



C A R M E L A ' S   R E C I P E S   B O O K



By more than 50 years, Carmela Foods, are the preferable chicken sausages in all Puerto Rican homes. Founded in 1963, Carmela Foods, have a variety of chicken sausages flavors and packages for the delightful of all members in the family.

In this recipe booklet, you will find traditional and creative recipes made with our products. A diversity of flavors and options to taste Carmela Chicken Sausages at all times.

Enjoy this this booklet and be part of our flavors...

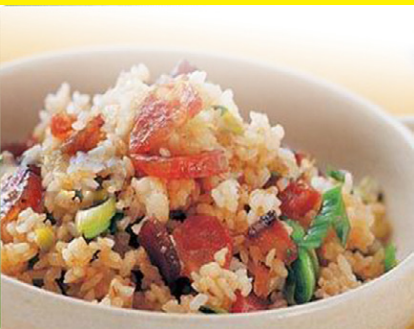




# CARMELA FRIED RICE

Puerto Rico Traditional Fried Rice with Carmela Sausages

Portions: 4



- 4 cans (5 ounces each) Carmela sausages drained
- 2 tablespoons minced garlic
- ½ cup yellow onions chopped
- 2 tablespoons olive oil
- ½ pound ground beef
- 2 cups cooked medium-grain rice
- 1/8 cup soy sauce
- 1/2 cup cilantro chopped
- Salt and pepper at taste

In a skillet at medium-high heat cook garlic and onions in olive oil. Add ground beef and cook for 5-7 minutes until meat is not pink anymore. Add sausages and cook for another 2 minutes until the sides are browned. Add rice and combine. Add soy sauce until rice changes color (add more or less depending on personal preference). Add cilantro and season with salt and pepper. Cook for another 2-3 minutes until well combined.



# CARMELA PASTA

Rotini with Seven Cheeses Sauce and Traditional Puerto Rican with Carmela Sausages

Portions: 4



- 4 cans (5 ounces each) Carmela sausages drained
- 1 box (1 pound) rotini pasta boiled
- 1/8 cup olive oil
- 2 tablespoons minced garlic
- 3 cups heavy cream
- ¼ cup butter un-salted
- 1 ½ cups bagged Italian cheeses blend (comes in a pouch)
- ¾ cup of shredded parmesan cheese
- Salt and pepper at taste

In a skillet at medium-high heat sauté garlic in olive oil. Add sausages and cook 2-3 minutes until the edges are golden. Add butter and heavy cream and wait 1-2 minutes until cream is hot. Add cheeses and stir until melted. Season with salt and pepper.



# CARMELA DUMPLINGS

Sausages and Farm Cheese Dumplings

Yields: 20-24 dumplings approximately depending on size

- 4 cans (5 ounces each) Carmela sausages drained
- 4 ounces cream cheese
- 1 pack (7 ounces) white cheese (farmer's cheese) grated
- 1/8 cup onion finely chopped
- 1/2 tablespoon soy sauce
- 1 teaspoon fresh grated ginger
- Salt and pepper to taste
- 1/2 cup fried sweet plantains cut into pieces
- 20-24 dumpling wrappers
- Water
- Cooking spray
- Soy sauce and green onions to garnish



In a food processor combine sausages, cream and farmer's cheeses, onion, soy sauce, ginger, garlic process to form the stuffing. Taste and add salt if necessary. Add/ fold in sweet plantains (without mixing it in the food processor).



# CARMELA RISOTTO



Portions: 4

- 2 cans (5 ounce each) Carmela sausages drained
- 1/8 cup olive oil
- 2 tablespoons minced garlic
- 2 tablespoons tomato paste
- 2 cups cooked medium-grain rice
- 2 ounces heavy cream
- 1 cup Carmela sausages bouillon
- 1/2 cup of "sofrito"
- 1/2 cup bagged Italian cheeses blend (comes in a pouch)
- 1/8 cup of grated parmesan cheese
- 1 purple onion chopped
- 1/2 cup cilantro chopped
- Salt and pepper at taste

In a skillet at medium-high heat sauté garlic in olive oil. Add sausages and cook 2-3 minutes until the edges are golden. Add tomato paste and rice. Add bouillon and cook for 3 minutes until it's absorbed by cooked rice. Add heavy cream, cheeses and finally cilantro. Cook another 3 minutes and season with salt and pepper.





# CARMELA DIP

Yields: 2 cups approximately



4 cans (5 ounce each) Carmela sausages drained  
1/2 cup of purple onion cut in pieces  
1/8 cup bell green pepper cut in pieces  
1 tablespoon minced garlic  
8 ounces cream cheese  
1/2 cup Spanish red pepper - canned cut in little pieces  
1/8 cup of cilantro  
2 tablespoons fresh parsley  
Sal and pepper at taste  
Export Soda Crackers

In a food processor place all ingredients but not the crackers. Process to make a dip. Place in refrigerator for at least an hour. Serve with crackers.







# ARROZ A LA CARMELA

Rice with Traditional Puerto Rican Sausages (Arroz con Salchichas)

Portions: 4

- 1 pouch (10 ounce) Carmela sausages drained (save broth)
- 1/8 cup olive oil
- 2 tablespoons minced garlic
- 2 tablespoons tomato paste
- 2 cups medium-grain rice
- 2 cups water
- 1 cup Carmela sausages broth (from cans)
- 1 beef bouillon cube
- 1 tablespoon “sazón” seasoning
- 1/8 cup chopped cilantro
- 1/8 cup chopped culantro
- Salt and pepper to taste

In a stockpot or “caldero” sauté sausages, in olive oil with garlic and tomato paste. Add rice and cover with mixture. Add remaining ingredients.

Boil, reduce and cover. Lower heat to very low and cook for 20-25 minutes until rice is tender.





# Spicy Caribbean Carmela sushi

Serves 4 (Makes 4-6 rolls of sushi)

- Glutinous Rice (su-meshi)
- 2 cups glutinous rice
- 2 ¼ cups of water
- 3-7 tablespoons of prepared sushi vinegar (at taste)

## The Toppings

- 2 cans Carmela sausage without liquid, cut in half horizontally
- ½ cup mayonnaise
- 1 teaspoon soy sauce
- 3-5 teaspoons sriracha (hot sauce) (at taste)

To assemble the sushi: 6 sheets of nori \*\* cut in half

To accompany: • Soy sauce • Sweet ginger pickle • Wasabi

## To prepare the glutinous rice:

Wash the rice until clean. Place in a pot over high heat place water and rice. When boil cover and reduce to low heat. Cook for 20-25 minutes until rice is tender. In a flat bowl place the cool and fanned rice and gradually season rice with sushi vinegar. Make sure the rice is completely covered by the mixture and cool.

## To make the spicy mayo:

Place all ingredients in a bowl and combine

## To prepare sushi:

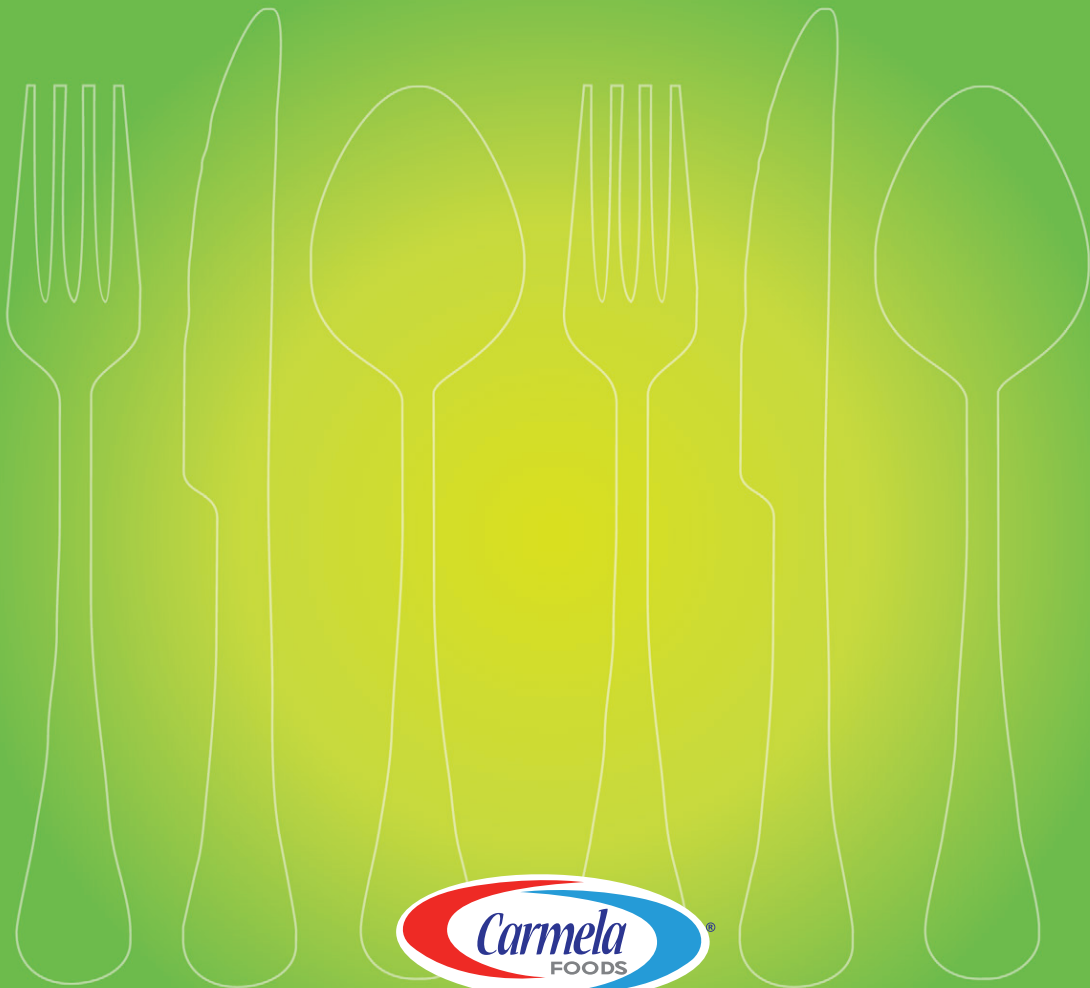
Need bamboo mat. Place a sheet of nori on the mat and moisturizes your hands with a little water. Using your hands cover the sheet with cooked rice. Must be 1/8 layer thick. Place Carmela sausage horizontally and yellow plantains. Roll using the mat to help you pressure it so it remains compact. Cut into slices using a sharp knife. Put a little bit of spicy mayo and finally the cilantro. Serve with wasabi, soy sauce and ginger.

\* You can find this in grocery's/Oriental product supermarkets and some supermarkets

\*\* The nori seaweed sheet are the one that come in packages. You can use them whole or cut them in half to make thin rolls.

\*\*\* You must wrap it in plastic wrap (sarah wrap) to make it easier to handle the sushi





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