



# *A Chef in Sayulita*



WINTER SEASON

# HEIRLOOM MENU

@ACHEFINSAYULITA - @SAYULITAFoodGARDEN



HEIRLOOM MENU: WHAT IS IT AND WHY EVERYONE IS TALKING ABOUT IT?

I STARTED READING ABOUT THE HEIRLOOM CULTURE ABOUT TWO YEARS AGO WHEN I STARTED THE SAYULITA FOOD GARDEN PROJECT. I GOT SO AMAZED BY IT! I STARTED LOOKING FOR SOMETHING SIMILAR ON MY COUNTRY. I REALIZED THAT THIS MOVEMENT WAS SO "UNDERGROUND" IN MEXICO THAT I FELT ALMOST THE PRESSURE TO DO WHAT I COULD TO HELP.

DURING THE QUARENTINE, I READ EVEN MORE OF WHAT IM USED TO AND ALSO, I HELPED TO CREATE A FEW COMUNITY GARDENS IN TOWN.

I BROUGHT BACK A FEW MEXICAN HEIRLOOM RECIPES. I WANTED TO DO DIFFERENT VARIATIONS, SOMETHING MUCH MORE "SIMPLE" FOR THIS MENU. I REALIZED I WANTED TO SHARE IT SO MUCH, THAT I PREFERRED TO MAKE IT MORE OF A TASTING MENU THAN A REGULAR DINNER MENU.

MOST OF THE RECIPES HERE ARE INDIGENOUS TRADITIONAL RECIPES. YOU WILL NOTICE THEY ARE BASED ON THE MILPA ANCIENT TRADITION, EXCEP FOR THE MAIN COURSES.


ALL THE INGREDIENTS FROM THE RECIPES YOU ARE GOING TO TASTE, COMES FROM ONE OF THE EDIBLE GARDENS I CREATED DURING THE QUARANTINE. I HAVE PREFERENCE FROM THOSE UNDER WOMEN'S CARE. I PAY A FAIR PRICE (WHEN IS NOT FROM MY GARDEN) AND THE MEATS COME FROM 100% PERMACULTURE FARMS.

LAST, BUT NOT LEAST, A PERCENTAGE FROM WHAT YOU PAY FOR THIS MENU, GOES TO KEEP CREATING EDIBLE COMMUNITY GARDENS IN SAYULITA.

THANK YOU SO MUCH FOR YOUR SUPPORT.

CHEF ANA CECILIA AVALOS REYES





HOW DOES THIS MENU WORK?

THERE ARE A FEW COURSES ARE FIXED. THIS MEANS THAT YOU RECEIVE THEM BY DEFAULT. THOSE ARE THE PALATE CLEANSERS.

FROM THE REMAINING OPTIONS, PLEASE CHOOSE ONE OPTION. SINCE THIS MENU IS NOT A SIMPLE TO COOK MENU, EVERYBODY IN YOU GROUP WILL EAT THE SAME MENU, SO, CHOOSE WISELY.

THIS MENU, UNLIKE MY OTHER MENUS, CANNOT BE MODIFIED TO ADDRESS CERTAIN RESTRICTIONS, UNLESS EVERYBODY IS WILLING TO ACCEPT THOSE RESTRICTIONS FOR THEMSELVES TOO.

YOU WILL NOTICE MOST OF THE RECIPES ARE VEGETARIAN OR VEGAN ANYWAYS. THIS IS BECAUSE THE PRE HISPANIC CULTURE WAS VEGETARIAN. IN CASE YOU WANT A FULLY VEGETARIAN OR VEGAN MENU, YOU MAY CHOOSE ONE INTERMEDIATE TO SUBSTITUTE THE MAIN.

ALL COURSES ARE IM SMALL GOURMET OPTIONS. EXTRA COURSES ARE POSSIBLE. IF YOU ARE INTERESTED, PLEASE LET US KNOW AT LEAST ONE WEEK PRIOR.

SOME INGREDIENTS MAY RAN OUT DURING THE SEASON. THEY WILL BE SUBSTITUTED WITH NO PREVIOUS NOTIFICATION FOR A SIMILAR INGREDIENT IN THE GARDENS.

RELATED TO THE ALCOHOLIC DRINKS, PLEASE NOTIFY AHEAD IF ANY KID OR UNDERAGE GUEST WILL TAKE PART. WE ARE NOT ALLOWED TO PROVIDE ALCOHOLIC SERVICE TO ANYONE UNDER 18.

THE ONLY DRINKS INCLUDED ARE THE ONES STATED ON THE MENU. ANY EXTRA ALCOHOL WILL BE BILLED.



WELCOME DRINK:  
ARTISANAL RAICILLA SHOT

APPETIZERS

AVOCADO AGUACHILE: THE TRADITIONAL AGUACHILE WITH A MEXICAN MODERN TWIST. AVOCADO, CUCUMBER, PURPLE ONION, BASIL, MINT AND PURALANE ON A GREEN SPICY SERRANO SALSA. TOPPED WITH GREEN OIL (CILANTRO PESTO) AND SESAME SEEDS. FRESH AND SPICY.

OR

RAW TAMALES: GREEN LEAVES FILLED WITH HEIRLOOM BEANS PASTA (EPAZOTE, ANISE, AVOCADO LEAVES, CORN ASHES AND HEIRLOOM BEANS). SERVED WITH RED SWEET HEIRLOOM TATEMADA SALSA

OR

ESQUITE DE TUETANO: HEIRLOOM RECIPE. HEIRLOOM CORN COOKED ON BONE BROTH, SERVED WITH CHIPOTLE SALSA AND FRESH HOMEMADE CHEESE.

OR



FIDEO SECO: TRADITIONAL RECIPE. DRIED RED PASTA, SERVED WITH SOUR CREAM, FRESH CHEESE, PURPLE ONION AND CILANTRO LEAVES.

PALLET CLEANSE 1:  
AVOCADO MARGARITA: AVOCADO, GREEN HERBS, LIME JUICE AND TEQUILA. FROZEN





SALAD

MILPA: GREEN BED, NIXTAMAL CORN, PURPLE ONION, ZUCCHINI, CILANTRO LEAVES, HUAZONTLE FLOWERS, PURSLANE LEAVES, PINTO BEANS, EPAZOTE, POPCORN SPROUTS AND CORIANDER SEEDS. PAPALO PESTO DRESSING

OR

GARDEN: GREEN BED, HEIRLOOM CHERRY TOMATO, CUCUMBER, PURPLE BASIL, PURPLE ONION, CARROT, AVOCADO, SEASONAL SPROUTS, TORTILLA SLICES. CREAMY AVOCADO DRESSING.

OR

MEXICAN GREENS: GREEN BED, AMARANTH LEAVES, HIBISCUS LEAVES, PURPLE ONION, TOPPED WITH CHIVES AND AVOCADO. CILANTRO DRESSING.



INTERMEDIATE

POCYAXUM TOSTADA: PREHISPANIC RECIPE. BURNT TORTILLA WITH HEIRLOOM ZUCCHINI COOKED ON SMOKE AND TOPPED WITH PURSLANE AND GREENS

OR

QUELITES AL CALDILLO: GOAT CHEESE, HUAZONTLE AND SAGE, SERVED ON A POBLANO PEPPER BED, TOPPED WITH TRADITIONAL CALDILLO.

OR

MILPA PELLIZCADA: TICK HOMEMADE TORTILLA, HEIRLOOM BEAN CREAM BASE, SERVED WITH GREEN TOMATILLO, GRILLED ZUCCHINI, CELERY AND FRIED BEETS. TOPPED WITH FRESH CHEESE AND QUELITES. SERVED WITH GREEN TATEMADA SALSA

OR

TLILTIK: NIXTAMAL SOPE SERVED WITH HUITLACOCHÉ STEW, TOPPED WITH EPAZOTE LEAVES, CHIVES, CORN CHARCOAL AND SOUR CREAM.

PALAT CLEANSE 2:

CAFE DE OLLA: TRADITIONAL COFFEE SHOT WITH SPICES. CHOOSE COLD OR HOT.





MAIN

SACBÉ: GRILLED CHICKEN BREAST ON WHITE ONION CREAM, TOPPED WITH DRIED MARJORAM, THYME, WHITE SAGE AND CHIVES. SERVED WITH SWEET PLANTAIN PUREE

OR

PINK POZOLE: PORK SLOW COOKED MEAT ON ITS JUICE, PINK CORN, GREENS, RADISH, ONION, OREGANO LEAVES, PIQUIN DRESSING. TOPPED WITH AVOCADO AND CHICHARRON (PORK SKIN).

OR

CARNE EN SU JUGO: SLOW COOKED MEAT ON ITS JUICE, GRILLED GREEN TOMATILLO, CORIANDER, ONION, GREEN BEANS, GREENS, RADISH, AVOCADO AND BACON. TOPPED WITH GREEN TOMATILLO TATEMADO SALSA (NOT SPICY) AND GREEN LIME OIL

OR

BLACK FISH: FRESH CATCH OF THE DAY GRILLED, SERVED WITH PURPLE ONION, BASIL, MINT, MANGO, CHIVES, PURSLANE AND AVOCADO. TOPPED WITH SWEET BLACK ANCHO CHILI SALSA AND SESAME SEEDS.

OR

GOBERNADOR (UPGRADE TO LOBSTER): FRESH SHRIMP GRILLED ON GREEN BUTTER, SWEET POTATO PUREE, CORIANDER, TOMATO SLICES, CILANTRO SEEDS, CHIVES AND LEMON GRASS DRESSING. TOPPED WITH CHEESE TORTILLA.



PALET CLEANSE 3:

CITRUS FLAMBE: SEASONAL SHERBET TOPPED WITH ARBOL CHILI  
AND CRIKET SALT. MEZCAL FOR FLAMBE

DESSERT (INCLUDES ATOLE AS DRINK):

FRESH CARLOTA: TRADITIONAL KEY LIME PIE WITH FRESH HERBS  
TWIST. FROZEN.

OR

CHIPOTLE-CHOCOLATE SWEET TORTILLA: CACAO, VAINILLA,  
ALMOND AND CHIPOTLE CHILI CREPE, TOPPED WITH COCONUT  
ICECREAM.

OR

BLACK POPCORN: HEIRLOOM POPCORN TOPPED WITH MEXICAN  
CHOCOLATE, SERVED WITH VAINILLA ICECREAM

