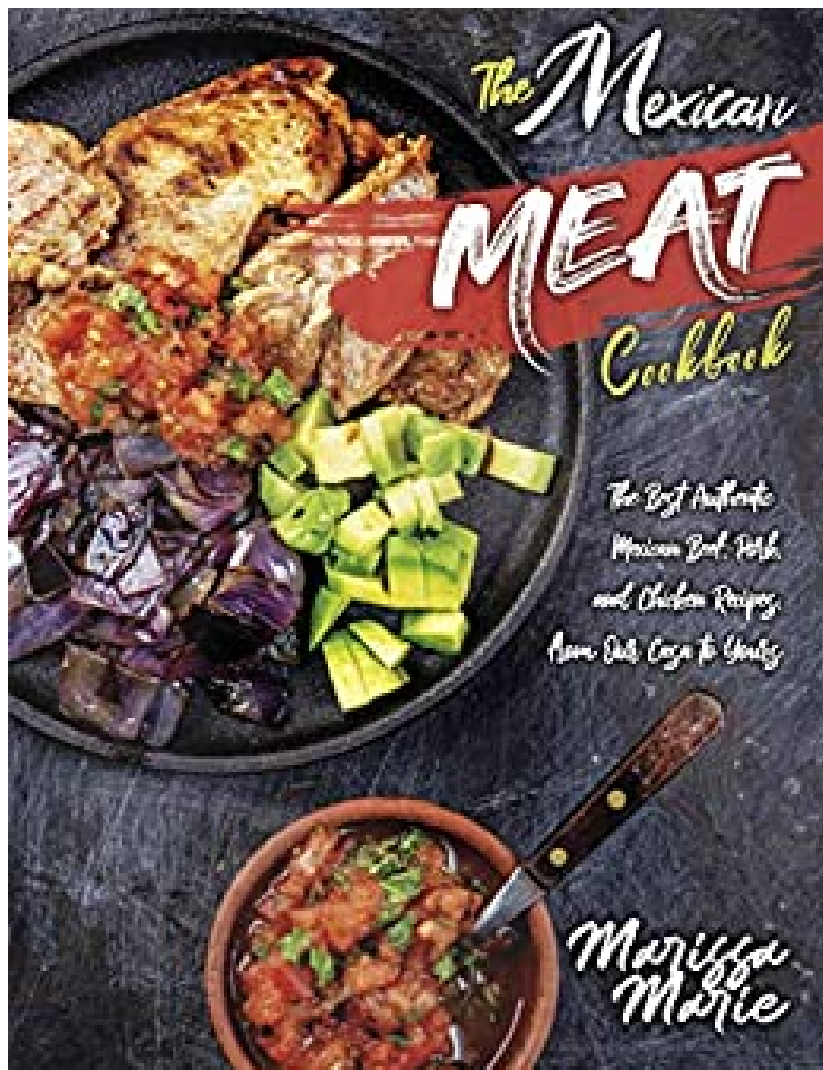


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The Mexican Meat Cookbook: The Best Authentic Mexican Beef, Pork, and Chicken Recipes, from Our Casa to Yours (Mexican Cookbook)

by
Marissa Marie



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Synopsis

The Best Mexican Food, From Our Casa to Yours! This Book Offers: All the basic info you will need to get started with Authentic Mexican Cooking
45 Mexican Sauce, Salsa, and Seasoning Recipes
45 Mexican Sauce, Salsa, and Seasoning Recipes
43 Authentic Mexican Beef & Pork Main Courses
33 Authentic Mexican Chicken and Turkey Main Courses
50 Authentic Recipes of Tacos, Tostadas, and Tamales
11 Recipes of Burritos, Chimichangas, And Quesadillas
25 Recipes of Enchiladas & Casseroles
4 Recipes of Chilaquiles
Bonus: 35 Mexican Snacks & Appetizers
Bonus: 50 Mexican Soups & Stews
Bonus: 30 Authentic Mexican Vegetable Sides and Main Courses
Bonus: 21 Mexican Egg Recipes

Sort review

About the Author Carol Wilson is a food writer, cookery consultant, and member of the Guild of Food Writers. She writes for a number of food publications both in the UK and the US and has written several cookbooks as well as appeared on TV cookery programmes. A judge for the Slow Biodiversity Food Awards, she contributes regularly to Country Kitchen, Living France, Gastronomica, and others.--This text refers to the paperback edition.
Book Description This one-stop guide to successful preserving offers 60 delicious recipes for jams, jellies, bottled fruits, chutneys, pickles, and more. --This text refers to the paperback edition.
From the Back Cover Preserving fruits and vegetables is a great way to turn home-grown or local produce into delicious treats that can be enjoyed all year round. There are several different preserving methods and all give delicious results. Jams, jellies, fruit butters and curds, bottled fruits, chutneys, pickles and salted vegetables are all practical and economical ways to preserve seasonal produce. And you don't need a load of kitchen gadgets and equipment to get started: a heavy-based pan, funnel, sugar thermometer and a selection of glass storage jars are all you need! Ingredients listings, popular fruits and vegetables, sugars and cooking techniques are all explained, along with storage information and helpful hints and tips. This, along with the 60 delicious recipes that follow, make this book your one-stop guide to successful preserving.
CAROL WILSON is a food writer, cookery consultant and member of the Guild of Food Writers. She writes for a number of food publications both in the UK and the US, and has written several cookbooks as well as appeared on TV cookery programmes. 'A comprehensive look at all aspects of turning home-grown produce into delicious treats'—COUNTRY KITCHEN 'What I loved about this book, was discovering new things to do with vegetables that I hadn't thought of before... This is a handy book to keep in your cupboard for Autumn harvest and the excess fruit and vegetables that come your way.'—THE RURAL --This text refers to the paperback edition.
Review A comprehensive look at all aspects of turning home-grown produce into delicious treats-- "Country Kitchen" A little gem of a book-- "Highland Life" If you hanker after a slice of the good life, like to know the provenance of your food or simply want to be thrifty, this... is an excellent place to start.-- "Food and Travel" "What I loved about this book, was discovering new things to do with vegetables that I hadn't thought of before... This is a handy book to keep in your cupboard for Autumn harvest and the excess fruit and vegetables that come your way.-- "The Rural" --This text refers to the paperback edition.
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Marissa Marie
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chile peppers is picked while green and usually used fresh in pretty much everything Mexican.

Morita (Dried Chipotle) This slightly fruity, dried chile is a smoke-dried jalapeño. When dried, it needs reconstituting. When canned and sold as chipotle en adobo, both the chile itself and its amazingly useful sauce can lend smoky depth to the recipes it is used in.

Poblano This mild, dark-skinned chile pepper turns into ancho when dried. When fresh, it can be roasted or turned into a vessel for Chiles Rellenos.

Serrano Smaller and hotter than a jalapeño, this important fresh pepper is commonly included raw into relishes and salsas. It is sometimes used roasted.

Herbs and Spices

Achiote Paste Made using super-hard annatto seeds, this paste adds a smoky, peppery flavour to marinades and sauces. It's usually diluted using sour orange and serves as an important ingredient in quite a few Mexican recipes.

Allspice These peppercorn-looking berries are usually toasted and ground to impart warmth to salsas, moles, and stews. To save time, buy it ground.

Bay Leaves Thinner than other varieties, Mexican bay laurel adds its amazing flavour to marinades, soups, and stews.

CILANTRO This self-seeding annual is used fresh across Mexican salsas, rice dishes, soups, and moles. It's also commonly used to garnish tacos.

Cinnamon Mexican cinnamon, or Ceylon cinnamon, is quite unlike the cinnamon normally used in the United States—it's headier and warmer than its American counterpart. It can be found in Mexican markets as sticks or ground. If you can't find Mexican cinnamon, use whichever version you have on hand.

Cumin Strong, earthy cumin seeds, for which there is no equivalent, are commonly toasted and ground and used in stews and soups.

Marjoram Usually used with thyme and oregano to flavour stews, this fragrant herb also appears as a component of pickled vegetables.

Oregano Different from the Mediterranean variety, the Mexican herb is often used dry in pozole and tomato-based soups, or in main dishes.

Sesame (Ajonjolí) An important ingredient in moles, these nutty seeds are also used in baked goods, including on sandwich rolls.

Thyme This aromatic perennial is often used to pickle vegetables and to dry and use in combination with oregano and marjoram for flavouring stews and other slow-simmered dishes.

Other Ingredients

Avocados This mild fruit finds is a common ingredient in many Mexican recipes. Simply halve, pit, and peel.

Cajeta Similar to dulce de leche, this caramel sauce is a common ingredient in multiple desserts and is used to top ice cream. Look for Coronado brand, which is made from goat's milk and has a full, rich flavour. Cow's milk versions can also be used.

Cheese Cheese is a staple in the Mexican kitchen. A few of the popular kinds of cheese in Mexico are: cotija, queso Oaxaca, queso fresco, and Chihuahua.

Chocolate Mexican chocolate is indispensable for moles. Unsweetened cocoa is great as a background note for sauces and stews, because it lends wonderful depth.

Corn Sweet corn is indispensable for on-the-cob elotes, as well as in salads and soups.

Garlic Whether roasted or used raw in salsas, these cloves are a vital ingredient in Mexican cooking.

Hot Sauce Popular hot sauces among Mexican cooking newbies are: mild Tapatío or Valentina; Cholula; and El Yucateco's Salsa Picante de Habanero.

Limes Keep plenty of limes on hand—they're indispensable for adding a spritz of citrusy brightness to finished dishes, as well as to salsas and cocktails.

Onions Red and white/yellow onions are vital ingredients in Mexican cooking. Red ones are used for pickling and using fresh, while white/yellow ones are used in blended salsas as well as soups, stews, and pretty much everything else savory.

Tortillas You can buy these or make your own. I will show you how in the next section.

Vinegar White, apple cider, and sometimes sugarcane vinegar add acidic pungency to pickled vegetables, vinaigrettes, and one-pot meals. Fruit vinegars are called for in quite a few Mexican recipes too.

Equipment Improvisation is a talent every good cook has. Don't have an ingredient or appliance that a recipe calls for? Just improvise! However, too much improvisation can take a toll on the final result, which is why I will recommend having at least a few basic

things in your kitchen if you are serious about Mexican cooking.

The Essentials
ComalAny old cast iron or non-stick griddle will do the job. If you don't have any of these, you can get a comal, which is the traditional Mexican griddle used to make tortillas, sopes, quesadillas, etc. It is also a handy tool for dry roasting.

Dutch OvenThis little appliance is great for slow-cooking, and if you don't have one yet, you would do well to invest in one. If you don't know where to look, just pick up one from Ebook Tops.

MolcajeteMexican recipes sometimes require you to crush stuff. Might as well do it using a traditional Mexican tool. If you don't wish to invest in one, any old crushing tool will do the job.

SteamerQuite a few Mexican staples such as tamales require steaming. There are many ways of steaming if you don't have a steamer and don't wish to invest in one, just google them.

Tortilla PressIf you ever get tired of rolling out tortillas and other stuff using a rolling pin, just remember that you can always make your work much easier by investing in a tortilla press. These are cheap, and easily available online, and in stores.

The Time-SaversAll the appliances in this section exist purely to save time. If you have a lot of free time on your hands, feel free to skip to the next section.

Blender Or Immersion BlenderMexican sauces, drinks, salsas, etc. call for quite a lot of puréeing and pulsing. Having an electric appliance that does the job at the press of a button sure helps.

Food ProcessorMexican food has a LOT of chopped up stuff. If you don't wish to do the chopping manually, invest in an electric food processor.

Pressure CookerPressure cooking is the most efficient cooking method known to man. It is quick, cheap, and doesn't allow for much wastage of energy. It would be a good idea to invest in an electric or traditional pressure cooker if you don't have one already.

Slow CookerSlow cooking really allows the flavours to be incorporated into the dishes, and is a great tool to have in your kitchen.

Basic TechniquesIf you've been cooking for a while, you will know all the basic techniques mentioned in this section. If you're a newbie, read through this section, and also watch a few videos on YouTube if you don't understand the procedure.

BlisteringTo blacken and blister chiles, roast them directly over a gas flame for approximately five minutes, turning using tongs until charred and blistered. Another method is to broil them 4 inches beneath a preheated broiler for approximately ten minutes. Then, place them in a bowl, and cover the bowl using a kitchen towel to steam. After about five minutes, remove and discard the stem and seeds, and peel away and discard the blackened skin.

BraisingUsing an enameled cast iron Dutch oven, which retains and uniformly distributes heat, sear seasoned meat on all sides in shimmering-hot oil on moderate to high heat to accomplish deep caramelization. If sautéing vegetables, remove and reserve browned meat before this step (and return it to the pot once done). Deglaze the pot by pouring in the braising liquid, using a wooden spoon to scrape the browned, tasty bits from the bottom of the pan, as they will enhance the flavour of the dish. Place the meat back into the pot, along with any juices that accumulated while it was resting. Bring the liquid to a simmer, cover the pot, and move it to a preheated 325°F oven to finish cooking until it becomes fall-apart tender.

Dry RoastingDry roasting means applying heat to "dry" foods, such as unpeeled garlic, tomatoes, tomatillos, onions, or chiles. It can be done using a skillet, cast iron skillet, or comal.

GrillingGrilling is called for in quite a few Mexican recipes. The process is simple, as long as you have a grill. Keep it clean, well oiled, and preheat it before you throw the food on it.

GrindingYou can do this in three ways. The most popular method is to pulverize them using a mortar and pestle, or molcajete, a kitchen tool you can also use to bruise herbs and mash ingredients for guacamole. The second way is to use a spice grinder, perfect for larger jobs. Finally, a third option is a Microplane, great for grating nutmeg, cinnamon, chocolate, citrus zest, and garlic.

ReconstitutingDried chiles have an incredible depth of flavour, and they're something you'll use a lot when cooking Mexican recipes. While ground, dried chiles may sometimes be

used as a substitute, just follow this procedure. For up to eight peppers, fill a small saucepan with water and bring to the boiling point over high heat. Take the pan off the heat, and immerse the peppers in the hot water. Let them reconstitute for about half an hour. Drain, discard the water, and use in recipes as required.

Steaming My favourite steaming method is using a covered Dutch oven or pot with a tight-fitting rack placed inside. To steam tamales, use a large covered pot outfitted with either a rack or a perforated steamer basket that sits above the water line. Bring the water to the boiling point, place the tamales in the basket, cover, and steam until the masa dough becomes firm and easily pulls away from the corn husk. The process takes approximately ninety minutes.

Toasting Spices This technique enhances the flavour of spices, while mellowing them out at the same time. In a skillet over moderate heat, toast spices just until aromatic, shaking the pan once in a while to avoid burning. Then, move them to a mortar, or molcajete, for grinding.

Salsa, Sauces, & Seasonings Fresh homemade salsa is the best salsa. Restaurants may or may not use fresh ingredients, and store-bought ready to eat salsa is hardly salsa, as it is laden with preservatives. So, if you're preparing a full-course Mexican meal, make sure you make your own salsa. In this section we will cover a few of the most popular Mexican sauces and seasonings. Let us dive straight into the recipes!

Achiote Paste (Recado Colorado) This spicy red seasoning is perfect for adding punch to your meat recipes!
Yield: Approximately $\frac{3}{4}$ Cup
Ingredients: $\frac{1}{4}$ cup olive oil $\frac{1}{2}$ cup freshly squeezed lemon juice (about 5 lemons) $\frac{1}{2}$ cup freshly squeezed orange juice $\frac{1}{2}$ teaspoon whole cloves 1 tablespoon black peppercorns 10 garlic cloves 2 tablespoons salt 2 teaspoons cumin seeds 3 habanero peppers, seeded 5 tablespoons achiote (annatto) seeds 8 whole allspice berries
Directions: Use a food processor to pulse-grind the achiote seeds, peppercorns, cumin, allspice, and cloves until thoroughly powdered. Put in the orange juice, habaneros, garlic, and salt and blend until the desired smoothness is achieved. Mix in the lemon juice and olive oil until a paste is achieved. Cover tablespoon-sized portions of the paste using plastic and place it in your freezer for no more than a month.

Ancho and Chile De Árbol Salsa An insanely delicious rustic salsa from Mexico's interior!
Yield: About 2 cups
Ingredients: 1 ancho chile, toasted and rehydrated, $\frac{1}{3}$ cup of the soaking water reserved 1 teaspoon agave nectar or sugar 1 teaspoon salt 1 tomato (about $\frac{1}{2}$ pound), roasted $\frac{1}{2}$ cup finely chopped white onion $\frac{1}{2}$ pound tomatillos, husked and rinsed 4 chiles de árbol, toasted and rehydrated
Directions: Put the tomatillos in a small deep cooking pan, submerge them in water, bring them to its boiling point, and simmer until they are tender but not falling apart, about five minutes. Drain and save for later. Finish the salsa. Put the chiles in a blender and put in the reserved $\frac{1}{3}$ cup of soaking water. Put in the tomatillos, tomato, agave nectar, and salt to the blender and blend until thoroughly puréed. Pour the salsa into a serving dish and mix in the onions.

Ancho Chile Jam This jam has a complex sweet & spicy flavour. It can be enjoyed mixed into soups, as a chutney with meat recipes, and much more!
Yield: 2 $\frac{1}{2}$ Cups
Ingredients: $\frac{1}{2}$ teaspoon salt 2 cloves garlic, peeled 2 ounces ancho chiles, approximately 52 tablespoons honey 2 tablespoons white or red wine vinegar 6 tablespoons any kind of red jam or jelly
Directions: Use scissors to cut the ancho chiles open, discard the stems, and shake out all the seeds. Put the chiles in a container and add sufficient boiling water to immerse the chiles. Put a small plate on top of the chiles to immerse them. Soak for half an hour, then drain, saving for later 1 cup of the chile soaking water. Put the chiles, garlic, jam, honey, vinegar, and salt in a blender. Put in the 1 cup reserved chile soaking water and pulse on high speed to blend for a minute. Move the jam to an airtight container and place in your fridge for maximum half a year.

Ancho Chile Sauce V2 This delicious spicy sauce goes with pretty much everything!
Yield: Approximately 2 $\frac{1}{2}$ Cups
Ingredients: $\frac{1}{4}$ cup chopped onion $\frac{1}{4}$ cup raisins $\frac{1}{2}$ teaspoon ground cumin 1 tablespoon vegetable oil 1 teaspoon dried or 1

tablespoon fresh oregano 2 ancho chiles 2 cups chicken broth 2 tomatoes, chopped

Directions: Take the stems and seeds of the chiles and soak them in hot water for about ten minutes. Take the chiles and cut them. In a big deep cooking pan, heat the vegetable oil using high heat. Put in the chiles and onion and sauté until tender, about five minutes. Put in the broth, tomatoes, raisins, oregano, and cumin and bring to its boiling point. Lower the heat and allow to simmer until the tomatoes are cooked, another ten minutes. Cautiously pour all of the contents into a food processor or blender and process until the desired smoothness is achieved. Serve instantly, or store in a firmly sealed container in your fridge for maximum one week.

Arizona-Style Salsa This salsa from the Mexican state of Sonora goes great with chips or antojitos!

Yield: About 1 cup

Ingredients: 1 (8-12 ounce) tomato, roasted 1 dried Anaheim (California) chile, or a mild, dried New Mexico chile, toasted and rehydrated 1/2 tablespoon rice vinegar 1/2 teaspoon salt 3 chiles de árbol, toasted and rehydrated

Directions: Throw all ingredients into your blender and pulse for a couple of minutes, or until the desired smoothness is achieved.

Banana Salsa Tastes great as an appetizer on its own, or as a dip with chips!

Yield: 2 Cups

Ingredients: 1/4 cup chopped fresh cilantro, leaves and tender stems 1/2 teaspoon salt 1 red bell pepper, stemmed and seeded 1 serrano chile, thoroughly minced, including the seeds 1 whole green onion, minced 2 firm yellow skinned bananas 2 tablespoons light brown sugar 2 tablespoons minced fresh ginger 3 tablespoons freshly squeezed lime juice

Directions: Peel the bananas and cut along the length into long strips. Cut across the strips so that the banana is in 1/2-inch cubes. Mince the red bell pepper and green onion. Mix the bananas with the bell pepper, green onion, cilantro, ginger, chile, lime juice, brown sugar, and salt in a medium container. Press plastic wrap directly across the surface. The salsa can be made twelve hours before serving and placed in the fridge in an airtight container. Allow to reach room temperature and stir before you serve.

Banana Salsa Variation 1: Mango Salsa Substitute the bananas with 3 perfectly ripe mangoes. Remove the skin of the mangoes. Cut off the flesh in big pieces, and then cut coarsely to yield 2 to 3 cups. Mix the mango with the rest of the ingredients as directed in the “Banana Salsa” recipe.

Banana Salsa Variation 2: Papaya Salsa Substitute the bananas with 2 firm, underripe Hawaiian papayas or a 3-inch-thick slice of Mexican papaya. Peel, seed, and cut the fruit to yield 2 to 3 cups. Mix the papaya with the rest of the ingredients as directed in the “Banana Salsa” recipe.

Banana Salsa Variation 3: Tropical Salsa Replace the bananas with a mix of chopped fruits— avocado, papaya or mango, strawberries, and kiwi—to yield 2 to 3 cups. Mix the mixed fruit with the rest of the ingredients as directed in the “Banana Salsa” recipe.

Banana Salsa Variation 4: Pineapple Salsa Replace the bananas with 2 to 3 cups chopped fresh pineapple. Omit the lime juice. Mix the pineapple with the rest of the ingredients as directed in the “Banana Salsa” recipe.

Cebollas En Escabeche (Pickled Onions)

Yield: About 2 cups

An insanely delicious garnish and relish from Yucatán state, this recipe goes great with tacos, seafood, meats, and poultry.

Ingredients: 1 (12-ounce) red onion, cut into 1/3-inch rings 1 bay leaf 1 clove garlic, peeled and smashed 1 small habanero chile, cut in half (not necessary) 1 teaspoon dried leaf oregano 1/2 cup rice vinegar 1/2 tablespoon extra-virgin olive oil 1/4 cup water 1/8 teaspoon salt 1/8 teaspoon whole dried thyme

Directions: Make the onions. Put all the ingredients apart from the onion in a big deep cooking pan and simmer for about three minutes. Put the onions in a nonreactive container and pour the hot liquid over them. Allow the onions to sit at room temperature for about two hours, stirring occasionally. Place in your fridge.

Chile Pequín Salsa

Yield: About 1 cup

Don't put too much of this fiery salsa into your mouth in one go. This salsa goes great with steak, seafood, and pork.

Ingredients: 1 big or 2 small cloves garlic, minced 1 big tomato (approximately eight ounces) 1 tablespoon chile pequín 1/2 cup chopped white onion 1/2

teaspoon rice vinegar 1/2 teaspoon salt 1/8 teaspoon ground cloves
Directions: Bring sufficient water to cover the tomato to its boiling point and put in the tomato, onion, and garlic. Simmer for about ten minutes, or until the tomato is fairly tender. Peel the tomato and discard the skin. Put the tomato, onion, and garlic in a food processor, put in the rest of the ingredients, and pulse until puréed. Allow about fifteen minutes for the chiles to rehydrate, and process again before you serve.

Chile-Tomatillo Salsa
Poblano chile and tomatillo is an insane combination!
Yield: 2 1/2 Cups
Ingredients: 1/4 cup packed fresh cilantro, leaves and tender stems 1/2 teaspoon salt 1 poblano chile 1 serrano chile 3 cloves garlic, peeled 8 small green tomatillos, husks removed
Directions: In a dry, heavy frying pan on moderate to high heat, mildly char the tomatillos. Char the poblano and rub off the blackened skin. Then discard the seeds and stem. Chop the tomatillos into quarters. In the same dry, heavy frying pan using high heat, mildly brown the garlic and serrano chile. Chop the garlic and chiles a few times so they are in slightly smaller pieces. Put the poblano chile, tomatillos, garlic, serrano garlic mixture (including the seeds), cilantro, and salt in a blender. Blend until the desired smoothness is achieved. If you don't like this method, if you have the time, finely cut the salsa ingredients by hand for a more interesting texture. Taste and calibrate the seasonings for salt. This can be stored for three days refrigerated in an airtight container. Allow to reach room temperature before you serve.

Chimichurri Sauce
Yield: About 3/4 cup
An Argentinian sauce with a Mexican twist! This sauce goes great with meat dishes!
Ingredients: 1 tablespoon dried leaf oregano 2 teaspoons chile flakes 4 teaspoons red wine vinegar 6 cloves garlic, very finely chopped or put through a garlic press 1/2 cup extra-virgin olive oil 1/2 teaspoon salt 1/4 cup finely chopped parsley 1/4 teaspoon freshly ground black pepper
Directions: Put the olive oil, garlic, oregano, and chile flakes into a small microwave-safe dish and microwave to approximately 135°-150°F on an instant-read thermometer, approximately half a minute on High. You want to heat the garlic just sufficient to release its flavour, but not so much that it actually cooks or makes the oil turn cloudy. Let the oil cool to room temperature. Mix in the vinegar, salt, pepper, and parsley and let the flavours meld for a couple of hours before you serve.

Cranberry-Jalapeño Jelly
Adjust the amount of jalapeño to adjust the hotness of this fiery recipe to your taste!
Yield: 1-1 1/4 cups
Ingredients: 1 cup fresh cranberries 1 small jalapeño, stems and seeds removed, very finely chopped 1/2 cup sugar 1/2 cup water 1/4 cup finely chopped dried apricots Grated zest from 1/2 orange Pinch of salt
Directions: Cook the water and sugar on low-moderate boil for five minutes. Put in the cranberries, apricots, salt, and jalapeño and cook them on low-moderate simmer for about six minutes, at which time the cranberries should be breaking apart. Put in the orange zest and carry on simmering, stirring, until thick, approximately one minute.

Dog's Snout Salsa
A hot and tangy salsa from Yucatán state!
Yield: About 2 cups
Ingredients: 1 habanero chile, stemmed, seeded, veins removed, and very finely chopped 1/4 cup finely chopped cilantro 1/4 heaping teaspoon salt 1-1/3 cups chopped tomatoes 2/3 cup finely chopped red onion 4 tablespoons sour orange juice, or substitute 2 tablespoons freshly squeezed lime juice and 2 tablespoons freshly squeezed orange juice
Directions: Lightly toss together everything apart from the salt. Let the salsa marinate, stirring intermittently, for a couple of hours at room temperature. Mix in the salt before you serve.

Fresh Tomatillo Salsa
This salsa is a bite of pure freshness, and looks absolutely amazing!
Yield: About 1-1/4 cups. Nutrition information is for 1 tablespoon.
Ingredients: 1 heaping teaspoon salt 1 medium-sized serrano chile, stem removed, finely chopped 3 tablespoons chopped cilantro 3 tablespoons chopped white onion 3/4 pound fresh tomatillos, husked, rinsed, dried, and cut into quarters
Directions: Put all the ingredients in a blender and pulse just until the sauce is dense and lumpy but not thoroughly puréed.

Guacamole
Yield: 2 to 3 Cups
Easily one of the most

popular Mexican recipes in the world, Guacamole is easy to prepare, but also just as easy to screw up. The avocado is the most important ingredient in this recipe, so make sure it is fresh and ripe, and preferably Mexican.

Ingredients: ½ teaspoon salt
1 serrano chile, minced, including the seeds
2 cloves garlic, minced
2 tablespoons chopped fresh cilantro, leaves and tender stems (not necessary)
2 whole green onions, chopped
3 ripe avocados
Freshly squeezed juice of 2 limes

Directions: Chop the avocados in half and remove the pits. Use a spoon to scoop out the flesh. Then purée the avocados using the tongs of a fork. Mix the avocados with the green onions, garlic, chile, cilantro, lime juice, and salt in a medium container. Taste and calibrate the seasonings for salt, lime juice, and chile. If making this more than an hour in advance, squeeze some lime juice over the surface, then secure the surface using plastic wrap. The guacamole will stay perfectly green for a couple of days stored this way in your fridge.

Variation Decorate using crumbled goat cheese, queso fresco, or crema.

Habanero Salsa An easy to make salsa from Yucatán packing some serious heat.

Yield: About ¾ cup

Ingredients: 1 teaspoon salt
½ cup cider vinegar
½ cup pineapple juice
4 cloves garlic, unpeeled
5 habanero chiles, seeds and veins removed, roughly chopped

Directions: Put the chiles, vinegar, and pineapple juice in a small deep cooking pan, bring to its boiling point, and simmer, covered, for about twelve minutes. Let the liquid and chiles cool. Roast the garlic. Put the garlic in a small frying pan on moderate heat and cook, flipping frequently, until it is slightly charred on the outside and very tender inside, 8-ten minutes. When the garlic is sufficiently cool to handle, peel and roughly cut it. Pour the chiles and their cooking liquid into a blender, put in the garlic and salt, and blend to a purée, approximately one minute. Allow the sauce to cool and the acids to tone down the chile's heat for two to three hours before you serve. Serve with Yucatecan dishes.

Jalisco-Style Pico De Gallo Famously enjoyed with fajitas all over the world!

Yield: About 3 cups

Ingredients: 2 tablespoons freshly squeezed lime juice
½ cup peeled, seeded, and chopped cucumber, 1/2-inch pieces
½ cup mango, chopped into 1/2-inch pieces
½ cup pineapple, chopped into 1/2-inch pieces
½ cup orange or tangerine segments, cut into 1/2-inch pieces
½ cup peeled and finely chopped jícama
½ cup thinly sliced red onion
1 teaspoon pure ancho chile powder, or 1/2 teaspoon powder made from chile de árbol
1/8 heaping teaspoon salt

Directions: Make the salsa. Mix everything apart from the salt and chile powder. Mix in the salt and chile powder and place in your fridge for thirty minutes to let the flavours blend before you serve.

Manual Salsa Mexicana This salsa takes time to make, and only works if you have vine-ripened tomatoes on hand.

Yield: 4½ Cups

Ingredients: ¼ to ½ cup coarsely chopped fresh cilantro, leaves and tender stems
½ teaspoon salt
1 to 2 serrano chiles, minced, including the seeds
2 whole green onions, minced
3 cloves garlic, minced
4 cups chopped vine-ripened tomatoes, including skins and seeds

Directions: In a large container, mix the chopped tomatoes with the cilantro, green onions, chiles, garlic, and salt. Taste and calibrate the seasonings, especially for salt and chile flavour. This can be made three days ahead and placed in the fridge in an airtight container. Allow to reach room temperature before you serve.

Mexican Chile Sauce This sauce tastes insane with grilled meat!

Yield: 3 Cups

Ingredients: ¼ cup lightly packed light brown sugar
½ teaspoon ground cumin
½ teaspoon salt
1 serrano chile
1 teaspoon dried oregano, or 2 teaspoons minced fresh oregano, preferably Mexican
1½ ounces guajillo chiles, approximately 62 big vine-ripened tomatoes, 12 to 16 ounces
4 cloves garlic, peeled

Directions: Chop the stem ends off the guajillo chiles and shake out the seeds. Put the guajillos in a container and cover with boiling water (put a small plate on top of the chiles to immerse them). Soak for half an hour, then drain, saving for later 1 cup of the chile soaking water. Chop the stems off the tomatoes and slice them in half horizontally. Put a dry cast-iron frying pan on moderate to high heat. When hot, mildly brown the garlic, tomatoes, and serrano chile, five minutes. Discard the tomato skins. In a

blender, put in the guajillo chiles, garlic, tomato, serrano, brown sugar, cumin, oregano, salt, and the 1 cup reserved chile water. Blend until liquefied. Taste and calibrate the seasonings. This can be stored safely in a fridge for about ninety days stored in an airtight container.

Pasilla Chile Salsa

This salsa goes great with seafood and grilled meat! Yield: About 2 cups. Nutrition information is for 1 tablespoon.

Ingredients: 1 teaspoon canned chipotle chile, or to taste
2 teaspoons extra-virgin olive oil, or cooking spray to coat the garlic
2 very big pasilla chiles, or 2½ medium to big ones, toasted and rehydrated
3 cloves garlic, unpeeled
⅔ cup minced white onion
¼ teaspoon dried leaf oregano
1-¼ pounds tomatoes, roasted (about 2 big or 3 medium)
¾ teaspoon salt

Directions: Preheat the oven to 350°F. Brush or spray garlic with some of the olive oil, wrap in foil, and bake until soft, about forty minutes. Peel and reserve the garlic. Combine the ingredients. Put the rehydrated pasilla chiles, the chipotle chile, one of the tomatoes, the oregano, garlic, and salt in a food processor and pulse until a smooth purée is achieved. Put in the rest of the tomato and pulse until it is blended with the other ingredients, but leave the salsa with some texture. Put the rest of the olive oil in a frying pan on moderate heat, put in the onions, and sauté until they are just starting to become tender. Mix the onions with the rest of the salsa in a container.

Pico De Gallo Salsa

Pico de gallo translates to “beak of the rooster.” This recipe is a Mexican favourite and has hundreds of versions. This is probably the most popular version out there. Serve it as a side with tortilla chips! Yield: 4 Cups

Ingredients: ½ medium onion
1 jalapeño pepper
1 packed cup coarsely chopped fresh cilantro, stems cut
1 teaspoon freshly ground black pepper
1 teaspoon ground cumin
1 teaspoon salt
2 garlic cloves
2 limes
2 pounds Roma or vine-ripened tomatoes

Directions: Cut the tomatoes into little cubes and put them into a large container. Use a food processor to pulse the onion until it is finely chopped (make sure you don’t over-process or it’ll become goeey). Scrape it into the container with the tomatoes. In the same processor, put in the cilantro and pulse until chopped. Put in to the container with the tomato and onion. Chop the jalapeño in half, along the length, discarding the stem (discard the seeds and veins if you think it’ll be too spicy). Pulse the jalapeño and garlic using your processor until thoroughly minced. Scrape into the container with the other vegetables. Chop the limes in half and squeeze their juices into the tomato mixture. Put in the cumin, black pepper, and salt, adding a little extra salt to your taste. Toss together before you serve.

Ranch-Style Salsa (Salsa Ranchera)

Salsa Ranchera has multiple versions floating around in the world. This version doesn’t have an overly strong flavour, and goes great with eggs and meat. Yield: About 2 cups

Ingredients: 1 big guajillo chile, stemmed, seeded, toasted, and rehydrated, 1/2 cup of the soaking water reserved
1 clove garlic, minced
1 pound tomatoes (about 2 medium to large), roasted
1 tablespoon extra-virgin olive oil
1/2 teaspoon salt
1½ cups chopped white onion

Directions: Combine the tomatoes and chiles. Put the chiles, tomatoes, and the 1/2 cup chile soaking water in a blender and purée thoroughly, a couple of minutes. Heat a big deep cooking pan on moderate heat, put in the oil and onions, and sauté them until they are tender but not browned, about five minutes. Put in the garlic and cook one more minute. Pour the tomatoes and chiles into the deep cooking pan with the onion and garlic and mix in the salt. Bring to a simmer and cook for five to ten minutes, or until the sauce holds together. If it becomes too thick, put in some more water.

Red Enchilada Sauce (Salsa Roja)

You will never buy enchilada sauce from a store after you make your own! Yield: 2½ Cups

Ingredients: ¼ cup chili powder
¼ teaspoon ground cinnamon
¼ teaspoon sugar
½ teaspoon salt
1 tablespoon flour
1 teaspoon dried or 1 tablespoon chopped fresh oregano
1 teaspoon ground cumin
2 cups chicken broth
3 tablespoons garlic powder
3 tablespoons vegetable oil
Two 5-ounce cans tomato sauce

Directions: Heat the vegetable oil in a moderate-sized deep cooking pan on moderate heat. Put in the flour and stir, smoothing it out to make a

roux, and cook for about one minute. Put in the chili powder and cook for an additional half a minute. Put in the broth, tomato sauce, garlic powder, oregano, cumin, salt, sugar, and cinnamon and stir until blended. Raise the heat and bring to its boiling point, then decrease the heat to moderate and cook until the flavours deepen, an additional fifteen minutes. Turn off the heat and use in your favorite enchilada recipe, pour over burritos to make them "wet," or to make tamales. If you're not using the sauce immediately, store it in a glass jar with a firmly fitting lid in your fridge for maximum one week.

tomate verde (Salsa Verde) One of the most popular tomato-bases salsa out there!
Yield: 3 Cups
Ingredients: 1 bunch fresh cilantro, stems cut
1 jalapeño, stemmed and halved
1 small (or 1/2 medium) onion, quartered
1 teaspoon salt
1 1/2 pounds (12 to 15) tomatillos, husked and washed
4 or 5 garlic cloves
Directions: Preheat your broiler. Chop the tomatillos in half and place them, cut-sides down, on a foil-lined baking sheet. Put under a broiler until the skins are fairly blackened on top, about eight to ten minutes. Cautiously pierce the tomatillos using a fork and put them in a food processor or blender. Put in the onion and garlic and pulse until blended. Put in the cilantro, jalapeño, and salt and pulse until puréed. Go ahead; taste it before you serve and add a little extra salt, if required.

Roasted-Tomato and Pumpkin Seed Salsa A simple and delicious salsa that tastes insane with grilled meat!
Yield: About 2 1/2 cups
Ingredients: 1 medium to big serrano chile
1 teaspoon salt, or to taste
1/2 cup toasted and ground pumpkin seeds (pepitas) (from 2/3 cup raw hulled pumpkin seeds)
1/2-inch slice of white onion
2 cloves garlic, peeled
3 or 4 tomatoes, for a total of about 1 1/2 pounds
Directions: Put the tomatoes and chile on a baking sheet as close to your broiler as possible and broil until the tomatoes have become tender and barely start to char, about ten to fifteen minutes. Put in the onion and garlic and carry on cooking until the onion is slightly charred and the garlic is soft, an additional five to ten minutes. Ensure that the tomatoes are thoroughly cooked and fairly tender. Take the vegetables out of the oven, put them in a food processor, put in the salt, and pulse until the sauce is smooth. As the vegetables broil, heat a nonstick frying pan on moderate heat and toast the pumpkin seeds, stirring regularly, until most of them have popped. Don't allow them to scorch. Grind the toasted seeds to a powder in a spice or coffee grinder. Put in 1/2 cup of the ground seeds and the salt to the processor and pulse with the other ingredients until everything is well blended.

Romesco Sauce Insanely nutritious and delicious, this sauce goes with pretty much everything.
Yield: About 1 cup
Ingredients: 1 cup cherry tomatoes
1 small to moderate canned chipotle chile, seeded and chopped
1 tablespoon sherry vinegar (or freshly squeezed lime or lemon juice)
1/2 heaping teaspoon salt
1/2 teaspoon sweet smoked Spanish paprika
1/3 cup extra-virgin olive oil
2 tablespoons minced parsley
2 tablespoons roasted and skinned whole almonds
3 garlic cloves, peeled and cut in half along the length
Directions: Dry roast the tomatoes, nuts, and garlic. Heat an ungreased frying pan on moderate to high heat until it is very hot. Put the tomatoes, almonds, and garlic in the frying pan and cook, stirring continuously, until the tomatoes are blackened and just beginning to deflate. It is okay if the nuts and garlic seem burned; that just augments the flavour. Do make sure that the garlic is thoroughly cooked. Finish the sauce. Put the tomatoes, almonds, and garlic in a food processor, put in the rest of the ingredients, and process in pulses until the sauce is thick but still has some texture.

Salsa De Chile (Chile Sauce) One of the most versatile salsa recipes in this book, chile sauce will go with pretty much everything.
Yield: About 2 1/2 cups
Ingredients: 1 tablespoon extra-virgin olive oil
1 teaspoon dried leaf oregano
1 teaspoon rice vinegar
2 bay leaves
3/4 teaspoon salt, or to taste
4 cloves garlic, chopped
8 mild to moderate-hot New Mexico dried red chiles, 12 guajillo chiles, or 4 medium-sized ancho chiles, stemmed, seeded, toasted, and rehydrated, 4 cups soaking water reserved
Directions: Combine the sauce ingredients. Put the chiles in a

blender, put in the garlic, oregano, and 2 cups of the reserved chile soaking water, and blend for a couple of minutes, or until comprehensively puréed. Put in the rest of the 2 cups chile soaking water and blend one more minute. Cook the sauce. Heat a big deep cooking pan on moderate heat, put in the olive oil, and mix in the blended sauce ingredients. Put in the vinegar and bay leaves, bring to its boiling point, and cook on a moderate simmer until the sauce is barely sufficiently thick to coat the back of a spoon, or the consistency of a very thin milkshake, about fifteen minutes. If the sauce becomes too thick, put in some more water. If it is too thin, cook it a bit longer. Put in the salt and simmer one more minute.

Salsa De Molcajete A traditional Mexican salsa. Salsa doesn't get more authentic than this! Yield: About 1 cup
Ingredients: 1 chile de árbol, toasted in an oil-filmed frying pan until crisp but not burned
1 small jalapeño chile, roasted and peeled
1 tomato, broiled and peeled
1 very small pasilla chile, toasted in an oil-filmed frying pan until crisp but not burned
2 chiles pequín, toasted in an oil-filmed frying pan until crisp but not burned
2 cloves garlic
2 tablespoons finely chopped white onion
2 teaspoons toasted sesame seeds
2/3 of 1 small ancho chile, toasted in an oil-filmed frying pan until crisp but not burned
3/4 teaspoon salt
Water as needed to get the consistency you want
Directions: Put in the salt to the molcajete. Put in the ingredients one at a time, grinding each one to the texture you want before you put in the next.

Salsa Fresca A great all-round salsa! Yield: About 1 cup
Ingredients: 1/2 teaspoon salt
1/4-ounce serrano chile (about 1-1/4 inches) long, cut into 1/3-inch pieces
1/4 cup loosely packed, roughly chopped cilantro
1/4 cup very finely chopped white onion
1/4 cup water (not necessary)
4 ounces tomatillos, husked, rinsed, dried, and cut into 3/4-inch pieces
6 ounces Roma tomatoes, cut into 3/4-inch pieces
Directions: If you have a meat grinder, grind together into a container the tomatillos, tomatoes, chile, and cilantro. Mix in the onion and salt. If you are using a food processor, put the tomatillos, tomatoes, chile, and cilantro into the work container, put in 1/4 cup water, and pulse until everything is finely chopped (as if it had been put through a meat grinder). Mix in the onions and salt.

Smoky Chipotle Salsa (Salsa con Chipotle) This moderately spicy salsa tastes great with a side of chips. Yield: Approximately 5 Cups
Ingredients: 1/2 teaspoon freshly ground black pepper
1 onion, chopped
12 garlic cloves, sliced
2 tablespoons freshly squeezed lime juice
2 tablespoons olive oil
2 tablespoons salt
3 cups chipotle peppers in adobo sauce
8 Roma tomatoes, coarsely chopped
Directions: Heat the olive oil in a big frying pan using high heat. Put in the garlic and onion and allow them to brown, stirring only a couple of times (about 2 minutes). Put in the chipotle with adobo sauce and the tomatoes and cook for another three to four minutes until thoroughly heated. Cautiously pour the mixture into a blender or food processor. Put in the salt, lime juice, and black pepper and blend until the desired smoothness is achieved. Serve instantly or save it in your fridge for a few days.

Tangerine-Serrano Salsa Are tangerines in season? This is the salsa to try! Yield: 3 to 4 Cups
Ingredients: 1/4 cup chopped fresh cilantro, leaves and tender stems
1/4 cup freshly squeezed lime juice
1/4 cup lightly packed light brown sugar
1/2 cup chopped red onion
1/2 teaspoon salt
1 serrano chile, minced, including the seeds
1 tablespoon finely grated tangerine zest
2 tablespoons minced fresh ginger
3 cloves garlic, minced
4 tangerines, peeled, segments separated and chopped
Directions: Mix the tangerine zest and segments, onion, cilantro, chile, garlic, ginger, lime juice, brown sugar, and salt in a medium container. This can be made one day in advance and placed in the fridge in an airtight container. Allow to reach room temperature before you serve.

The Ultimate Mojo De Ajo Sauce Mojo de ajo (garlic sauce) is enjoyed with seafood all over Mexico. Yield: About 3/4 cup. Nutrition information is for 1 tablespoon.
Ingredients: 1 1/2 tablespoons dried cilantro
3 chiles de árbol, seeded and coarsely chopped, or substitute a finely chopped canned chipotle chile
4 sun-dried tomatoes (not packed in oil), very finely chopped
1/2 cup extra-virgin olive oil
1/2

tablespoon freshly squeezed lime juice
 1/2 teaspoon salt
 1/4 cup minced white onion
 1/4 heaping teaspoon freshly ground black pepper
 1/4 cup garlic chopped into 1/8-inch or slightly larger pieces

Directions: Make the sauce. Put the chiles, tomatoes, garlic, onion, salt, oil, and pepper in a small deep cooking pan on moderate to low heat and cook until the oil just starts to bubble. Keep adjusting the heat so that the mixture cooks at the barest simmer, with just a few bubbles. Cook until the garlic is very tender and just starting to brown, about forty minutes, stirring every five minutes or so. Put in the cilantro and lime juice and simmer an additional ten minutes, or until the garlic just starts to take on a golden hue.

Watermelon Relish A refreshing, crunchy, and spicy relish!

Yield: 3 Cups
Ingredients: 1/4 cup freshly squeezed lime juice
 1/4 cup lightly packed light brown sugar
 1/2 serrano chile, minced, including the seeds
 1/2 teaspoon salt
 2 tablespoons chopped fresh cilantro, leaves and tender stems
 2 tablespoons chopped fresh mint leaves
 2 tablespoons minced fresh ginger
 3 pounds seedless red watermelon

Directions: Remove all the rind from the melon and chop the melon into 1/2-inch cubes. You should have about 6 cups. Put 4 cups of the watermelon in a blender. Put in the ginger, chile, lime juice, brown sugar, and salt. liquefy. Move to a big deep cooking pan. Bring to a rapid boil on moderate to high heat and boil until reduced to 1 cup. Move to a container and let cool to room temperature. Mix in the rest of the 2 cups chopped watermelon, the cilantro, and mint. This can be made 2 days ahead and placed in the fridge in an airtight container. Serve at room temperature.

Yucatán-Style Tomato Salsa A tomato salsa spiced up with habanero chiles!

Yield: About 1-1/4 cups
Ingredients: 1 habanero chile, cut in half
 1 pound (about 2 medium-sized) tomatoes
 1/2 cup chopped white onion
 1/8 heaping teaspoon salt
 1/2 tablespoons extra-virgin olive oil
 2 1/2 cups water

Directions: Bring the water to its boiling point and put in the tomatoes and chiles. Simmer for about four minutes, or until the tomatoes are starting to become tender. Take the tomatoes and chiles from the pan; let the tomatoes cool down a little then remove and discard their skins and put the tomatoes in a food processor with the steel blade. Reserve the cooking liquid for a future cook. Reserve the chiles separately. Cook the onions and purée the sauce. Heat a frying pan on moderate heat, put in 1/2 tablespoon of the oil and the onions, and sauté, stirring regularly, until the onions barely start to turn golden. Put the onions in the food processor with the tomatoes and process for a minute. Put the sauce through a strainer or food mill to remove the seeds. Cook the tomato sauce. Heat a small deep cooking pan on moderate heat, put in the rest of the tablespoon oil, the sauce, and the salt. If you think the sauce needs more heat, put in back the habanero halves. Bring the sauce to its boiling point and simmer until it is thick enough to hold its shape, about three minutes. If you used the chiles, remove and discard them.

Three Zigzag Sauces Here are three amazing Mexican sauces that are more versatile than a swiss knife. These are commonly used to garnish dishes, topping them in a zig-zag manner. What you do with these is completely up to you!

Chipotle Chile Zigzag Sauce

Yield: 3/4 Cup
Ingredients: 1/4 teaspoon salt
 1/2 cup crema, mayonnaise, or sour cream
 1 chipotle chile in adobo sauce, minced
 1 clove garlic, minced
 1 tablespoon freshly squeezed lime juice
 2 teaspoons finely grated lime zest

Directions: Mix all of the ingredients together in a small container or an electric mini-chop. Store in your fridge in an airtight container and use within one week.

Cilantro Zigzag Sauce

Yield: 3/4 Cup
Ingredients: 1/4 teaspoon salt
 1/2 cup crema, mayonnaise, or sour cream
 1/2 cup fresh cilantro, leaves and tender stems
 1 tablespoon freshly squeezed lime juice
 1 tablespoon thoroughly minced fresh ginger

Directions: Mix all of the ingredients together in a small container or an electric mini-chop. Store in your fridge in an airtight container and use within one week.

Orange-Ginger Zigzag Sauce

Yield: 1 Cup
Ingredients: 1/2 cup crema, mayonnaise, or sour cream
 1/2 serrano chile, minced, including the seeds
 1/2 teaspoon finely grated orange zest
 1/2

teaspoon salt
1 clove garlic, minced
1 tablespoon freshly squeezed lime juice
1 tablespoon Grand Marnier
2 tablespoons chopped fresh mint leaves or cilantro leaves and tender stems
2 tablespoons minced fresh ginger
2 teaspoons Worcestershire sauce

Directions: Mix all of the ingredients together in a small container or an electric mini-chop. Store in your fridge in an airtight container and use within one week.

Other Mexican Seasonings

All-Purpose Marinade for Chicken, Pork, and Seafood
Rub this all over your meat before you cook, and enjoy the ultimate Mexican flavour!

Yield: ½ Cup

Ingredients: ¼ cup extra-virgin olive oil
½ teaspoon salt
1 tablespoon freshly ground black pepper
1 teaspoon ground cinnamon, preferably Mexican
1 teaspoon ground coriander or cumin
2 teaspoons finely grated lime zest
2 teaspoons finely grated orange zest

Directions: Mix the pepper, zests, coriander, cinnamon, and salt in a small container. Rub the spice blend over the surface of the meat or seafood. Next, rub the olive oil over the entire surface as well. Proceed with grilling or roasting, as desired.

Refried Beans
These are a Mexican staple that can be used to give texture and flavour to main course meals.

Yield: 2 Cups

Ingredients: ½ teaspoon salt
1 cup dried black beans
1 medium yellow onion, diced
2 cloves garlic, minced
3 tablespoons lard

Directions: Spread the beans on a plate and pick through the beans to remove any pebbles. Rinse the beans, then cover with cold water and soak overnight. Drain the beans and put in to a deep cooking pan. Put in 4 cups hot water to the soaked beans. Simmer on moderate heat until tender, approximately 1½ hours. Remove and reserve 2 cups of the cooking water. If you don't like this method, follow the quick-cooking directions on the bean package. In a big frying pan, melt the lard on moderate heat. Put in the onion and cook until the onion becomes golden, approximately ten minutes. Put in the garlic and cook for 1 more minute. Put in the salt and beans. Mash the beans using a fork, adding just sufficient of the reserved cooking water to make the beans smooth. If you don't like this method, put in a food processor and process until the desired smoothness is achieved. The beans can be made up to four days in advance. Let cool and then place in your fridge in an airtight container.

Dry Rubs
These dry rubs are great on any meat that can be grilled or oven-roasted. Each rub makes about 6 tablespoons, sufficient to season 8 of your favorite steaks, or 8 chicken breasts, or 3 pounds of fish. Just rub the dry rub into the surface of the meat or seafood, then rub the meat with extra-virgin olive oil. As another option, after rubbing the meat with the dry rub, we like to rub the meat with Chinese mushroom soy sauce or Chinese dark soy sauce. This is not authentic Mexican, but it is delicious! Remember, the rub has to be massaged with vigor into the meat fibers. Then when you brush the meat with a marinade or olive oil before cooking, the rub will not dislodge from the meat during grilling.

Ancho Dry Rub
Yield: Approximately 6 TABLESPOONS

Ingredients: ¼ cup lightly packed light brown sugar
1 (2-inch) cinnamon stick, preferably Mexican
1 tablespoon ancho or chipotle chile powder
1 tablespoon coriander seeds

Directions: Put all of the ingredients in a clean electric coffee grinder or spice grinder. Grind into a fine powder. Move to an empty glass spice jar, label, and store in your spice rack for maximum half a year.

Caraway Dry Rub
Yield: Approximately 6 TABLESPOONS

Ingredients: 1 (1-inch) cinnamon stick, preferably Mexican
1 tablespoon caraway seeds
1 tablespoon coriander seeds
1 tablespoon crushed red pepper
1 tablespoon cumin seeds
1 tablespoon salt
1 teaspoon whole cloves

Directions: Put all of the ingredients in a clean electric coffee grinder or spice grinder. Grind into a fine powder. Move to an empty glass spice jar, label, and store in your spice rack for maximum half a year.

Espresso Dry Rub
Yield: Approximately 6 TABLESPOONS

Ingredients: 1 tablespoon coriander seeds
1 tablespoon crushed red pepper
1 tablespoon curry powder
1 tablespoon espresso powder
1 tablespoon rainbow peppercorn mix
1 tablespoon salt

Directions: Put all of the ingredients in a clean electric coffee grinder or spice grinder. Grind into a fine powder. Move to an empty glass spice jar, label,

and store in your spice rack for maximum half a year.

Mexican Beef and Pork Ayocote Beans With Pork (Ayocotes Con Carne De Puerco Estilo Querétaro)
Yield: Servings 6
Ingredients: The beans 2 teaspoons salt, or to taste 3 cups (750 ml) dried ayocotes, big navy beans, or haricot beans (approximately 18 ounces, 510 g) 8 cups (2 l) cold water The meat 1½ pounds (675 g) country-style spareribs, cut into 1½-inch (4-cm) cubes (half carne maciza and half costillitas in Mexico) Pork lard, if required Salt to taste The sauce ¾ teaspoon cumin seeds, crushed 2 garlic cloves, crushed 2 Mexican bay leaves 2½ cups (625 ml) hot water 3 whole cloves, crushed 5 peppercorns, roughly crushed 9 guajillo chiles, seeds and veins removed 9 pasilla chiles, seeds and veins removed
Directions: Wash the beans well, then put in a bean pot or slow cooker. Cover with the water and let soak for half an hour. In the same water, bring the beans to its boiling point, reduce the heat, and simmer until soft—two to three hours, depending on how dry they are. Put in salt. Meanwhile, cook the pork. Place the cubes into a wide, heavy pan, barely cover with water, put in salt, and cook, uncovered, on moderate heat until all the water is consumed and the meat soft. Carry on cooking, turning occasionally, so that the fat renders out and the meat browns well. If the pork is very lean you may have to put in some lard, say ¼ cup (65 ml). Take away the meat and all but ¼ cup (65 ml) of the fat. Heat a griddle or comal and toast the chiles meticulously, ensuring not to burn them or the sauce will have a bitter taste. Cover the chiles with hot water separately and allow them to soak for approximately five minutes; drain. Put in the crushed spices and garlic with ½ cup (125 ml) water to the blender jar and blend meticulously. Put in another cup of water (250 ml) and the drained pasillas and blend until nearly smooth. Reheat the lard in the pan, then put in the mixed ingredients and fry on moderate heat. In 1 cup (250 ml) of water, blend the guajillo chiles meticulously and put in to the pan, pushing the mixture through a fine strainer to eliminate any tough pieces of skin. Carry on cooking the sauce on moderate heat, stirring once in a while. Put in the beans with their broth and the bay leaves, tweak the seasoning, and cook using low heat for twenty additional minutes.

Beans With Pork (Frijol Con Puerco)
Yield: Servings 6
Ingredients: The beans 1½ cup (85 ml) roughly cut white onion 1 pound (450 g) black beans (about 2¼ cups/565 ml) 1 sprig epazote 1 tablespoon pork lard 14 cups (3.5 l) cold water, roughly Salt to taste
Directions: Run the beans through your fingers and pick out any small stones or little pieces of earth that may be among them. Wash the beans and put into a very large, flameproof bean pot with the lard, onion, and water. Heat to a simmer and carry on cooking slowly until the skins start breaking, approximately 1½ hours. Put in the salt and epazote and carry on cooking until the beans are just soft but not soft, approximately ½ hour. The pork
Ingredients: 1 green bell pepper, seeds and veins removed and cut into little squares 1 pig's ear, cut into little pieces (not necessary) 1 pound (450 g) country-style spareribs (costillitas in Mexico), cut into two-inch (5-cm) cubes 1 pound (450 g) pork hocks (chamberete de puerco in Mexico), cut into ½-inch (1.5-cm) slices 1 tablespoon salt, or to taste 2 big sprigs epazote 2 tablespoons roughly chopped white onion 8 ounces (225 g) boneless stewing pork (carne maciza in Mexico), cut into big cubes
Directions: Put in the pork and rest of the ingredients to the beans, then cover and carry on cooking over low heat while stirring well occasionally. (there must be sufficient broth, bearing in mind that 3 cups/750 ml of it have to go into the rice. If it appears to have reduced too much, put in a cup or so of water.) Cook until the beans are fairly soft and the meat soft—1 hour fifteen minutes, depending on the meat. During the cooking time, start preparations for the rice.
The rice
Ingredients: ¼ small white onion, roughly chopped (approximately 1 tablespoon) 1½ cup (85 ml) vegetable oil 1 garlic clove, roughly chopped 1½ cups (375 ml) long-grain unconverted white rice 3 cups (750 ml) bean broth Salt to taste
Directions: Cover the rice with hot water and allow it to stand for approximately five minutes, then wash in cold water twice and

drain thoroughly. Heat the oil in a very heavy pan (the bean broth tends to stick rather badly) and stir the rice into it until the grains are uniformly coated. Put in the onion and garlic and fry the rice, flipping it over occasionally so that it becomes a uniform, pale gold color. Tip the pan and drain off the surplus oil. Put in the broth from the beans and salt, then cover the pot and cook the rice gently until all the liquid has been absorbed, approximately fifteen minutes. Turn off the heat. Cover the rice with a piece of terry cloth and set aside for approximately twenty-five minutes, to let the rice carry on cooking and expanding in the steam it generates.

Assembling the dish
Ingredients: ½ cup (125 ml) very finely chopped cilantro
1 cup (250 ml) very finely chopped radishes
2 avocados, cut
2 cups (500 ml) salsa de jitomate
yucateca
4 small limes, quartered
Directions: Take away the meat from the beans and serve on a warmed platter. Serve the rice in the casserole in which it was cooked. Serve the beans and their broth in individual small bowls and pass the remaining ingredients separately so each person can serve himself, al gusto.

Beef Taco Salad
Yield: Servings 4
Ingredients: TACO MEAT
½ cup chicken broth
1 (8 ounce) can tomato sauce
1 onion, chopped fine
1 pound 90 percent lean ground beef
1 tablespoon vegetable oil
1 teaspoon packed light brown sugar
2 tablespoons chili powder
2 teaspoons cider vinegar
3 garlic cloves, minced
Salt and pepper
SALAD
¼ cup chopped fresh cilantro
1 (fifteen ounce) can black beans, washed
2 ounces shredded Mexican cheese blend (½ cup)
2 romaine lettuce hearts (12 ounces), shredded
2 scallions, cut thin
2 tablespoons lime juice
4 (10 inch) flour tortillas
8 ounces cherry or grape tomatoes, quartered
Salt and pepper
Vegetable oil spray
Directions: FOR THE TACO MEAT: Heat oil in 12 inch nonstick frying pan over moderate high heat until it starts to shimmer. Put in onion and cook until tender, approximately five minutes. Mix in chili powder and garlic and cook until aromatic, approximately half a minute. Put in ground beef and cook, breaking up meat with wooden spoon, until almost thoroughly cooked but still slightly pink, approximately 2 minutes. Mix in tomato sauce, broth, vinegar, and sugar and simmer until slightly thickened, approximately five minutes; mixture will be saucy. Remove the heat, sprinkle with salt and pepper to taste. FOR THE SALAD: Adjust oven racks to upper middle and lower middle positions and heat oven to 425 degrees. Position 4 oven-safe soup bowls (or 4 slightly flattened 3 inch aluminium foil balls) upside down on 2 rimmed baking sheets. Put tortillas on plate, cover with damp paper towel, and microwave until warm and flexible, approximately half a minute. Generously spray both sides of warm tortillas with oil spray. Drape tortillas over soup bowls, pushing top flat and pinching sides to create 4 sided container. Bake until tortillas are golden and crunchy, ten to fifteen minutes, switching and rotating sheets midway through baking. Allow to cool upside down. Mix lettuce, beans, tomatoes, scallions, and 2 tablespoons cilantro in big container; toss with lime juice and sprinkle with salt and pepper to taste. Put tortilla bowls on separate plates. Split salad among bowls, top with taco meat, and drizzle with cheese and remaining 2 tablespoons cilantro and serve.

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