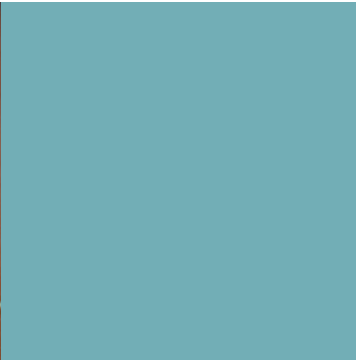




The Culinary Institute of America's

Veracruz

RECIPES



Coctel de Camarón

Veracruz Style Shrimp Cocktail

Yield: 4 portions

Ingredients	Amounts
Ketchup	2 cup
Apple cider vinegar	2 Tbsp.
Liquid from jalapeños en escabeche (<i>recipe on page 8</i>)	to taste
Olive oil	½ cup
Salt	to taste
Small shrimp, cleaned and cooked	1 ½ lb.
<i>GARNISH</i>	
Cilantro leaves, including the soft stems, roughly chopped	3 Tbsp.
White onion, finely diced	½ cup
Lime wedges	8 ea.
Olive oil	to taste
Saltine crackers	as needed



Method

1. Mix the ketchup, vinegar, liquid from the chiles, and olive oil. Season with salt to taste.
2. Arrange the shrimp in 4 large, chilled glasses. Pour the ketchup mixture on top of the shrimp.
3. Garnish with the cilantro and onion.
4. Serve with the lime wedges, saltine crackers and olive oil to taste.



Quesadillas de Jaiba

Veracruz Style Blue Crab Quesadillas

Yield: 24 quesadillas

Ingredients	Amounts
Olive oil	4 Tbsp.
White onion, finely chopped	2 ea.
Jalapeño chiles, thinly sliced	3 ea.
Garlic cloves, finely chopped	4 ea.
Roma tomatoes, finely chopped	4 lb.
Crabmeat, cooked, shredded, picked free of shells	1 lb.
White wine vinegar	2 Tbsp.
Salt	to taste
White corn tortillas	24 ea
Canola oil	1 ½ cups



Method

1. In a sauté pan, heat the olive oil over moderate heat. Sauté the onion and jalapeno chiles for two minutes. Add the garlic and sauté for 1 minute. Add the tomatoes and cook until they change color, about 10 minutes. Add the crabmeat and vinegar. Season with salt to taste. Reduce the heat to a simmer and cook until the liquid evaporates. Remove from the heat and set aside to cool.
2. Heat the oil in a deep skillet over medium-high heat. Pass the tortillas briefly through the oil to make them soft and pliable. Quickly remove from the oil and transfer to paper towels to drain.
3. Place two tablespoons of stuffing in the center of each tortilla. Close the edges with a toothpick .
4. Heat the oil again over medium-high heat and fry the quesadillas until golden brown, about 4 minutes. Drain on a wire rack to remove excess oil.
5. Serve immediately.



Chiles Jalapeños Rellenos

Yield: 24 jalapeños

Jalapeño Chiles Stuffed with Chicken Picadillo

Ingredients	Amounts
Jalapeño chiles, with stems	24 ea.
Piloncillo, grated	2 Tbsp.
Salt	1 tsp.
Canola oil	2 Tbsp.
White onion, finely diced	¾ ea.
Garlic cloves, finely diced	2 ea.
Roma tomatoes, finely diced	5 ea.
Green Manzanilla olives, chopped	28 ea.
Raisins, chopped	3 Tbsp.
Chicken breast, boiled, shredded	9 oz.
Salt	to taste



Method

1. Wearing gloves, prepare the chiles by making a T-shaped incision running from the shoulders to the pointed tip of the chiles.
2. Fill a saucepan with water, 3 inches high, and bring to a boil. Add the piloncillo, ½ teaspoon salt, and stir until dissolved. Add the chiles and reduce the heat to a simmer. Cook until the chiles are almost tender, about 6 minutes.
3. Drain the chiles and cool. Carefully remove the seeds of the chiles using a small spoon. Set aside in a hotel pan until ready to assemble.
4. Heat the oil in a sauté pan over medium heat. Sauté the onion for 2 minutes, then add the garlic and cook for 1 minute. Add the tomatoes and sauté until they change color and the juices begin to evaporate. Add the chopped olives, raisins, and shredded chicken. Season with salt and cook until the juices are evaporated. Set aside to cool.
5. Stuff the chiles with the chicken picadillo, reshaping the chiles in the process. The chiles should be generously filled.
6. Serve as an appetizer at room temperature.



Chileatole de Pollo

Chile Chicken Stew

Yield: 6 portions

Ingredients	Amounts
Ancho Chiles, cleaned	2 ea.
Morita chiles, cleaned	2 ea.
Roma Tomatoes	3 ea.
White onion, small	1 ea.
Garlic cloves unpeeled	2 ea.
Assorted chicken pieces	1 ½ lb.
Cumin seeds, lightly toasted	½ tsp
Canola oil	3 Tbsp
Chicken broth	6 cups
Masa harina	½ cup
Epazote sprigs	3 ea.
Salt	to taste



Method

1. Discard the stems and seeds from the chiles.
2. Dry-roast the chiles in a comal set over medium heat until soft and aromatic, remove; place the chiles in a bowl and cover with hot water. Soak the chiles for 15 minutes.
3. Dry-roast the tomatoes, onion and unpeeled garlic over a comal, keep turning until the garlic shows brown spots, and the onion and tomatoes are charred and soft. Discard the papery skins of the garlic and transfer to a blender along with the reconstituted chiles and the cumin. Blend until smooth.
4. Heat the oil in a thick-bottomed stockpot, add the blended ingredients; fry the mixture until thickened, add the broth, reduce the heat to a simmer.
5. Add the chicken pieces and simmer until the chicken is cooked through.
6. Mix the masa and 1 cup of water in a bowl, whisk until there are no lumps.
7. Slowly add the diluted masa to the soup; add the epazote sprigs, and salt to taste.
8. Cook for 10 minutes or until the masa is cooked.
9. Remove the epazote and serve hot.



Gorditas de Frijol Estilo Veracruz

Veracruz Style Inflated Bean Gorditas

Yield: 24 8-inch gorditas

Ingredients	Amounts
Black beans cooked	1 cup
White masa for tortillas	1 lb.
All Purpose flour	2 Tbsp.
Baking powder	1 tsp.
Salt	to taste
Lard or canola oil	½ cup
Salsa	¾ cup
Crema mexicana	½ cup
Queso Fresco, grated	½ cup



Method

1. Place the beans in a food processor and process to form a thick purée.
2. In a large bowl, mix the masa, puréed cooked beans, flour, baking powder, and season with salt to taste. The masa should feel firm, but not dry (almost like play-doh). Cover with plastic wrap and let the masa rest for 20 minutes.
3. Form ½ inch balls, covering them while you work.
4. In a deep skillet, heat the lard or oil over medium-high heat.
5. Form the tortillas in a tortilla press covered with 2 rounds of plastic wrap. Place the ball in the middle and press, turn 180°, and press lightly again.
6. Transfer each tortilla to the prepared skillet, and deep fry until they inflate, remove and drain.
7. Serve immediately with the salsa of your choice, crema mexicana and grated queso fresco.



Huachinango a la Veracruzana

Veracruz Style Red Snapper

Yield: 8 portions

Ingredients	Amounts
Red Snapper, whole, cleaned	6 lb.
Lime juice	½ cup
Olive oil	½ cup
White onion, diced	2 ea.
Garlic cloves, finely diced	6 ea.
Roma tomatoes, diced	6 lb.
Green Manzanilla olives, whole	1 cup
Spanish capers, whole	½ cup
Black raisins	½ cup
Bay leaves	4 ea.
New potatoes, peeled and blanched	½ lb.
Salt	to taste
Ground black pepper	to taste
<i>GARNISH</i>	
Italian parsley, chopped	¼ cup
Jalapeño chiles en escabeche, sliced	to taste



Method

1. Marinate the fish in lime juice, season with salt and black pepper. Cover with plastic wrap and refrigerate for 1 hour.
2. Heat the olive oil in a Dutch oven set over medium heat. Sauté the onion for 2 minutes, add the garlic and sauté for 1 minute more. Add the tomatoes and cook until they change color.
3. Reduce the heat and add the olives, capers, raisins and bay leaves. Simmer for 10-15 minutes or until the sauce thickens. Season with salt and black pepper, mix in the potatoes.
4. Preheat the oven to 350° F.
5. Place ½ cup of the sauce in the bottom of a ovenproof dish. Remove the fish from the marinade and place it on top of the sauce, cover with the rest of the sauce, and bake in the preheated oven for 45 minutes or until the fish is flaky and cooked through.
6. Remove from the oven, sprinkle with parsley and decorate with sliced jalapeño chiles. Serve with white rice.

Note

7-ounce fish fillets can be substituted for whole fish. Reduce cooking time to twenty minutes when using filets.



Pambazos

Veracruz Style Stuffed Soft Rolls

Yield: 16 pambazos

Ingredients	Amounts
Dry yeast	2 tsp.
Water	1 1/3 cups
Sugar	1 Tbsp.
Lard, room temperature	1 Tbsp.
Salt	1 tsp.
Unbleached AP Flour	1 lb.



Method

1. Mound 3 1/2 cups of flour on a clean surface.
2. Add the yeast, sugar and lard. Mix well.
3. With your fingertips, start mixing the dry ingredients with the liquid ingredients, until all is incorporated. It can be very sticky; if so, add flour a tablespoon at a time if necessary.
4. Transfer dough to a clean surface. If necessary, sprinkle with flour, and knead the dough, for 5-10 minutes.
5. Form a ball, and place it in a greased bowl, turn to coat and cover with plastic wrap.
6. Keep it in a warm environment, until doubled in volume, about 1 1/2 hours.
7. Lightly grease 2 baking sheets.
8. Punch the dough, and divide it into 16 equal portions. Form each portion into a ball, pinch a swirled knot in the top; lightly dust them with flour.
9. With a thin rolling pin, roll out each ball to a disk about 3" across, dust again with flour, place the disks in the prepared baking sheets. Cover with a loose plastic bag, and let rise until doubled in size about 1 1/2 hours.
10. Preheat the oven to 400°F.
11. Bake the pambazos for 20 minutes or until the surface of the rolls is slightly browned, do not let the flour brown. Remove and set aside to cool.
12. Split the rolls horizontally in half and fill them with your preferred stuffing.



Pambacitos Rellenos estilo Xalapa

Veracruz Style Stuffed Soft Rolls

Yield: 8 portions

Ingredients	Amounts
Pambazos (<i>recipe p.9</i>)	8 ea.
Refried black beans, dry	1 cup
Shredded cooked chicken*	2 cups
Iceberg lettuce, finely shredded	1 cup
Tomato, large, thinly sliced	1 ea.
Queso fresco, finely crumbled	½ cup
Jalapenos en Escabeche	to taste
Salt	to taste

Method

1. Split open the bread horizontally.
2. Spread the inner bottom part with a layer of refried beans, place some lettuce on top, top with chicken, tomato slice and sprinkle with queso.
3. Spread the top part of the bread with mayonnaise or beans, depending on the filling.
4. Add jalapeño chiles en escabeche to taste.
5. This style of pambazos can be served at room temperature or heated in a comal.



Variations

Roasted pork shoulder
Pork shoulder adobado
Ham or cheese
Pork Mexican chorizo.

Arroz a la Tumbada

Veracruz Style Rice

Yield: 6 portions

Ingredients	Amounts
Roma Tomatoes	10 ea.
Olive oil	as needed
Shrimp , jumbo (heads, shell and tail attached)	12 ea.
White, medium grain rice	1 ½ cups
White Onion diced	2 ea.
Garlic cloves minced	4 ea.
Fish broth	4 cups
Clams	1 lb.
Jalapeño chiles, sliced	2-3 ea.
Blue crabs	6 ea.
Octopus, cooked	1 ½ lb.
Epazote	3 sprigs
Salt	to taste



Method

1. Puree half of the tomatoes, dice the rest.
2. Heat 3 tbs of olive oil in saucepan; fry the diced and blended tomatoes until the color changes, reserve.
3. Heat ¼ of a cup of olive oil in a thick bottomed braiser, slightly saute the shrimp, remove and reserve.
4. In the remaining oil, fry the rice for 5 minutes, add the onion and garlic, continue frying until slightly golden; add the reserved tomato mixture. Add the fish broth and 4 cups of water. Season with salt to taste.
5. When the rice is half cooked through, add the clams and chiles. Add the shrimp, blue crab, octopus and Epazote when rice is almost cooked through (the rice should be brothy). Season with salt to taste, discard the Epazote and drizzle with olive oil. Serve immediately.



Torito de Cacahuete

Veracruz Style Peanut Liquor

Yield: 1 ½ liters

Ingredients	Amounts
Cachaça or Everclear	1 ½ cup
Evaporated milk	2 cup
Condensed milk	1 cup
Peanut butter	10 oz.

Method

1. Place all the ingredients in the blender, adding ice to taste.
2. The toritos should be served very cold in small shot glasses.



Notes

Keeps up to 3 days in the refrigerator.

In Veracruz, aguardiente de caña is used instead of cachaça.

Toritos can be served as an after-dinner drink, like a digestive, or before a meal as an aperitif.



Chiles Jalapeños en Escabeche

Pickled Jalapeño Chiles

Yield: 1 ½ liters

Ingredients	Amounts
Canola oil	¼ cup
Carrots, peeled and sliced on the bias	½ lb.
Jalapeños chiles with seeds, sliced into strips	1 lb.
White onion, quartered and sliced	1 ea.
Garlic cloves, unpeeled	30 ea.
Allspice, whole	6 ea.
Black peppercorns, whole	10 ea.
Cloves, whole	4 ea.
Thyme, sprigs	3 ea.
Marjoram, sprigs	3 ea.
White distilled vinegar	2 cups
Water	1 cup
Salt	to taste

Method

1. Heat the oil in a large non-reactive pot or Dutch oven. Add the carrots and sauté for 8 minutes or until soft. Add the sliced chiles and sauté for 3 minutes. Add the onion and sauté for 2 minutes. Add the remaining ingredients and bring to a simmer.
2. Cook the escabeche on low heat for 10 minutes. Season with salt.
3. Remove from the heat and cool.
4. Place the escabeche in a sterilized glass container with a tight-fitting lid and refrigerate.
5. Marinate the escabeche for at least 24 hours prior to serving.

Note

Jalapeños en Escabeche will last up to four weeks in the refrigerator.

