



FRESH FROM

LA DULCE COCINA

COSTA DULCE
NICARAGUA

First Edition - June 2020

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COSTA DULCE, NICARAGUA



¡BUEN PROVECHO!

Thanks for coming to our little "slice" of paradise!

We know you love our food as much as we do —that's why we invite you to take some pages out of the Costa Dulce cookbook! Please take a "slice" of our paradise home with you and enjoy some Costa Dulce favorites to tie you over until your next trip back!

We dedicate this book to our wonderful kitchen staff that is always working to improve their craft . . . and it shows!

Please note, our chefs and cocineras (cooks, feminine) know these recipes by heart (if there's a name associated with recipe that cocinera recounted the recipe from their memory—amazing!) This means, there might not always be exact yields and ingredient quantities listed, so give them a try and find what works best for you!

From our family to yours,
Wishing you abundance and nourishment

We are grateful for our amazing chefs and cocineras:



¡MEET OUR CULINARY HEROS!

MEET ELISA.

She's our head chef who has been with Costa Dulce for 4 years. Elisa lives with her husband and daughter in the nearby town of Collado. She is a trained pastry chef who loves creating new recipes. You can thank her for the creative and delicious vegetarian and vegan dishes and amazing Costa Dulce desserts!



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BREAKFAST

desayuno



THE FAMOUS COSTA DULCE GRANOLA

Ingredients

4 cups whole grain oats
½ cup coconut oil
½ cup olive oil
½ cup honey
1 cup raisins
1 cup rolled coconut
½ cup sesame seeds
½ cup chia seeds
1 cup peanuts
1 cup cashews
6 tsp cinnamon powder
3 tsp vanilla extract

Preparation

Preheat oven to 150C. Mix the oats, coconut oil, and a bit of olive oil, with honey, cinnamon, and vanilla extract to taste. Bake at 150C stirring every 10 minutes for 30-40 minutes or until the desired crunchiness is attained. Allow the mix to cool then add raisins, coconut, sesame seeds, chia seeds, peanuts, cashews.

OATMEAL PANCAKES



Ingredients

½ cup oatmeal
1 banana
1 egg
½ cup natural yogurt
½ teaspoon baking soda
½ cup baking powder
½ teaspoon vanilla

Preparation

Use a blender to turn oats into a powder and then add baking powder and baking soda. Combine the wet ingredients into the blended oat mix to form the pancake dough. Fry in a pan.

PLANTAINS THREE WAYS

Ingredients

Green plantains

Ripe plantains

Oil

Salt to taste

Preparation

TOSTONES

Savory medallions, crispy outside, soft inside

Peel and cut into roughly one-inch wide pieces. Deep fry with high heat until plantain turns yellow (around 3 minutes). Remove from oil, place between two plates and apply pressure until plantains achieve the desired thickness. Deep fry again to the desired crunchiness.

TAJADAS

Savory, chip-like

Slice a green plantain very thinly lengthwise and deep fry in oil until crispy. Blot excess oil with towels and salt to taste.

MADUROS

Sweet, soft

Slice a ripe plantain thinly lengthwise. Sauté until desired level of brown.



JANELY'S CHOCOLATE BANANA CREPES

Ingredients

2 eggs
1 cup flour
½ cup brown sugar
½ cup milk
Bananas
Chocolate syrup
Nutella
Peanut butter
Vanilla extract to taste
Cinnamon powder to taste

Preparation

Mix dry ingredients in a bowl. Mix wet ingredients and eggs by hand in a separate bowl. Mix wet and dry ingredients together until the mix is smooth and lump-free. Heat coconut oil in a pan on low heat. When the pan is hot add a scoop of the mix. Circle the mix with the back of the ladle once or twice to spread and thin the batter. Flip when crepe bubbles and looks dry. Spread with desired spread (nutella or peanut butter), roll a whole banana inside, and drizzle with chocolate syrup.

GALLO PINTO

Ingredients

Oil

Rice (roughly 1.5 times the amount of beans)

Beans

Salt to taste

Onion to taste

Preparation

Boil dried beans with onion and salt until cooked. Fry uncooked rice with onion for a couple minutes then add water and boil to desired firmness. Heat oil in a pan and add cooked beans until the liquid that was cooked with the beans dries then add rice and fry together.



A top-down view of a meal on a white plate. The meal includes a large portion of cooked quinoa mixed with small, diced orange carrots. To the right of the quinoa is a vibrant vegetable salad with green leafy vegetables, purple cabbage, and orange carrot strips. In the bottom right corner, there is a small white bowl containing a ceviche dish, which appears to have chunks of white fish, green bell peppers, and red tomatoes. At the bottom of the plate, several golden-brown, triangular tortilla chips are visible.

LUNCH & DINNER

almuerzo y cena

FALAFEL & GREEK SALAD



Ingredients

Falafel:

2 cups (13 oz dry) garbanzo beans
4 tbsp tahini
1 bunch cilantro
1 bunch parsley
4 cloves garlic
2 tbsp salt
2 tbsp pepper
1 tbsp cayenne pepper
2 tbsp cumin
2 tsp baking soda

Salad:

Cucumbers
Tomatos
Red onion
Olives
Oregano
Salt
Pepper
Feta cheese
Olive oil
Basil

Preparation

Falafel: Soak garbanzo beans overnight. Rinse and add fresh water then blend with garlic and parsley until smooth. Remove the mix from the blender and add cumin, salt, pepper, cayenne, and lemon juice. Put a little tahini in water and add to the mix. Fifteen minutes before frying add baking soda. Make into balls and deep-fry. Blot excess oil with a towel. Salad: Compile ingredients to taste.

AZTEC SOUP

Ingredients

2 cups chicken broth
Shredded chicken from 1 kg bone-in chicken breasts
3 x 14 oz canned tomatoes
16 fresh tomatoes, chopped
4 onions
1 full garlic
3 green peppers
2 bunches cilantro
10 corn tortillas or tortilla chips
½ bunch celery
2 tsp dried chili or 1 fresh jalapeño
3 bay leaves
1 avocado
1 tbsp (per serving) sour cream or greek yogurt
1 tbsp (per serving) medium-soft cheese, cubed or shredded
3 tbsp olive oil

Preparation

Chicken: Boil the chicken (bones-in) in water with cilantro, celery, and bay leaf. Once cooked through, remove, set aside, and shred once cool. Retain the chicken broth.
Chips: If using corn tortillas, cut into thin strips and deep fry until crunchy. Remove excess oil with a towel.
Soup: Sauté the onion and garlic in a small amount of oil until transparent. Add the chopped tomatoes and chili. Place garlic, onion, tomatoes and chili in a blender with a small amount of the broth from the boiled chicken and blend until smooth. Strain the blended mix and add to the broth. Return to medium heat until the soup thickens. Serve with shredded chicken, fried tortillas, cheese, avocado, and sour cream.

PUMPKIN SOUP



Ingredients

1 pumpkin/squash, cubed
Garlic to taste, diced
Onion to taste, chopped
Ginger to taste, chopped
Salt to taste
Pepper to taste
Oregano to taste
Coconut milk
Butter or oil

Preparation

Sauté garlic in butter or oil. Add ginger, onion, squash, coconut milk, and spices to taste and cook until soft. Blend to desired consistency when squash is cooked and desired flavors reached.



TOMATO SOUP

Ingredients

1 kg ripe tomatoes, chopped
1 liter water
1 red onion
2 cloves of garlic, diced
1 carrot, chopped
1 tablespoon of sugar
1 bay leaf
1 tsp oregano
1 tsp cumin
Salt to taste
Ground black pepper to taste
3 tbsp olive oil
Mint or parsley as garnish

Preparation

Sauté onion and garlic until transparent. Reduce heat, add tomatoes, carrot and spices, cover and reduce until carrots soften. Transfer to a blender, allowing to cool before mixing with water. Return to heat or serve as is with garnish.

EGGPLANT PARMESAN

Makes: enough for 2 people

Ingredients

1 large eggplant

5 tomatoes, chopped

1 onion, chopped

1 clove of garlic, chopped

2 eggs, beaten

½ cup of mozzarella cheese, shredded

½ cup of parmesan cheese, shredded

1 cup of maseca (dried corn flour)

Soy sauce

Salt and pepper to taste

Basil to taste

Preparation

Preheat oven to 180C. Sauce: Sauté tomato, onion, garlic and basil in oil until onion is transparent. Eggplant preparation: Slice eggplant and salt both sides. Blot the moisture that comes out. Repeat until the eggplant stays dry and stops releasing water. Batter preparation: Add a dash of soy sauce to the beaten eggs. Have maseca prepared in a separate bowl for battering the eggplant.

Coat eggplants with egg mix and then maseca then fry on medium heat. Layer: sauce, mozzarella cheese, eggplant, sauce, mozzarella cheese, eggplant, sauce, parmesan cheese. Bake for ~20 minutes or until cheese reaches the desired level of browning.

VEGETARIAN SHEPARD'S PIE

Ingredients

4 large Potatoes
1 cup lentils
16 tomatoes
1 block cheese of choice to top
2 onion
2 cloves garlic
Garlic powder to taste
Salt to taste
Cumin to taste
Paprika to taste
Ground black pepper to taste
Onion powder to taste
1/3 cup cream
1/2 stick butter

Preparation

Preheat oven to 180C. Lentils: Boil lentils with garlic and onion until soft. Add salt, cumin, paprika, pepper, onion powder, garlic powder, tomato. Potatoes: Boil potatoes until soft then mash and add cream and butter. Place lentils on the bottom layer of a casserole dish and layer mashed potatoes on top. Top with cheese of your choice and bake for 15 minutes.

BLACK BEAN BURGERS

Makes: 4 burgers

Ingredients

15 oz mashed cooked black beans

$\frac{2}{3}$ cup chopped onion

2 tbsp garlic

1 grated carrot

$\frac{1}{2}$ cup minced green pepper

2 tbsp corn starch

2 slices of bread torn into small pieces (substitute $\frac{1}{5}$ cup cooked rice to make gluten free)

2 tbsp warm water

$\frac{1}{4}$ tsp sriracha

2 tsp chili powder

2 tsp cumin

2 tsp seafood seasoning

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ tsp pepper

$\frac{3}{4}$ cup flour of choice

Preparation

Preheat oven to 175C. In a bowl, combine beans, onion, garlic, carrot, and green pepper. Separately whisk together corn starch, water, sriracha, and dried spices and add to the bowl with the beans. Add rice or bread to the mix then add flour slowly until a sticky batter forms. Form into patties and place on a greased baking sheet. Bake for 10 minutes on each side.

SWEETS

dulces





RAW CHOCOLATE

Ingredients

1 cup raw cacao powder
1 cup cocoa butter or coconut oil
3 tbsp honey
Whatever else you want! Get creative!

Preparation

Combine well (depending on your climate it could help to heat the mix in a pan on low heat). Pour mix into a lined baking sheet and allow to set in fridge.

HOT SPICED CACAO

Makes: one 8 oz serving per person

Ingredients

2 oz (6 tbsp) shaved/chopped/powdered cacao per person

7 fluid oz water per person

Sweetener of your choice (honey, agave, cane sugar, etc.)

Pinch of chili/cayenne

Optional: cinnamon, cardamom, vanilla to taste

Preparation

Heat water and chili to near boiling (add cacao to hot but not boiling water). Add cacao, sweetener, and spices to taste. Stir with a whisk until there is an even consistency and a froth on top. Allow the cacao to settle to the bottom or strain and enjoy!



VEGAN, GLUTEN-FREE BROWNIES



Makes: one pan

Ingredients

¾ cup gluten free flour
¼ cup almond meal
2 tbsp flax eggs (see "Extras" section for recipe)
½ cup melted coconut oil
½ cup sugar of choice
¼ cup maple syrup or agave
¾ tsp baking powder
¼ tsp salt
½ cup cocoa powder
⅓ cup walnuts (optional)
⅓ cup chocolate chips (optional)
1 tsp vanilla extract

Preparation

Preheat oven to 176C. Combine dry ingredients and wet ingredients in separate bowls, then combine wet ingredients into dry ingredients. Pour into a greased or lined baking dish and bake for 17-22 minutes.

PASSIONFRUIT MOUSSE



Makes: 6 servings

Ingredients

1 can condensed milk
3 passionfruit
2 cups of cream
14 grams of unflavored gelatin

Preparation

Remove the fruit from the seeds. Mix the pulp with condensed milk. Separately beat the cream to a medium-firm point. Hydrate the jello with a little water and mix with the cream until homogenous then add passionfruit. Put in individual molds and cover. Allow to rest until it sets.

ELISA'S BANANA BREAD

Makes: ½ pound of bread or 2 loaves

Ingredients

3 eggs

1 cup sugar

½ cup vegetable oil (or 2 sticks of butter)

2 cups of flour

1 tbsp baking powder

1 tbsp baking soda

½ tsp salt

1 tsp of nutmeg

½ cup of skim milk (or whole milk, almond milk, rice milk)

1 cup of mashed banana

1 tsp vanilla extract

½ cup chopped nuts

½ cup chocolate chips

Preparation

Preheat oven to 180C. Beat together eggs, sugar, and oil. Mix into this the flour, baking powder and soda, salt, and nutmeg. Add the milk slowly to this mix until combined. Beat together banana and vanilla and add to the mix. Fold in nuts and chocolate chips. Divide mix between 2 well-greased bread pans and bake for roughly 50 minutes or until you can insert a toothpick or knife in the middle and it comes out clean. Allow to cool but serve warm.

PAOLA'S CARROT OATMEAL COOKIES

Makes: 12 cookies

Ingredients

2½ cups oatmeal powder
¼ cup of flour
1½ cups of shredded carrot
1 cup of brown sugar
½ cup of chopped nuts
¾ cup of vegetable oil
1 tsp of vanilla
½ tsp of salt
½ tsp baking soda

Preparation

Preheat oven to 180C. Mix all ingredients, roll into balls and place on greased baking sheet. Bake for 30 minutes.

GREY'S CHOCOLATE CHIP MUFFINS

Makes: 12 muffins

Ingredients

2 cups of flour
½ cup of sugar
3 eggs
2 tsp of baking powder
1 bar (180g) of butter
½ cup of milk or alternative milk
Cinnamon to taste
Chocolate chips to taste

For chocolate muffins: use 3-4 tsp of cocoa powder per cup of flour (about half a cup for this recipe).

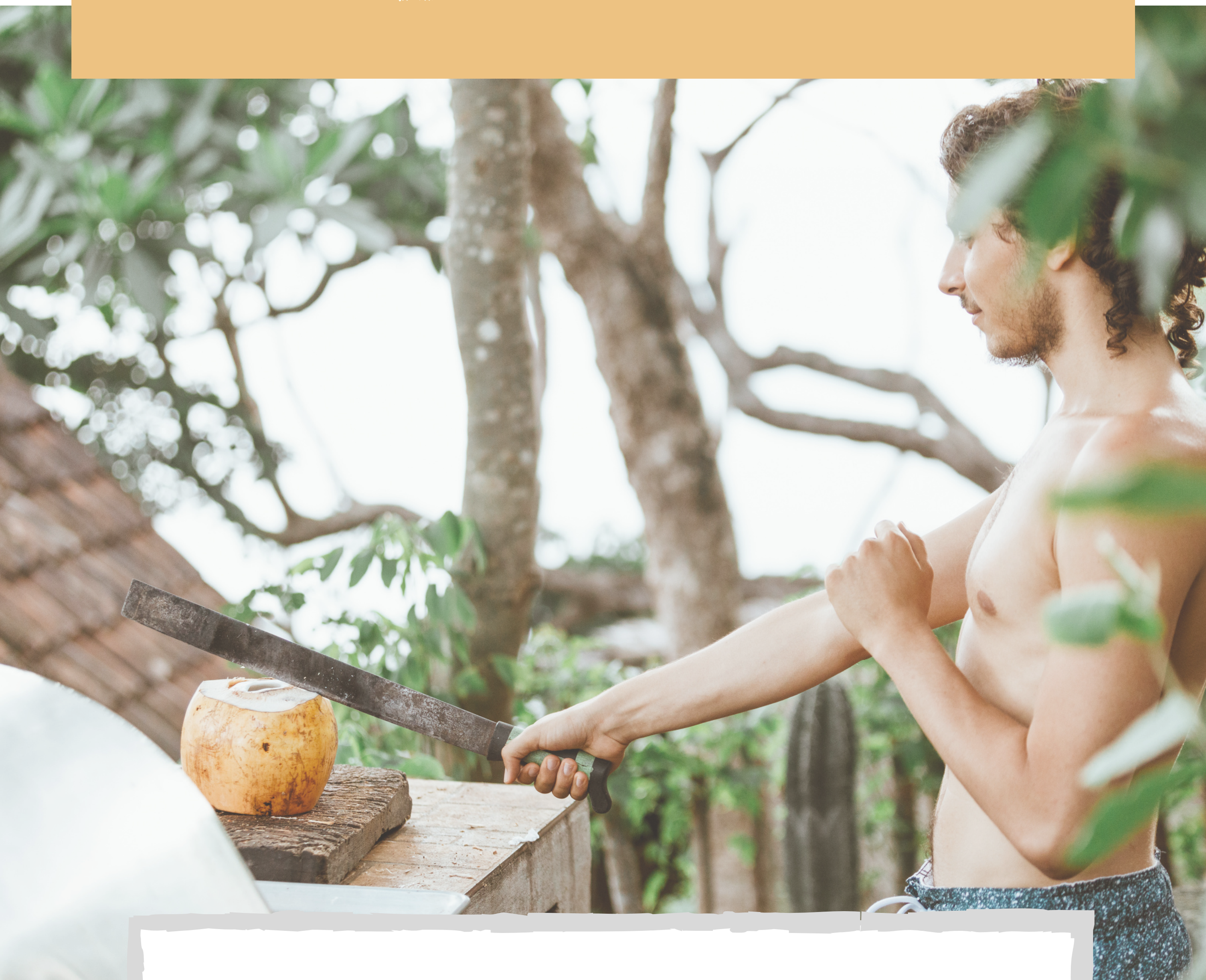
Preparation

Preheat oven to 180C. Mix dry ingredients in a bowl. Mix wet ingredients in a separate bowl. Combine wet and dry ingredients together. Add chocolate chips and cinnamon to taste. Grease a muffin tin and pour batter into cups. Bake for 25-30 minutes.



EXTRAS

VEGAN EGGS



Makes: enough to replace 1 egg in most recipes

Best for pancakes, eggs, brownies, muffins, cookies, etc.
(won't bind and stiffen as well as a regular egg).

Ingredients

1 tbsp raw ground flaxseed
2.5 tbsp water

Preparation

Combine flax and water in a dish and stir together or place into a food processor. Let sit for 5 minutes to thicken just prior to using.

THE COSTA DULCE GREEN JUICE

Ingredients

2 cups packed spinach
1 bunch Mint
1 Pineapple
1 stalk Celery
2 tbsp Honey or agave to taste
Ice

Preparation

Blend, strain, and serve immediately.



MANGO CHUTNEY



Ingredients

4 lbs ripe (not over ripe) mangoes
3 tbsp oil
1 tsp chili flakes
 $\frac{2}{5}$ cups diced red onions
 $\frac{1}{4}$ cup minced ginger
1 cup diced red bell peppers
8 oz unsweetened pineapple juice
4 oz apple cider vinegar
 $\frac{1}{2}$ cup brown sugar
 $1\frac{1}{2}$ tbsp curry powder

Preparation

Simmer all ingredients together for 30 minutes and serve.

SALSA RANCHERA

Ingredients

5 tomatoes, chopped
1 yellow/white onion, chopped
1 red onion, chopped
3 green peppers, chopped
1 large head of garlic, diced
½ cup ketchup
Salt to taste
Garlic powder to taste
Worcestershire sauce to taste
Dried red chili pepper flakes to taste
Oil

Preparation

Heat a pan on low heat and add oil. Add chopped onion and garlic and sauté until onions are transparent. Add tomatoes and green peppers and cook until tomato is soft (~3 minutes). Mix in spices to taste. Add a dash of water to the pan and ketchup at the end. Add more water to make a thinner consistency as desired. Serve with eggs, tortilla chips, chilaquiles, omelettes, or fish.



CHIMICHURRI

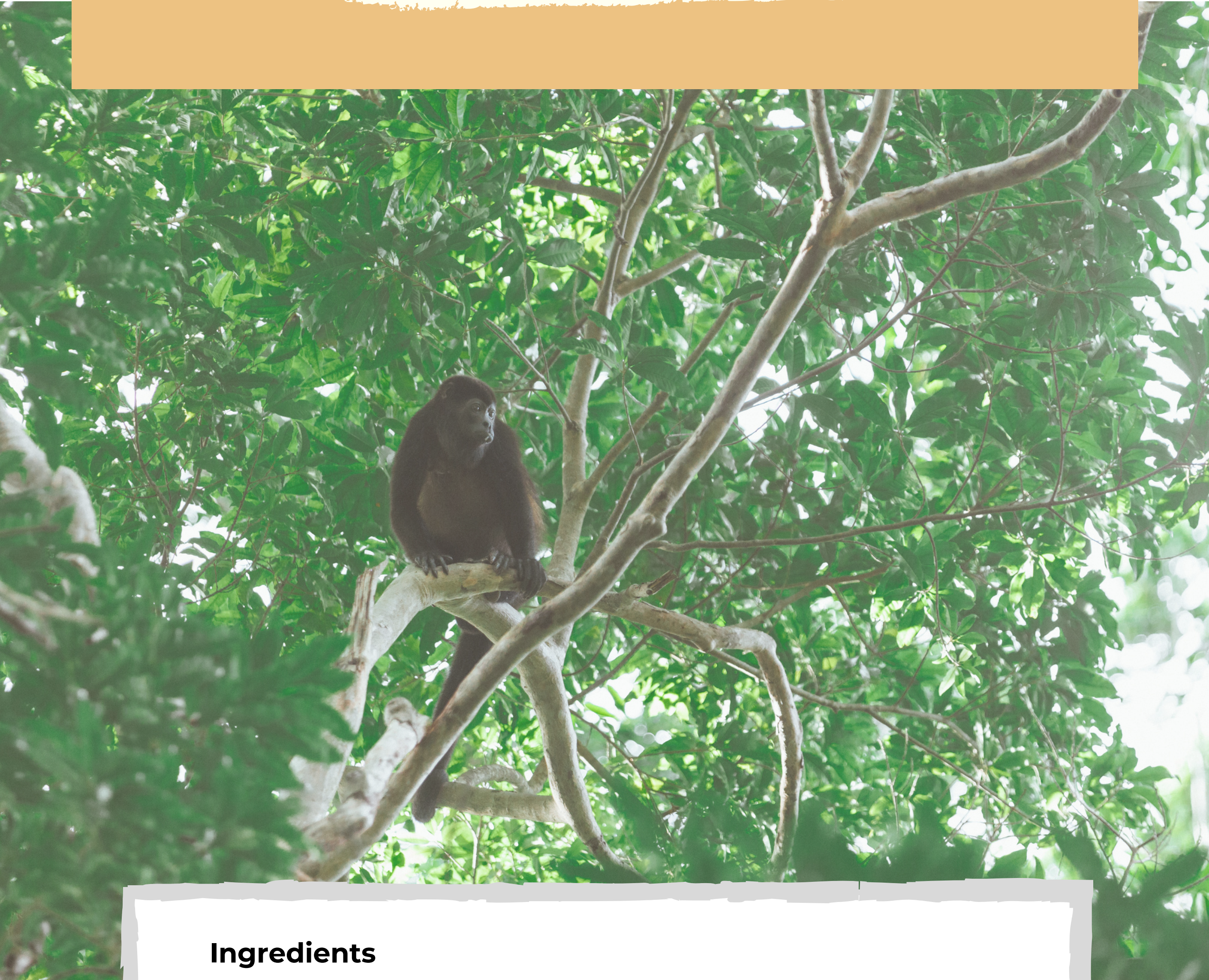
Ingredients

2 cups parsley, diced
4 cloves garlic, diced
1 red onion, finely chopped
1 red pepper, finely chopped
1 green pepper, finely chopped
¼ cup olive oil
¼ cup lemon juice fresh
½ tsp pepper flakes
Salt to taste
Ground black pepper to taste

Preparation

Combine ingredients. Taste and then add more of whatever you wish and serve!

ENERGY BALLS



Ingredients

1 cup cacao powder
1 cup seeds of choice (chia, flax, hemp)
1/2 cup nuts of choice (cashews, walnuts, peanuts)
1 cup peanut butter
1/2 cup rolled coconut

Preparation

Blend in a food processor and add peanut butter to form a sticky consistency that will stay together when rolled into balls. Form into balls and put in the fridge for about half an hour. Roll in rolled coconut if desired or any other coating to make them look fancy!

¡DALE PUES!

okay, then

We hope enjoyed taking some recipes from our book!

We can't wait to have you back with us in paradise and look forward to seeing you again soon!

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