



Papa (Quechua, Peru), pomme de terre (French), रंगीन आलू (rangin aloo, Hindi), રંગબેરંગી બટાટા (rangabērāngī batātā, Gujarati), البطاطس (albatītīs, Arabic), 七彩马铃薯 (qī cǎi mǎ líng shǔ, Mandarin)



Potatoes

a taste of Latin America on the Floridian table

Potatoes played a key role in ancient Incan agriculture and religion for several thousand years, and Incan farmers produced more than 5,000 different varieties. During Spanish colonialism in the 16th century, a few varieties of potato became a staple crop and key ingredient in many cultural cuisines throughout the world. Today, indigenous farmers throughout Latin America and gardeners in Florida continue to grow colorful varieties at home.

To learn more about Florida's culinary history, visit floridaheritagefoods.com

Peruvian woman preparing chuno
- frozen potato, near Cuzco, Peru



CARNE CON PAPAS (MEAT WITH POTATOES)

40
MINUTES
TOTAL

6
TOTAL
SERVINGS



INGREDIENTS

2 pounds stew meat, 2-inch cubes	1/2 cup olive oil
3 garlic cloves, finely chopped	1 large onion, chopped
3 tsp. salt	1 green bell pepper, chopped
1/4 tsp. black pepper, cumin, oregano	8 ounces tomato sauce
1 bay leaf	1 cup broth
1/2 cup dry wine	2 medium red potatoes, quartered
2 tsp. of vinegar	1/2 cup chopped pimentos

DIRECTIONS

1. Marinate stew meat in garlic salt, black pepper, cumin, oregano, and bay leaf.
2. Add dry wine and vinegar, cover, and refrigerate for 2 hours
3. In a saucepan, heat oil, and brown stew meat.
4. Add the onion, green pepper, tomato sauce, and beef broth.
5. Cover, and cook over medium heat for 1 hour.
6. Add potatoes and pimentos.
7. Cook over low heat until potatoes are done.
8. Add more broth if needed.

Recipe adapted from Josefa Gonzalez-Hastings on The Habana Café Cookbook. University Press of Florida (2004), (p. 46)

For more Florida heritage recipes, visit floridaheritagefoods.com

FACTS

Incan mythology includes the Goddess Axomamma who oversaw potato production and ensured a good harvest.

Potatoes are rich in vitamins C, B1, B3, B6, B9; and minerals such as iron, magnesium, and potassium. Avoid eating green potatoes and potato sprouts as they likely contain higher levels of toxic solanine.

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