

Chiles & Chocolate Cooking Classes Huatulco, Oaxaca



"Fiesta" Class Recipe Booklet

Email us if you have any questions or you have some photos from the class to share with us:

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"The only time to eat diet food is while you're waiting for the steak to cook."
— Julia Child

Rum Horchata

Ingredients:

1 cup uncooked long grain rice
1 litre of room temperature water
1/2 teaspoon ground cinnamon
1 teaspoon vanilla extract
4 oz. rum, or to taste (optional)
16 cubes ice

Mix the rice and water together in a pitcher and let stand for 1/2 hour. Pour water and rice into a blender, mix on high. Add the cinnamon and blend.

Strain the rice through a fine sieve into a pitcher. Stir in vanilla, and rum, if desired, until evenly blended. Refrigerate at least 2 hours. To serve, divide the ice cubes between four glasses, and pour the chilled horchata over the ice.

Garnish with a slice of cantaloupe.



Poblano and Nopales Empanadas served with Guacamole

Empanada Ingredients:

1 cup vegetable oil plus 1 tbsp.
2 Poblano chiles
2 cleaned nopales
1/2 teaspoon kosher salt
3 slices of manchego or gouda cheese
1/2 cup black beans *see recipe on page 5
2 cups of corn masa

Filling:

1. Prepare poblano chiles by roasting on an open flame until charred. Let cool and then place in a bowl of water to remove skins. Remove seed and slice.
2. Roast nopales on a skillet until soft and sweating. Let cool and dice.
3. Gently fry poblano and nopales together in garlic oil. Set aside.

Empanada Preparation

1. Make a small ball of masa (smaller than a golf ball). Place between 2 plastic circles on a tortilla press.
2. Remove top plastic.
3. Put 1 tbsp. each cheese and beans and about 1 tbsp. cup of the poblano and nopal mixture onto one side of a tortilla. Fold over and press edges together.
4. Heat vegetable oil in a deep frying pan.
5. Ease empanada into hot oil. Fry until brown and crispy.

Serve with a spoon of guacamole on top.



Salad with Jicama, Cucumber, and Orange

Are you familiar with jicama? This tuber looks like a seriously overgrown radish and is the root of a vine native to Mexico and Central America. The flesh is crunchy, mild, and even faintly sweet, and is often served with a little lime juice and chile powder to accompany Mexican dishes. On its own jicama can be a little boring but with some seasoning and lime juice it is delicious.

Jicama salads are usually prepared with julienned jicama a little thicker than what I have shown here. Cut them this small and the jicama pieces will bend a bit and the salad will resemble more of a slaw than of chunky pieces of jicama. The good news is cut this way the salad will be easier to eat. Julienne or cube the jicama into pieces you are most comfortable eating.

Ingredients:

- 1 jicama
- 1/2 red bell pepper (finely diced)
- 1/2 yellow bell pepper (finely diced)
- 1/2 green bell pepper (finely diced)
- 1/2 cucumber (large, seeded chopped)
- 1 navel oranges (peel cut away sliced crosswise then each round quartered)
- 1/2 cup fresh cilantro (chopped)
- 1 pinch cayenne
- 1 pinch paprika
- salt to taste

Dressing:

- 2 tbsp olive oil
- 2 tbsp lime juice
- 2tbsp honey

METHOD

1. Toss together the jicama, bell peppers, cucumber, orange, and cilantro in a large serving bowl.

Pour over dressing and sprinkle with pinches of cayenne and paprika.



Blended Black Beans

1 pound dried black beans
4 cups low-sodium chicken broth
3 cloves garlic, minced
1 medium onion, diced
1 green bell pepper, seeded and diced
1 red bell pepper, seeded and diced
1 yellow bell pepper, seeded and diced
1 1/2 teaspoons chile powder, plus more if needed
1 1/2 teaspoons cumin, plus more if needed
1 teaspoon kosher salt, plus more if needed



Directions:

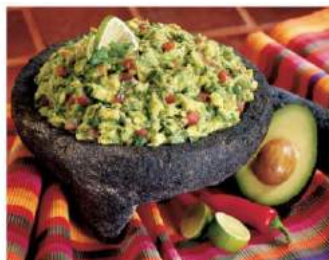
Place the beans in a bowl or pot, cover with cold water and allow to soak overnight. Drain and rinse before proceeding. (Alternatively, add the beans to a medium pot and cover with hot water. Bring to a boil, and then boil for 2 minutes. Turn off the heat, cover the pot and allow the beans to sit for 1 hour. Drain the beans and rinse them with cold water before proceeding.)

In a medium pot, add the soaked beans, chicken broth, 2 cups water, the garlic, onions and green, red and yellow bell peppers. Bring to a boil, reduce the heat to low, cover and simmer for 1 1/2 hours. Then add the chile powder, cumin and salt and stir. Cover and continue simmering until the liquid level is to your liking, about another hour. Taste for seasoning and add more of what it needs.

Cool and blend.

Guacamole

Guacamole, a dip made from avocados, is originally from Mexico. The name is derived from two Aztec Nahuatl words – *ahuacatl* (avocado) and the verb *moler* (to grind). The trick to perfect guacamole is using good, ripe avocados. Check for ripeness by gently pressing the outside of the avocado. If there is no give, the avocado is not ripe yet and will not taste good. If there is a little give, the avocado is ripe. If there is a lot of give, the avocado may be past ripe and not good. In this case, taste test first before using.



2 ripe avocados
2 tablespoons cilantro finely chopped
1/4 cup milk
1/2 teaspoon coarse salt
A dash of freshly grated black pepper

Cut avocados in half. Remove seed. Scoop out avocado from the peel, put in a mixing bowl. Using a fork or potato masher roughly mash the avocado. (Don't overdo it! The guacamole should be a little chunky.) Add the chopped cilantro, salt and pepper and mash some more.

Slowly pour in milk mixing into the avocado. Remember that much of this is done to taste because of the variability in the fresh ingredients. Start with this recipe and adjust to your taste.

Picadillo Tamales in Corn Husk

PICADILLO

1/4 cup vegetable oil
1 pound ground beef
1/2 onion, peeled, finely chopped
3 Roma tomatoes chopped
1 green apple, peeled, cored and chopped
1 fresh jalapeno, seeded and chopped
1/2 cup raisins
1/2 cup almonds
1 teaspoon cinnamon
1 teaspoon cumin
Salt and ground pepper, to taste



TAMALES

15 corn husks, soaked until soft
1/2 cup lard or vegetable shortening
2 cups masa harina
1 teaspoon salt
1/2 cup of water



For the picadillo filling: In a large frying pan over medium heat, heat the oil and add the ground beef, onion, and tomato. Cook stirring, until the beef is brown and the onion is tender. Add the apple, jalapeno, raisins, almond, cinnamon, cumin, and salt. Cook uncovered for about 20-25 minutes, stirring occasionally to prevent sticking.

For the masa: In a large bowl mix the masa harina with the lard or vegetable shortening. Add water slowly until desired texture- should be like mushy dough.

Mix for 5 to 10 minute by hand.

To assemble the tamales: Place softened cornhusks on a flat surface. Spread 2 tablespoons of the dough on each husk, leaving plenty of room all around for folding. Spoon 2 tablespoons of the picadillo in the center of the dough. Roll up the husk from one long side, so that the filling is completely enclosed, then fold the ends of the husk under. You can tie with strips of husk or kitchen twine, if desired.

To steam the tamales: Layer the folded husks seam side down in a flat-bottomed steamer colander. Bring to a boil and cover tightly. Reduce heat and steam the tamales for 1 hour. Serve warm, unwrapping the husks to reveal the fluffy tamales inside.