

FLAVORS OF CHILE

Recipes from our cooking table in Punta Arenas

EMPANADAS

PASTEL DE CHOCLO

MOTE CON HUESILLOS

A small taste of the experience to take home

Thank you for cooking, eating and sharing stories with us. These are the recipes at the heart of our Chilean cooking class - written for a home kitchen, with a few practical notes to help you recreate the dishes wherever you are.

**FROM PUNTA
ARENAS**

Cook them exactly as written the first time, then make them yours. Chilean home cooking has always lived through family variations, memory and generous tables.

Before you start

A few notes from the class

MEASUREMENTS

1 cup = 240 ml · 1 tablespoon = 15 ml · 1 teaspoon = 5 ml. Oven temperatures are shown in Celsius and Fahrenheit.

THE CHILEAN WAY

Taste as you go. Onion sweetness, corn moisture and the intensity of cumin or paprika change from kitchen to kitchen. Use the quantities as a reliable base, then adjust seasoning at the end.

MAKE AHEAD

The beef and onion filling (pino), cooked wheat and peach syrup can all be prepared a day ahead. This makes the final cooking much easier.

What we cook in the class

- **Empanadas de pino** - baked pastries filled with seasoned beef and onion, egg, olive and raisins.
- **Pastel de choclo** - a warm corn pie layered over pino, chicken, egg and olives, finished with a lightly caramelized top.
- **Mote con huesillos** - chilled spiced peach syrup with dried peaches and cooked wheat, one of Chile's most recognizable summer desserts.

The recipes below are written for approximately six servings. For the pastel de choclo, six individual clay dishes are ideal, but one large baking dish works perfectly well.

A note about ingredients outside Chile

If fresh Chilean corn is unavailable, use the sweetest corn you can find. Frozen corn works well and is often more consistent than out-of-season fresh corn. For dried peaches, look in Latin American, Middle Eastern or specialty grocery stores; unsweetened dried peach halves are best.

1. Empanadas de Pino

The classic baked Chilean empanada: savory, slightly sweet from the onions, and unmistakably aromatic with cumin.

For the dough

500 g all-purpose flour	about 4 cups
150 g lard or vegetable shortening	softened
180 ml warm water	about 3/4 cup
1 1/2 tsp salt	dissolved in the warm water

For the pino filling

500 g beef	finely diced or coarsely ground
2 large onions	finely diced
2 garlic cloves	minced
1 tbsp neutral oil	for cooking
1 tsp ground cumin	plus more to taste
1 tsp sweet paprika	or mild Chilean ají de color
1/2 tsp dried oregano	rubbed between your fingers
Salt and black pepper	to taste
3 hard-boiled eggs	cut into wedges or pieces
12 black olives	preferably pitted
24 raisins	about 2 per empanada, optional but traditional

Method

1. Cook the onions in the oil over medium-low heat until soft and translucent. Add the garlic, then the beef. Season with cumin, paprika, oregano, salt and pepper. Cook until the beef is just done and the mixture is juicy, not dry. Cool completely - ideally refrigerate for several hours or overnight.
2. Mix the flour and shortening until sandy. Add the warm salted water little by little and knead only until smooth. Rest the dough for 20 minutes, covered.
3. Divide and roll into circles about 15 cm / 6 in wide. Add a generous spoonful of cold pino, a piece of egg, one olive and two raisins.
4. Moisten the edge lightly, fold, press out excess air and seal well. Fold the edges into the traditional rectangular shape, or simply crimp firmly.
5. Brush with beaten egg if you want a glossy finish. Bake at **200°C / 390°F** for about **25-35 minutes**, until deeply golden.

CHEF TIP

Cold filling is the secret. Warm pino softens the dough and makes sealing much harder. Keep the filling slightly juicy.

2. Pastel de Choclo

Chilean corn pie - the dish your family remembered. Sweet corn, savory pino and a caramelized top make this one of the great comfort foods of Chile.

For the filling

1 tbsp neutral oil	for cooking
2 large onions	finely diced
500 g beef	finely diced or coarsely ground
1 tsp ground cumin	adjust to taste
1 tsp sweet paprika	or mild ají de color
1/2 tsp dried oregano	optional but recommended
Salt and black pepper	to taste
1 chicken breast	cooked and shredded
3 hard-boiled eggs	quartered or sliced
1/2 cup black olives	pitted

For the corn topping

About 1.2 kg corn kernels	fresh or frozen; enough for a thick puree
1 tbsp butter	plus a little for the dishes
3/4 cup milk	add gradually; you may need less
A good handful of fresh basil	finely chopped
Salt	to taste
2 tbsp sugar	for the top; use less if your corn is very sweet

Method

1. Prepare the pino: soften the onions in oil, add the beef and season with cumin, paprika, oregano, salt and pepper. Cook until juicy and aromatic.
2. Blend or process the corn into a coarse puree. Melt the butter in a pot, add the corn and cook over medium-low heat, stirring frequently. Add milk gradually until creamy but still thick enough to sit on top of the filling. Stir in basil and salt.
3. Butter six individual ovenproof dishes or one large baking dish. Divide the pino between them. Add shredded chicken, egg and olives.
4. Cover generously with the warm corn mixture and smooth the surface. Sprinkle lightly with sugar.
5. Bake at **190°C / 375°F** for **30-35 minutes**, until bubbling at the edges and golden on top. For deeper caramelization, finish briefly under the broiler/grill while watching carefully.

CHEF NOTE

The corn should be creamy but not runny. The best part is the contrast: savory filling underneath, sweet corn on top. And do not skip the basil.

3. Mote con Huesillos

A cold Chilean dessert-drink made with dried peaches, spiced syrup and cooked wheat. Serve it with a spoon - you drink the syrup and eat the fruit and mote.

Ingredients

250 g dried peach halves	huesillos
200 g mote / peeled wheat	cooked according to package directions
150-180 g brown sugar or chancaca	about 3/4 cup packed; adjust to taste
1 cinnamon stick	
2 strips orange peel	avoid too much white pith
1.5 liters water	plus more for soaking/cooking if needed

Method

1. Soak the dried peaches in plenty of water overnight in the refrigerator.
2. Transfer the peaches and about 1.5 liters of their soaking liquid to a pot. Add brown sugar, cinnamon and orange peel. Simmer gently until the peaches are soft and the syrup has taken on a deep amber color, about 30-45 minutes.
3. Taste the syrup. Add more sugar if you want it sweeter, or a little water if it is too concentrated. Cool completely, then refrigerate until very cold.
4. Cook the mote separately until tender, drain and cool.
5. To serve, spoon mote into each glass, add one or two peaches and fill generously with the cold syrup.

MAKE IT AHEAD

This is better after a night in the refrigerator. The peaches continue to perfume the syrup and the flavors become more integrated.

Optional wine pairing notes

In the class, Chilean wine is part of the table rather than a strict rule. A crisp **Sauvignon Blanc** works beautifully with empanadas and the fresh herbal notes of basil; a medium-bodied **Carménère** is a natural match for the beef, cumin and roasted flavors of pastel de choclo. Serve whites around **8-10°C / 46-50°F** and reds around **16-18°C / 61-64°F**.

Thank you for cooking with us

The best souvenir from a cooking class is not something that sits on a shelf. It is a recipe that reappears months later in another kitchen, at another family table.

We hope these dishes bring back a little of Punta Arenas - the warmth of the kitchen, the stories around the table and the flavors you made with your own hands.

**¡SALUD Y BUEN
PROVECHO!**

From Experiencias La Oveja · Punta Arenas, Chile

Experiencias La Oveja

Chilean cooking, wine and cultural experiences

Recipe booklet prepared for our guests. Home-kitchen results can vary slightly depending on flour, corn, oven and local ingredients.