



# LLAPINGACHOS

*A traditional Andean  
Ecuadorian dish.*



PREP TIME  
**30 MIN**



COOK TIME  
**10 MIN**



SERVINGS  
**2**

## Instructions:

## Ingredients:

- 3 large potatoes, peeled and cut in chunks
- 3 eggs
- ½ cup finely chopped white onion
- ½ red onion
- 2 tomatoes
- 1 avocado
- ½ Lettuce
- 3 limes
- 2 tsp ground achiote (if you have it)
- 1 cup grated quesillo, queso fresco, or mozzarella cheese
- Cilantro
- 2 tbs of cooking oil
- Salt to taste
- Optional: sausage or chorizo

1. Peel and boil the potatoes until soft.
2. Heat the oil over medium high heat to make a *refrito*. Add the ½ cup of finely chopped white onion and salt (you can also add achiote and/or cumin). Cook until the onions are soft.
3. Mash the potatoes, mix in the *refrito*.
4. Add one egg to the mashed potatoes and mix.
5. Cut and the cilantro.
6. Make small golf size balls with the potato mix.
7. Make a hole in the middle of each ball, fill with the cheese. Or add the cup of grated quesillo, queso fresco, or mozzarella cheese to the whole mix, and then make the balls. Up to you.
8. Shape the balls into patties and let rest in the refrigerator for about ½ to 1 hour.
9. Heat the oil over medium high heat and cook the patties until browned on each side. Be careful when turning them as they can break.



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## Serving:

- Fry one egg and the chorizo or sausage.
- Serve the browned potatoes, with curtido, lettuce, and sliced avocado.
- Add the fried egg, chorizo or sausage.

**Buen  
provecho!**

## For the curtido:

1. Slice the half red onion finely and place it in a bowl. Sprinkle salt
2. Squeeze the juice of two limes, and add it to the onion. Let it rest for 10-15 min.
3. Cover the onions with lukewarm water and let rest for another 10 min.
4. Rinse and drain the onions
5. Cut the tomatoes in small squares and add them to the rinsed onions.
6. Squeeze the juice, the other lime.
7. Add salt and cilantro.

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THIS RECIPE IS AN ADAPTATION OF A RECIPE AVAILABLE AT LAYLITA.COM