

\*Note there are 3 pages of recipes

## **Colada Morada - a spiced berry and purple corn drink**

### **Ingredients:**

1 bag of "colada morada" flour

14 oz naranjilla or lulo pulp thawed if frozen – you can use passion fruit or pineapple juice if you can't find naranjilla juice

2 cups blackberries frozen or fresh

2 cups blueberries frozen or fresh

2 cups strawberries sliced

1 pineapple peels and core + 2 cups finely diced

1 Isipingo Cinnamon flower

5-6 cinnamon sticks

4-5 whole cloves

4-5 all spice berries

1 star anise

12-14 oz panela or brown sugar, adjust to your taste

A few lemon verbena leaves, fresh or dry

A few lemongrass leaves, fresh or dry

2 pieces orange peel

Additional aromatic herbs: arrayan ataco (purple amaranth), orange leaves

12 cups water (8 cups for the pineapple skins + spices part, and the remaining 4 cups for the berry mix)

### **Instructions:**

- Place the pineapple skins and core, cinnamon, spices and panela or brown sugar in a large pot with 8 cups of water. Boil for about 20-25 minutes.
- Add the lemon verbena, lemongrass, and orange peel.
- Reduce heat and simmer for 10 minutes. Remove and strain.
- In a separate pot, add 4 cups of water with the blueberries and blackberries, boil for about 20 minutes. Remove from heat, let cool down until safe to handle, blend and strain.
- Mix the cup of the purple corn flour with 1 cup of the spice pineapple liquid until well diluted.
- Add the strained berry mix, the naranjilla juice, the spiced pineapple liquid and the diluted purple flour mix to a large pot.
- Cook over medium heat, stir constantly to keep it from sticking. Bring to a boil.

- Add the pineapple chunks and reduce to simmer for about 10 minutes.
- Remove from the heat, add the strawberry slices (and any additional fruits). Serve warm or cold.

## **Guaguas de pan - Bread Babies**

### **Ingredients:**

¼ oz. active dry yeast (1 envelope = 2 1/4 tsp = 1/4 oz = 7 grams)

1/2 cup warm milk + additional if needed

1/2 cup sugar

2 tsp salt

4 cups all-purpose flour + additional if needed

1 tsp cinnamon

4 oz. butter, unsalted, room temperature

4 large eggs

1 tsp vanilla

Fillings: Chocolate fudge, dulce de leche, blackberry jam, nutella/hazelnut spread

2 eggs yolks – whisked to be used as egg wash for brushing the bread figures before baking

Icing colors

Sprinkles

### **Instructions:**

- Sprinkle the yeast over warm milk and dissolve well.
- Whisk in ½ cup of the flour until you have a creamy paste. Let it rise in a warm place until the dough has risen and fallen, approximately 1 hour.
- If making the dough by hand: add the eggs, sugar, cinnamon, vanilla, salt and the remaining flour to the fallen yeast mixture. Combine well and add the butter. Knead the dough until the consistency is smooth and elastic. Add additional flour if the dough is too sticky. Add additional milk if it's too dry.
- If making the dough with a food processor or mixer: combine the remaining flour, sugar, salt and cinnamon in the food processor, pulse until well mixed or use a dough hook for the mixer. Add the butter and mix. Add the 4 eggs and mix. Add the yeast mixture and the vanilla (and any other flavorings).
- Mix until the dough starts to form a large ball. If the texture is too sticky, then add some more flour. If it's on the dry side, add milk (a couple tablespoons at a time).

- Remove the dough from the food processor and form a large ball, place it in a large bowl.
- Let the dough rise in a warm place, covered with a kitchen towel or plastic wrap, until the size doubles, about 2 hours.
- Punch the dough down and work the dough a few times.
- Form individual dough balls, each one should weigh ~3.5 oz. Use a rolling pin to extend each individual ball into a flat oval shape.
- Take a spoonful of your choice of filling and place it on the top part of the extended dough. Fold the top part of the dough over the filling part – as if you were making an empanada on the upper part of the dough.
- Roll the rest of dough over the filling, at the same time as you are doing this try to press down and twist the outer edges (that don't have the filling). It's similar to if you were wrapping a candy – the outer parts will then become the head and the swaddled bottom part of the bread figure. You can shape the head part to make it more rounded. Use small pieces of dough to add eyes/lips/hair/arms – and you can also add a neck separation.

### **Baking the bread figures**

- Place the bread figures on baking sheet (lightly greased or with lined with parchment paper). Let them rise until half doubled, about 15-20 minutes.
- In the meantime, pre-heat the oven to 350 F.
- Brush the tops of the bread figures with the whisked egg yolks. If adding sprinkles/raisins prior to baking you can add them after the egg wash, which will also act as a glue to help keep them in place.
- Bake for approximately 15-20 minutes or until golden on top. It's normal for some of the fillings to leak out, especially fillings like fruit jam (not fruit paste) and dulce de leche. Fillings like chocolate, Nutella, and guava paste are less likely to leak out.
- Let the bread guaguas cool down completely, to keep the bread soft place them in a basket lined with kitchen towels and keep them covered.
- Decorate (after they have cooled down) using different icing colors and sprinkles
- Serve with Colada Morada.