

WORLD CULINARY ARTS: *Mexico City*



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Unilever Food Solutions

Recipes from

Savoring the Best of World Flavors:
Mexico City

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CORN AND POBLANO SOUP

CREMA DE ELOTE

Yield: 5 Quarts

Ingredients	Amounts
Sweet corn, frozen	2 ½ qt.
Water	2 cups
Lard or butter	3 oz.
Onions, fine diced	2 cups
Garlic, chopped	1 Tbsp.
Knorr® Professional Liquid Concentrated Chicken Flavor Base, prepared	2 qt.
Knorr® Caldo de Pollo	1 Tbsp.
Corn starch (optional)	2 oz.
Water	4 oz.
Poblano chilies, charred, peeled, seeded, diced	6 ea.
Crema or heavy cream	1 qt.
Ground black pepper	as needed
 <i>Garnish</i>	
Queso fresco	as needed
Cilantro, chopped	as needed
Popcorn seasoned with chili powder	as needed

Method

1. Blend sweet corn to a puree with about 2 cups of water.
2. Heat lard, add onions and garlic, cook until translucent, then add corn puree. Bring to simmer and cook for about 5 minutes.
3. Add prepared Knorr® Professional Liquid Concentrated Chicken Flavor Base.
4. Season to taste with Knorr® Caldo de Pollo, and bring soup to a simmer.
5. If a thicker consistency is desired, blend in cornstarch to simmering soup.
6. Add diced poblanos and crema or heavy cream.
7. Garnish and serve.

Note: Can increase price point by adding shrimp or crab meat.

MEXICAN TORTA

Yield: 10 Portions

Ingredients	Amounts
Bolillo rolls	10 ea.
Refried beans	20 oz.
Hellmann's® Real Mayonnaise	10 oz.
Chicken or pork verde or roja (salsa verde and salsa roja recipes follow)	3 ½ lb.
Avocado, sliced	3 ea.
<i>Garnish</i>	
Lettuce, shredded	as needed
Tomato, sliced	as needed
Radishes, sliced	as needed
Queso fresco, crumbled	as needed
Onion, pickled (recipe follows)	as needed
Hellmann's® Ancho Chipotle	
Sandwich Sauce	as needed
Cilantro, chopped	as needed

Method:

1. Split rolls, spread with refried beans and Hellmann's® Real Mayonnaise, and toast on a griddle face down, until golden, crisp and heated through.
2. Place hot shredded protein of choice, sliced avocado, all garnishes and serve.

PICKLED RED ONIONS

Yield: 1 1/3 Cups

Ingredients	Amounts
Red onion, sliced 1/8"-inch thick	6 oz.
Black peppercorns	1/4 tsp.
Cumin seeds	1/4 tsp.
Oregano, dried	1/2 tsp.
Garlic cloves, peeled and halved	2 ea.
Salt	1/4 tsp.
Cider vinegar	1/3 cup

Method

1. Place the thinly sliced red onion in a saucepan with enough salted water to cover. Bring to a boil for 1 minute, then remove from the heat and drain.
2. *For the pickling:* Coarsely grind the peppercorns and cumin in a mortar or spice grinder, then add to the saucepan, along with the remaining ingredients and the onions.
3. Pour in just enough water to barely cover the onions, bring to a boil over medium heat for 3 minutes, then remove from the heat and pour into a small, non-corrosive bowl.
4. Let stand several hours before using.

TOASTED TORTILLA SOUP WITH FRESH CHEESE, CHICKEN, AND AVOCADO

Yield: 10 Portions

Ingredients	Amounts
Lard or vegetable oil	1 oz.
Onion, medium, sliced	8 oz.
Garlic cloves, peeled	2 ea.
Canned tomatoes, drained	8 oz.
Guajillo chile puree	1 tsp.
Knorr® Ultimate Roasted Chicken Base, prepared	2 qts.
Queso fresco, cubed	10 oz.
Corn tortillas, cut in strips, fried	8 ea.
Chicken, cooked, shredded	10 oz.
Avocado, cubed	1 ea.
Lime, wedges	10 ea.

Method

1. In large sauce pan, heat ½ oz. of the lard over medium-low heat. Add the onion and whole garlic cloves, and fry until both are a deep golden-brown, about 10 minutes. Place into a blender or food processor, add the tomato and process until smooth.
2. Heat the remaining ½ oz. of lard in the same pot. When hot, add the tomato mixture and stir constantly until thick and considerably darker, about 5 minutes. Scrape into a large saucepan. Add the guajillo chile puree and mix.
3. Stir the prepared Knorr® Ultimate Roasted Chicken Base into the tomato mixture, partially cover and simmer for 30 minutes.
4. Just before serving, divide the cheese among 10 bowls, and top with the fried tortilla strips, cooked shredded chicken and avocado. Ladle on the hot soup and serve right away. Serve with lime wedges.

CHORIZO CRUSTED FISH SERVED WITH BEANS

Yield: 10 portions

Ingredients	Amounts
Panko bread crumbs	1 ½ cups
Chorizo, cooked, ground	1 cup
Fish filets, 6 oz. portions	10 ea.
Knorr® Caldo de Tomate	1 Tbsp.
Hellmann's® Real Mayonnaise	3 oz.
Oil, for sautéing	½ cup
Beans (recipe follows)	as needed
 <i>Garnish</i>	
Radish	as needed
Avocado	as needed
Cilantro	as needed
Pickled onion (recipe follows)	as needed
Salsa verde (recipe follows)	as needed

Method

1. Pour the panko bread crumbs and chorizo into a sheet pan, and crumble together with your hands until well blended.
2. Season fish with a sprinkle of Knorr® Caldo de Tomate. Brush the top of each fish filet with Hellmann's® Real Mayonnaise.
3. Press the chorizo bread crumb mixture into each mayonnaise side of fish and set aside.
4. Heat oil in sauté pan. Add the fish, bread crumb side down, and cook until golden brown. Turn and finish cooking, and place in oven if necessary.
5. Serve fish fillets on top of a bed of beans. Garnish with radish, avocado, cilantro, pickled onion, and salsa verde.

BEANS WITH BACON, ROASTED CHILE, AND CILANTRO

Yield: 8-10 cups

Ingredients	Amounts
Pinto, or other light colored beans	1 lb.
Pork shoulder, fatty, cut into ½" cubes	4 oz.
Bacon, thick slices, cut into ½" pieces	8 ea.
Onion, diced	1 ea.
Chiles poblano, fresh, roasted, peeled & seeded, chopped	2 ea.
Tomatoes, medium-small, ripe, roasted or boiled, cored, peeled, chopped, or one 15 oz. can tomatoes drained, chopped	2 ea.
Salt	as needed
Cilantro, roughly chopped	½ cup

Method

1. Pick over the beans for any foreign pieces, then rinse and place in 4-quart pot. Add 2 quarts water, remove any beans that float, and soak for 4-8 hours, until the water has penetrated to the core of the beans. Or quick soak by boiling the beans for about 2 minutes, then letting stand for 1 hour. Drain the soaked beans.
2. Measure 2 quarts of fresh water into the pot of beans, add the pork, bring slowly to a boil, partially cover and simmer over medium-low heat, stirring occasionally, until the beans are tender, 1-2 hours.
3. Fry the bacon in a medium-size skillet over medium-low heat, until crisp, about 10 minutes. Remove the bacon, pour off all but 2 tablespoons of fat and raise the heat to medium. Add the onion and chiles and fry until the onion is a deep golden brown, about 8 minutes. Stir in the tomato and cook until all the liquid is evaporated.
4. Add the tomato mixture, bacon and salt to the cooked beans. Simmer, stirring occasionally, for 20-30 minutes to blend the flavors. If the beans are very soupy, uncover, raise the heat and simmer away the excess liquid. For a thicker broth, puree 2 cups of the beans (with their liquid) and return to the pot.
5. Just before serving, taste for salt and stir in the chopped cilantro.

POZOLE MEXICANO

Yield: 1.5 Gallons, 24-8 oz. Portions

Ingredients	Amounts
Pork shoulder, cubed	1 ½ lb.
Knorr® Professional Liquid Concentrated Chicken Flavor, prepared	1 ½ gal.
Onion, diced	1 ea.
Garlic cloves, minced	2-3 ea.
Cumin, ground	1 Tbsp.
Mexican oregano, crushed	½ Tbsp.
White hominy, rinsed, drained	#3 can
Knorr® Caldo de Pollo	1 Tbsp.
Salt	as needed
<i>Garnish:</i>	
Tostadas	as needed
Radishes, sliced	as needed
Green cabbage, shredded	as needed
Lime wedges	as needed
Avocado, sliced	as needed

Method

1. Bring pork to a boil in chicken broth for about 45 minutes. Skim off foam.
2. Meanwhile, sauté the onions and garlic until translucent then, fold in the cumin and oregano. Add hominy and onion mixture to the pork and mix together in the broth.
3. Simmer for 30-45 minutes. Season with Knorr® Caldo de Pollo and salt to taste.
4. Serve with garnishes.

Note: This recipe can be made as a Pozole Rojo by simply adding either Ancho or Guajillo chiles that are soaked, drained and pureed.

SALSA ROJA

Yield: 1 Cup

Ingredients	Amounts
Dried guajillo chiles, stemmed, seeded, deveined	4 ea.
Garlic cloves, unpeeled	2 ea.
Tomato, large, roasted, peeled, cored, roughly chopped	1 ea.
Chipotle chiles, seeded	½ can
Water	¼ cup
Salt	½ tsp.

Method

1. Tear the guajillo chiles into flat pieces, and then toast them on a griddle or heavy skillet over medium heat, using a metal spatula to press them flat to the hot surface for a few seconds, then flipping and pressing again. You'll notice a toasted look to each side and perhaps a whiff of smoke when they're ready, but take care not to burn them or they'll taste bitter. Place into a small bowl of warm water to soak for 20 minutes. Drain.
2. Lay the unpeeled garlic on the griddle and turn frequently until soft and blackened in spots, about 15 minutes. Cool, peel off the skin, and cut in quarters.
3. Place the chiles into a blender, cover and blend on high until pulverized. Add the garlic, roasted tomato, chipotle chili, and ¼ cup water, and then blend until very smooth.
4. Strain the sauce through a medium-mesh sieve into a small dish, then stir in a little more water, if necessary, to make a light, pourable consistency. Season with salt and let stand for ½ hour to let the flavors mingle.

SALSA VERDE

Yield: 2 ½ - 3 Cups

Ingredients	Amounts
Tomatillos, husked, washed, or two 13 oz. cans, drained	1 lb.
Jalapeños or serranos	2-3 ea.
Coriander, fresh, roughly chopped	5 sprigs
Onion, small, chopped	1 ea.
Garlic clove, large, peeled, chopped	1 ea.
Lard or vegetable oil	1 Tbsp.
Knorr® Professional Liquid Concentrated Chicken or Pork Flavor Base, prepared	2 cups

Method

1. Boil the fresh tomatillos and jalapeños in salted water to cover until tender, 10 to 14 minutes; drain.
2. Place the tomatillos and chiles in a blender or food processor, along with the coriander, onion and garlic; if using a blender, stir well. Process until smooth, but still retaining a little texture.
3. Heat the lard or vegetable oil in a medium-large skillet set over medium-high. When hot enough to make a drop of the puree sizzle sharply, pour it in all at once and stir constantly for 4 or 5 minutes, until darker and thicker. Add the broth, let return to a boil, reduce the heat to medium and simmer until thick enough to coat a spoon, about 10 minutes.

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