

*The Official Recipe Guide for the
2022 Holiday Party of the
Botanical Society of Washington*



Tuesday, 6th December 2022
Virtually via Zoom

The Drink: Mama Juana!

- A mixed drink of wine and rum infused with a diversity of botanicals



Mama Juana Recipe

- See: <https://www.sunrise-villa.com/how-to-make-mamajuana>

Mix rum or gin (50%), red wine (40%) and Honey (10%)

Add star anise (*Illicium verum*), clove (*Syzygium aromaticum*), and basil leaves (*Ocimum basilicum*) and soak for 5 days

You could also add: namú (*Petiveria alliacea*), Bohuco Pega Palo (*Cissus verticillata*), Canelilla (*Cinnamodendron ekmanii*), Bojuco Caro (*Cissus verticillata*) Marabeli (*Securidaca virgata*), Maguey (Agave spp.) leaves, and Timacle (*Chiococca alba*)

Recommended Soundtrack during preparation:

https://youtu.be/tzWZ_L-70_U

The Main Course: Sancocho Dominicano

- A hearty stew of meats with diverse tubers and corms



Tuber & Corms Party!



Yautía amarilla: *Xanthosoma atrovirens*



Yautía Blanca: *Xanthosoma sagittifolium*



Yautía morada: *Xanthosoma violaceum*



Yautía coco: *Colocasia esculenta*



Ñame: *Dioscorea trifida*



Yuca: *Manihot esculenta*



Batata: *Ipomoea batatas*



Mapuey: *Dioscorea trifida*

See: <https://www.dominicancooking.com/15640/getting-root-guide-dominican-tubers>

Sancocho Dominicano Recipe:

• See: <https://www.dominicancooking.com/125/sancocho>

Marinate meat with lime juice oregano, garlic, cilantro salt for 1 hour then cook in oil on stove top in deep metal pan.

Add diced corn cob and water (and adobo and bouillon if desired) and cook until just boiling.

Add chopped green plantain, butternut squash, yuca (and other tubers and corms) and cook until soft.

Add some mashed plantain to add thickness.

Recommended soundtrack during preparation:

<https://youtu.be/3QELY3hnIlg>

Sancocho Ingredients:

- 3 pounds of beef and/or goat, and/or pork. cut into small pieces (substitute with beans for vegetarian recipe)
- 3 pounds of pork ribs and/or chicken and/or pork sausage (substitute with beans for vegetarian recipe)
- Marinade: Juice of 2 limes, 1 tsp minced cilantro, 1/2 tsp oregano (dry), 1tsp garlic, 1 1/2 tsp salt
- 4 tablespoon vegetable oil
- 2 corn cob, cut into 1/2-inch slices
- 1/2 pound butternut squash (auyama) cut into 1-inch pieces
- 3 green (unripe) plantains peeled and cut into 1 min pieces
- 2 pounds yuca (cassava), cut into 1-inch pieces (and ñame (yam), yautia (malanga), batata (sweet potato, and/or whatever other corms and tubers you have

Dessert: Arepa Dulce de Maiz



Aprepa Dulce de Maiz Recipe:

- See: <https://www.spoonabilities.com/dominican-arepa/>

Pre heat oven 350°F. Grease a baking dish. Dust raisins with flour

On stove top, combine whole milk, evaporated milk, coconut milk, pumpkin puree, butter, cornmeal, salt, brown sugar, and pumpkin pie spice. Mix well then add cinnamon sticks

Cook while stirring until bubbling lower heat and continue cooking an stirring for 5 minutes. Stir in raisins

Pour into greased baking dish and bake for 45 minutes or until tooth pick comes out clean

Recommended Soundtrack during preparation:

<https://youtu.be/9RMx8L0hLG4>

Arepa Dulce de Maiz Ingredients:

- 2 cups of whole milk
- 1+1/2 cups evaporated milk
- 2+1/2 cups of coconut milk
- 1 can pumpkin puree
- 3 Tbs of butter
- 2 cups of cornmeal
- 1/2 tsp salt
- 1-1/2 cup of brown sugar
- 1 tsp pumpkin pie spice
- 4 cinnamon sticks
- 1/2 cup of raisins

Aperitif: Morir Soñando

See: <https://www.dominicancooking.com/976/morir-sonando>

- 4 cup evaporated milk
- sugar (to taste, if needed)
- 1 tablespoon vanilla extract
- 2 cup of ice cubes
- 2½ cup orange juice (without pulp)



Recommended soundtrack during preparation:
<https://youtu.be/cumOypEFvBw>

