the 4 tablespoons of oil and mix. After it's mixed in well, add water until the dough forms a ball. Knead for 10' until dough is smooth. Rub dough ball with oil, slip into plastic bag and set aside for 30' to rise. Knead again and divide into 8 balls. Roll out a dough ball until it is 7" in diameter. Cut in half and form a cone, making a 1/4" overlapping seam. Glue the seam together with a little water. Fill with 2-3 tablespoons of filling. Close the outer seam with a fork. Repeat for 2nd half. Repeat for remaining 14 samosas. Deep fry in peanut oil at 375F till golden brown.

For the Filling:

4-5 medium potatoes boiled in jackets & cooled
4 tablespoons oil
1 medium onion, finely diced
1 cup fresh peas
1 tablespoon grated ginger
1 fresh hot green chili, minced
3 tablespoons cilantro, very finely chopped
3 tablespoons water
1-1/2 teaspoons salt
1 teaspoon coriander seeds, toasted briefly
1 teaspoon *garam masala* (a mixture of hot spices typically used in Indian cooking)
1 teaspoon cumin seeds, toasted briefly
1/4 - 1/2 teaspoon cayenne pepper
1 tablespoon lemon juice

Peel potatoes and cut into 1/4" dice. Heat oil in pan. When hot, put in onions, fry until browned at edges. Add peas, ginger, green chili, fresh cilantro, and water. Cover and simmer until peas are cooked. Check frequently so that the peas don't dry out; add water if they are. Add potatoes, salt, coriander seeds, *garam masala*, cumin, cayenne and lemon juice. Cook for 3-4 minutes. Check balance of lemon & salt; adjust seasoning. Let mixture cool & add to the samosa pastry.

PAELLA

<http://www.gumbopages.com/food/spanish/paella.html>

Comment: I love paella, and I find it fascinating. Seems to me that this is the origin of our own jambalaya. There's a west African dish called Jollof Rice, and these two influences probably played a big part in the development of what we in Louisiana now know as jambalaya. This recipe was posted by Chef John Eddy, who says, "I came by this recipe about 15 years ago when I was

working in Baghdad at a Mediterranean restaurant. Buen Appetito! If you're wondering ... it's pronounced /pa'eija/.

A 1-1/2 to 2 pound live lobster
6 - 8 medium sized raw shrimp, in shell
6 small hard-shelled clams
6 mussels
3 links Spanish *chorizo* (sausages)
1 whole chicken, cut in 12 pieces
2 teaspoons salt
freshly ground black pepper
1/2 cup olive oil
3 ounces lean boneless pork, cut in 1/4 inch cubes
1/2 cup onions, finely chopped
1 teaspoon garlic, minced
1 medium sweet red pepper, cut in strips
1 large tomato, peeled, seeded & chopped
3 cups medium grain rice
1/4 teaspoon freshly ground saffron (grind threads in a mortar)
6 cups boiling water
1/2 cup fresh peas
6-8 lemon wedges

Cut up the lobster, removing the stomach and intestinal vein. Set aside. Clean and devein shrimp, leaving tails intact. Scrub clams and mussels well, and remove the "beards" from the mussels.

Place sausages in frying pan and prick them with knife. Add water to cover completely and bring to the boil. Reduce to simmer and cook for 5 minutes. Drain, cool and slice into 1/2 inch rounds.

Season chicken with 1 teaspoon of salt, and black pepper. Brown chicken in 1/4 cup of olive oil till it becomes a rich golden brown. Remove to plate. Add the lobster to the oil remaining in the frying pan and cook 2-3' till pink. Lightly brown sausage slices in same fashion. Make *sofrito* by discarding fat remaining in frying pan and add remaining 1/4 cup olive oil. Add pork, garlic, onions, pepper strips and tomato. Stirring constantly, cook briskly until most of the liquid in pan evaporates and the mixture is thick. Set aside.

Preheat oven to 400°. In a 14-inch paella pan, combine the *sofrito*, rice, the remaining 1 teaspoon salt and the saffron. Pour in the boiling water, and stirring constantly, bring to the boil over high heat. Remove the pan from heat and taste to correct seasoning.

Arrange the chicken, lobster, sausage, shrimp, clams and mussels on top of the rice and scatter the peas at random over the whole. Set the pan in bottom part of oven and bake uncovered for about 30 minutes or until all liquid is absorbed. At no point should the paella be stirred after it goes in the oven.

When the *paella* is removed from oven, drape a kitchen towel loosely over the top and let it rest for 5-8 minutes. Garnish with lemon wedges and serve at the table directly from the pan.

Note: Vary the combinations of chicken, meats and shellfish, if you like, to suite your taste. We often used rabbit to replace the chicken ... with delicious results.