

Recetas

En esta sección encontrarás deliciosas y sencillas recetas que quedan perfectas con un ingrediente especial. DeliSal!



Mini sopes con carne deshebrada

Ingrediente principal:

Porciones:

Tiempo de preparación:

Dificultad:

Búsqueda

Botanas

Pan

Salsas

Carnes

Pasta

Mariscos

Postres

Ingredientes

- Papas 3 k
- Cebollas 2 k
- Huevos 7
- Sal y pimienta c/n
- Perejil c/n
- Chorizo colorado 1
- Aceite de oliva 4 cdas

Procedimiento

Pelar y cortar las papas en rodajas finas. Lavar y secar.

Pelar y cortar las cebollas en rodajas finas.

Cocinar las papas al horno.

Batir los huevos ligeramente, salpimentar y agregar las papas y las cebollas. Mezclar e incorporar el perejil picado y el chorizo colorado cortado en rodajas finas.

Calentar una sartén con el aceite de oliva, agregar la preparación de huevos, papas y cebollas. Bajar el fuego y mover la sartén con movimientos circulares para que se cocine en forma pareja. Luego de 2 o 3 minutos, dar vuelta y cocinar del otro lado.

Recipes

In this section, you will find delicious and simple recipes that go perfect with one special ingredient... DeliSal!



Mini sopas with meat

Main ingredient:
Serves:
Preparation time:
Difficulty:

Ingredients

Non-stick cooking spray
1 (450 g) packet frozen puff pastry, thawed
70 g cajeta or thick caramel sauce
115 g finely grated Monterey Jack cheese
60 g pineapple, peeled and diced in 1 cm cubes
2 eggs, beaten and blended with 1 tbsp water
Plain flour, for dusting
2 tbsps demerara or light brown sugar
Special equipment: a 7½ cm round cookie cutter
or a clean 7½ cm diameter can with the top
removed

Method

Preheat the oven to 180 degrees C. Spray a large baking sheet with nonstick cooking spray. Unfold 1 sheet of puff pastry on lightly floured surface. Using a 7 1/2 cm cookie cutter or a 7 1/2 cm diameter can with the top removed, cut out 9 circles of dough. Repeat with the remaining puff pastry sheet. Put a scant teaspoon of cajeta in center of each round. Top each with a sprinkling of grated cheese and 3 or 4 pieces of pineapple. Brush the edge of each circle with the egg mixture and enclose each empanada into a half moon. Crimp the edges with fork. Transfer to prepared baking sheet and brush each empanada with the egg mixture. Crimp edges with fork. Transfer the empanadas to the prepared baking sheet and brush them with the egg mixture. Sprinkle with demarara sugar and bake until golden brown, about 25 to 30 minutes. Transfer the empanadas to a serving platter and serve warm.

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