

AMERICAN TASTE

INSPIRATION

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MEXICO
PERU



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Produits Culinaires



CHILI CON CARNE WITH TEX MEX

INGREDIENTS FOR 4 DISHES

500 g beef mince
450 g kidney beans
400 g tomato chunks
150 g sweetcorn
50 g Besc Freshly chopped onion
40 g Besc Tex Mex
40 g Besc Strattu di pomodoro
250 g crème fraîche
200 ml strained tomatoes
20 g parsley, chopped
2 red sweet peppers
olive oil

PREPARATION

Dice the sweet peppers and fry the onion briefly in the olive oil. Next, add the mince and fry it, breaking it up as it browns. Add the Tex mex and cubes of sweet pepper and fry briefly with the mince. Add the strattu di pomodoro, tomato cubes and strained tomatoes and bring to the boil. Allow the mixture to cook for 10 minutes, then add the sweetcorn and kidney beans. Serve the chili con carne with crème fraîche and chopped parsley.



PERUVIAN STEWED PUMPKIN

INGREDIENTS FOR 4 DISHES

500 g pumpkin
100 g feta cheese
50 g broad beans
50 g sweetcorn kernels
50 g garden peas
50 g quinoa, white (cooked)
25 g Besc Freshly chopped onion
25 g Besc Freshly chopped Spanish garlic
15 g Besc Red chilli puree
10 g oregano
1 potato
2.5 dl vegetable stock
1 dl manufacturing cream
flat-leaved parsley
salt and pepper
olive oil

PREPARATION

Chop the pumpkin and potato into cubes. Fry the freshly chopped shallot and garlic gently in the olive oil, then add the red chilli puree and oregano. Add the pumpkin and potato cubes, then add the vegetable stock. Bring to the boil and allow to cook gently for 15 minutes. Add the broad beans, sweetcorn and garden peas and allow to cook gently for another 5 minutes. Add the cream and season with salt and pepper. Serve the stew with the quinoa, sprinkle the crumbled feta cheese over the dish and garnish with parsley.





MEXICAN SWEET POTATO-SWEETCORN SOUP

INGREDIENTS FOR 4 DISHES

1.7 l vegetable stock
1 medium-sized sweet potato
450 g sweetcorn kernels
50 g Bresc Grilled bell pepper puree
50 g Bresc Freshly chopped onion
30 g Bresc Freshly chopped garlic
20 g spring onion
10 g Bresc WOKchilli
10 g chorizo
10 g flat-leaved parsley
8 g Bresc Ras el hanout
olive oil
salt and pepper

PREPARATION

Chop the sweet potato into cubes. Heat the olive oil in a pan and fry the pieces of onion until they are soft. Add the garlic and WOKchilli and fry for 2 minutes with the onion. Next, add half the vegetable stock, the cubes of sweet potato and the ras el hanout and bring it to the boil. Allow the soup to bubble gently for 10 minutes until the potato is tender. Add the bell pepper puree, sweetcorn kernels and the remainder of the stock and bring the soup to the boil. Puree the soup with a stick mixer until it is smooth. Slice the chorizo and fry it until crisp. Garnish the soup with chorizo, sweetcorn and spring onion.



CHINESE CABBAGE BURRITO

INGREDIENTS FOR 4 DISHES

1 Chinese cabbage (8 leaves)
400 g tomato chunks
300 g beef mince
100 g sweetcorn
100 g red beans
100 g grated cheese
50 g Bresc Freshly chopped onion
20 g Bresc Freshly chopped Spanish garlic
20 g Bresc Strattu di pomodoro
20 g Bresc Cajun

PREPARATION

Gently fry the freshly chopped garlic and onion and add the beef mince and Cajun, breaking the mince up as it browns. Add the strattu di pomodoro with the sweetcorn and red beans and cook for a few minutes. Bring a pan of water to the boil and blanch the Chinese cabbage leave for 2 to 3 minutes, rinse with cold water. Dab the leaves dry and place them two by two, slightly overlapping. Put the mince mixture on them, roll them up and put them in an oven dish. Sprinkle with grated cheese and bake in the oven at 180°C for 15 minutes.





STUFFED BARBECUE JALAPEÑO PEPPERS

INGREDIENTS FOR 4 DISHES

8 jalapeño peppers
8 slices bacon
100 g cream cheese
20 g Bresc Parrillada aio e limone
A few drops honey

PREPARATION

Cut the peppers lengthways in half and remove the seeds. Mix the cream cheese with the parrillada Aio e limone. Fill the peppers with the cream cheese and wrap them in the slices of bacon. Drizzle a little honey on the peppers and bake them for about 15 minutes at 180 °C. Take the peppers out of the oven and drizzle a little more honey on them. Allow to cool a little before serving.

POTATO-OLIVE SALAD FROM PERU

INGREDIENTS FOR 4 DISHES

4 large potatoes
250 g feta cheese, crumbled
125 ml vegetable oil
80 ml milk, condensed
30 g Bresc Black Kalamata olive tapenade
20 g parsley, freshly chopped
10 g Bresc Parrillada piri piri
10 g Bresc Freshly chopped garlic
5 g Bresc Red chilli puree
2 little gem
3 eggs
1/2 lime
salt

PREPARATION

Cook the potatoes on a medium heat for 30 minutes. Pour off the water, drain the potatoes and leave to cool, then slice the potatoes into 12-13-millimetre slices. Put the feta cheese, milk, chilli puree, parrillada piri piri and lime juice in a blender and puree to make a smooth sauce. Boil the eggs for 7 minutes, peel them and slice them. Arrange the lettuce leaves on a dish and place the potato slices on top. Pour the sauce over the potatoes and garnish with slices of egg, olive tapenade and parsley.



AREPA WITH POLLO MECHADO

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PUSAS FILLED WITH BLACK BEANS

INGREDIENTS FOR 4 DISHES

400 g black beans
260 g hot tap water
250 g masa harina
150 g grated mozzarella
50 g Besc Pico de Gallo
40 g Besc Freshly chopped onion
20 g Besc Freshly chopped garlic
olive oil
salt and pepper

PREPARATION

Put the masa harina and a pinch of salt into a bowl, then gradually add water and knead well until you have a moist, spreadable dough. Knead it until it becomes a ball that does not disintegrate; it should not be too wet either; leave it to rest for 5 minutes. Pour the black beans into a colander, rinse in cold, running water and leave them to drain. Heat the olive oil in a frying pan, add the onions and stew until they turn transparent. Next, add the garlic and stew for another minute, then add the drained beans and pico de gallo. Fry everything well, add a little water and stir well. Mash the beans a little with a fork or ricer and season the beans with salt and pepper. Divide the dough into 16 small balls and shape into round, flat pancakes. Place the bean filling and grated cheese on half the pancakes. Fold the pancakes in two and pinch the sides together well. Heat a little olive oil in a pan and fry the pupusas for 2 to 3 minutes on each side until they are golden-brown.



MEXICAN PIZZA

INGREDIENTS FOR 4 DISHES

- 4 sheets puff pastry
- 250 g chicken meat, cooked and torn
- 200 g Bresc Flaming Salsa
- 140 g sweetcorn
- 75 g grated cheese
- 40 g Bresc Cajun
- 1 yellow sweet pepper
- 1 avocado
- 1 spring onion

PREPARATION

Season the chicken with the Cajun. Arrange the puff pastry on a baking sheet and spread the flaming salsa evenly over the pastry. Then, divide the chicken evenly over the salsa. Arrange the sweet pepper and sweetcorn on top and sprinkle the cheese over them. Bake in the oven at 200°C for 20 to 25 minutes, then sprinkle the finely chopped spring onion over the dish along with the avocado cubes.



TORTILLA LASAGNE

INGREDIENTS FOR 4 DISHES

- 8 tortilla chips
- 8 slices Cheddar
- 1 red sweet pepper
- 500 g beef mince
- 400 g Bresc Tomato Salsa
- 200 g crème fraîche
- 150 g sweetcorn
- 50 g jalapeño peppers
- 50 g grated cheese
- 40 g Bresc Freshly chopped onion
- 20 g Bresc Freshly chopped Spanish garlic
- 15 g Bresc Grilled bell pepper puree
- 10 g cumin
- olive oil
- salt and pepper

PREPARATION

Heat the oil in the pan and fry the onion and garlic, then add the mince, breaking it up as it browns. Add the finely chopped sweet pepper, sweetcorn, cumin and bell pepper puree. Next, add the salsa, bring to the boil and allow to boil gently for 15 minutes. Grease an oven dish and arrange the tortillas in it, then spread 50 ml crème fraîche on them. Spread the 1/3 of the mince mixture, the cheese and the rings of jalapeño peppers on top. Repeat this 3 times and cover the last layer with tortillas. Spread the crème fraîche on them and sprinkle the grated cheese on top. Bake the lasagne in the oven at 180°C for 40 minutes.



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