

Puerco o Pollo Almendrado (Almond Pork or Chicken)

Serves 8 persons

2 lbs cut up chicken or pork chops
6 tomatoes (very ripe and soft)
1 cup whole almonds
1 roll or french bread dried or toasted
3 or 4 red dry serrano chiles
3 pieces of cinnamon bark 2 inches long
6 whole cloves
salt to taste
4 tbl olive oil
4 cups chicken stock
sesame seeds

- 1) Boil chicken with garlic, onion and salt as you like or fry pork chops as you like
- 2) Heat 2 tbl olive oil and saute tomatoes whole until dark brown.
- 3) Remove tomatoes and in same pan saute almonds, bread, chiles, cloves and cinnamon.
- 4) Puree the tomatoes, almonds, bread, chiles, cloves and cinnamon together with 1 cup water
for 3 or 4 min..
- 5) Heat 2 tbl olive oil in pan, add the above ingredients and boil for five minutes.
- 6) Add chicken stock to the sauce and boil low for 15 minutes stirring now and then.
- 7) Add chicken or pork and cook for 5 more minutes.
- 8) Serve garnished with sesame seeds

The sauce for this dish can be made ahead and frozen for up to 6 months. To do this prepare sauce as above but DO NOT add any chicken stock. When you want to make dish, cook meat as above. you want to use the sauce, defrost sauce, heat, add chicken stock, pre-cooked meat and cook for 20 min.

Chiles en Nogada (Battered Chiles in Walnut Sauce)
Serves 8 persons

(1 of 2)

8 poblano chiles - large and dark (small ones may be too spicy)
1-2 onions - peeled and chopped
8 whole cloves
3 garlic cloves - peeled and chopped
2 tbl olive oil
½ cup blanched almonds – chopped fine
½ cup raisins
½ lb. lean ground beef (eliminate meat for vegetarian recipe)
Salt to taste
2 apples - peeled, cored and chopped (tart and firm)
2 peaches - peeled, stoned and chopped
2 pears - peeled, cored and chopped
Flour for dredging chiles
6 eggs
¼ cup flour
¾ cup pecans or walnuts**
¼ cup milk
2 tbl cream
Seeds from 2 pomegranates

- 1) Cut a slit into the sides of the poblano chiles and remove the seeds. Char the chiles until black and blistered on the comal or on an open gas flame. Let them sweat in a plastic bag. Remove from the bag and peel. You can prepare these a day in advance and wrap them in saran wrap and keep in the fridge.
- 2) Chop onion and garlic finely and sauté lightly in oil until soft.
- 3) Add cloves and sauté 1 min.
- 4) Add chopped almonds and sauté 1 min..
- 5) Add raisins, sauté 1 min., add fruit cook lightly and remove from heat.
- (For vegetarian –and go to step #8)
- 6) Add meat (and salt to taste).
- 7) When the meat begins to change color, add the fruit. Cook lightly and remove from heat.
- 8) Stuff chilies with the mixture, overlap the slit and secure with a toothpick.
- 9) Roll the stuffed chilies in flour.
- 10) Beat egg white stiff and then beat in the egg yolks and 1 Tbl. flour.

Chiles en Nogada (Battered Chiles in Walnut Sauce)

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11) Dip chiles in egg mixture and fry in oil. Turning them with their stems.

12) Purée pecans with a little milk ($\frac{1}{4}$ cup) and 2 tbl cream to make a thick sauce. Drizzle over the chiles. Garnish with pomegranate seeds.

** If using walnuts which are the traditional nuts to use – they must be shelled and the inner, brown skin which is bitter must be removed.

Bistek o Puerc9 en Chile Pasilla (Beef or Pork in Chile Pasilla Sauce)

5 or 6 dried pasilla chilies
1/2 onion
2 garlic cloves diced
3 or 4 tomatoes
6 tomatillos
2 potatoes (peeled and cubed fairly small)
olive oil
1 lb thinly sliced beef or pork
1 cup water
salt to taste

- 1) Cook meat, ¼ onion sliced, garlic and potatoes in olive oil.
- 2) Fry or grill tomatoes, tomatillos and ¼ onion, until somewhat charred.
- 3) Slice open the chiles and remove seeds. Toast chiles until they blister and then boil in a little water with ¼ onion (from #2 above) until soft, 4 – 5 minutes.
- 4) Blend chilies with grilled tomatoes, onions and tomatillos and ½ cup water.*
- 5) Heat a little olive oil and strain blended mixture into the hot oil.
- 6) Cook and stir for 5 min. and then add ½ cup or less of water.
- 5) Add potatoes, onion and beef and cook on low heat, covered for 10 - 15 min.
- 6) Taste for salt.

*using water from cooking the chiles will cause sauce to be hotter than if you use regular water

Vegetarian - substitute Tortas de nopalitos for beef

2 dried guajillo chilies
2 ancho chilies
1/2 cup sesame seeds - toasted brown
piece of toasted day old bread
handful of dried, toasted tortilla strips
few pieces of broken cinnamon stick - mexican
5 whole cloves
couple of pinches of cumin seed
3-4 roasted (on comal) somewhat blackened tomatoes
3-4 roasted (on flame) , somewhat blackened garlic cloves
pork chops, chicken or turkey
chicken stock (vegetarian- chilacayote squash and water)
2 tbl. olive oil
salt

Preparation of Meat:

- 1) Pork Chops, Chicken or leftover Turkey can be used.
- 2) With pork chops - fry in a little olive oil until done, before adding to sauce
- 3) With Chicken - boil parts that you like in water to cover with some onion, garlic and salt to taste, until done before adding to sauce.
- 4) With Turkey - add cooked, left over turkey to sauce

Preparation of Sauce

- 1) Remove the stems and seeds and toast chilies on the comal until blistered (but not burned), place.
in a little boiling water for 3 or 4 minutes
- 2) Toast sesame seeds until they pop and turn golden.
- 3) Blacken garlic over open flame until black outside.
- 4) Puree toasted sesame seeds (holding some for garnish) with tortilla strips, bread, cloves, cumin, cinnamon, garlic and about 1/2 cup water.
- 5) Heat oil hot, add above mixture and cook for 2 min. with a little stock if too thick.

- 6) Puree chiles with a little of water they were cooked in, add to above and cook 5 min.*
- 7) Puree tomatoes in a little water, add to above with salt to taste.*
- 8) Simmer on medium heat for 10-15 minutes, stirring to prevent splashing. Add more stock (or water) if too thick..*
- 9) Add cooked meat and more meat stock. (for vegetarian add squash and water) Simmer for another 15-20 minutes.
(With the meat, one may add nopalitos, chopped squash or potatoes. When the vegetables are cooked, the dish is done.).*
- 10) To serve garnish with the remaining sesame seeds.*

Pipian Verde (Mole Verde en Qaxaca) con Bistec en Relleno
(Stuffed Beef Rolls in Pipian Verde Sauce)
(8 persons)

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- 2 lb thinly sliced beef
- 6 pieces each, raw bacon and ham - sliced into strips
- 4 potatoes - cut french fry style
- 2 doz string beans cut lengthwise pieces and/or 6 sliced carrots cut lengthwise

Pipian Verde Sauce

- a few lettuce leaves
 - some sprigs of parsley
 - 2 sprigs epazote
 - 2 small fresh serrano chilies (stems removed)
 - 4 - 5 big tomatillos
 - a few radish leaves
 - 5 sprigs of cilantro
 - 2 green onions
 - 1/4 onion
 - 1/4 cup green pumpkin seeds -roasted
 - 1/3 cup sesame seeds - roasted
 - 2 large cloves garlic
 - 1/2 tsp. cumin seed
 - 1 or 2 tbs. olive oil
 - 3 cups of chicken stock
 - 1 cup water
- 1) Lay beef flat and place strips of ham, bacon, potato and vegetables in the center. Sprinkle with salt and pepper. Save any leftover stuffing ingredients and add to sauce in step 9 below.
 - 2) Roll tightly into cigar shapes and secure in the middle with a toothpick.
 - 3) Fry sesame seeds in hot dry pan until lightly brown and begin to pop and remove.
 - 4) Fry pumpkin seeds in hot dry pan until they begin to pop and remove.
 - 5) Puree sesame and pumpkin seeds in blender with cumin, garlic and 1/2 cup water.

Pipian Verde (Mole Verde en Oaxaca) con Bistec en Relleno

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- 6) Heat olive oil, add blended ingredients from above, salt to taste and sauté for 5 min. stirring in one direction only.
- 7) Puree 1st. nine ingredients with 1 cup water for 2 min. and add to above mixture
- 8) Add the chicken stock and stir again in one direction only for 5 min.
- 9) Place rolled meat into sauce with leftover stuffing from above (step 1) and simmer lively for about ½ hour or until the vegetables inside are soft.

The sauce for this dish can be made ahead and frozen for up to 6 months. To do this prepare sauce as above adding a little more tomatillos but DO NOT add any chicken stock. When you want to make dish, cook meat as above, defrost sauce, heat, add chicken stock, meat and cook for 20 min.

Crema de Chile Poblano (Cream of Poblano Chile Soup)

Serves 8 persons

*5 poblano chiles
1 cooked potato (peeled)
1 sprig epazote
¼ onion diced
3 garlic cloves diced
1 cup milk
1 tbl. sour cream
3 tb. olive oil
3 cups stock
salt to taste*

Procedure:

- 1) Clean and char chiles*
- 2) Chiles need to be cleaned very well so soup is not back. Remove charred skin and wash*
- 3) In a separate pan sauté onions and garlic in olive oil.*
- 4) Puree chiles and potatoes with milk and cream*
- 5) Add puree and epazote to onion and garlic and cook for 10 min.*

Crema de Flor de Calbacitas (Cream of Squash Blossom Soup)
Serves 10 persons

1 bunch squash flowers
3 large potatoes
1/2 onion - chopped
2 garlic cloves - chopped
3 fresh poblano chile - roasted, peeled, cleaned and chopped
2 cups milk and 2 cups chicken stock
2 tbs. butter
3 - 4 oz. Requeson (goat cheese or ricotta)
2 sprigs epazote or dill
salt to taste

- 1) Remove flowers from stems, wash and boil in water for 5 minutes.*
- 2) Boil potatoes until soft and peel.*
- 3) Put flowers and cooked potatoes in a blender with cheese, milk and ½ cup water and puree until smooth (2 min.)*
- 4) Slit open chile, remove seeds and char until skin blisters. Then place in plastic bag to sweat for 10 min.*
- 5) Clean charred skin, wipe with damp cloth to clean off last of skin and chop.*
- 6) In a pot sauté onion, garlic and the poblano chile in butter.*
- 7) Add the pureed mixture and mix.*
- 8) Stirring constantly add stock and bring to a boil.*
- 9) Add 2 or 3 cups of water, depending on the consistency that you like.*
- 10) Add epazote or dill and salt to taste.*

Sopa de Hongo (Mushroom Soup)
Serves 8 persons

4 nopal leaves
1 tsp. baking soda
4 fresh poblano chilies - grilled until soft
1 lb. of mushrooms
1/2 onion - chopped
2 large garlic cloves - chopped
10 white or yellow squash blossoms - bitter ends removed
5 cups chicken broth
epizote sprigs (or other fresh herb)

- 1) Prepare nopal leaves by cleaning, dicing and boiling in salt water with a tsp. of baking soda, and two tomatillo skins (to reduce foam) for about 5 minutes..*
- 2) Slit open chiles, remove seeds and char until skin blisters. Then place in plastic to sweat for 10 Min.*
- 3) Remove charred skin, wipe with damp cloth to clean off last of skin and slice into thin strips.*
- 4) Slice mushrooms, sauté onion and garlic in olive oil and add mushrooms.*
- 5) Add chilies and squash blossoms and simmer a minute or so..*
- 6) Add stock and simmer 10 minutes with the epizote.*
- 7) Add the cooked nopales and more salt if necessary.*

Ensalada de Nopalitos (Nopal Salad)
Serves 6 persons

*4 Nopal leaves
1 tsp baking soda
3 sprigs of cilantro
½ onion
4 tomatoes
2 or 3 outside skins of tomatillo
salt
lavocado
Iserrano dry chile
cotija or parmesan cheese on top
1 radish*

1) Clean and cut nopales into small diamonds. Simmer until tender in water with a tsp. of salt, a tsp. of baking soda and skins of tomatillo (to keep from boiling over).

Have a glass of cold water handy to add if nopalitos start to boil over. Drain.

2) Chop cilantro, thinly slice onion, and finely cube tomato. Mix with nopales and add salt to taste..

3) Garnish salad with sliced tomato, sliced avocado, radish slices and cilantro sprigs. Sprinkle with cotija cheese and crumpled grilled serrano peppers. Oil and vinegar may be added when serving.

This salad may also be made with string beans, fava beans, etc. and may include garlic.

A dressing of oil and vinegar can be used.

Salsa Roja en Molcajete (Red Sauce in Molcajete)

2 tomatoes (ripe and soft)
3 dried cascabel chilies
small piece of onion
1 clove garlic
salt

- 1) Grill tomatoes on a comal (medium to high flame) until black and soft.
- 2) Grill onion and garlic on comal until black (4 - 5 min)
- 3) Grill chiles on comal with medium flame just a little till very slightly black on each side.
- 2) Soak chiles in a little water for 5 or 10 min. and then remove seeds and stems.
- 3) Using a stone mortar and pestle, crush garlic and salt with onion until a fairly smooth paste is obtained. Add chiles, tomatoes and a little water if needed and continue
- 4) Serve in mortar and decorate with whole grilled nopalitos.

Guacamole

2 avocados

1 serrano chili (fresh)

4 tomatillos

1 small clove garlic

1 tbs. olive oil

large pinch of cilantro

salt to taste

In the molcajete grind the garlic and salt. Add the chili and cilantro mix some more. Add the tomatillos one at a time mixing between each. Add a little water if needed. Then add the avocados and mix well. Add salt to taste. Pour olive oil on the top of the guacamole and garnish with chopped onion.

You can also prepare the guacamole in a blender. Add all the ingredients and pulse 3 times. Add 1/4 cup of water and blend a little more.