

Chef

e x p r e s s



flavors of mex1CO & more



The Leader-Herald

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flavors of mexico & more

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Bring the authentic Mexican cuisine into your kitchen! This book features 29 recipes for every meal and occasion. In *Flavors of Mexico*, you'll find home-style dishes that make the typical everyday menu in Mexico. Everything from comforting dishes like pinto bean soup and enchiladas, to classics like huevos rancheros and guacamole, as well as fresh cocktails, like micheladas, that pair deliciously with the food!



flavors of mex1CO & more



Mexican cuisine consists of the cooking cuisines and traditions of the modern country of Mexico. Its earliest roots lie in mesoamerican cuisine. Its ingredients and methods begin with the first agricultural communities such as the mayas who domesticated “maíz” (corn). Together with Mesoamerica, Spain is the second basis of Mexican cuisine, contributing in two fundamental ways: firstly, they brought with them old world ingredients which did not exist in the Americas such as sugar, wheat, rice, onions, garlic, limes, oil, dairy products, pork, beef and many others. Secondly they brought various culinary traditions from the Iberian peninsula which have become prevalent in Mexico. Equally, the discovery of the incorporation of New World ingredients to Spanish cuisine has led to many shared foods such as chorizo which uses paprika.

Mexican recipes can vary greatly from region to region, since cooks prefer to use local ingredients. In the same spirit, we encourage you to add your own personal flavor twist to any of these recipes. There are, however, some essential ingredients we recommend having in hand. These include avocados, beans, corn, tomatoes, corn, cilantro, limes, chilies and tortillas.

When it comes to cooking tools, Mexican cuisine is typically cooked on sturdy cookware, such as cast-iron skillets and large frying pans, so it is a good idea to stock up on those, as well as a wooden spatula to avoid scratch marks on your pans. Lovers of homemade corn tortillas are advised to invest in a tortilla press, but you can also use a regular rolling pin. For serving, make sure to have a salsa dish, and some clay dishes.

Mexico has an unbelievably rich culture which is deliciously reflected in its vibrant food, which exposes a myriad of unique ingredients and flavors, and various cooking styles and techniques. We hope the following recipes inspire you to make a bold statement of what a true Mexican feast ought to be, and what’s more: that your friends and loved ones enjoy it as much as you!



Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

grilled shrimp

tacos with Sriracha slaw

■ ■ □ | Cooking time: 10 minutes - Preparation time: 40 minutes

ingredients

- > ¼ cup extra-virgin olive oil
- > 1 tablespoon freshly chopped cilantro
- > juice of 3 limes, divided
- > kosher salt
- > freshly ground black pepper
- > 1 lb./450 g large shrimp, peeled and deveined
- > ½ red bell pepper, deseeded and diced
- > ¼ head red cabbage, shredded
- > ¼ cup mayonnaise
- > 1 tablespoon sriracha
- > hard-shell tacos tortillas
- > grated cotija cheese, for sprinkling

method

1. In a small bowl, mix together olive oil, cilantro, and ⅓ of the lime juice. Season with salt and pepper.
2. Add shrimp to a baking dish and pour over mixture. Toss until completely coated and let marinate 20 minutes.
3. Meanwhile, make slaw: In a large bowl, toss cabbage and bell pepper with mayo, remaining lime juice and sriracha. Season with salt.
4. Heat grill to high. Skewer shrimp and grill until charred, 3 minutes per side.
5. Grill tortillas until charred, 1 minute per side.
6. Serve shrimp in tortillas with slaw.

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Serves 4



tip from the chef

Smoky, grilled shrimp and spicy slaw are the keys to next-level tacos.





best

breakfast tacos

■ □ □ | Cooking time: 40 minutes - Preparation time: 15 minutes

method

1. Place potatoes in a large pot and cover with 1" of cold water. Season water with 1 teaspoon kosher salt and bring to a boil. Simmer until potatoes are tender, 3 to 5 minutes. Drain.
2. Meanwhile, in a large skillet over medium heat, heat olive oil. Add chorizo and onion cook, stirring occasionally, until chorizo is cooked through and onions are translucent, 6 to 8 minutes.
3. Move chorizo and onion to the edges of your skillet and add another tablespoon of oil if the skillet looks dry. Add drained potatoes to the center of the skillet and spread out in an even layer. Let cook undisturbed until undersides of potatoes begin to turn brown and crisp, 4 to 6 minutes. Stir potatoes into chorizo and turn off heat.
4. Make eggs: In a medium nonstick skillet, melt butter. Pour eggs into the pan and let set slightly, then reduce heat to medium-low. Drag the eggs with a spatula or wooden spoon to create curds. When the eggs are cooked to your liking, season with salt and pepper and remove from heat.
5. Build the tacos: lightly toast each of your tortillas over an open flame or in a large dry skillet, then transfer to serving plates. Divide cheddar evenly between tortillas, then top with a scoop of chorizo and potatoes and a scoop of eggs. Serve with your choice of garnishes.

ingredients

- > 1 large russet potato, peeled and diced into ½" pieces
- > kosher salt
- > 1 tablespoon extra-virgin olive oil, plus more as needed
- > 4 oz./120 g fresh chorizo sausage, casing removed if necessary
- > ¼ small yellow onion, diced
- > freshly ground black pepper
- > 2 tablespoons butter
- > 3 large eggs, beaten
- > 4 medium flour tortillas
- > ½ cup shredded cheddar
- > diced tomatoes, for serving
- > chopped parsley, for serving
- > grated cotija cheese, for serving



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Serves 2

pork tacos

with pineapple salsa

■ □ □ | Cooking time: 8 hours 15 minutes - Preparation time: 15 minutes

ingredients

- > 2.2 lb./1 kg pork shoulder
- > 1 cup barbecue sauce
- > ½ cup brown sugar
- > juice of 3 limes, divided
- > 2 tablespoons garlic powder
- > 2 tablespoons chili powder
- > 2 teaspoon cayenne pepper
- > 1 whole pineapple, cut and diced
- > 2 tablespoons extra-virgin olive oil
- > ½ small onion, sliced
- > 1 cup cilantro, chopped
- > 1 teaspoon crushed red pepper flakes
- > 8 flour tortillas
- > lime wedges, for serving

method

1. In a 6-quart slow-cooker, add pork. In a medium bowl, combine barbecue sauce, brown sugar, juice of 2 limes, garlic powder, chili powder, and cayenne, then mix together into a thick paste and spread all over pork.
2. Cook on high for 5 to 6 hours or on low 8 to 9 hours, until tender, then cut into thin strips.
3. When ready to eat, make pineapple salsa, combine pineapple, remaining lime juice, olive oil, onion, cilantro, and red pepper flakes.
4. Top tortillas with shredded pork and pineapple salsa.

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Serves 8



tip from the chef

You'll want to use the pineapple salsa on everything.





perfect fish tacos

■ □ □ | Cooking time: 35 minutes - Preparation time: 20 minutes

method

1. In a medium shallow bowl, whisk together olive oil, lime juice, paprika, chili powder, cumin, and cayenne.
2. Add cod, tossing until evenly coated. Let marinate 15 minutes.
3. Meanwhile, make slaw: Place parsley and mayonnaise and pulse several times to blend. In a large bowl, whisk together mayonnaise mixture, lime juice, cilantro, and honey. Stir in cabbage, and radishes. Season with salt and pepper.
4. In a large nonstick skillet over medium-high heat, heat vegetable oil. Remove cod from marinade and season both sides of each filet with salt and pepper. Add fish flesh side-down. Cook until opaque and cooked through, 3 to 5 minutes per side. Let rest 5 minutes before flaking with a fork.
5. Assemble tacos: Serve fish over grilled tortillas with slaw, tomatoes and avocado. Squeeze lime juice on top and garnish with sour cream.

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Serves 4

- > 3 tablespoons extra-virgin olive oil
- > juice of 1 lime
- > 2 teaspoons chili powder
- > 1 teaspoons paprika
- > ½ teaspoon ground cumin
- > ½ teaspoon cayenne pepper
- > 1½ lb./450 g cod (or other flaky white fish)
- > ½ tablespoon vegetable oil
- > kosher salt
- > freshly ground black pepper
- > 8 flour tortillas
- > 1 avocado, diced
- > lime wedges, for serving
- > sour cream, for serving

Slaw

- > ¼ cup mayonnaise
- > ¼ cup parsley leaves
- > juice of 1 lime
- > 2 tablespoons freshly chopped cilantro
- > 1 tablespoon honey
- > ½ cup shredded purple cabbage
- > ½ cup shredded green cabbage
- > 3 radishes, sliced
- > ½ cup diced tomatoes

tip from the chef

The real gem of this recipe is the cabbage slaw—don't skip it. It takes just a few minutes to toss together and it's brightness is the perfect condiment to the spiced cod.



jamaican jerk

steak tacos

■ □ □ | Cooking time: 1 hour 30 minutes - Preparation time: 15 minutes

ingredients

Jerk Seasoning

- > 1 tablespoon garlic powder
- > 1 tablespoon dried Italian blend seasoning
- > 2 teaspoons sugar
- > 2 teaspoons kosher salt
- > 2 teaspoons onion powder
- > 1 teaspoon ground allspice
- > 1 teaspoon crushed red pepper flakes
- > 1 teaspoon cayenne pepper
- > 1 teaspoon smoked paprika
- > ½ teaspoon Freshly ground black pepper
- > ¼ teaspoon ground cinnamon

Tacos

- > 2 tablespoons jerk seasoning
- > ¼ cup plus 2 tablespoons canola oil, divided
- > 1½ lb./650 g flank or skirt steak
- > 10 small (taco-sized) flour tortillas
- > 1 cup diced pineapple
- > 1 cup diced cherry tomatoes
- > ½ cup whole corn kernels
- > 4 leaves lettuce
- > juice of ½ lime, plus lime wedges for serving
- > ¼ teaspoon kosher salt
- > crumbled cotija



method

1. Make jerk seasoning: In a small bowl, whisk together spices until combined. (If using store-bought jerk seasoning, move to step 2.)
2. Make tacos: In a small bowl, whisk together jerk seasoning and ¼ cup oil until combined. Pour into a large resealable plastic bag and add steak. Press out as much air as you can and seal. Shake to coat the steak in the marinade, then chill for 1 hour or up to 24 hours.
3. In a large skillet over medium-high heat, add remaining 2 tablespoons oil. Add steak and cook until nicely seared but slightly pink in center, 6 to 8 minutes per side. Remove from heat and let rest 5 minutes.
4. In a small bowl, stir together pineapple, tomatoes, corn, lime juice, and salt.
5. Thinly slice steak across the grain. Serve in tortillas with pineapple salsa and lettuce. Top with cotija cheese if desired and serve with lime.

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Serves 4

tip from the chef

Everything is better when it's a taco. Homemade jerk seasoning has amazing flavor, but you can use store-bought as a shortcut.





pulled pork

tacos with avocado cream

■ ■ □ | Cooking time: 8 hours 20 minutes - Preparation time: 20 minutes

method

1. In the bowl of a slow cooker, pat pork dry and rub with 1 tablespoon salt, 1 teaspoon pepper, brown sugar, and cumin. Coat mixture evenly over pork. Add chicken stock, juice of 2 limes, garlic, onions and 1 cup water to the slow cooker. Cook on low for 8 hours.
2. In a small food processor blend sour cream and avocado until smooth. Keep both in the fridge until ready to serve.
3. Remove pork from braising liquid and shred using two forks in a mixing bowl; toss together with your favorite BBQ sauce.
4. Assemble each taco with a corn tortilla, a spoonful of pulled pork, avocado cream, pineapple salsa, red onions, and cilantro. Garnish with pickled jalapenos. Cut remaining limes into wedges and serve with tacos.

ingredients

- > 1 lb./450 g boneless pork shoulder, trimmed of excess fat
- > kosher salt
- > freshly ground black pepper
- > ¼ cup brown sugar
- > 1 tablespoon cumin
- > 1 cup chicken stock
- > 5 limes
- > 2 cloves garlic, smashed
- > 1 red onion, sliced
- > ½ cup sour cream
- > 1 avocado
- > ¼ cup bbq sauce
- > small corn tortillas
- > 1 cup pineapple salsa
- > ½ cup freshly chopped cilantro
- > sliced pickled jalapeno peppers, for garnish

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Serves 4

tip from the chef

Our favorite Southern sandwich filling gets the taco treatment.



beef taco baskets

■ □ □ | Cooking time: 30 minutes - Preparation time: 20 minutes

ingredients

- > 4 medium flour tortillas
- > uncooked rice
- > 1 tbsp. extra-virgin olive oil
- > 1 onion, chopped
- > 2 cloves garlic
- > 1 lb./450 g ground beef
- > 1 teaspoon chili powder
- > ¼ teaspoon paprika
- > kosher salt
- > freshly ground black pepper
- > shredded lettuce
- > ¼ cup shredded cheddar
- > ¼ cup shredded mozzarella
- > pico de gallo

method

1. Preheat oven to 350°F. Shape a large piece of foil (smaller than the size of your tortillas) into a basket. Place one tortilla inside foil basket so that the perimeter of tortilla comes up the sides. Repeat to make 4 baskets. Fill each boat with rice.
2. Bake until lightly golden, about 15 minutes. Let cool in foil until ready to serve.
3. Meanwhile, in a large skillet over medium heat, heat oil. Add onion and cook, stirring, until soft, about 5 minutes. Add garlic and cook until fragrant, 1 minute more. Add ground beef, chili powder, and paprika and season with salt and pepper. Cook, breaking up meat with a wooden spoon, until beef is no longer pink, about 6 minutes. Drain fat.
4. Remove rice and foil from tortilla baskets and fill each with ground beef. Top with lettuce, mozzarella and cheddar cheeses, pico de gallo.

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Serves 4



tip from the chef

Your new favorite way to eat a taco.





grilled fish tacos

■ □ □ | Cooking time: 30 minutes - Preparation time: 20 minutes

method

1. In a mixing bowl whisk together vegetable oil, lime juice, garlic, chili powder, cumin, paprika, cayenne and season with salt and pepper to taste (about $\frac{3}{4}$ tsp salt $\frac{1}{4}$ tsp pepper).
2. Place fish into a dish or gallon size resealable bag and pour marinade over fish (if using a bag seal bag and gently move bag around to evenly coat fish with marinade), allow to marinate in mixture 20 minutes (and no longer than 30 minutes).
3. Remove fish from resealable bag. Grill the fish on a skillet on the grill grates, turning once, until cooked through. Let cool slightly, then cut into bite-sized pieces.
4. Assemble each taco with a flour tortilla, cabbage, a spoonful of grilled fish, sliced avocado, cilantro, mayonnaise, hot sauce, bell pepper, lime juice and garlic powder.

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Serves 4

ingredients

- > 2 tablespoons vegetable oil
- > 1½ tablespoon fresh lime juice
- > 1 garlic clove, minced
- > 1½ teaspoon chili powder
- > ½ teaspoon ground cumin
- > ½ teaspoon ground paprika
- > 1/8 teaspoon cayenne pepper (optional, or more to taste)
- > salt and freshly ground black pepper
- > 1 lb./450 g tilapia, cod, or mahi mahi

For Serving

- > 8 corn tortillas, warmed
- > 2 cups shredded purple cabbage
- > 1 avocado, sliced
- > 3 tablespoons chopped cilantro leaves
- > ½ cup Cotija cheese (optional)
- > 2 tablespoons hot sauce
- > ½ cup red bell pepper, thinly sliced
- > 3 tablespoons mayonnaise
- > 1 tablespoons fresh lime juice
- > ¼ teaspoon garlic powder

tip from the chef

Feel free to swap out my toppings of choice with other favorites you may have (lettuce, tomatoes, mango salsa, corn, etc).



grilled steak tacos

■ □ □ | Cooking time: 50 minutes - Preparation time: 40 minutes

ingredients

- > 1½ lbs./680 g flank steak
- > juice of 2 limes
- > 2 teaspoons kosher salt
- > ½ teaspoon black pepper
- > 1 teaspoon sugar
- > ½ teaspoon chili powder
- > ½ teaspoon paprika
- > ½ teaspoon garlic powder
- > 4 flour tortillas
- > ½ red onion, chopped
- > 4 leaves lettuce, chopped
- > ¾ cup cherry tomatoes, chopped
- > basil leaves, for serving
- > lime wedges, for serving

method

1. Place flank steak in a pan, pour lime juice over it, and let marinate for 30 minutes, at room temperature. In a small bowl, combine salt, sugar, pepper, chili powder, paprika, and garlic powder. Rub steak all over with spice mixture.
2. Preheat grill to high heat. Place steak directly on grill. Cook for 5 minutes on each side. Remove from grill and let rest for 10 minutes. Warm flour tortillas on grill. Cut steak into strips, against the grain.
3. Assemble each taco with a flour tortilla, red onion, lettuce and cherry tomatoes. Serve warm.

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Serves 4



tip from the chef

These make a great summer dinner. Make sure to oil the grill before adding the steaks.



huevos rancheros

■ ■ □ | Cooking time: 20 minutes - Preparation time: 10 minutes

method

1. Preheat oven to 400°F.
2. In a large skillet over medium heat, heat oil. Add onions and cook until soft, 5 minutes. Season with cumin, chili powder, and salt.
3. Add black beans and salsa to skillet and stir to combine.
4. Create four wells with a spoon and crack in eggs. Season with salt.
5. Bake until egg whites are set and yolks still runny, 8 to 10 minutes. Sprinkle all over with cheese.
6. Plate on top of tortilla. Garnish with avocado and cilantro, then drizzle with hot sauce.

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Serves 4

ingredients

Huevos Rancheros

- > 1 tablespoon extra-virgin olive oil
- > 1 onion, chopped
- > 1 teaspoon cumin
- > 1 teaspoon chili powder
- > kosher salt
- > ½ cup black beans, drained and rinsed
- > 1 cup chunky salsa
- > 1 cup grated cotija cheese
- > 4 large eggs

For Serving

- > 4 flour tortillas
- > 1 avocado, sliced
- > 1 tablespoon freshly chopped cilantro
- > hot sauce

tip from the chef

This brunch classic works great in a skillet.



mexican corn salad

■ ■ □ | Cooking time: 25 minutes - Preparation time: 10 minutes

ingredients

- > 2 tablespoons oil
- > 6 ears corn
- > kosher salt
- > 1 tablespoon mayonnaise
- > ¼ cup cotija cheese or feta, plus more for garnish
- > 1 red onion, diced
- > juice of 2 limes
- > 2 tablespoons chopped fresh cilantro, plus more for garnish
- > 1 tablespoons chili powder

method

1. Using a sharp knife, carefully cut corn kernels off cob. Heat oil in a large skillet over medium high heat. Add corn to the skillet. Cook, stirring occasionally, for 10-15 minutes, until browned.
2. In a serving bowl, toss corn with mayonnaise, cotija, lime juice, cilantro, red onion, and chili powder. Season generously with salt.
3. Top with more cotija and cilantro, before serving.

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Serves 4



tip from the chef

This salad goes great with just about anything from Instant Pot carnitas to veggie kebabs. Whatever you serve it with just make sure you have some extra lime wedges and cotija for those, like us, who always want more.



slow-cooker chicken tortilla soup

■□□ | Cooking time: 5 hours 15 minutes - Preparation time: 15 minutes

method

1. In a large slow cooker, combine chicken, black beans, corn, peppers, onion, fire-roasted tomatoes, cilantro, garlic, cumin, chili powder, salt, and chicken broth.
2. Cover and cook on low until chicken is cooked and falling apart, 5 to 6 hours.
3. Shred chicken with a fork, then top soup with Monterey Jack and cover to let melt, 5 minutes more.
4. Meanwhile, make tortilla crisps: In a large skillet over medium heat, heat oil. Add tortilla strips and cook until crispy and golden, 3 minutes. Transfer to a paper towel-lined plate and season with salt.
5. Serve soup topped with tortilla crisps, avocado, and cilantro.

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Serves 6

ingredients

- > 1 lb./450 g boneless skinless chicken breasts
- > 6 oz./170 g can black beans, rinsed
- > 1 cup frozen corn
- > 2 bell peppers, chopped
- > 1 white onion, chopped
- > 1 15-oz. can fire-roasted tomatoes
- > ¼ cup freshly chopped cilantro, plus more for garnish
- > 3 cloves garlic, minced
- > 1 tablespoon cumin
- > 1 tablespoon chili powder
- > 1 teaspoon kosher salt
- > 2 cups low-sodium chicken broth
- > 1 cup shredded Monterey jack
- > 1 tablespoon extra-virgin olive oil
- > 3 small corn tortillas, cut into strips
- > sliced avocado, for serving
- > chopped parsley, for serving
- > lime wedges, for serving

tip from the chef

This soup gets even better with time. It lasts in the fridge for up to 5 days in a resealable container. Just heat and serve.



nachos supreme

■ ■ □ | Cooking time: 50 minutes - Preparation time: 15 minutes

ingredients

Nachos

- > 1 tablespoon extra-virgin olive oil
- > 1 large onion, chopped
- > 1 lb./450 g ground beef
- > 2 garlic cloves, minced
- > 1 tablespoon taco seasoning
- > kosher salt
- > 1 (15 oz./425 g) can refried beans
- > ¼ cup water
- > 1 large bag tortilla chips
- > 2 cups shredded cheddar
- > 2 cups shredded Monterey jack
- > cup sliced green olives

Topping

- > 1 large tomato, diced
- > 1 avocado, diced
- > ¼ cup thinly sliced green onions
- > ¼ cup fresh cilantro leaves (optional)
- > sour cream, for drizzling

method

1. Preheat oven to 425°F and line a large baking sheet with foil. In a large skillet over medium heat, heat oil. Add onion and cook until soft, 5 minutes, then add ground beef and cook until no longer pink, 6 minutes more. Drain fat.
2. On your large baking sheet add half garlic and taco seasoning and season with salt. Cook until meat is well browned and slightly crispy, 5 minutes more. Add refried beans and water to skillet and stir until combined.
3. On your large baking sheet add half the tortilla chips and top with beef-bean mixture, half the cheese, and olives. Repeat one more layer.
4. Bake until cheese is melty, 15 minutes.
5. Scatter with tomato, avocado, green onions, and cilantro. Drizzle with sour cream and serve immediately.

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Serves 6-8

tip from the chef

Any ingredients you want to retain freshness and crunch should be added after the nachos go into the oven. We're talking herbs, greens, tomatoes, fresh salsas, avocado, and guacamole—none of these things are good warm.



beef

in black bean sauce

■ ■ □ | Cooking time: 10 minutes - Preparation time: 10 minutes

method

1. Rinse black beans in several changes of water.
2. Drain and mash black beans. Cut the onion into wedges. Halve the bell peppers, discard seeds and cut into small pieces. Dissolve corn flour in stock, add soy and sugar.
3. Heat 1 tablespoon of the oil in a wok or heavy-based frying pan, swirling gently to coat base and side. Add garlic, pepper, onion, bell pepper and stir-fry over high heat for 1 minute; remove to a bowl.
4. Add remaining tablespoon of oil, swirling gently to coat base and side of wok. Add beef and stir-fry over a high heat for 2 minutes, until it changes color. Add black beans, corn flour mixture and vegetables. Stir until sauce boils and thickens. Serve with fried rice.

ingredients

- > 2 tablespoons salted black beans
- > 1 medium onion
- > 1 small red bell pepper
- > 1 small green bell pepper
- > 2 teaspoons corn flour
- > ½ cup beef stock
- > 2 teaspoons soy sauce
- > 1 teaspoon sugar
- > 2 tablespoons oil
- > 1 teaspoon finely crushed garlic
- > ¼ teaspoon ground black pepper
- > 14 oz/400 g sirloin steak, finely sliced

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Serves 4

tip from the chef

Cook this dish just before serving. Fried rice is great paired with Riesling wine.



spicy rice & vegetables

■ □ □ | Cooking time: 10 minutes - Preparation time: 30 minutes

ingredients

- > 1 tablespoon olive oil
- > 1 onion, sliced
- > 1 red bell pepper, cut into small cubes
- > ¾ green beans, chopped
- > 1 red chili, seeded and finely chopped
- > 11 oz/340 g white rice
- > 14 oz/440 g canned tomatoes, undrained and mashed
- > 12 fl. oz/375 ml vegetable stock or water
- > freshly ground black pepper
- > chopped spring onions, for garnish

method

1. Heat oil in a large saucepan, add onion, bell pepper, green beans, pepper and chili and cook, stirring, for 5 minutes or until onion is soft. Add rice, mix well and cook for 3-4 minutes longer.
2. Add tomatoes and stock or water to pan and bring to a boil. Reduce heat and simmer for 30 minutes or until liquid is absorbed and rice is tender. Season to taste with black pepper. Garnish with spring onions.

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Serves 4

tip from the chef

A delicious vegetarian meal or side dish, and a great way to use leftover rice. Vegetables can be customized as per your liking. If desired, add tofu, or paneer.





spanish paella

■■■ | Cooking time: 15 minutes - Preparation time: 10 minutes

method

1. Heat oil in a large frying pan, add the garlic, onion, tomatoes, bell pepper and shrimp. Cook, stirring frequently, over medium heat for 5 minutes, add paprika and saffron.
2. Spread the rice evenly over the tomato and bell pepper mixture and cook for 3 minutes. Pour stock into mixture and stir thoroughly. Add clams and mussels.
3. Bring mixture to a boil and cook for 10 minutes. Add the langoustines and continue to cook until liquid is almost absorbed. Serve hot.

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Serves 4

ingredients

- > ¼ cup olive oil
- > 2 cloves garlic, crushed
- > 1 onion, chopped
- > 3 tomatoes, chopped
- > 1 yellow bell pepper, seeded and chopped
- > 1 teaspoon paprika
- > 4 langoustines or spot prawns
- > 5 mussels, washed and cleaned
- > 5 clams, washed and cleaned
- > ¼ teaspoon powdered saffron
- > ¾ cup long grain rice
- > 3 cups chicken stock
- > 1 cup cooked shrimp, peeled

tip from the chef

Paella is perfect to make on the barbecue. Stick the pan on the grill, then adjust heat strength to get a good simmer.



guacamole

with tortillas

■ □ □ | Cooking time: 5 minutes - Preparation time: 15 minutes

ingredients

> 6 corn tortillas

chili butter

- > 3 oz/90 g butter
- > 2 teaspoons finely grated lemon rind
- > 2 teaspoons sweet chili sauce
- > 1 teaspoon ground cumin
- > 1 avocado, halved, stoned and peeled
- > 1 tomato, peeled and finely chopped
- > ½ cup/4 fl oz/125 ml mayonnaise
- > 2 tablespoons lemon
- > 1 tablespoon finely fresh coriander or parsley

method

1. To make chili butter, place butter, lemon rind, chili sauce and cumin in a bowl and mix to combine.
2. To make guacamole, place avocado in a bowl and mash with a fork. Stir in tomato, mayonnaise, lemon juice and coriander or parsley.
3. Place tortillas in a single layer on a baking tray and heat on barbecue for 3-5 minutes or until warm.
4. To serve, place chili butter, guacamole and tortillas on a platter so that each person can spread a tortilla with chili butter, top with guacamole, then roll up and eat.

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Serves 6



tip from the chef

In order to give the guacamole a smoked flavor, add some drops of chipotle chilies juice.





black bean nachos

■□□ | Cooking time: 65 minutes - Preparation time: 25 minutes

method

1. Place beans in a saucepan and pour over fresh cold water to cover by 2 in/5 cm. Bring to the boil and boil for 10 minutes. Reduce heat, cover and simmer for 45 minutes or until beans are tender. Drain.
2. Heat ½ tablespoon oil in a frying pan over medium heat, add onion, garlic, hot chilies and cumin and cook, stirring, for 3 minutes or until onions are soft. Add half the beans and cook, mashing to form a coarse purée. Add remaining beans and stock, simmer for 5 minutes or until mixture reduces and thickens.
3. Transfer the bean mixture to an ovenproof dish, sprinkle with cheese, and bake at 350°F/180°C/Gas 4 until cheese melts.
4. Heat remaining oil in a frying pan until very hot, cook mild chilies for 2 minutes or until crisp. Drain on absorbent kitchen paper. To serve, and arrange a bowl with corn chips.

ingredients

- > 8 oz/250 g dried black beans, soaked overnight and drained
- > 2½ tablespoons vegetable oil
- > 1 onion, chopped
- > 2 cloves garlic, crushed
- > 2 hot fresh red chilies, chopped
- > 1 teaspoon ground cumin
- > 1 cup/8 fl oz/250 ml vegetable stock
- > 4 oz/125 g mozzarella cheese, grated
- > 6 mild fresh red chilies, cut into thin strips
- > 8 oz/250 g corn chips or fried corn tortilla pieces

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Serves 4

tip from the chef

These nachos are delicious served with a salsa of your choice and sour cream.



pork and coriander taquitos

■ ■ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

ingredients

- > 12 corn tortillas, warmed
- > vegetable oil for shallow-frying pork and coriander

filling

- > 1 teaspoon vegetable oil
- > 1 onion, chopped
- > 2 fresh red chilies, chopped
- > 2 cloves garlic, crushed
- > 2 teaspoons ground cumin
- > 1 lb/500 g pork mince
- > 3 tablespoons chopped fresh coriander

method

1. To make filling, heat oil in a frying pan over high heat, add onion, chilies, garlic and cumin and cook, stirring, for 3 minutes or until onion and chilies are soft. Add pork and cook, stirring, for 3-4 minutes or until brown. Remove pan from heat, stir in coriander and cool slightly.
2. Place 1 tablespoon of filling along the center of each tortilla, then roll up and secure with wooden toothpicks or cocktail sticks.
3. Heat $\frac{1}{2}$ in/1 cm oil in a frying pan until a cube of bread dropped in browns in 50 seconds. Cook taquitos, a few at a time, for 1-2 minutes or until crisp. Drain on absorbent kitchen paper.

.....
Makes 12

tip from the chef

Warming tortillas before folding or rolling makes them pliable and prevents breaking or cracking. To warm tortillas, place them in a dry frying pan over medium heat for 20-30 seconds on each side. Alternatively, wrap the tortillas in aluminum foil and heat in a low oven or place in a covered container and heat in the microwave.



chicken tortillas

■ □ □ | Cooking time: 15 minutes - Preparation time: 15 minutes

method

1. Place garlic, cumin, chili powder, lime juice and tequila in a bowl and mix to combine. Add chicken, turn to coat, then cover and marinate for 30 minutes.
2. Drain chicken and cook on a preheated hot barbecue or char-grill or in a frying pan for 3-4 minutes each side or until golden and cooked through. Cut chicken into slices.
3. Warm tortillas in a dry frying pan over medium heat for 20-30 seconds each side or until heated through.
4. To serve, top each tortilla with chicken, tomato and coriander leaves, fold or roll and accompany with bowls of guacamole and sour cream, if using.

ingredients

- > 2 cloves garlic, crushed
- > 1 teaspoon ground cumin
- > ½ teaspoon chili powder
- > ⅓ cup/3 fl oz/125 g lime juice
- > 1 tablespoon tequila
- > 4 boneless chicken breast fillets
- > 12 corn tortillas
- > 1 tomato, sliced
- > ½ bunch fresh coriander
- > guacamole
- > ½ cup/4 oz/125 g sour cream (optional)

.....
Makes 12

tip from the chef

Beef, pork and lamb steaks are also delicious prepared in this way. Adjust the cooking times to suit the recipe you are using and according to personal taste.



pinto bean soup

■ □ □ | Cooking time: 95 minutes - Preparation time: 25 minutes

ingredients

- > 6 oz/185 g dried pinto beans, soaked overnight and drained
- > 1 onion, quartered
- > 3 tomatoes, roasted and peeled
- > 1 poblano chili, roasted and peeled
- > 4 cloves garlic
- > 6 cups/50 fl oz water/1.5 liters
- > 2-3 cups/16 oz 1¼ pt//500-750 ml chicken or vegetable stock
- > vegetable oil for shallow-frying
- > 6 day-old flour or corn tortillas, cut into strips
- > 2 ancho chilies, seeded
- > 5 oz/155 g feta cheese, crumbled
- > 2 tablespoons fresh coriander leaves

method

1. Place beans, onion, tomatoes, poblano chili, garlic and water in a saucepan. Bring to the boil and boil for 10 minutes, then reduce heat and simmer for 1 hour or until beans are tender. Cool slightly, then purée beans and vegetables with cooking liquid in a food processor or blender.
2. Return purée to a clean saucepan, stir in stock, bring to simmering and simmer, stirring, for 10-15 minutes.
3. Heat ½ in/1 cm oil in a frying pan until a cube of bread dropped in browns in 50 seconds and cook tortilla strips until golden and crisp. Drain on absorbent kitchen paper. Add ancho chilies to pan and cook until crisp, then drain and cut into thin strips.
4. To serve, ladle soup into warm bowls. Arrange tortilla and chili strips, feta cheese and coriander on a serving platter and pass with soup to garnish.

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Serves 6

tip from the chef

To roast the poblano chili, place it in a hot frying pan or comal and cook until skin is blistered and charred. Place in a plastic food bag and stand for 10 minutes or until cool enough to handle. Carefully remove skin from chili and cut a slit in the side of each side. Carefully remove seeds and membranes and set aside.





guajananato style bean salad

■ □ □ | Cooking time: 15 minutes - Preparation time: 15 minutes

method

1. Place chickpeas and black and pinto beans in a bowl and toss to combine.
2. Boil, steam or microwave corn until just tender, drain and refresh under cold running water. Add cooked fresh beans, tomatoes, chilies and onion to bowl and toss to combine.
3. To make dressing, place coriander, lime juice, oil and black pepper to taste in a bowl and whisk to combine. Drizzle dressing over salad and stand for 30 minutes before serving.

.....
Serves 6

ingredients

- > 5 oz/155 g cooked or canned chickpeas, drained and rinsed
- > 5 oz/155 g cooked or canned black beans, drained and rinsed
- > 5 oz/155 g cooked or canned pinto beans, drained and rinsed
- > 8 oz/250 g corn
- > 3 tomatoes, diced
- > 3 mild fresh red chilies, cut into strips
- > ½ onion, very thinly sliced
- > coriander and lime dressing
- > 2 tablespoons chopped fresh coriander
- > ¼ cup/2 fl oz/60 ml lime juice
- > 2 tablespoons olive oil
- > freshly ground black pepper

tip from the chef

The more varieties of beans you use in this dish the better your luck will be. Serve with warm flour tortillas for a satisfying light meal.



fruit filled chimichangas

■ ■ □ | Cooking time: 10 minutes - Preparation time: 15 minutes

ingredients

- > 4 flour tortillas
- > vegetable oil for deep-frying
- > sugar for sprinkling

fruit and coconut filling

- > 4 oz/125 g chopped pineapple
- > 2 oz/760 g chopped strawberries
- > 4 tablespoons flaked coconut
- > 2 tablespoon chopped fresh mint

method

1. To make the filling, place pineapple strawberries, coconut and mint in a bowl and mix to combine.
2. Warm tortillas, one at a time, in a dry frying pan over medium heat for 20-30 seconds on each side or until soft. Place 1-2 tablespoons of filling down the center of each tortilla and fold in half to enclose. Press edges together to seal.
3. Heat oil in a saucepan over high heat until a cube of bread dropped in browns in 50 seconds. Hold tortilla parcels with 2 sets of tongs and carefully deep-fry for 2-3 minutes or until golden and crisp. Drain on absorbent kitchen paper, then sprinkle generously with sugar and serve.

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Serves 4

tip from the chef

Take care when frying the chimichangas that the splattering oil does not burn your hands. For safety wear oven gloves on both hands and ensure your lower arms are covered. Chimichangas are delicious served with whipped cream and coffee as a sweet treat or dessert.



sweet pumpkin coyotas

■ ■ □ | Cooking time: 80 minutes - Preparation time: 25 minutes

method

1. To make filling, place pumpkin in a baking dish, then scatter with sugar, dot with butter and drizzle with water. Cover and bake at 400°F/200°C/Gas 6 for 30-40 minutes or until the pumpkin is soft and golden. Cool.
2. To make the dough, place flour, butter and salt in a food processor and process until mixture resembles fine breadcrumbs. With the machine running, add enough cold water to form a soft dough. Turn dough onto a lightly floured surface and knead for 10 minutes or until soft and elastic. Chill.
3. Divide dough into 16 equal pieces. Roll out each piece to form a ½ in/3 mm thick round.
4. Place 1-2 tablespoons of filling in the center of 8 of the dough rounds. Top with remaining rounds and press edges to seal. Place coyotas on greased baking trays, reduce oven temperature to 350°F/180°C/Gas 4 and bake for 25-30 minutes or until golden. Serve warm.

ingredients

Coyotas dough

- > 1¼ lb/625 g flour
- > 7 oz/220 g butter, chopped
- > pinch salt
- > cold water

Sweet pumpkin filling

- > 1½ lb/750 g butternut pumpkin, peeled and chopped
- > ½ cup/3 oz/90 g brown sugar
- > 1½ oz/45 g butter, diced
- > 2 tablespoons water

.....
Serves 8

Tip from the Chef

Serve these with hot chocolate or coffee as a sweet afternoon treat or dessert.



frozen

strawberry margarita

■ □ □ | Preparation time: 5 minutes

ingredients

- > 4 cups frozen unsweetened strawberries
- > 2 cups ice cubes
- > 1 cup silver tequila
- > ¾ cup fresh orange juice
- > ½ cup grand marnier
- > ½ cup lime juice
- > sugar or salt, as needed (optional)

method

1. To a blender add frozen strawberries, ice cubes, tequila, orange juice, grand marnier and lime juice.
2. Blend until smooth and serve immediately. Garnish each glass with a fresh strawberry.
3. Optional: garnish glass rims with salt or sugar. Place sugar or salt in a shallow bowl. Dip your glass rim into the mixture.

.....
Serves 6

tip from the chef

The Ultimate Frozen Strawberry Margarita Recipe at home! Quick and easy in a blender with minimal fresh ingredients. Enjoy these frozen margaritas right away or store them in the freezer as a make ahead cocktail that's ready for your next party!





mojito

■ □ □ | Preparation time: 10 minutes

method

1. Place mint leaves and 1 lime wedge into a sturdy glass. Use a muddler to crush the mint and lime to release the mint oils and lime juice.
2. Add 2 more lime wedges and the sugar, and muddle again to release the lime juice. Do not strain the mixture. Fill the glass almost to the top with ice. Pour the rum over the ice, and fill the glass with carbonated water. Stir, taste, and add more sugar if desired.
3. Garnish with the remaining lime wedge.

ingredients

- > 10 fresh mint leaves
- > ½ lime, cut into 4 wedges
- > 2 tablespoons white sugar, or to taste
- > 1 cup ice cubes
- > 1½ fluid ounces white rum
- > ½ cup club soda

.....
Serves 1

Tip from the Chef

Tonic water can be substituted instead of the soda water but the taste is different and somewhat bitter



caipirinha

■ □ □ | Preparation time: 5 minutes

ingredients

- > 1 lime, cut into wedges
- > 2 teaspoons sugar
- > 2 ounces cachaça
- > lime wedge, for garnish

method

1. In a double rocks glass, muddle the lime wedges and sugar.
2. Fill the glass with ice, add the cachaça, and stir briefly.
3. Garnish with a lime wedge.

.....
Serves 1



tip from the chef

Muddling the limes with abrasive sugar helps to release not only the fruit's juice, but also the rich, aromatic oils from the peel.





tequila sunrise

■□□ | Preparation time: 3 minutes

method

1. Gather the ingredients.
2. In a highball glass filled with ice cubes, pour the tequila and orange juice.
3. Stir well.
4. Slowly pour the grenadine around the inside edge of the glass. It will sink and gradually rise to mix with the other ingredients.
5. Garnish with an orange slice and cherry. Serve and enjoy.

ingredients

- > 2 ounces tequila
- > 4 ounces orange juice
- > ½ ounce grenadine
- > orange slice, for garnish
- > maraschino cherry, for garnish

.....
Serves 1

Tip from Chef

If the tequila sunrise is a tad too sweet for your taste, try it with a dash of lime or lemon juice. This can balance out the taste without compromising the appearance and central flavor of the drink.



michelada

■ □ □ | Preparation time: 5 minutes

ingredients

For the Micheladas

- > 12 ounces light mexican beer corona is good, as is sol, tecate or modelo
- > 12 ounces clamato juice (or use tomato juice)
- > ¼ cup freshly squeezed lime juice rinds reserved
- > 1 tablespoon worcestershire sauce
- > 1 tablespoon soy sauce (or maggi sauce)
- > 2 teaspoons hot sauce
- > ice, to taste

For the Rim

- > 1 teaspoon chili powder or tajin seasoning for rimming the glass
- > salt for rimming the glasses
- > lime wedges for garnish if desired

method

1. Place enough salt and Tajin seasoning or chili powder in a wide, shallow dish to cover the bottom.
2. Rub the rims of two glasses with the lime wedges (or use the reserved lime rinds) and dip them into the spicy salt mixture.
3. Fill the glasses with ice and set aside.
4. Divide the Worcestershire sauce, soy sauce, hot sauce, lime juice, beer and Clamato juice into each glass. Mix well.
5. Garnish with a lime wedge.

.....
Serves 2

tip from the chef

You don't have to mix your Micheladas. You can pour everything but the beer in first, then top with beer and serve them up. Let your guests mix as desired. Also, you can make a Michelada with tomato juice or Clamato juice.



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Chef

e x p r e s s



flavors of mexico & more

Mexico has an unbelievably rich culture that is deliciously reflected in its vibrant food. We hope the following recipes inspire you to make a bold statement about what a true Mexican feast ought to be, and what's more: that your friends and loved ones enjoy it as much as you!



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