



*Regional Cuisines of
Mexico Series
Antojitos*

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TABLE OF CONTENTS

COURSE INFORMATION	3
THE ROLE OF ANTOJITOS IN MEXICO	4
<i>History of Street Foods and Markets</i>	4
<i>Antojitos in Modern Mexico</i>	5
GENERAL GLOSSARY OF MEXICAN ANTOJITOS	7
FRESH CHILES USED IN REGIONAL MEXICAN CUISINE	14
DRIED CHILES USED IN REGIONAL MEXICAN CUISINE	16
DAY ONE: ANTOJITOS FROM NORTHERN MEXICO	20
<i>Adobo Seasoned Meats</i>	23
<i>Salt Cured Meats</i>	23
<i>Sausages</i>	24
<i>Pit Roasted Meats</i>	25
<i>Grilled & Roasted Meats</i>	26
<i>Fried Meats</i>	27
FLOUR TORTILLAS	28
DIETARY FATS AND RELATED HEALTH ISSUES	29
<i>Dietary Fats</i>	29
DAY ONE TEAM PRODUCTION ASSIGNMENTS	31
DAY TWO: ANTOJITOS FROM THE BAJÍO REGION	60
MAP OF BAJÍO REGION	62
SALSA 101	62
SALSA 101	63
<i>Building Blocks</i>	63
<i>Shades of Red and Green</i>	63
<i>Blending vs. Stone Grinding</i>	64
SALSA MAKING TECHNIQUES	65
<i>Why Use a Stone Molcajete?</i>	65
<i>How to Produce a Complex Salsa Using a Blender?</i>	66
DAY TWO TEAM PRODUCTION ASSIGNMENTS	67
DAY THREE: ANTOJITOS FROM CENTRAL MEXICO	89
MAP OF CENTRAL MEXICO	91
HUITLACOCHÉ AND WILD MUSHROOMS	92

CHEESE	92
DAY THREE TEAM PRODUCTION ASSIGNMENTS	95
DAY FOUR: ANTOJITOS FROM SOUTHERN MEXICO	122
MAP OF SOUTHERN MEXICO	124
HISTORY OF CORN IN MEXICO	124
HISTORY OF CORN IN MEXICO	125
<i>Pre-Columbian Kitchen</i>	125
<i>What is Nixtamalization?</i>	125
<i>Why is Nixtamalization Important?</i>	125
<i>Steps for Nixtamalizing Field Corn</i>	126
<i>What is Masa Harina Flour?</i>	126
EDIBLE INSECTS FROM SOUTHERN MEXICO	127
DAY FOUR TEAM PRODUCTION ASSIGNMENTS	128
DAY FIVE: ANTOJITOS FROM THE YUCATAN PENINSULA AND VERACRUZ	155
MAP OF THE YUCATAN PENINSULA AND VERACRUZ	157
DAY FIVE TEAM PRODUCTION ASSIGNMENTS	157
DAY FIVE TEAM PRODUCTION ASSIGNMENTS	158
GLOSSARY OF KEY TERMS & INGREDIENTS	182
BIBLIOGRAPHY	197
RECIPE INDEX	201

COURSE INFORMATION

GENERAL CLASS SCHEDULE

Lecture Room or Area

- Introductory remarks, discussion of course objectives
- Day-by-day course plan and distribution of course materials (day one only)

Lecture: Ingredients, techniques, background on recipes to be prepared, historical and cultural notes, discussion and Q & A.

Break

Menu Review: Go over recipes to be prepared in that session, team assignments. Tour of the kitchen (day one only).

Demonstrations and Hands-On Production: Two to four demonstrations in kitchen as appropriate to highlight ingredients, techniques, flavor, or cooking/baking principles.

Plating: One arranged plate of each recipe should be set aside for presentation and critique at the end of the production period.

Kitchen Cleanup and Daily Review

- All classes and instructors gather for family meal
- Evaluation of plating
- Discussion of dishes produced
- Final clean-up
- Question and answer period
- Assemble ingredients for next day

Clean Up: Each student is responsible for clean-up of his or her own area. In addition, students will be given specific assignments relating to clean-up. If you finish your clean-up duties early, you are expected to assist others in their work. Check the schedule for assignments. No student is allowed to leave until all clean-up is finished. A thorough cleaning will be done at the end of the week.

Care of Tools and Equipment: The class is responsible for maintaining all equipment in the kitchen and returning all tools and equipment to the correct storage locations.

Hygiene, Uniform, and Professionalism Policy: The policy on hygiene, uniforms, and professionalism specifies requirements for all students. Remember that a professional appearance and approach are a must at all times.

THE ROLE OF ANTOJITOS IN MEXICO

HISTORY OF STREET FOODS AND MARKETS

Based to the ethnographic writings of Hernán Cortes and Bernal Díaz de Castillo, the Spanish Conquistadors describe their amazement upon arriving in the Aztec capital of *Tenochtitlan*. They saw enormous markets teeming with foods from every corner of the pre-Columbian empire. The largest of these markets, *Tlalteloco*, was said to be twice the size of the main plaza in Salamanca, Spain. In addition to being impressed with the sheer size of these “*tianquiztli*” or “*tianguis*” (nahuatl for markets) the Spanish were amazed at the breadth of tropical fruit, seeds, aromatic herbs, grains, vegetables, wild game, and fish that were readily available. These *tianguis* were highly organized commercial trading centers with specific days of operation - where merchants specialized in the sale of specific goods made their living. In fact, an entire class of traders, known as the “*potchteca*,” built sophisticated trading networks covering the entirety of the Mexican Republic and beyond. These networks provided the axis for culinary goods and tributes arriving in the Aztec capital.

In his letters to the King of Spain, Cortez wrote:

“There are streets dedicated to wild game ... animals like, birds, rabbits, deer, and even small dogs that were bred for eating; ...Maize is sold everywhere, both in grain and as a prepared bread; ... Prepared foods like, maize bread with eggs, pies made from wild bird meat, and empanadas filled with fish; ... Fish are abundant and are sold, fresh, dried, salted, raw, and cooked; ... There are places to go and eat where one pays money for cooked meals like stews of green chiles, tomatoes, and pepita seeds; ...Meats roasted in pits, below the ground, seasoned with chile sauces.

The tradition of prepared street foods has well-established roots in the history of Mexican cuisine. It is not surprising that Spanish conquerors were amazed to see the

sale of prepared “street foods,” as this custom was uncommon in contemporary Medieval Europe. Today, one can still find many of the same prepared foods that Cortes and other chroniclers described more than five hundred years ago throughout Mexico. Cities both small and large carry on the strong tradition of *tianguis*, held on specific “market days,” where prepared food products are commonly consumed in informal stands or, purchased in a “to go” form.

ANTOJITOS IN MODERN MEXICO

In modern day Mexico these street foods are commonly referred to under the title of “*antojitos*.” Neither the verb “*antojar*” or the noun “*antojito*” have equivalent translations in the English language, as these words describe an intangible concept and state of being – the art of eating and relishing something simply for the sake of pure enjoyment. Attempting to describe Mexico’s cultural and gastronomic tradition of *antojitos* is as complex as trying to understand Mexico itself.

Regardless of the region, *antojitos* are an intrinsic part of the country’s long-standing cultural and gastronomic heritage. These small bites of food are eaten informally, typically from street vendors, as snacks before larger, more formal meals. *Antojitos* can be made from maize or flour, or from simple fruits, vegetables, or edible insects. Although typically sold by street vendors, *antojitos* can also be served as appetizers or small plates in restaurants and are sometimes substantial enough to stand on their own. Also known as “*tentempié*,” *antojitos* are used to give people bursts of energy to get through the day until 3:00 pm when “*la comida*,” the largest meal of the day is served. The Mexicans eat their *antojitos* whether hungry or not, simply for the enjoyment or the “*antojo*.” There are hundreds of varieties of *antojitos* in Mexico. Some *antojitos* are exactly the same but are known by different names depending on the region, and some *antojitos* that go by the same name in different regions are completely different. This can be confusing and misleading, but take it as a challenge and a privilege to study an area of Mexican cuisine so complex and varied. It is also

advisable to travel as much as possible and eat antojitos in their native environments in order to understand and respect their nuances and subtle differences.

Salvador Novo, *Cocina Mexicana o Historia Gastronómica de la Ciudad de México* (Editorial Porrúa, Mexico D.F., 1979)

Heriberto García Rivas, *Cocina Prehispánica Mexicana. La Comida de los Antiguos Mexicanos* (Panorama Editorial, Mexico D.F., 1999)

Bernal Díaz del Castillo, *Historia Verdadera de la Conquista de la Nueva España* (Plaza & Janés Editores. S.A., 1998)

GENERAL GLOSSARY OF MEXICAN ANTOJITOS

Bocoles (*see Gordita*)

Round, thick corn masa “gorditas” stuffed with an ancho chile paste mixed together with queso fresco or queso añejo. Commonly eaten in Puebla.

Burras/ Burritas/ Burro/ Burritos

Name given in northern Mexico and the southern United States to tacos made from flour tortillas that are filled with a “*guiso*” (stew) and then rolled with the ends tucked in to form an enclosed capsule that prevents the filling from spilling out when eaten. Burritos can vary both in size and by filling. In Baja California lobster is a common filling, as is chilorio in Sinaloa. Other typical fillings include bean and cheese, shredded meat, and last but not least are the *burritos montados* - filled with any number of fillings and covered with melted asadero cheese.

Cemitas Compuestas (*see Torta*)

Wheat bread rolls, sprinkled with sesame seeds, stuffed like sandwiches with shredded cheese or goat cheese, ham or sliced meat, avocado and/or tomato slices, chiles chipotles, and a wild green called “papaloquelite.” Commonly eaten in Puebla.

Chalupas or Chilapas

Puebla style fried corn masa shells stuffed with shredded meat (chicken or pork), green or red salsa, queso fresco, crema, chipotles en adobo, and avocado slices. The *chalupitas* from Puebla are fried “boats” and do not have a lip or a rim. They are round or ovals and are filled with shredded meat, finely diced onion, finely shredded cheese, and then “fried” again in oil or lard.

Chanclas (*see Torta*)

“Chanclas” literally translated means slippers in Spanish. These tortas are from Puebla and are always served in two’s. They consist of a soft flour bread made with pulque and stuffed with avocados, tomatoes, queso fresco, and drowned with a tomato chorizo/ longaniza sauce.

Chapulines (*Grasshoppers*)

Grasshoppers can be eaten alone, as a snack (like peanuts), or in tacos with guacamole or salsa. Chapulines are commonly eaten in Oaxaca.

Chimichanga/ Chivichanga

Very similar to a burrito, only this version is then fried. Chivichangas are sometimes garnished with shredded lettuce and diced tomato.

Ciruelas en Vinagre/ Frutas en Vinagre

Marinated green plums or other fruits such as quince or green mangoes are marinated in pineapple vinegar that is seasoned with chile pasilla oaxaqueño, garlic, and onions. Commonly eaten in Oaxaca.

Dobladas

Folded corn tortillas covered with asiento that are eaten in Oaxaca.

Elotes Asados

Fresh, large field corn ears either grilled or boiled and then topped with mayonnaise, crema mexicana, queso fresco, lime juice and ground chile de árbol.

Esquites

Fresh field corn kernels cooked in water and seasoned with epazote, green chile and served with additional garnishes like, mayonnaise, crema mexicana, queso fresco, lime juice, and ground chile de árbol. Esquites should be slightly brothy.

Garnachas del Istmo

Thick, crispy corn tortilla stuffed with shredded beef, and served with chilito, a cabbage and chile relish, and a spicy red salsa.

Gordita/ Gorda/ Bocol

“*Gordita*” is a catch-all category for a variety of antojitos made in Mexico. Most of the antojitos known under this name have at least several things in common – they are made from corn masa; usually small and thick; fried in oil or lard or cooked on a comal. Some gorditas are filled and then cooked, while others are cooked and then filled. Salsa is always served with a gordita, and finely grated queso fresco is used sparingly as a garnish.

In terms of the masa that is used to make gorditas, there is a lot of variation. Some regions use nixtamalized corn (maize cooked and soaked in slaked lime); maize cooked only in water and then finely ground; a more coarsely ground masa; and some regions use wheat flour (sweet gordita made with piloncillo, añejo cheese, and star anis in Tlaxcala, Mexico). Sometimes the filling(s) are mixed into the masa itself like, for example, grated cheese, refried beans, or cooked chicharron. Other sweet ingredients include piloncillo, cajeta, nata, preserves, butter and sugar, or seasonal fruits.

Just to break the mold, large and thin gorditas also exist in Mexico. In Cholula, Puebla gorditas 9-10 inches in diameter are stuffed with a thin layer of refried bayo beans, queso fresco, and served with salsa.

Gorditas de Frijol

Corn masa tortillas mixed with black refried beans and then fried into hot oil or lard. Gorditas de frijol is a Veracruz specialty.

Memelas (*see Sopas*)

Soft corn masa “boats” cooked over a comal and garnished with asiento, queso fresco, salsa, and occasionally black bean paste. Commonly eaten in Oaxaca.

Molotes

Cigar shaped corn masa snacks stuffed with a chorizo and potato mixture and then fried. Served on top of Romaine heart lettuce leaves and garnished with salsa.

Oreja de Elefante

Literally translated means “elephant’s ear.” This is a huge oval quesadilla about 12” in diameter that is stuffed with different fillings like cheese, huitlacoche, and mushrooms. Commonly eaten in Puebla.

Pambazos

Small, miniature type of torta that is stuffed with black beans, a chorizo and potato mixture, chipotle chiles, and lettuce. The bread for pambazos is soft white flour bread that is eaten both baked and fried.

Panuchos

An antojito prepared in the Yucatan Peninsula and in Tabasco that is a cross between a tostada and a sope. The trick to making panuchos lies in the rising of the tortilla. Once a corn tortilla has been flipped and begins to bubble it is removed from the comal and separated. One side is filled with refried beans and the other a slice of hard-boiled egg. The two sides are re-joined, fried in hot lard, and topped with a regional filling like cochinita pibil, chicken or turkey escabeche and pickled Yucatecan onions. In Campeche dogfish panuchos are a regional specialty. Dogfish is stuffed between two raw tortillas, edges sealed, fried in lard, and garnished with pickled onions or salsa x-ni-pek. The panuchos of Tabasco resemble those of Campeche, only that they are filled with tuna or ground meat and are typically garnished with cabbage and a tomato salsa.

Pico de Gallo

Refers to a mixture of sliced fruits and vegetables like: pineapple, firm mangos, jicama, grapefruit segments, watermelon, carrots, or cucumbers. The mixture is sprinkled with lime juice and chile salt. In Oaxaca “sal de gusano” a salt made from maguey worms is also a popular condiment.

Piedrazos

Round wheat bread that is baked, cut into fourths, and baked again. The resulting bread is hard – hence the name “little rocks.” Prior to eating the piedrazos they are

soaked in pineapple vinegar flavored with chile pasilla oaxaqueño to soften the bread. This antojito is favored by Oaxacan youths who like very tart and acidic foods.

Quesadillas / Empanadas/ Gringas

These are Mexico's most common and popular antojitos. The quesadillas can be made with corn or flour tortillas and filled with anything. Generally it implies that it is filled with cheese, however, cheese may not be the main ingredient. Many quesadillas are named by what they are filled with. An example can be *pescadilla* because it is filled not with cheese but with fish (pescado). The preparation of a quesadilla starts with a tortilla that has either been cooked or par cooked, filled by folding into a semi circle, and then placed on a comal to finish cooking.

Quesadillas can be cooked on a comal, grilled over coals, baked in the oven or deep fried. In Oaxaca, the baked quesadilla is known as an empanada. Empanadas also can be maybe with puff pastry and stuffed with pastry cream or savory mole fillings. Another type of quesadillas is the gringa. This is a type of quesadilla made with flour tortillas, filled with cheese and "Shepard Meat". This antojito is very popular throughout Mexico.

Sopes/ Picadas/ Pellizcadas/ Memelas/ Sopitos

All of these names refer to a group of antojitos that are made from nixtamalized corn and whose names vary by region. There are regional variations in the preparation - some are cooked on a comal, others are fried with lard or oil, and can range from 2 inches to 12 inches in diameter. However one common characteristic that all of these versions share is the slightly elevated lip or rim which is made around the edge of the tortilla while it is still hot. This rim helps keep the fillings and garnishes on the sope. Sopes are round or ovals in shape and can be thin, like Oaxacan memelas, or thick like the sopes and memelitas from Tlaxcala.

Some common fillings include refried beans or bean paste. This can vary from pinto or black bean, and the beans can be dry or very liquid and soupy. Chorizo, shredded beef, pork, chicken, seafood, potatoes, and rajas are also popular fillings. Garnishes can include shredded lettuce, finely diced white onion, finely grated queso fresco or añejo, and salsa.

It should also be noted that in certain areas of Puebla and Chiapas a quesadilla is referred to a memela.

Tacos

Ubiquitous, is the name given to practically anything that is eaten inside a tortilla - whether corn or flour. Tacos can be made with grilled meats: chorizo, chicharron, cochinita pibil, moronga, fish, lobster, chilorio, machaca, tasajo, cecina, carne enchilada, barbacoa, carnitas, or spit cooked pork. The key to any taco is a freshly

made tortilla. Mexicans even like to eat a “taco de nada” which consists of a freshly made warm tortilla rolled up. They can be garnished with lettuce and salsa and are popular at the end of the month when people have run out of money and can’t buy meat.

Tacos al Carbón

Tacos made from meat grilled over natural charcoal that can be made from beef or pork; with or without cheese; and garnished with limes and salsas.

Tacos Árabes

These tacos are a Puebla specialty that represents a fusion of Arabic and Mexican culture. Pita bread is substituted for a tortilla to make a “taco” from pork meat that is cooked on a gyro spit. Tacos árabes are garnished with joquoque, a strained whole milk yoghurt, and salsa.

Tacos de Canasta

Literally translated means “basket tacos.” Tacos de canasta are sold by street vendors and consist of corn tortillas filled with different fillings and placed in a large basket covered with towels and layers of plastic bags to maintain their heat until they are sold. Many times the basket is attached to a bicycle and peddled around to sell the tacos. Tacos de canasta is a morning specialty.

Tacos al Vapor

Tacos al vapor or “steamed” tacos are popular in Central Mexico and are made with organ meat and meat from the cow’s head. The cooked meats are reheated on a perforated comal with a pan underneath that captures the juices from the meat and provides the steam to keep the meat hot. Some connoisseurs like to eat eyes, and ears. Tacos al vapor are served on corn tortillas and garnished with cilantro, onion, lime and salsa.

Tacos al Pastor

Tacos al pastor “Shepard tacos” are a fusion of Arabic and Mexican culinary traditions. A gyro style spit is used to cook thinly cut pieces of pork that have been marinated in an adobo. The thinly sliced of adobo marinated meat are skewered and stacked one on top of another on the gyro spit and topped with a skinned pineapple and finished with a whole white onion on the bottom. The pork is cooked for hours, many times all day long, while the cooked outer pieces are cut and served. These tacos are served with a sliver of the cooked pineapple, finely diced white onion, cilantro, lime, and salsa.

Tamales

Tamales can be wrapped with corn husks, either fresh or dried, corn leaves, banana leaves, hoja santa, chaya leaves or other lesser known large green leaves. Tamales are made both with and without lard, depending on the area or region.

In Oaxaca, tamales can be made with various fillings such as bean paste, chepil, mole, rajas, fruit, and dried fish tamales from Oaxaca's coastal areas.

In Puebla, tamales "blancos" are simple tamales with no filling and are served with mole poblano. Other common tamales from the Puebla area include: de frijol (stuffed with black bean paste); pulacles (stuffed with whole black beans, sesame seeds and calabacitas); and pixtamales (a celebratory tamal from the border area between Oaxaca and Puebla made with dried and ground mamey seeds cooked with hoja santa leaves, wrapped in fresh long corn stalk leaves called "hoja de milpa.")

In the Yucatan Peninsula, tamales colados are popular. The masa for these tamales is cooked before the tamal is assembled. The Dztobichay is another famous tamal from the region that is made with pepita seeds, hard boiled egg and chaya leaves.

Tlacoyos

Oval shaped corn masa antojitos stuffed with black beans flavored with avocado leaves.

Tlayudas

Giant Oaxacan tortillas - 12" in diameter, cooked on a comal like a tortilla and then either baked in the oven, or on top of the ashes in a "brasero." The texture is hard to describe as it is crispy but at the same time chewy. Sold *au naturel*, or as an antojito with a layer of asiento, beans, shredded lettuce, chopped onions, cheese, and salsa. Can also be served with regional meats like, chorizo, tasajo, and carne enchilada. A more contemporary tlayuda can be topped with tomatoes and avocados (sometimes referred to as Oaxacan "pizza").

Tortilla

Originally the tortilla was made with corn masa. With the arrival of the Spaniards a similar type of tortilla was created using wheat and lard. It is round thin uneven Mexican bread made from masa or wheat flour and lard and bake on a griddle. It is eaten plan or warp around or garnished with varies fillings.

Tostadas de Chileajo

Fried tortillas, topped with "chileajo," a mixture of vegetables marinated in a chile guajillo garlic adobo and sprinkled with queso fresco. Commonly eaten in Oaxaca.

Tostadas/ Tostadas de tinga/ Chalupas de Nuevo León/ Chilapas or Chilapitas/ Tlayudas/ Panuchos/ Salbutes/ and Garnachas del Istmo

Commonly known as tostadas, these antojitos are made with cooked tortillas and then baked in the oven, fried oil or grilled over coals. Generally, a tostada is layered with refried beans, cooked shredded meat, such as beef, pork, chicken or turkey, garnished with lettuce, sliced tomatoes, avocados, chiles en escabeche, crumbled queso fresco, and drizzled with crema mexicana. Puebla's specialty is known as tostadas de tinga. These are fried corn tortillas topped with beans, shredded pork or chicken cooked in a tomato sauce or chorizo, and a chile chipotle sauce.

Chalupas in Nuevo Leon are tostadas with a spread of pinto beans, melted Chihuahua cheese and sliced avocados a top. Chilapas in Guerrero are small fried tortillas filled with shredded pork or beef, diced avocados and a small slice of chile chipotle adobados Oaxaqueña tlayudas are 12" tortillas twice cooked, first on the comal and then they are finished off either on the over coals or on the oven. These tortillas will have a unique chewy yet crispy texture that will allow them to sustain anything that they are stuffed or topped with.

Garnachas del Istmo, fit into the category of tostadas even though they are very small. The specialty of the Yucatan Peninsula and Tabasco are panuchos. They can be considered to be the cross between a tostadas and a sope. These are corn tortillas cooked in a comal. Once they inflate the 2 layers are separated with a knife and then stuffed with bean paste and a slice of boiled egg. The layers are then sealed and the panucho is finished with a particular meat topping of the Yucatan region. Lastly, salbutes are tostadas that are first cooked in a comal and the fried in lard. Once it puffs you remove from the oil. The Salbutes are then topped with shredded cabbage, chicken, turkey or pork prepared in a regional style and garnished with a slice of tomato.

FRESH CHILES USED IN REGIONAL MEXICAN CUISINE

Anaheim (*C. annuum*)

These light-green, rather flat-looking chiles will measure about 6 inches long and 2 inches wide, gradually tapering to a blunt end; they may have squared-off or sloping shoulders, depending on the variety. The mild to medium-hot flesh is medium-thick and juicy. The taste is rather bland but with considerably more flavor than a sweet, watery green pepper. It can be used as a mild substitute to the Oaxcan chile de agua.

Chilaca (*C. annuum*)

These blackish - green chiles, that are long and slim will usually measure 1 inch wide and 6 inches long. The surface is ridged horizontally. They are mostly used in central and northwestern Mexico – Jalisco, Baja California, Nayarit, and Michoacan.

Chile de Agua (*C. annuum*)

A medium sized bright green chile usually measuring 1" wide and 4" long. It is grown and consumed exclusively in Oaxaca. Commonly charred, peeled, and served with lime juice and onions. Served as a garnish with the Oaxacan mole amarillo and the mole chichilo. You can substitute with Anaheim chiles although the flavor and heat is much milder than the chile de agua.

Chile Chiltepín (*C. annuum*)

These tiny green chiles are less than 2 centimeters in length. They are believed to be one of the oldest varieties of chiles in Mexico. Commonly consumed green in Veracruz, it is also consumed in its red, more mature form as well.

Chile Dulce (*C. annuum*)

Petite and bulbous mild bell pepper with an average size of 10 centimeters in length. Used in the cuisines of Campeche and the Yucatan.

Chile Güero (*C. annuum*)

Literally means "blonde." Known in the United States as banana-Hungarian wax peppers with an average size of 4 to 5 inches in length and 1 1/4 inches wide. The medium-hot flesh is medium-thin and juicy. Also known as "chile caribe" in the American Southwest and used in the northern Mexican state of Chihuahua.

Chile Habanero (*C. Chinese*)

Is one of the hottest chiles in Mexico. Small in size, about 1 inch wide and 2 inches long, and shaped like a lantern. It is light green to orange in color and has a smooth undulating surface. It is used fresh or toasted in the sauces of the Yucatan and

Campeche; used fresh in *x-ni-pec*, meaning “nose of the dog”, a traditional Yucatecan/Mayan salsa.

Chile Manzano (*C. pubescens*)

Round red to yellow colored chiles with an intense heat that originated in the mountains of South America and Mexico. Manzanos are only found in mountainous regions, around 5,500 feet above sea level. They get their name from the apple due to their round shape. One of difference found in these chiles from its *annuum* cousins are its black seeds.

Chile Poblano (*C. annuum*)

Large, dark green chiles with wide shoulders. Average size is about 3 inches wide and 5 inches long, tapering gradually to a point. The mild to medium-hot flesh is medium-thick and not juicy, with a rich and complex taste when roasted and peeled. This chile is never eaten raw and is charred or fried to remove its skin, which is high in cellulose and difficult to digest. Commonly served as *rajas* or as the base of a *chile relleno*.

Chile Jalapeño (*C. annuum*)

The medium green jalapeño gets its name from the Veracruz city of Xalapa. Average size is about 3 inches long and 1 ½ inches wide, tapering gradually to a blunt point. Jalapeños are commonly pickled in *escabeche* and used both raw and cooked. Several dried chiles are produced from the varying stages of jalapeno maturity and size from the *chipotle tamarindo* (large), *chipotle mecco* (medium), *mora* (small), and the *morita* (smallest in size).

Chile Serrano (*C. annuum*)

The small, narrow green chile gets its name from the word “*sierra*,” meaning from the mountains. Average size is about 2 ½ inches long and ½ inch wide eventually coming to a blunt point. Depending on where the Serrano chile is grown, it can be hotter than the jalapeño and are consumed raw or cooked.

Chile Tuxta (*C. annuum*)

Regional chile found in the Oaxaca’s central valley region. This small chile, about 2 ½ inches long by ¼ inches wide is very hot and is sold both in its red and green from.

Chile X-ca-tik (*C. annuum*)

A mild chile commonly used in Mayan cooking and comes from the Mayan word meaning “blond.” An average size is about 4 ½ inches long and ¾ inch wide. In Yucatecan cooking *x-ca-tik* chiles are used for *chiles rellenos* and roasted with meats. Substitute a banana pepper.

DRIED CHILES USED IN REGIONAL MEXICAN CUISINE

Chile Ancho

Ancho refers to the wide shoulders of the dried poblano. Average size is about 4-5 inches long and 3 inches wide, with broad shoulders that taper to a point. The skin will be quite wrinkled, and in the package the chiles will look almost black though holding one up to the light will show it to be a very dark burgundy. Always look for untorn, soft, aromatic chiles. A puree of soaked chiles anchos will be brownish red with a mild, rich, almost sweet taste and a bit of residual bitterness.

Chile de Árbol

When you can find chile de árbol in a fresh state, they generally go by that same name. This vibrant, orange-red dried chile is usually slightly curved and measures about 3 inches long and ½ inch wide, tapering to a sharp point. The skin is smooth, rather brittle and translucent. A puree of soaked chiles de árbol is a beautiful burnt orange with a very hot, sharp, dried-chile flavor. Regional names for this chile include: parado and palillo (San Cristobal de las Casas, Chiapas), cambray (Monterrey), and pico de pajaro (northern west coast).

Chile Cascabel

The chile cascabel, as its name denotes, sounds like a rattle as you shake it. It is a small, round chile with a brownish-red, smooth skin, just like that of the guajillo. A good-sized cascabel measures about 1 inch in diameter. Spicier than the guajillo, it has a very pleasant nutty flavor when toasted and ground for salsas.

Chile Chilcostle

Comes from the Nahuatl word, “chilcoztli,” meaning yellow chile. Average size is about 5 inches long and 1 inch wide. One of the principal ingredients in the Oaxacan mole Amarillo, this earthy and spicy chile has a smooth skin like a guajillo. The chilcostle comes from the famed chile region of Cuicatlán, about a three-hour drive from Oaxaca City. The chilcostle is becoming increasingly hard to find due to the relatively small number of growers who still produce the chiles and the correspondingly high price the chilcostles fetch in the market. Some people substitute blackened guajillo chiles for chilcostles but the flavor is a very different. Check online chile sources for availability.

Chile Chilhuacle Negro, Amarillo and Rojo

These chiles are mostly consumed in their dried state and are only produced in the Cuicatlán region of Oaxaca. The small chiles are all shaped liked fat stunted triangles with smooth skin and average about 3 inches in width by 2 inches in

length. All three varieties are very spicy and have complex flavors that are truly unique in Mexican cuisine. The chilhuacle chiles have traditionally played a large role in the regional moles of Oaxaca. Limited supply and high prices are forcing many people to substitute blackened guajillo chiles. Check online chile sources for availability.

Chile Chipotle/ Chipotle

“Chipotle” comes from the Nahuatl word for “smoked chile” which implies this chile was indeed consumed in pre-Columbian times. Jalapeños are left to ripen on the plant, picked and then smoked. Chipotles are also designated in their first, second, or third picking as chipotles mecos, moras and moritas. Chipotles should be pliable, not rock hard. A puree of soaked chiles chipotles will be dark brown, with heat that comes on like a freight train and a flavor that is the essence of sweet smoke; it is not astringent, nor is the dried-chile flavor very pronounced. In Puebla and Veracruz, the name chipotle (colorado) is used for a slightly smaller, dark-burgundy, wrinkle-skinned, smoky-smelling chile; in those places, the chipotles described above are called chipotles mecos (the latter word meaning, literally and confusingly, “red with black stripes”). Those smaller, reddish chipotles (called moras in much of the rest of Mexico) aren’t as sweet or smoky-tasting as the chipotle meco, and they have a stronger dried-chile flavor; they’re at least as hot as the chipotles mecos and very astringent. These are sometimes canned under the label of chipotles. Chipotles are the most popular dried chile consumed in the United States.

Chile Colorado

See New Mexico/California Chile. Typically consumed in Chihuahua.

Chile Comapeño

Small regional chile, slightly larger than a chile piquín that is eaten in Veracruz and Puebla.

Chile Costeño Amarillo

Small to medium size chile produced in the Jamiltepec Costa Chica of Oaxaca and the coastal regions of Guerrero. Average size is about 3 ½ inches long by ½ inch wide with a very thin, almost transparent skin. This chile is very spicy and must be used conservatively. The costeño amarillo gives the mole amarillo its characteristic piquancy. Check online chile sources for availability.

Chile Guajillo

Burgundy-colored dried chile comes in a range of sizes (depending on the exact variety), but an average one is 4 1/2 inches long and 2-inches wide. The skin is smooth with some large wrinkles or folds, rather brittle and translucent. Always look for unbroken guajillos that are not too brittle and that don’t have any light-colored patches (which indicate that moth larvae have eaten away the flesh). A

puree of soaked chiles guajillos will be an earthy, bright red with a medium-hot, non-sweet, strong, uncomplicated dried-chile flavor, a little tartness and just a hint of smokiness.

Chile Miahuateco

Poblano chile from Puebla that is spicier and darker than a regular chile poblano. Approximately 4-5 inches long and 3 inches wide and dark reddish brown. Can substitute a chile mulato although the flavor profiles are distinct.

Chile Mora

Small and smoky chile produced from the second picking of the ripened jalapeños.

Chile Morita

Smaller than the moras as they are typically the third picking of jalapeños or second picking of serranos.

Chile Mulato

A mulato (literally “dark-skinned”) looks almost identical to a chile ancho, except when held up to the light, where the mulato is clearly darker. Though when fresh/green, this chile looks like a dark poblano. The chile mulato is less sweet than a chile ancho and has a distinct tobacco taste. A puree of soaked chiles mulatos will be brown/black with a very full, rounded, medium-hot, non-sweet taste that is much less astringent than that of a chile pasilla or chile ancho. Please note that the chile ancho is not a substitute for a chile mulato.

Chile Pasado

Typically a chile poblano or chilaca that has been charred, peeled and dried whole. It is very spicy with a complex flavor profile. Average size is about 2 ¼ inches by 1 ½ inches.

Chile Pasilla Oaxaqueño

The chile pasilla de Oaxaca is a local chile used only in the cooking of Oaxaca comes from the Mixe area in the Sierra Norte region of Oaxaca. It is smoked and dried with Encino wood and has a smokiness and heat unlike any other chile. An average chile is about 3 ½ inches long and 1 ¼ inches wide with shiny skin that varies from mulberry to wine red. The chile pasilla de Oaxaca has a more complex flavor than the chile chipotle. Check online chile sources.

Chile Pasilla

Pasilla is the name for a dried chile chilaca and means “dried like a raisin.” The long, evenly wide, blunt dried chile will range from 4 to 6 inches in length and 1 to 1 ½ inches in width; the skin is wrinkled like that of an ancho, and the color (both in the package and held up to the light) will be more or less black with dark green tones. An average pasilla weighs 1/3 ounce. Choose them as you would anchos. A puree

of soaked chiles pasillas will be brown-black with reddish overtones, and it will be medium-hot to hot and have great depth and complexity of flavor that goes on and on – not at all sweet, and quite astringent. Pasillas yield a fair amount of pulp per ounce. Regional names include: chile negro (Michoacan and vicinity, plus California) and, variously, chile pasilla negro or chile pasilla mexicano.

Chile Piquín

Chile piquín is a small hot chile. Triangular, round or cylindrical in shape, they are generally ground dry and used as a condiment because of their intense heat. Usually no more than ½ inch long and ¼ inch wide- the round ones are about ¼ inch in diameter - they have shiny skins that range from orangey to deep red in color. Commonly toasted and ground with salt and is used as a condiment for fresh fruit and vegetables.

New Mexico/ California Chile

Some variety of this chile is available through most of West-Central and Northern Mexico under various names. In its fresh state the chile is similar to or the same as what we call a long green chile in the United States (simply chile verde in Mexico). This burgundy-colored dried chile is usually 6 inches long and 2 inches wide, slowly tapering to a blunt end; the skin is smooth; less wrinkled than a guajillo but otherwise resembles it. A puree of soaked New Mexico/California chiles will be an earthy, bright red with a bland, uncomplicated red-chile flavor. Most of those sold in Mexico are completely mild, though in New Mexico some like the Chimayo variety can be hot.

DAY ONE:

ANTOJITOS FROM NORTHERN MEXICO

LEARNING OBJECTIVES

By the end of this day you should be able to ...

- Define what antojitos are; how they fit into the larger context of Mexican cuisine; and learn about the significance of antojitos in Mexican culture
- Identify the fresh and dried chiles used throughout regional Mexican cuisine
- Prepare different types of flour tortillas and Northern style tamales
- Learn how to make the adobos used in chorizos from different regions of Mexico
- Understand the basic ingredients and distinguishing characteristics of the cuisines of Northern Mexico

LEARNING ACTIVITIES

Lecture and Discussion
Demonstrations
Hands-On Production
Product Evaluation

KEY TERMS

<i>Achiote</i>	<i>De árbol chile</i>	<i>Reconstituting chiles</i>
<i>Adobo</i>	<i>Dry toasting chiles</i>	<i>Relleno</i>
<i>Agua Fresca</i>	<i>Escabeche</i>	<i>Salsa Mexicana</i>
<i>Caldo</i>	<i>Frijoles maneados</i>	<i>Tomatillos</i>
<i>Ceviche</i>	<i>Jamaica</i>	<i>Tortillas de Harina</i>
<i>Chilorio</i>	<i>Machaca</i>	<i>Tortillas de Harina</i>
<i>Chorizo</i>	<i>Nopales</i>	<i>estilo Chihuahua</i>
<i>Cleaning chiles</i>	<i>Norteño</i>	<i>Fire roasting Chiles</i>

INSTRUCTOR DEMONSTRATIONS

Mixing and rolling flour tortillas
Assembly of northern style tamales
Techniques for making northern style gorditas

SUGGESTED READING

Fresh Chiles Used in Mexican Cooking (pg. 14)

Dried Chiles Used in Mexican Cooking (pg. 16)

Glossary of Mexican Meats (pg. 19)

Dietary Fats and Related Health Issues (pg. 25)

MAP OF NORTHERN MEXICO



GLOSSARY OF MEXICAN MEATS

ADOBO SEASONED MEATS

Carne Enchilada

Usually refers to pork that has been seasoned with an adobo made from chiles, spices, herbs, and vinegar. This lean cut of meat is commonly grilled.

Chorizo (*See Sausages*)

Barbacoa (*See Pit Roasted Meat*)

Lomo Adobado

Refers to a loin of pork that has been seared in lard or oil and cooked in an adobo sauce made from chiles, spices, herbs, and vinegar.

Chilorio

Chilorio is a specialty from Sinaloa that is made with shredded pork that is mixed with an adobo mixture. It is commonly served with flour tortillas, mixed with eggs, or used as a filling for chivichangas.

SALT CURED MEATS

Cecina and Tasajo

Both of the names “Cecina” and “Tasajo” refer to the same thin, lean cut of meat made from either beef or pork. Cecina is more commonly used throughout Mexico while Tasajo is the name used primarily in Oaxaca. The meat is cut into long narrow sheets, salted and allowed to dry or seasoned with an adobo. Prior to refrigeration the salting of the meat was used as a preserving technique, as it is today.

Machaca

Refers to beef that has been salted and dried, often sun dried. Lean cuts of meat, free of sinues and tendons, are used for making machaca. Once dry, the meat is pounded with wooden sticks or rocks to shred the meat.

SAUSAGES

Butifarra

A Catalan style sausage made from ground pork. Sometimes beef can be used. Spices and vinegar are used to season the meat. This sausage is usually boiled and is very popular in the state of Chiapas.

Chorizo

Although chorizo was brought to Mexico by the Spanish the chorizo that arrived at the time of the conquest was a different specimen, as the Spanish did not have access to chiles prior to the conquest. Mexican chorizos are different than their Spanish counterparts because they are raw not cured and dried as the Spanish ones.

Depending on the region, different chiles, spices, and meats are used for the adobos that are added to chorizos. Some chorizos are very spicy and others are slightly sweet.

Chorizo de Calamar

This chorizo was originally prepared with abalone but because of over fishing, squid is more commonly used today. Squid is ground and mixed with an adobo like any other chorizo, however, is never put into a casing.

Chorizo Rojo

The red chorizo is usually made with an adobo of dried ancho and guajillo chiles and is usually taken out of its casing when cooked or fried. It is usually high in fat and must be rendered. Chorizo is served on everything from tacos, queso fundido, soup, guisos, to an endless variety of antojitos. During the conquest the first pig farms were established in the area of Toluca and ever since the area has been a large producer of chorizo.

Chorizo Verde

One regionally significant variety is the green chorizo from Toluca that is made with leafy greens, green chiles. There are different types of chorizo verde with some containing pecans, almonds, peanuts or pine nuts. Peanuts being the most inexpensive and pine nuts being the most priced.

Chorizo Maya

In the Yucatecan peninsula, the local chorizo is commonly referred to as “chorizo maya.” It is a sausage made with sour orange juice and achiote, giving the sausage a distinctive color and acidity.

Chorizo Oaxaqueño

The chorizo from Oaxaca was traditionally made with the spicy, native chile chilcostle. Now it is commonly made with the milder, inexpensive chile guajillo.

Oaxacan chorizo is made from pork butt and is very lean in comparison to the chorizos commonly found throughout Mexico. For that reason, Oaxacan chorizo is commonly fried.

Longaniza

Longaniza is very similar to chorizo in that it is made with pork. Different from chorizo, longaniza is not tied in small pieces and is sometime smoked. Longaniza is usually fried in oil and served in tacos, mixed with eggs, or as an antojito. In Chiapas longaniza is not made with chiles, only paprika. In Tabasco longaniza is made with achiote and in the Yucatan the longaniza from Valladolid is smoked.

Moronga

Made from blood that is seasoned with chiles, onions, and spices and cooked inside the lining of a stomach or casing. In regions it is referred to as morcilla, like the ones from Spain. It is typically eaten with finely diced green chiles, garlic, cilantro, or epazote, and served in warm corn tortillas. Moronga is very popular in the state of Tabasco.

PIT ROASTED MEATS

Barbacoa

A barbacoa is a pit roasting technique that is practiced throughout Mexico to celebrate special events like baptisms, birthdays, anniversaries, and weddings. Families and entire communities come together for these events and the tradition of barbacoa is still commonly found throughout Mexico. Barbacoa is cooked inside of a searing hot earthen pit that is covered and sealed with leaves and dirt. To prepare the pit for the barbacoa a wood burning fire is made inside of the pit. Once the wood turns to smoldering hot coals the meat is placed inside on a grate and the pit is sealed with dirt and water to create a hermetic seal that cooks the meat at a very high temperature. The fatty ribs of the animal are usually placed on top of a grate that is set over a pot of prepared broth. While the meat cooks, the fat and drippings fall into the broth. Prior to being lowered into the pit the marinated meat is wrapped or wrapped with leaves both for added seasoning. In Central Mexico, maguey leaves “pencas” are used, and in the Yucatan and other parts of Southern Mexico banana leaves are used. A cross adorned with flowers is placed at the head of the pit by the godmother or godfather of the barbacoa to bless the pit and its contents.

Cooking times vary depending on the size of the meat but usually take anywhere from two to eight hours to finish cooking. Once the meat is ready the dirt covering the pit is shoveled to the side and the meat is lifted from the pit. Warm tortillas, salsas, and refried beans are served for making tacos. The broth is always served with limes to cut the grease and mellow the strong flavors from the meat. In Central Mexico a salsa borracha made with pulque is served with barbacoa. In Oaxaca

whole animals, such as a sheep, goats, or cows are butchered and marinated in an adobo and aromatic avocado leaves are used to cover the meat. A mezcal bottle is buried into the hot pit half through the cooking time. Hot mezcal is served as a drink with the barbcoa.

Cochinita Pibil

Suckling pig or pork is seasoned with a red marinade made from achiote seeds, spices, and sour orange juice. The meat is then wrapped in banana leaves and traditionally cooked in a “pib”, an underground earthen pit. In pre-Columbian times venison and turkey meat were traditionally used. Pickled Yucatecan onions are always served with the cochinita pibil. This meat can be served as a main dish or as a filling for antojitos like, salbutes and panuchos.

Birria

It is a pit roasted meat such as goat or lamb marinated with chiles and spices. In restaurants it is commonly served in the evening, however, it is also considered a celebratory meal.

GRILLED & ROASTED MEATS

Cabrito

Young tender goats, no more than 6 months old that have been raised only with milk are used for making Mexican cabrito. There are many different preparations. Different marinades can be used – some spicy others more herbal. The most typical cooking method is grilled with the cabrito fastened to a stake that is placed near a wood burning fire. Some even grill the young goat, split open and butterflied on a grill until it is crispy. Typical accompaniments include tortillas, salsa, and charro style beans.

Carne Asada

Usually refers to different cuts of beef that have been grilled over natural charcoal. They are generally accompanied with beans, salsas, avocados, and tortillas.

Arrachera

Arrachera is a skirt steak that is simply seasoned with salt and pepper and grilled. This meat is usually accompanied with guacamole, salsa, and tortillas.

Sabana

Thin cut of meat that is pounded between two sheets of plastic, about 30 by 20 cm in length and 2 -3 centimeters thick. The meat is usually cooked on a flat griddle and served with salsa, refried beans, and corn tortillas.

FRIED MEATS

Carnitas

Very popular dish in Michoacan that consist of pieces of pork cooked in little water until tender and then fried in its own rendered fat. There are several methods for cooking carnitas, but the final product should be pork meat very juicy and tender inside yet crispy outside. It is served with tortillas, salsas, avocados, chiles en escabeche, and lime.

Chicharrón

Fried pig skin is commonly eaten as a snack or antojito throughout Mexico. To make chicharrón, the skin is cleaned and all of the fat and meat is removed. Thin incisions are made with a knife, the pieces are salted and left to dry for three days. The skin is washed to remove excess salt. The skin is then fried in medium-hot oil and left to hang for another day. Finally the skin is fried in very hot oil. Chicharrón is eaten in tacos, salsa, soups, with beans, or simple with lime juice and hot sauce as snack.

FLOUR TORTILLAS

Flour tortillas are more popular and common in Northern Mexico. There are many theories as to how and when flour tortillas came to be in Mexico where only corn tortillas had been consumed for a milenia. More than likely Mexican tortillas were influenced by their Arabian counterpart, pita bread, as many of the Spanish Conquistadores who came to México were from Southern Spain

To make flour tortillas all purpose flour is mixed with pork lard or shortening, water, and salt to make dough. The dough is kneaded, then small balls are formed and allowed to rest. The balls are rolled flat on a working surface. Depending on the region, in Sonora, the tortillas can be rolled out large and thin. In Coahuila they are small and thick and in Chihuahua the tortillas are larger in sized, used for burritos.

Flour tortillas are used for making quesadillas, burritos, gringas, sincronizadas, and specialty tacos made with fish or shell fish.

DIETARY FATS AND RELATED HEALTH ISSUES

DIETARY FATS

Foods have vastly differing fat contents, contributing different types and amounts of fat to the diet. The presence of fat in foods enhances palatability through the senses of smell, sound, touch and taste, and texture (chewy, gritty, sticky, smooth, or oily). Smelling bacon while it's being cooked and hearing the sizzle may create our initial desire to eat it. The crisp, chewy texture of the bacon stimulates our senses, while the fat content adds to our satiety level. "Satiety" refers to the satisfaction of our desire for food, our appetite. A sufficient amount of food should appease the appetite and delay hunger until the next meal. Appetite is a learned or habitual response that occurs at certain intervals and may be influenced by many external and internal stimuli.

There are three types of dietary fats: saturated, monounsaturated, and polyunsaturated. Food sources are a mixture of the three different types of fat. It is the predominant fat type – polyunsaturated, monounsaturated, or saturated – that becomes the identifying fat.

SATURATED FAT

Saturated fat refers to the chemical configuration of the fat structure. Specifically, it refers to the number of hydrogen that is attached to the carbons in the fat chain. The chain of carbons is said to be saturated with hydrogen. Saturated fat tends to be solid at room temperature and of animal origin, but there are a few exceptions. Animal sources of saturated fat include dairy products, beef, veal, lard, tallow, pork, chicken and lamb. Vegetable sources include coconut oil, palm oil and palm kernel oil (often referred to as tropical oils). Remember, saturated fats tend to increase blood cholesterol. Nutritional guidelines for cooking recommend that use of these fats be carefully controlled.

MONOUNSATURATED FAT

Monounsaturated fat refers to fats containing a fat chain with one point of unsaturation. The structure contains one double bond. At this point, the carbon molecule is not saturated with hydrogen, reflecting one (mono) point of unsaturation. Food sources of these fats include avocados, olives, peanuts, almonds, and their oils, and canola oil (rapeseed oil). These fats are also flavorful, with the exception of canola oil, which is bland. Current research recommends a reduction in

blood cholesterol through a diet containing increased amounts of monounsaturated fats.

POLYUNSATURATED FAT

Polyunsaturated fat refers to a fat chain with two or more points of unsaturation. The structure contains two double bonds or two points of unsaturation, reflecting two or potentially multiple (poly) points of unsaturation. These fats tend to be of plant origin, are liquid at room temperature, and are flavorless. Food sources include soybean, corn, sunflower and safflower oils.

HYDROGENATED FATS

Polyunsaturated oils, such as corn and soybean can be made into a more solid form. Examples of these more solid forms of oils include spreads, margarine, and shortening. Hydrogenation, a chemical process which adds H's, transforms the oil's unsaturated chemical structure to a more saturated (solid) and stable form. This gives margarine its creamy consistency and prolongs the shelf life of crackers, cookies, potato chips, and other foods which contain the semi-solids oil (partially hydrogenated). Hydrogenated oils are also used for deep-frying in fast food restaurants since they are less likely to turn rancid.

Studies have found that hydrogenated fats, also known as trans fats may have similar health effects as saturated fats—raising total and low-density lipoproteins (bad cholesterol). In addition, there is scientific evidence that trans fats may also lower high-density lipoproteins (good cholesterol), also known as HDL. A recent study led by Harvard researchers found that the risk of heart attack among individuals with the largest consumption of hydrogenated oils was doubled compared to individuals who consumed the least amount of hydrogenated oils.

The real issue is, how much hydrogenated fat or trans fat are Americans eating? Within the last ten years the trend has been moving towards a higher consumption. This has been attributed to dietary pressures of reducing highly saturated tropical oils (coconut and palm) and replacing them with hydrogenated oils such as soybean or corn. This has been done with the misconception that hydrogenated fats offer the same protective effects against heart disease as naturally occurring plant oils. It is difficult to quantify just how much trans fat Americans are eating today. Mainly because nutrition labels do not have to specify how many grams of trans fat is in the food. It is also not considered a saturated fat. The best approach is to read the ingredient list and look for the terminology; hydrogenated or partially hydrogenated.

DAY ONE TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Ceviche de Mariscos (*Sonoran Style Seafood Ceviche*)

Frijoles Maneados (*Northern Style Refried Beans*)

Machacado Ranchero Estilo Coahuila (*Coahuila Style Shredded Dried Beef*)

Salsa de Chile de Árbol (*Salsa made from Chile de Árbol*)

Tortillas de Harina (*Flour Tortillas*)

Chorizo Maya (*Yucatecan Style Chorizo Sausage*)

TEAM TWO

Ostiones en Escabeche (*Pickled Gulf of Mexico Oysters*)

Frijoles Puercos (*Northern Style Pork Beans*)

Tamales Norteños (*Northern Style Tamales*)

Tortillas de Harina (*Flour Tortillas*)

Chorizo Oaxaqueño (*Oaxacan Style Chorizo Sausage*)

TEAM THREE

Tacos de Machaca de Camarón (*Shredded Shrimp Tacos*)

Relleno de Frijoles Refritos (*Refried Bean Filling for Burritos*)

Tamales Barbones (*Sinaloan Barbed Shrimp Tamales*)

Tortillas de Harina Estilo Chihuahua (*Chihuahua Style Flour Tortillas*)

Chorizo Verde (*Green Chorizo Sausage*)

TEAM FOUR

Tacos de Pescado estilo Baja California (*Baja Style Fish Tacos*)

Salsa Mexicana (*Also known as "Pico de Gallo"*)

Salsa Verde Cruda (*Raw Tomatillo Salsa*)

Enchiladas Tultecas (*Tamaulipas Style Enchiladas*)

Tortillas de Harina (*Flour Tortillas*)

Chilorio (*Northern Style Shredded Pork*)

TEAM FIVE

Ensalada de Nopales Estilo Sonora (*Sonoran Cactus Paddle Salad*)

Relleno de Carne Deshebrada (*Shredded Flank Steak for Burritas*)

Gorditas de Nuevo León (*Nuevo Leon Style Gorditas*)

Caldo Cantinero de Camarón (*Cantina Style Dried Shrimp Soup*)

Tortillas de Harina Estilo Chihuahua (*Chihuahua Style Flour Tortillas*)

Chorizo de Calamar (*Squid Chorizo*)

EXTRAS

Agua Fresca de Jamaica (*Mexican Hibiscus Flower Iced Tea*)

CEVICHE DE MARISCOS ESTILO SONORA

SONORAN STYLE SEAFOOD CEVICHE

Yield: 8 portions

Ingredients	Amounts
Medium shrimp, shells, tails, intestine removed	½ lb.
Blue crabmeat, picked free of shells	½ lb.
Clams, shucked, juices reserved	¼ lb.
White vinegar	¼ cup
Mexican lime, freshly juiced	¼ cup
Lemon, freshly juiced	¼ cup
Roma tomatoes, small dice	½ lb.
Pearl onions, pickled, coarsely chopped	¼ lb.
Extra virgin olive oil	¼ cup
Fresh oregano, chopped	1 Tbsp.
Salt	to taste
Saltine crackers, or totopos	for serving

Method

1. Place the shrimp, crabmeat, and clams in a non-reactive bowl.
2. Combine the vinegar and freshly squeezed juices and pour over the seafood mixture. Cover and refrigerate for 4 hours, or until the shellfish is cooked through and opaque.
3. Add the tomatoes, onion, oregano, and olive oil. Season with salt to taste.
4. Serve in large goblets with crackers or totopos on the side.

Adapted from: *Recetario de Pescados y Mariscos de Sonora #28*, Consejo Nacional Para la Cultura y las Artes (CONACULTA, 2000)

FRIJOLES MANEADOS

SONORA STYLE REFRIED BEANS

Yield: 8 portions

Ingredients	Amounts
Pinto beans	1 lb.
White onion, quartered	1 ea.
Lard	1 Tbsp.
Colorado chile (New Mexico Red), wiped clean, seeds and veins removed	2 ea.
Lard	1 cup
White onion, quartered	1 ea.
Whole milk	2 cup
Asadero cheese, grated	½ lb.
Salt	to taste

Method

1. Rinse the beans under running water and place in a large pot. Add 1 onion and 1 tablespoon of lard and cover with water. Bring to a boil and gently simmer for 1 ½ hours, or until the beans are soft.
2. Gently toast the chiles on a comal over medium heat. Soak in hot water for 15 minutes. Drain and set aside.
3. Once the beans are cooked, discard the onion and season with salt to taste.
4. Heat 1 cup of lard in a cast iron skillet and add the remaining onion. Sauté until golden brown, then remove and discard the onion.
5. Blend the beans in batches with some of the bean broth, reconstituted chiles, and milk. Fry the pureed beans in the flavored lard over medium low heat for 10 minutes. Add the cheese, season again with salt to taste. Keep stirring to prevent the beans from sticking to the pan.
6. Serve hot.

Note: for a more textured puree you can use a potato masher.

MACHACADO RANCHERO ESTILO COAHUILA

COAHUILA STYLE SHREDDED DRIED BEEF

Yield: 8 portions

Ingredients	Amounts
Carne seca “machaca”	7 oz.
Canola oil or lard	4 Tbsp.
White onion	1 ea.
Garlic cloves	2 ea.
Roma tomatoes, small dice	1 lb.
Poblano chiles, dry roasted, cleaned, deseeded, and deveined	4 ea.
All purpose flour (optional)	1 Tbsp.
Cumin, ground	¼ tsp.
Allspice	¼ tsp.
Salt	to taste
Corn or wheat tortillas or tostadas	16 ea.

Method

1. Shred the machaca into small, thin pieces using a molcajete or a food processor. Heat the oil in a sauté pan and fry the machaca until golden brown.
2. Add the onion and sauté until translucent. Add the garlic and sauté for 1 minute and then the tomatoes. Reduce the heat to a simmer and stir occasionally.
3. Cut the poblanos into rajas or thin slices and add to the meat mixture. Season with cumin, allspice, and season with salt to taste.
4. Serve with corn or wheat tortillas

Adapted from: *Platillos Regionales de la República Mexicana*, by Josefina Velázquez de León (Ediciones Velásquez de León, 1945)

SALSA DE CHILE DE ÁRBOL

SALSA MADE FROM CHILE DE ÁRBOL

Yield: 1 ½ cups

Ingredients	Amounts
De árbol chiles, wiped clean	8 ea.
Tomatillos, medium	10 ea.
Garlic clove, peeled	1 ea.
Salt	to taste

Method

1. Remove the stems of the chiles. Do not remove the seeds.
2. Gently toast the chiles on a comal set over medium heat, turning occasionally and taking care not to burn. Cover the chiles with hot water and let soak for 15 minutes. Drain and discard water.
3. In a small saucepan, cook the tomatillos and garlic with barely enough water to cover. Cook until the tomatillos are cooked through, about 5 minutes. Do not let the tomatillos burst open.
4. Transfer the reconstituted chiles, tomatillos, garlic, and salt in a blender and process until smooth. Add some of the liquid from the tomatillos to the salsa. The salsa should be thin and slightly watery.
5. Season with salt to taste.

TORTILLAS DE HARINA

COAHUILA STYLE FLOUR TORTILLAS

Yield: 2 dozen tortillas

Ingredients	Amounts
All purpose flour	4 cup
Table salt	1 Tbsp.
Vegetable shortening	1 cup
Warm water	2 cup

Method

1. Combine the flour and salt in a large bowl. Knead the shortening into the flour by hand.
2. Add 1 cups of warm water in small amounts and continue kneading until the dough forms a smooth, cohesive ball that is firm and elastic. Add more water if needed up to 2 cups. Let the dough rest in a bowl covered with a kitchen towel for at least 20 minutes.
3. Divide the dough in 24 equal portions and shape into round patties. Press a divot into the center of each patty to make a slight depression
4. Heat a well seasoned comal over medium-high heat.
5. Lightly flour a work surface and roll out each tortilla until very thin. Place the tortilla on the comal for 30 seconds, then flip to cook on the other side for 2 minutes, or until the tortilla inflates or is cooked through. Repeat with remaining tortillas.
6. Transfer the cooked tortilla to a kitchen towel to keep warm until all the tortillas are cooked.

Adapted from: *Dishes from The Wild Horse Desert*, by Melissa Guerra (John Wiley & Sons, Inc., 2006)

CHORIZO MAYA

YUCATECAN STYLE CHORIZO SAUSAGE

Yield: 2 pounds

Ingredients	Amounts
Achiote seeds	1 ½ Tbsp.
Orange juice, freshly squeezed	2 Tbsp.
Lime juice, freshly squeezed	1 Tbsp.
White vinegar	2 Tbsp.
Pork loin	1 lb.
Pork shoulder	1 lb.
Black peppercorns	20 ea.
Cumin seeds	1 tsp.
Garlic cloves, roughly chopped	8 ea.
White onion, roughly chopped	1 ea.
Salt	to taste

Method

1. Immerse all grinding attachments in an ice bath.
2. Place the achiote seeds in a small non-reactive bowl with the juices and vinegar. Let the seeds soak for at least 2 hours, preferably overnight.
3. Assemble the meat grinder and set the machine to the second to smallest setting and grind the pork pieces. Transfer to a non-reactive bowl.
4. Blend the achiote, black peppercorns, cumin, garlic, onion, and salt to taste.
5. Work the achiote adobo into the meat by hand until the mixture is combined well. Cover with plastic wrap and refrigerate overnight.

Note: if Seville oranges are available, substitute equal amounts of freshly squeezed Seville oranges for the orange and lime juice.

Adapted from: *La Cocina Familiar en el Estado de Campeche*, by CONACULTA (CONACULTA, 2001)

OSTIONES EN ESCABECHE
TAMAULIPAS STYLE PICKLED GULF OF MEXICO OYSTERS

Yield: 8 portions

Ingredients	Amounts
Olive oil	½ cup
White onion, finely sliced	1/3 cup
Garlic cloves, peeled	8 ea.
Carrots, sliced on the bias, blanched	½ cup
Cauliflower florets, blanched	½ cup
Bay leaves	3 ea.
Thyme sprigs, fresh	4 ea.
Marjoram sprigs, fresh	4 ea.
Oregano, dried	1 ½ tsp.
Black peppercorns	8 ea.
White distilled vinegar	1 ½ Tbsp.
Rice vinegar	1 ½ Tbsp.
Fresh oysters, shucked, with liquid	3 cup
Mexican lime, thinly sliced in rings	2 ea.
Jalapeños en escabeche	to taste
Salt	to taste
Saltine crackers, or totopos	for serving

Method

1. Heat the oil in a Dutch oven over medium low heat. Sauté the onion and garlic until translucent do not let them brown.
2. Add the blanched carrots and cauliflower, herbs, black peppercorns, salt and vinegar. Bring the mixture to a boil. Add the oysters, lime slices and jalapeños. Immediately cover and remove from heat. The oysters should fluff and be barely cooked.
3. Transfer to a glass or non-reactive bowl, cover, and refrigerate overnight.
4. Serve the oysters at room temperature with saltine crackers or totopos.

Adapted from: *The Art of Mexican Cooking*, by Diana Southwood Kennedy (Bantam Books, 1989)

FRIJOLES PUERCOS

SINALOA STYLE PORK BEANS

Yield: 8 portions

Ingredients	Amounts
Pinto beans cooked, cooled	1 lb.
Lard	2 oz.
Bacon, diced	4 oz.
Mexican chorizo, crumbled	4 oz.
Onion, white, finely diced	½ ea.
Jalapeño chiles en escabeche, diced	4 ea.
Asadero, or Monterey Jack, shredded	4 oz.
Ham, roughly diced	4 oz.
Salt	1 tsp.
Ground black pepper	1 tsp.

Method

1. Place the beans in a blender and process until smooth.
2. In a frying pan, heat the lard over medium heat. Add the chorizo and bacon and sauté for 5 minutes. Add the onion and sauté for another 5 minutes.
3. Add the pureed beans to the oil and stir vigorously to mix well.
4. Once the beans begin to release the fat, add the chopped chiles, cheese, and ham.
5. Once the cheese is melted and all the ingredients are heated through, serve at once with tortillas or tortilla chips.

Adapted from: *Antojitos*, by Guía México Desconocido (Editorial México Desconocido, 1998)

TAMALES NORTEÑOS

NORTHERN STYLE TAMALES

Yield: 16 tamales

Ingredients	Amounts
Pork shoulder, cut into 1/2 " cubes	¾ lb.
White onion	¼ ea.
Garlic clove, peeled	1 ea.
Ancho chiles, cleaned	3 ea.
New Mexico red chiles, wiped clean seeds and veins removed	3 ea.
Ground cumin	½ tsp.
Mexican oregano	½ tsp.
Garlic clove, roughly chopped	1 ea
Lard	1 Tbsp.
Sugar	½ tsp.
Lard	½ cup
White fresh masa for tortillas	1 lb.
Salt	to taste
Cornhusks, boiled and drained	1 pkg.

Method

1. Place the pork, onion, garlic, and salt to taste in a large saucepan and cover with water. Boil over medium heat until the meat pulls apart, about 1 ½ hours. Drain the meat, reserving the broth, and shred by pressing on the warm meat with the back of a fork.
2. Gently toast the chiles on a comal over medium heat. Soak in hot water for 15 minutes. Drain and set aside.
3. Transfer the chiles to a blender add the cumin and garlic and ¾ cup of the broth. Blend to a smooth chile paste and pass through a small sieve.
4. Heat 1 tablespoon of lard in a saucepan set over medium heat. Fry the chile paste for 5 minutes, or until the chile paste thickens and changes color. Add ¾ cup of broth, reduce the heat and simmer for 15 minutes. Season with salt and sugar to taste.
5. Set aside ¼ cup of the chile paste for the masa and mix the remaining chile paste with the meat.
6. Using a stand mixer beat the lard with a paddle attachment until fluffy. Add half of the masa and the reserved chile paste to the masa. Slowly add the rest of the masa and reserved broth, as needed, to form a medium thick cake batter.
7. Set up a steamer with salted water and cover the bottom rack with cornhusks.
8. Assemble the tamales by spreading 2 tablespoons of the prepared masa in a thin layer inside each corn husk. Sprinkle 1 ½ tablespoons of the prepared meat lengthwise inside the cornhusk. Bring the sides of the cornhusk together and fold the top toward the center. The tamales should be very thin.
9. Arrange the tamales standing up in the steamer and cover with additional cornhusks. Top with kitchen towels and place a tight fitting lid on top to ensure a tight seal.
10. Cook the tamales for 1 to 1 ¼ hours, over medium heat, or until cooked through.
11. The tamal is ready once the masa easily pulls away from the cornhusk.

CHORIZO OAXAQUEÑO

OAXACAN STYLE SAUSAGE

Yield: 2 pounds

Ingredients	Amounts
Guajillo chiles, wiped, seeds and veins removed	½ lb.
Apple cider vinegar	1 cup
Garlic cloves, peeled	4 ea.
Cumin seeds, toasted	2 tsp.
Black pepper, ground	1 tsp.
Bay leaves	2 ea.
Thyme, dried	1 tsp.
Marjoram, dried	1 tsp.
Salt	to taste
Pork loin, silver skin and fat removed, coarsely chopped	2 lb.
Water	4 cup
White distilled vinegar	1 Tbsp.
Canola oil	2 Tbsp.

Method

1. Immerse all grinding attachments in an ice bath.
2. Dry roast the chiles on a comal and soak in hot water for 15 minutes.
3. Puree the chiles, vinegar, garlic, and spices in the blender.
4. Strain the chile mixture through a fine mesh sieve into a non-reactive bowl.
5. Assemble the meat grinder and set the machine to the smallest setting and finely grind the pork pieces.
6. Add the ground pork and salt to the chile mixture and marinate for at least 3 hours, refrigerated.
7. Divide the meat into bags and marinate refrigerated for a least 24 hours.
8. Heat the oil in a skillet and sauté the chorizo in a skillet over medium heat until cooked through, about 15 minutes.

TACOS DE MACHACA DE CAMARÓN

SHREDDED SHRIMP TACOS

Yield: 8 portions

Ingredients	Amounts
Shrimp, deveined, cooked, cooled	1 lb.
Canola oil	4 Tbsp.
Dried oregano	2 tsp.
White onion, finely diced	1 ea.
Garlic clove, finely diced	1 ea.
Roma tomatoes, diced	2 ea.
Poblano chile, charred, deseeded, deveined, and diced	1 ea.
Salt	to taste
Ground black pepper	to taste
Corn or flour tortillas	16 ea.

Method

1. Pound the shrimp with the flat side of a cleaver, or finely shred by hand.
2. Heat the oil in a sauté pan over medium heat. Add the shrimp and oregano and sauté over medium low heat until golden brown.
3. Incorporate the onion and sauté for 2 minutes, until translucent. Add the garlic and sauté until fragrant, about 1 minute. Add the tomatoes and cook until liquid is evaporated. Add the poblano and season with salt and black pepper.
4. Serve with corn tortillas or flour tortillas.

Source: *Antojitos*, by Guía México Desconocido (Editorial México Desconocido, 1998)

RELLENO DE FRIJOLES REFritos

REFRIED BEANS FOR BURRITOS

Yield: 8 portions

Ingredients	Amounts
Pinto beans, cooked, cooled	4 cup
Broth from the cooked beans	½ cup
New Mexico Red chiles	4 ea.
Lard	3 oz.
White onion, thick sliced	1 ea.
Salt	to taste

Method

1. Blend the beans and the broth in the blender.
2. Slice the chiles crosswise in rings, discard seeds and stems.
3. Heat the lard in a skillet and sauté the onion until dark brown. Remove and discard the onion.
4. Heat the lard again until very hot but not smoking. Add the chiles and sauté for 2-3 seconds. Immediately add the bean puree and season with salt to taste.
5. Let the mixture dry out slightly before serving.

Source: *Antojitos*, by Guía México Desconocido (Editorial México Desconocido, 1998)

TAMALES BARBONES

SINALOAN BARBED SHRIMP TAMALES

Yield: 2 dozen tamales

Ingredients	Amounts
Lard	1 cup
White corn masa for tortillas	2 lb.
Fish stock	2 cup
Ancho chiles, wiped cleaned, seeds and veins removed	6 ea.
Guajillo chiles, wiped clean, seed And veins removed	4 ea.
Roma tomatoes	1 ½ lb.
Ground cumin	1 ½ tsp.
Ground black pepper	1 ½ tsp.
Lard	5 oz.
White onions, finely diced	1 ½ ea.
Garlic cloves, finely diced	4 ea.
Head on shrimp, eyes removed, shell removed	2 lb.
Salt	t. t.
Cornhusks, boiled	2 bags

Method

1. Using a stand mixer beat the lard until fluffy and creamy. Slowly add the masa and broth to the fluffed lard until the mixture looks like cake batter. Season with salt to taste.
2. Gently toast the chiles on a comal set over medium heat. Cover the chiles with hot water and soak for 15 minutes. Drain and discard water.
3. Place the tomatoes in a saucepan with 1 ½ cups of water. Cover and bring to a simmer for 10 minutes, or until the tomatoes burst open.
4. Transfer the tomatoes to the blender. Puree the chiles, tomatoes, cumin and black pepper. Pass the mixture through a fine mesh strainer and reserve.
5. Heat the lard in a sauté pan, set over medium heat. Add the onion and sauté until translucent, about 2 minutes. Add the garlic and then the tomato chile mixture. Sauté until the sauce changes the color. Add the shrimp and salt to taste. Reduce the heat to a simmer and cook until the shrimp are cooked, about five minutes. Season with salt to taste and remove from the heat. Set aside to cool.
6. Bring the salted water to a boil in a steamer lined with cornhusks.
7. Spread two tablespoons of the prepared masa into each cornhusk, arrange each shrimp on its side with the barbs extended outward and ladle a spoonful of the masa in each tamal. Bring the sides of the cornhusk together and loosely fold the top and bottom of the tamal toward the center.
8. Arrange the tamales standing up in the tamalera. Cook for approximately one hour.

Source: *Recetario Exótico de Sinaloa: Cocina Indígena y Popular* #32, by Consejo Nacional para la Cultura y las Artes (CONACULTA, 2000)

TORTILLAS DE HARINA ESTILO CHIHUAHUA

CHIHUAHUA STYLE FLOUR TORTILLAS

Yield: 17 tortillas

Ingredients	Amounts
All purpose flour	1 lb.
Salt	1 Tbsp.
Baking powder	1 tsp.
Lard or vegetable shortening	6 oz.
Hot water, approximately	1 ½ cup

Method

1. Mix the dry ingredients together in a bowl. Add the lard in small pieces and mix it in by hand until resemble the mixture resembles coarse meal.
2. Add the hot water a little at a time until you the dough forms a soft ball.
3. Roll 17 two-ounce balls from the dough and let the balls rest for 15 minutes.
4. Heat a well seasoned comal over medium high heat.
5. Liberally sprinkle flour on the table, (not too much or the tortillas will be floury), and begin rolling the tortillas. These tortillas should be slightly thick, not thin.
6. Cook the tortillas on a heated comal, flipping them as they brown and puff. The tortillas should be specked with brown spots.
7. Immediately transfer to a tortilla basket lined with a cloth.

Adapted from: *Antojitos*, by Guía México Desconocido #44 (Editorial México Desconocido, 1998)

CHORIZO VERDE

GREEN CHORIZO

Yield: 2 ½ pounds

Ingredients	Amounts
Pork loin, with fat, cut into 2" cubes	2 lb.
Pork shoulder, with fat, cut into 2" cubes	½ lb.
Pumpkin seeds, raw	½ cup
Bay leaves	3 ea.
Cloves, whole	3 ea.
Black pepper	8 ea.
Cumin seeds	½ tsp.
Apple cider vinegar	½ cup
White vinegar	½ cup
Garlic cloves, peeled	8 ea.
Poblano chiles, roasted, wiped clean, seeds and veins removed	2 ea.
Serrano chiles, coarsely chopped	4 ea.
Spinach leaves, coarsely chopped	2 cup
Flat leaf parsley, leaves only	1 cup
Cilantro, stems and leaves	1 cup
Salt	to taste

Method

1. Immerse all grinding attachments in an ice bath for 30 minutes.
2. Grind the meat on the smallest setting and place the ground meat in a non-reactive bowl. Cover and refrigerate.
3. In a spice grinder, grind the pumpkin seeds, bay leaves, cloves, black pepper, and cumin.
4. In a large bowl, mix together the garlic, Poblano and Serrano chiles, spinach, parsley, and cilantro. Blend this mixture in batches, adding the vinegars to get a smooth thick puree.
5. Combine the pureed mixture and the ground spice mixture in a bowl. Season with salt to taste. Add the ground meat and mix until well combined. Cover and refrigerate for at least 24 hours.
6. Heat the oil in a skillet and sauté the chorizo in a skillet over medium heat until cooked through, about 15 minutes.

TACOS DE PESCADO ESTILO BAJA CALIFORNIA

BAJA STYLE FISH TACOS

Yield: 8 portions

Ingredients	Amounts
Shark (dogfish) fillet, or mahi mahi, cut into 3" x 1" slices	4 lb.
All purpose flour	1 ¼ cup
Beer	8 oz.
Dijon mustard	1 Tbsp.
Oregano	½ tsp.
Freshly ground black pepper	½ tsp.
Salt	to taste
Canola oil	¾ cup
White corn tortillas	16 ea.
Green cabbage, halved, finely shredded	2 cup
Chipotle mayonnaise, or crema Mexicana	½ cup
Salsa Mexicana	2 ½
Lime wedges	3 ea.

Method

1. In a large bowl combine the flour and spices by hand until well incorporated. Set the bowl on a kitchen towel and slowly whisk in the beer to ensure a smooth clump less batter.
2. Dip the fish in the beer batter.
3. Heat the oil or lard in a sauté pan set over medium heat. Fry the fish slices until the batter is golden brown on all sides. Drain on a wire grate lined with paper towels.
4. Have the tortillas warm and ready to assemble. Place one of the fish fillets in each tortilla; add a spoonful of the chipotle mayo or crema and one spoonful of cabbage.
5. Serve the tacos immediately with the salsa mexicana and the lime wedges.

Note: if you prefer a green salsa you can use salsa verde cruda.

SALSA MEXICANA

ALSO KNOWN AS "PICO DE GALLO"

Yield: 1 cup

Ingredients	Amounts
Serrano chiles, finely diced with seeds	2 ea.
Roma tomatoes, finely dices with seeds	3 ea.
White onion, finely diced	½ ea.
Cilantro, leaves and soft stems, finely diced	½ bunch
Lime juice, freshly squeezed	1 Tbsp.
Olive oil	½ Tbsp.
Salt	to taste

Method

1. Combine all ingredients in a bowl and toss well. Season with salt just prior to serving to prevent the tomato from sweating excess water.

Note: this salsa should be eaten on the same day it is made.

SALSA VERDE CRUDA

RAW TOMATILLO SALSA

Yield: 2 cups

Ingredients	Amounts
Jalapeño chiles, stems removed sliced in half, seeds and veins intact	2 ea.
Tomatillos, husks removed, rinsed and quartered	10 ea.
Garlic clove, peeled	1 ea.
White onion, small	¼ ea.
Cilantro, leaves and stems	½ bu.
Salt	to taste

Method

1. Place all ingredients, except the cilantro in a blender. Process until almost smooth.
2. Season with salt and add the cilantro. Process briefly until smooth, taking care not to burn the cilantro.

Note: this salsa should be eaten on the same day it is made.

ENCHILADAS TULTECAS

TAMAULIPAS STYLE ENCHILADAS

Yield: 8 portions

Ingredients	Amounts
White corn masa tortillas	24 ea.
Guajillo chiles, wiped clean, seeds and veins removed	8 ea.
Cumin powder	¼ tsp.
Canola oil	1 cup
Chorizo, crumbled	1 lb.
Garlic clove	1 ea.
Potatoes, peeled, medium dice, cooked al dente	2 lb.
Carrots, peeled, small dice, Cooked al dente	1 lb.
Cumin powder	¼ tsp.
 <i>Garnish</i>	
Romaine lettuce, chiffonade	1 ea.
Queso fresco, finely crumbled	1 lb.
White onion, finely diced	1 ea.
Roma tomatoes, finely diced	3 ea.
Hass avocados, halved, sliced	2 ea.
Salt	to taste

Method

1. Soak the chiles in hot water for 15 minutes. Drain and discard the water.
2. Transfer the chiles to a blender and add as little water as needed, to form a smooth puree. Pass the chile puree through a fine mesh strainer and set aside.
3. In a bowl, mix together the masa, cumin powder, salt, and the chile puree. Add warm water, as needed, to form a soft dough. Cover with a damp towel and let the masa rest for 15 minutes.
4. Heat a well seasoned comal over medium high heat.
5. Place each ball between the two plastic rounds, press slightly, turn 180°, and press again, to form a thin tortilla.
6. Take the tortilla between the plastic pieces and place it in your left hand (if you are right handed). Peel off the top plastic, transfer the tortilla to your right hand -fingers close together (not on your palm) and remove the other plastic round.
7. Carefully slide the tortilla over the comal and cook for several seconds, until the tortilla begins to cook on the outer edges. Flip with a thin spatula and cook slightly longer on the other side and flip again. The top layer of the tortilla should start separating from the bottom layer, making a large bubble in the middle of the tortilla. Keep the tortillas warm in a kitchen towel or tortilla warmer.

8. Heat a dry skillet over medium heat. Sauté the chorizo. Add the garlic, potatoes, carrots, cumin, and salt to taste. Once heated through, reduce the heat and keep warm until ready to serve.
9. In a clean skillet heat the oil over medium heat. Quickly pass the tortillas through the hot oil and drain on paper towels. The tortillas should be soft. Drain the fat off the chorizo mixture and cover.
10. Assemble 3 enchiladas per plate. These enchiladas are served flat, not rolled or folded. Place the chorizo carrot mixture on top.
11. Garnish with lettuce, crumbled cheese, onion, tomato and slices of avocado on top. Serve immediately.

Note: these are flat enchiladas as they are to be folded like a taco for eating.

Adapted from: *Tamaulipas Aromas y Sabores*, by Maria Losón, Mónica Solís and Enrique Arechavala (Gobierno del Estado de Tamaulipas, 2003)

CHILORIO

NORTHERN STYLE SHREDDED PORK

Yield: 8 portions

Ingredients	Amounts
Pork shoulder, ½" cubes	3 lb.
Salt	to taste
Lard	½ cup
Ancho chiles, wiped clean, seeds and veins removed	5 ea.
Pasilla chiles, wiped clean, seeds and veins removed	2 ea.
Garlic cloves	6 ea.
Coriander seeds	½ tsp.
Cumin seeds	½ tsp.
Oregano	½ tsp.
Black peppercorns	6 ea.
White vinegar	¼ cup
Rice vinegar	¼ cup
Corn, or wheat tortillas	24 ea.

Method

1. Place the pork in a Dutch oven pan and cover with water. Season with salt to taste and bring to a boil over high heat. Once boiling, reduce the heat to medium and cook until the meat is very soft and the water has evaporated, about 45 minutes. Once the water has evaporated, render the fat out of the meat.
2. Transfer the pork to a bowl, leaving the rendered fat in the Dutch oven. Using the back of two spoons, press down into the pork pieces and they should easily shred. Set aside.
3. Gently toast the chiles on a comal set over medium heat. Transfer to a bowl, and cover with hot water. Let the chiles soak for 15 minutes. Drain and discard the water.
4. Transfer the chiles, ½ cup of fresh water, the spices and vinegars to a blender and puree. Pass the chile paste through a fine mesh strainer and set aside.
5. Add the lard to the rendered fat and heat until the fat is searing hot. Constantly stirring, add the chile paste and cook for 5 minutes or until the paste changes color. Add the shredded meat and season with salt to taste. Reduce the heat, and let the mixture simmer for 15 minutes, or until the sauce thickens.
6. Serve with warm corn or wheat tortillas.

Adapted from: *Antojería Mexicana*, by Patricia Quintana (Editorial Océano, 2003)

ENSALADA DE NOPALES ESTILO SONORA

SONORAN CACTUS PADDLE SALAD

Yield: 8 portions

Ingredients	Amounts
White onion, halved	½ ea.
Garlic clove, peeled	1 ea.
Nopales, spines removed, cubed	1 lb.
Salt	to taste
Radishes, finely diced	1 bu.
Caribe or Serrano chiles, finely diced	2 ea.
Roma tomatoes, small dice	4 ea.
White onion, finely diced	½ ea.
Hass avocados, firm, diced	1 ea.
Romaine lettuce, halved, thinly sliced	½ ea.
Fresh cilantro, finely diced	2 Tbsp.
Extra virgin olive oil	1/3 cup
Mexican lime juice, freshly squeezed	2 Tbsp.
Salt	to taste

Method

1. Place the nopales, onion, garlic, and salt to taste in a saucepan. Add enough water to barely cover the nopales. Cover with a lid and cook over medium heat until the nopales change color, about 10 minutes. Drain the nopales in a colander and spread on a sheet pan to cool.
2. In a large bowl mix together the cooled nopales, radishes, chiles, tomatoes, onion, avocados, lettuce, and cilantro.
3. In a small bowl whisk together the oil, lime juice and salt to taste.
4. Immediately before serving toss the salad with the dressing. Season with salt to taste.
5. Serve with warm flour tortillas.

RELLENO DE CARNE DESHEBRADA

SHREDDED FLANK STEAK FOR BURRITAS

Yield: 8 portions

Ingredients	Amounts
Flank steak, cut into 2" long strips, with the grain	3 lb.
White onion, quartered	1 ea.
Garlic clove, peeled	2 ea.
Chilaca or Poblano chiles, roasted, wiped clean, seeds and veins removed	6 ea.
Canola oil	3 Tbsp.
White onion, finely diced	1 ea.
Garlic clove, finely diced	2 ea.
Roma tomatoes, medium dice	6 ea.
Salt	to taste

Method

1. Place the onion, garlic, and salt to taste in a stockpot with water and bring to a boil.
2. Add the meat and reduce the heat to a simmer. Cook until the meat is soft and easily pulls apart, about 1 hour.
3. Transfer the meat with a slotted spoon to a bowl and using the backside of 2 spoons, finely shred the meat.
4. Slice the chiles into rajas.
5. Heat the oil in a sauté pan and sauté the onion until translucent. Add the garlic and sauté for 1 minute. Add the tomatoes and cook until they change color. Add the shredded meat and the chile rajas and let simmer for 10 minutes. Season with salt to taste.
6. Serve with warm flour tortillas. Place the filling on the bottom half of the flour tortillas and roll, tucking the ends inside to form a burrito.

Note: spread 2 tablespoons of refried beans on each tortilla and top with meat to make a burrito.

Source: *Antojitos*, by Guía México Desconocido (México Desconocido, 1998)

GORDITAS RELLENAS ESTILO NUEVO LEÓN

NUEVO LEÓN STYLE GORDITAS

Yield: 16 gorditas

Ingredients	Amounts
White masa for tortillas	2 lb.
Lard	5 oz.
All purpose flour	2 Tbsp.
Canola oil or lard	1 cup
Lard	1 Tbsp.
White onion, roughly chopped	1 ea.
Garlic cloves, roughly chopped	2 ea.
Jalapeño chiles, roughly chopped	4 ea.
Roma tomatoes, roughly chopped	8 ea.
Queso ranchero or fresco, crumbled	12 oz.
Salt	to taste

Method

1. Crumble the masa in a bowl. Add the lard, flour and salt to taste, and knead the mixture by hand. Make thick tortillas, 3 inches in diameter and 1 inch thick.
2. To make the filling, heat 1 tablespoon of oil or lard, in a skillet and sauté the onion and jalapeno chiles for 2 minutes. Add the garlic and sauté for 1 minute. Add the tomatoes and cook until the tomatoes change color. Add the cheese and season with salt to taste.
3. Heat the remaining oil with 1 tablespoon of lard in a heavy skillet set over medium heat. Fry the gorditas until golden brown.
4. Immediately remove to a work surface and make an incision in the hot gordita along the mid section. Add 1 tablespoon of the warm filling to each gordita.
5. Serve immediately (two per person).

Note: another traditional filling is moronga (blood sausage) sautéed in oil with onion, chile jalapeño, and dried oregano.

CALDO CANTINERO DE CAMARÓN

CANTINA STYLE DRIED SHRIMP SOUP

Yield: 8 portions

Ingredients	Amounts
Roma tomatoes	6 ea.
Mora chiles, wiped clean, deseeded and deveined	4 ea.
Garlic cloves, peeled	3 ea.
Carrots, small, peeled, finely diced	10 ea.
White onion, quartered	1 ea.
White potatoes, skin on, finely diced	4 ea.
Dried shrimp, cleaned heads removed	½ lb.
Oregano, dried	1 tsp
Thyme, dried	½ tsp.
Salt	to taste
 <i>Garnish</i>	
Serrano chiles, finely diced	4 ea.
Lime wedges	6 ea.
Freshly fried totopos	2 cup

Method

1. Place the tomatoes in a small saucepan, barely cover with water and bring to a simmer. Cook the tomatoes with a lid until the tomatoes burst open, about 5 minutes.
2. In a small saucepan bring 1 cup of water to a boil, add the mora chiles and cook them until soft, about 2-3 minutes. Drain and discard the water.
3. Transfer the chiles, cooked tomatoes, garlic and ¼ onion to a blender and puree.
4. Finely slice the rest of the onion and set aside.
5. Heat 3 tablespoons of oil in a saucepan. Sauté the onion until translucent, about 3 minutes. Add the reserved tomato chile mixture and once it reduces and changes color, about 5 minutes, add 1 ½ qt water, diced carrots, and potatoes.
6. Add the shrimp, dried herbs, and season with salt to taste. Reduce the heat, and cook until the vegetables are cooked through, about 25 minutes.
7. This soup is traditionally served in very small cups and garnished with diced Serrano chiles and lime wedges on the side.
8. Accompany with freshly fried totopos.

Adapted from: México de Mis Antojos, by Jesús Flores Escalante (Plaza y Janés, 2006)

CHORIZO DE CALAMAR

SQUID CHORIZO

Yield: 2 ½ pounds

Ingredients	Amounts
Giant squid, calamari	2 lb.
Sugar	2 ½ oz.
Chicken bouillon powder	½ oz.
Ancho chiles, wiped cleaned, seeds and veins removed	5 oz.
Pasilla chiles, wiped cleaned, seeds and Veins removed	2 oz.
Pork fat	3 oz.
White onion, roughly chopped	1 ea.
Garlic cloves, peeled, roughly chopped	3 ea.
Bay leaves	5 ea.
Black peppercorns	5 ea.
Cloves	3 ea.
Dried oregano	1 tsp.
Distilled white vinegar	¾ cup
Rice vinegar	¼ cup

Method

1. Immerse all grinding attachments in an ice bath for 30 minutes.
2. Peel off the outer layer of skin from the squid and discard. Cut the squid into cubes.
3. Place in a saucepan, cover with water, and bring to a boil. Cook for 5 minutes.
4. Once cooked, add the sugar and the chicken bouillon, stir to dissolve. Let the mixture rest for 5 minutes. Remove the cooked squid with a slotted spoon, set aside and cool.
5. Gently toast the chiles on a comal over medium heat. Soak in hot water for 15 minutes. Drain and set aside.
6. Transfer the chiles to a blender and puree with water as needed to form a smooth puree. Pass the chile puree through a fine mesh sieve. Add the onion, garlic, spices and vinegars to the blender and puree along with the chile puree.
7. Assemble the meat grinder and set the machine to the smallest setting and finely grind the pork fat and the squid to a medium fine grind. Transfer to a non-reactive bowl, add the chile paste and mix until incorporated. Cover and refrigerate for 24 hours.
8. Heat the oil in a skillet and sauté the chorizo in a skillet over medium heat until cooked through, about 15 minutes.

AGUA FRESCA DE JAMAICA

MEXICAN HIBISCUS FLOWER ICED TEA

Yield: 4 quarts

Ingredients	Amounts
Jamaica flowers, dried	2 cup
Filtered water	4 qt.
Sugar	$\frac{3}{4}$ cup

Method

1. Bring two quarts of water to a boil, add the hibiscus flowers and turn off the heat.
2. Let the hibiscus flowers soak for 15 minutes for a light tea and 25 minutes for a stronger flavored tea.
3. Pour through a fine mesh strainer and dissolve the sugar into the warm tea. Cool in an ice bath or in the refrigerator.

Note: for a sugar free agua fresca use $\frac{3}{4}$ cup of light agave nectar.

DAY TWO:

ANTOJITOS FROM THE BAJÍO REGION

LEARNING OBJECTIVES

By the end of this day you should be able to ...

- Learn about the regional chiles and ingredients used in the cuisines of the Bajío region
- Understand the steps and techniques for boiling, washing, grinding, pressing, and cooking nixtamalized corn tortillas
- Make regular and flavored corn tortillas from masa harina
- Produce regional enchiladas, flautas, and tostadas
- Execute salsas using both a molcajete and a blender; learn salsa making techniques
- Learn how to make a regional uchepo tamal
- Understand the basics of monosaturated and polysaturated fats and the use of mantecas and vegetable oils in Mexican cooking

LEARNING ACTIVITIES

Lecture and Discussion
Demonstrations
Hands-On Production
Product Evaluation

KEY TERMS

<i>Carnitas</i>	<i>Epazote</i>	<i>Monosaturated fats</i>
<i>Chile de árbol</i>	<i>Fresh masa</i>	<i>Nixtamal</i>
<i>Chile chipotle</i>	<i>Manteca</i>	<i>Polysaturated fats</i>
<i>Chiles jalapeños en escabeche</i>	<i>Masa</i>	<i>Tejolote</i>
<i>Corundas</i>	<i>Masa harina</i>	<i>Torta ahogada</i>
<i>Crema mexicana</i>	<i>Molcajete</i>	<i>Uchepo</i>
<i>Dry roasting</i>	<i>Molino</i>	
	<i>Molote</i>	

INSTRUCTOR DEMONSTRATIONS

Washing and grinding of the nixtamalized corn
Pressing and cooking corn tortillas
Assembling wrapping uchepos
Forming “dedos de charro”

SUGGESTED READING ASSIGNMENTS

Salsa 101 (pg. 56)
Salsa Making Techniques (pg. 58)
Dietary Fats and Related Health Issues (pg. 24)

MAP OF BAJÍO REGION



SALSA 101

BUILDING BLOCKS

It is difficult to study antojitos without an in depth look at the indispensable salsas that bathe and accompany all of Mexico's antojitos. Salsas can be served on the side, as a garnish, or used as a sauce in which the actual antojito is cooked or warmed (like enchiladas). Typically salsas are a combination of a fruit or vegetable and almost always contain a variety of chile. All types of chiles are used in salsas, from fresh to dry, to ones that are dry smoked. Tomatoes and tomatillos are the most common bases for salsas and can be used raw, cooked, charred and dry roasted, or fried. That said, there are also salsas made exclusively with chiles that are seasoned with scant amounts of onion or garlic. Other ingredients such as: fresh and dried herbs, spices, nuts, vinegars, pulque, beer, lime juice, or oils can also be added to salsas. In some regions edible insects are popular additions to salsa like, for example, the salsa de gusanito in Oaxaca made with the prized *gusano rojo*, a red worm harvested from the maguey plant. There are also dish specific salsas like the *salsa borracha* that is made with pulque or beer and served with barbacoa in Central Mexico.

SHADES OF RED AND GREEN

Salsas generally fall under the categories of green and red, and varying shades thereof. Green salsas should have a pleasant acidity from the tartness of the tomatillo and are made with fresh green chiles. Some green salsas incorporate avocado for a more creamy consistency. Red salsas can also be made with tomatillos and dried red chiles, or with tomatoes. Darker salsas are usually made with smoked chiles like the chipotle meco, pasilla oaxaqueño, ancho, pasilla mexicano, or mulato varieties.

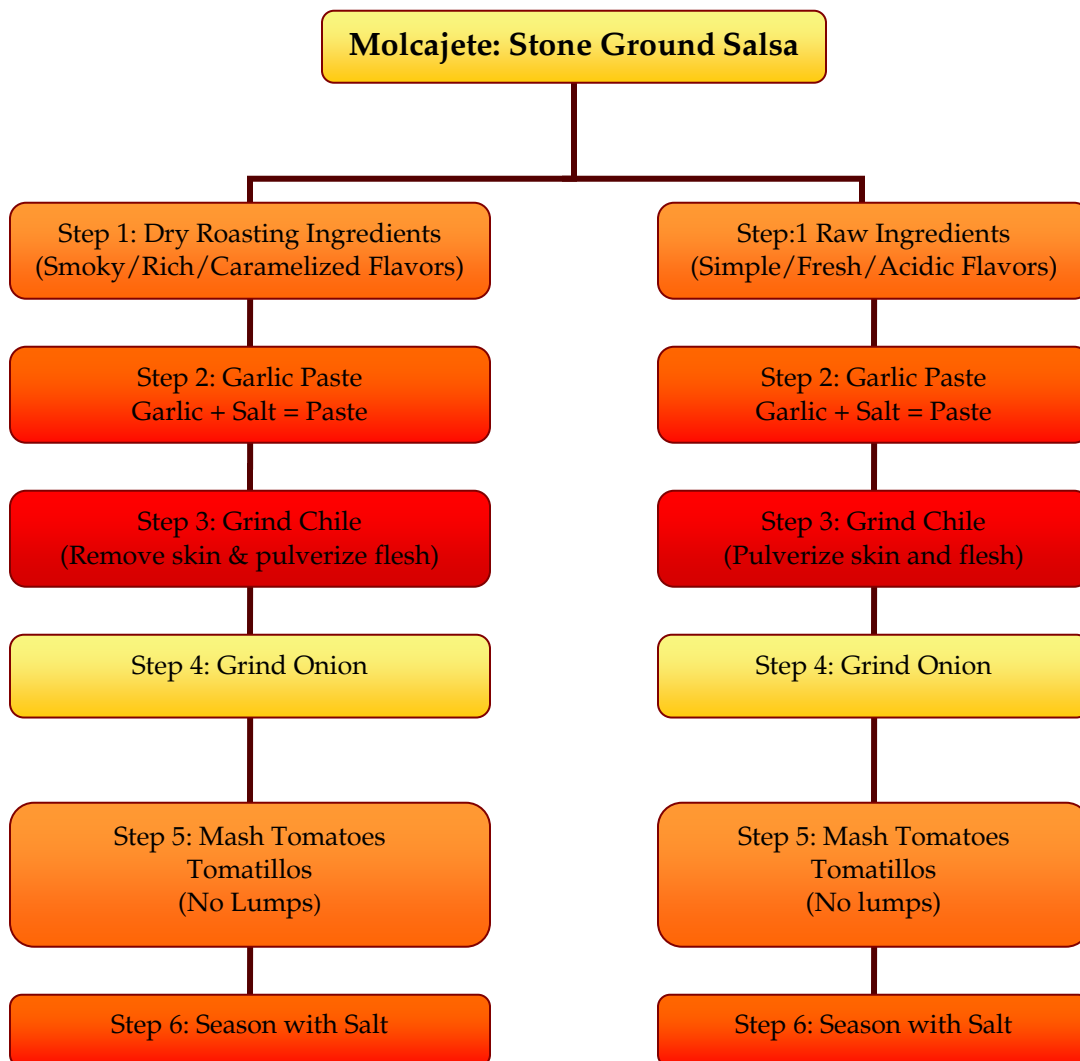
BLENDING VS. STONE GRINDING

Salsas can be pureed in a blender or ground in a *molcajete* - a pre-Columbian volcanic stone mortar and pestle. It should also be noted that a blender and a molcajete produce different flavored salsas due to the way a metal blade processes food and the earthiness that is produced by stone grinding ingredients in a molcajete. Once a salsa is ground it can be served immediately or fried in oil to “cook” the salsa, and then served. Salsas that are ground in a molcajete are usually served immediately and do not undergo further cooking.

SALSA MAKING TECHNIQUES

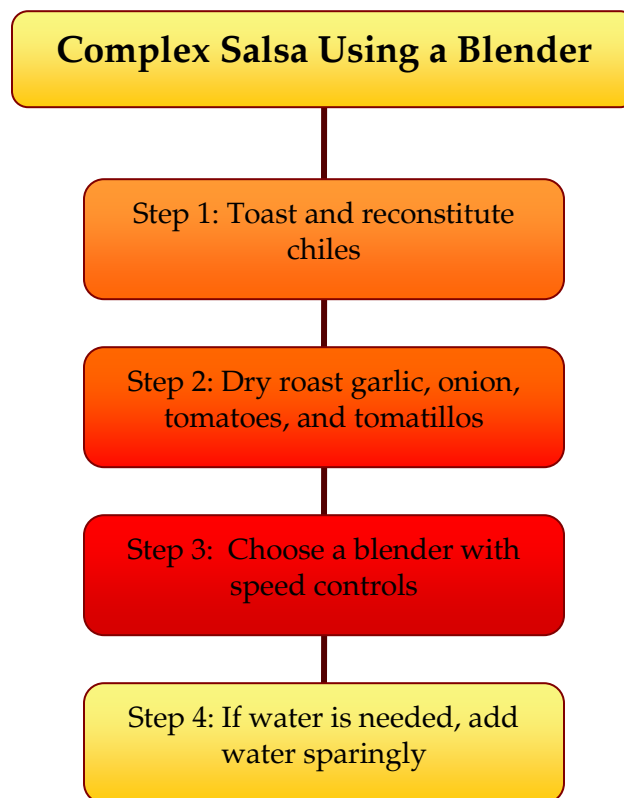
WHY USE A STONE MOLCAJETE?

- To produce a salsa with complex flavors and textures
- To create a salsa which brings out the earthy flavors of stone ground garlic, as opposed to the biting flavor of raw garlic pureed in a blender
- To achieve a more chunky, textured salsa



HOW TO PRODUCE A COMPLEX SALSA USING A BLENDER?

- Toast and reconstitute chiles
- Dry roast garlic, onion, tomatoes, and tomatillos
- Choose a blender with speed controls to “pulse” the salsa to prevent an over-blended and runny salsa (if using avocado or cilantro, always add last)
- Use a blender with controls to avoid over-mixing
- Small immersion blenders can be used for small quantities
- If water is needed to move the blades of the blender, add water sparingly (by the teaspoon) until the desired texture is achieved



DAY TWO TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Enchiladas Estilo Aguascalientes (*Aguascalientes Style Enchiladas*)
Flautas de Pollo (*Chicken Flautas*)
Salsa Verde Cruda (*Green Raw Tomatillo Salsa*)
Tortillas Verdes de Maíz (*Green Corn Tortilla*)

TEAM TWO

Enchiladas Potosinas (*San Luis Potosí Style Enchiladas*)
Chiles Jalapeños en Escabeche (*Pickled Jalapeño Chiles*)
Tostadas de Pollo (*Chicken Tostadas*)
Salsa de Chile de Árbol (*Red Chile de Árbol Salsa*)

TEAM THREE

Molotes Potosinos (*Potosí Style Cigar Shaped Antojitos*)
Uchepos (*Michoacan Style Fresh Corn Tamales*)
Guacamole del Bajío (*Bajío Style Guacamole with Seasonal Fruits*)
Tortillas de Masa Harina (*Tortillas Made from Masa Harina Flour*)

TEAM FOUR

Tortas Ahogadas (*Jalisco Style "Drowned" Pork Sandwiches*)
Tacos de Carnitas (*Succulent and Crispy Pork Tacos*)
Salsa de Chile Chipotle (*Red Chipotle Chile Salsa*)
Tortillas de Maíz (*Corn Tortillas made from Fresh Masa*)

TEAM FIVE

Dedos de Charro (*Masa Fingers Stuffed with Mole*)

Nopal Asado Relleno de Queso (*Cactus Paddles Stuffed with Melted Asadero Cheese*)

Pico de Gallo Estilo Jalisco (*Jalisco Style Raw Vegetable Snack*)

Tortillas de Maíz (*Corn Tortillas made from Fresh Masa*)

EXTRAS

Agua Fresca de Melon (*Cantaloupe Flavored Mexican Water*)

ENCHILADAS ESTILO AGUASCALIENTES

AGUASCALIENTE STYLE ENCHILADAS

Yield: 8 servings

Ingredients	Amounts
Ancho chiles, wiped clean, seeds and veins removed	5 ea.
Tomatillos, husk removed, rinsed	10 ea.
Crema Mexicana	½ cup
Whole milk	10 oz.
Egg, whole	1 ea.
Queso añejo, finely crumbled	¾ cup
Lard	¾ cup
White corn tortillas	24 ea.
Potatoes, diced and boiled until soft	1 lb.
Mexican chorizo, crumbled	¾ lb
<i>Garnish</i>	
Romaine lettuce, chiffonade	½ bu.
Radishes, thinly sliced	1 bu.
Queso añejo, finely crumbled	½ cup
Salt	to taste

Method

1. Gently toast the chiles on a comal set over medium heat. Cover the chiles with hot water and let soak for 15 minutes. Drain and discard water.
2. Cover the tomatillos with water and bring to a boil in a small saucepan. Boil until the tomatillos change color and are cooked through, about 5 -8 minutes.
3. Transfer the chiles, tomatillos, crema, milk, egg, ½ cup queso añejo to a blender and puree until smooth. Season with salt to taste and pour into a wide, shallow bowl.
4. Fry the chorizo in two tablespoons of lard over high heat. Add the potatoes, and mix well. Remove from the heat, add ¼ cup of queso añejo and season with salt to taste.
5. Heat the remaining lard in a skillet over medium heat. Dip each tortilla in the chile cream mixture, and briefly fry in the hot lard. Immediately stuff the hot tortillas with two tablespoons of the chorizo potato filling. Roll the enchiladas tightly and arrange seam side down in a serving dish. Garnish with lettuce, radishes, and queso añejo.

Adapted from: *Platillos Regionales de la República Mexicana*, by Josefina Velázquez de León (Editorial Velázquez de León ,1946)

FLAUTAS DE POLLO

CHICKEN FLAUTAS

Yield: 8 portions

Ingredients	Amounts
Garlic clove, peeled	2 ea.
Roma tomatoes, quartered	6 ea.
White onion, quartered	1 ea.
Chicken breast, poached, and shredded	2 ea.
White corn tortillas	24 ea.
Wood toothpicks or skewers	48 ea.
Canola oil	2 cup
Salt	to taste

Garnish

Crema mexicana	1 cup
Romaine lettuce leaves, shredded	1 ½ cup
Salsa Verde con Aguacate	1 cup
Queso fresco, finely crumbled	½ cup

Method

1. Transfer the garlic, onion, and tomatoes to a blender and puree.
2. Heat 1 tablespoon of oil in a sauté pan and fry the tomato puree until it changes color and reduces slightly, about 10 minutes.
3. Add the shredded chicken to the reduced puree and season with salt to taste.
4. Heat 1 cup of oil in a skillet set over medium heat. Warm the tortillas by immersing briefly in hot oil to soften. Drain the tortillas on a wire rack.
5. Assemble the flautas by placing 1-2 tablespoons of the chicken filling on the bottom half of each tortilla. Do not overstuff. Working from the bottom of the tortilla, tightly roll the flauta and secure the seams with 1-2 toothpicks. Line the flautas on their sides so the seams stay closed.
6. Heat the oil in a deep skillet set over medium-high heat. Fry the flautas, turning frequently, to ensure even browning. The flautas should be lightly browned on all sides.
7. Drain on a wire rack to remove excess grease.
8. Arrange 3 tacos per person on a plate. Drizzle a small amount of crema mexicana on top of the flautas and garnish with lettuce and crumbled queso fresco.
9. Serve immediately with the salsa verde con aguacate.

SALSA VERDE CRUDA

GREEN RAW TOMATILLO SALSA

Yield: 2 cups

Ingredients	Amounts
Jalapeño chiles, stems removed sliced in half, seeds and veins intact	2 ea.
Tomatillos, husks removed, rinsed and quartered	10 ea.
Garlic clove, peeled	1 ea.
White onion, small	¼ ea.
Cilantro	½ bu.
Salt	to taste

Method

1. Place all ingredients, except the cilantro in a blender. Process until almost smooth.
2. Season with salt and add the cilantro. Process briefly until smooth, taking care not to burn the cilantro.

Note: this salsa should be eaten on the same day it is made.

TORTILLAS VERDES DE MAÍZ

GREEN CORN TORTILLAS

Yield: 30 tortillas

Ingredients	Amounts
Poblano pepper, raw, stem, seeds, and veins removed, roughly chopped	1 ea. (about 3.5 oz)
Garlic cloves, peeled	3 ea.
Epazote leaves, lightly packed, about 40 regular size leaves	½ cup
Water	2 cup
Masa harina flour	3 cup
Fine sea salt	1 tsp.
Olive oil	3 Tbsp.

Method

1. Transfer the poblano, garlic, water, and salt to a blender and puree until very smooth. Strain the mixture through a fine mesh sieve.
2. Combine the strained puree with masa harina in a large bowl. Knead the mixture by hand until the mixture forms soft dough.
3. Cover with plastic wrap until ready to use.
4. Cut two plastic rounds to fit the tortilla press from a light plastic supermarket bag.
5. Place both rounds in the tortilla press and form 30 equal size balls.
6. Heat a well seasoned comal over medium high heat.
7. Place each ball between the two plastic rounds, press slightly, turn 180°, and press again, to form a thin tortilla.
8. Take the tortilla between the plastic pieces and place it in your left hand (if you are right handed). Peel off the top plastic, transfer the tortilla to your right hand -fingers close together (not on your palm) and remove the other plastic round.
9. Carefully slide the tortilla over the comal and cook for several seconds, until the tortilla begins to cook on the outer edges. Flip with a thin spatula and cook slightly longer on the other side and flip again. The top layer of the tortilla should start separating from the bottom layer, making a large bubble in the middle of the tortilla.
10. Immediately transfer the tortillas to a kitchen towel and keep warm until served.

Adapted from: Roberto Santibañez, presented at the Culinary Institute of America Worlds of Healthy Flavors Retreat (2008)

ENCHILADAS POTOSINAS

SAN LUIS POTOSÍ STYLE ENCHILADAS

Yield: 8 portions

Ingredients	Amounts
Ancho chiles, wiped clean, seeds and veins removed	4 ea.
White corn masa, fresh	2 lb.
All purpose flour (optional)	2-4 Tbsp
Lard	½ lb.
Garlic cloves, diced	3 ea.
Roma tomatoes, not too ripe, diced	1 lb.
Serrano chiles, finely diced	2 ea.
Oaxacan string cheese, chopped	12 oz.
 <i>Garnish</i>	
Green onions, finely chopped	1 bu.
Hass avocados, halved, sliced	3 ea.
Queso añejo, crumbled	6 oz.

Method

1. Gently toast the chiles on a comal over medium heat. Soak in hot water for 15 minutes. Drain and set aside.
2. Transfer the chiles in a blender with enough water to make a puree.
3. Place the masa in a bowl. Add the chile puree and season with salt to taste. Add the flour if the dough is too wet. Cover with a damp cloth and let rest for 20 minutes.
4. In a sauté pan, heat 1 tablespoon of lard and sauté the garlic, tomatoes, and chiles.
5. Reduce the heat to a slow simmer and when liquid is evaporated, remove from heat and add the string cheese. Stir to combine and set aside to cool.
6. Cut two plastic rounds to fit the tortilla press from a light plastic supermarket bag.
7. Place both rounds in the tortilla press and form 30 equal size balls.
8. Heat a well seasoned comal over medium high heat.
9. Place each ball between the two plastic rounds, press slightly, turn 180°, and press again.
10. Take the tortilla between the plastic pieces and place it in your left hand (if you are right handed). Peel off the top plastic, transfer the tortilla to your right hand -fingers close together (not on your palm) and remove the other plastic round.
11. Carefully slide the tortilla over the comal and cook for several seconds turn them and once they are half way cooked. Place 1 tablespoon of the filling on one end of the tortilla fold the enchiladas like turnovers, sealing the edge. Cook them for 5 more minutes and transfer to a cloth-lined bowl to keep warm.
12. Before serving, heat the rest of the lard or oil in a deep skillet and fry the enchiladas. Drain on a wire rack to remove excess oil.
13. Arrange the enchiladas on a serving plate and garnish with the green onions, avocado slices and queso añejo. Serve immediately.

Adapted from: Recetario del Maíz, by Maria Esther Echeverría and Luz Elena Arroyo (CONACULTA, 2000)

CHILES JALAPEÑOS EN ESCABECHE

PICKLED JALAPEÑO CHILES

Yield: 1 ½ liters

Ingredients	Amounts
Canola oil	½ cup
Carrots, peeled and sliced on the bias	½ lb.
Jalapeño chiles, stems removed and quartered	1 lb.
White onion, quartered and sliced	1 ea.
Garlic cloves, unpeeled	30 ea.
Allspice, whole	6 ea.
Black peppercorns, whole	10 ea.
Cloves, whole	4 ea.
Thyme, sprigs	3 ea.
Marjoram, sprigs	3 ea.
White distilled vinegar	2 cup
Water	1 cup
Salt	to taste

Method

1. Heat the oil in a large non-reactive pot or Dutch oven. Add the carrots and sauté for 8 minutes or until soft. Add the sliced chiles and sauté for 3 minutes. Add the onion and sauté for 2 minutes. Add the remaining ingredients and bring to a simmer.
2. Cook the escabeche on low heat for 10 minutes. Season with salt.
3. Remove from the heat and cool.
4. Place the escabeche in a sterilized glass container with a tight fitting lid and refrigerate.
5. Marinate the escabeche for at least 24 hours prior to serving.

Note: chiles jalapeños en escabeche will last for up to four weeks in the refrigerator.

TOSTADAS DE POLLO

CHICKEN TOSTADAS

Yield: 8 portions

Ingredients	Amounts
Canola oil	1 ½ cup
White corn tortillas	12 ea.
Refried beans (black or pintos) warm	1 ½ cup
Chicken, cooked and shredded	2 cup
Romaine lettuce, chiffonade	3 cup
Roma tomatoes, thinly sliced	4 ea.
Hass avocados, sliced	2 ea.
Chiles jalapeños en escabeche, en rajas	to taste
Crema mexicana	½ cup
Queso fresco or añejo, finely crumbled	1 cup
Salt	to taste

Method

1. Heat the oil in a deep skillet or a wok. Using tongs deep fry the tortillas one at a time, as flat as possible. Turn once and remove when golden. Transfer to paper towels to drain.
2. Spread a thin layer of beans on each tortilla and top with shredded chicken and a good amount of lettuce.
3. Garnish with slices of tomatoes, avocados, and chiles jalapeños en escabeche. Drizzle with cream and sprinkle with queso fresco on top.
4. Season with salt to taste.
5. Serve two per person.

SALSA DE CHILE DE ÁRBOL

RED CHILE DE ÁRBOL SALSA

Yield: 1 ½ cups

Ingredients	Amounts
De árbol chiles, wiped clean	8 ea.
Tomatillos, medium, husks removed, rinsed	10 ea.
Garlic clove, peeled	1 ea.
Salt	to taste

Method

1. Remove the stems of the chiles. Do not remove the seeds.
2. Gently toast the chiles on a comal set over medium heat, turning occasionally and taking care not to burn. Cover the chiles with hot water and let soak for 15 minutes. Drain and discard water.
3. In a small saucepan, cook the tomatillos and garlic with barely enough water to cover. Cook until the tomatillos are cooked through, about 5 minutes. Do not let the tomatillos burst open.
4. Transfer the reconstituted chiles, tomatillos, garlic, and salt in a blender and process until smooth. Add some of the liquid from the tomatillos to the salsa. The salsa should be thin and slightly watery.
5. Season with salt to taste.

MOLOTES POTOSINOS

POTOSI STYLE CIGAR SHAPED ANTOJITOS

Yield: 24 molotes

Ingredients	Amounts
White corn masa for tortillas	1 lb.
Queso añejo, finely crumbled	5 oz.
Roma tomatoes	½ lb.
White onion, halved	1 ea
Pork loin, finely chopped	½ lb.
Almonds, blanched and chopped	2 Tbsp.
Raisins	2 Tbsp.
Candied pineapple, chopped	2 Tbsp.
Salt	to taste
Black pepper	to taste
Lard or Canola oil	1 ½ cup
Romaine lettuce	½ ea.
 <i>Simple Vinaigrette</i>	
Extra virgin olive oil	3 Tbsp.
White vinegar	1 Tbsp.
Salt	to taste
Black pepper	to taste

Method

1. Crumble the masa with the hands, add water if needed to get a soft dough, mix the masa with the cheese and salt to taste, cover with a damp towel and set aside to rest for 1 hour.
2. Dry roast the tomatoes and onion, keep turning until the tomatoes and onion show black spots and are cooked through. Transfer to the blender and make a puree, set aside.
3. In a sauté pan, heat 1 Tbsp lard or oil, sauté the meat, until gold, add the tomato sauce, add the almonds, raisins and chopped pineapple, season with salt and black pepper, simmer the picadillo until thickens remove and set aside to cool.
4. Divide the masa in 24 balls, flatten them a little with your hands, place 1 Tbsp of picadillo, and enclose the molote in a cigar shape.
5. Heat the rest of the oil or lard in a medium skillet, and fry the molotes a few at a time, turn to fry them all, remove with a slotted spoon, transfer to paper towels to drain.
6. Sprinkle with salt and serve over a bed of lettuce, garnish with a salsa of your choice.

Source: Los Mejores Antojitos , by Josefina Velázquez de León (Editorial Universo, 1983)

UCHEPOS

MICHOACAN STYLE FRESH CORN TAMALES

Yield: 20 uchepos

Ingredients	Amounts
Fresh corn leaves, whole, rinsed and patted dry*	20 ea.
Fresh corn kernels, not too soft**	5 cup
Whole milk	¼ cup
Sugar	2 Tbsp.
Butter, unsalted and softened	3 Tbsp.
Crema mexicana, or crème fraîche	3 Tbsp.
<i>Garnish</i>	
Salsa Roja	1 ½ cup
Queso fresco, thinly sliced	½ lb.
Crema mexicana	½ cup
Salt	to taste

Method

1. Fill the bottom of a steamer with salted water and line the rack of the steamer with a bed of fresh corn leaves. Heat the water over low heat.
2. Grind the corn kernels in a food processor to form a textured puree. (With this particular recipe it is advisable NOT to use a very powerful blender, and instead pulse the mixture in a processor on low speed of a to ensure the corn mixture has texture.) Add the milk, sugar, butter and 3 tablespoons of crema. Process or pulse briefly to incorporate and transfer the mixture to a bowl. Season with salt to taste.
3. Place 1 heaping tablespoon of the mixture inside each fresh corn leaf, closer to the concave area. Spread the masa about 2 inches wide, taking care not to flatten. Fold the sides of the corn leaves to enclose the corn filling, and then fold the top and bottom ends toward the center. Leave it slightly loose to allow the tamal to expand.
4. Keep stirring the corn mixture, as it tends to separate. Repeat the process with the remaining corn leaves.
5. Place the tamales in overlapping layers, leaving a hole in the middle to allow the steam to circulate.
6. Cover with extra corn leaves, a kitchen towel, and a tight fitting lid.
7. Cook the tamales for 1 hour, or until cooked through. The corn filling should pull away from the corn husk when cooked.
8. Warm the salsa raja over low heat.
9. Serve the uchepos with the salsa raja, a slice of queso fresco, and the crema mexicana.

Note: * Cut the corn leaves as close to the base as possible, to ensure whole, not broken leaves. ** The kernels should be slightly hard, not juicy.

Adapted from: The Art of Mexican Cooking, by Diana Southwood Kennedy (Bantam Books, 1989)

GUACAMOLE DEL BAJÍO

BAJIO STYLE GUACAMOLE WITH SEASONAL FRUITS

Yield: 8 portions

Ingredients	Amounts
White onion, very finely chopped	1 tsp.
Serrano chiles, very finely chopped	2 tsp.
Salt	to taste
Hass avocado, large cubed	3 ea.
Mango, ripe, firm, ¼" dice	1 cup
Red grapes, halved	12 ea.
Green grapes, halved	12 ea.
 <i>Garnish</i>	
Pomegranate kernels, optional	as needed
Coconut flakes, toasted, optional	as needed

Method

1. Start by making a paste, in the molcajete, with the chile, onion and salt.
2. Add the cubed avocado and toss with the chile paste. Season with salt to taste.
3. Add the fruits and mix to combine.
4. Garnish with pomegranate seeds and/or coconut and serve with totopos.

Adapted from: Roberto Santibañez, presented at Culinary Institute of America Worlds of Healthy Flavors Retreat (2008)

TORTILLAS DE MASA HARINA

TORTILLAS MADE FROM MASA HARINA FLOUR

Yield: 30 tortillas

Ingredients	Amounts
Masa Harina flour	4 cups
Water, warm	3 cups
Salt	to taste

Method

1. Using a stand mixer, combine the corn masa flour and warm water, slowly adding the water.
2. Season with salt and hand knead the masa until it feels like play do, about 5 minutes.
3. The masa should feel like soft play do, should be slightly warmer than your body. Let the masa rest for 10-15 minutes.
4. Cut two plastic rounds to fit the tortilla press from a light plastic supermarket bag.
5. Place both rounds in the tortilla press and form 30 equal size balls.
6. Heat a well seasoned comal over medium high heat.
7. Place each ball between the two plastic rounds, press slightly, turn 180°, and press again, to form a thin tortilla.
8. Take the tortilla between the plastic pieces and place it in your left hand (if you are right handed). Peel off the top plastic, transfer the tortilla to your right hand -fingers close together (not on your palm) and remove the other plastic round.
9. Carefully slide the tortilla over the comal and cook for several seconds, until the tortilla begins to cook on the outer edges. Flip with a thin spatula and cook slightly longer on the other side and flip again. The top layer of the tortilla should start separating from the bottom layer, making a large bubble in the middle of the tortilla.
10. Immediately transfer the tortillas to a kitchen towel and keep warm until served.

TORTAS AHOGADAS

JALISCO STYLE "DROWNED" PORK SANDWICHES

Yield: 8 portions

Ingredients	Amounts
Pork loin, cooked, medium dice	3 lb.
Garlic	2 ea.
Thyme, fresh sprigs	2 ea.
Bay leaves	2 ea.
Canola oil	3 Tbsp.
Birotos, or thin and crispy baguette	8 ea.
Salt	to taste
 <i>Sweet Tomato Salsa</i>	
Roma tomatoes, chopped	3 lb.
White onion	1 ½ ea.
Garlic cloves	2 ea.
Dried oregano	½ tsp.
Canola oil	2 Tbsp.
 <i>Pinto Bean Paste (2 cups)</i>	
Pinto beans, cooked	½ lb.
White onion, quartered, sliced	½ ea.
Canola oil	4 Tbsp.
Salt	to taste
 <i>Garnish: Salsa Picante</i>	
De árbol chiles	20 ea.
Roma tomatoes	3 ea.
White onion	¼ ea.
Garlic cloves	1 ea.
White vinegar	¼ cup
Dried oregano	½ tsp.

Method: Preparation of Ingredients

1. Place in the pork, 2 garlic cloves, thyme and bay leaves in a Dutch oven and cover with water. Boil for one hour, or until the meat is very tender. Drain the meat and set aside.
2. For the Salsa Dulce, place the tomatoes, onion, garlic and oregano in the blender, blend well until smooth. In a saucepan heat the oil over moderate heat, add the sauce and fry it until changes color, season with salt to taste. Keep the sauce warm.
3. For the Salsa Picante, remove the stems from the chiles. In a small saucepan, bring 1 cup of water to a boil and add the tomatoes, chiles, onion, garlic, vinegar and oregano. Reduce the heat and simmer for 15 minutes. Remove from heat and let cool.

4. Transfer the mixture to a blender and process until smooth. Transfer to a serving bowl and serve at room temperature.
5. For the bean paste, heat the oil in a medium frying pan over medium heat. Sauté the onion until caramelized over medium heat. Discard the onion and leave the flavored oil in the pan.
6. Puree the beans in the blender with enough water to form a thick puree.
7. Re-heat the flavored oil, add the bean puree and cook for 20 minutes on medium-low heat.
8. Stir frequently until the bean paste thickens slightly. Season generously with salt.
9. The bean puree should be slightly liquid, not dry. Add more water to the beans if the mixture is dry.

Method: Assembly of Sandwich

1. Heat 3 tablespoons of oil in a skillet and sauté the boiled meat until golden brown. Keep the meat warm.
2. Split the birote lengthwise, taking care not to cut all the way through. If using a baguette, the pieces should be about 5 inches long.
3. Spoon a thin layer of the bean paste on one side of the split birote and fill with a generous portion of the pork mixture (try to keep the sandwich from breaking open).
4. Using tongs, dip each torta in the salsa dulce and transfer to a serving plate or, spoon the salsa dulce inside and on the outside of the torta.
5. Serve the salsa picante on the side.

Note: if substituting with a crispy and thin baguette, cut the bread into 5" pieces for a regular size torta. Each baguette should yield enough for 2-3 tortas.

TACOS DE CARNITAS

SUCCULENT AND CRISPY PORK TACOS

Yield: 8 portions

Ingredients	Amounts
Pork shoulder, 2" cubes	2 lb.
Pork ribs, sliced, 2 bone segments	1 lb.
White onion	½ ea.
Garlic clove	1 ea.
Bay leaf	1 ea.
White corn tortillas	24 ea.
<i>Garnish</i>	
Guacamole	1 cup
Salsa of your choice	¾ cup
Chile Jalapeños en Escabeche	½ cup
Limes, sliced in wedges	3 ea.
Salt	to taste

Method

1. Place the pork shoulder, ribs, onion, garlic, bay leaf, and salt in a Dutch oven and cover with water.
2. Bring the mixture to a boil and cook, covered, over medium heat until the meat is barely tender, about 45 minutes. Bring to a simmer slightly covered, until the meat is barely tender about 45 minutes.
3. Remove the cover and increase the heat to medium high and cook until the liquid has evaporated, about 20 minutes.
4. Once the meat is frying in its own fat, turn the heat down to medium-low. Let the carnitas fry until browned and crispy, about ½ hour. Remove and drain on paper towels.
5. Warm the tortillas on a seasoned comal set over medium heat. Remove and keep warm in a tortilla warmer or a kitchen towel.
6. Serve the carnitas with the warm corn tortillas, guacamole, salsa, lime wedges and the chiles jalapeños en escabeche.

SALSA DE CHILE CHIPOTLE

RED CHIPOTLE CHILE SALSA

Yield: 1 cup

Ingredients	Amounts
Roma tomatoes	3 ea.
Garlic clove, unpeeled	1 ea.
Chipotle chile in adobo sauce	2 ea.
Cumin seeds	¼ tsp.
Mexican oregano	¼ tsp.
Salt	to taste

Method

1. Dry roast the tomatoes on a comal over medium heat. Roast the tomatoes until blistered and cooked through. Remove and cool.
2. On the same comal, dry roast the garlic clove until the papery skin begins to brown. Peel and discard the skin.
3. Transfer the roasted tomatoes, garlic, chipotle chiles, cumin, and oregano to a blender and process until smooth.
4. Season with salt. Add water if the salsa is too thick.

DEDOS DE CHARRO

MASA FINGERS STUFFED WITH MOLE

Yield: 20 portions

Ingredients	Amounts
White corn masa, fresh	1 lb.
All purpose flour	½ lb.
Baking powder	½ Tbsp.
Lard	4 Tbsp.
Eggs	2 ea.
Pork loin, cooked, diced	1 lb.
Mole Poblano, or Mole Rojo	1 ½ cup
Canola oil	1 ½ cup
Crema Mexicana	1 ½ cup
Asadero cheese, grated	1 ½ cup
Salt	to taste

Method

1. In a large bowl mix together the masa, flour, and baking powder. Add two tablespoons of lard, the eggs, and knead until well combined. Season with salt to taste. Cover loosely with a plastic wrap and reserve.
2. In a Dutch oven heat the remaining 2 tablespoons of lard. Fry the meat until golden brown. Mix in the mole and let the sauce reduce until thicken. Remove from the heat and set aside to cool.
3. Roll the masa on a lightly floured work surface with a rolling pin. Cut 4" x 2" rectangles from the dough. Place one tablespoon of the reserved mole filling in the center of each rectangle; cover with another rectangle and pinch the edges; roll them into the palm of your hand and shape like "fingers."
4. In a deep skillet heat the oil and fry the masa fingers until golden and crispy. Drain on a wire rack to remove excess oil.
5. Arrange the fried masa fingers in an ovenproof dish, cover with the crema mexicana and the grated cheese.
6. Bake in a pre-heated oven at 350° F for 10 minutes or until the cheese is melted.
7. Serve immediately.

NOPAL ASADO RELLENO DE QUESO

CACTUS PADDLES STUFFED WITH MELTED ASADERO CHEESE

Yield: 8 portions

Ingredients	Amounts
Cactus paddles, whole, spines removed	16 ea.
Queso Asadero or Muenster cheese	1 ¼ lb.
Salt	to taste
<i>Garnish</i>	
Salsa of your choice	1 ½ cup

Method

1. With a large round cookie cutter, cut circles in the widest part of the cactus paddles for 16 equal portions.
2. Grate the cheese on the large hole of a box cutter. Divide the cheese into 8 equal portions.
3. Heat a comal or a griddle over medium-low heat. Dry roast the cactus paddles over the comal, turning as the paddles begin to change color. Turn over and cook until the other side until almost cooked.
4. Season with salt and spread a layer of cheese on the cooked side of the nopal. Cover with another fully cooked paddle. Press slightly with a spatula, letting the “nopal sandwiches” cook until the cheese is melted.
5. Serve with the salsa of your choice.

PICO DE GALLO DE JALISCO

JALISCO STYLE RAW VEGETABLE SNACK

Yield: 8 portions

Ingredients	Amounts
Cucumbers, peeled	2 ea.
Green mangoes, large, peeled	2 ea.
Orange, cut into segments	4 ea.
Jícama, large, peeled	1 ea.
<i>Garnish</i>	
Mexican lime, freshly squeezed	½ cup
Sal de Chile	to taste
Piquín chiles, or de Árbol, wiped clean with a cloth, stem removed	20 ea.
Table salt (preferably Mexican)	½ cup

Method: Pico de Gallo

1. Using a spoon, remove the cucumber seeds. Slice the cucumber into battonettes.
2. Cut away the flesh of the mango and slice into long strips, equal in size to the cucumber.
3. Slice the jícama into battonettes.
4. Arrange the sliced vegetables and fruit in a serving dish and refrigerate.
5. Immediately prior to serving, add the lime juice, and sprinkle with chile salt.
6. Serve cold as a botana.

Method: Sal de Chile

1. Dry roast the chiles over medium heat in a skillet until fragrant, about 5-8 minutes. Set aside to cool completely.
2. Transfer the chiles to a spice grinder and grind to a fine powder. Mix well with the salt. Keep in an airtight container.
3. Serve with the pico de gallo.

AGUA FRESCA DE MELÓN

MEXICAN CANTALOUPE WATER

Yield: 4 quarts

Ingredients	Amounts
Cantaloupe, skin removed, chopped seeds reserved	4 cup
Filtered water	4 qt.
Lime juice, fresh	1 tsp.
<i>Simple Syrup</i>	
Sugar	1 cup
Water	1 cup

Method

1. Bring the water and sugar to a boil for the simple syrup. Cook until the sugar dissolves. Cool completely.
2. Blend together the cantaloupe, cantaloupe seeds, and filtered water. Pass through a fine mesh sieve.
3. Add the simple syrup, lime juice, and stir.
4. Serve cold.

Note: for a sugar free agua fresca use 3/4 cup of light agave nectar.

DAY THREE:

ANTOJITOS FROM CENTRAL MEXICO

LEARNING OBJECTIVES

By the end of this day you should be able to ...

- Understand how huitlacoche is used in the cuisines of Central Mexico
- Make corn based antojitos from Central Mexico like: bocoles, tlacoyos, sopes, and quesadillas
- Prepare flour based antojitos from Central Mexico like: molletes, pastes, and tortas
- Learn useful techniques for making different types of enchiladas
- Have an understanding of the history of edible insects in Mexico, and how they are treated as culinary delicacies
- Learn how to create a “taquiza” using a variety of stews, guisos, and garnishes

LEARNING ACTIVITIES

Lecture and Discussion
Demonstrations
Hands-On Production
Product Evaluation

KEY TERMS

Bocoles

Cemita

Chía

Charales

Enchiladas Suizas

Esquites

Flor de Calabaza

Huitlacoche

Mollete

Pastes

Queso botanero

Queso fresco

Queso fundido

Rajas

Requesón

Salsa borracha

Sincronizada

Tacos de Canasta

Tacos al Pastor

Tlacoyos

Tortas

INSTRUCTOR DEMONSTRATIONS

Forming bocoles, tlacoyos, and sopes
Making queso fresco and queso botanero

SUGGESTED READING ASSIGNMENTS

Huitlacoche and Wild Mexican Mushrooms (pg. 84)
General Glossary of Mexican Antojitos (pg. 8)
Mexican Cheeses (pg. 84)

MAP OF CENTRAL MEXICO



HUITLACOCHÉ AND WILD MUSHROOMS

Huitlacoche, Cuitlacoche (*Ustilago Maydis*)

The famous parasite fungus that grows in the kernels of a young corn ear. It is considered a delicacy. The name comes from the pre-Columbian era and means dormant feces. It has a delicate flavor of humid earthiness with a very cream texture.

Wild mushrooms grow in abundance in humid rain areas. They differ in size, color, shape, and texture. There is in existence mushroom hunters that will collect different edible mushrooms and sell them and in some case for high dollar. There are some mushrooms that are very poisonous and inedible. Others are considered hallucinogens.

CHEESE

Cheese and dairy products play an important role in Mexican cuisine. Soft or aged white cheeses are commonly used in the cuisines of central and southern Mexico. In many areas raw milk is used in cheese making, producing a moist and saltier cheese. There are more varieties of fresh cheese than aged due to climate conditions and the difficulty posed by aging cheeses. Most of the artisanal cheeses are fermented with the lining of the cow's stomach or concentrated liquid rennet called "cuajimex." Many regional cheeses are produced with raw milk and made by small family run businesses who sell their products at local markets. Larger industrialized operations rely on the use of imported milk powders to produce cheeses on a larger scale for large supermarket chains.

COMMON MEXICAN CHEESES AND DAIRY PRODUCTS INCLUDE ...

Crema Mexicana

This cream is taken from whole raw milk that has been left to separate at room temperature. The cream is left to ferment for another eight hours at room temperature to develop acidity. Crema Mexicana plays an important role in Mexican cuisine and is used as a garnish for soups and antojitos like enchiladas, tostadas, and flautas. It is important to note that sour cream is not an adequate substitute for crema mexicana. Use crème fraiche as a substitute.

Quesillo

Oaxacan string cheese is one of Mexico's greatest culinary gifts and can be made from both whole milk and part skim milk. True quesillo can only be made from raw unpasteurized milk and has unique texture and acidity - very different from American or Italian string cheeses. When this cheese is more than a few days old it turns more yellow and slightly more acidic. Quesillo is a melting cheese but is also eaten as a botana and used for making chiles rellenos, quesadillas, tostadas, tlaxiadas, etc.

Quesillo is made from queso fresco that has been left to ferment and double in size. The cheese is then immersed in boiling water and stirred until the cheese becomes stringy and balls together. The water is drained and the cheese is kneaded on a work surface and stretched into long strands that are then rolled into balls of varying size. Quesillo is also produced commercially with very different results from the artisanal version that is more akin to a commercial string or Jack cheese.

Queso Añejo

Queso blanco is an aged cow's milk cheese that has a salty, pungent flavor. This cheese is grated and used to garnish a wide assortment of antojitos.

Queso Chihuahua o Asadero o Menonita.

This melting cheese was originally made in the northern state of Chihuahua with fresh soured milk. Known by queso Chihuahua, queso asadero or queso menonita, these cheeses are a popular filling for tacos, burritos, chiles rellenos, quesadillas, and the popular queso fundido dish. The texture of this cheese is very soft and slightly yellow and its commercial equivalent is Jack cheese.

Queso Cotija

This aged cheese is very dry and slightly acidic. Like queso añejo, cotija is grated and used as a garnish for antojitos.

Queso Doble Crema o Queso de Chiapas

This double cream cheese is made in the dairy producing town of Ocosingo, Chiapas and is covered with a wax coating. It is faintly yellow and has a pungent acidity and creamy consistency. It is used as a garnish for antojitos and eaten as a botana.

Queso Enchilado

A fresh queso añejo or cotija that has been seasoned with a mixture of dried chiles that gives this cheese a nice orange color.

Queso Fresco

Queso fresco is a white cheese similar to a fresh farmer's cheese in the US that is eaten shortly after it is made. In some areas it is molded with "tenates", basket molds, that leave a decorative imprint on the outside of the cheese. In other areas wooden molds are used and even pieces of PVC can be used to shape the queso fresco. Queso fresco is a mildly acidic and salty soft cheese that crumbles easily and is low in fat. This cheese is used for antojitos, or eaten by itself as a botana. For a "queso botanero" epazote and fresh chiles are mixed into the queso fresco prior to molding.

Queso Fresco de Cabra

Fresh goat's milk cheese is also made in Mexico by small goat farmers. The goat cheese in Mexico is more acidic and salty than the US version and can be used interchangeably for queso fresco.

Queso Holandés o Queso de Bola

This cheese was popularized in the Yucatan where ships from Europe brought Danish cheeses like Gouda or Edam to trade. In the Yucatan and Campeche this cheese is stuffed with ground meat and is served melted with a light tomato salsa.

Queso Panela

Queso panela is a fresh, soft cheese with a smoother consistency than the crumbly queso fresco. This cheese isn't a melting cheese but is often seared on flat griddles. Queso panela can be eaten as a botana or used for chiles rellenos, antojitos, and tortas.

Queso Manchego

This is an industrialized cheese made in Mexico that has nothing in common with its Spanish counterpart. Mexican manchego is used as a melting cheese and is eaten as a botana.

DAY THREE TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

- Bocoles Con Salsa Verde Cruda (*Round Masa Snacks from Puebla*)
- Sincronizadas (*Traditional Ham and Cheese Stacked Quesadillas*)
- Rajas Poblanas (*Roasted Poblano Chile Strips in a Mexican Cream Sauce*)
- Frijoles de la Olla (*“Clay Pot” Beans*)
- Salsa Borracha (*Drunken Salsa*)

TEAM TWO

- Tlacoyos (*Puebla Style Masa Snack*)
- Tinga Poblana (*Puebla Style Shredded Pork*)
- Queso Fundido (*Melted Mexican Cheese*)
- Huitlacoche Guisado (*Sautéed Corn Truffles*)

TEAM THREE

- Pastes de Real del Monte (*Meat Turnovers from Hidalgo*)
- Enchiladas Suizas (*Swiss Style Enchiladas*)
- Queso Fresco (*Fresh Mexican Farmer’s Cheese*)
- Guacamole (*Traditional Guacamole*)

TEAM FOUR

- Molletes (*Open Face Bolillo Sandwiches with Refried Beans*)
- Salsa Mexicana (*Finely Diced Tomato Salsa*)
- Tacos de Requesón (*Ricotta Cheese Tacos*)
- Sopes con Chorizo Verde (*Round and Thick Masa Snacks with Green Chorizo*)
- Tacos de Hongos Guisados (*Sautéed Mexican Mushrooms Tacos*)

TEAM FIVE

Quesadillas de Flor de Calabaza (*Squash Flower Blossom Quesadillas*)

Tortas de Jamón y Queso (*Mexican Ham and Cheese Sandwiches*)

Enchiladas de Mole Poblano (*Puebla Style Mole Enchiladas Stuffed with Chicken*)

Esquites (*Mexican Corn Snack*)

EXTRAS

Agua Fresca de Limón con Chía (*Mexican Lime and Chía Seed Water*)

Queso Botanero (*Flavored Mexican Farmer's Cheese*)

BOCOLES

ROUND MASA SNACKS FROM PUEBLA

Yield: 24 bocoles

Ingredients	Amounts
Ancho chiles, wiped clean, seeds and veins removed	6 ea.
Queso añejo, crumbled	3 oz.
Lard, cooked	1 Tbsp.
Lard, uncooked	5 oz.
Fresh masa	2 cup (1 lb.)
Salt	to taste
<i>Garnish</i>	
Salsa verde	1 ½ cup

Method:

1. Gently toast the chiles on a warm comal and soak in hot water for 15 minutes.
2. Transfer the chiles to a blender and add water, as needed, to form a thick puree.
3. Mix together the chile puree, cheese and the cooked lard, to form a thick paste.
4. Mix the masa with the uncooked lard and season with salt to taste.
5. Wet your hands, and form small 1 ½ ounce masa balls. Put 1 teaspoon of the chile paste inside the masa ball and flatten into a “gordita,” about ¼” thick.
6. Cook the bocoles on a comal over low heat. Cook on both sides and serve warm.
7. Garnish with salsa.

SINCRONIZADAS

TRADITIONAL HAM AND CHEESE STACKED QUESADILLAS

Yield: 8 portions

Ingredients	Amounts
Flour tortillas, 8"	16 ea.
Queso Asadero or Chihuahua, shredded	4 cup
Cooked or baked ham, slices	16 ea.
Salsa of your choice	1 ½ cup

Method

1. Heat a well seasoned comal over medium-low heat.
2. Assemble the sincronizadas by laying out eight tortillas on a flat surface. Sprinkle each one with an even layer of cheese.
3. Cover with a layer of ham, tearing or overlapping the slices as necessary to completely cover the cheese. Top with another even layer of cheese and cover with a final tortilla to make a sandwich.
4. Working in batches, cook the sincronizadas on the hot comal pressing down with a spatula as they cook.
5. The tortillas should be crispy and speckled with light brown spots while the filling should be warm and gooey from the melted cheese.
6. Serve warm with the salsa of your choice.

RAJAS POBLANAS

ROASTED POBLANO CHILE STRIPS

Yield: 8 portions

Ingredients	Amounts
Poblano chiles, roasted or fried, skin removed, seeds and veins removed	6 ea.
White onion, halved and quartered into ¼" strips	2 ea.
Canola oil	1 Tbsp.
Crema Mexicana	1 cup
Panela cheese, cut into ½" cubes	½ cup
Salt	to taste

Method

1. Slice the poblano chiles lengthwise into strips ½" thick.
2. Heat the oil in a large skillet over medium-high heat. Sauté the onion just until soft, do not brown.
3. Add the chile strips (rajas) and the Crema Mexicana. Cook the chile mixture until heated through, about 5 minutes.
4. Add the cubes of panela cheese and season with salt.
5. Serve immediately with warm corn tortillas.

Note: if Crema Mexicana is unavailable, substitute crème fraiche.

FRIJOLES DE LA OLLA

"CLAY POT" BEANS

Yield: 10 cups

Ingredients	Amounts
Black beans	4 cup
Canola oil or lard	2 Tbsp.
White onion, halved	1 ea.
Garlic cloves, peeled	2 ea.
Salt	to taste

Method

1. Pick through the beans to remove any dirt or stones. Place in a large colander, and rinse well.
2. Cover with 12 cups of water and let the beans soak overnight.
3. Drain the beans and place in a stockpot or large clay olla. Add the onion, garlic, oil, and 10 cups of water.
4. Cook over medium low heat, stirring occasionally, for 1 ½ hours.
5. When the beans are fully cooked, remove the onion and garlic.
6. Season with salt.

Note: beans should be covered with 1 inch of water while simmering, add water as needed.

SALSA BORRACHA

DRUNKEN SALSA

Yield: 1 cup

Ingredients	Amounts
Pasilla chiles, wiped clean, seeds and veins removed	5 ea.
Canola oil	2 Tbsp.
Garlic clove	1 ea.
Olive oil	2 Tbsp.
Oregano, dried, crumbled	½ tsp
Apple cider vinegar	2 Tbsp.
Pulque, or beer	½ cup
Salt	to taste
Queso añejo	2 oz.

Method

1. Cut or tear the chiles into small pieces.
2. Heat the oil in a small sauté over medium heat and fry the chiles for 10 seconds. Immediately transfer to paper towels to drain.
3. Place the garlic and 1 teaspoon of salt in a molcajete, and mash into a paste. Add the chiles and continue grinding until the garlic and chiles form a paste. Add more salt if necessary.
4. Add the olive oil and continue working with the paste. Once there are no recognizable pieces of chiles add the oregano, vinegar, pulque, and salt to taste.
5. Serve with crumbled queso añejo on top.

Note: if you are unable to find pulque you can substitute beer.

Adapted from: *Cien Salsas*, by Gerardo Chapa (Proyección Grafica Internacional S.A. de C.V., 2003)

TLACOYOS

PUEBLA STYLE MASA SNACK

Yield: 8 portions

Ingredients	Amounts
Black beans, cooked	½ lb.
Serrano chiles, stem removed, diced	1 ea.
Avocado leaves, dried, toasted, ground in a spice grinder	2 ea.
Lard	¼ lb.
Masa for tortillas	1 lb.
Lard	½ cup
Salt	to taste
 <i>Garnish</i>	
White onion, finely diced	½ ea.
Queso fresco, crumbled	½ cup
Salsa	½ cup

Method

1. Puree the beans and the Serrano chile in a blender.
2. Heat the lard in a frying pan and add the pureed bean paste, ground avocado leaves, and salt to taste.
3. Using a tortilla press lined with plastic, make 5" diameter tortillas. Place 2 tablespoons of the bean filling in the center of each tortilla. Fold the sides of the tortilla to the center to form a "boat." Press the seam of the tlayoyo together with wet fingers. The tlayoyo should form an oval.
4. Cook the tlayoyos, on both sides, on a comal over medium heat. Remove and keep warm in a kitchen towel.
5. Prior to serving, heat the lard in a frying pan to reheat the tlayoyos.
6. Garnish the warm tlayoyos with salsa, onion, and queso fresco.
7. Serve one tlayoyo per person.

Source: Ana Elena Martínez © 2002

TINGA POBLANA

PUEBLA STYLE SHREDDED PORK

Yield: 8 portions

Ingredients	Amounts
Pork shoulder, cut into 2" cubes	2 lb.
White onion	2 ea.
Garlic clove, peeled	1 ea.
Potatoes, red, peeled	½ lb.
Chipotle chiles in adobo, canned	5 ea.
Canola oil	3 Tbsp.
Mexican chorizo	½ lb.
Roma tomatoes, medium diced	1 ½ lb.
Apple cider vinegar	1 Tbsp.
Sugar	to taste
Salt	to taste
<i>Garnish</i>	
Avocados, sliced	2 ea.
White onion, quartered and finely sliced	½ ea.

Method

1. Boil the pork in a saucepan with one onion, garlic clove, and water to cover. Season with salt and bring to a boil. Reduce the heat to a simmer and cook until the pork is tender, about 45 minutes. Drain the cooking liquid and set the pork aside.
2. Shred the pork using the backside of a fork, until all the pork is finely shredded.
3. Boil the potatoes in a saucepan with salted water until cooked "al dente," about 15 minutes.
4. Remove the potatoes and allow them to cool. Cut into 1" dice and set aside.
5. Using gloves, remove the stems from the chipotle chiles. Cut the chipotles into ¼ inch slices.
6. Heat the oil in a sauté pan and fry the chorizo until cooked through. Drain off excess fat, and reserve.
7. Finely dice one onion and sauté in the reserved fat. Add the pork and sauté until slightly crispy and golden in color. Add the diced tomatoes and cook them through, adding the potatoes, cooked chorizo, chipotle chiles, vinegar, salt, and sugar to taste (add more chiles if the tinga is not spicy enough).
8. Serve the tinga poblana on a platter and garnish with onion and avocado slices.
9. Accompany with white rice or cooked black beans and tortillas.

QUESO FUNDIDO

MELTED MEXICAN CHEESE

Yield: 8 tacos

Ingredients	Amounts
Poblano chiles, charred, wiped clean, seeds and veins removed	3 ea.
Cooked green salsa	1 cup
Crema mexicana	3 Tbsp.
White corn or flour tortillas	16 ea.
Chihuahua or Muenster cheese, diced	16 oz.
Fresh cilantro, chopped	2 Tbsp.

Method

1. Cut the poblano chile lengthwise into “rajas” strips.
2. Place the salsa, crema, and $\frac{3}{4}$ of the rajas in a heavy 3” deep flameproof casserole dish.
3. Bring to a boil over medium heat and cook until thickened, about 4 minutes.
4. Add the cheese to the salsa mixture and stir until melted and smooth.
5. Warm the tortillas on a well seasoned comal set over medium heat.
6. Garnish with the remaining chile strips and the cilantro.
7. Serve immediately with the warm tortillas.

Source: *Rosa’s New Mexican Table*, by Roberto Santibáñez (Artisan Books, 2007)

HUITLACOCHÉ GUISADO

SAUTÉED CORN FUNGUS

Yield: 8 portions

Ingredients	Amounts
Canola oil	3 Tbsp.
White onion, finely diced	½ ea.
Serrano chiles, finely diced	3 - 4 ea.
Garlic cloves, finely diced	2 ea.
Roma tomatoes, medium dice	4 ea.
Huitlacoche, frozen, roughly chopped	1 lb.
Fresh epazote leaves, chopped	10 ea.
Salt	to taste

Method

1. Heat the oil in a frying pan over medium high heat and sauté the onion and chiles until soft. Add the garlic and continue sautéing for 1 minute.
2. Add the tomatoes and cook until they change color.
3. Add the huitlacoche and reduce the heat to a low simmer. Cook for about 10 minutes or until the huitlacoche is cooked through.
4. Add the epazote and season with salt. Keep warm until ready to serve.
5. Serve with warm tortillas for making tacos.

PASTES DE REAL DEL MONTE

MEAT TURNOVERS FROM HIDALGO

Yield: 24 portions

Ingredients	Amounts
Butter, unsalted	2 oz.
Leek, white part only, thinly sliced	2 ea.
White onion, quartered, thinly sliced	1 ea.
Serrano chiles, finely diced	2 ea.
Top beef round, small dice	½ lb.
Red potatoes, skin on, shredded	½ lb.
Beef or chicken broth	1 cup
Parsley leaves, chopped	1 Tbsp.
Salt	to taste
Black pepper	to taste
All purpose flour	1 lb.
Salt	1 tsp.
Lard	6 oz.
Egg	1 ea.
Pulque, or beer	1 cup
Whole milk	¼ cup

Method

1. For the stuffing, heat the butter in a skillet over medium heat. Sauté the leeks, onion, and then chiles until translucent. Add the meat and potatoes and cook over moderate heat until cooked through, about 15 minutes. Add the broth, salt, and black pepper to taste. And cook until the broth evaporates. Once the broth has evaporated, add the parsley and remove from the heat to cool. Refrigerate the filling until ready to use.
2. Using a stand mixer with the dough hook attachment, place the flour and salt in the bowl and turn the mixer on medium-low speed. Add the lard and then the egg. Add the pulque, as needed, to ensure the dough is soft and smooth.
3. Transfer the dough to a lightly floured work surface. Roll the dough to a ¼ inch thick layer. With a cookie cutter cut circles about 5 inches in diameter. Place 2-3 tablespoons of the stuffing in the center of the each round and enclose the filling by folding the edge like a turnover.
4. Brush the edges with milk and press the edges to seal the filling.
5. Place the *pastes* on greased sheets and let them rest for 2 hours. Immediately before baking brush the *pastes* with the remaining milk.
6. Bake the *pastes* in a preheated oven at 350° F for 20 minutes, or until golden brown.

Adapted from: *Platillos Regionales de la República Mexicana*, by Josefina Velázquez de León (Editorial Velázquez de León, 1946)

ENCHILADAS SUIZAS

SWISS STYLE ENCHILADAS

Yield: 8 portions

Ingredients	Amounts
<i>Cooked Salsa Verde</i>	
Tomatillos, husks removed, rinsed and quartered	40 ea.
Jalapeño chiles, stems removed sliced in half, seeds and veins intact	8 ea.
Garlic clove, unpeeled	4 ea.
White onion, small	1 ea.
Cilantro, finely chopped	¼ bu.
Salt	to taste
Cooked Salsa Verde	8 cup
Crema mexicana	2 ½ cup
Canola oil	½ cup
White corn tortillas	24 ea.
Chicken breasts, cooked, finely shredded	7 cup
Queso Chihuahua, or Asadero, shredded	2 ½ cup
Salt	to taste
<i>Garnish</i>	
White onion, halved, sliced into thin rings	1 ea.

Method: Cooked Salsa Verde

1. Place the tomatillos, onion, garlic and jalapeno chiles in a Dutch oven and cover with water. Cook covered over medium heat until the tomatillos change color and are soft, about 10 minutes. Drain and reserve 1 cup of the cooking liquid.
2. Transfer all the ingredients to a blender. Season with salt and the chopped cilantro.

Method: Enchiladas Suizas

1. Preheat the oven to 350° F.
2. Mix the cooked salsa verde and the crema together in a saucepan. Bring the mixture to a gentle simmer, reduce heat and keep warm.
3. Heat the oil in a skillet over medium heat. Briefly pass the tortillas through the hot to soften and drain on paper towels.
4. Assemble the enchiladas by placing 2 tablespoons of the shredded chicken on the bottom third of each tortilla. Tightly roll the enchiladas and place seam side down in a baking dish.

5. Pour the hot sauce over the prepared enchiladas and top with the shredded cheese.
6. Place the baking dish into the pre-heated oven and bake until the sauce is bubbling and the cheese is melted and golden, about 25 minutes
7. Garnish with the onion rings.
8. Serve 3 enchiladas per person with a generous amount of sauce.

GUACAMOLE TRADICIONAL

TRADITIONAL GUACAMOLE

Yield: 8 portions

Ingredients	Amounts
Hass avocados, large, halved and pit removed	4 ea.
White onion, diced	6 Tbsp.
Jalapeño chile, diced	2 ea.
Roma tomatoes, diced	2 ea.
Cilantro, leaves and soft stems, chopped	3 Tbsp.
Lime juice, freshly squeezed	1 ½ Tbsp.
Salt	to taste
 <i>Garnish</i>	
Queso fresco, finely crumbled	1/3 cup
Totopos (tortilla chips)	3 cup

Method

1. Scoop the flesh from the avocados into a non-reactive bowl and discard any brown or discolored part. Mash the avocado using a fork.
2. Add the onion, half of the jalapeños, tomatoes, cilantro and lime juice. Season with salt to taste and stir to combine. Check piquancy and acidity and add more jalapeño or lime juice if necessary.
3. Serve the guacamole on a plate with queso fresco and fresh totopos.

MOLLETES

OPEN FACE BOLILLO SANDWICHES WITH REFRIED BEANS

Yield: 8 portions

Ingredients	Amounts
<i>Refried Pinto Beans</i>	
Canola oil or lard	½ cup
White onion, quartered	1 ea.
Cooked pinto beans (with some broth)	4 cup
Bolillos*	8 ea.
Butter, softened	3 Tbsp.
Refried pinto beans, warm beans	2 cup
Asadero or Muenster cheese, grated	½ lb
Salsa Mexicana	2 cup

Method: Refried Beans

1. Heat the oil in a heavy 10-12" skillet over medium heat and sauté the onion slices until dark brown and caramelized. Discard the onion.
2. Add the beans to the hot flavored oil. Mash the beans with a bean or potato masher and reduce the heat if necessary. Let the beans dry out slightly and continue stirring with a spatula or flat wooden spoon, scraping the sides of the skillet.
3. Once the beans have cooked down to a paste, flip the beans to form an even log in the middle of the pan. The beans should be moist and shiny, not dry.

Method: Molletes

1. Preheat the oven to 170°.
2. Slice the bolillos in half lengthwise. Remove some of the crumbs and spread butter on each open face. Arrange the pieces on a sheet pan and bake for 5-8 minutes.
3. Remove the bread from the oven and an even layer of beans on each slice. Top with grated cheese and bake until the cheese is melted and browned, about 5-8 minutes.
4. Serve immediately with Salsa Mexicana on the side.

Note: substitute with a thin-crust French baguette, sliced into 6" segments.

SALSA MEXICANA

(FINELY DICED TOMATO SALSA)

Yield: 1 cup

Ingredients	Amounts
Serrano chiles, finely diced with seeds	2 ea.
Roma tomatoes, finely diced	3 ea.
White onion, finely diced	½ ea.
Cilantro, leaves and soft stems, finely chopped	½ bunch
Lime juice, freshly squeezed	1 Tbsp.
Olive oil	½ Tbsp.
Salt	to taste

Method

5. Combine all ingredients in a bowl and toss well. Season with salt just prior to serving to prevent the tomato from sweating excess water.

Note: this salsa should be eaten on the same day it is made.

TACOS DE REQUESÓN

RICOTTA TACOS

Yield: 8 portions

Ingredients	Amounts
Requesón or ricotta cheese	¾ lb.
Crema mexicana	¾ cup
Yogurt	¾ cup
White onion, finely chopped	1 cup
Serrano chile, finely chopped	3 Tbsp.
Fresh epazote, finely chopped	1/3 cup
White corn tortillas	24 ea.
Salt	to taste
Ground black pepper	to taste

Method

1. In a bowl, mix together the requesón, crema mexicana, yogurt, onion, chile and epazote. Season with salt and pepper to taste.
2. Spread 1 ½ tablespoons of the cheese mixture on the tortillas, roll them to form a taco.
3. Heat a well seasoned comal over medium heat and warm the tacos.
4. Serve immediately with the salsa of your choice.

Adapted from: *Antojería Mexicana*, by Patricia Quintana (Landucci Editores, 2003)

SOPES DE CHORIZO

ROUND AND THICK MASA SNACKS WITH GREEN CHORIZO

Yield: 24 sopes

Ingredients	Amounts
Fresh white masa, for tortillas	3 lb.
Vegetable oil	4 Tbsp.
All purpose flour	1 cup +1 tsp.
Baking powder	1 tsp.
Salt	½ tsp.
Vegetable oil`	1 ½ cup
Refried black beans	1 cup
Green chorizo, fried	1 lb.
Romaine lettuce leaves, chiffonade	10 ea.
Queso añejo, grated	½ cup
Salsa of your choice	1 cup

Method

1. In a medium size bowl mix the masa, 4 tablespoons of oil, flour, baking powder, salt, add a small amount of water to make a soft, pliable dough. Divide the dough into 24 balls and cover with plastic film.
2. Preheat a well seasoned comal over medium heat.
3. Using a tortilla press lined with round plastic sheets cut out from grocery store bags make thick 2" diameter sopes.
4. Cook no more than 3 sopes at a time on the comal. Once the first side is slightly cooked, flip and undercook the second side. Remove from the comal and working with wet fingertips, pinch the edge of the sope with your thumbs to form a rim. Return the sope to the comal and to cook for several minutes until the sope is cooked through.
5. Warm the refried beans and the chorizo in separate pans.
6. Heat the oil in a medium skillet or a wok and fry the sopes. Remove when golden brown and spread with a thin layer of refried beans. Top with the chorizo verde and garnish with lettuce and queso añejo.
7. Serve immediately with a salsa of your choice.

TACOS DE HONGOS GUISADOS

SAUTÉED MEXICAN MUSHROOMS TACOS

Yield: 8 portions

Ingredients	Amounts
Canola oil	2 Tbsp.
White onion, finely diced	1 ea.
Jalapeño chiles, finely diced	4 ea.
Garlic clove, finely diced	2 ea.
Mushrooms, fresh, rinsed and sliced	1 lb.
Epazote leaves, fresh, chopped	1 ½ Tbsp.
Salt	to taste
White corn tortillas	8 ea.

Method

1. Heat the oil in a sauté pan and cook the onion until translucent. Add the chiles and sauté for 4 minutes. Add the garlic, sauté for 1 minute.
2. Add the mushrooms, reduce the heat to the minimum and cover the mixture with a lid. Let the mushrooms sweat for 10 minutes.
3. Heat a well seasoned comal over medium heat and warm the tortillas. Place in a tortilla warmer or kitchen towel until ready to serve.
4. Uncover the mushrooms, add the epazote, and season with salt to taste.
5. Serve immediately with warm tortillas on the side.

QUESADILLAS DE FLOR DE CALABAZA

SQUASH FLOWER BLOSSOM QUESADILLAS

Yield: 8 portions

Ingredients	Amounts
Fresh white masa for tortillas	2 lb.
Squash blossoms, calyx, pistol, and stem removed,	16 ea.
Oaxacan string cheese	1 lb.
Epazote, fresh, whole leaves	16 ea.
Salt	to taste
Salsa of your choice	1 cup

Method

1. Tear the squash blossom petals into large pieces.
2. Add a small amount of warm water, if needed and salt to taste to the fresh masa. The masa should feel like soft play-doh, should be slightly warmer than your body. Form 16 balls and cover with a damp towel.
3. Cut two plastic rounds to fit the tortilla press from a light plastic supermarket bag.
4. Heat a well seasoned comal over medium high heat.
5. Place each ball between the two plastic rounds, press slightly, turn 180°, and press again, to form a thin tortilla.
6. Take the tortilla between the plastic pieces and place it in your left hand (if you are right handed). Peel off the top plastic piece, transfer the tortilla to your right hand - fingers close together (not on your palm) and remove the other plastic round.
7. Carefully slide the tortilla over the comal and cook for several seconds, until the tortilla begins to cook on the outer edges. Add the cheese, zucchini blossoms, epazote and sprinkle with salt to taste. Fold the tortilla to form a half-moon. Seal the edges of the quesadilla with wet fingers. Flip the quesadilla until cooked through, about 3 minutes on each side.
8. Transfer the quesadillas to a kitchen towel to keep warm until served.
9. Serve immediately with the salsa of your choice.

Note: if a good quality Oaxacan string cheese is unavailable, drain fresh cow's milk mozzarella and let it dry, uncovered, in the refrigerator for 12 hours.

SALSA DE CHILE PASILLA MEXICANO

MEXICAN PASILLA CHILE SALSA

Yield: 1 ½ cups

Ingredients	Amounts
Pasilla chiles, wiped clean, seeds and veins removed	5 ea.
Garlic cloves	2 ea.
Oregano, dried	½ tsp.
Salt	to taste
Tomatillos, husks removed, rinsed	15 ea.
Tomatoes, whole	1 ea.

Method

1. Toast the chiles on a comal set over medium heat until the chiles release their aroma. Cover with hot water and soak for 15 minutes. Drain and set aside.
2. Using the same comal, dry roast the tomatillos and the tomatoes over medium heat, turning frequently to ensure all sides are browned and charred. Remove and let cool.
3. Transfer the reconstituted chiles, garlic, oregano and a pinch of salt to a blender and puree until smooth. If the blades don't move add a few tablespoons of water to facilitate the blending.
4. Add the dry roasted tomatillos and tomatoes to the blender and process on a low speed. Do not over blend.

Note: this salsa will keep for two days in the refrigerator.

TORTAS DE JAMÓN Y QUESO FRESCO

MEXICAN HAM AND CHEESE SANDWICHES

Yield: 8 portions

Ingredients	Amounts
Bolillos	8 ea.
Canola oil	2 Tbsp.
Queso fresco, ¼ " slices	½ lb.
Refried pinto beans, warmed	¾ cup
Crema mexicana	½ cup
Black forest ham, thinly sliced	1 ½ lb.
Roma tomatoes, thinly sliced	3 ea.
Hass avocado ,thinly sliced	1 ea.
Jalapeños en Escabeche	to taste

Method

1. Preheat the oven to 350°F.
2. Split the rolls open lengthwise and remove some of the crumb without breaking the bread.
3. Put the rolls back together, arrange on a baking sheet and brush the crust with oil. Bake in the oven for 6 minutes or until crispy. Remove from the oven.
4. Spread the warm refried beans on the bottom half of each roll.
5. Spread the crema mexicana on the upper half of each roll.
6. Arrange the following ingredients on the bottom half of each roll -ham, cheese, tomatoes, and then avocado. Season with salt to taste and garnish with Jalapeños en Escabeche. Cover with the top roll and press down lightly but firmly.
7. Serve the tortas whole or cut in half. Serve immediately.

Note: if bolillos are unavailable use thin crispy French bread or ciabatta rolls (5 inches long).

ENCHILADAS DE MOLE POBLANO

PUEBLA STYLE MOLE ENCHILADAS STUFFED WITH CHICKEN

Yield: 8 portions

Ingredients	Amounts
Mole poblano	3 ½ cups
Corn tortillas	24 ea.
Canola oil	1 cup
Chicken, cooked, shredded	2 ½ cups
Queso fresco, crumbled	¾ cup
White onion, quartered, thinly sliced	1 ea.
Parsley sprigs, leaves removed	2 ea.
Salt	to taste

Method

1. Heat the mole over low heat, diluting with water as needed. The mole should be slightly thinner than normal. Reduce the heat and let the mole simmer.
2. Heat the oil in a medium skillet over medium heat. Briefly immerse the tortillas in the oil to soften. Drain on paper towels.
3. Assemble the enchiladas by placing a tortilla on a serving plate. Place 2 tablespoons of shredded chicken on the lower half of each tortilla. Tightly roll each tortilla and place seam side down in hotel pan.
4. Cover the enchiladas with the mole and heat through for 5 minutes in a pre-heated oven at 350° F.
5. Serve three enchiladas per person with a generous amount of the thinned mole poblano.
6. Garnish with crumbled queso fresco, thinly sliced onion, and parsley sprigs.

ESQUITES

MEXICAN CORN SNACK

Yield: 8 portions

Ingredients	Amounts
Corn ears, silk and husks removed	8 ea.
Butter	3 Tbsp
White onion, finely diced	½ ea.
Serrano chiles, finely diced	1-2 ea.
Epazote sprigs, whole	6 ea.
<i>Garnish</i>	
Queso fresco, or Cotija, crumbled	4 oz.
Chile piquín powder	to taste
Mayonnaise	½ cup
Limes, halved	4 ea.
Salt	to taste

Method

1. Using a sharp knife shave the kernels from the cobs. Extract the milk from the cobs by taking the back of the knife and running it along the shaven cob.
2. Cut the cobs in half and reserve.
3. In a large saucepan heat the butter over medium heat. Sauté the onion and chile for 5 minutes. Add the corn kernels and sauté for 3 minutes or until the corn is soft. Season with salt to taste.
4. Add 1 quart of water, 1 teaspoon of salt, and the reserved cobs. Bring the mixture to a boil and then reduce the heat to a simmer.
5. Add the epazote sprigs and cook until the corn is very tender, about 10-15 minutes. Discard the cobs, the epazote, and check for salt.
6. To make the chile piquín powder toast the chiles in a small skillet set over low heat. Toast until slightly until fragrant, about 3-5 minutes. Set aside to cool completely. Place the chiles in a spice grinder, and grind to a fine powder. Keep in an airtight container.
7. Serve the garnishes in small bowls next to the esquites.

AGUA FRESCA DE LIMÓN CON CHÍA

MEXICAN LIME AND CHIA SEED WATER

Yield: 4 quarts

Ingredients	Amounts
Chia seed	$\frac{3}{4}$ cup
Filtered water	4 qt.
Lime juice, fresh	1 cup
Simple syrup	1 cup

Method

1. Soak the chia seed in two quarts of warm water.
2. Add the remaining water, lime juice, and simple syrup to the soaked chia water.
3. Serve cold and stir vigorously before serving.

Note: for a sugar-free agua fresca use 1 cup of light agave nectar.

QUESO BOTANERO

FLAVORED MEXICAN FARMER'S CHEESE

Yield: 2 pounds

Ingredients	Amounts
Whole milk, preferably raw	1 gal.
Concentrated liquid rennet	9 drops
Table salt	2 tsp.
Epazote leaves, finely diced	3 Tbsp.
Jalapeño chile, finely diced	3 Tbsp.
Cheese molds	2 ea.

Method

1. Let the milk sit covered at room temperature for 12 hours to develop sufficient acidity.
2. Warm the milk over low heat to 80° F. Add the concentrated rennet drops and stir to combine. Wait for 30 minutes to 1 hour for the cheese to coagulate.
3. Cut the cheese by hand to break up the curds. Let the whey separate from the curds for another 30 minutes.
4. Strain the curds through a cheese-cloth and reserve the whey from the cheese for making ricotta cheese.
5. Hold the ends of the cheesecloth straight up and move the cheesecloth in an up and down motion to strain the liquid whey from the cheese curd. Squeeze as much liquid out of the queso fresco as possible.
6. Transfer the cheese to a bowl and mix in the salt by hand. Mix in the epazote and the jalapeno chile.
7. Moisten a reed basket mold and fasten with a rubber band to the desired width. Fill the molds with the queso fresco and let the cheese sit at room temperature for another 12 hours. For a drier cheese you can place a plate on top of the cheese.
8. Remove the reed basket mold and store in the refrigerator.
9. This cheese will keep for up to 1 weeks refrigerated.

DAY FOUR: ANTOJITOS FROM SOUTHERN MEXICO

LEARNING OBJECTIVES

By the end of this day you should be able to ...

- Distinguish between the culinary traditions of Oaxaca, Chiapas, and Guerrero
- Learn the skills and techniques needed to make southern Mexico style antojitos like: chilapas, garnachas, molotes, memelas, pescadillas, and plantain molotes
- Prepare different types of tamales wrapped in banana leaves
- Recreate a Oaxacan style barbacoa in a commercial kitchen environment
- Make a Oaxacan style horchata agua fresca

LEARNING ACTIVITIES

Lecture and Discussion
Demonstrations
Hands-On Production
Product Evaluation

KEY TERMS

Avocado leaves

Barbacoa

Chile de agua

Chile chilcostle

Chile chilhuacle

negro

Chile chilhuacle

amarillo

Chile chilhuacle rojo

Chile costeño

amarillo

Garnachas

Gusano

Hoja de platano

Hormiga chicatana

Horchata

Jiotilla

Maguey

Memelas

Mole amarillo

Mole negro

Mole rojo

Mole coloradito

Molotes

Molotes de platano

Oaxacan chile pasilla

Pescadillas

Tamal de Cambray

Tamales juacane

Tuna

INSTRUCTOR DEMONSTRATIONS

Assembling banana leaf tamales

Shaping molotes, chilapas, memelas, garnachas

Oaxacan style barbacoa in a pot

SUGGESTED READING ASSIGNMENTS

History of Corn in Mexico (pg. 113)

General Glossary of Mexican Antojitos (pg. 7)

Glossary of Mexican Meats (pg. 19)

MAP OF SOUTHERN MEXICO



HISTORY OF CORN IN MEXICO

PRE-COLUMBIAN KITCHEN

There is nothing more important to the cuisines of Mexico than corn (*zeas mays L*) or “centli” (as it was referred to by the ancient peoples of Mexico). The word “maíz” is actually a Caribbean Taino word that the Spanish Conquistadores and other famous explorers were exposed to upon their arrival to the New World. Originating from a wild grass called *teosinte*, maize was domesticated into a cereal grain with the help of man. The oldest evidence of maize has been found in the Guila Naquitz Cave in the Central Valley of Oaxaca and dates to 6,250.00 B.C. More than five thousand years ago, in its infancy, the individual kernels on the maize cobs would release themselves to regerminate. Over time maize evolved from a wild grass to a domesticated crop entirely reliant upon mankind for its reproduction. Many scientists view the domestication of maize as one of the most important factors contributing to the rise of complex civilizations and the evolution of human culture.

Some genetic varieties of Corn include:

Popcorn (*zea mays var. everta*)

Dent corn (*zea mays var. indentata*)(also referred to as field corn)

Flint corn (*zea mays var. saccharata*)

WHAT IS NIXTAMALIZATION?

- Process whereby maize (dried field corn) is cooked in water with slaked lime (calcium hydroxide) to loosen the hard endosperm that protects the corn kernel.
- Comes from the Nahuatl words “nextli,” meaning ashes and “tamalli,” maize dough.

WHY IS NIXTAMALIZATION IMPORTANT?

- Adds essential amino acids to corn that are otherwise absent.
- Nutritional discovery made by the ancient peoples of Mexico.

- Prevents pellagra and other diseases associated with malnutrition.

STEPS FOR NIXTAMALIZING FIELD CORN

1. Cover the dry field corn with water and add slaked lime.
2. Bring the corn to a boil for 10 minutes.
3. Remove from the heat and soak the corn in the lime water overnight.
4. Drain the corn the following day and rinse the corn under running water.
5. Rub the corn between your hands to remove excess lime, the outer skin of the maize kernel, and the hard pericarp.
6. Grind the corn in an electric grinder called “molino” to make masa.

WHAT IS MASA HARINA FLOUR?

- Ground and dehydrated corn that has undergone the nixtamalization process. Masa harina is shelf stable and easily stored and transported.
- To reconstitute masa harina mix masa harina with warm water.

$\frac{1}{2}$ cup masa harina + $\frac{1}{3}$ cup warm water = $\frac{1}{2}$ cup reconstituted masa (70 gr.)

EDIBLE INSECTS FROM SOUTHERN MEXICO

Gusano de Maguey (*Hypopta agavis*) “Red Maguey Worm”

Locally referred to as “chimicuil.” These red worms are harvested from the heart of a maguey plant. The worms come from butterfly larvae that burrow themselves into the base of an agave. The worms have an oily, smoky taste and are “purged” prior to cooking. To cook the worms, the live worms are placed on a comal over low heat. As the worms toast they release their essential oils and are seasoned with salt. Once cooked the worms can be ground with salt to make a “sal de gusano de maguey”, or added to bottled mezcal. A common way Oaxacan’s eat the “sal de gusanos” is sprinkled over jicamas, cucumbers, mangos with lime juice or, with a slice of orange when sipping mezcal.

Chapulines (*Orthoptera*) “Grasshoppers”

Cleaned and purged before eating, the grasshoppers are boiled with salt and lime juice. They can be eaten boiled or fried and should taste like lime and salt with a slightly chewy texture. Chapulines are commonly served as an antojito with guacamole and eaten as a taco. In Oaxaca the grasshoppers can be found in the markets all year long. They come in small, medium, and large sizes. The most flavorful chapulines are the larger ones. First the legs should be discarded and the head should be eaten first, followed by the rest of the body – yummy!

Hormiga Chicatana (*Atta Mexicana*) “Winged Ant”

This special ant is a delicacy in Oaxaca since it can only be harvested for a few short days during the whole year. Just prior to the beginning of the rainy season the ants are captured as they come out of their nests. The ants can be boiled or left to die in a glass jar. The heads and legs are removed and then toasted and ground with chile costeño or chile árbol to make a salsa. It has a peanut flavor.

Chicharra (*Proarna sp*) “Locust”

A locust eaten in the area of Yalalag Oaxaca that tastes chicken and has an herbal flavor. Normally it is not eaten on its own and is typically scrambled with eggs and served with a made sauce made from chiles and avocado leaves.

DAY FOUR TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Tamales de Mole Negro (*Oaxacan Black Mole Tamales*)

Garnachas Istmeñas (*Isthmus of Tehuantepec Style Masa Snacks*)

Tostadas de Puerco (*Chiapas Style Shredded Pork Tostadas*)

TEAM TWO

Tamal Jacuane (*Chiapas Style Pepita Seed, Dried Shrimp, and Black Bean Tamal*)

Pescadillas (*Guerrero Style Fish Turnovers*)

Tetelas (*Oaxacan Triangle Shaped Masa Snack*)

Salsa Roja en Molcajete (*Stone Ground Tomato Salsa*)

TEAM THREE

Tamales de Frijol Negro Estilo Oaxaca (*Oaxacan Black Bean Tamal*)

Molotes Oaxaqueños (*Oaxacan Cigar Shaped Antojitos*)

Salsa Verde Cruda con Aguacate (*Raw Tomatillo and Avocado Salsa*)

Memelas con Salsa Roja de Molcajete (*Thin Oaxacan Sopes with Stone Ground Salsa*)

TEAM FOUR

Tamales de Mole Amarillo (*Oaxacan Yellow Mole Tamales*)

Molotes de Plátano Macho (*Isthmus Style Cigar Shaped Plantain Antojitos*)

Frijoles Refritos (*Refried Black Beans*)

Ceviche Estilo Acapulco (*Acapulco Style Ceviche*)

TEAM FIVE

Tamal de Cambray (*Isthmus of Tehuantepec Style Tamal*)

Chilapas Estilo Guerrero (*Guerrero Style Fried Masa Cups*)

Salsa de Chile Pasilla Oaxaqueño (*Oaxacan Pasilla Chile Salsa*)

Horchata estilo Oaxaca (*Oaxacan Style Rice and Almond Milk*)

EXTRAS

Barbacoa Estilo Oaxaca (*Barbacoa Estilo Oaxaca*)

Tortillas de Maíz (*Corn Tortillas Made from Fresh Masa*)

TAMALES DE MOLE NEGRO

OAXACAN BLACK MOLE TAMALES

Yield: 2 ½ dozen

Ingredients	Amounts
Banana leaves (15 ft. fresh leaves)	1 ½ pkg.
Cooked chicken breasts, broth reserved	4 ea.
Fresh corn masa, for tortillas	2 lb.
Pork lard, fresh	1 cup
Mole negro, thick consistency	2 cup
Chicken broth	1 - 2 cup
Salt	2 Tbsp.

Method

1. Place the banana leaves on a cutting board and remove the hard rib with a sharp knife. Take care not to tear the leaves.
2. Boil the banana leaves in a large skillet until they change color, about 10 minutes.
3. Rinse the banana leaves under running water and drain standing up.
4. Pull or cut the chicken into 1 inch pieces.
5. Place the masa in a large bowl add chicken broth and grease from the mole into the masa and work by hand. Add oil from the mole to impart color and gradually add the lard. Knead the masa for 10 minutes or, until the masa pulls away from the bowl. Season to taste with salt.
6. Slice the banana leaves into 10" x 12" rectangles.
7. Place the banana leaf, textured side up, on a work surface. Take a large spoonful of masa and place it in the middle of the banana leaf, working outward with your fingers to spread the masa from the center to the outer edges of the leaf. A paper-thin layer of masa should cover the entire leaf.
8. Place three pieces of chicken in the center of each leaf. Cover the chicken with 2 tablespoonfuls of mole. Fold the bottom third of the leaf to the center of the leaf to cover the chicken and the mole. Fold the top third of the leaf downward to form long rectangle. Take the left and right edges of the rectangle and fold toward the center. Fold the tips of the edges downward to create an extra seal and to prevent the mole from spilling out.
9. Bring salted water to a boil in a steamer or tamalera. The water should reach the bottom of the steamer rack.
10. Place the tamales in a crisscross pattern, leaving space in between each tamal and in the center to allow steam to circulate.
11. Cover the tamales with leftover banana leaves, kitchen towels, and a plastic grocery bag to create a good seal. Cover with a tight fitting lid.
12. Once the water is rolling, reduce the heat to a medium-low heat, and cook the tamales for about 45 minutes or, until the masa easily pulls away from the leaf.

GARNACHAS DEL ISTMO

ISTHMUS OF TEHUANTEPEC STYLE MASA SNACKS

Yield: 24 garnachas

Ingredients	Amounts
Boneless sirloin steak, trimmed, and cubed	$\frac{3}{4}$ lb.
White onion, medium dice	$\frac{1}{2}$ ea.
White onion, finely diced	3 Tbsp.
Garlic cloves, unpeeled	2 ea.
Salt	to taste
Masa for tortillas	2 cup (1 lb.)
Canola oil or lard	2 cup
Queso añejo or fresco, finely grated, or crumbled	$\frac{1}{2}$ cup
 <i>Chilito (Yield: 2 cups)</i>	
Oaxacan chile pasilla, seeds and veins removed	1 ea.
Jalapeño chile, halved and cut to paper thin half moon slices	1 ea.
Carrot, large, cut into 2" ribbons using a potato peeler	$\frac{1}{2}$ ea.
White cabbage, finely shredded	2 cup
Marjoram, dried	$\frac{1}{2}$ tsp.
Oaxacan oregano, dried	$\frac{1}{2}$ tsp.
Apple cider vinegar	2 Tbsp.
Salt	to taste
 <i>Salsa Para Garnachas (Yield: 3/4 cup)</i>	
Oaxacan chile pasilla, seeds and veins removed	4 ea.
Pasilla chile, seeds and veins removed	1 ea.
Beef broth, reserved from garnachas	1 cup
Tomatoes	2 ea.
Lard, or canola oil	1 Tbsp.
Garlic cloves	2 ea.
Salt	to taste

Method: Garnachas

1. Place the meat, onion, garlic and salt in a medium saucepan and barely cover with water. Cook over medium heat until the meat is tender, about 45 minutes. Remove from heat and cool the meat in the broth. Drain the meat, reserving 1 cup of the beef broth for

the salsa. Finely shred the meat and add 3 tablespoons of finely chopped onion. Refrigerate and set aside.

2. Season the masa with salt and divide into 24 balls. Using a tortilla press lined with plastic, make thick tortillas, 1.5 inches in diameter. Briefly cook the tortillas on a comal over medium heat. Remove the undercooked tortillas and split with a sharp knife.
3. Assemble the split tortillas with 2 tablespoons of chopped meat and fry the garnachas in oil. Spoon the oil over the meat until heated through and the garnachas are golden brown.
4. Drain on a paper towel or a wire rack and repeat with remaining garnachas.
5. Garnish each garnacha with, salsa, and lightly sprinkle with cheese. Serve the chilito on the side.

Method: Chilito

1. Soak the Oaxacan chile pasilla in hot water for 5 minutes. Drain and tear into thin strips.
2. Combine all remaining chilito ingredients in a non-reactive bowl and refrigerate for 1 hour. Reserve for garnish

Method: Salsa

1. Soak the chiles in hot water for 15 minutes. Drain and set aside.
2. Heat the broth in a saucepan and cook the tomatoes until soft, about 10 minutes. Drain and set aside.
3. Blend the chiles, tomatoes and broth to a thin salsa. Heat the lard in a sauté pan over medium heat and briefly cook the garlic. Remove the garlic and discard. Add the blended salsa and cook over medium heat. Stir frequently for 10 minutes or until the salsa reduces and darkens in color. Season with salt and serve with garnachas.

Adapted from *My Mexico*, by Diana Kennedy (Clarkson N. Potter, 1998)

TOSTADAS DE PUERCO

CHIAPAS STYLE SHREDDED PORK TOSTADAS

Yield: 8 portions

Ingredients	Amounts
Canola oil	1 ½ cup
White corn tortillas	16 ea.
Refried beans (black or pintos) warm	1 ½ cup
Pork shoulder, cooked and shredded	2 cup
Romaine lettuce, chiffonade	3 cup
Roma tomatoes, thinly sliced	3 ea.
Hass avocados, thinly sliced	2 ea.
Jalapeños chiles en Escabeche, rajas	to taste
Crema mexicana	½ cup
Queso añejo, finely grated	1 cup
Salt	to taste

Method

1. Heat the oil in a deep skillet or a wok. Using tongs deep fry the tortillas one at a time as flat as possible. Turn once and remove when golden brown. Drain on a wire rack to remove excess oil.
2. Spread a thin layer of refried beans on each tortilla. Add a small portion of shredded pork on each tostada, followed by a generous portion of lettuce.
3. Garnish with slices of tomatoes, avocados, jalapeños en escabeche. Lightly drizzle with crema mexicana and finish with grated queso añejo. Season with salt to taste.
4. Serve two per person.

TAMALES DE JACUANE

CHIAPAS PEPITA SEED, DRIED SHRIMP, AND BLACK BEAN TAMAL

Yield: 12 Tamales

Ingredients	Amounts
Banana leaves	3 lb.
Roma tomatoes	3 ea.
Dried shrimp	½ lb.
Pumpkin seeds	½ lb.
Piquín chiles	4 ea.
Turtle beans, cooked	2 cup
Fresh masa for tamales	2 lb.
Lard	½ lb.
Hoja santa leaves, halved	6 ea.
Salt	to taste

Method

1. Place the banana leaves on a cutting board and remove the hard rib with a sharp knife. Take care not to tear the leaves.
1. Boil the banana leaves in a large skillet until they change color, about 20 minutes.
2. Rinse the banana leaves under running water to remove any dirt or white residue. Drain the leaves standing up. Slice the banana leaves into 10"-12" rectangles.
3. Dry roast the tomatoes on a comal set over medium heat.
4. Toast the dried shrimp in a skillet set over medium heat until the shrimp are golden and aromatic. Remove from the skillet and set aside to cool.
5. In the same skillet toast the pumpkin seeds over medium heat. Shake the pan constantly until the pepitas are golden brown. Do not let them burn and set aside to cool.
6. Transfer the tomatoes, shrimp, pepitas, and chiles to a blender and process until smooth.
7. Blend the beans, with some broth in the blender, to make a smooth thick paste.
8. Using a stand mixer beat the lard until it fluffs and becomes pale in color.
9. Add the masa slowly on low speed and mix until incorporated. Season with salt to taste.
10. Place the banana leaf, textured side up, on a work surface and place an hoja santa leaf in the middle of the banana leaf.
11. Form a large tortilla in a tortilla press, place it on top of the hoja santa leaf and spread a layer of the bean paste, then of the shrimp and pepita mixture.
12. Fold the top third of the banana leaf downward to form a long rectangle. Take the left and right edges of the rectangle and fold toward the center. Fold the tips of the edges downward to create an extra seal and to prevent the mole from spilling out.
13. Bring salted water to a boil in a steamer or tamalera. The water should reach the bottom of the steamer rack. Line the steamer with left over banana leaves.
14. Place the tamales in a crisscross pattern, leaving space in between each tamal and in the center to allow steam to circulate.
15. Cover the tamales with more leftover banana leaves, and kitchen towels to create a good seal. Cover with a tight fitting lid.

16. Once the water is rolling, reduce the heat to medium-low and cook the tamales for about 45 minutes or, until the masa easily pulls away from the leaf.

PESCADILLAS

GUERRERO STYLE FISH TURNOVERS

Yield: 24 portions

Ingredients	Amounts
Fresh white masa for tortillas	2 lb.
Canola oil	3 Tbsp.
White onion, finely chopped	1 ea.
Serrano chiles, finely chopped	3 ea.
Garlic cloves, finely chopped	2 ea.
Flounder filets, finely chopped	1 lb.
Roma tomatoes, finely chopped	1 lb.
Bay leaves	2 ea.
Cumin seeds	½ tsp.
Cinnamon stick, ½" stick`	1 ea.
Green Manzanilla olives, pits removed, finely chopped	20 ea.
Salt	to taste
Black pepper, freshly ground	to taste
Canola oil	1 ½ cup

Method

1. In a large bowl crumble the masa. Knead a small amount of water into the masa until the dough is smooth, and easy to work with. Let the masa rest for 30 minutes, covered with a damp towel.
2. In a skillet set over medium flame heat 3 tablespoons of oil. Sauté the onion and the chiles for 3 minutes. Add the garlic and sauté for 1 minute. Add the fish and sauté for less than a minute. Add the tomatoes and bay leaves, reduce the heat, and simmer for 10 minutes, or until the tomatoes changes color.
3. In a small skillet dry roast the cinnamon and cumin until fragrant. Cool completely and grind in a spice grinder.
4. When the tomato changes color add the ground spices, Manzanilla olives, and season to taste with salt, black pepper, and a pinch of sugar.
5. Let the mixture simmer until the liquid has evaporated. Set aside to cool.
6. Using a tortilla press lined with plastic bags cut to size make medium size tortillas. Place one tablespoon of fresh mixture in the center of each tortilla and fold to enclose like a turnover. Press the edges with a small amount of water to seal.
7. Heat the oil in a deep skillet or wok over a medium flame. Fry the pescadillas until golden and transfer with slotted spoons to a wire rack to drain.
8. Serve immediately with the salsa of your choice.

Adapted from: *Comida Guerrerense*, by Guía Gastronómica México Desconocido (Editorial Jilguero, 1995)

TETELAS

OAXACAN TRIANGLE SHAPED MASA SNACK

Yield: 24 portions

Ingredients	Amounts
White corn masa, fresh	2 lb.
Black Bean Paste	1 cup
Queso fresco, crumbled	½ cup
Hoja santa leaves, torn in half, optional	4 ea.
Crema mexicana	1/3 cup
Salsa of your choice	1 ½ cup
 <i>Black Bean Paste</i>	
Black beans, cooked	1 cup
Canola oil	1 Tbsp.
White onion, quartered	¼ ea.
Garlic cloves, skins on	2 ea.
Salt	to taste

Method: Tetela

1. Place the masa in a large bowl and crumble the masa by hand. Add water if needed to make the masa pliable. Divide the masa into 2-ounce balls. Cover with a kitchen towel until ready to use.
2. In a tortilla press lined with two plastic rounds place a ball of masa in the center of the plastic and press down firmly. Turn the plastic 180° and gently press again. Leaving the tortilla on the press, peel the top piece of plastic from the tortilla and gently drop the plastic on top of the tortilla. Flip the tortilla so the loosen piece of plastic is resting on the tortilla press and lift the top piece of plastic from the tortilla
3. Place 1 spoonful of bean paste in the center of each tortilla. Using the backside of a spoon evenly spread the paste on the tortilla, leaving a rim around the edge of the tortilla. Sprinkle 2 teaspoons of queso fresco on the tortilla. If you prefer to use hoja santa, place a leaf in the center of the tortilla.
4. To form the tetelas “triangle shaped pouches,” fold the right and left sides of the tortilla toward the center to form the pinnacle of a triangle. Fold the bottom third upwards to enclose the triangle. Rub the seams of the tetela with water.
5. Grab the bottom piece of plastic below the tetela and turn onto the palm of your hand and place the tetela seam side up on a well seasoned comal over medium heat. Flip the tetela to cook seam side down. Cook over low heat until the masa is cooked through on both sides, about 3 - 5 minutes.
6. When fully cooked remove the tetela from the comal and slice the bottom portion open with a serrated knife. Pour 1 tablespoon of crema mexicana inside the tetela and serve with salsa.

Method: Bean Paste

1. Heat the oil in a skillet and brown the garlic cloves and onion. Remove and discard the onion and garlic, reserving the oil.
2. Transfer the cooked beans to a blender and process until smooth. Add water if the bean puree is dry.
3. Add the blended beans to the flavored oil and season with salt to taste. Cook the bean paste for 5 - 10 minutes, or until the bean mixture thickens.

SALSA ROJA EN MOLCAJETE

STONE GROUND TOMATO SALSA

Yield: 1 cup

Ingredients	Amounts
Jalapeño chile	2 ea.
Garlic cloves, unpeeled	1 ea.
Roma tomatoes	2 ea.
Salt	1 tsp.

Method: Salsa Roja de Molcajete

1. Dry roast the chile, garlic and tomatoes on a comal over medium-high heat
2. Remove the garlic when the papery skin begins to brown. Peel and discard the skin. Keep turning the vegetables until soft and blackened on all sides. Remove and set aside.
3. When the chiles are ready, remove and discard the stem. Peel the skin from the jalapeños and slice them in half.
4. Remove the skin and eyes from the tomatoes.
5. First place the chiles and garlic in the molcajete. Add salt, and grind, to make a paste with the volcanic pestle referred to as a "tejolote." Add tomatoes, one at a time, and make a smooth salsa.
6. Season generously with salt to taste.

TAMALES DE FRIJOL NEGRO ESTILO OAXACA

OAXACAN BLACK BEAN TAMAL

Yield: 24 tamales

Ingredients	Amounts
Lard	1 lb.
White corn masa for tamales, fresh	3 lb.
Meat broth	2 cup
Cornhusks, boiled and pat dry	2 pkg.
Oaxacan pasilla chiles, wiped clean, seeds and veins removed	4 ea.
Black Turtle Beans, cooked	1 lb.
Avocado leaves, dried, toasted	4 ea.
Lard	½ cup
Garlic cloves, peeled	2 ea.
White onion, quartered	½ ea.
Hoja santa leaves, halved	12 ea.
Salt	to taste

Method

1. Using a stand mixer beat the lard until fluffy. Slowly add the masa until well incorporated. Add the broth only as needed to form ensure a smooth dough. Season with salt to taste and cover with a cloth to rest for 20 minutes.
2. Cover the chiles pasillas with hot water and soak for 15 minutes. Drain and discard the water.
3. Working in batches, transfer the beans, reconstituted chiles and the avocado leaves to a blender and process to a smooth paste. (Add a small amount of water if necessary.)
4. Heat the remaining ½ cup of lard in a large skillet. Sauté the onion and then the garlic until browned on all sides. Discard the onion and garlic, reserving the seasoned oil in the pan.
5. Heat the seasoned lard over a medium flame and add the pureed bean paste. Fry until the bean paste thickens and reduces. The bean paste should be smooth and thick. Season with salt to taste and set aside to cool.
6. Take each cornhusk and spread 1 ½ tablespoons of masa evenly inside the husk. Place 1 tablespoon of bean paste in the center of the husk and top with a hoja santa leaf. Bring the sides of the cornhusk together and fold to the left or right. Take the top and bottom ends of the cornhusk and fold them toward the center of the tamal, enclosing the filling.
7. Bring salted water to a boil in a tamalera or large steamer lined with cornhusks.
8. Arrange the tamales horizontally inside the steamer, leaving room in the middle and on the sides for the steam to circulate. Cover with more cornhusks, a kitchen towel and a tight fitting lid.
9. Once steaming, reduce the heat to medium low and cook the tamales for about 1 hour. When the masa easily pulls away from the cornhusk the tamales are ready.
10. Serve immediately.

MOLOTES OAXAQUEÑOS

OAXACAN CIGAR SHAPED ANTOJITOS

Yield: 24 molotes

Ingredients	Amounts
Masa harina flour	3 cup
All purpose flour	1/3 cup
Baking powder	1 tsp.
Salt	1 tsp.
Canola oil	2 Tbsp.
Water, tepid	2 ¼ cup
Canola oil	1 Tbsp.
Mexican chorizo, crumbled	¾ lb.
Potatoes, cooked	1 lb.
Salt	to taste
Canola oil, for frying	2 cup
Romaine lettuce, heart leaves	24 ea.

Method: Molotes

1. Using an electric mixer with a paddle attachment combine the masa harina, flour, baking powder and salt. Slowly add 2 tablespoons oil and 2 ¼ cup of water to form a thick masa (the consistency of play-doh). Cover with a damp towel to rest for 30 minutes.
2. Heat 1 tablespoon of oil in a skillet and sauté the crumbled chorizo until well done.
3. Add the cooked potatoes to the chorizo, crushing them with a potato masher, to form a thick potato chorizo mixture. Season with salt to taste, remove from heat and cool.
4. Make small masa balls. Using a tortilla press lined with plastic, make thick 4" diameter tortillas. Place 1 tablespoon of the filling in the center of each tortilla and wrap the edges to form a cigar. Press the tips of each molote to close.
5. Heat 2 cups oil in a deep skillet and fry the molotes until golden brown.
6. Remove and drain on paper towels, set over a rack. Sprinkle the molotes with salt.
7. Serve each molote in the center of a lettuce leaf and garnish with salsa verde con aguacate.

SALSA VERDE CRUDA CON AGUACATE

RAW TOMATILLO AND AVOCADO SALSA

Yield: 1 cup

Ingredients	Amounts
Jalapeño chiles, stems removed, sliced in half lengthwise	2 ea.
Tomatillos, husks removed, quartered	10 ea.
Garlic clove, peeled	1 ea.
White onion, small	¼ ea.
Salt	to taste
Cilantro, sprigs	½ bu.
Avocado small	1 ea.

Method

1. Place all ingredients in a blender, except for the cilantro and avocado. Process until smooth.
2. Season with salt, add the cilantro and avocado and briefly blend until smooth.

Note: the salsa can be made up to six hours prior to serving. To prevent oxidation, cover the salsa with plastic wrap and press the plastic into the surface of the salsa.

MEMELAS CON SALSA ROJA DE MOLCAJETE

THIN OAXACAN SOPES WITH STONE GROUND SALSA

Yield: 24 memelas

Ingredients	Amounts
Fresh Masa	2 cup (1 lb)
Canola oil	2 Tbsp.
All Purpose flour	¼ cup
Salt	½ tsp.
Asiento, optional	4 Tbsp.
Refried beans	1 cup
Queso fresco, crumbled	½ cup
Salsa	¾ cup
<i>Salsa Roja de Molcajete (Yield: 1 cup)</i>	
Jalapeño chile	2 ea.
Garlic cloves, unpeeled	1 ea.
Roma tomatoes	2 ea.
Salt	1 tsp.

Method: Memelas

1. Using a stand mixer, combine the masa, oil, flour, and salt. Divide the dough into 24 small balls and cover with a damp towel.
2. Pre-heat a comal over medium-high heat.
3. Shape each ball into an oval form and place in a plastic lined tortilla press. Press and turn the tortilla around 180 and press again. The tortilla should be 1/8" thick.
4. Peel the masa ovals from the plastic rounds and transfer to the palm of your hand. Cook on the pre-heated comal for 2 minutes on each side.
5. Remove the undercooked tortillas to a work surface and with thumbs gently pressed together, work in a clockwise fashion to form a slight rim around the edge of the tortilla.
6. Serve the memelas with a light layer of the asiento, then a layer of beans, cheese, and salsa.

Method: Salsa Roja de Molcajete

1. Dry roast the chile, garlic and tomatoes on a comal over medium-high heat
2. Remove the garlic when the papery skin begins to brown. Peel and discard the skin. Keep turning the vegetables until soft and blackened on all sides. Remove and set aside.
3. When the chiles are ready, remove and discard the stem. Peel the skin from the jalapeños and slice them in half.
4. Remove the skin and eyes from the tomatoes.
5. First place the chiles and garlic in the molcajete. Add salt, and grind, to make a paste with the volcanic pestle referred to as a "tejolote." Add tomatoes, one at a time, and make a smooth salsa.
6. Season generously with salt to taste.

TAMALES DE MOLE AMARILLO

YELLOW MOLE TAMALES

Yield: 1 dozen

Ingredients	Amounts
Dried cornhusks	2 pkg.
Chicken breasts, poached, broth reserved (1 cup)	4 ea.
Fresh corn masa for tortillas	1 lb.
Lard	½ cup
Hoja santa leaves, fresh	4 ea.
Mole amarillo	3 cup
Salt	to taste

Method

1. Boil the cornhusks for about 30 min, or until soft. Drain and set aside.
2. Coarsely shred the chicken breasts into 1 inch pieces, it should yield about 2 ½ cups.
3. Mix the masa and lard together by hand. Add enough chicken broth to make a soft pliable dough. Add salt to taste.
4. Cover the masa with a damp cloth, and let the dough rest for 20 minutes.
5. Divide the masa into 12 balls and cover with a cloth.
6. Bring salted water to a boil in a tamalera or steamer. The water should reach the bottom of the steaming rack.
7. Place one of the masa balls in the center of a cornhusk and spread it evenly on the entire cornhusk. Place 2 pieces of shredded chicken in the tamal husk and top with a small piece of hoja santa and two tablespoons of mole on top. Bring the sides of the cornhusk together, close the seam and fold the ends of the tamal husk toward the center.
8. Cover the bottom of the steamer with cornhusks and place the tamales on top, in a crisscross pattern to allow the steam to evenly cook all the tamales.
9. Cover the tamales with extra cornhusks, towels, and a plastic grocery bag to create a tight seal.
10. Once the steamer is boiling, reduce the heat to medium cook for 45 minutes, or until the masa pulls away from the cornhusk.

MOLOTES DE PLÁTANO MACHO

ISTHMUS STYLE CIGAR SHAPED PLANTAIN ANTOJITOS

Yield: 8 portions

Ingredients	Amounts
Plantains, not too ripe	2 ½ lb.
Salt	½ tsp.
Queso fresco	1 ½ cup
Canola oil	2 cup
Crema Mexicana	½ cup
Queso Cotija, finely grated	½ cup

Method

1. Peel the plantains and cut into 3 inch pieces.
2. Bring 1 quart of water to a boil in a saucepan, add the salt and plantains and cook over medium heat for 20 minutes or until soft. Drain in a colander.
3. Mash the drained plantains with a potato masher, divide and roll into 16 balls.
4. Using a plastic lined tortilla press, make 3-4 inch circles. Place a small piece of cheese in the center of each circle, overlap the edges to form a “cigar” and pinch the ends to enclose completely.
5. Heat the oil in a skillet and fry the plantain cigars in small batches, turning them until browned all sides. Drain on a wire rack and keep them warm in kitchen towels.
6. Drizzle the molotes with crema and sprinkle with queso cotija. Serve immediately.

Source: *Seasons of My Heart: A Culinary Journey Through Oaxaca Mexico*, by Susana Trilling (Ballantine Books, 1999)

FRIJOLES REFritos

REFRIED BLACK BEANS

Yield: 3 cups

Ingredients	Amounts
Canola oil or lard	½ cup
White onion, quartered	1 ea.
Cooked black beans (with some broth)	4 cup
<i>Garnish</i>	
Queso fresco, finely grated	¼ cup
Totopos (tortilla chips)	2 cup

Method

1. Heat the oil in a heavy 10-12" skillet over medium heat and sauté the onion slices until dark brown and caramelized. Discard the onion.
2. Add the beans to the hot flavored oil. Mash the beans with a bean or potato masher and reduce the heat if necessary. Let the beans dry out slightly and continue stirring with a spatula or flat wooden spoon, scraping the sides of the skillet.
3. Once the beans have cooked down to a paste, flip the beans to form an even log in the middle of the pan. The beans should be moist and shiny, not dry.
4. Slide the bean log onto a platter and garnish with the queso fresco and totopos.

CEVICHE ESTILO ACAPULCO

ACAPULCO STYLE CEVICHE

Yield: 4 cups

Ingredients	Amounts
Medium fleshed fish, skin removed, de-boned	2 lb.
Lime juice, freshly squeezed	1 cup
Tomato juice	1 cup
Dried oregano	1 tsp.
Extra virgin olive oil	4 Tbsp.
White onion, finely diced	½ cup
Roma tomatoes, finely diced	2 ea.
Serrano chiles, finely diced	2 ea.
Green Manzanilla olives	20 ea.
Cilantro, stems and leaves, finely chopped	2 Tbsp.
Hass avocado, diced	1 ea.
Salt	to taste

Method

1. Cut the fish into small cubes, against the grain of flesh and place in a non-reactive bowl.
2. Add the lime juice and toss the fish until well incorporated. Cover with plastic wrap and refrigerate for 3 - 6 hours, or until the fish is "cooked."
3. Mix together the tomato juice, olive oil, oregano, and salt to taste. (Depending on the brand of the tomato juice, you may need to add a small amount of sugar to cut the acidity of the juice.)
4. Before serving drain the fish and mix in the onion, tomato, chiles, olives, cilantro, and prepared tomato juice. Season with salt to taste.
5. Immediately before serving mix in the diced avocado.
6. Serve the ceviche in a wide mouthed glass with totopos or saltine crackers.

Note: any medium fleshed saltwater fish will work in this recipe. The key thing is using the freshest fish possible.

TAMAL DE CAMBRAY

ISTHMUS OF TEHUANTEPEC STYLE TAMAL

Yield: 12 *Tamales*

Ingredients	Amounts
Banana leaves	2 pkg.
Top beef round, cut to 1" cubes	¾ lb.
Pork shoulder, cut to 1" cubes	¾ lb.
Garlic cloves, peeled	4 ea.
White onion, halved	1 ea.
Guajillo chiles, cleaned	6 ea.
Roma tomatoes, chopped	4 ea.
Manzanilla olives, chopped	2 Tbsp.
Capers, chopped	2 Tbsp.
Raisins	2 Tbsp.
Black pepper, freshly ground	½ tsp.
Oregano, dried	½ tsp.
Sugar	1 tsp.
Asiento	½ cup
Lard	½ cup
Fresh white masa for tamales	2 lb.
Broth from the cooked meat	1 cup
Hard boiled eggs	6 ea.
Salt	to taste

Method

1. Cook the banana leaves in hot water for 20-30 min until change color and soften. Remove, and rinse under cold water, removing any dirt or white residue. Remove the hard ribs on outer edge of each leaf and cut into 11" x 14" rectangles.
2. In a stockpot bring salted water to a boil. Add 2 garlic cloves, half of the onion, and the beef and pork. Cook over medium heat until the meat is soft meat, about 1 hour. Remove and cool the meat. Using two forks, press down on the meat to shred. The meat should easily pull apart.
3. Gently toast the guajillo chiles on a comal set over medium heat. Cover with hot water and soak the chiles for 15 minutes. Drain and discard the water.
4. Transfer the chiles to a blender and puree, adding as little water or broth as possible to make a smooth puree. Pass the chile mixture through a fine mesh sieve and reserve.
5. Finely dice the remaining onion and garlic cloves.
6. Heat 2 tablespoons of lard in a skillet and sauté the onion until translucent, about 2 minutes. Add the garlic and sauté for 1 minute. Add the tomatoes and cook for 5 minutes, or until they change color. Add the reserved chile paste and cook for 2 minutes. Add the shredded meat, olives, capers, and raisins to heat through. Season to taste with oregano, black pepper and salt. Remove from heat and let the meat mixture cool.

7. Using a stand mixer beat the lard and the asiento until fluffy. On low speed, add the masa and broth, adding only as much broth as needed to produce a soft dough. Season with salt to taste.
8. Work with one leaf at a time, place 1/3 cup of dough on each banana leaf. Using your fingers spread the masa to form an oval shape in the center of each leaf. Place some of the meat mixture in the center of the masa. Top with 2 thick slices of boiled egg and fold the bottom part of the leaf to cover the filling. Fold the top of the leaf toward the center to enclose the filling and fold each side, left and right toward the center of the tamal (the resulting tamal should be slender and rectangular).
9. Add salted water to the bottom of the tamalera or steamer, line with left over banana leaves and bring to a boil.
10. Arrange the tamales horizontally in the steaming tamalera leaving a hole in the middle to allow for circulation of air. Cover with extra banana leaves, a kitchen towel, and top with a tight fitting lid.
11. Cook the tamales for approximately 1 hour on medium - low heat. Once the tamales are cooked through, the masa should easily pull away from the banana leaf.
12. Serve hot, one tamal per person.

CHILAPAS ESTILO GUERRERO

GUERRERO STYLE FRIED MASA CUPS

Yield: 24 chilapas

Ingredients	Amounts
White masa for tortillas, fresh	1 lb.
Fresh lard	3 Tbsp.
Tomatillos, husked removed, rinsed	1 lb.
Guajillo chiles, wiped clean, seeds and veins removed	5 ea.
Serrano chiles (optional)	2 ea.
Garlic cloves, peeled	1 ea.
White onion, one ½ " slice	1 ea.
Canola oil	1 ½ cups
Pork shoulder, cooked and shredded	½ lb.
Lard	1 ½ Tbsp.
Chipotle chiles en adobo, sliced	4 ea.
Hass avocado, sliced	1 ea.
Crema mexicana	1 cup
Salsa of your choice	1 cup
Salt	to taste

Method

1. In a large bowl break the masa into large chunks and add a small amount of water to soften the dough, kneading the masa until soft and moist.
2. Add the lard and knead the masa until the lard is well incorporated. Cover with a damp towel to rest for ½ hour.
3. Gently toast the chiles on a comal set over medium-low heat. Cover the chiles with hot water and soak for 15 minutes. Drain and discard the water.
4. Place the tomatillos, Serrano chiles, garlic, and onion in a small saucepan. Cover with water and bring to a boil. Once boiling, reduce the heat and continue cooking until the tomatillos and chiles change color.
5. Transfer the chiles, tomatillos, serranos, garlic, and onion to a blender and puree until smooth. Pass the mixture through a small mesh strainer, and season with salt to taste.
6. Heat the lard in a skillet over medium heat and sauté the pork until crispy. Keep warm.
7. In a deep skillet or a wok, heat the canola oil for frying.
8. Divide the masa in 24 one-ounce balls. Using a tortilla press lined with plastic sheets. Make small tortillas in the tortilla press (not too thin).
9. Oil the backside of a 2 ounce ladle. Place the tortilla on the backside of the ladle to form a rounded tortilla and deep fry until the chilapa releases from the ladle (this might require the help of a knife or tongs). Drain on a wire rack to remove excess grease.
10. Assemble the chilapas while they are still hot. Add some shreds of meat, slices of chile, sliced avocado, a dollop of crema mexicana, and salsa to taste. Serve immediately.

Adapted from: *Comida Guerrerense*, by Guía Gastronómica México Desconocido (Editorial Jilguero, 1995)

SALSA DE CHILE PASILLA OAXAQUEÑO

OAXACAN CHILE PASILLA SALSA

Yield: 1 ½ cups

Ingredients	Amounts
Oaxacan pasilla chile, wiped clean, seeds and veins removed	4 ea.
Tomatillos, medium, husks removed and rinsed	10 ea.
Garlic clove, peeled	1 ea.
Salt	to taste

Method: Blender

1. Soak the chiles in hot water for 15 minutes. Drain and set aside.
2. In a medium saucepan, cook the tomatillos and garlic with enough water to barely cover until cooked through, about 10 minutes. Do not let the tomatillos burst open.
3. Transfer the reconstituted chiles, tomatillos and garlic to a blender and process to a smooth salsa. Add some of the liquid from the tomatillos, if needed, to achieve the desired texture. Season with salt to taste.

Method: Molcajete

1. Soak the chiles in hot water for 15 minutes. Drain and set aside.
2. In a medium saucepan, cook the tomatillos with enough water to barely cover until cooked through, about 10 minutes. Do not let the tomatillos burst open.
3. Place the garlic clove with 1 teaspoon salt in the molcajete and grind to a paste with a volcanic pestle, called a “tejolote.”
4. Add the chiles, one by one, and grind until smooth.
5. Add the tomatillos, one by one, and grind until the tomatillos are incorporated into the salsa.
6. Season with salt to taste. Allow the salsa to sit at room temperature until ready to serve so that the flavors have time to develop.

Note: this salsa will keep for 2 days in the refrigerator.

HORCHATA ESTILO OAXACA

OAXACAN STYLE RICE AND ALMOND MILK

Yield: 4 quarts

Ingredients	Amounts
White rice, medium grain, rinsed in a colander	1 ½ cup
Almonds, blanched and peeled	2 cup
Filtered water	3 ½ qt.
Simple syrup	1 ½ cup
Cantaloupe, small dice	1 ½ cup
Pecans, torn into small pieces	2/3 cup
Prickly pear pulp, mashed, strained to remove seeds	1 cup (optional)

Method

1. Soak the rice, almonds, and cinnamon in a container with 6 cups of hot water for 6 hours, or overnight.
2. Blend the rice, almonds, cinnamon, and some of the soaking liquid in the blender. Pass through a fine mesh strainer into a pitcher.
3. Prior to serving, add simple syrup to the horchata and stir well.
4. To serve, place a small serving of cantaloupe and pecans into each glass. If using prickly pear pulp add at this point. Pour the horchata on top.
5. Serve with large spoons or straws to allow the drink to be stirred as the ingredients settle.

Note: for a sugar-free agua fresca use 1 cup of light agave nectar instead of simple sugar. In Oaxaca jiotilla pulp is added to the local horchata. The seeds of the jiotilla are very small and pleasantly crunchy. If using varieties of prickly pears available in the US the seeds may need to be removed, as they are larger and harder to chew.

BARBACOA ESTILO OAXACA

OAXACAN STYLE BARBACOA

Yield: 12 portions

Ingredients	Amounts
<i>Adobo for the Barbacoa</i>	
Guajillo chiles, wipes clean, seeds and veins removed	20 ea.
Garlic cloves, peeled	4 ea.
Black peppercorns	15 ea.
Cloves, whole	4 ea.
Oaxacan oregano, or Marjoram, dried	2 tsp.
White vinegar	1 ½ cup
 <i>Barbacoa Broth</i>	
Guajillo chiles, wiped clean, seeds and veins removed	6 ea.
Roma tomatoes	6 ea.
White onion	½ ea.
Garlic cloves	2 ea.
Carrots, large dice	3 ea.
Potatoes, large dice	2 ea.
Green beans, large dice	¼ lb.
Garbanzo beans	1 cup
Limes	12 ea.
Corn Tortillas	36 ea.
Salsa verde, roja or borracha	1 ½ cup
 <i>Barbacoa</i>	
Goat meat, assorted pieces, including ribs	4 lb.
Salt	to taste
Avocado leaves, fresh	6 cup

Method: Adobo

1. For the adobo toast the chiles on a comal set over medium heat until the skin begins to blister and turn a tobacco color, about 45 seconds. Cover with hot water, and soak for 15 minutes. Drain and set aside.
2. Transfer the reconstituted chiles and remaining adobo ingredients to a blender and puree until smooth. Season to taste with salt and pass the mixture through a fine mesh strainer.

Method: Broth

1. For the broth follow the same instructions for the chiles as in Step 1 of the Adobo method.
2. Transfer the reconstituted chiles, tomatoes, onion, garlic, and 1 ½ liters of water to a blender and puree. Pass the mixture through a small mesh strainer and season with salt to taste. Pour the tomato mixture into a small Dutch oven and add the carrots, potatoes, green beans, and the garbanzos.

Method: Barbacoa

1. Cut the meat into large assorted pieces and rub generously with salt. Let the meat rest for 5 minutes before applying the adobo.
2. Rub the meat with the adobo mixture until well coated on all sides. Reserved the ribs for the broth and cover the remaining pieces of meat with 4 cups of avocado leaves. Use butcher string to secure the leaves to the meat.
3. Place a rack at the bottom of a tamalera or large steamer and fill with salted water. The water should reach the bottom of the rack. Bring the water to a boil over high heat and begin assembling the ingredients inside the tamalera.
4. Place the small Dutch oven with the broth ingredients in the middle of the rack, leaving room on all sides for the steam to circulate. Place a small rack or grate over the Dutch oven. Place 1 cup of avocado leaves on top of the grate and cover with the ribs, placing the fatty side down. Cover the ribs with 1 cup of avocado leaves and place the remaining meat covered in avocado leaves on top. Cover the meat with a banana leaf and then a kitchen towel. Cover with a tight fitting lid and seal the rim of the lid with aluminum foil to create tight seal. Cook on medium high heat for 1 ½ - 2 hours.
5. The meat should be very tender and juicy, almost falling apart.
6. Serve the broth with limes and the meat with warm corn tortillas, salsa, and refried black beans topped with crumbled queso fresco.
7. Garnish the plate with slices of avocado, tomatoes, white onion, radishes, and a Romaine lettuce leaf.

DAY FIVE: ANTOJITOS FROM THE YUCATAN PENINSULA AND VERACRUZ

LEARNING OBJECTIVES

By the end of this day you should be able to...

- Prepare the most common antojitos from the Yucatan peninsula and Veracruz like: panuchos, gorditas de frijol, pambazos, and tamales
- Recreate a traditional style cochinita pibil for a commercial kitchen environment
- Learn about the Maya style pit cooking technique called a “pib”
- Understand and appreciate the flavor profiles of the habanero and x-ca-tic chiles and how they are used in the cuisines of the Yucatan peninsula

LEARNING ACTIVITIES

Lecture and Discussion
Demonstrations
Hands-On Production
Product Evaluation

KEY TERMS

<i>Achiote</i>	<i>Pib</i>	<i>Encurtido</i>
<i>Barbacoa</i>	<i>Cochinita pibil</i>	<i>Chaya</i>
<i>Veracruzana</i>	<i>Recados</i>	<i>Habanero</i>
<i>Chiltomate</i>	<i>Salsa tamulada</i>	<i>Panuchos</i>
<i>Dzotobichay</i>	<i>Sour orange juice</i>	<i>Salbutes</i>
<i>Escabeche de Pavo</i>	<i>Tamul</i>	<i>Tortillas de Frijol</i>
<i>Empanada</i>	<i>Tzic</i>	<i>Tortillas de Pepita</i>
<i>Jaiba</i>	<i>Tamarindo</i>	<i>X-ni-pec</i>
<i>Venado</i>	<i>Tamales colados</i>	
<i>Pepita seeds</i>	<i>Pan de cazon</i>	

INSTRUCTOR DEMONSTRATIONS

Forming Panuchos and Gorditas de Frijol
Preparing Jalapenos chiles for stuffing
Assembling Dzotobichay tamales
Rolling the dough for Pambazos

SUGGESTED READING ASSIGNMENTS

General Glossary of Antojitos (pg. 7)

General Glossary of Mexican Meats (pg. 19)

MAP OF THE YUCATAN PENINSULA AND VERACRUZ



DAY FIVE TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Empanadas de Jaiba (*Veracruz Style Blue Crab Turnovers*)
Salsa X-ni-pec (*Habanero Citrus Salsa*)
Tzic de Venado (*Shredded Venison Salad*)
Tortillas de Frijol (*Black Bean Corn Tortillas*)

TEAM TWO

Gorditas de Frijol (*Veracruz Style Fried Black Bean Masa Cakes*)
Frijoles Negros para Gorditas (*Black Bean Paste for Gorditas*)
Cebollas Encurtidas (*Pickled Yucatecan Red Onions*)
Cochinita Pibil (*Pit Roasted Pork Marinated in Achiote and Sour Orange Juice*)
Camarones en Barbacoa Veracruzana (*Veracruz Style Barbacoa Shrimp*)

TEAM THREE

Dzotobichay (*Yucatecan Chaya Leaf Tamal*)
Chiltomate (*Yucatecan Tomato Salsa*)
Chiles Jalapeños Rellenos (*Jalapeño Chiles Stuffed with Chicken Picadillo*)
Ceviche Verde (*Green Mexican Ceviche*)

TEAM FOUR

Pambazos (*Veracruz Style Sandwiches*)
Salsa Tamulada (*Stone Ground Yucatecan Salsa*)
Escabeche de Pavo (*Yucatan Style Rubbed Turkey*)
Tortillas de Pepita (*Pepita Seed Tortillas*)

TEAM FIVE

Pan de Cazón (*Layered Bean Shredded Fish and Tortilla Casserole*)

Frijoles Refritos (*Black Refried Beans*)

Pib X-Ca-Tic (*Yucatecan X-Ca-Tik Chiles Stuffed with Cochinita Pibil*)

Panuchos (*Yucatan Style Masa Antojitos*)

EXTRAS

Agua de Tamarindo (*Tamarind Flavored Water*)

Tortillas de Maíz (*Corn Tortillas made from Nixtamal*)

EMPANADAS DE JAIBA VERACRUZ

VERACRUZ STYLE BLUE CRAB TURNOVERS

Yield: 24 empanadas

Ingredients	Amounts
All purpose flour	1 ½ lb.
Baking powder	2 Tsp.
Salt	2 tsp.
Eggs	4 ea.
Lard	6 oz.
Water	½ cup
Canola oil	3 cups
Olive oil	4 Tbsp.
Roma tomatoes, finely chopped	4 lb.
White onion, finely chopped	2 ea.
Garlic cloves, finely chopped	4 ea.
Crabmeat, cooked, shredded, picked free of shells	16 oz.
White wine vinegar	2 Tbsp.
Jalapeño chiles, thinly sliced	3 ea.
Salt	to taste

Method

1. Combine the flour, baking powder, and salt. Empty the flour mixture on a clean work surface. Make a well in the center and mix in the eggs one by one, working in a circular motion with a fork. Add the lard and then the water. Work the dough with your fingertips until it is soft and pliable. Place in a bowl with a damp towel and let it rest for half an hour.
2. In a sauté pan, heat the olive oil over moderate heat. Sauté the onion and jalapeno chiles for two minutes, then add the garlic sauté for 1 min. Add the tomatoes and cook until they change color, about 10 minutes. Add the crabmeat, and the vinegar. Season with salt to taste. Reduce the heat to a simmer and cook until the liquid evaporates. Remove from the heat and set aside to cool.
3. Knead the rested dough and divide into 24 equal portions. Lightly flour a work surface and roll each ball with a rolling pin to 1/8 inch thickness. Make neat circles using a round cookie cutter, about 4.5" in diameter.
4. Place two tablespoons of stuffing in the center of each circle. Seal the edges with water and press with a fork to completely seal the empanadas.
5. Heat the oil in a deep skillet over medium-high heat and fry until golden brown, about 4 minutes. Drain on a wire rack to remove excess oil.
6. Serve immediately.

Adapted from: Alquimias y Atmosferas del Sabor, by Carmen Ramirez de Gollado (Editorial RM, 2001)

SALSA X-NI'PEK'

HABANERO CITRUS SALSA

Yield: 1 ½ cups

Ingredients	Amounts
Habanero chiles, whole, stem removed	6 ea.
Garlic cloves, unpeeled	2 ea.
Orange juice	1/3 cup
Mexican lime, freshly squeezed	1/3 cup
Grapefruit, freshly squeezed	1/3 cup
Water	½ cup
Salt	to taste

Method

1. Dry roast the chiles and garlic on a comal or skillet. Remove the chiles once blistered on all sides.
2. Remove the garlic when the papery skin, begins to brown. Peel and discard the blistered skin of both the garlic and the chiles.
3. Transfer the garlic, chiles, juices, and ½ cup of water to a blender. Puree until smooth.
4. Season with salt to taste.

Note: this salsa can be made in a molcajete by grinding the chiles, garlic, and salt into a paste. Thin the salsa with the citrus juices and omit the water.

TZIC DE VENADO

SHREDDED VENISON SALAD

Yield: 8 portions

Ingredients	Amounts
Venison, or beef, top round	2 lb.
Roma tomatoes, small dice	2 ea.
Red onion, finely diced	½ ea.
Radishes, finely diced	10 ea.
Cilantro, soft stems and leaves, finely chopped	1/3 cup
Orange juice, freshly squeezed	1/3 cup
Lime juice, freshly squeezed	¼ cup
White vinegar	1 Tbsp.
Oregano, dried	1 tsp.
Salt	to taste
Corn tortillas	24 ea.
Salsa Tamulada	1 cup

Method

1. Place the venison in a Dutch oven, cover with water, and bring to a boil. Season with salt to taste. Cook until the meat is tender, about 1 hour. Remove from the heat and let cool. Shred the meat into long strip.
2. In a non-reactive bowl mix together the shredded meat, tomatoes, radishes and cilantro.
3. In a separate bowl, mix together the freshly squeezed juices, vinegar, oregano, and salt to taste.
4. Toss all the ingredients together and serve at room temperature with warm tortillas and Salsa Tamulada.

TORTILLAS DE FRIJOL

BLACK BEAN CORN TORTILLAS

Yield: 20 tortillas

Ingredients	Amounts
Black beans, cooked	¼ lb.
Fresh white masa for tortillas	1 lb.
Table salt	to taste

Method

1. Drain the beans, reserving the broth.
2. Using a potato masher, mash the beans.
3. Break the masa into large pieces and add the mashed beans. Season with salt to taste. Gradually add the bean broth, as needed, to keep the masa moist.
4. Divide the masa into 24 balls and cover with a moist towel.
5. Cut two plastic rounds to fit the tortilla press from a light supermarket plastic bag.
6. Place both rounds in the tortilla press and form 30 equal size balls.
7. Heat a well seasoned comal over medium high heat.
8. Place each ball between the two plastic rounds, press slightly, turn 180°, and press again to form a thin tortilla.
9. Take the tortilla between the plastic pieces and place it in your left hand (if you are right handed). Peel off the top piece of plastic. Transfer the tortilla to your right hand - fingers closed together (not on your palm) and remove the other plastic round.
10. Carefully slide the tortilla over the comal and cook for several seconds, until the tortilla begins to cook on the outer edges. Flip with a thin spatula and cook slightly longer on the other side and flip again. The top layer of the tortilla should start separating from the bottom layer, making a large bubble in the middle of the tortilla.
11. Immediately transfer the tortillas to a kitchen towel and keep warm until served.

GORDITAS DE FRIJOL

VERACRUZ STYLE FRIED BLACK BEAN MASA CAKES

Yield: 20 gorditas

Ingredients	Amounts
Fresh white corn masa	1 ¼ lb.
Lard	3 Tbsp.
Salt	to taste
Black Bean Paste for Groditas	1 cup
Canola oil or lard for frying	1 ½ cup
Tomato salsa of your choice	1 ½ cup

Method

1. Mix the masa, lard and salt together. Add a small amount of water if the masa is dry. The dough should be sticky and difficult to handle.
2. Roll the dough into 20 one-ounce balls.
3. In a prepared tortilla press with two plastic rounds press one of the balls out to a circle just over 5 inches in diameter. Carefully lift the top bag off; pick up the second plastic circle and carefully loosen the dough. Do not remove it. Set the second bag down and cut out 2 circles with a cookie cutter 2 ½ inches in diameter. Put 1 teaspoon of the bean paste on one of the circles and fold the plastic over with the second circle of dough so that it matches and covers the filling. Press the edge lightly to seal.
4. Repeat the process with the remaining masa and use the left over scraps to form 4 more balls.
5. Heat the oil or lard in a small skillet set over medium heat. Carefully place the gorditas in the hot oil and fry until the underside is crisp and golden. Turn over and fry on the second side, about 2 minutes on each side. Drain on a wire rack to remove excess oil.
6. Serve immediately.

Source: *My Mexico: A Culinary Odyssey*, by Diana Southwood Kennedy (Clarkson Potter Publishers, 1998)

FRIJOLES NEGROS PARA GORDITAS

BLACK BEAN PASTE FOR GORDITAS

Yield: 1 ¼ cup

Ingredients	Amounts
Black Turtle beans	1 cup
White onion	¼ ea.
Garlic clove	1 ea.
Avocado leaves, toasted until crisp	8 ea.
Salt	to taste

Method

1. Rinse the beans well under running water. Cover with water and cook the beans with the onion and garlic until tender. Discard the onion and garlic and season with salt to taste.
2. Drain the beans reserve the broth for another use.
3. Crumble the leaves into a spice grinder, removing any tough stems. Grind to a fine powder.
4. Put the drained beans into a food processor, add the avocado leaf powder, and blend to a textured paste. The paste should be quite dry.

Adapted from: My Mexico: A Culinary Odyssey, by Diana Kennedy (Clarkson Potter Publishers, 1998)

CEBOLLAS ENCURTIDAS

PICKLED YUCATECAN RED ONIONS

Yield: 1 ½ Cup

Ingredients	Amounts
Red onions, quartered, thinly sliced lengthwise	1 lb.
Seville (sour) orange juice*	1 ¼ cup
Apple cider vinegar	2 Tbsp.
Habanero chile, thinly sliced	1 ea.
Oregano, dried	½ tsp.
Salt	to taste

Method

1. Rinse the onion in hot water. Place the onions in a non-reactive glass jar and add the remaining ingredients.
2. Press the onions down, to cover with the juice. Make sure the onion is covered by the juice mixture.
3. Marinate for at least 12 hours.
4. Store in the refrigerator for up to 2 weeks.

Note: as a substitute to Seville (sour) orange juice, combine 1 cup orange juice with ½ cup lime juice.

COCHINITA PIBIL

PIT ROASTED PORK MARINATED IN ACHIOTE AND SOUR ORANGE JUICE

Yield: 8 portions

Ingredients	Amounts
Black peppercorns	10 ea.
Canela, Mexican cinnamon, 1" stick	1 ea.
Oregano, dried	1 tsp.
Cumin seeds, whole	½ tsp.
Cloves	3 ea.
Allspice, ground	¼ tsp
Orange juice	¼ cup
Lime juice	2 Tbsp.
Bitter orange juice	½ cup
Achiote paste, crumbled	3 oz
Salt	1 Tbsp
Garlic cloves, coarsely chopped	3 ea.
Pork shoulder, cut into 2" pieces	3 lb.
Onion white, quartered, sliced	1 ea.
Banana leaves, fresh or frozen	½ pkg.
<i>Garnish</i>	
Cebollas Encurtidas	2 cup
Warm Corn Tortillas	24 ea.

Method

1. Place all the spices and herbs in a spice grinder and grind to a fine powder. Blend the spice mixture, juices, achiote paste, salt, and garlic cloves until smooth.
2. Toss the pork and onion together in a bowl and add the marinade. Marinate in the refrigerator for at least 1 hour, preferably overnight.
3. Discard the tough edge of the banana leaves. Rinse under cold water and pat dry.
4. Using tongs, quickly pass the banana leaves over an open flame. They should soften and change color. Flip each leaf and repeat in the other side.
5. Preheat the oven to 350° F.
6. Line a hotel pan with the banana leaves, allowing room for the leaves to overhang.
7. Pour the marinated pork and onions into the bowl, making sure to scrape all the marinade with a spatula.
8. Top the pork with another banana leaf and tuck the overhanging leaves into the pan. Use the remaining leaves to cover the pork and seal with heavy duty aluminum foil.
9. Bake for about 2 hours. The meat should be pull apart with a fork. Return to the oven if necessary, covering it tightly again and cooking until the meat falls apart.
10. Remove the cochinita from the oven and let it rest for 10 minutes.
11. Coarsely shred the meat with two forks and transfer to a serving bowl.
12. Present the Cochinita Pibil inside of a cooked banana leaf and garnish with the Cebollas Encurtidas. Serve with warm corn tortillas.

CAMARONES EN BARBACOA VERACRUZANA

VERACRUZ STYLE BARBACOA SHRIMP

Yield: 8 portions

Ingredients	Amounts
Guajillo chiles, wiped clean, seeds and veins removed	2 ½ oz.
White onion, roughly chopped	½ ea.
Garlic cloves, roughly chopped	3 ea.
Cumin seeds, whole	½ tsp
Black peppercorns, whole	6 ea.
Large shrimp, shells and intestine removed	48 ea.
Lager beer	1 cup
Hoja santa leaves, torn into small pieces	3 ea.
Banana leaves, fresh or frozen	10 ea.
Salt	to taste
Corn tortillas	48 ea.

Method

1. Gently toast the chiles over a comal set over medium heat. Cover the chiles with hot water and soak for 15 minutes. Drain and discard the water.
2. Transfer the chiles to a blender and puree with the onion, garlic, cumin, and black pepper. Add enough water to make a smooth puree. Pass the mixture through a small mesh strainer into a bowl.
3. Mix the beer into the barbacoa sauce, mix in the shrimp, cover and refrigerate for at least two hours.
4. Wash the banana leaves with cold water and remove the tough outer edge. Cut the leaves in 2 ½ inch squares.
5. Bring water to a boil in a large saucepan and boil the banana leaves until they change color, about 10 minutes. Drain the leaves and wipe away any white residue if using frozen leaves.
6. Prepare a steamer with salted water and bring to a simmer.
7. Place 2 shrimp in each banana leaf square, add a small piece of hoja santa and fold to close. Secure the bundles with a banana leaf string.
8. Arrange the shrimp bundles in the steamer allowing for a hole in a center. Cover with aluminum foil and a tight fitting lid.
9. Once steaming, reduce the heat and cook the shrimp for about 15-20 minutes, or until cooked through.
10. Serve immediately with warm corn tortillas

Adapted from: *Alquimias y Atmósferas del Sabor*, by Carmen Ramírez Degollado (Editorial RM, 2001)

DZOTOBICHAY

YUCATECAN CHAYA LEAF TAMAL

Yield: 8 tamales

Ingredients	Amounts
Pumpkin seeds, raw, unhulled	½ cup
Pumpkin seeds, raw, hulled	¼ cup
Boiled eggs, sliced crosswise	3 ea.
White corn masa for tortillas	12 oz
Lard	4 oz.
Salt	to taste
Chaya leaves, or Swiss chard leaves	16 ea.
Plus more for lining the steamer	6 ea.
Chiltomate	1 cup

Method

1. Toast the unhulled pumpkin seeds in a sauté pan set over medium heat. Shake the pan until the seeds change color, about 5 minutes. Add the hulled pumpkin seeds to the sauté pan and keep stirring until all the seeds are toasted and golden brown. Remove from the heat and immediately transfer to a baking sheet to cool.
2. Once the seeds are cooled, grind in a spice grinder until finely ground.
3. Fill a steamer with salted water and bring to a simmer.
4. Prepare the Swiss chard leaves by removing the tough center rib with a knife. Pass the leaves briefly over the steaming water to soften and cool.
5. Using a stand mixer, beat the lard on medium speed until light and fluffy. Slowly add the masa and mix until well incorporated.
6. Divide the dough into 8 portions and roll into balls.
7. To assemble the tamales, lay the Swiss chard leaves on a work surface. Put a ball of masa in the center of each leaf. Press the ball down with your hands until the masa is spread out in a thin even layer, about a 4" x 3" rectangle.
8. Sprinkle the masa with some of the pumpkin seed powder and arrange two egg slices in the center running the length of the tamal. Roll the tamal horizontally folding the outside ends into the tamal to form a log.
9. Place the tamales in a hot steamer lined with left over Swiss chard leaves. Lay the tamales down horizontally and cover with a kitchen towel to form a tight seal.
10. Cover with a tight fitting lid and let the tamales steam for 45 minutes, or until the masa easily pulls away from the Swiss chard leaf.
11. Serve immediately with the Chiltomate.

Note: Chaya is a dark green leafy green, similar to Swiss chard that is ubiquitous throughout the Yucatan peninsula.

Adapted from: *The Art of Mexican Cooking*, by Diana Southwood Kennedy (Bantam Books, 1989)

CHILTOMATE

YUCATECAN TOMATO SALSA

Yield: 1 ¼ cup

Ingredients	Amounts
Roma tomatoes, whole	1 lb.
Canola oil	2 Tbsp.
White onion, small, sliced	¼ ea.
Salt	to taste
Chile habanero, whole	1 ea.

Method

1. Dry roast the tomatoes on a comal set over medium heat until charred and blistered. Remove the blistered skin.
2. Transfer the tomatoes to a blender process briefly, a few seconds. Do not liquefy the tomatoes.
3. Heat the oil in a saucepan set over medium heat and sauté the onion until soft. Add the blended tomatoes and the whole habanero chile.
4. Season with salt to taste and reduce the sauce over medium-low heat until reduced by half.
5. Serve warm with the Dzutobichay, tamales.

Source: *The Art of Mexican Cooking*, by Diana Southwood Kennedy (Bantam Books, 1989)

CHILES JALAPEÑOS RELLENOS

JALAPEÑO CHILES STUFFED WITH CHICKEN PICADILLO

Yield: 24 jalapeños

Ingredients	Amounts
Jalapeño chiles, with stems	24 ea.
Piloncillo, grated	2 Tbsp.
Salt	1 tsp.
Canola oil	2 Tbsp.
Roma tomatoes, finely diced	5 ea.
White onion, finely diced	$\frac{3}{4}$ ea.
Garlic cloves, finely diced	2 ea.
Green Manzanilla olives, chopped	28 ea.
Raisins, chopped	3 Tbsp.
Chicken breast, boiled, shredded	9 oz.
Salt	to taste

Method

1. Prepare the chiles by making a T-shaped incision running from the shoulders to the pointed tip of the chiles.
2. Fill a saucepan with water, 3 inches high, and bring to a boil. Add the piloncillo $\frac{1}{2}$ teaspoon salt, and stir until dissolved. Add the chiles and reduce the heat to a simmer. Cook until the chiles are almost tender, about 6 minutes.
3. Drain the chiles and cool. Carefully remove the seeds of the chiles using a small spoon. Set aside in a hotel pan until ready to assemble.
4. Heat the oil in a sauté pan over medium heat. Sauté the onion for 2 minutes, then add the garlic and cook for minute. Add the tomatoes and sauté until they change color and the juices begin to evaporate. Add the chopped olives, raisins, and shredded chicken. Season with salt and cook until the juices are evaporated. Set aside to cool.
5. Stuff the chiles with the chicken picadillo, reshaping the chiles in the process. The chiles should be generously filled.
6. Serve three chiles per person slightly chilled.

CEVICHE VERDE

GREEN MEXICAN CEVICHE

Yield: 8 portions

Ingredients	Amounts
Mahi Mahi, 3/4" cubes	3 lb.
Lime juice, freshly squeezed	½ cup
Tomatillos, husks removed, rinsed, small dice	1 lb.
Green Manzanilla olives, pits removed finely diced	24 ea.
White onion, finely diced	1 ea.
Jalapeño chiles, finely diced	2 ea.
Hass avocados, firm, small dice	2 ea.
Cilantro, leaves and stems, finely diced	1 bu.
Extra virgin olive oil	½ cup
Salt	to taste
Ground black pepper	to taste
 <i>Garnish</i>	
Totopos or saltine crackers	for serving

Method

1. Place the cubed fish in a non-reactive bowl. Add the lime juice and toss well. Cover and refrigerate for 1 hour.
2. Remove the "cooked" fish from the refrigerator add the tomatillos, olives, onion, chile, avocado, cilantro and olive oil. Season with salt to taste.
3. Serve in individual glass bowls or goblets.
4. Serve cold with totopos or saltine crackers.

Adapted from: *Alquimias y Atmósferas del Sabor*, by Carmen Ramírez Degollado (Editorial RM, 2001)

PAMBAZOS COMPUESTOS

VERACRUZ STYLE SANDWICHES

Yield: 16 pambazos

Ingredients	Amounts
All purpose flour	½ lb.
Butter	1 Tbsp.
Lard	1 Tbsp.
Eggs, whole	2 ea.
Baking powder	½ tsp.
Salt	½ tsp.
Whole milk	as needed
Canola oil	1 ½ cup
Red potatoes, cooked, and diced	¾ lb.
Chorizo	1 cup
Chipotle chiles in adobo, thinly sliced	to taste
Romaine lettuce, finely shredded	1 bu.
Canola oil	1 ½ cup

Method

1. Mix the flour, baking powder and salt, mix in the butter and lard, until resembles coarse meal, mix in the eggs one at a time, add enough milk to make a nice, soft dough. Form into a flat ball, cover with a damp kitchen towel, and let it rest for ½ hour.
2. Heat 1 Tbsp of oil in a skillet, add the chorizo and fry it, until is thoroughly cooked, remove and set aside, Reserve the remaining fat.
3. Fry the potatoes in the remaining fat, until crispy, mix in the chorizo, season with salt, reserve warm.
4. Sprinkle a little flour in the working surface, and roll out the dough with a rolling pin, until it is ¼ inch thick, cut ovals with an oval shape 2" cookie cutter. Make a slight x mark at the top of each oval.
5. Heat the oil or lard in a deep skillet or a wok over medium heat and deep fry the pambazos, bathing them with the hot oil until they inflate and become lightly golden. Drain on paper towels.
6. Split the pambazos in half, leaving one side still attached, stuff them with the potato chorizo mixture and top with the shredded lettuce, crumbled cheese, and chipotle chiles to taste.
7. Serve immediately. Serve two per person.

Note: there are three ways to make Pambazos: the rolls can be fried, like in the recipe above; baked in the oven; or, baked and then fried.

SALSA TAMULADA

STONE GROUND YUCATECAN SALSA

Yield: 1 cup

Ingredients	Amounts
Habanero chiles, whole, with stems	20 ea.
Orange juice	¼ cup
Lime juice	¼ cup
Salt	to taste

Method

1. Dry roast the chiles on a comal or skillet set over medium heat until the chiles are blistered on all sides and cooked through. Remove the stems from the chiles.
2. Using a molcajete, grind the chiles in batches with 2 teaspoons of salt. Once the chiles are well ground mix in the juices.
3. Season with salt to taste and serve in the molcajete.

Adapted from: *Comida Yucateca Guía Gastronómica No. 2*, by México Desconocido (Editorial Jilguero, 1994)

ESCABECHE DE PAVO

YUCATECAN STYLE RUBBED TURKEY

Yield: 8 portions

Ingredients	Amounts
Black peppercorns	16 ea.
All spice berries	6 ea.
Whole cloves	4 ea.
Cumin seeds	1 tsp.
Dried oregano	1 tsp
Garlic cloves, dry roasted	8 ea.
Apple cider vinegar	1 ½ Tbsp.
Turkey chicken breast, skin on	3 lb.
White onion	½ ea.
Garlic cloves, peeled`	3 ea.
Black peppercorns	6 ea.
Cumin seeds	½ tsp.
Bay leaves	2 ea.
All purpose flour	1 Tbsp.
White onion, thinly sliced	1 ea.
Banana wax peppers, roasted, sliced into rajas	5 ea.
Lard or canola oil	¼ cup
Apple cider vinegar	¼ cup
Salt	to taste

Method

1. Using a molcajete, grind the black peppercorns, all spice, cloves and cumin. Add the oregano, garlic, and salt, and continue grinding until a paste is formed. Add vinegar and transfer the rub to a container, cover and refrigerate at least 2 hours.
2. Bring 2 quarts of salted water to a boil, add the turkey, onion, garlic, and the rest of the seasonings, reduce the heat, and let the turkey simmer until cooked through.
3. Remove the turkey breasts portions, from the broth, slice the breasts in individual portions, and set aside to cool, strain the broth, reserve.
4. Rub the turkey breast with the recado on the skin side. Marinate for 1 hour, uncovered.
5. Dust with flour the seasoned skin side of the turkey breasts,
6. Rinse the onion under running water, drain and set aside with the rajas de chile.
7. Set a sauté pan over medium heat, add the lard or oil, lay the turkey pieces skin side down, and fry until crispy, drain on paper towels, and keep warm.
8. Return the pan to the heat, add the onion and chile, coo for 4 minutes, until the onion is translucent add the vinegar, reserved broth and the leftover seasoning paste, stir to dissolve, simmer to blend the flavors, check for salt.
9. Garnish the warmed turkey with the onion chile mixture.

Adapted from: Authentic Mexican, by Rick Bayless (William Morrow and Co, 1987)

TORTILLAS DE PEPITA

PUMPKIN SEED TORTILLAS

Yield: 3 ½ dozen

Ingredients	Amounts
Pumpkin seeds	8 oz.
White corn masa, fresh	1 ½ cup
Salt	to taste

Method

1. Toast the pumpkins seeds in a skillet over low heat, until slightly golden. Remove and set aside to cool.
2. Place the pepitas in small batches in a spice grinder, and process until pulverized.
3. Mix the masa with enough warm water to make it soft and pliable.
4. Mix the ground pepitas and salt into the masa. Add more water if necessary as the pepitas tend to dry out the masa.
5. Form 30 balls that are equal in size and cover with a damp towel.
6. Place a seasoned comal or skillet over medium high heat.
7. Place each ball between the two plastic rounds, press slightly, turn 180°, and press again to form a thin tortilla.
8. Take the tortilla between the plastic pieces and place it in your left hand (if you are right handed). Peel off the top piece of plastic. Transfer the tortilla to your right hand - fingers closed together (not on your palm) and remove the other plastic round.
9. Carefully slide the tortilla over the comal and cook for several seconds, until the tortilla begins to cook on the outer edges. Flip with a thin spatula and cook slightly longer on the other side and flip again. The top layer of the tortilla should start separating from the bottom layer, making a large bubble in the middle of the tortilla.
10. Immediately transfer the tortillas to a kitchen towel and keep warm until served.

Adapted from: Recetario Maya del Estado de Yucatán Cocina Indígena y Popular No. 17, by CONACULTA (CONACULTA, 2000)

PAN DE CAZÓN

LAYERED BEAN SHREDDED FISH AND TORTILLA CASSEROLE

Yield: 8 portions

Ingredients	Amounts
Refried beans	1 ¼ cup
Chiltomate	4 ¼ cup
White corn tortillas	16 ea.
Orange juice, freshly squeezed	4 Tbsp.
Lime juice, freshly squeezed	2 Tbsp.
Epazote leaves, finely chopped	7 ea.
Dogfish, mahi mahi or shrimp(cleaned)	16 oz.
Salt	to taste

Method

1. Preheat the oven to 350°F.
2. Keep the beans and the chiltomate warm.
3. In a small bowl, mix the juices together.
4. Bring 3 cups of salted water to a boil, add half of the juice mixture, half of the epazote, and the fish or cleaned shrimp. Cover and simmer for 10 minutes .
5. Drain off the liquid, remove the fish or shrimp and break or shred into small pieces. Transfer to an ovenproof bowl, season with salt and toss with the remaining juice and epazote. Cover with foil and set in the oven.
6. Oil two baking sheets with four tortillas each. Spread each tortilla with 2 tablespoons of beans, 2 tablespoons of the warm fish or shrimp mixture and a spoonful of the chiltomate. Top each serving with a second tortilla and spread another spoonful of chiltomate over it.
7. Cover with foil and bake just to heat through, about 8 minutes.
8. Transfer to individual plates and ladle the remaining sauce on top of each one.

Adapted from: *Authentic Mexican*, by Rick Bayless (William Morrow & Co Inc., 1989)

FRIJOLES REFritos

REFRIED BLACK BEANS

Yield: 3 cups

Ingredients	Amounts
Canola oil or lard	½ cup
White onion, quartered	1 ea.
Cooked black beans (with some broth)	4 cup
<i>Garnish</i>	
Queso fresco, finely grated	¼ cup
Totopos (tortilla chips)	2 cup

Method

1. Heat the oil in a heavy 10-12" skillet over medium heat and sauté the onion slices until dark brown and caramelized. Discard the onion.
2. Add the beans to the hot flavored oil. Mash the beans with a bean or potato masher and reduce the heat if necessary. Let the beans dry out slightly and continue stirring with a spatula or flat wooden spoon, scraping the sides of the skillet.
3. Once the beans have cooked down to a paste, flip the beans to form an even log in the middle of the pan. The beans should be moist and shiny, not dry.
4. Slide the bean log onto a platter and garnish with totopos.

PIB-X-CA-TIC

YUCATECAN X-CA-TIC CHILES STUFFED WITH COCHINITA PIBIL

Yield: 8 portions

Ingredients	Amounts
Banana wax chiles	16 ea.
Cochinita Pibil	2 ½ cup
Chiltomate	2 cup
Salt	to taste
<i>Garnish</i>	
Cebollas Encurtidas	1 ½ cup

Method

1. Dry roast the chiles on a comal over medium-high heat until blistered on all sides.
2. Peel away the blistered skin of the chiles and using a knife, make an incision running the length of the chile. Carefully remove the seeds and set aside.
3. Heat the cochinita pibil and the chiltomate over medium-low heat in two separate sauce pans.
4. Stuff the chiles with the cochinita, taking care not to stuff too much.
5. Ladle the chiltomate into one large serving dish or onto individual serving plates. Arrange two chiles per person on the plate or in the serving dish.
6. Garnish with the cebollas encurtidas, and serve immediately.

Adapted from: *Comida Yucateca, Guía Gastronómica No. 2*, by México Desconocido (Editorial Jilguero, 1994)

PANUCHOS

YUCATAN STYLE MASA ANTOJITOS

Yield: 24 Panuchos

Ingredients	Amounts
White fresh masa for tortillas*	1 lb.
Frijoles Colados	1 ½ cup
Hard boiled eggs	2 ea.
Canola oil or lard	1 ½ cup
Pavo en Escabeche, Cochinita Pibil, or Chorizo Maya, cooked	2 ½ cup
Lettuce, finely shredded	2 cup
Roma tomato, thinly sliced	4 ea.
Cebollas Encurtidas	2 cup

Method

1. Form 24 balls with the masa, slightly larger than 1 inch in diameter. Cover the masa and the formed balls under plastic wrap or a damp towel to prevent the masa from drying.
2. Cut two plastic rounds to fit the tortilla press from a light plastic supermarket bag.
3. Place both rounds in the tortilla press and form 30 equal size balls.
4. Heat a well seasoned comal over medium high heat.
5. Place each ball between the two plastic rounds, press slightly, turn 180°, and press again, to form a thin tortilla.
6. Take the tortilla between the plastic pieces and place it in your left hand (if you are right handed). Peel off the top plastic piece, transfer the tortilla to your right hand -fingers close together (not on your palm) and remove the other plastic round.
7. Carefully slide the tortilla over the comal and cook for several seconds, until the tortilla begins to cook on the outer edges, be sure the tortillas inflate, if this is not happening try pressing the tortilla with a towel so it will separate. You will need to make an incision in the inflated part, about 1 inch wide.
8. Spread one tablespoon of the beans inside the pouch and one egg slice.
9. Heat a skillet with oil or lard.
10. Line a baking sheet with paper towels or a wire rack.
11. Warm the meat and arrange the cebollas encurtidas, shredded lettuce and sliced tomato handy.
12. Fry the panuchos one at a time, flipping them to fry both sides evenly. With tongs or slotted spoons drain the excess of fat in the skillet, then transfer the panuchos to the paper towels to drain.
13. Cover them with the warmed meat, lettuce, tomato, and cebollas encurtidas
14. Serve immediately.

Note: it might be good to have a little more masa at least the first time, as some expertise is required to make the tortillas to inflate

AGUA FRESCA DE TAMARINDO

TAMARIND FLAVORED WATER

Yield: 4 quarts

Ingredients	Amounts
Tamarind pods, hard shell removed	16 oz.
Filtered water	4 qt.
Sugar	$\frac{3}{4}$ cup

Method

1. Soak the tamarind pods in warm water to soften.
2. Transfer the pods to a fine mesh strainer. Place the strainer firmly on top of a wide mouth pitcher. Mash the tamarind pods with a wooden pestle.
3. Blend the tamarind pulp, sugar and water in batches.
4. Serve cold.

Note: for a sugar-free agua fresca use $\frac{3}{4}$ cup light agave nectar.

GLOSSARY OF KEY TERMS & INGREDIENTS

Acitrón

Candied biznaga cactus (*Echinocactus grandis*). Used in cooked dishes from central Mexico, especially *picadillo*, the ground meat stuffing. Candied pineapple makes a good substitute.

Adobada/ Adobado

When an item is prepared “adobada” or “adobado” style, it typically has been coated with a chili marinade, then baked, broiled, fried or roasted.

Adobo

A cooking paste or marinade made with vinegar, oregano, garlic and sometimes tomatoes. It can be red or green. Red *adobo* typically includes guajillo and ancho chilies. Used as both a sauce and a curing marinade in Mexico. Typical ingredients may include chile, vinegar, tomato, herbs, and spices.

Agua fresca

Non alcoholic beverage, made with almost any fruit, but also can be made with dried flowers, almonds, or rice; served very cold.

Almendras

Almonds. In Mexican cooking whole, blanched almonds are always used.

Albóndigas

Spanish name for “meatballs.” In Mexico, meatballs are usually seasoned with chiles and simmered in a fresh tomato sauce.

Amaranth

This super-grain is a native of Mexico. With its balanced proteins, it offers more nutritional value than true grain. Amaranth was highly esteemed by the Indians and was given by the tons to the Aztec rulers in annual tribute.

Antojito

A term for the popular snacks found on every street corner of Mexico, which often take the place of a formal meal. Most but not all are made of masa and are the dishes many foreigners think of as Mexican food, such as tamales, tacos and enchiladas. If they are served before a meal, they are called *entremeses*. *Botana* is the name for a snack served with drinks.

Asiento

Fat obtained from the bottom of the vat used for frying chicharron (pork cracklings).

Atole

A pre-Columbian beverage usually made with masa, water or milk, and sugar. Crushed fruits, nuts or chocolate may be added. Some versions replace the masa with ground rice or fresh corn. *Atole* is a favorite accompaniment for tamales.

Avocado (*Persea Americana*)

Hass avocados are the closest domestic variety to the tender-skinned wild Mexican avocado called *criollo*. The small *criollo* variety (*Persea Americana var drymiroloa*) has an intense toasted-anise flavor. The leaves of the *criollo* variety are used as an aromatic herb.

Avocado leaves

Aromatic leaves from the Mexican avocado tree, with a flavor that is akin to anise. They may be used slightly dried, whole or ground and are typically found dried in the United States. If whole, they are often toasted first; in other recipes, they are ground and added to a sauce.

Banana leaves

Leaves from the banana tree, used for wrapping and flavoring; they are never eaten. They impart a distinctive herbal flavor to foods encased in them, and they are often used to wrap tamales. Wash the leaves, then store between layers of moist towels to retain their moisture and flexibility.

Barbacoa

Pit-cooked lamb or kid wrapped in aromatic leaves and steamed over a simmering broth. *Barbacoa* is flavored with maguery leaves in Jalisco and central Mexico and with avocado leaves in Oaxaca.

Cacahuate

Peanuts are not actually nuts, they are legumes. Originally native to South America peanuts were traded with Mesoamerican cultures well before the conquest as the Spanish word for peanut is derived the Nault word *cacahualt*.

Cacao

The seeds of a tropical tree, *Theobroma cacao*, that form into large pods. The seeds are harvested, fermented, roasted and ground to form the base for chocolate and the hot beverage cocoa. Highly prized and used as both a tribute and only in pre-Columbian cultures. Originally native to Brazil.

Caldillo

A light cooked tomato sauce used to accompany a chile relleno.

Caldo, or Chicken broth

Very light broth made by cooking the chicken in salted boiling water, with onion and garlic. Strained, but not reduced.

Camote

A chestnut-flavored sweet potato typically eaten fried, roasted or stewed, or cooked in various sweets.

Camote Poblano

A sweet made from sweet potatoes boiled in simple syrup for a long time and can be flavored with different fruits.

Canela (*Cinnamomum zeylanicum*)

True Ceylon cinnamon or Mexican soft cinnamon. Exclusively used in savory Mexican dishes and should not be substituted with the harder *cassia* variety. This is the only variety of cinnamon that is used in Mexican cooking.

Cazuela

Earthenware cooking vessel widely used in the regional cuisines of Mexico. If seasoned properly, cazuelas can be used over direct heat and in the oven. Many cooks enjoy the efficiency of cazuelas since they can go from stove top to oven to table.

Cebollitas de Cambray

Similar in appearance to scallions, these tiny round onions have a green top. Usually grilled or dry roasted and served with meats.

Cecina

Salted and partially dried beef or pork that is cut with the grain to form long sheets. Popular in both Puebla and Oaxaca and also referred to as tasajo.

Cemita

Sesame seed rolls made in Puebla and Cholula and a popular used to make regional tortas served with papaloquelite, a wild Mexican green with a pungent, strong flavor.

Champurrado

Masa-based atole flavored with chocolate that is popular in Oaxaca.

Chaya (*Cnidoscolus chayamansa*)

The large leafy green eaten throughout the Maya regions of Southern Mexico and the Yucatan. Used in soups, with eggs, or to wrap tamales. Substitute Swiss chard.

Chayote (*Sechium edule*)

A thin-skinned squash with a pear shape that is native to Mexico. Also known as mirliton (especially in Louisiana) and vegetable pear. Most chayotes are light green with smooth skin, but some Mexican groceries carry the dark green variety covered with spiky hairs. Another white variety is grown and consumed in Mexico.

Chía (*Salvia hispanica*)

Small grey seed used for a refreshing agua fresca called “agua de limón con chía.

Chochoyotes

Round masa dumplings made with a slight indentation. Served with moles, beans or soups. Can be cooked in the same dish or in broth and added at the last minute, to keep them intact.

Chepil (*Crotolaria longirostrata*)

A delicate herb with small, thin leaves, used mostly in southern Mexico. It grows in cornfields and is used in squash blossom soup, rice dishes and tamales.

Chicharrones

Crisp, deep-fried sheets of pork rind, typically served as a snack.

Chilacayota

The fruit of a climbing plant of the *Cucurbitaceae* family, with brilliant yellow flowers similar to those of most squashes and pumpkins. When the fruit is small and tender, it is prepared as a vegetable. As the fruit matures, the skin hardens to a rind and the color changes to a flecked dark green. Both the thick flesh of the mature fruit and the spaghetti-like interior strands can be candied or made into an agua fresca de chilacayota sweetened with piloncillo.

Chile Paste or Chile Puree

The result of pureeing chiles in the blender or on a metate, with very little or no liquid. Chile pastes should be passed through a fine mesh strainer to remove any skin and seeds.

Chiles en Escabeche

Chiles preserved in a mixture of vinegar, oil, herbs, bay leaves, onion, garlic, carrots, and sometimes a sweetener like piloncillo. Common examples of preserved chiles are: jalapenos en escabeche, serranos en escabeche, chipotles/moritas en escabeche

(made with piloncillo), prepared with onion, garlic, carrots, fresh, or dried herbs, spices in a marinade made with vinegar and oil.

Chipotles en Adobo

Chipotle chiles preserved in an adobo sauce. Readily available throughout the US and Mexico canned.

Chirmolera

Clay vessel lined with hard lines or edges that is used to grind chiles and other ingredients for moles in Oaxaca.

Chorizo

In Mexico, chorizo is a spicy fresh pork sausage flavored with an adobo made up of herbs spices, red chiles and vinegar. It must be cooked before eating, and it crumbles easily once cooked. In Oaxaca, chorizo is typically less fatty or greasy than the chorizo consumed in Central and Northern Mexico.

Cilantro (*Coriandrum sativum*)

Known as Chinese parsley. In Mexican cooking, cilantro should always be chopped with the leaves and soft stems, discarding any woody stems.

Comal

A pre-Hispanic cooking utensil, made of clay, which is a flat disk. Clay comales must be seasoned with slaked lime prior to using. Comals are used for cooking tortillas, making masa based antojitos and dry roasting ingredients. A cast-iron skillet or griddle is a good substitute.

Corn Husks

The dried papery outer covering of corn, used for wrapping tamales.

Crema Mexicana

Lightly soured and thickened cream similar to French crème fraîche in texture and flavor. Flavor will vary throughout Mexico depending on the brand. It is a full-fat cream and can be boiled.

Epazote (*Chenopodium ambrosioides*)

A Native herb from Mexico. It has slender, elongated, serrated leaves Epazote is almost always cooked in a dish rather than sprinkled on raw. It is essential to the cooking of central and southern Mexico and is almost always added to black beans and has a strong earthy flavor.

Equites

Corn kernels cooked with epazote.

Escabeche

A preserving technique brought to the Americas by the Spanish. Originally an Arabic dish meaning to preserve with vinegar and sugar. Vegetables, such as onions and peppers, are often prepared escabeche-style and served as a side relish or condiment.

Estofado

Generic name given to a stew whereby meats are seared and then braised in a sauce over low heat.

Flor de calabaza

See squash blossoms.

Guava/Guayaba (*Psidium guajava*)

Native to Mexico. Very fragrant plum-sized fruit with a thin, yellowish green skin and flesh that ranges from off-white to pale red. It can be eaten raw or cooked.

Gusano de maguey (*Aegiale hesperiaris*)

Prized worms that eat from the heart of the maguey plant. Considered to be an aphrodisiac, they are dried and used as flavoring. Tiny red gusanitos are favored in Oaxaca, where they are coated with salted chile powder and strung to dry in market cheese stalls. Gusanos de maguey are commonly eaten in a taco with guacamole.

Hierba de Conejo (*Tridax coronopifolium*)

“Rabbit herb” is used in Oaxaca for preparing black beans.

Hierbas de olor

Herb bouquet of bay leaf, thyme, and Mexican oregano.

Hoja santa (*Piper auritum*)

Also called *hierba santa*, or *acuyo* in Veracruz, or *momo* in Chiapas. Large, heart-shaped, velvety leaf with a pronounced anise flavor. It is a member of the same family as black pepper and is used as a seasoning in southern Mexico. Some refer to it as the root beer plant.

Hominy

Consumed both dried and fresh. Comes from the Nahuatl word *cacahuazintle* meaning peanut kernel maize. Dried hominy is boiled with slaked lime (calcium oxide) and fresh hominy cooked without slaked lime is used for Mexican *pozole*.

Hongos

Wild mushrooms are prevalent throughout Mexico's tropical pine forests. Dozens of varieties are consumed in the early fall or rainy season and are used in quesadillas, moles, tamales and in soups. Mushrooms are a popular food among the indigenous people who must survive on what they can collect and grow in their milpas.

Horchata

A cold, milky beverage made with ground rice, Mexican canela, sugar, and almonds, coconut meat, or melon seeds. You may want to strain horchata through a fine mesh sieve to prevent the drink from becoming too thick or sludgy.

Huauzontle (*Rumex alpinus*)

Sometimes referred to as wild Mexican broccoli. Usually served as a *torta de huauzontle* - battered, fried and served with a caldillo de tomate or cooked tomato sauce.

Huitlacoche/Cuitlacoche (*Ustilago maydis*)

A mushroom-like fungus that grows on fresh corn and comes from the Nahuatl word *cuitatl*, meaning excrement. Considered a delicacy in pre-Columbian times as it is today. In Mexico cuitlacoche is consumed fresh, but in the United States it is sold both frozen and canned. Beware of the quality of frozen product that is overly uniform and looks like corn kernels.

Jamaica (*Hibiscus rosa-sinensis*)

Although it resembles a dried flower, *jamaica* is actually the dried calyx (the part that covers the flower before it opens) from a red hibiscus flower. The quintessential *agua fresca*, the jamaica flower is prepared as a tart tea, sweetened with sugar, and served ice cold.

Jicama (*Pachyrhizus erosus*)

Native Mexican tuber that comes from the Nahuatl word *xicama*, meaning sweet vegetable eaten raw. In Mexico, jicama come into season in the falls and should have a thin papery skin that is easily scratched (akin to fresh ginger). Also look for jicamas that feel solid and heavy. Commonly eaten as a botana with lime and chile salt.

Jicara

Hollow shell of a squash gourd used in Oaxaca to serve a regional cacao-based drink called tejate.

Jiotilla (*Escontria chiotilla*)

Fruit produced by the cactus *e. chiotilla* native to the Mixteca area of Oaxaca. Commonly made into a *nieve* in Oaxaca.

Jitomate (*Lycopersicon esculentum*)

Roma tomatoes are the most common type of tomato used in Mexican cooking.

Lard

Rendered pork fat. In Mexico, lard is rendered at high temperatures, giving it a roast pork flavor. The commercially packaged lard available in the U.S. has little flavor; look for butchers in Hispanic markets who render their own.

Lime, slaked

Calcium hydroxide, known in Spanish as *cal*. Always used to prepare masa dough because it softens the skin of the dried maize kernels. Quicklime (calcium oxide) is also used for the same purpose but it must be slaked, or soaked in water, before using.

Mexican chocolate

Typically sold in chocolate tablets and made by grinding cacao beans with almonds, sugar and Mexican canela. Sweeter than Oaxacan chocolate. In Mexican cooking, chocolate tablets are used exclusively for hot chocolate and mole, never eaten as candy.

Mexican limes (*citrus aurantiifolia*)

Small, sweet and tart green limes referred to as limones in Mexico and the -green limes known as Key limes in the United States. The juice is tarter than the sweeter, larger Persian lime (*citrus latifolia*).

Mexican oregano

Among these are a long-leafed oregano (*Lippia graveolens*) in the North; and a milder, minty one (*Lippia berlandieri*) in Oaxaca. In the Yucatan, the oregano has a much larger leaf that turns tobacco-brown when dried. Mexicans use only dried oregano. The leaves are dried whole and crumbled when used.

Maguey (*Agave spp.*)

Succulent plants grown throughout Mexico. There are more than 100 species. The stem of one species produces a sap that is fermented and distilled to make the alcoholic beverage *pulque*. Other species produce Tequila, mezcal, and sotol. Tequila is produced from the *Agave tequilana*. Mezcal is produced from the *Agave angustifolia*.

Mamey (*Pouteria sapota*)

A tropical oval fruit with fuzzy brown skin and creamy orange-pink meat with a flavor that mingles persimmon and pear. Mamey is called *zapote* in the Mexican states of Tabasco and Yucatan. It can be cut in half (it has a central pit) and eaten from the shell like an avocado or scooped out and used in desserts and shakes.

Masa harina

Fresh corn masa that has been dried and ground to a powder. The flour is manufactured all over the world - including Europe, China, Latin America and the United States. The flour must be reconstituted with warm water to make masa dough.

Metate/Mano

The *metate* is a flat, sloped, three-legged volcanic slab that has been used for thousands of years in Latin America for grinding corn, chiles, cocoa and other ingredients. The *mano* is the companion hand implement; it resembles a rolling pin with tapered ends. A metate must be seasoned by countless uses and hours of grinding. Mexican cooks use to the word *domar* (i.e.. to train a horse) to refer to seasoning of a metate.

Mezcal

An alcoholic drink similar to tequila but generally less refined and smokier, due to the smoking of the *piñas*, agave hearts. Mexico's most famed mezcal comes from Oaxaca.

Miltomates (*Physalis Ixocarpa*)

Tiny wild tomatillos found in Oaxaca. They are known for their intensely sweet-tart, deeply complex flavor. In Oaxaca the word "miltomate" is also used to refer to a regular tomatillo.

Molcajete y Tejolote

A pre-Columbian volcanic rock mortar (molcajete) and pestle (tejolote). The etymology of the word molcajete can be traced back to the nahuatl word "molcaxitl" which literally translated means vessel for grinding salsa.

Mole

Comes from the Nahuatl word *molli* or *mulli* meaning a chile-based mixture or sauce. A pre-Columbian dish that benefited greatly from Spanish, introduced ingredients and trans Atlantic trade with the Manilla Galleons. Some of Mexico's more famous mole include *mole poblano* from Puebla and Oaxaca's seven famous moles *mole negro*, *mole rojo*, *mole coloradito*, *mole chichilo*, *mole verde*, *mole amarillo*, and *manchamanteles*.

Molinillo

A carved wooden implement used to beat chocolate. Loose wooden rings on the top help to create friction and froth in liquids. Commonly used in Oaxaca and used since pre-Columbian times where it was called “amaxcocóatl.

Nance (*Byrsonima crassifolia*)

Small, sweet fruit native to the Americas. Often eaten raw or preserved in sugar syrup.

Nieve

Literally means “snow,” the word is associated with Mexican ice cream and sorbets. A *nieve* can be made only with fruit, sugar and water, or it may include eggs, milk, or evaporated milk.

Nixtamal: Half-cooked dried hominy cooked with slaked lime to soften the corn kernels ready to be ground into masa.

Nogada

White sauce made with walnuts for the Chiles en Nogada, a regional dish from Puebla eaten in August and September when the newly harvested walnuts and pomegranate seeds are in season.

Nopales (*Opuntia spp.*)

Also called *nopalitos*, these are the paddles from some varieties of prickly pear cactus. Small, thin paddles are preferred over larger ones; the thick-skinned paddles from ornamental cactus or from the larger cactus grown for fruit are not used. Cactus paddles are covered with small thorns, which must be removed before using.

Olives

Green Manzanilla olives dominate Mexican cooking. Olives are commonly mixed with raisins and almonds and represent the Spanish/Moorish influence of Mexican cuisine.

Olla

Refers to a clay pot used to cook stews and beans in Mexico. Once a pot is seasoned, beans come out tasting creamier than if cooked in a conventional pot.

Pan dulce

Sweet rolls made throughout Mexico, they are eaten for breakfast and merienda (Mexican tea).

Panela

Alternative name for *piloncillo*, (Mexican brown sugar) used in southern Mexico. Panela is commonly formed into large flat disks as opposed to narrow cones.

Picadillo

Ground or shredded meat mixture that usually contains tomato, onion, garlic, dried fruit, nuts and spices. Used as a stuffing for chiles rellenos.

Picadillo Oaxaqueño

Regional shredded pork or chicken filling containing tomato, garlic, onion, almonds, raisins, olives and capers.

Piloncillo

Commonly shaped into small truncated cones, piloncillo is unrefined sugar. Its flavor lies somewhere between dark brown sugar and molasses. It is grated or chopped for use, or made into a syrup. Look for it in Latin American markets, or substitute dark brown sugar.

Pepitas

Pumpkin seeds are used throughout Mexico, especially in the southern states. Thick-shelled types are sold shelled. Thin-shelled seeds are ground shell and all, yielding sauces with a slightly gritty consistency. They are frequently toasted before use. *Pipián verde*, a green pumpkin-seed sauce, is a specialty of Puebla.

Plantains (*Musa xparadisiaca*)

Referred to as *plátanos machos* are larger thick-skinned relatives of the familiar banana. When under ripe or half-ripe, they are starchy and are typically fried or boiled like potatoes. When completely ripe, they are black-skinned, soft and much sweeter. Unlike bananas, they are always cooked – never eaten raw.

Prickly Pear Fruits

Produced by the *Opuntia Ficus* and Engelmann cactus; native to Mexico. The most common prickly pear fruits in Mexico are called “tunas” and are consumed both green (under ripe – *Opuntia ficus indica*) and red (ripe- *Opuntia Robusta*) with seeds punctuating the entire pulp. “Xoconostles” (*Opuntia lasiacantha*) are smaller, sour fruits with seeds only in the middle of the fruit. In the northern Mexican desert and the American Southwest the small magenta colored fruit of the Engelmann nopal also has seeds in the entire pulp. Other less common varieties exist and prickly pear fruits provide a large portion of vitamins and beta-carotene to indigenous people in Mexico.

Pulque

An ancient drink made from the fermented sap of the century plant (*Agave atrovirens*, *A. americana*). It is rich in amino acids, with minerals, salts and natural sugar. Considered to be one of the principal elements in the diet of the indigenous people of central Mexico from pre-Columbian times, along with corn and chilies. The milky white, mildly alcoholic drink varies in strength by age. It has a sour, earthy, fruity flavor with a slightly slimy consistency. *Aguamiel* is pure agave juice and a favorite of children.

Quelites (*Geranic chenopodium album*)

Wild edible greens found throughout Mexico and comes from the Nahuatl word *quilitl*, meaning edible green. Quelites are country cousins to both *epazote* and the wild Mexican broccoli *huauzoncle*.

Quesillo de Oaxaca (*Amaranthus hypochondriacus*)

A mozzarella cheese that is stretched and formed into long coils that are sold moist, wrapped in balls. Nothing quite compares to the chewy consistency, fresh acidity, and mild saltiness of true Oaxacan string cheese, making it so versatile and unique in the Mexican kitchen.

Queso fresco

Mexican farmer's cheese made with raw milk. Queso fresco should be slightly salty and tangy. This cheese is most commonly used as a garnish.

Quintoniles

Amaranth greens.

Rajas

Refers to strips of chiles - usually roasted. In Oaxaca, rajas de chile con limon are served with the mole amarillo and the mole chichilo. In Puebla, rajas poblanas are consumed as a botana or an appetizer.

Shrimp, dried

Referred to as camarones secos and play a large role in the coastal cuisines of Mexico, especially those of Oaxaca.

Sopa Aguada

Broth based soup.

Sopa Seca

Rice or pasta dish served in Mexico.

Sopa de Tortilla

Ubiquitous brothy soup seasoned with chile and garnished with fried tortillas strips.

Squash Blossoms

Referred to as Flor de Calabaza in Mexico and commonly used as a filling in quesadillas. Mainly consumed from the *calabacita india* or the Mexican calabacita squashes.

Tamal

Comes from the Nahuatl word “tamalii” meaning a steamed masa “bread” wrapped in leaves. Tamales are made both with and without lard and can be wrapped in dried corn husks, fresh corn leaves, banana leaves, leafy green/Swiss chard leaves, and hoja de milpa (cornstalk leaves) and reeds. As a rule of thumb, use a proportion of 3:1 (masa to lard) and float a masa ball in a glass of water prior to steaming to ensure it floats to the top.

Tamalera

Vessel for steaming tamales that has an elevated perforated bottom to hold the tamales several inches above the steam. For restaurant applications a commercial steamer may be used in lieu of a tamalera.

Tamarindo (*tamarindus indica*)

Native to Africa and introduced to Mexico in the sixteenth century. Loaded with beta-carotene, the sticky and sour pulp of the tamarind pod is used in Mexican cooking for sweets, agua frescas, and for contemporary sauces.

Tasajo

A type of salted dried meat that is eaten in Oaxaca. This same meat is referred to as cecina in other parts of Mexico.

Tejate

Traditional frothy corn cacao drink served cold in Oaxaca’s markets. Ingredients include corn, ashes, two types of cacao, a fragrant flower referred to as “florecita de cacao” (not to be confused with the flower from the cacao tree), mamey seeds, and sugar. Tejate is hand frothed in a special green clay cazuela called “apaxtle.”

Tequila

Produced only from *agave tequilana*, commonly referred to as blue agave. According to the legal denomination of origin tequila can only legally be grown in five Mexican states: Jalisco, Michoacán, Guanajuato, Tamaulipas, and Nayarit. Look for Tequilas that bear the “100% Agave” label as they contain no fillers like sugar to flavor the tequila.

Tasajo

Also called referred to as cecina. *See* cecina.

Tlayudas

Large, chewy corn tortilla made in Oaxaca. Measures 12 inches in diameter and is eaten as an antojito in Oaxaca with toppings such as asiento, beans, Oaxacan chorizo, and cheese.

Tomatillo (*Physalis*)

Technically a gooseberry but referred to both in English and in Spanish as a green tomato. Raw, tomatillos are tart and acidic while cooked tomatillos are more subdued. The papery husk can be soaked in water and the liquid used as a natural baking powder for tamales. In Central and Southern Mexico, a small varietal called a “miltomate” that is green and purplish in color is highly prized for salsas and other regional dishes.

Tortilla press

Look for a tortilla press that is made of a hard wood like mesquite or Encino. Wooden presses produce more uniform tortillas. Cast metal or aluminum presses are more commonly found in the United States.

Totopos del Istmo

Crispy corn tortilla speckled with small holes that is made in a Tandori style oven, commonly used in the Isthmus of Tehuantepec.

Totopos Dulces

Crispy corn tortilla made by mixing together the corn, meat of the cocoyoles (a palm seed), piloncillo and refined sugar.

Tototmoxle

Nahuatl name for dried corn husks, commonly used to wrap tamales.

Vanilla (*Vanilla planifolia*)

Technically the pistil of an orchid. Long, slender bean pods, referred to as “vainas,” are native to Papantla, Veracruz. Used as a tribute in pre-Columbian times and requires fermentation prior to drying to extract the notable characteristics associated with vanilla.

Verdolaga (*Portulaca oleracea*)

Purslane grows wild in Mexico is considered a common quelite. Consumed cooked in stews or moles de olla or raw in salads.

Vinegar

The most common form of vinegar used in Mexico is a mild and slightly sweet, white sugar cane vinegar called “vinagre de caña.” Many Mexican cooks make their vinegars from pineapple or banana skins, adding piloncillo to facilitate the natural fermentation of the natural sugars in the fruit.

Xoconostle

See prickly pear fruit

Zapote Prieto/ Zapote Negro (*Diospyros digyna*)

Native fruit than has a green colored skin and black colored flesh. Eaten when very ripe and soft. Should have a velvety texture and is sometimes sweetened with sugar or mixed with orange juice

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RECIPE INDEX

A

Agua Fresca de Jamaica.....	59
Agua Fresca de Limón con Chia.....	120
Agua Fresca de Melon.....	88
Agua Fresca de Tamarindo.....	165

B

Barbacoa Estilo Oaxaca.....	153
Bocoles con Salsa Verde Cruda.....	97

C

Caldo Cantinero de Camarón.....	57
Camarones en Barbacoa Veracruzana.....	152
Cebollas encurtidas.....	150
Ceviche de Mariscos Estilo Sonora.....	33
Ceviche Estilo Acapulco.....	147
Ceviche Verde.....	156
Chilapas Estilo Guerrero.....	150
Chiles Jalapeños en Escabeche.....	74
Chiles Jalapeños Rellenos.....	155
Chilorio.....	53
Chiltomate.....	154
Chorizo de calamar.....	58
Chorizo Maya.....	38
Chorizo Oaxaqueño.....	42
Chorizo Verde.....	47
Cochinita Pibil.....	151

D

Dedos de Charro.....	85
Dzotobichay.....	153

E

Empanadas de Jaiba Veracruz.....	144
Enchiladas de Mole Poblano.....	118
Enchiladas Estilo Aguascalientes.....	69
Enchiladas Potosinas.....	73
Enchiladas Suizas.....	107
Enchiladas Tultecas.....	51
Ensalada de Nopales Estilo Sonora.....	54
Escabeche de pavo.....	159
Esquites.....	119

F

Flautas de Pollo.....	70
Frijoles de la Olla.....	100
Frijoles Maneados.....	34
Frijoles Negros para Gorditas.....	149
Frijoles Puercos.....	40
Frijoles Refritos.....	146, 162

G

Garnachas del Istmo.....	131
Gorditas de Frijol.....	148
Gorditas Rellenas Estilo Nuevo León.....	56
Guacamole del Bajío.....	79
Guacamole Tradicional.....	109

H

Horchata Estilo Oaxaca.....	152
Huitlacoche Guisado.....	105

M

Machacado Ranchero Estilo Coahuila	35
Memelas con Salsa Roja de Molcajete.....	143
Molletes	110
Molotes de Plátano Macho.....	145
Molotes Oaxaqueños.....	141
Molotes Potosinos.....	77

N

Nopal Asado Relleno de Queso	86
------------------------------------	----

O

Ostiones en Escabeche.....	39
----------------------------	----

P

Pambazos Compuestos.....	157
Pan de Cazón	161
Panuchos.....	164
Pastes de Real del Monte	106
Pescadillas.....	136
Pib-x-ca-tic	163
Pico de Gallo de Jalisco	87

Q

Quesadillas de Flor de Calabaza	115
Queso Botanero.....	121
Queso Fundido.....	104

R

Rajas Poblanas	99
<i>Recipe Name</i>	75, 157
Relleno de Carne Deshebrada.....	55
Relleno de Frijoles Refritos	44

S

Salsa Borracha.....	101
Salsa de chile chipotle	84
Salsa de Chile de Árbol.....	36, 76
Salsa de Chile Pasilla Mexicana.....	116
Salsa de Chile Pasilla Oaxaqueño	151
Salsa Mexicana.....	49, 111
Salsa Roja en Molcajete	139
Salsa tamulada.....	158
Salsa Verde Cruda.....	50, 71
Salsa verde cruda con aguacate	142
Salsa X-ni'pek'.....	145
Sincronizadas	98
Sopes de Chorizo.....	113

T

Tacos de Carnitas	83
Tacos de Hongos Guisados	114
Tacos de Machaca de Camarón	43
Tacos de Pescado Estilo Baja California	48
Tacos de Requesón.....	112
Tamal de Cambrey	148
Tamales Barbones	45
Tamales de Frijol Negro Estilo Oaxaca.....	140
Tamales de Jacuane.....	134
Tamales de Mole Amarillo.....	144
Tamales de Mole Negro	130
Tamales Norteños.....	41
Tetelas	137
Tinga Poblana.....	103
Tlayoyos.....	102
Tortas Ahogadas.....	81
Tortas de Jamón y Queso Fresco.....	117
Tortillas de Frijol.....	147
Tortillas de Harina.....	37
Tortillas de Harina Estilo Chihuahua	46
Tortillas de Masa Harina	80
Tortillas de Pepita.....	160
Tortillas Verdes de Maíz	72

Tostadas de Pollo.....75
Tostadas de Puerco133
Tzic de Venado.....146

U

Uchepos..... 78

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