

# GALLO PINTO

In Spanish gallo pinto means “spotted rooster” and represents the speckled appearance the beans give the rice. Pinto Beans were originally used to make this dish, however, black beans are now often found the ingredient of choice. It is a hearty dish that is often served for breakfast with eggs and tortillas.



## INGREDIENTS

3 cup cooked rice

2 Tbsp. olive oil

1 red bell, pepper finely diced

1 sweet onion, finely diced

2 cloves garlic, crushed

1/3 cup Lizano salsa

1/2 tsp. cumin

1/4 tsp. paprika

1/8 tsp. cayenne pepper

1/2 tsp. salt to taste

15- oz. can black beans drained

## DIRECTIONS

In a large skillet over medium heat add olive oil, bell peppers, and onion. Sauté for 5-7 minutes or until veggies are tender.

Add crushed garlic and continue sautéing for 1 minute.

Whisk together cumin, paprika, cayenne pepper (in seasoning packet) and salt in a small bowl.

Add rice, beans, and seasoning ingredients to the skillet. Stir to combine.

Pour Lizano salsa over rice and stir well. Cook for 5-10 minutes, uncovered, over low heat, or until rice absorbs the sauce.

Serve gallo pinto with cilantro and additional Lizano salsa, if desired, and enjoy!

# PRESTIÑOS

Prestiños originated in Spain and are thought to date back as far as the 16th century. They are traditionally eaten during Easter and Christmas. Prestiños were brought to Costa Rica during Spanish colonization. The Costa Rican prestiño is similar to a flour tortilla dipped in sweet syrup made from panela. The pastry dough is stretched and made as thin as possible, then deep-fried until golden brown.

## INGREDIENTS

### For the prestiños

1¾ cup flour , sifted  
¼ teaspoon salt  
1 egg  
Water (at room temperature)  
Vegetable oil (for frying)

### For the syrup

1½ lb panela, broken into pieces  
1 pinch salt  
¾ cup water



## DIRECTIONS

In a large bowl, mix the flour and the salt. Dig a well in the center and break the egg. Mix and add water gradually. Add enough water to form a smooth and homogeneous dough.

Divide the dough into 12 pieces and form balls with them. Place them on a tray lined with parchment paper, cover, and put the tray in the fridge for 4 hours.

Once chilled, stretch the dough to form the prestiños until they are round and about 6 inches in diameter. You can moisten your hands with ice water to help stretch the dough.

Heat vegetable oil in a pan.

Deep fry the prestiños over medium heat on both sides. The dough should form small blisters and get a slightly golden color. Drain on paper towels.

Syrup:

Heat water, panela and salt in a saucepan over medium heat, stirring until a syrup forms.

Serve the prestiños with the syrup drizzled on top.