

## Cinco de Mayo Recipes

### Flour Tortillas

**Ingredients:**

6 cups flour  
2 tablespoons baking powder  
2 teaspoons salt  
1 cup canola oil  
1 ½ to 2 cups warm water

**Directions:**

Whisk the flour, baking powder, and salt together in a large bowl. Make a large well in the center. Pour the canola oil into the center of the dry ingredients. Work the oil into the flour until the mixture resembles coarse cornmeal.

Gradually add enough warm water, working it in with your hands, until the mixture starts to adhere together. Turn the dough onto a lightly-floured work surface and knead. Shape the dough into a large ball. Cover the dough with a clean towel to keep it from drying out.

Pinch off golf ball-sized pieces of dough and roll them into balls; keep the dough covered with the towel at all times. The dough should yield about 18 smaller balls. Heat the griddle or skillets over medium-high heat. Set a ceramic plate and another clean kitchen towel next to the stove top.

Sprinkle the work surface with a little more flour. Working with one of the small balls of dough at a time, roll the disk into a very thin tortilla that is about 6" in diameter. Toast the tortilla for about a minute on the hot skillet until it just begins to brown. Flip the tortilla over and toast for an additional 30 seconds or so until it begins to brown on the other side. Once toasted on both sides, stack the warm tortillas on a ceramic plate and cover them with a towel.

## Chile Rellenos Casserole

### Ingredients:

½ pound ground beef  
¼ onion, chopped  
1 (10-ounce) can, whole green chiles  
1 ½ cups cheddar cheese  
2 eggs  
¾ cup milk  
⅛ cup flour  
1 teaspoon cumin  
½ teaspoon salt  
½ teaspoon pepper



### Directions:

Preheat oven to 375° F. Cook hamburger meat and onion. Drain, then add cumin, salt, and pepper. Spray your casserole dish lightly with non-stick cooking spray and line the bottom of your pan with whole green chiles (chop extra green chiles for later). Layer meat over green chiles. Top with cheese and chopped green chiles. Whisk together eggs and milk, and add flour and mix well. Pour this mixture over dish. Bake for 35 to 40 minutes.

## Mexican Sopes



### Ingredients:

1½ cup masa

1 cup warm water

½ teaspoon salt (optional)

Cooking Oil

Toppings: refried beans, shredded lettuce, cheese, salsa, etc.

### Directions:

Stir the masa, salt and water together until a dough forms. With lightly floured hands, knead the dough for a few minutes. Divide the dough into golf ball-sized portions and roll into a ball. Press each ball lightly between your hands and then use your fingers to flatten into a disc. The dough should be about ¼" thick. Pinch the edges all around the outer edge of the disc to create a raised edge.

Heat about ½" - 1" of oil in a skillet over medium heat. Place masa discs into the hot oil and cook until lightly browned, turning once. The edges should be nice and crispy and the center soft. Remove from oil and place on a paper towel lined plate. Add toppings.

## Mexican Street Corn

### Ingredients:

4 ears corn

½ cup mayonnaise

1½ cups sour cream

¼ cup freshly chopped cilantro

1 cup freshly grated Parmesan

1 lime, juiced

Red chili powder, to taste

2 limes cut into wedges, for garnish



### Directions:

Remove the husks of the corn, leaving the core attached. Grill the corn turning once on a hot grill or cast iron pan until it starts to get slightly charred.

In a small bowl mix the mayonnaise, sour cream and cilantro. Remove the corn from the grill and slather with the mayonnaise mix. Squeeze the lime juice over the corn and heavily season with parmesan. Sprinkle with chili powder.

## Guacamole

### Ingredients:

3 large avocados, mashed  
Juice of 1 lime  
1 teaspoon salt  
½ cup onion, diced  
3 tablespoons cilantro, chopped  
1 tomato, chopped  
1 clove garlic, finely minced  
Cayenne pepper



### Directions:

In a bowl, mix together the mashed avocados, salt and lime juice. Add in the diced onion, tomatoes, cilantro and garlic. Add in the cayenne pepper for spice.

## Fresh Salsa

### Ingredients:

4 ripe tomatoes, diced  
1 medium onion, diced  
½ cup fresh cilantro, chopped  
3 cloves garlic, minced  
1 tablespoon fresh squeezed lime juice  
Salt to taste  
1 jalapeno, diced



### Directions:

Combine all ingredients in a bowl. Mix thoroughly. Chill for at least 1 hour before serving.

## Ceviche

### Ingredients:

- 1 pound Red Snapper
- $\frac{3}{4}$  cup freshly squeezed lime juice
- 1 tomato, diced
- 1 small red onion, diced
- 2 bunches cilantro, roughly chopped
- $\frac{1}{2}$  cup clam juice
- 2 serrano chiles, stemmed and thinly sliced
- 1 avocado, diced



### Directions:

Cut Red Snapper into small pieces, using kitchen shears, and place in dish. Toss with  $\frac{1}{2}$  cup of lime juice. Cover and marinate in refrigerator at least 15 minutes. Drain and discard lime juice. Stir remaining  $\frac{1}{4}$  cup lime juice, tomato, onion, cilantro, clam juice, chiles, and salt. Chill at least an hour or up to one day to blend flavors. Add avocado.

## Beef Tacos

### Ingredients:

- 1 pound ground beef
- 1 large onion, chopped
- Salt and black pepper to taste
- Lettuce, tomato, cheese for filling
- 1 garlic clove, crushed
- 1 package taco shells
- 1 cup salsa or taco sauce
- Black olives (optional)
- Sour cream (optional)



### Directions:

Preheat the oven to 350 ° F. Place the taco shells on a baking tray. Heat the shells until hot, for about 5 minutes. Sauté the ground beef, onion, and garlic in a hot saucepan until browned. Add salt and black pepper to taste.

Spoon a large tablespoon of meat mixture in each individual taco shell and stuff with lettuce, tomato and cheese. Pour salsa or taco sauce on top of the beef tacos for some extra flavor. Add olives and sour cream if desired.

## Flan

### Ingredients:

1 cup and ½ cup sugar  
6 large eggs  
1 (14-ounce) can sweetened condensed milk  
2 (13-ounce) cans evaporated milk  
1 teaspoon vanilla  
6 Ramekins



### Directions:

Preheat oven to 325° F degrees. Pour 1 cup sugar in warm pan over medium heat. Constantly stir until sugar browns and becomes caramel. Quickly pour approximately 2-3 tablespoons of caramel in each ramekin, swirl the caramel around the sides.

In a mixer or with a whisk, blend the eggs together. Mix in the milks, then slowly mix in the ½ cup of sugar, then the vanilla. Blend until smooth.

Pour custard into caramel-lined ramekins. Place ramekins in a large glass baking dish and fill with 1-2" of hot water. Bake for 45 minutes. Check with a knife just to the side of the center. If knife comes out clean, it's ready. Remove and let cool. Let each ramekin cool in refrigerator for 1 hour. Invert each ramekin onto a small plate, the caramel sauce will flow over the custard.



## Mexican Rice

### Ingredients:

1 cup rice  
2 cups chicken broth  
1 tablespoon butter  
1 tablespoon olive oil  
1 small onion, diced  
4 cloves garlic, minced  
¼ cup tomato paste  
1 tablespoon lime juice  
½ cup cilantro, chopped  
1 tablespoon cumin  
Salt to taste



### Directions:

Put rice, chicken broth and butter in a pot. Bring to a boil on high, stir once, and cover. Simmer on low for 20 minutes, then remove from heat and keep covered for 5 to 10 minutes longer.

Meanwhile, in a skillet, cook onions in oil for 10 minutes or until just about to brown. Add garlic to pan and cook for one minute. Stir in tomato paste and cumin, and cook for 1 minute. Mix in cooked rice, lime juice, and cilantro, and season to taste.

## Mexican Wedding Cookies

### Ingredients:

1 cup butter, softened  
½ cup powdered sugar  
1 teaspoon vanilla  
2 ¼ cups all-purpose flour  
¾ cup finely chopped walnuts  
¼ teaspoon salt  
Powdered sugar



**Directions:**

Heat oven to 400° F. Mix butter, ½ cup powdered sugar and the vanilla in large bowl. Stir in flour, nuts and salt until dough holds together. Shape dough into 1" balls. Place about 1" apart on ungreased cookie sheet. Bake 10 to 12 minutes or until set but not brown. Remove from cookie sheet. Cool slightly on wire rack. Roll warm cookies in powdered sugar; cool on wire rack. Roll in powdered sugar again.

**Black Bean and Chicken Bowl****Ingredients:**

1 can black beans  
¼ cup salsa  
½ teaspoon garlic powder  
¼ teaspoon cumin  
1 cup corn  
2 cooked chicken breasts, shredded  
¼ cup Greek yogurt  
Juice of one lime  
2 small tomatoes  
Salt, to taste  
Fresh cilantro  
Green onions  
Chopped avocado

**Directions:**

Drain and rinse black beans. Combine beans, salsa, garlic powder, and cumin in a small saucepan and heat until hot. Mix the lime juice and the Greek yogurt to create a yogurt cream sauce. To assemble the bowl, place the black beans in bottom. Add the chicken. Drizzle on the yogurt cream sauce. Then, add the corn, cilantro, and tomatoes. Top with cilantro, green onions, and avocado.



## Chicken Tortilla Soup

### Ingredients:

1 pound chicken breast, cooked and shredded  
1 (15-ounce) can corn  
2 (15-ounce) cans diced tomatoes, drained  
1 can black beans, drained  
6 cups chicken stock  
½ teaspoon cumin  
½ cup onion, chopped  
1 small can diced green chiles  
2 teaspoons minced garlic  
¼ teaspoon chili powder  
1½ teaspoons salt  
¾ teaspoon pepper  
Monterey jack cheese, shredded  
Tortilla chips  
Avocados, cubed



### Directions:

Add all the ingredients—except the cheese, corn tortilla strips, and avocados—to a crock pot. Cook on low for 8 hours. Add cheese just before serving. Top with tortilla chips and avocado.