

Mexico Recipes

Chicken Tortilla Soup

Ingredients:

1 garlic clove minced
1 can cream of corn
1 can corn, drained
1 can diced tomato
1 can hominy, drained
1 can green chiles
1 can black beans, not drained
¼ cup cilantro
3 tablespoons corn meal
3 cups cubed cooked chicken
3 cups chicken broth
1 onion, chopped
2 teaspoons chili powder
1 teaspoon dried oregano
4 teaspoons cumin
Salt to taste
2 tomatoes
1 red bell pepper
2 garlic cloves
Tortilla chips
Avocado
Monterrey Jack cheese
Cilantro
Lime
Sour cream



Directions:

Place tomatoes, whole garlic cloves, and red bell pepper over fire on a griddle. Flip until all sides are roasted and brownish. Once done, peel off the brownish part. Puree just until it's a little bit chunky.

In a pot, heat oil and add onions and minced garlic clove until soft. Stir in chili powder, oregano, and cumin. Add chicken broth and tomatoes, cream of corn, corn, puree, hominy, cornmeal, beans, cilantro, and chicken. Simmer for 20 minutes.

Top each bowl with tortilla chips, avocado slices, cheese, and cilantro. Squeeze a lime over it.

Mexican Hot Chocolate

Ingredients:

3 cups water

2 cinnamon sticks

1 anise star

¼ cup masa harina

2 cups milk

½ disk Mexican chocolate, chopped (Abuelita or Ibarra chocolate)

½ cup packed brown sugar

**Directions:**

In a large saucepan, boil water with the 2 cinnamon sticks and anise star. Remove from heat, cover, and let the cinnamon sticks and anise star steep for about 1 hour. Remove the cinnamon sticks and anise star, return to low heat, and slowly add the masa harina to the warm water, whisking until combined. Add milk, chocolate, and brown sugar.

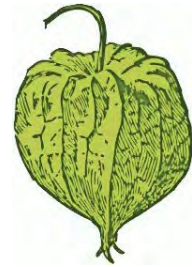
Heat over medium heat just until boiling; reduce heat. Simmer, uncovered, about 10 minutes or until chocolate is completely melted and sugar is dissolved, whisking occasionally. Serve immediately.

Enchiladas Verdes

Ingredients:

For the Sauce:

- 2 pounds green tomatillos, husks removed and rinsed
- 2 garlic cloves
- 1 Serrano chile
- 1 cup cilantro leaves
- ¼ cup white onion, roughly chopped
- 1 teaspoon kosher or sea salt, to taste
- 1 tablespoon safflower or corn oil



For the Enchiladas:

- 1 cup shredded cooked chicken
- Oil for frying the tortillas
- 12 corn tortillas
- ½ cup Mexican style cream, or substitute with heavy cream
- ½ cup crumbled cotija or mild feta cheese
- ⅓ cup white onion, chopped, for garnish

Directions:

Place the tomatillos and garlic cloves in a pot and cover with water. Place over medium-high heat until it comes to a boil. Simmer on medium heat for about 10 minutes, or until tomatillos change their color from bright to pale green, are cooked through, and are soft but not coming apart.

Place the tomatillos, garlic, and ½ cup of the cooking liquid in the blender and puree. Add the Serrano chiles, cilantro leaves, onion, and salt, and puree again until smooth.

Heat a tablespoon of oil in a pot over medium high heat. Once it is hot, but not smoking, pour in the sauce and bring to a simmer. Let it simmer over medium heat for about 6 minutes, until it thickens and deepens in color.

In a large sauté pan over medium heat, add enough oil to have about ½” depth. Let it heat about 3 minutes. Cook the tortillas one by one, for about 15 seconds on each side; they will soften and become resilient.

Transfer them to a paper-towel-covered plate. Preheat the oven to 375° F. Place about 2 to 3 tablespoons chicken inside of each tortilla and roll them up. Place them seam side down on a baking dish. Generously cover with the green sauce. Place them in the oven for 10 to 15 minutes. Remove them from the oven, sprinkle with the crumbled cheese, the cream, and the chopped onion.

Paletas de Coco

Ingredients:

1 cup evaporated milk
½ teaspoon vanilla extract
2 cups coconut milk
¾ cup sugar



Directions:

Mix milk, vanilla, and coconut milk. Add sugar. Pour the mix into molds, insert sticks and freeze. When frozen hard, remove from mold and enjoy.

Poblano Chile Rellenos

Ingredients:

10 poblano peppers
10 ounces Monterey jack cheese
2 cups spinach, loosely chopped
1 cup oil, for frying
1 ¼ cups flour
1 teaspoon Kosher salt
4 eggs, separated into yolks and whites
½ cup beer
Salsa



Directions:

Pile the peppers onto a sheet pan and roast them at 450° F for 25-35 minutes. Watch carefully to ensure even charring. When the peppers are done roasting, cover them with plastic wrap or wrap them in a paper bag for 10 minutes to let them steam.

Clean the peppers. Run the pepper under cold water and peel off the skin. Make a small slit down one side of the pepper. Using your fingers, reach in and pull out all the seeds and extra pepper guts.

Grate the cheese and mix it with the spinach. Using your fingers, gently fill each pepper with the filling. You can stuff them nearly full, but make sure that you can close the pepper, so the two open sides can touch.

Mix the egg yolks, salt, flour, and beer in a bowl. In a separate bowl, whisk the egg whites until they have medium stiff peaks and then slowly fold the egg whites into the beer flour mixture. Try to keep as many of the bubbles as possible.

In a skillet, heat about 1 cup of vegetable or canola oil, about ½" of oil in the pan. Get it hot and lay in each pepper seam side down after you dip it in the batter. Fry in hot oil for about 4 minutes a side. Then scoop them out with a spatula onto a paper towel to cool and drain. Top with a large spoonful of the salsa.

Tres Leche Cake

Ingredients:

1 $\frac{3}{4}$ cups cake flour
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup butter, room temperature
1 cup sugar
5 whole eggs
1 $\frac{1}{2}$ teaspoon vanilla extract
1 (12-ounce) can evaporated milk
1 (14-ounce) can sweetened condensed milk
1 cup half-and-half
1 cup heavy cream
1 cup sugar
1 teaspoon vanilla extract



Directions:

Heat the oven to 350° F. Grease a 13" x 9" baking pan and set aside. Place the butter into the bowl of a stand mixer. Beat on medium speed until fluffy, approximately 1 minute. Decrease the speed to low, and with the mixer still running, gradually add the sugar and mix until creamed in. Stop to scrape down the sides of the bowl, if necessary.

Add the eggs, 1 at a time, and mix until well combined. Add the vanilla extract. Add the baking powder and salt followed by the flour in 3 batches and mix just until combined. Transfer the batter to the prepared pan and spread evenly. Bake for 20 to 25 minutes until the cake is lightly golden. Remove the cake pan to a cooling rack and allow to cool for 30 minutes. Poke the top of the cake all over with a skewer or fork.

Allow the cake to cool completely and then prepare the glaze. Whisk together the evaporated milk, sweetened condensed milk and the half-and-half in a 1-quart measuring cup. Pour the glaze over the cake. Refrigerate the cake overnight. Mix the heavy cream, sugar, and vanilla in a bowl until stiff peaks are formed. Spread the topping over the cake and allow to chill in the refrigerator until ready to serve.