



Chimichurri



Preparation time: 25 minutes

“I don’t usually like chimichurri, but I like this, a lot.”

- Flavio, Argentina

This secret recipe of Bo’s is the perfect side for a fillet steak, creamy mashed potatoes, crispy sliced potato or a bread platter. By far the best chimichurri we have tried.

Ingredients:

1/2 Onion
4-5 Cloves of Garlic
2 Tablespoons Paprika
2 Tablespoons Oregano (dried)
1 1/2 Tablespoons Basil (dried)
Salt & Pepper
Olive Oil

Herbs:

4 Tablespoons Chimichurri Herbs (Dry Ground Chilli, Garlic, Parsley, Basil, Laurel, Oregano)
A dash of vinegar
A pinch of sugar

Instructions:

1. Chop onions and garlic until they are almost a paste then add to a deep container followed by the herbs and vinegar.
2. Add oil to just cover the top of the chimichurri mixture.
3. Stir well and add more oil if needed.
4. Enjoy!



Beef Stew



*Beef Stew Preparation time: 45 minutes
Cooking time: 3 hours*

This is great as an empanada-filling and equally delicious as an independent dish accompanied with creamy mashed potatoes!

Ingredients:

6-8 Garlic Cloves
2 Onions
1 1/2 Carrot
1/2 Eggplant
4 Celery Sticks
1 Tin of Chopped Tomato
2 Beef Stock Cubes
1 Cup of Water
2 Kilos of Beef
1/2 Cup of Red Wine
Paprika Basil (dried)
Oregano (dried)
Chimichurri
Salt & Pepper
Oyster Sauce

Notes from the Chef:

The best cut of meat to use for stew is 'chuck' or meat from the shoulder area. The meat is tough and the best cuts should contain a lot of marble. Many people 'seal' meat in a frying pan before adding it to their stew to help retain the juices, however, it's a stew! We recommend not searing the meat and letting the juices from the meat mingle with the sauce.

If you are serving the stew as a stew, cook it for 2 to 2.5 hours so that it retains some liquid. If you are using it for empanadas or other pasties, cook it for another hour as it will need to be fairly dry!



Beef Stew

*“Delicious
accompanied
by a glass of
Malbec.”*



Instructions:

1. Chop vegetables into small cubes and trim the meat of excess skin and fat before dicing it into bite size cubes.
2. Add some vegetable oil to a large saucepan on medium heat and chop onions and garlic and cook together in a large saucepan on medium heat for 5 minutes or until they start to brown.
3. Add a pinch of salt and pepper and 1/2 teaspoon of paprika to the onions and garlic, mix well and let it cook on medium heat for another 2-3 minutes.
4. Add the chopped carrots, eggplant and celery with the onions and garlic and cook for 3-5 minutes, once ingredients start to soften add another pinch of salt and pepper and 1/2 teaspoon of basil, oregano, paprika and dried chimichurri herbs, stir well and let it cook for another 3-5 minutes. If it looks too dry add a little more oil.
5. Add diced meat to the saucepan and cook until the meat is sealed, add chopped tomatoes, beef stock cubes and a cup of water. Mixed all the ingredients together and add another pinch of salt and pepper and 1/2 teaspoon of basil, oregano, paprika and dried chimichurri herbs.
6. Lower the heat to simmer and put the lid on. Return to stir every 25-30 minutes. After an hour add half a cup of red wine, stir and put the lid back on.
7. The final finishing touch after removing the stew of the stove is to add 3 tablespoons of oyster sauce and mix it in with the stew.
8. Enjoy!



Roast Veggies



Warm veggies are great with most red meat and poultry, but the taste is a bit strong for most seafood. Roast vegetables can keep up to 10 days in the fridge.

Ingredients:

- 1/4 Small Pumpkin
- 2 Onions
- 5-6 Garlic
- 2 Peppers
- 2 Potatoes
- 2 Carrots
- 1/2 Tablespoon Paprika
- 2 1/2 Tablespoons Chimichurri (dried)
- 2 Tablespoons Oregano (dried)
- 1 Tablespoon Basil (dried)

Preparation Time: 40 minutes

Cooking time: 1 hour

Preparation:

1. Preheat oven to 180 Degrees Celsius.
2. Combine all herbs together in a large deep bowl, add olive and mixed well. Chop potatoes, carrots and pumpkin into bite size pieces.
3. Peel onion and chop into quarters and peel garlic whole. Add veggies into the herb bowl and use your hands to toss the veggies thoroughly. Mix slowly and carefully or things can get messy!
4. Placed veggies into a baking tray (spread the veggies out so they are not on top of each other).
5. Bake veggies for between 45 minutes to 1 hour.
6. Serve hot or cold and enjoy

Note: For empanadas, mash the roasted veggies beforehand and it will make the crafting process a lot easier.



Empanadas de horno

These delicious hand-sized pastries are extremely popular in Argentina, an every-time anywhere snack or meal, perhaps brought over from Galicia in Spain, and probably popularised by the Gauchos in the Argentinean pampas.

Empanada dough:

You can either make your own pastry or finding the next best alternative from a local supermarket. In countries where they don't sell special empanada dough, this is likely to be puff pastry. Until you have practice in crafting the pastry, the bought option is likely to be much faster and more successful.



Preparation time: 15 minutes Cooking time: 10-12 minutes

Crafting the Empanada:

1. Take either a sheet of pastry (or your finely rolled out homemade pastry) and use a stencil or large thinly rimmed bowl with a diameter of 10-15 cm to cut the pastry into circles.
2. Place around a tablespoon of your chosen filling in the center of the pastry shell and fold the dough over the filling to make a half circle.
3. Press the edges together lightly to seal. To create the beautiful woven seal or *repulgue*, think of triangles and starting from one corner fold a small triangle of dough from the seal edge down over itself.
4. Press down to seal it, extend that part of the dough a bit as your press on it, and fold down a second triangle right next to the first. Press it down to seal and repeat, continuing all the way around the edge. The last triangle can be tucked underneath the edge if necessary.
5. For those with busy lives, store the prepared empanadas in the freezer.

Cooking instructions:

Before cooking the empanadas you need to whisk an egg and gloss over the empanadas with a brush. Heat the oven up to 225° C and cook the empanadas for about 10 - 12 minutes until they are golden brown. Serve and enjoy!



Creamy mash



This creamy mash can only be described as heavenly. The perfect side for a fillet steak, chicken dish or grilled vegetables.

Ingredients:

- 4 Large potatoes (1.5 - 2kg)
- 150 grams butter
- 150 grams cream
- A generous teaspoon of salt

Cooking Instructions:

1. Preheat the oven to 180 degrees Celcius
2. Wash the potato and prick some holes in them with a fork then place into the oven for 45 minutes – 1 hour or until the potato is soft to touch.
3. Cut the potato in half and scoop the meat out with a spoon into a saucepan, add butter and mash away until puree.
4. Add cream and salt to the mash and mixed together until the mash is smooth.
5. Serve warm and enjoy.



Criolla



Preparation time: 15 minutes

This colourful side is quick and easy to prepare and a tasty condiment for a fillet steak or asado.

Ingredients:

- 2 Tomatoes
- ½ Cucumber
- ¼ Pepper (red or yellow)
- ½ Red Onion
- 8-10 Parsley leaves
- Juice of ½ a lime
- 4 Tablespoons of Red wine vinegar
- 3 Tablespoons of olive oil
- Salt and pepper

Cooking instructions:

1. Chop all the vegetables into small pieces (the smaller the better) and mix all ingredients together, with the exception of the salt & pepper.
2. Keep the Criolla refrigerated and add the salt and pepper just before you are ready to serve.