

TILAPIA WITH TAMARIND AND GOLDEN BERRIES

By Chefs
Antonuela Ariza
Eduardo Martínez



El futuro
es de todos

Cancillería
de Colombia

Plan de Promoción
de Colombia
en el Exterior



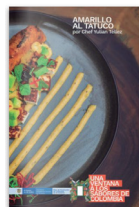
A WINDOW
TO THE
FLAVORS
OF
COLOMBIA

A WINDOW TO THE FLAVORS OF COLOMBIA

The Plan to Promote Colombia Abroad is the main tool for cultural diplomacy of the Colombian Ministry of Foreign Affairs. Through activities focused on academics and literature, scenic arts, visual arts, film and audiovisuals, gastronomy and music, the Colombian State has strengthened its bilateral and multilateral relations, consolidating new ties of friendship and cooperation with a diverse range of partners.

In the gastronomic focus, Colombian Embassies work with nationally and internationally renowned chefs to organize both virtual and face-to-face cooking classes and conferences, designed to show the richness of our local pantry to an international audience. Their work encompasses traditional and ancestral culinary techniques, the most recent developments in Colombian cooking, and everything in between.

To fortify this approach, the series *A Window to a Taste of Colombia* presents the world with some of the best recipes in our national gastronomy, hoping that they can be easily replicated. The doors to the Colombian Embassies abroad are always open to everyone who seeks to learn about the cultural wealth that characterizes our country.



El futuro es de todos

Cancillería de Colombia

Plan de Promoción de Colombia en el Exterior



A WINDOW TO THE FLAVORS OF COLOMBIA



El futuro
es de todos

Cancillería
de Colombia

Plan de Promoción
de Colombia
en el Exterior



A WINDOW
TO THE
FLAVORS
OF
COLOMBIA

ANTONUUELA ARIZA CHEF

Fine Art studies. 2000.

Empiric cook

Joined Mini- Mál project in 2002:
““a gastronomic research-creative
exercise”, designing many of the
dishes for their menu and as catering
and special events coordinator.

She and other 4 partners created
Selva Nevada – Snowy Jungle “our
jungle in a scoop” in 2006.

She has taken part in various
Colombian Food Festivals in
different countries since 2010.

Member of Slow Food since 2006,
Slow Food convivium leader in
Bogotá and Colombia’s coordinator
for the Slow Food Latin America
recipe book since 2013.

Leader of Slow Food’s Chef’s
Alliance in Bogotá.

Member of Cocineros a Punto,
a collective of chefs that work
to promote and support local
producers, farmers, and fishermen.

EDUARDO MARTINEZ CHEF

Agronomist

Chef and cuisine researcher since 1999.

Director of several projects which aimed to the promotion and revaluation of Colombian Cuisine. Founder and executive chef of Mini-Mal “Surprisingly Colombian Cooking”.

Known as one of the pioneers and promoters of contemporary Colombian cuisine, as well as a supporter of the revaluation of Colombian local cuisine, its ingredients, and traditions.

He has worked for more than 20 years directing projects for sustainable development with various traditional cultures of the country starting from the rescue, acknowledgement, valuation and appropriation of culture and its values. He has researched on traditional productive systems on the Rainforest in the Pacific and Amazon regions, on the development of studies and methodologies for rural land use planning and the analysis of domestic peasant economy in different areas of the country and also in urban landscapes such as farmer’s markets.

Member of Slow Food since 2006.

He has taken part in various Colombian Food Festivals in different countries since 2010.

On 2009 He was acknowledged by La Barra Magazine as one of the 10 People of the Year due to his work on social responsibility with the communities he supports at his restaurant.

Member of Cocineros a Punto, a collective of chefs that work to promote and support local producers, farmers, and fishermen.



El futuro
es de todos

Cancillería
de Colombia

Plan de Promoción
de Colombia
en el Exterior



A WINDOW
TO THE
FLAVORS
OF
COLOMBIA





Eduardo Martínez

COCINA

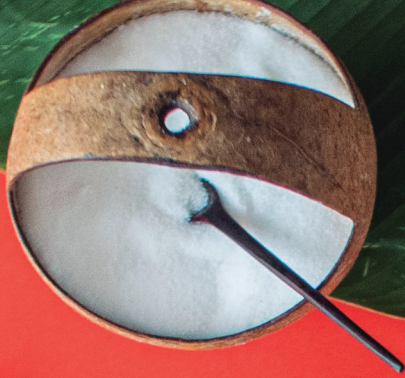


**TILAPIA WITH TAMARIND
AND GOLDEN BERRIES**

By Chefs

Antonuela Ariza

Eduardo Martínez





INGREDIENTS

4 Servings

Tilapia fillets	800 g
Tamarind paste	150 g
Golden berries cut in halves	125 g
Brown sugar	6 tbsp
Farofa (roasted, dry ground manioc)	2 tbsp
Salt to taste	
Vegetable oil	4 tbsp
Hot water	1 cup
Plantain leaf cut in 15cm x 8 cm pieces	1
A dash of smoked chilli powder	
The leaves of 2 sprigs of lemon thyme	





El futuro
es de todos

Cancillería
de Colombia

Plan de Promoción
de Colombia
en el Exterior



A WINDOW
TO THE
FLAVORS
OF
COLOMBIA





INSTRUCTIONS

Mix the tamarind paste, water, sugar, and chilli powder. Set aside.

In a pan over a medium heat, add the golden berries, but leave some aside to garnish add a pinch of salt and cook for around 3-4 minutes, until they are soft, lower the heat and add the tamarind mixture and simmer for 5-7 minutes until it thickens. Taste for salt and sugar.

Brush tilapia fillets with oil. Season well with salt. Heat a frying pan over medium-high heat. Put the fillets until golden and turn to the other side.

Put a plantain leaf piece on a serving plate. Arrange tamarind sauce on top. Arrange tilapia fillet over the sauce. Sprinkle lemon thyme leaves and farofa and garnish with fresh Golden berries and some micro greens. Serve with coconut rice and avocado salad.

