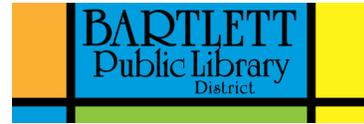


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### **Getting a taste of South American cuisine with Chef Michael Maddox**

On Thursday, Jan. 11, the Bartlett Library's meeting room was packed with 30 patrons enjoying the flavors and smells of South American cuisine.

Patrons were able to enjoy learning how to cook three recipes during the program: Chupe (Peruvian national seafood chowder), ajiaco (Criollo meat and vegetable stew) and for desert a South American influenced dark chocolate, caramel and banana bread pudding.

When Chef Maddox was preparing all of the dishes, he walked around with the pan to show patrons what the food look and smelled like. There were many sounds of appreciation as the aromas wafted through the room.

Here is a breakdown of ingredients and cooking methods provided at the program:

#### Chupe ingredients:

- ½ lb. peeled and de-veined shrimp, cut in half
- ¼ lb. white fleshed fish (ex: cod or corvine)
- 3 pints chicken stock
- 1 tbsp olive oil
- 3-4 garlic cloves, smashed
- 3 celery stalks, small diced
- 2 onions, minced
- 1 red pepper, small diced
- 1 green pepper or poblano, small diced
- 1 yellow pepper, small diced
- 1-2 corn on the cob, kernels removed and roasted
- 2 bay leaves
- Pinch of allspice, ground
- 1 tsp cumin, ground
- 2 tbsp converted rice
- 2 cups of whole milk
- ¼ cup of heavy cream or evaporated milk
- Salt and pepper
- Garnish with chopped parsley

Chupe cooking method:

- Poach shrimp and fish in the chicken stock for a few minutes just until they're partially cooked. Remove seafood and set it and the stock aside separately.
- In a pot, heat the olive oil and brown the garlic. When well-browned, discard the cloves.
- To the now flavored oil, sauté the onions until soft then add the celery until soft.
- Add peppers and sweat the food. Add the roasted corn kernels.
- Meanwhile, in a sauté pan, toast the allspice and cumin together until nutty and aromatic.
- To the vegetables, add the toasted spices, bay leaf, rice and strained stock. Simmer until rice is tender.
- Add the milk and cream/evaporated milk and simmer 5-8 minutes.
- Add back the seafood, simmer 5 minutes or until seafood is just to the point of being done.
- Season with salt and pepper.
- Toss in chopped parsley and serve immediately.
- Serves 4-6

(Optional) An egg per person can be dropped into each person's bowl, and swirled in while very hot if desired.

Ajiaco ingredients:

- ¼ cup olive oil
- 1 lb. beef stew meat or chicken
- 1 lb. chorizo
- 1 large onion
- 4 cloves of garlic, minced
- 2 green bell peppers, seeded, de-ribbed and coarsely chopped
- 2 cups water
- 2 cups beef stock, chopped into 1-inch cubes
- ½ cup dry red wine
- 2 ears of corn, husked and quartered
- 2 green plantains, peeled and quartered
- 1 medium yucca, peeled and coarsely chopped
- 1 cup malanga or red/yellow potatoes, peeled
- 4 tomatoes, quartered
- ½ cup fresh parsley, minced
- Salt and pepper
- Rice pilaf

Ajiaco cooking method:

- Heat oil, add meat and sausage, stir until brown.
- Add onion, garlic and green pepper, sauté until tender.
- Add water, beef stock and red wine. Bring to a boil, stirring occasionally.

- Once at a boil, add corn, plantains, yucca, malanga and tomatoes. Stir well, cover and simmer for 30 minutes, stirring occasionally.
- Serves 8

Chef Maddox explained that ajiaco “is a common rural peasant soup of Colombia and Cuba. The dish is typically made with chicken, three types of potatoes and herbs. In Cuba, it is prepared as a stew but in Colombia it is prepared with unique preparations including beef, pork and chorizo.”

South American influenced dark chocolate, caramel and banana bread pudding ingredients:

- 1 cup sugar
- 1 tbsp butter, melted
- 3 eggs
- 1 ½ cup heavy cream
- 3 tbsp milk, whole or 2%
- 1 tsp vanilla extract
- ¼ cup chocolate chips
- ¼ cup raisins or other dried fruit
- ¼ cup banana pieces
- ½ cup dark mango rum
- 1 tsp Spanish vanilla
- 4-5 cups French bread, donuts, Danishes or other stale bread, diced into 1” cubes
- Oven at 350 degrees

South American influenced dark chocolate, caramel and banana bread pudding cooking method:

- Combine all ingredients except bread in large bowl and whisk well.
- Add bread cubes and press to soak.
- Let rest for 15 minutes.
- Toss well and pour into buttered and papered baking dish.
- Bake in a bain-marie, covered, with parchment for 45-60 minutes.
- Remove from oven when top is springy yet firm.
- Let rest and chill, best is overnight.
- Slice cold and serve warmed with caramel sauce
- Makes one loaf

When all was said and done, patrons were able to sample all of the delicious dishes, eagerly tasting everything. Everyone was very appreciative of the instructions and samples, and they got to go home with an instruction sheet so they can replicate the dishes at home.

If you missed this program, an upcoming Adult Services program at the Bartlett Library is “Magic and Medicine in Ancient Egypt” on Tuesday, Jan. 17 at 7 p.m. Egypt was renowned for its magical and medical lore. Scholars traveled from afar to learn the wisdom of its priestly scholars. The categories we label as magical or medical were not nearly as distinct in Egypt as we believe them to be in the modern world. This program is presented by Foy Scalf of the Oriental Institute of the University of Chicago.

There will be a \$25 gift card given out in a drawing at the “Magic and Medicine in Ancient Egypt” program, so make sure to stop by!

For more information and a complete listing of scheduled programs, call 630.837.2855 or visit [www.bartletlibrary.org](http://www.bartletlibrary.org).

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*The Bartlett Public Library District, located at 800 S. Bartlett Rd., provides programs and services to meet the needs of the community. For more information and a complete listing of scheduled programs, call 630-837-2855 or visit [www.bartletlibrary.org](http://www.bartletlibrary.org).*