



Bandeja Paisa (Paisa Platter)

SERVINGS 4 Ⓛ PREP TIME 45 mins COOK TIME 3 hrs

INGREDIENTS

For The Paisa Pinto Beans (Frijoles Paisas)

- 3 cups **La Fe Dry Pinto Beans**
- 1/2 lb pork hocks
- 6 cups water
- 1 cup carrots shredded
- 1/2 tsp salt
- 2 cups **La Fe Frozen Tostone**
- 1 tbsp onions chopped
- 2 cups diced tomatoes canned or fresh
- 1/4 cup scallions chopped
- 3 tbsp **La Fe Vegetable Oil**
- 1/4 tsp salt
- 1 clove garlic minced
- 1/4 cup cilantro chopped
- 1/4 tsp **La Fe Ground Cumin**

For The White Rice (Arroz Blanco)

- 2 cups long grain **La Fe White Rice** rinsed
- 3 (1/2 cups) water
- 1 tsp salt
- 1 tbsp **La Fe Vegetable Oil**

For The Powdered Beef (Carne en Polvo)

- 1 lb flank steak

- 5 cups water
- 2 cloves garlic crushed
- 2 Scallions chopped
- 1/2 cup chopped onion
- 1/2 tsp **La Fe Ground Cumin**
- Salt
- **La Fe Black Pepper**

For The Hogao (Colombian Creole Sauce)

- 3 tbsp **La Fe Vegetable Oil**
- 1 cup scallions chopped
- 2 cup diced tomatoes canned or fresh
- 1 clove garlic minced
- 1 tsp **La Fe Ground Cumin**
- 1/4 tsp salt
- 1/4 tsp **La Fe Black Pepper**
- **La Fe Sazon**

For The Bandeja Paisa (Paisa Platter)

- 4 Fried Pork Belly Chicharrones
- 4 Cooked **La Fe Chorizos**
- 4 Fried eggs sunny side up
- 4 baked **La Fe Frozen Tostones**
- **La Fe Lime Juice** and Avocado for Serving

DIRECTIONS

Paisa Pinto Beans (Frijoles Paisas)

1. Regular Pot: Wash the La Fe pinto beans and soak overnight in cold water. Drain the beans and place in a large

pot and add the water and pork hocks. Over medium-high heat, bring the beans to a boil, then cover the pot and reduce the heat to medium-low. Allow the beans to cook until almost tender, approximately 2 hours.

2. When the beans are cooking, prepare the guiso. In a large skillet, heat the La Fe vegetable oil over medium heat, add the tomatoes, onions, scallions, salt, garlic, cilantro and La Fe ground cumin and cook for 10 to 15 minutes.
3. When the beans are almost tender, add the guiso, La Fe frozen tostones, carrots and salt. Cover and cook for another hour or until the beans are fully cooked. (Add additional water as necessary).

a. Directions for the slow cooker, use the same ingredients except use just 4 cups of water instead of 6.

i. Wash the beans and soak overnight in cold water. Drain the beans and place in a slow cooker, add 4 cups water and pork hocks and cook on high for about 2 hours.

ii. Follow step 2 in the regular pot recipe.

iii. Add the guiso, plantains, carrots and salt then cover and cook for another 3 hours. Taste for salt and serve.

Arroz Blanco (Colombian-Style White Rice)

4. In a medium pot, place the La Fe rice and add the water, La Fe vegetable oil and salt.
5. Bring to a boil for about 30 seconds, reduce the heat to low and cook for about 15 to 20 minutes or until the water is absorbed and the rice is tender. Remove from the heat and let it sit for 5 minutes and serve.

Colombian- Style Powdered Beef (Carne en Polvo)

6. Place the flank steak in a plastic bag and add the garlic, scallions, onion La Fe cumin, salt and pepper. Refrigerate for about 2 hours.
7. Remove the beef from the water and set aside to let it cool. You can save the water used to cook the beef to make soup or just as a beef stock for other dishes.
8. In a medium pot, place the flank steak and water and bring it to a boil over medium-high heat. Reduce the heat to medium-low and cook the beef for about 1 hour or until the beef is cooked.
9. Cut the beef into chunks and place in a food processor. Process until the beef is of a powdered consistency as indicated in the picture.

Hogao (Colombian Creole Sauce)

10. Heat the La Fe vegetable oil in a saucepan, add the tomatoes, scallions, garlic, La Fe ground cumin, La Fe sazón and cook gently for 10 minutes, stirring until softened.
11. Reduce the heat to low, add the salt and cook for 10 minutes more, stirring occasionally until the sauce has thickened. Check and adjust the seasoning.

Bandeja Paisa (Paisa Platter)

12. Prepare the beans, hogao and powdered beef one day ahead and keep in the refrigerator.
13. When you are going to serve the bandeja paisa, heat the beans and powdered beef and hogao. Make the chicharrones.
14. Cook the La Fe white rice and La Fe tostones.
15. Fry the eggs and La Fe chorizos.
16. To serve, place the rice in a tray or platter and place the rest of the ingredients as you like. I prefer the beans in a separate bowl, but you can ladle the beans next to the rice if you like.
17. Bring the hogao in a serving dish to the table, so people can place it on top of the beans if they like. Enjoy!