



Taste of the
AMERICAS

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Chile Colorado



Prep Time:
20 minutes

Cook Time:
1 hour

Total Time:
1 hour 20 minutes

Serves: 6



Ingredients

- 4 cups chicken broth
- 6 dried red chili peppers, stems and seeds removed
- 3 dried ancho chili peppers, stems and seeds removed
- 2 lbs. beef stew meat
- 1 Tbsp. flour
- ½ tsp. salt, + more to taste
- ¼ tsp. pepper, + more to taste
- 2 Tbsp. olive oil
- ½ yellow onion, chopped
- 1 jalapeño pepper, chopped
- **2 tsp. Lee Kum Kee Sodium Reduced Soy Sauce**
- 6 garlic cloves
- 2 tsp. ground cumin
- 2 tsp. fresh oregano
- 1 lime, juiced
- fresh cilantro, for garnish
- (optional) sides: rice, radish, sliced jalapeño peppers, lime wedge

Directions

1. In a dutch oven, bring chicken broth to a boil. Deseed and cut the stems off the red and ancho chilli peppers and place them in a bowl. When the broth is boiling pour into the bowl over the chilis and let steep for 20 minutes.
2. Toss the beef with the flour, salt, and pepper and set aside. Heat the dutch oven again with olive oil and once hot, brown the meat for 5 minutes, flipping over to brown all sides. Remove the beef and set aside. Add in the onions and sauté for 5 more minutes, stirring often.
3. Make the sauce by blending the steeped peppers, chicken broth, jalapeño and the **Lee Kum Kee Sodium Reduced Soy Sauce** in a blender. Once nice and smooth, set aside.
4. Once the onions have softened, add in the garlic, cumin and oregano for another minute and then add the beef back in. Pour the sauce into the pot through a strainer and then bring to a low simmer and cook for 45 minutes until the beef is nice and tender. Once the beef is tender add the lime juice and season with salt and pepper and more fresh oregano. Serve with an optional side of rice, sliced radish, sliced jalapeño, limes and cilantro.





Carne Adovada



Prep Time:
10 minutes

Cook Time:
1 hour 40 minutes

Total Time:
1 hour 50 minutes

Serves: 6



Ingredients

- 1 white onion, sliced
- 2 garlic cloves, chopped
- 1 Tbsp. olive oil
- **1/3 cup Lee Kum Kee Mushroom Flavored Dark Soy Sauce + 1/3 cup Lee Kum Kee Soy Sauce Premium**
- 3/4 cup red chili powder
- 2 tsp. cumin
- 1 tsp. oregano
- 2 cups chicken stock
- 2 Tbsp. vegetable oil or pork lard
- 2 lbs. pork stew meat (shoulder or rib meat cut into chunks)
- salt and pepper to taste
- 1 lime, sliced
- 1 Tbsp. fresh chopped cilantro, for garnish
- (optional) sides: pinto beans, tortillas

Directions

1. Preheat oven to 350°F.
2. Slice the onion and chop the garlic, then place into a frying pan with olive oil. Fry for 5 minutes on medium heat until softened. Turn off heat and add that into the blender along with the **Lee Kum Kee Mushroom Flavored Dark Soy Sauce, Lee Kum Kee Soy Sauce Premium**, chili powder, cumin, oregano and chicken stock. Pulse until smooth and then set aside.
3. In a dutch oven with vegetable oil or pork lard, add the meat chunks and brown on all sides, then remove from the pot and set aside. Add the chili mixture from the blender into the pot and cook for 5 minutes, then add the meat back into the pot along with some more chicken stock to make sure the meat is fully submerged. Add a little salt and pepper, and once that comes to a boil, cover and transfer to the preheated oven for 90 minutes. Testing the meat at the first hour and then continuing until the meat is extremely tender.
4. Garnish with a squeeze of lime and fresh chopped cilantro. Serve with a side of pinto beans, tortillas and any other garnish you desire.





Fugazza



Prep Time:
1 hour 35 minutes

Cook Time:
17 minutes

Total Time:
1 hour 52 minutes

Serves: 8 (slices)



Ingredients

- 1 ¾ cup water
- 2 tsp. yeast
- 4 cups all purpose flour
- 1 ½ tsp. salt
- 3 Tbsp. olive oil for dough, + ¼ cup for brushing
- 3 onions
- 2 tsp. Lee Kum Kee Sodium Reduced Soy Sauce
- 2 Tbsp. dried oregano
- sea salt, to taste
- ½ cup grated parmesan cheese
- (optional) chili flakes

Directions

1. Place 1 cup of water in a bowl along with the yeast. In another large mixing bowl, add the flour, salt, 3 Tbsp. olive oil and whisk together. Gradually stir in the water with the yeast. Stir in another ¾ cup water and begin to knead the dough by hand. Rolling and folding. If the dough is too dry, add some more water. Knead the dough until smooth, soft and slightly sticky.
2. Place dough in an oiled bowl, loosely covered and let rise until doubled in size, about 1 hour 30 minutes.
3. Slice the onions and sauté them in a skillet along with the **Lee Kum Kee Sodium Reduced Soy Sauce** and olive oil. Once golden brown and soft and almost caramelized remove from heat and let cool.
4. Preheat the oven to 450°F.
5. Oil a baking sheet and then begin to stretch your proved dough to fit, pressing it into the corners. Brush the dough lightly with olive oil. Spread the sweet soy onions over the dough then sprinkle oregano, sea salt, grated parmesan cheese and optional chili flakes on top. Place into the oven and bake for 10-12 minutes until crust is golden brown and crispy. Let cool then cut and serve.





Beef Empanadas



Prep Time:
10 minutes

Cook Time:
50 minutes

Total Time:
60 minutes

Serves: 6-8



Ingredients

- 1 Tbsp. olive oil
- 1 small onion, diced
- 1 carrot, diced
- 1 stalk celery, diced
- 2 garlic cloves, chopped
- 1 lb. ground beef
- 1 tsp. salt
- ½ tsp. dried oregano
- ¼ tsp. cumin
- ¼ tsp. black pepper
- 8 oz. can tomato sauce
- 2 Tbsp. water
- **1 Tbsp. Lee Kum Kee Sodium Reduced Soy Sauce**
- ½ cup flour + some for rolling dough
- 1 egg, beaten, for egg wash
- 10 dough rounds

Directions

1. Heat the oil in a large skillet over medium heat. Add in the diced onion, carrot and celery, then cook down for 5 minutes until soft. Add in chopped garlic and continue to stir.
2. Bump the heat to high and add in the ground beef, all the seasonings and continue mixing until well combined. Cook beef until browned, about 5 more minutes. At this point, you may have a lot of oil, drain out before continuing.
3. Add the tomato sauce, water, **Lee Kum Kee Sodium Reduced Soy Sauce** and flour into the beef and stir well to combine. Bring the heat to low and cover. Simmer for 15 minutes until most of the liquid has cooked off and has thickened. Taste the filling and make adjustments as needed. Remove from heat and let cool.
4. Preheat oven to 350°F and then line a baking sheet with parchment paper and a little flour. In a small bowl, whisk the egg for your egg wash. 1 by 1 make the empanadas by scooping 2 Tbsp. of beef mixture just off the center of each dough round. Moisten the edges with egg wash and then fold over. Press ends together with a fork to seal. Make two small slits on the top of each to vent, then place on baking sheet and continue to make the rest of them.
5. Brush tops with egg wash and bake for 25 minutes until golden brown and crispy.





Colombian Patacones



Prep Time:
10 minutes

Cook Time:
8 minutes

Total Time:
18 minutes

Serves: 4



Ingredients

- 2 plantains, peeled and sliced
- ½ cup grapeseed oil
- **1 tsp. Lee Kum Kee Soy Sauce Premium**
- coarse salt to taste



Directions

1. Peel and slice the plantains.
2. Heat the grapeseed oil in a pan on medium high heat. Once the oil is hot, place the plantains down and fry for 3 minutes per side, or until slightly golden brown, then take out and press each of them down using your bottle of soy sauce, then place back into the oil to fry again for 2 more minutes until deep brown and crispy.
3. Take out and let drain on paper towels, then plate and drizzle with **Lee Kum Kee Soy Sauce Premium**, and coarse salt to taste.





Aji Picante



Prep Time:
10 minutes

Cook Time:
0

Total Time:
10 minutes

Serves: 10



Ingredients

- 1 orange habanero pepper
- ½ cup chopped cilantro
- ¼ cup green onions
- ¼ cup tomato, diced
- 2 Tbsp. lime juice
- **1 tsp. Lee Kum Kee Sodium Reduced Soy Sauce**
- 1 Tbsp. white vinegar
- salt and pepper to taste



Directions

1. Blend all ingredients in food processor, then place into a jar with a lid. Refrigerate until ready to use.
2. Use on tacos, meat, fish, or anything you desire.





Ensalada de Papas



Prep Time:
10 minutes

Cook Time:
20 minutes

Total Time:
30 minutes

Serves: 4



Ingredients

- 1 lb. potatoes cooked and cooled
- 1 tsp. salt, for water
- 1 onion, chopped
- 1 stalk of celery, chopped
- 5 oz. cooked vienna sausages, sliced
- 3 hard boiled eggs, finely chopped
- ¼ cup frozen peas + carrots
- ½ cup mayonnaise
- ⅛ cup sour cream
- ½ tsp. **Lee Kum Kee Soy Sauce Premium**
- salt and pepper to finish
- 2 chives, chopped for garnish

Directions

1. Cut potatoes into 1 inch pieces and place into a pot with water and a little salt. Bring water to a boil and boil potatoes for 20 minutes until soft. Then drain and let cool before assembling the salad. While the potatoes are boiling, chop up the onion and celery.
2. Add the vienna sausage slices to the potatoes, then add in the chopped onion and celery.
3. Finely chop the hard boiled eggs and add them to the bowl followed by the thawed and dried peas and carrots.
4. Mix the mayonnaise, sour cream and **Lee Kum Kee Soy Sauce Premium** together and then fold into the potatoes. Finish with salt and pepper and garnish the top with chopped chives.





Arroz con Pollo



Prep Time:
10 minutes

Cook Time:
45 minutes

Total Time:
55 minutes

Serves: 4-6



Ingredients

- 1 Tbsp. olive oil for chicken
- 2 Tbsp. adobo seasoning
- 1 Tbsp. smoked paprika
- **3 Tbsp. Lee Kum Kee Sodium Reduced Soy Sauce**
- 6 skinless chicken thighs
- 1 onion, chopped
- 1 red bell pepper, chopped
- 3 garlic cloves, chopped
- 2 Tbsp. capers, drained
- 1/3 cup spanish olives, drained and sliced or left whole
- 2 1/2 cup rice
- 3 cups water
- 2 bay leaves

Directions

1. Make the chicken rub by adding olive oil, adobo seasoning, smoked paprika and **Lee Kum Kee Sodium Reduced Soy Sauce** to a bowl. Pat the chicken dry and brush with the adobo soy rub. Saving additional for later.
2. Chop the onion, red bell pepper and garlic and set aside.
3. Heat a dutch oven or deep pan with a little olive oil. Once hot add the chicken and brown for 2 minutes on each side. When chicken has browned remove and set aside and brush with a little more rub, saving the rest for later.
4. Add in the chopped onion, red bell pepper, garlic, capers and olives. Cook that down for 5-8 minutes and then add the rice into the mix. Toast rice for 3 minutes and then add the chicken back in, mixing into the rice. Add 3 cups of water, the rest of the soy adobo seasoning and bay leaves. When the chicken and rice are covered with water, bring to a boil, then cover and reduce to a simmer. Cook for 25-30 minutes until rice is cooked and chicken is nice and tender.





Anticuchos



Prep Time:
6 hours

Cook Time:
10 minutes

Total Time:
6 hours 10 minutes

Serves: 4



Ingredients

- 1 beef heart, cut into chunks (pre-cleaned and trimmed)
- wooden skewers
- ½ tsp. red chili pepper flakes

Marinade

- 2 garlic cloves, chopped
- 1 tsp. ground chili pepper
- 1 tsp. cumin
- 1 Tbsp. oregano
- ½ cup white vinegar
- ⅓ cup **Lee Kum Kee Mushroom Flavored Dark Soy Sauce** + ⅓ cup **Lee Kum Kee Soy Sauce Premium**

Directions

1. In a bowl, add the chopped garlic cloves, chili pepper, cumin, oregano, white vinegar, **Lee Kum Kee Mushroom Flavored Dark Soy Sauce** and **Lee Kum Kee Soy Sauce Premium**. Place the beef heart chunks into the marinade and mix. Let that marinate for 6 hours, or overnight for best results.
2. Prepare the skewers with the marinated beef hearts and then season with red pepper flakes.
3. Grill the beef heart skewers for about 5 minutes per side until cooked through. Serve right away.





Roasted Chicken Legs



Prep Time:
10 minutes

Cook Time:
50 minutes

Total Time:
60 minutes

Serves: 6



Ingredients

- 4-6 whole chicken legs, skin on
- 2 tsp. dried oregano
- 1 tsp. paprika
- 1 ½ tsp. cumin
- ½ tsp. garlic powder
- 2 tsp. salt
- 1 tsp. black pepper
- **1 Tbsp. Lee Kum Kee Sodium Reduced Soy Sauce**
- ¼ cup avocado oil
- fresh cilantro, for garnish
- 1 cup avocado salsa
- (optional) french fries
- (optional) 1 lime, wedged

Directions

1. Preheat oven to 450°F.
2. Pat the chicken legs dry and let come to room temperature before cooking.
3. In a bowl, mix oregano, paprika, cumin, garlic powder, salt, pepper, **Lee Kum Kee Sodium Reduced Soy Sauce** and avocado oil.
4. Brush the chicken legs with the seasoning mixture on both sides, then place onto a greased baking tray. Cook chicken legs for 35-40 minutes until cooked through, golden brown and crispy. Remove cooked chicken from the oven and let rest for 10 minutes before serving.
5. Plate the chicken and garnish with fresh cilantro and serve with a side of avocado salsa, french fries and lime wedges(optional.)





Jamaican Fried Cassava



Prep Time:
10 minutes

Cook Time:
35 minutes

Total Time:
45 minutes

Serves: 6



Ingredients

- 2 lbs. cassava or yucca root
- 1 pinch salt
- 2 Tbsp. sugar
- grapeseed oil, for frying
- sea salt and pepper to taste

Sauce ingredients

- 2 garlic cloves, minced
- 1 cup mayonnaise
- 2 Tbsp. lemon juice
- 3 Tbsp. chopped parsley, + more for garnish
- ½ tsp. **Lee Kum Kee Soy Sauce Premium**

Directions

1. Make the garlic soy aioli by adding all the sauce ingredients from garlic cloves to chopped parsley in a bowl and whisk together well until smooth.
2. Cut up the cassava into sticks or wedges, removing all the skin, then rinse and place in a pot with salt, sugar and fill halfway with water. Bring pot to a boil and cook until the cassava is tender then drain the water, about 20-30 minutes. When they are tender, take out, let cool and dry before frying.
3. Heat grapeseed oil in a large deep pan. When hot begin to fry the cassava pieces a few at a time. Fry for 3-5 minutes until golden brown and crispy.
4. Swirl the **Lee Kum Kee Soy Sauce Premium** on the top of the aioli.
5. When cassava fries are finished frying, take out and immediately season with sea salt and chopped parsley (optional), then let cool. Serve right away.



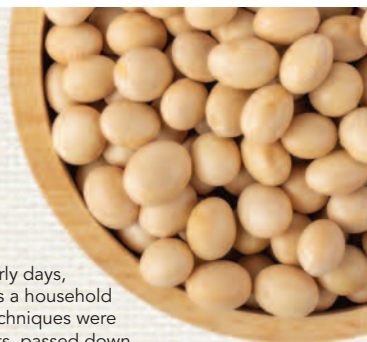
Origin of Soy Sauce

Originating from China, soy sauce is an Asian condiment with a history that stretches back more than 3,000 years. A staple of Chinese, Japanese and Southeast Asian cuisines, the sauce known as "shiyou" or "doyou" in China has also become popular in U.S. and European cooking in recent years.

Soy sauce has its roots in "jiang", a meat-based fermented sauce traditionally produced exclusively for the Chinese imperial family. When it was found that low-cost soybeans could replace the meat to create an equally delectable flavor, the condiment became widely popular among ordinary people. Soy sauce was then brought to other parts of the world with the spread of Buddhism to Japan, Korea and elsewhere, and increasing trade and

immigration. In the early days, brewing soy sauce was a household art and recipes and techniques were closely guarded secrets, passed down from generation to generation.

Nowadays, soy sauce has become a quintessential element in Asian cuisines.



What is "Soy Sauce"?

The main elements involved in making soy sauce are soybeans, wheat flour, water and salt. It undergoes a process of natural fermentation that produces an umami and sweet soy flavor slightly saltier than formulated soy sauce. Its unique aroma helps to boost ones appetite and brings out the best flavors in food. Besides, it also adds color and brightness.



The Taste, Smell, and Color of Soy Sauce

During fermentation, a series of complex biochemical processes created a delicious combination of umami, sweetness, saltiness and estery tastes, along with a delectable wine-like aroma, highlighting the uniqueness of Chinese soy sauce.

Taste

Umami: The unique umami taste of soy sauce comes from amino acids. Two of the main ingredients, soybeans and wheat flour, are rich in proteins which are reduced to amino acids during the brewing process by the protease activity of the koji.

Sweetness: The koji produces amylase which turns wheat into sugars through the process of hydrolysis, resulting in the enticing sweetness of soy sauce.

Saltiness: To curb the growth of microbes and prevent spoilage, generous helpings of salt are added to the fermenting sauce. This explains why soy sauce is always savoury.



Smell

During koji cultivation and fermentation, yeast combines with lactobacillus from the open air to turn sugars into alcohol and organic acids. The result of this oxidation process is the unique wine-like estery aroma of soy sauce.

Color

When sugars bind with amino acids under specific sunlight and temperature conditions, a bright reddish-brown color is formed.



Fermentation Soy Sauce versus Formulated Soy Sauce

There are two major categories of Chinese soy sauce: fermentation soy sauce and formulated soy sauce. They differ in terms of production method, features and taste.

Fermentation Soy Sauce		Formulated Soy Sauce
Natural fermentation (over a number of days or up to a few years) with soybeans/defatted soybeans and wheat flour.	BREWING METHOD	Blended soy sauce using a base of not less than 50% fermentation soy sauce, with acid-hydrolyzed vegetable protein seasoning and other food additives
With a unique, natural color, smell and taste given its sun-dried nature		
5 months to 6 months or 8 months	PRODUCTION CYCLE	15 to 20 days or less
Long production cycle, low yield, relatively high production cost	FEATURES	High yield, low production cost, short production cycle
Light reddish brown	COLOR	Dark reddish brown
Very clear and shiny	BODY	Relatively clear
A strong aroma of fermented soy (estery aroma)	SMELL	A choking smell of acid hydrolyzed vegetable protein seasoning; lacks the estery aroma of fermented soy
Mellow umami flavors and a clean aftertaste	TASTE	Significant umami flavors without any finish

