



*Hearts of Palm Lasagna*



# *Hearts of Palm Lasagna*

*serves 6 people*



## *Ingredients*

- 28 oz of hearts of palm, drained and rinsed in cold water.
- 1 package lasagna noodles
- 2 onions
- 3 cloves of garlic
- 3 celery stalks
- 2 tomatoes
- 3 tablespoons of olive oil
- fresh parsley
- marjoram or fresh or dried oregano
- 3 oz of grated Gruyere cheese
- salt and pepper

## *Filling*

- 1 egg
- 1 teaspoon of fresh cream
- a little water
- salt and pepper

## *Preparation*

Chop the onions and the celery. Brown them in a pan in olive oil. Add the diced tomatoes, the crushed garlic, and the chopped parsley or marjoram. Add the salt and pepper. Generously season so it has a lasagna flavor. Once the tomatoes have broken up, remove from the heat. Chop the hearts of palm in thin slices. In a baking dish, add the ingredients in layers, the hearts of palm and the lasagna noodles. Beat an egg, the cream and a little water. Season with salt and pepper. Add the liquid to the baking dish. It should be one centimeter above the last layer. Allow the lasagnas to plump up and soften at least for 1 hour. Continue to add water until the desired volume has been reached. Bake at 160°C, making sure that the lasagna noodles slowly plump up. When the liquid has been absorbed, sprinkle with cheese and cook another 15 minutes at the same temperature. Serve when the cheese has browned.



*Rice and Hearts of Palm*



# *Rice and Hearts of Palm*

*serves 4 people*



## *Ingredients*

- 1/2 bar of margarine
- 1/2 medium onion, finely chopped
- 3 minced garlic cloves
- 9 ounces of Mozzarella cheese (or cheese that melts)
- 3 cups of pre-cooked rice
- 7 ounces of cooked or smoked ham, diced in cubes
- 1 small can of sweet corn
- 1 greased baking dish
- 2 liters of water

## *Dressing*

- 1 tablespoon of corn starch
- 1 cup of cream
- 1 14 oz jar of hearts of palm
- salt to taste

## *Preparation*

Add water to precook rice and let cook until rice has puffed but remains somewhat crunchy. Melt the margarine in a pot over low heat. Add the finely chopped onion and garlic and let them brown. Next add the cream with a tablespoon of dissolved corn starch and the chopped hearts of palm. When it comes to a boil, add a pinch of salt. In another pan, add a tablespoon of margarine and sauté the cubed cooked or smoked ham. When browned a little, take it off the heat, add the sweet corn and then add it all to the sauce. Next, in the baking dish, lay down a layer of rice, add a little of the hearts of palm sauce and a layer of cheese. Repeat until all the ingredients are used up. Finish with a layer of cheese. Bake.



*Palmito Salad*



# *Palmito Salad*      *serves 6 people*



## *Ingredients*

- 1 can precut or diced hearts of palm, drained and rinsed in cold water.
- 1 white onion
- 1/2 red bell or sweet pepper cut into thin strips
- 1/2 green bell or sweet pepper cut into thin strips
- different colored lettuce leaves, to taste
- 6 fresh basil leaves
- 1 garlic clove

## *Vinaigrette*

- 4 tablespoons of olive oil
- 2 tablespoons of wine vinegar
- 1 tablespoon of mayonnaise
- 1 pinch of powdered cumin
- salt and pepper to taste

## *Preparation*

Crush the garlic and finely chop the basil. Stir together with the mayonnaise and the olive oil and slowly drizzle in the vinegar, then add the cumin, salt, and pepper. Garnish a serving plate with the green and red lettuce leaves; place the diced hearts of palm on top. Garnish with bell or sweet pepper slices. Dress the salad with the vinaigrette just before serving (so the greens will not wilt).



*Hearts of Palm Croquettes*



# *Hearts of Palm Croquettes*

*serves 6 people*



## *Ingredients*

- 1 26 oz jar of hearts of palm (2 14 oz cans)
- 1 green bell or sweet pepper
- 1 small onion
- 1 cup of milk
- 1 soup spoon of flour
- 1 soup spoon of butter
- olive oil
- salt and ground white pepper
- 1 egg
- flour for breading
- bread crumbs

## *Preparation*

Fry the finely chopped onion and green pepper in a pan with the butter and a splash of oil. When they are soft, add the flour. Whisk until there are no lumps and add the milk. Remove from the heat and let thicken. Next, chop up the hearts of palm and add them to the pan. Take off the heat and let everything cool down together. Add the egg and flour obtaining a manageable mix. Use a spoon to form into rolls; coat with the bread crumbs. Dip and fry in the oil.



*Cream of Hearts of Palm Soup*



# *Cream of Hearts of Palm Soup*

*serves 6 people*



## *Ingredients*

- 4 cups of water
- 1 tablespoon of corn starch
- 3/4 oz of butter
- 1 can of hearts of palm
- 1/2 cube of chicken stock base
- pepper
- salt

## *Preparation*

Set aside one heart of palm. Cut the rest into rounds. In a pot, melt the butter, then sauté the rounds for several minutes, adding the water with half the chicken stock cube dissolved in it. Let this cook for five minutes after it comes to a boil. Blend it in a blender. Taste and add salt and pepper to taste. Put it back on the stove and add the corn starch that has been dissolved in a little cold water. Stir it constantly and let it thicken up a bit. Pour in the soup, add cream on top, swirl and garnish with the reserved heart of palm cut into thin rounds.



## *Hearts of Palm Fritters*



# *Hearts of Palm Fritters*

*serves 6 people*



## *Ingredients*

- 1 14 oz jar of whole hearts of palm,
- garlic powder
- pepper to taste
- 4 cups of cooking oil

## *Pasta*

- 3 eggs
- 2 cups of flour
- 75 grams of butter
- salt
- water

## *Preparation*

Pour half the flour and the softened butter into a bowl. Add the eggs and salt. The butter should be smooth and lump-free. Little by little, add the rest of the flour until the butter is thick, yet soft. Add the remaining water until the consistency is suitable for frying (thick but you can still pour it). Cut the hearts of palm into 3 pieces. Dry them with a kitchen towel and season them with the garlic and pepper. Dip them individually into the dough and then add them to the hot oil, making sure they do not stick together until they rise to the top of the oil. You can tell when they are done when they turn golden brown. Serve hot.



## *Hearts of Palm Quiche*



# *Hearts of Palm Quiche*

*serves 6 people*



## *Ingredients*

- 1 can of hearts of palm sliced, drained and rinsed in cold water
- 1 roll of puff pastry
- 2 tablespoons of oil
- 1 tablespoon of flour
- 3 oz of grated swiss Gruyere cheese

## *Filling*

- 3 eggs
- 10 tablespoons of cream
- salt and pepper to taste
- 1 large onion
- fresh parsley
- 1 garlic clove

## *Preparation*

Dice and brown the onion, mash the garlic and chop up the parsley. In a large bowl, whisk the eggs, cream, garlic and parsley. Add the salt and pepper. Add the browned cooled onion and the hearts of palm in chunks. Grease a baking dish and dust it with flour before laying down the puff pastry. Add the filling and bake at approximately 180°C. When the filling is firm and the edges are a little puffed up (about 15 minutes), sprinkle with the grated cheese, let it bake another 30 minutes approximately, lowering the temperature to 160°C. Serve piping hot.



*Palmito Salad, Antilles Style*



# *Palmito Salad Antilles Style*

*serves 6 people*



## *Ingredients*

- 28 oz of hearts of palm in chunks, drained and rinsed in cold water.
- 3 slices of fresh pineapple
- lettuce leaves
- 28 oz of large shrimp, de-shelled, de-veined and cooked.
- 1 large bell or sweet pepper

## *Dressing*

- 3 tablespoons of mayonnaise
- 1 tablespoon of vinegar
- 2 tablespoons of whiskey
- 2 tablespoons of tomato sauce
- salt (optional)
- 1 pinch of Cayenne pepper

## *Preparation*

Cut the pineapple into chunks (leave out the core). Dry the shrimp carefully. Slice the pepper into thin rounds. Place the shrimp, hearts of palm, pineapple, and pepper rounds on the lettuce leaves. Serve with cocktail sauce on the side.



*Hearts of Palm Au Gratin*



# *Hearts of Palm Au Gratin*

*serves 6 people*



## *Ingredients*

- 1 can of hearts of palm in chunks, drained and rinsed in cold water.
- 2 slices of smoked ham
- 1 garlic clove
- 2 1/2 oz of grated swiss Gruyere cheese

## *Filling*

- 1/2 liter of milk
- 2 eggs
- 4 tablespoons of flour
- 2 1/2 oz of butter
- nutmeg
- salt and pepper to taste

## *Preparation*

Melt the butter over low heat in a pan, slowly add the flour but do not brown, just moisten the flour. Add the milk and stir vigorously until it thickens. Take off the heat, adjust the seasoning and add the nutmeg and garlic. Let cool. When cooled, add the sliced ham and the whole eggs. In a baking dish, place the moistened hearts of palm, cover with the mixture, sprinkle on the grated cheese and bake at 180° C for 30 minutes.