

## Recipes for Mexican Cooking Lesson

(for the Youtube videoclick: [http://www.youtube.com/edit?o=U&video\\_id=9arX5ubi-i5g](http://www.youtube.com/edit?o=U&video_id=9arX5ubi-i5g) )

### **TORTILLAS MADE WITH FRESH MASA**

#### **Tortillas de masa fresca**

(makes 14 tortillas)

Tortillas are the most versatile food, both ingredient and utensil, a main or side dish. Cut into pieces, they become chilaquiles; folded in half, quesadillas or empanadas; with formed edges and asiento, memelas; fried crisp they are tostadas; rolled they are tacos. And according to the sauce you put on them, they can be turned into enmoladas, entomatadas, enfrijoladas or enchiladas.

#### **Ingredients**

2 cups (14 oz/410 g) masa harina flour (lime treated corn flour)

Water

Mix the flour and water into a dough. The dough should be slightly elastic and damp. Warm a comal or a large cast iron frying pan, but do not grease it.

To make a tortilla, take a little dough and round it into the size of a golf ball. For a normal-sized tortilla, approximately 4½ -5 in (10-13 cm) in diameter, you need 1 oz (30 g) of dough. Cover the hand press with an 8 x 8 in (20 x 20 cm) piece of transparent plastic. Put the dough ball in the centre and another piece of plastic the same size on top of it and close the press, applying normal pressure. The harder you press, the thinner the tortilla. For memelas, apply less pressure to make a tortilla 3 in (7 cm) in diameter.

Open the press and remove the top piece of plastic, beginning at the corner— where the press handle is. Very carefully flip the tortilla onto your open hand as you remove the other piece of plastic. Then place the tortilla onto the comal or in the pan. As soon as the tortilla edges begin to dry, about 10 seconds later, turn it over and cook for about a minute, turn again and cook for 30 seconds more. Remove from heat and wrap flat in a thick towel.

### **QUESADILLAS CON FLOR DE CALABAZA Y QUESILLO**

#### **Quesadillas with Squash Flower Blossoms and Quesillo**

(yields 7 quesadillas)

The traditional quesadilla is a tortilla filled with fresh cheese and epazote, but there are other very popular fillings like potatoes and sausage, huitlacoche or squash flower blossoms and even fried grasshoppers.

1 cup (7 oz/205 g) tortilla dough (as above)

2 bunches squash flower blossoms (10 blossoms)

2 cups (7.5 oz/220 g) quesillo, cut and torn apart

7 epazote leaves

Remove the stems and pistils from the blossoms. Wash them well and chop roughly.

Make the tortillas 4½ -5 in (10-13 cm) in diameter. Place them on a hot comal. Add the cheese, blossoms and epazote. Fold the quesadillas and cook, turning occasionally until well done, about 3 minutes for each side.

## **Roasted Tomato Salsa**

(Yields 1 cup)

The basic ingredients of a salsa are tomatoes, chilies and garlic; in this recipe, the roasted tomatoes add a smoky flavour to the salsa. This is a basic salsa and by just changing the type of chili or by adding extra ingredients like cumin seeds, agave worms, avocado leaves, cilantro, onion, vinegar can give it another flavour. You can use fresh, green chilies or dried ones.

### **Ingredients**

2 medium tomatoes (250 g/8.8 oz)

1 *serrano* chili

1 garlic clove

Salt to taste

Put the unpeeled tomatoes, chili and garlic on a hot griddle until they are roasted. Peel the garlic.

Blender version:

Blend all the ingredients for 1 minute or until smooth. Add salt to taste. Serve in a salsa dish.

*Molcajete* version:

In a *molcajete*, first grind the chili and garlic. Once ground, add the tomatoes and continue grinding until reaching the desired texture—coarse or well-ground. Add salt to taste. Serve in the *molcajete* or a salsa dish.

## **Pollo Encacahuatado**

CHICKEN IN PEANUT SAUCE, or Chicken Mole

### **Ingredients**

6 Chicken thighs  
1 cup water  
2 tablespoons oil  
3 plum tomatoes, diced  
1/2 onion diced  
1 ancho chile  
1 chipotle chile  
3/4 cup unsalted peanuts  
2 cloves garlic  
3 black pepper corn  
2 all spice  
2 cloves  
1 inch cinammon  
2 cups chicken broth  
salt to taste

4 pieces cooked chicken of your choice (breasts, thighs, legs)

In a dry iron skillet (or comal) toast the ancho chile for about 2 minutes on each side. Put in a bowl with hot water to soak. In the same skillet, toast the peanuts for 6-8 minutes until golden brown. Stir often! Put the peanuts in a bowl and let cool. Toast the garlic cloves until golden brown and the cinammon, black pepper, and cloves for 2-3 minutes. Put aside in a bowl. Toast the tomato until cooked and the skin is mostly scorched on all sides. Peel the tomato and slice it into chunks.

Remove the seeds from chiles.

Blend the chiles, peanuts, spices, tomato and 1 cup of the chicken broth until smooth.

Heat 2 table spoons of oil in a medium-sized pan. Pour the blended sauce and cook on low heat until thick and smooth (about 15 minutes). Stir often. Add more broth as needed. The sauce should cover the back of a wooden spoon when it is done.

Add the chicken pieces to the sauce and serve with Mexican white rice and refried beans. Warm corn tortillas on the side are great with this dish!

## **Shrimp Soup**

(6 portions)

### **Ingredients:**

3 guajillo chilies (.5 oz/15 g)  
2 tablespoons cooking oil  
1 tablespoon chopped onion  
3 medium tomatoes, chopped (11 oz/320 g)  
2 garlic cloves  
1 clove  
1 peppercorn  
6 cups (48 fl oz/1½ l) water  
36 medium shrimp (½ lb/¼ k)  
½ teaspoon toasted oregano  
2 quartered limes

Roast the chilies on a comal. Be careful not to burn them. Soak them in hot water.

Place the oil in a saucepan and fry the onion. When it turns transparent, add the tomato. Fry for 5 minutes.

Take the chilies out of the water. Slit them lengthwise. Seed and devein them; remove the stem. Grind the chilies in a blender with the garlic, clove, peppercorn and 2 cups of water. Strain and add to the saucepan. Cook for 10 minutes. Add 4 cups of water. Once it boils, add the shrimp and cook for 2 more minutes. Just before the stove is turned off, add the toasted oregano. Serve with the limes.

## **GUACAMOLE**

(6 portions)

The origin of the word guacamole is from the Nahuatl: *ahuacamolli* (*ahuacatl* = avocado + *molli* = salsa). In Oaxaca guacamole is prepared in the traditional molcajete—a mortar and pestle, but it can be made in a bowl, using a fork to mash the avocado. That is how you get the chunky texture.

### **Ingredients:**

2 large ripe avocados  
1 garlic clove  
1 teaspoon diced onion  
2 sprigs chopped cilantro  
Salt to taste

Slice the avocados in half. Remove the seeds and set aside. Take out the avocado pulp with a spoon. Grind the garlic in the molcajete. Add the avocado and mash with the mortar. Mix in the onion and cilantro. Season to taste with salt. So it will not turn brown, put the seeds in the guacamole. Then serve it in the molcajete.

## **AGUA DE PEPINO**

### **Cucumber Agua Fresca**

(yields 67 fl oz/2 l)

### **Ingredients:**

8 cups (67 fl oz/2 l) water  
1 medium size cucumber, peeled and coarsely sliced  
½ cup sugar  
½ cup lime juice

Put 1 cup of water in a blender container with sliced cucumber, lime juice and sugar and blend. Strain the cucumber juice of its seeds into a large pitcher. Chill before serving.

## **HELADO DE CHOCOLATE OAXAQUEÑO**

### **Oaxacan Chocolate Ice Cream**

(yields 1 quart of ice cream)

#### **Ingredients:**

2 cans (23 fl oz/712 ml) evaporated milk  
3 cups (13 oz/375 g) shaved Oaxacan chocolate  
½ cup (8 fl oz/250 ml) crema (or cream)  
¼ teaspoon vanilla  
1/8 teaspoon chilli powder

Mix the milk, crema, chocolate, vanilla and chilli powder in a saucepan. Warm over medium heat for 8 minutes or until the chocolate dissolves. Avoid boiling so skin does not form on the milk.

Set aside to cool.

#### **Using an ice cream maker:**

Pour the mixture into the ice cream maker and follow the manufacturer's instructions.

#### **Using the freezer:**

Pour the mixture into a round plastic container with a lid. It should be big enough to allow for mixing. Freeze at least 8 hours, but mix with a handheld electric beater or whisk every two hours. This breaks up the crystals which form as it freezes so that you get a creamy result.

## **Ceviche**

#### **Ingredients:**

1 lb halibut fillet or sea bass fillet or red snapper fillet (or use a mixture of fish and shrimp)  
5-6 limes (Enough Juice to cover fish)  
1 cup diced fresh tomato  
1 green pepper, sweet, chopped  
4 tablespoons chopped parsley or chopped cilantro (Coriander)  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/2 teaspoon oregano  
2 jalapeno peppers, chopped (or more to suit your taste)  
2 tablespoons white vinegar  
1 medium onion, finely chopped

2 tablespoons fresh cilantro, chopped  
1 dash Tabasco sauce  
lettuce leaf (to line serving bowls)  
avocado (optional)  
black olives, sliced (for garnish) (optional)

Dice the fish (approximately 1/2-inch).

Marinate fish in the lime juice in the fridge for at least an hour (this step cooks the fish).

Stir often.

Pour off most of the lime juice (just leave it moist).

Add remaining ingredients except lettuce, avocado and olive. Do this preferably an hour before serving & refrigerate.

Toss well and arrange in individual serving bowls that are lined with the lettuce leaves.

If you wish garnish with sliced avocado and sliced black olives.