

RECIPES FROM

the bent soon

SEASON 3



CHANGUA



INGREDIENTS

- 3 cups of milk
- 3 cups of water
- 3 eggs
- 1/2 tbs of salt
- 1 bunch of coriander
- 5 spring onions
- 1 garlic (optional)
- 3 tbsp of butter
- 6 slices of bread, toasted

RECIPE NOTES

- Changua is a typical breakfast from the city of Bogotá, Colombia. It is a milk and egg soup, perfect for breakfast since it has few ingredients and is very quick to prepare, taking only 15 to 20 minutes. It is a nutritious soup and perfect for a hangover or as a soup for Good Friday.

RECIPE

- Place the milk and water in a medium pot and bring to a boil.
- Add the spring onions, salt and pepper and cook for 3 minutes.
- Reduce the heat to medium and carefully add the eggs, without breaking the yolks.
- Poach the eggs for 3 minutes, or longer if you like it cooked well in the center.
- Add the coriander.
- To serve, gently place one egg each in four shallow bowls, then ladle in the soup (about 1 1/2 cups each). Serve warm with toasted bread on the side and garnish with more fresh coriander.
- Enjoy!

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CHANGUA MADE BY

HENRY