



*The Culinary Institute of America's*

# Mexico City

## RECIPES



# Salsa Borracha

Drunken Salsa

Yield: 1 cup

| Ingredients  | Amounts   |
|--|-----------|
| Pasilla chiles, wiped clean, seeds and veins removed | 5 ea.     |
| Canola oil   | 2 Tbsp.   |
| Garlic clove   | 1 ea.     |
| White onion  | 1 slice   |
| Olive oil  | 2 Tbsp.   |
| Pulque, or beer                                      | ½ cup     |
| Onion, chopped                                       | 1 ½ Tbsp. |
| Salt   | to taste  |
| Queso añejo  | 2 Tbsp.   |



## Method

1. Cut or tear the chiles into small pieces.
2. Heat the oil in a small sauté pan over medium heat and fry the chiles for 15 seconds, or until the chiles start to puff. Remove immediately and transfer to paper towels to drain.
3. Place the garlic and the chiles in the blender with ¼ of a cup of the pulque.
4. Add the oil and continue working with the paste, add the rest of the pulque, and salt to taste. Add more pulque or water to get the desired consistency.
5. Garnish with the chopped onion and crumbled queso añejo on top.



## Note

Pulque is used throughout Mexico for this salsa, but if you are unable to find pulque you can substitute beer.

# Tlacoyos

Masa Snacks Stuffed with black beans

**Yield:** 8 portions

| Ingredients   | Amounts  |
|---|----------|
| Black beans, cooked                                       | ½ lb.    |
| Serrano chiles, stem removed, diced                       | 2 ea.    |
| Avocado leaves, dried, toasted, ground in a spice grinder | 4 ea.    |
| Lard  | ¼ lb.    |
| Masa for tortillas  | 1 lb.    |
| Lard  | ½ cup    |
| Salt  | to taste |
| <i>GARNISH</i>  |          |
| Ensalada de Nopales (optional)                            | 1 cup    |
| White onion, finely diced                                 | ½ ea.    |
| Queso fresco, crumbled                                    | ½ cup    |
| Salsa   | 1 cup    |



## Method

1. Purée the beans and the Serrano chile in a blender.
2. Heat the lard in a frying pan and add the puréed bean paste, ground avocado leaves, and salt to taste.
3. Using a tortilla press lined with plastic, make 5" diameter tortillas. Place 2 tablespoons of the bean filling in the center of each tortilla. Fold the sides of the tortilla to the center to form a "boat." Press the seam of the tlacoyo together with wet fingers. The tlacoyo should form an oval.
4. Cook the tlacoyos, on both sides, on a comal over medium heat. Remove and keep warm in a kitchen towel.
5. Prior to serving, heat the lard in a frying pan to reheat the tlacoyos.
6. Garnish the warm tlacoyos with ensalada nopales (if desired) salsa, onion, and queso fresco.
7. Serve one tlacoyo per person.



# Huitlacoche Guisado

Sautéed Corn Fungus

**Yield:** 8 portions

| Ingredients                          | Amounts   |
|--------------------------------------|-----------|
| Canola oil                           | 3 Tbsp.   |
| White onion, finely diced            | ½ ea.     |
| Serrano chiles, finely diced         | 3 - 4 ea. |
| Garlic cloves, finely diced          | 2 ea.     |
| Roma tomatoes, medium dice           | 4 ea.     |
| Huitlacoche, canned, roughly chopped | 1 lb.     |
| Fresh epazote leaves, chopped        | 10 ea.    |
| Salt                                 | to taste  |



## Note

In Mexico Huitlacoche is seasonal, but it is also always available canned, and it is a good product.

## Method

1. Heat the oil in a frying pan over medium high heat and sauté the onion and chiles until soft. Add the garlic and continue sautéing for 1 minute.
2. Add the tomatoes and cook until they change color.
3. Add the huitlacoche and reduce the heat to a low simmer. Cook for about 10 minutes or until the huitlacoche is cooked through.
4. Add the epazote and season with salt. Keep warm until ready to serve.
5. Serve with warm tortillas for making tacos.



# Enchiladas Suizas

Swiss Style Enchiladas

**Yield:** 8 portions

| Ingredients  | Amounts  |
|--|----------|
| <i>COOKED SALSA VERDE</i>  |          |
| Tomatillos, husks removed, rinsed and quartered                        | 50 ea.   |
| Jalapeño chiles, stems removed, sliced in half, seeds and veins intact | 8 ea.    |
| Garlic clove, unpeeled   | 4 ea.    |
| White onion, small   | 1 ea.    |
| Cilantro, finely chopped   | ¼ bu.    |
| Salt   | to taste |
| <i>ENCHILADAS SUIZAS</i>   |          |
| Cooked Salsa Verde   | 8 cups   |
| Crema mexicana   | 2 ½ cups |
| Canola oil   | ½ cup    |
| White corn tortillas   | 24 ea.   |
| Chicken breasts, cooked, finely shredded                               | 7 cups   |
| Queso Chihuahua, or Asadero, shredded                                  | 2 ½ cups |
| Salt   | to taste |
| <i>GARNISH</i>   |          |
| White onion, halved, sliced into thin rings                            | 1 ea.    |



## Method (Salsa Verde)

1. Place the tomatillos, onion, garlic and jalapeño chiles in a Dutch oven and cover with water. Cook covered over medium heat until the tomatillos change color and are soft, about 10 minutes. Drain and reserve 1 cup of the cooking liquid.
2. Transfer all the ingredients to a blender. Season with salt and the chopped cilantro.

## Method (Enchiladas Suizas)

1. Preheat the oven to 350° F.
2. Mix the cooked salsa verde and the crema together in a saucepan. Bring the mixture to a gentle simmer, reduce heat and keep warm.
3. Heat the oil in a skillet over medium heat. Briefly pass the tortillas through the hot oil to soften and drain on paper towels.
4. Assemble the enchiladas by placing 2 tablespoons of the shredded chicken on the bottom third of each tortilla. Tightly roll the enchiladas and place seam side down in a baking dish.
5. Pour the hot sauce over the prepared enchiladas and top with the shredded cheese.
6. Place the baking dish into the pre-heated oven and bake until the sauce is bubbling and the cheese is melted and golden, about 25 minutes
7. Garnish with the onion rings.
8. Serve 3 enchiladas per person with a generous amount of sauce.



# Sopes de Chorizo

Round and Thick Masa Snacks with Chorizo

**Yield:** 24 sopes

| Ingredients                        | Amounts       |
|------------------------------------|---------------|
| Fresh white masa, for tortillas    | 3 lb.         |
| Vegetable oil                      | 4 Tbsp.       |
| All purpose flour                  | 1 cup +1 tsp. |
| Baking powder                      | 1 tsp.        |
| Salt                               | ½ tsp.        |
| Vegetable oil                      | 1 ½ cups      |
| Refried black beans                | 1 cup         |
| Mexican chorizo, fried             | 1 lb.         |
| Romaine lettuce leaves, chiffonade | 10 ea.        |
| Queso fresco or añejo, grated      | ½ cup         |
| Salsa                              | 1 cup         |



## Method

1. In a medium size bowl mix the masa, 4 tablespoons of oil, flour, baking powder, salt, add a small amount of water to make a soft, pliable dough. Divide the dough into 24 balls and cover with plastic film.
2. Preheat a well-seasoned comal over medium heat.
3. Using a tortilla press lined with round plastic sheets cut out from grocery store bags, make thick 2" diameter sopes.
4. Cook no more than 3 sopes at a time on the comal. Once the first side is slightly cooked, flip and undercook the second side. Remove from the comal and working with wet fingertips, pinch the edge of the sope with your thumbs to form a rim. Return the sope to the comal and cook for several minutes until the sope is cooked through.
5. Warm the refried beans and the chorizo in separate pans.
6. Heat the oil in a medium skillet or a wok and fry the sopes. Remove when golden brown and spread with a thin layer of refried beans. Top with the chorizo and garnish with lettuce and queso fresco or añejo.
7. Serve immediately with a salsa of your choice.

## Note

The addition of flour and oil is not a requirement, it is added to the recipe to give more flexibility to the dough.



# Quesadillas de Flor de Calabaza

Squash Flower Blossom Quesadillas

Yield: 8 portions

| Ingredients                       | Amounts  |
|-----------------------------------|----------|
| Fresh white masa for tortillas    | 2 lb.    |
| Squash blossoms, preferably fresh | 16 ea.   |
| Oaxacan string cheese             | 1 lb.    |
| Epazote, fresh, whole leaves      | 16 ea.   |
| Salt                              | to taste |
| Salsa                             | 1 cup    |



## Method

1. Tear the squash blossom petals into large pieces.
2. Add a small amount of warm water, if needed and salt to taste, to the fresh masa. The masa should feel like soft play-doh and should be slightly warmer than your body. Form 16 balls and cover with a damp towel.
3. Cut two plastic rounds to fit the tortilla press from a light plastic supermarket bag.
4. Heat a well seasoned comal over medium high heat.
5. Place each ball between the two plastic rounds, press slightly, turn 180°, and press again, to form a thin tortilla.
6. Take the tortilla between the plastic pieces and place it in your left hand (if you are right handed). Peel off the top plastic piece, transfer the tortilla to your right hand - fingers close together (not on your palm) and remove the other plastic round.
7. Carefully slide the tortilla over the comal and cook for several seconds, until the tortilla begins to cook on the outer edges. Add the cheese, zucchini blossoms, epazote and sprinkle with salt to taste. Fold the tortilla to form a half-moon. Seal the edges of the quesadilla with wet fingers. Flip the quesadilla until cooked through, about 3 minutes on each side.
8. Transfer the quesadillas to a kitchen towel to keep warm until served.
9. Serve immediately with the salsa of your choice.

## Note

If a good quality Oaxacan string cheese is unavailable, drain fresh cow's milk mozzarella. Season with salt to taste and let it dry, uncovered, in the refrigerator for 12 hours.



# Tacos de Carnitas

Succulent and Crispy Pork Tacos

**Yield:** 8 portions

| Ingredients                        | Amounts  |
|------------------------------------|----------|
| Pork shoulder, 2" cubes            | 2 lb.    |
| Pork ribs, sliced, 2 bone segments | 1 lb.    |
| White onion                        | ½ ea.    |
| Garlic clove                       | 1 ea.    |
| Bay leaf                           | 1 ea.    |
| White corn tortillas               | 24 ea.   |
| <i>GARNISH</i>                     |          |
| Avocado, large, sliced             | 3 ea.    |
| White onion, medium chopped        | 1 ea.    |
| Salsa                              | ¾ cup    |
| Chile Jalapeños en Escabeche       | ½ cup    |
| Limes, sliced in wedges            | 3 ea.    |
| Salt                               | to taste |



## Method

1. Place the pork shoulder, ribs, onion, garlic, bay leaf, and salt in a Dutch oven and cover with water.
2. Bring the mixture to a boil and cook, reduce the heat to a simmer, slightly cover with a lid, until the meat is barely tender, about 45 minutes.
3. Remove the cover and increase the heat to medium high and cook until the liquid has evaporated, about 20 minutes.
4. Once the meat is frying in its own fat, turn the heat down to medium-low. Let the carnitas fry until browned and crispy, about ½ hour. Remove and drain on paper towels.
5. Warm the tortillas on a seasoned comal set over medium heat. Remove and keep warm in a tortilla warmer or a kitchen towel.
6. Serve the carnitas with the warm corn tortillas and garnishes.

## Note

Carnitas are originally from Michoacán, but are now available in every area of Mexico as they are very popular.



# Enchiladas estilo Michoacán

Enchiladas Michoacán Style

**Yield:** 6 portions

| Ingredients                  | Amounts  |
|------------------------------|----------|
| <i>MOLE</i>                  |          |
| Ancho chile wiped clean      | 10 ea.   |
| Roma Tomatoes                | 2 ea.    |
| White onion                  | ½ ea.    |
| Garlic cloves unpeeled       | 2 ea.    |
| Lard                         | 6 Tbsp.  |
| Almonds, blanched and peeled | 20 ea.   |
| Spanish peanuts, raw         | 1/3 cup  |
| Pumpkin seeds, raw, peeled   | 20 ea.   |
| White bread                  | 3 oz.    |
| Black raisins                | 1/3 cup  |
| Canela Mexicana, 2 inch      | 1 ea.    |
| Cumin seeds                  | ½ tsp    |
| Black peppercorns            | 10 ea.   |
| Chicken broth                | 2-3 cups |
| Mexican Chocolate            | 3 oz.    |
| <i>ENCHILADAS</i>            |          |
| White corn tortillas         | 18 ea.   |
| Vegetable oil                | ¾ cup    |
| Chicken, cooked and shredded | 6 cups   |



| Ingredients                           | Amounts |
|---------------------------------------|---------|
| White onion, sliced                   | ½ ea.   |
| Radishes, quartered                   | 3 ea.   |
| Refried pinto beans                   | 3 cups  |
| Totopos (tortilla chips) freshly made | 12 ea.  |

## Method

1. Discard stems from the chiles, remove and reserve the seeds.
2. Dry roast slightly the chiles in a comal or skillet; transfer to a bowl, cover with boiling water. Soak the chiles for 10-15 minutes. Remove from the water; reserve.
3. Dry roast the tomatoes, onion and garlic cloves until soft and charred. Reserve.

Recipe continues on next page ►

# Enchiladas

## estilo Michoacán

### Enchiladas Michoacán Style

4. Heat 3 Tbsp of lard in a sauté pan set over medium low heat; sauté the almonds, peanuts, pumpkin seeds and reserved chile seeds until slightly golden, remove and set aside.
5. Add more lard if needed, sauté the bread until golden; sauté the raisins until plumped.
6. Sauté the cumin, canela and peppercorns, until the aroma is released.
7. Purée the chiles in the blender adding fresh water as needed. Reserve.
8. Purée the dry-roasted vegetables, the nuts, seeds, bread and spices in the blender. (Not the chocolate). Pass through a small mesh strainer. Reserve.
9. In a Dutch oven heat 3 Tbsp lard, fry the chile purée, stirring until you can see the bottom of the pan.
10. Add the vegetable spice mixture, stir and cook until the mixture reduces and when stirred, you can see the bottom of the pan. Add 1 ½ cups of broth, chocolate and salt to taste. Keep simmering for 1 ½ -2 hours. Stir frequently to prevent from sticking at the bottom; add broth if needed. The mole should be able to coat the back of a spoon. Reserve warm.
11. For the enchiladas, pass the tortillas through the oil, just to soften not to make them crispy. Stuff them with a portion of the shredded chicken. Fold the enchiladas.
12. Plate 3 per person. Cover with the mole, shredded lettuce, sliced onion, cheese and 2 quarters of a radish. Serve with refried pinto beans and topos.



# Tortas al Pastor

Adobo Marinated Pork Sandwich "al Pastor" Style

**Yield:** 6 portions

| Ingredients                          | Amounts  |
|--------------------------------------|----------|
| <i>MEAT AND MARINADE</i>             |          |
| Guajillo chiles wiped clean          | 10 ea.   |
| Achiote paste                        | 2 Tbsp.  |
| White vinegar                        | ½ cup    |
| White onion                          | ½ ea.    |
| Garlic cloves                        | 2 ea.    |
| Cumin seeds                          | ½ tsp    |
| Pork loin, thinly sliced             | 2 lb.    |
| <i>TORTA</i>                         |          |
| Rolls of white bread, split in half  | 6 ea.    |
| Refried beans, warm                  | ¾ cup    |
| Roma tomatoes, sliced                | 2 ea.    |
| Mayonnaise                           | 3 Tbsp.  |
| White onion, sliced                  | 1 ea.    |
| Oaxaca style queso, chopped          | 1 cup    |
| Jalapeño chiles en escabeche, sliced | to taste |
| Salt                                 | to taste |

## Method

1. Discard stems, seeds and veins from the chiles; place chiles in a bowl covered with boiling water. Soak the chiles for 10-15 minutes.
2. Dissolve the achiote paste in the vinegar. Reserve.
3. Purée the onion, garlic clove, cumin, achiote and soaked chiles in the blender, add fresh water if needed. Pass through a small mesh strainer, season with salt to taste.
4. Place the thin sliced pork in a non-reactive bowl, cover with the marinade; be sure that all the meat is covered with the sauce. Cover with plastic wrap and refrigerate for at least ½ hour, preferably overnight.
5. Transfer the marinated meat to an oven-proof platter and bake in a preheated oven at 325° F until completely cooked. Chop the meat and keep warm.
6. *Assembling the torta:* Open the white bread rolls lengthwise; remove some of the crumbs.
7. First spread mayonnaise on the cut side of the top part of the breads.
8. Spread beans on the cut side of the bottom part of the breads.
9. In an oiled griddle, place the breads cut side up. Place 2 slices of tomato on top of the beans, scatter with some slices of onion; divide the meat and place on top. Cover the meat with cheese and top with the jalapeño chiles en escabeche.
10. Close the tortas, flattening them and turning upside down, to help the cheese to melt, and keep warm. Slice in half crosswise and serve.

