

Cooking classes

We will show you the original flavors from Mexico, story of what became one of the most delightful cuisine of the world wide, the seasoning and most amazing ingredient which is included in a great dishes, also how to make your own tortillas and much more...

Mole: Simply the best, an amazing history of peppers and different ingredients from pre-spanish arrival, contains chocolate, peanuts, red dried peppers, fresh peppers, tomatoes, banana, sesame seeds, spices, chicken broth, you have to experience and taste a great experience to have

Mexican Salsa or pico de gallo:

5 Red tomatoes or 8 Italian chopped diced
1 large onion diced
3 Serrano chilies or 2 Jalapeno s / chopped seed diced
150 g of chopped cilantro
3 cloves of garlic without sprout and chopped fine
1 tbs olive oil
1 teaspoon of salt
2 sour limes
Pepper to taste

First split the onion with garlic and chilies, are left to marinate in olive oil and the juice of two limes without seeds, add tomatoes and ultimately coriander, mix well, with salt and pepper

Guacamole

4 ripe avocados
It may well crush the avocado or can grate on cubes in the shell and then remove it with a spoon and add it to the Mexican sauce prepared previously

Cactus salad

1Lb of nopales (cactus) cut into strips.
3 cloves of garlic
1 tbsp. salt
2 tablespoons cider vinegar
1 tbs of olive oil
Oregano, salt and pepper

The nopales are put to boil in 3 liters of water with garlic and salt until they change tone of green, drain and wash with tap water to remove the slimy, at the end are they rinse in purified water, placed in a bowl and is added previously prepared Mexican sauce, add the oregano vinegar and olive oil, can also carry pieces of avocado or panela (non processed cheese) cheese diced pepper and if necessary salt add a little.

Tomatillo and ancho or pasilla chile sauce

1 Lb of tomatillos (if possible milperos purplish kind)
5 cups of water
3 cloves garlic
2 Chiles anchos or any dried hot peppers seed less grilled
A pinch of cumin
Salt and pepper to taste

In a Pot boil the tomatillos and garlic, then Place the boiled tomatillos and garlic without water in Blender and the dried peppers added salt and cumin, are milled, if it is very thick, use the same water that the tomatillos boil. Also can add peanuts or sesame or same chile seeds toasted to the Blender to give another flavor, you can even put half medium onion chopped but after ground.

Green Sauce

1 ½ Lt of water
1 Lb of tomatillos (if possible milperos kind)
3 cloves garlic,
3 Serrano chiles
½ white Onion diced
150 grs thin chopped cilantro
Salt and pepper to taste
A pinch of cumin

Boil tomatillos, garlic and green hot peppers, They are tomatoes, serranos chiles, salt and pepper with Cumin in the blender and already liquefied, Add onion and cilantro, if you want to make a variation can add you in the Blender a small avocado well mature and a little more than salt.

Rajas con crema

2 Poblano Chile peeled and deveined cut into strips
½ great white onion, cut into strips
1 cup of grind corn
2 zucchini
2 chopped garlic
1 cup sour cream
200 g of diced panela or asadero cheese
3 tbs oil
Salt and pepper to taste

Heats up oil add garlic and onion in a frying pan, until them soft and then add corn kernels and later the zucchini, rajas and when are soft everything added the cream will stir well, add salt and pepper at the end add the cheese, cover and leave for 5 minutes more and ready.

You can do with Bell Peppers instead of Poblano chiles or both together.

Papas con Rajas

1 Lb of potatoes boiled and peeled chopped in regular squares or small slices
½ white Onion diced
3 chopped garlic and germinated

2 Puebla or jalapeno peppers cut into strips or julienne

¼ Cup of oil

Salt and pepper

Is placed in the previously heated skillet half of the oil, onion and chili peppers until they are bleached, Puebla chiles may or may not be peeled, then added more oil if necessary, and already hot are added the potatoes the salt and pepper stir and they cover for 10 minutes at low heat.

Papas con Chorizo

The same as before but besides peppers one or two pieces of chorizo to fry first with the onions and then add potatoes in cubes you can use no oil to keep it less greasy

Mushrooms with garlic (al Ajillo)

250 grams of mushrooms clean with a paper towel and cut into slices

2 guajillo chiles cut into "rings" seeded

½ white onion, cut into strips

5 cloves of garlic cut in small pieces or crushed without sprout

3 tablespoons of olive oil

1 sour lime

1 tablespoon Worcester shire sause

A drizzle of sauce magui

Salt and pepper to taste

Is heated olive oil and pour the garlic, hot red peppers rings and onions to softer, then placed the mushroom mix well, then put the sauce worcestershire and the magui is it appends salt and pepper, and at the end the juice of a lemon, let stand for 5 minutes and ready

Mexican rice

1 cup of pre cooked rice

1 cups of water (or two if the rice is not pre cooked)

3 tablespoons oil

½ onion

2 cloves of garlic

1 small tomato puree

Vegetables frozen to taste, preferably peas, corn and carrots

Heat the oil and put the whole onion and the garlic to fry, then place the rice for crystallised or blanched a bit and then pour the tomato puree, until you toss with rice, then pour the water, and then the vegetables, salt cover and let simmer until that is dry water

Mole Poblano

The easiest way to prepare the mole red or black, is to buy the pasta in the market and buy the famous doña Maria mole, and we will need:

300grm mole

1 well ripe plantains, if possible an almost black male

Half bar chocolate Ibarra or Abuelita

Half chicken

Sesame seeds

Put in a pot of water to boil with bay leaf, garlic, onion, pepper and salt, and half of a chicken in pieces or in a single piece, let it boil until the chicken is well cooked, allow to cool to a side withdraw chicken and crumble it and put it aside, they can also leave the separate pieces and then serve them with the mole above.

chicken soup is put to heat on low heat is added the mole and well crushed bananas, is beating slowly until that integrate well, then add chocolate, leaving no beat, so it will not stick, it shuts down and let it stand.

You can use up pieces of chicken cooked and accompanied by rice, or be can make mole stuffed with cheese or shredded chicken enchiladas, or fill tacos with shredded chicken scrambled with mole, etc

Refried Beans:

1 Lb of raw black or pinto or bayos or Peruvian beans

1gal. of water

½ cup of oil

One good size green hot pepper or two medium

It appends salt

In a pressure cooker add water and the beans previously cleaned (take little stones whom come together in the bag of beans) close and put the valve heat it until pressure is high and then low the flame at minimum and let them cook for about 40 minutes, ones the pressure goes away from the pot opened carefully and then add 3 spoons of oil and one spoon of salt, let it boil for another 20 minutes then in a pre heated big frying pan put the rest of the oil with a green hot pepper (could be jalapeno or Serrano kind) until gets brownish and then carefully purr with a ladle the beans, more beans than juice then mash the beans with an masher until gets thick or you can always put the beans before purring in the frying pan in the blender and blend the beans and the purred in the oil with the hot pepper, remember don't to mash the pepper is just to give flavour to the oil you can always put apart to avoid mashed 😊

Beans could be cooked in a regular deep pot but to make it easier you have to soak the beans for a night before, and then rinsed before you cooked, remember you need to add water ones in a while because it will need water until they get soft. Don't put salt ever before the beans are soft, otherwise it will take forever to cook.

Picadillo de Res

1 Lb grounded beef

5 tbs canola oils or any vegetable oil

1 white onion

1 carrot

1 celery stick

1 small potato

½ cup pees

2 tbs peanuts

2 cloves garlic

1 tbs Worcestershire sauce

2 tbs raisins

½ cup of tomato pure

Salt and pepper

Fried the onion and garlic cloves chopped previously, add celery, carrots, potato, peanuts, raisings, pees cut in cubes, tomato puree and beef ground, Worcestershire, it appends salt and pepper stir well and let it cook in low flame, be sure all is soft and tender.

Chiles Rellenos

4 Chiles poblanos

½ Lb cheddar cheese or picadillo de res, or anything you like as stuffing (shrimp, chorizo, etc)

5 eggs

1 cup of wheat flour

1 cup of vegetable oil

Bit of oregano

½ whit onion

2 Red tomatoes

2 cloves of garlic

It appends salt and pepper

Grill the peppers on direct flame until it gets black turned and be sure all the sides are the same black, don't let them burn much, after each pepper is ready put it in a plastic bag, for them to steam and make it easier to pill, when you grill all the peppers leave them and the plastic bag together for a few minutes and then proceed to pill them, cut one side as a pocket and take all the seeds out (also you can deveined) and then stuffed with your favourite stuffing, you can always close the pocket with some tooth picks to make them easy to manoeuvres.

In a frying pan grill the tomatoes and the not pilled garlic, chop the onion in cubes, after the tomatoes are ready to pill put them in to a blender with the pilled grilled garlic, after you purred in a bowl the raw chopped onions and the oregano, it appends salt and pepper.

In a bowl separate the whites of the egg and batter until it does foam, you can always put one or two of the yolks.

In other hand put the oil to heat in a big fryer pan not to high flame, in a big plate put the flour and put each pepper on it before you battered with the egg, and then fry them in the oil in bout sides and then after the egg looks brownish take them out of the hot oil and put them in a paper towel to take some excess of oil .

After you finish with all the peppers put the tomato sauce on top, and you can always accomplish with some sour cream.

Could be also rice and refried beans like sides!

Tbs=table spoon

