

LOCRO

ECUADORIAN | 6 SERVINGS

This typical Ecuadorian soup is one of my favorites when I travel to this small South American country. I like it for its simple flavors and for the fact that it is a thick, satisfying potato soup made in the birthplace of the potato. The combination of avocado and potato is delicious!



CHEF CHRISTOPHER KOETKE has worked in some of the world's finest kitchens. In 2009, he was named the Cooking Teacher of the Year by the International Association of Culinary Professionals. He is the host of the Emmy-nominated cooking show "Let's Dish" on the Live Well HD network and co-author of the award-winning *The Culinary Professional*. In 2010, the Foodservice Educators Network International honored him with its inaugural Award for Excellence in Culinary Education.

- 1 ½ lbs. pork shoulder (meat and fat),
cut into 2-inch pieces
- 4 cups water
- 1 tbsp. annatto seed
- 1 tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- 1 bay leaf
- 3 tbsp. unsalted butter
- 1 cup onion, *finely minced*
- 2 lbs. Yukon gold potatoes,
peeled and diced
- 1 Serrano chile,
seeded and minced
- 1 tsp. cumin, *ground*
- 1 cup whole milk
- 2 avocados, *halved and
thinly sliced*
- 1 lb. queso fresco, *crumbled*

- In a large saucepan or stockpot, combine pork, water, annatto seed, salt, pepper and bay leaf. Bring to a boil; reduce heat and simmer until pork is very tender, about 1 ½ hours. Remove pork and dice; reserve. Strain cooking liquid to remove bay leaf and annatto seed; reserve.
- In the same pan, sauté onion in butter over medium heat until very soft, about 5 minutes.
- Add potatoes and chile; cook, stirring frequently, for 5 minutes.
- Add reserved cooking liquid and cumin to the potatoes. Add enough additional water to cover the potatoes completely.
- Bring to a boil; reduce heat and simmer until potatoes are soft, about 20 minutes.



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NOTE

Annatto seed can be found at some specialty grocers, at Latin markets, or at www.penzeys.com.



RED RIOJA

(Tempranillo-based)
is a medium-bodied
red wine with red fruit
and autumnal-like
aromatics that
works well with
slow-cooked
pork-based dishes.

- Using a potato masher, mash the potatoes, leaving some intact. Add reserved pork and milk to the soup; cook until pork is hot, about 5-10 minutes. Taste and adjust seasoning.
- To serve, place avocado slices into bowls. Divide soup evenly between bowls; sprinkle with queso fresco.



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READY FOR THE WORLD

This cookbook highlights the internationality of Kendall College's award-winning faculty. Our students also come from around the world, with nearly 60 countries represented on campus. One in eight Kendall students is international, which contributes a global perspective to both the classrooms and kitchens.

Our culinary arts students bring their passion to Kendall College and graduate with the skills, knowledge and experience that employers value most. We are proud that Kendall is ranked No. 1 in Chicago for preparing students for careers in culinary arts (TNS Global-2013 Survey).

Kendall graduates are truly ready for the world. In addition to learning from accomplished instructors who use the campus and City of Chicago as living classrooms, students also gain valuable experience in three dining areas on campus—a Michelin-recommended public fine dining restaurant, a quick service restaurant and the school café.

We hope you enjoy this special collection of recipes.



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