

Suggested Recipes for Bubu's Big Event



1st to 4th October 2010

at

a dinner table / picnic rug / lunch box

near you...



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Recipes for Bubu's Big Event

Many thanks
to everyone who sent in recipes.
Happy eating!

The Small Print:

These recipes have been sent in by friends and have not been tested by Bubu, the secretary, the Andean Bear Foundation or anybody else, unless otherwise stated.

We can accept no liability for weight gain/loss, addiction, problems getting hold of the right ingredients or how the dish turns out (or doesn't, as the case may be). We're not accepting any responsibility for unaccompanied children or global warming, either.

If you enjoy these recipes, you might like to make a small donation to support the Andean Bear Foundation.

(It's probably best to try them first... then donate at www.andeanbear.org/donate.html . Thank you!)



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The Big Event



Bubu, an orphaned Andean bear cub now in rehabilitation in Ecuador, getting ready to be liberated, wants to raise awareness of the Andean bear.

For his Big Event, Bubu is asking his friends to hold their own event, anywhere in the world, any time between 1st and 4th October. It could be a picnic with classmates, a dinner party with friends, a barbeque with work colleagues, or any other kind of social event.

These recipes have been sent in by friends and are loosely based on ingredients that Andean bears eat, such as avocado, heart of palm (palmito), maize, pineapple (a type of bromeliad) and figs. You might like to use some of them for your event.

Find out more by friending Bubu on Facebook at www.facebook.com/bubu.bear.ecuador, where you can tell us about your event, download information and send in photos.

Find more information about Andean bears at www.andeanbear.org



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Soups

Cream of Palmito Soup

– sent in by Shay Weller

Ingredients:

- 3 tablespoons butter
- 1 cup chopped yellow onions
- 1 teaspoon minced garlic
- 1 (16-ounce) can hearts of palm, drained and chopped
- 1/2 cup dry white wine
- 3 1/2 cups chicken broth
- 3/4 cup heavy cream
- 1/2 pound lump crabmeat, picked over for shells and cartilage
- Salt and white pepper
- 2 tablespoons chopped fresh parsley leaves

Directions

In a large pot, melt the butter over medium-high heat. Add the onions and saute until tender, 3 to 4 minutes. Add the garlic and cook, stirring, until fragrant, 30 seconds. Add the hearts of palm and stir to combine. Add the wine and bring to a boil. Cook until reduced by 1/2, about 3 minutes. Add the broth, stir to combine, and bring to a boil. Reduce the heat and simmer, stirring occasionally, until the vegetables are very tender, 20 to 25 minutes.

Heart of Palm Soup

- sent in by Tc Daibhison

Ingredients:

- 1 stick unsalted butter
- 1 onion, chopped
- 1 garlic clove, minced
- 1 leek, chopped
- 4 cups chicken stock
- 1 potato, peel and slice
- 2 hearts of palm or 2 (10 ounce) cans of hearts of palm
- 2 cups heavy cream
- 3 TB chives or scallions
- salt and pepper to taste

Directions:

1. Saute the onion and garlic in the butter in a soup pot.
2. Add the celery and leek. Cook for 3 more minutes.
3. If you are using fresh hearts of palm, add them and cook for 15-20 minutes.
4. Add to your soup the sliced potato and chicken stock.
5. Bring to a boil, and reduce the heat so that the soup can simmer for about 20 minutes. If you are using canned hearts of palm, add them to the soup when the potatoes get slightly tender.
6. Use an immersion blender to blend the soup together.
7. Let the soup cool off.
8. Stir in the heavy cream and refrigerate for a couple hours.
9. Serve cold with chives or scallions on the top.



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Appetizers

Prosciutto Wrapped Figs

– sent in by both Jill Wheaton Lindsey & Tc Daibhison

Ingredients:

- * 4 large whole figs (or 16 small mission figs), quartered
- * Goat cheese
- * 1 (3-ounce) package prosciutto
- * 3 tablespoons honey
- * 1/4 teaspoon pumpkin pie spice (a blend of 1 part ground nutmeg, 1 part ground allspice (or cloves), 2 parts ground ginger and 4 parts ground cinnamon)

Directions:

Preheat oven to 400 degrees F.

Line a baking sheet with parchment paper; set aside.

Cut a small hole in the center of the flesh of each fig. Fill each hole with 1/4 teaspoon of goat cheese.

Take a prosciutto slice and tear in half. Use 1 half to diagonally wrap around the fig, starting from the top. Tuck underneath at the ends. Repeat until all figs are wrapped. (Secure with toothpicks if necessary.) Place wrapped figs on prepared baking sheet, evenly spaced.

In a small bowl, combine honey and pumpkin pie spice. Drizzle honey and pumpkin spice mixture evenly over each fig.

Place in the oven on the top rack and roast for 8 to 10 minutes.

Remove and serve immediately.

Cook time: 10 min Prep time: 20 min Yield: 8 servings



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Appetizers

Garlicky Spinach Dip with Hearts of Palm

– sent in by TC Daibhison

Ingredients:

Chips:

- * 22 (6-inch) corn tortillas, each cut into 8 wedges
- * Cooking spray
- * 1 teaspoon salt

Dip:

- * 1 1/4 cups (5 ounces) shredded part-skim mozzarella cheese
- * 1/2 cup (2 ounces) grated Asiago cheese, divided
- * 1/2 cup fat-free sour cream
- * 1 tablespoon minced fresh garlic
- * 1 (14-ounce) can hearts of palm, drained and chopped
- * 1 (10-ounce) package frozen chopped spinach, thawed, drained, squeezed dry
- * 1 (8-ounce) block fat-free cream cheese, softened
- * 1 (6.5-ounce) tub light garlic-and-herbs spreadable cheese

Directions:

Preheat oven to 375°.

To prepare chips, arrange tortilla wedges in a single layer on baking sheets coated with cooking spray. Lightly coat wedges with cooking spray; sprinkle evenly with salt. Bake at 375° for 15 minutes or until wedges are crisp and lightly browned. Reduce oven temperature to 350°.

To prepare dip, combine mozzarella, 1/4 cup Asiago, sour cream, and remaining ingredients, stirring until well blended. Spoon spinach mixture into a 1 1/2-quart baking dish coated with cooking spray. Sprinkle with remaining 1/4 cup Asiago. Bake at 350° for 40 minutes or until bubbly and lightly browned. Serve warm with chips.

Yield: 22 servings (serving size: about 1/4 cup dip and 8 chips)

You can assemble the dip a day ahead and store, covered, in the refrigerator. Let stand at room temperature for 15 minutes before baking.



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Appetizers

Ceviche de Palmito

- from Armando Castellanos

Ingredients:

Tomato juice
Lemon juice
Mustard
Finely chopped red onion
Salt
Canned palmito (heart of palm), chopped

Directions:

Mix the ingredients together, adjusting the quantities until you like the result.

Corn Cobs with Cheese

- from Armando Castellanos

Ingredients:

Fresh maize (sweet corn) cobs
Fresh white cheese
Salt

Directions:

Boil the corn cobs in water until they are tender. Drain, sprinkle with salt and serve with the cheese. Wash paws before eating the corn cobs...



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Salads

Palmito and Avocado Salad

- sent in by Shay Weller

Ingredients:

16 oz. bag shredded cabbage
14 oz can Hearts of Palm, sliced
10.5 oz can beets, rinsed well
1/2 cucumber, diced
1 cup sliced cherry tomatoes
1 cup radishes, sliced
fresh cilantro, to taste
splash olive oil (1 tsp)
juice from 2 limes
splash balsamic vinegar (1 tsp)
avocado

Directions:

Put cabbage in bowl. Add all other ingredients and mix gently.
Slice avocado on top. Adjust amount of lime juice and balsamic vinegar to taste.

Avocado and Palmito Salad

- sent in by Tc Daibhison

Ingredients:

For vinaigrette
* 1 small garlic clove
* 1/4 cup fresh coriander
* 3 tablespoons fresh lemon juice
* 1/2 teaspoon sugar
* 1/4 teaspoon salt
* 1/2 cup olive oil

For salad

* a 14-ounce can hearts of palm, drained
* 4 California firm-ripe avocados
* 1 small red onion, sliced thin
* Boston lettuce leaves (from about 2 heads)



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Main Course

Rice With Palm Hearts

- sent in by Jill Wheaton Lindsey

Ingredients :

- * 1 Tablespoon Olive Oil
- * 1 Medium Onion -- Chopped
- * 1 Can Tomatoes -- Chopped
- * 1 Stalk Celery -- Chopped
- * 1 Medium Bay Leaf
- * 4 Tablespoons Parsley -- Chopped
- * 1/2 Pound Smoked Sausage -- Sliced
- * 1 Cup Broth -- Any Kind
- * 1/2 Cup Rice
- * 3 Cups Palm Hearts -- Chopped

Directions :

Saute onion in oil for 5 minutes. Add tomatoes, celery, bay leaf, parsley, and sausage. Saute for 10 minutes. Add broth and rice. Cover and simmer for 20 minutes. Boil palm hearts in water for 10 minutes. Drain and stir into rice mixture.

Serves 4



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Main Course

Palmito ao Forno (from Brazil)

- sent in by Tc Daibhison

Ingredients

- * 1 tablespoon butter
- * 2 teaspoons minced garlic
- * 2 cups cream
- * 1 3/4 cups grated Parmesan cheese
- * 1 yellow onion, minced
- * 1 tablespoon olive oil
- * 1 cup sliced fresh mushrooms
- * 1 (7 ounce) can hearts of palm, rinsed, drained, cut into 1/2-inch pieces
- * 1 (15.25 ounce) can Mexican-style corn, drained
- * 1 cup arugula
- * 1 (15 ounce) can green beans, drained
- * salt to taste
- * 3/4 cup grated Parmesan cheese

Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Combine the butter and garlic in a saucepan over medium heat; heat together until the butter melts completely. Add the cream into the butter mixture and simmer 3 to 5 minutes, stirring constantly. Melt 1 3/4 cup Parmesan cheese into the cream mixture. Stir in the onion and remove from heat.
3. Heat the olive oil in a large skillet over medium heat; cook the mushrooms in the oil until they begin to brown. Stir in the hearts of palm, Mexican-style corn, arugula, and green beans; add to the cream mixture; season with salt; transfer to a large baking dish; top with 3/4 cup Parmesan cheese.
4. Bake on top rack in the preheated oven until the cheese has browned, 40 to 50 minutes.

Yield 4 servings



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Desserts

Avocado Lime Pie

- Sent in by both Audrey Kronkaitis and Mary Pozzini (so we guess it must be good...)

Ingredients:

- 1 cup sieved avocado pulp
- 1 (14 ounce) can sweetened condensed milk
- 1 teaspoon grated lime zest
- 1/2 cup fresh lime juice
- 2 egg yolks
- 1 pinch salt
- 1 recipe pastry for a 9 inch single crust pie



Directions:

1. Combine sweetened condensed milk, lime zest, lime juice, lightly beaten egg yolks, and salt; blend until mixture thickens. Stir in avocado pulp. Pour filling into pie shell.
2. Chill pie for several hours. Garnish with whipped cream, and serve.

Berry Crumble

- by the secretary

Ingredients:

- Berries such as mortiño, blueberries, huckleberries or blackberries
- Sugar to taste
- 5 ounces flour
- 4 ounces butter
- 2 ounces brown sugar
- 1 ounce porridge oats

Directions:

Wash the berries, put in an ovenproof dish and mix in sugar to taste. Cut the cold butter into small cubes and rub into the flour with your fingers until the mixture goes crumbly. Mix in the 2 ounces of sugar and the oats, then spread the crumble mixture over the top of the berries.

Bake in a hot oven for around 20 minutes. Serve hot or cold, either just as it is, or with cream, custard, ice cream, crème fraiche or plain yoghurt.



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Desserts

Upside Down Pineapple Cake

- sent in by Carol Wilson

Ingredients:

1/4 cup butter or margarine
2/3 cup packed brown sugar
9 slices pineapple in juice (from 14-oz can), drained
9 maraschino cherries (without stems)
1 1/3 cups all-purpose flour
1 cup granulated sugar
1/3 cup shortening
1 1/2 teaspoons baking powder
1/2 teaspoon salt
3/4 cup milk
1 Egg

Directions:

1. Heat oven to 350°F. In 9-inch square pan (I used a 9X13 pan), melt butter in oven. Sprinkle brown sugar evenly over melted butter. Arrange pineapple slices over brown sugar. Place cherry in center of each pineapple slice.
2. In medium bowl, beat remaining ingredients with electric mixer on low speed 30 seconds, scraping bowl constantly. Beat on high speed 3 minutes, scraping bowl occasionally. Pour batter over pineapple and cherries.
3. Bake 50 to 55 minutes or until toothpick inserted in center comes out clean. Immediately place heatproof serving plate upside down over pan; turn plate and pan over. Leave pan over cake a few minutes so brown sugar mixture can drizzle over cake; remove pan. Serve warm if possible (room temp if you're going to bring the cake to a party). Store cake loosely covered.

9 servings.



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Bread & Cookies

Pina Colada Zucchini Bread

- sent in by Dawn Minerick

Ingredients:

4 Cups Flour
3 Cups Sugar
2 teaspoons baking powder
1 1/2 teaspoon baking soda
4 eggs
1 1/2 Cups Oil
1 teaspoon coconut flavoring (I also add a handful of coconut)
1 teaspoon rum flavoring (you may also use REAL Rum...ha)
1 teaspoon vanilla flavoring
3 Cups Zucchini
1 can drained pineapple (20 ounces)
1/2 Cup Nuts

Directions:

Mix dry ingredients in a small bowl. In a larger bowl, mix eggs, oil, & flavorings together. Add dry ingredients, stir. Then add zucchini, pineapple and nuts. Pour into three bread pans. Bake at 350 degrees for 45-60 minutes.

Pineapple Oatmeal Cookies

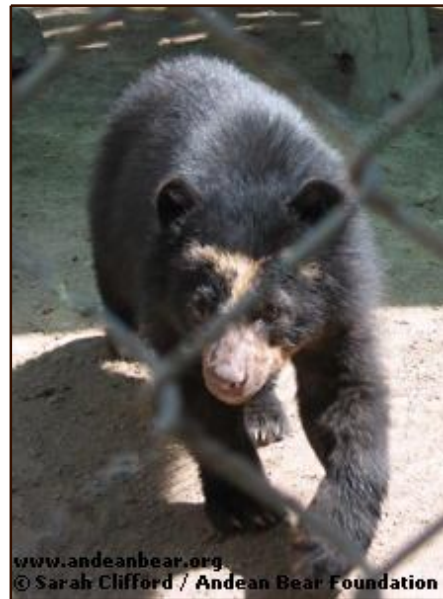
- sent in by Audrey Kronkaitis

Ingredients:

1/2 c. soft butter or margarine
1/2 c. granulated sugar
1/2 c. firmly packed brown sugar
1 egg
1 c. (9 oz. can) crushed pineapple
1-1/2 c. rolled oats
1 c. sifted all-purpose flour
1/2 tsp. each baking soda,
salt and ground cinnamon
dash of ground nutmeg
1/2 c. chopped walnuts

Directions:

Cream butter. Add sugars and beat until light. Add egg and beat well. Add pineapple, oats, sifted dry ingredients and nuts; mix well. Drop by teaspoonfuls onto ungreased cookie sheets. Bake in preheated moderate 375 degrees oven for about 15 minutes. Makes about 4 dozen.



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Drinks

Avocado Pineapple Smoothie

– sent in by Audrey Kronkaitis

Ingredients:

1 medium ripe avocado.
1 ½ cups of fresh pineapple.
1 ½ cups of orange juice.
1 tablespoon of honey.
2 teaspoons of lime juice.
¼ teaspoon of coconut flavoring.
2 ice cubes.

Directions:

Peel and slice the avocado and pineapple into small chunks.

Combine with rest of ingredients (except the ice cubes) and puree in a blender until smooth. Add the ice cubes and blend again.

Piña Colada

- sent in by Shay Weller

Ingredients:

Ice cubes
1/2 cup rum (skip this if young cubs around)
1/2 cup coconut cream
1/4 cup coconut milk
1/4 cup pineapple chunks
Sliced pineapple, for garnish, optional
Maraschino cherry, for garnish, optional

Directions:

Fill blender halfway with ice cubes. Add rum, coconut cream, coconut milk and pineapple chunks. Puree.

Serve, garnished with a slice of pineapple and maraschino cherry



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The Bear Essentials

A Menu for People Who Can't Cook

Avocado a la Sarita

- Recipe from the secretary

Wash and dry avocado. Cut in half, take out stone.

Pour a spoonful of balsamic vinegar into the hole in each half.

Sprinkle with salt and freshly ground black pepper.

Eat with a teaspoon (or just slurp, if you're a bear).

Palmito

- Recipe from Armando Castellanos

Take palmito out of tin, drain,
put in a bowl

Don't be surprised if your guests
turn their noses up at this one –
Bubu does!



Sweet Corn Salad

- Recipe by the secretary

Open a tin of sweet corn (maize), drain, put in a bowl, add chopped red peppers
and spring onions.

Figs for Dessert

- Recipe from the secretary

Wash fresh figs, cut into quarters and put in individual fancy dishes.*

Drizzle honey over the figs.

Add a little wedge of fresh white cheese or a blob of crème fraiche to each dish.

*Very important, to distract your diners from the fact that you have not actually cooked anything at all.

Other easy options for non-cooks or children:

- Try Paddington Bear's approach to food – marmite or marmalade sandwiches.
- A plate of fresh pineapple and blueberries - Andean bears love fruit.



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Why are we doing all this?

The Andean bear, *Tremarctos ornatus*, also known as the spectacled bear, is shy and elusive and found only in South America. Andean bears are endangered, but are one of the lesser-known of the 8 bear species. Nobody even knows how many Andean bears there are left. Habitat destruction and illegal hunting are the major threats to the Andean bear. Small bear populations become isolated when their forest home is fragmented by expansion of agriculture and cattle farming. They have low genetic diversity and can become inbred, which makes them more vulnerable to extinction.

The Andean Bear Foundation is researching spectacled bears in Ecuador, to try to understand enough about their ecological needs to produce a management plan to prevent them from becoming extinct.

The Foundation also rescues orphaned cubs like Bubu, rehabilitates them and returns them to the wild. This helps to improve genetic diversity of the Andean bear population in the area, as well as giving captive bears a second chance of freedom.

The Foundation receives no funding from the Ecuadorian government, so we rely on donations and volunteers to continue this important work.



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How can you help?

- Friend Bubu on Facebook
www.facebook.com/bubu.bear.ecuador
- Volunteer in Ecuador
www.andeanbear.org/volunteer.html
- Donate to the Andean Bear Foundation
www.andeanbear.org/donate.html
- Shop at Bubu's Zazzle Store
www.zazzle.com/Andean_Bear_Bubu*

Thank you!



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