

**RECIPE BOOK**  
**RODRIGO BARAÑO CHEF**



**ChilePork**





**CALAPURCA**  
PORK FRONT HOCKS

**PORK COLLAR CHARQUICÁN**  
WITH FISH EGGS

**CURANTO**  
(SEAFOOD STEW) IN A CLAY POT

**PORK**  
MIXED GRILL

**PEBRE (SALSA)**  
WITH SKINLESS BELLY AND FRIED SQUASH PASTRIES

**WHITE FISH**  
WRAPPED IN BELLY

**PIGS' FRONT FEET**  
AU GRATIN

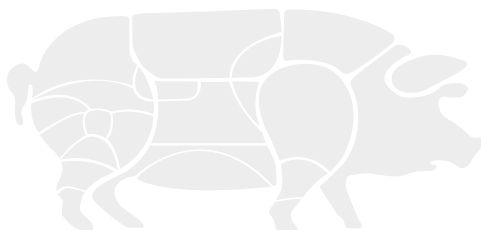
**PIGS' FEET**  
IN SEAFOOD SOUP

**PORK**  
BURGERS

**PORK RIBS**  
WITH CHANCACA (MOLASSES)

**PORK EMPANADAS**  
(TURNOVERS OR PASTIES)

**PORK LOIN**  
KEBABS



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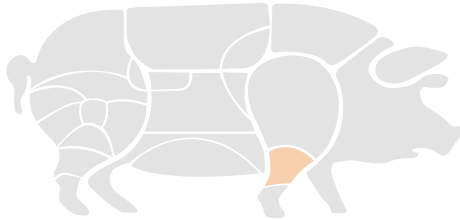


# CALAPURCA

## PORK FRONT HOCKS

Serves: 4

Preparation time: 2 hours



### Ingredients

- 2 pork front hocks
- 2 cups of dried corn
- 3 large potatoes
- 2 carrots
- 2 onions
- 2 cloves of garlic
- 2 tablespoons of red chili paste
- 1 cup cilantro
- Salt, cumin, oregano, oil to taste

### Directions

- Soak the corn overnight and cook with the pork in water for 2 hours or until done.
- Dice the onion and carrot and mix them with the chopped garlic and seasonings.
- Add the cooked corn, broth and pork to the onion and carrot mixture.
- Put the mixture in a saucepan, cover with a lid and leave to simmer over a low heat.
- Peel the potatoes, cut them into wedges, and then add them to the simmering mixture.
- Once all the ingredients are fully cooked, turn off the heat and let rest 10 minutes.
- Serve in a warm bowl.
- Garnish with chopped cilantro.
- Serve with toast.

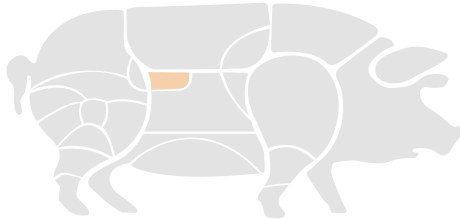
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# PORK COLLAR CHARQUICÁN WITH FISH EGGS

Serves: 4

Preparation time: 1 hour



## Ingredients

- 2 kg pork collar
- 1 kg fish eggs
- 2 large onions
- 1 red pepper
- 1 green pepper
- 2 carrots
- 2 cloves of garlic
- 2 cups white wine
- 6 large potatoes
- 2 cups yellow squash
- 2 cups of sweetcorn
- 1 cup green beans
- 1 cup peas
- 4 eggs
- Paprika, cumin, oregano, merquén (smoked chilli powder), salt, oil to taste

## Directions

- Grate the onion and sauté in a large saucepan with all of the seasonings.
- Cut the meat into small cubes and then add to the pan, cooking until golden brown with the garlic and fish eggs.
- In a separate pot, boil the potatoes, carrots, peppers and squash in water and white wine.
- Once the vegetables are cooked through, drain them.
- Mash the vegetables.
- Add the mashed vegetables to the saucepan containing the sautéed onion, seasonings and meat.
- Boil the peas and sweetcorn until cooked, then drain and add to the rest of the ingredients.
- Fry the eggs in the pork fat.
- Place the vegetable/meat mixture on a large plate and top with the eggs.
- Sprinkle with merquén for a pleasant spicy flavor.

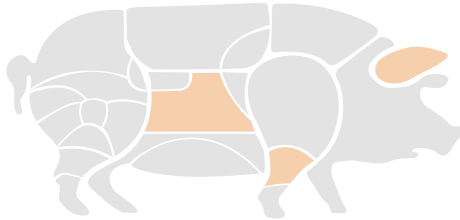




# CURANTO (SEAFOOD STEW) IN A CLAY POT

Serves: 4

Preparation time: 2 hours



## Ingredients

- 2 kg of smoked pork ribs
- 2 pork front hocks
- 8 pigs ears
- 4 pork tongues
- 1 kg mussels
- 1 kg white fish fillets
- 3 kg fish heads
- 4 g nori
- 1 kg prawns
- 6 potatoes
- 1 large cabbage
- ½ kg sausage
- 10 heads of garlic
- 10 bay leaves
- 5 onions
- 3 peppers
- 2 liters each of white wine and water
- 1 pack of cochayuyo or other type of seaweed

## Directions

- Cook the ears and tongues with bay leaves, garlic, water, white wine, onions, peppers and cochayuyo in a large pot.
- Place the fish heads and sausage in 2 liters of water in a large clay pot.
- Combine the liquids from the 2 pots and add cooked mussels, fish fillets, smoked ribs and cooked, deboned pork loin.
- Cover this mixture with cabbage leaves and place the prawns, nori, already cooked sausages and potatoes on top.
- Cover with more cabbage leaves and steam for 40 minutes.
- Serve in a bowl with all of the ingredients, including pieces of cabbage leaves.

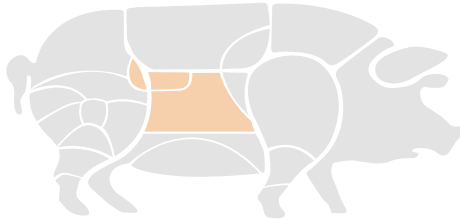


# PORK

## MIXED GRILL

Serves: 4

Preparation time: 2 hours

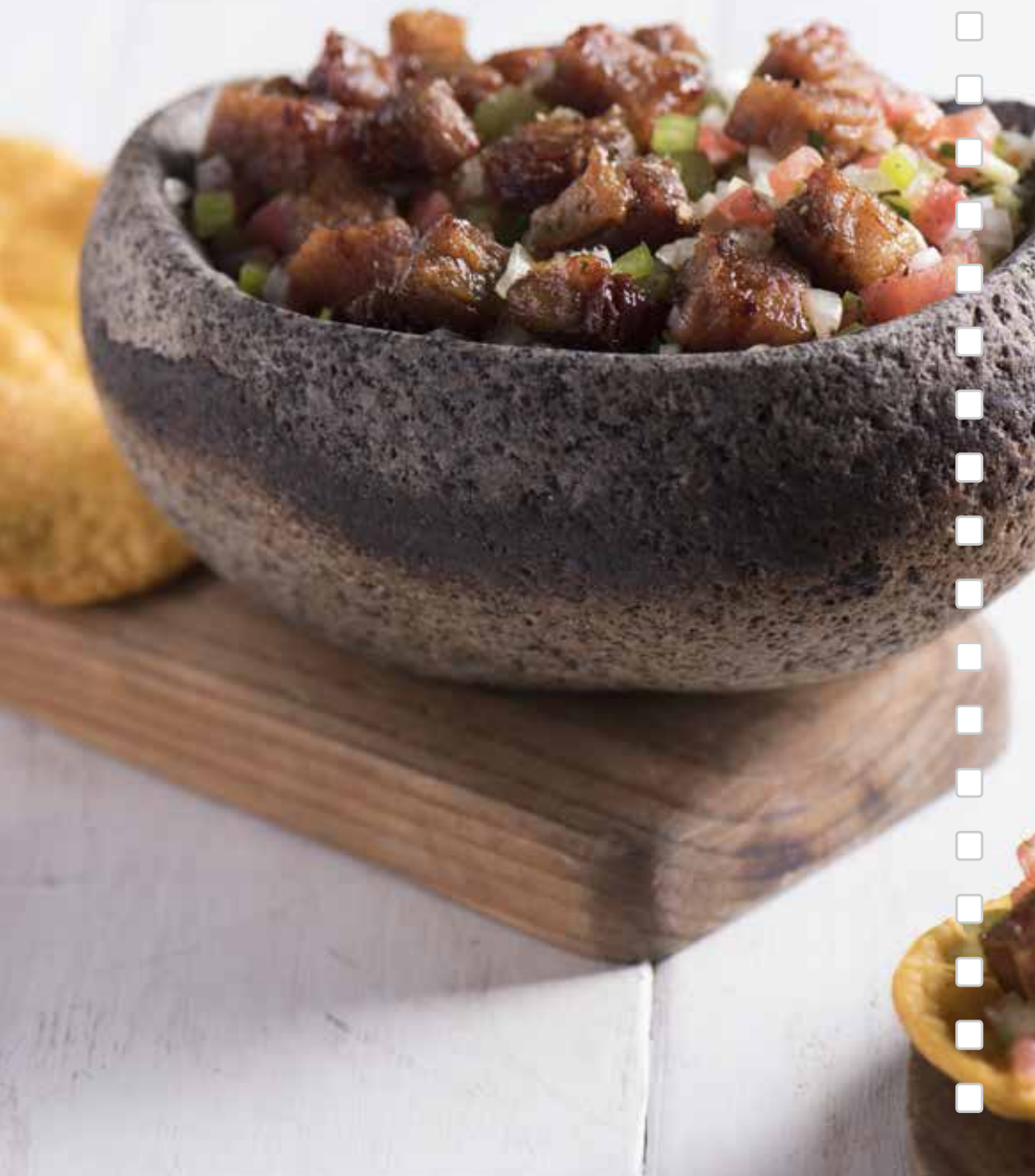


### Ingredients

- 2 kg pork collar
- 1 kg pork tenderloin
- 2 kg pork baby back ribs
- 1 kg sausages
- 4 spring onions
- 6 large tomatoes
- 1 piece of yellow squash

### Directions

- Cook the meat on a gas or charcoal grill over a low heat.
- Add the ribs, which will take 1 hour, then the loin, cut into 200 g pieces, and finally the tenderloin, which only need 20 minutes.
- Add sea salt when turning the meat.
- Place the vegetables on the grill so that they cook along with the sausage, and then serve as an appetizer.
- Serve the meat with roasted vegetables as it becomes ready.

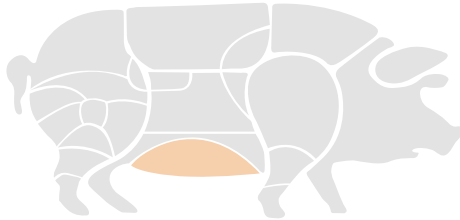


# PEBRE (SALSA)

## WITH SKINLESS BELLY AND FRIED SQUASH PASTRIES

Serves: 4

Preparation time: 1 hour



### Ingredients

- ½ kg skinless belly
- 3 onions
- 2 spring onions
- 1 green pepper
- 1 bunch cilantro
- 5 tomatoes
- 5 green chili peppers
- 4 tablespoons of red chili pepper paste
- ¼ cup oil
- Salt, pepper and garlic to taste
- ½ cup white wine
- 1 cup flour
- ½ cup squash, cooked and mashed
- 1 tablespoon lard

### Directions

- Cut the belly into small cubes and brown until crispy.
- Let dry on a paper towel.
- Dice the peeled tomatoes, pepper, cilantro, chili pepper and onions.
- In a bowl, mix all of the vegetables with oil, wine, salt and pepper.
- Top with the cooked bacon.
- In another bowl, mix the flour, cooked squash and lard.
- Mix well and form small cookie-shaped discs out of the dough.
- Fry the dough pieces and accompany with generous servings of the salsa.

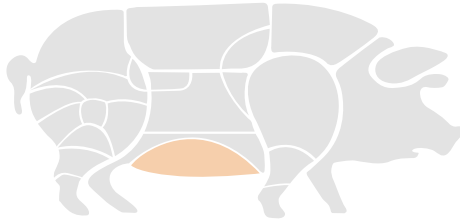
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# WHITE FISH WRAPPED IN BELLY

Serves: 4

Preparation time: 1 hour



## Ingredients

- **10 thin strips of belly**
- 1 kg white fish
- 2 beets
- 5 carrots
- 2 onions
- 10 basil leaves
- 2 cups white wine
- 1 cup lemon juice
- Coarse salt
- 4 tablespoons butter

## Directions

- Season the fish with butter, lemon, basil, salt and other seasonings to taste.
- Wrap each piece of fish in belly and cook in a hot oven for 12 minutes.
- Boil the beets and carrots.
- Mash and season. Serve with the fish. This dish can also be served with rice noodles.

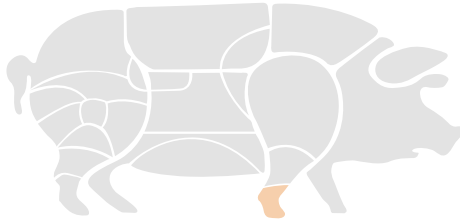




## PIGS' FRONT FEET AU GRATIN

Serves: 4

Preparation time: 2 hours



### Ingredients

- **8 pigs' boneless front feet**
- ½ kg almonds
- 5 onions
- 2 lt water
- Bay leaves and celery leaves
- ½ cup chili paste
- 4 shallots
- 4 cloves of garlic
- 1 kg asparagus
- ½ cup olive oil
- ¼ kg Roquefort cheese

### Directions

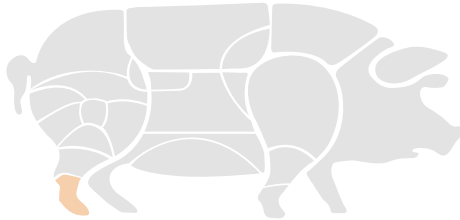
- Cook the pigs' feet in water with celery leaves, onion, chili paste and other seasonings to taste.
- Debone the pigs' feet and make a filling.
- Place the almonds, shallots, olive oil and garlic in a food processor.
- Once the almond blend is ground, place on the pigs' feet. Add asparagus and Roquefort cheese.
- Bake in a hot oven for 8 minutes and serve with rice.



## PIGS' FEET IN SEAFOOD SOUP

Serves: 4

Preparation time: 2 hours



### Ingredients

- 8 pigs' feet
- 6 nori leaves
- 2 lt beer
- 1 kg clams in shell
- 1 kg mussels in shell
- 1 kg small prawns
- 1 cup of cochayuyo or other seaweed
- 4 cacho cabra chili peppers
- 4 plum tomatoes
- 4 red onions
- 12 quail eggs
- Salt, chives, cumin and oregano to taste.

### Directions

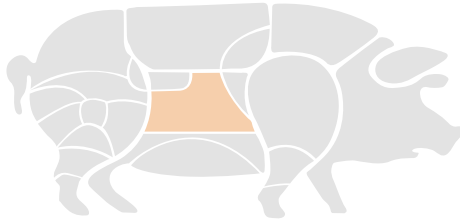
- Cook the pigs' feet, beer, nori and cochayuyo in a pot.
- Once the pigs' feet are tender, add the washed seafood still in the shell.
- Slice the onion and sauté in a pan with the cacho cabra chili pepper and plum tomatoes.
- Add to the pot with the pigs' feet and bring to a boil.
- Add the prawns.
- Serve and garnish with freshly fried quail eggs.
- Garnish the eggs with chopped chives.



# PORK BURGERS

Serves: 4

Preparation time: 2 hours



## Ingredients

- 8 finger bones
- 1 kg ground pork (10% fat)
- 3 onions
- 1 tablespoon paprika
- 2 tablespoons sesame
- 10 large potatoes
- 2 tablespoons spicy curry paste
- 1 can of tomato sauce
- Olive oil, salt and seasoning to taste

## Directions

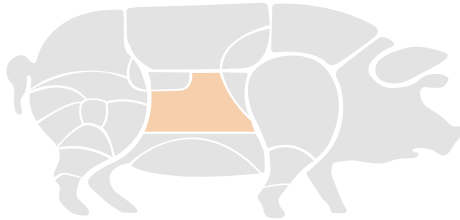
- Make a filling using the onion and paprika.
- Add the ground pork. Season and add the tomato sauce, sesame and curry.
- Make small meatballs and place one on each finger bone as if it were a scoop of ice cream.
- Press tightly and finish in the oven until golden brown.
- Fry the potatoes and serve with the hamburger “ice cream.”



## PORK RIBS WITH CHANCACA (MOLASSES)

Serves: 4

Preparation time: 2 hours



### Ingredients

- **2 kg boneless baby back ribs**
- 1 block of chancaca (molasses)
- 4 pears
- ½ kg black beans
- ½ kg mushrooms
- 2 red onions

### Directions

- Cook the ribs with the chancaca diluted in warm water for 1 hour and 45 minutes in an oven preheated to 180°C with the pears cut in half on the side.
- Cook the black beans with the onion and mushrooms.
- Serve the meat with chancaca sauce and a piece of pear.
- Serve the beans on the side.

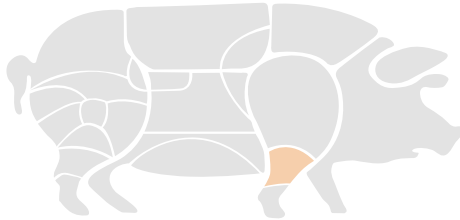




# PORK EMPANADAS (TURNOVERS OR PASTIES)

Serves: 4

Preparation time: 2 hours



## Ingredients

- **2 pork front hocks**
- 12 large pieces of rice dough
- 3 onions
- 2 red peppers
- 1 cup rice
- ½ kg mozzarella cheese
- 1 tablespoon of rosemary
- Pepper and other seasoning to taste
- 4 eggs
- 1 cup of raisins

## Directions

- Cook the pork in water with salt (1 hour in a pressure cooker).
- Once the meat is cooked, shred it.
- Dice the onion, pepper, rosemary and other seasonings. Mix with the pork.
- Cook the rice and fill rice dough with the pork and vegetable mixture, egg slices, raisins, rice and grated cheese.
- Seal the dough shut in a pasty shape with warm water.
- Steam in a steaming basket for 10 minutes. Serve with spicy sauce.

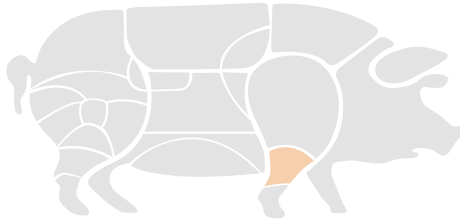
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# PORK LOIN KEBABS

Serves: 4

Preparation time: 2 hours



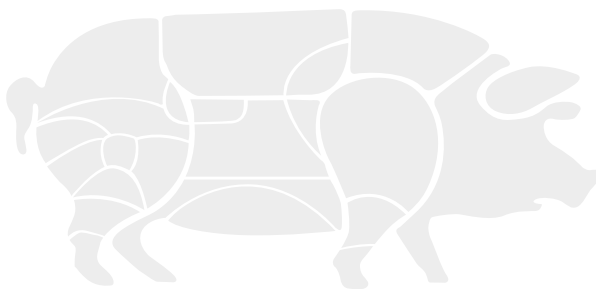
## Ingredients

- 2 pork front hocks
- 8 kebab skewers
- 1 pack of mushrooms
- 6 green chili peppers
- 1 head of broccoli
- 8 potatoes
- 1 pack of sour cream
- 1 pack of chives

## Directions

- Cook the pork in water with salt (1 hour in a pressure cooker) and let cool.
- Cut the meat into 2 cm cubes.
- Assemble the kebabs, placing pieces of meat, green chili pepper, broccoli, mushrooms and cooked potato on the skewers.
- Garnish with sour cream and chopped chives.







## 2017 OVERVIEW

### Production

**489,003**

cwe tons

**1,058,966**

MUSD

### Consumption

**311,709**

cwe tons

**798,481**

MUSD

### Exports

**287,058**

cwe tons

**456,339**

MUSD

### Imports

**109,764**

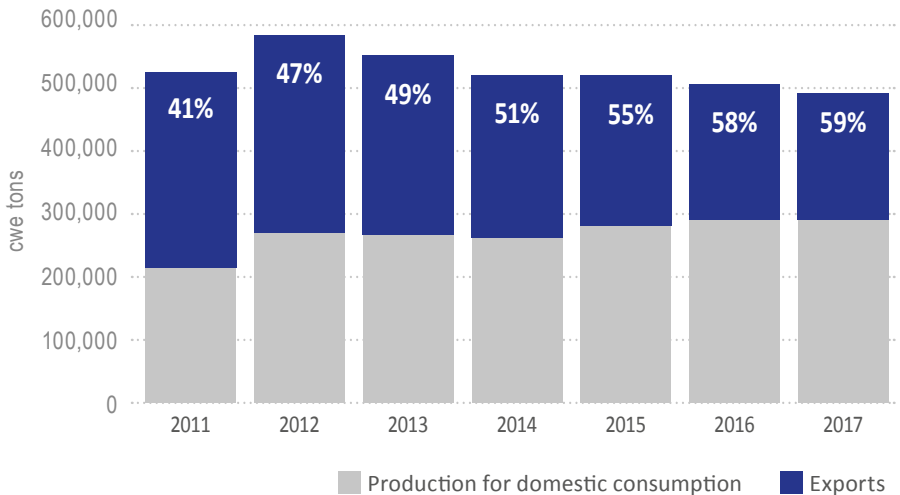
cwe tons

**195,854**

MUSD

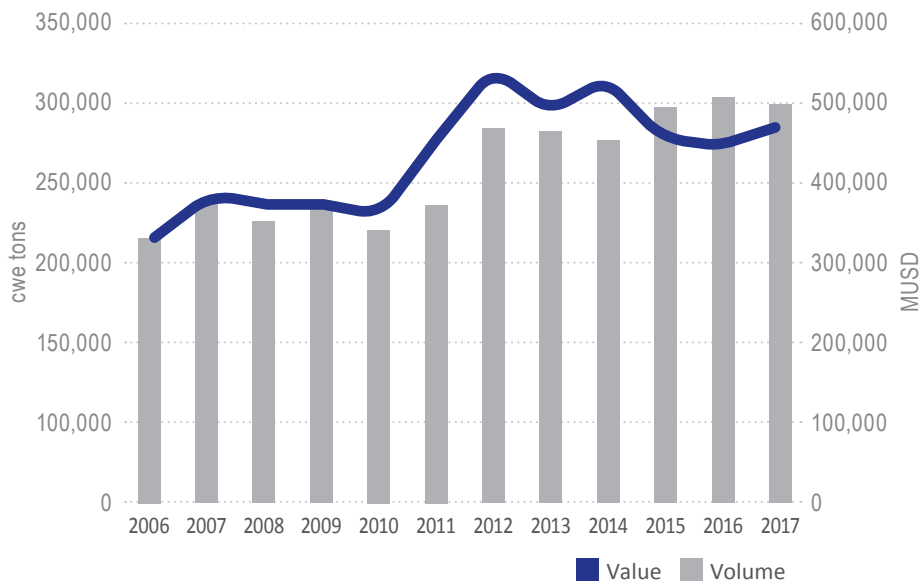
### Production

for domestic consumption and exports



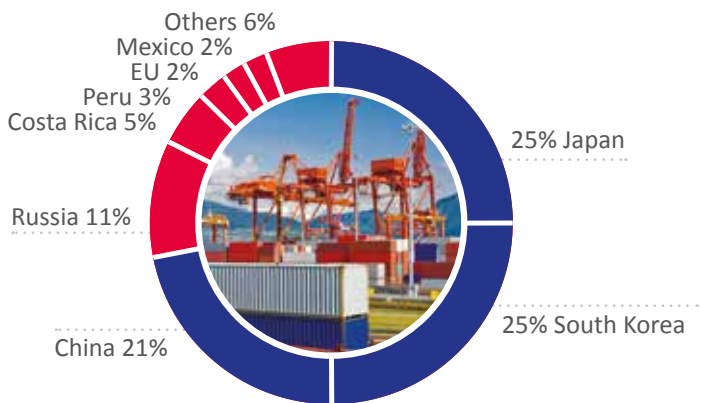
## Evolution

pork exports



## Exports

main markets



Source: Chile's Customs Office







# ChilePork

**FOODS  
FROM**

**Chile** 