

Diálogo delicioso



Recipes from Chef Matilde García Rojas Teja provided for Diálogo delicioso, a virtual international dinner event by Keys to Life Alaska, April 17, 2021.

All of the following recipes are intended to be cooked at home, in a standard kitchen. They are all measured for servings up to 4 people.

- **(STARTER) COCHINITA PIBIL SOPES:** Corn dough sopes, refried beans, cochinita pibil, and pickled onion.

UTENSILS: Comal (or a Teflon skillet), pressure cooker, steamer rack, 1 gallon pan (4 liters), chopping board, two 12 inches diameter bowls (30 cm,) blender, lemon squeezer.

HOW TO PRESENT IT: One 30 cm diameter plate.

INGREDIENTS:

- A. Sopes: 10 cm diameter corn dough sopes.
- B. Refried beans: 1 can of canned refried beans.
- C. Cochinita pibil: 2 pounds (1 kg) boneless pork shoulder (the shoulder of the pig's front legs. It is the muscle corresponding to this part of the animal. If it can not be found, it is possible to replace it with lean pork leg,) ½ pound (200 grams) of achiote, 2 pounds (1 kg) seedless lemon, 2 pounds (1 kg) orange, 1 ounce (20 grams) oregano, 6 tablespoons (100 ml) white vinegar, table salt, 4 pieces of allspice, 1 quart (1 liter) of vegetable oil, 4 pieces of fresh banana leaf.
- D. Pickled onion: 2 pieces of red onion, ½ ounce (10 grams) oregano, 1 pound (500 grams) seedless lemon, 6 tablespoons (100 ml) white vinegar, coarsely ground black pepper.

METHOD:

1. For the cochinita pibil: cut the meat into medium pieces. Put them in a bowl or a rather container to marinate them. Blend the lemon juice, orange, allspice, oregano, achiote, and white vinegar. Once well blended, pour over the meat and massage the meat to allow it to marinate correctly. Put them in a pressure cooker with a steamer rack, covering the rack with the banana leaves over the meat. Once the pressure of the cooker has risen, cook it over medium heat for 35 minutes. After the pressure decreases, shred the meat. Do not dispose of the meat juices yet.

To cook the cochinita, arrange a pan with enough oil and let it heat until its smoke point. Then, add the meat and fry it until it appears like dried meat. Add the meat juices from the pressure cooker. It is important to continue stirring it to avoid the meat sticking to the pan. Season with salt and pepper to taste. Once the meat has hydrated and seasoned correctly, remove it from the flame and put it on a bowl.

2. For the pickled onion: julienne the red onion, put it in a bowl, add a few drops of orange juice, white vinegar, lemon juice, salt, pepper, and finely chopped habanero pepper. Let it sit for an hour. Before serving, add salt and pepper to taste.
3. To assemble the sopas: on a comal or Teflon skillet, add some oil and heat the sopas until they brown a little. Spread some beans on the sope and put the cochinita pibil on top of it. Decorate the plate as needed and add the pickled onion on top of the meat.

- **(MAIN DISH) OAXACA CHEESE-STUFFED POBLANO PEPPERS: battered in tomato sauce, accompanied by red rice with carrots and peas.**

UTENSILS: 11 inches (28 cm) diameter Teflon skillet, hand mixer (if not having one at hand, a balloon whisk,) kitchen scissors and tongs, four large plastic bags, 12 inches (30 cm) long tray (to arrange the peppers after battering them,) one 12 inches (30 cm) diameter pan with a lid (for rice,) one pot with a capacity of ½ gallon (2 liters), blender, ladle, a 12 inches (30 cm) diameter strainer, wooden spatula, one 1 quart (1 liter) measuring cup.

HOW TO SERVE IT: one large carving plate.

INGREDIENTS:

- A. Stuffed peppers: 4 poblano peppers, 1 pound (500 grams) of Oaxaca or mozzarella cheese, 4 white eggs, ½ pound (200 grams) of wheat flour, 1 roll of paper towels.
- B. Tomato sauce: 6 Roma tomatoes, 1 white onion, 1 garlic head, 3 ounces (100 grams) of either fresh or dried wormseed (epazote.)
- C. Red rice with vegetables: 2 pounds (1 kg) of rice, 1 white onion, 3 Roma tomatoes, 2 carrots, 1 can of peas.

METHOD:

1. For the red rice: heat water to its boiling point and pour over 1 cup of rice. It should remain underwater for 15 minutes or until the grain is completely white. Drain and wash the rice under running water until the water runs completely transparent. Let it drain for a further 15 minutes to be as dry as possible when it is frying. While the rice is soaking, blend three Roma tomatoes, garlic, and onion. Every cup of rice must be paired with a cup and a half of liquid, which in this case will be the tomato sauce with onion and garlic (this broth must always be strained.)
Fry the rice in a pan (which should have a lid,) with boiling oil (which should be on its smoke point,) and stir it carefully so that the grains do not break with the movement. Once the grain makes noise when moving (which means that it has lost all its moisture,) add the tomato sauce and the chopped vegetables (carrot and peas.) Add a branch of parsley or some chili to taste.
Let it boil and lower the intensity of the fire till it is low while keeping the pan covered. It is important to check the amount of liquid in the rice constantly. Once the rice can be stirred and no water found, it must be removed from the fire, covered, and let rest for a few minutes. Put in a container before serving it.
2. For the Poblano peppers: roast the peppers and let them rest in a plastic bag to steam. Then, peel the peppers' skin off and remove its veins and seeds. Let it rest. Cut the Oaxaca or mozzarella cheese into pieces of similar length to the peppers. Stuff the peppers and roll them around in a plate full of flour (so that the batter adheres perfectly to the pepper.)
3. For the batter: preheat a frying pan with two tablespoons of vegetable oil. Beat 3 egg whites until stiff. Add 2 tablespoons of wheat flour. Pass the previously floured peppers through the egg whites and, immediately, place them carefully into the oiled pan. Roll the pepper accordingly so that the complete batter can be fried. It is advisable to fry them over a low flame to not burn them and to let the batter maintain a constant color

and texture. After frying them, remove them from the pan and let them rest in paper towels to remove any excess fat.

4. For the sauce: boil 5 tomatoes, 3 garlic cloves, and half white onion; blend and strain. Sauté in a pot with hot oil and let it boil. Season with salt and pepper to taste. It can also be seasoned with fresh epazote. Once it has reduced and has a thicker consistency, it should rest till it is served.
5. To serve properly: Put a portion of red rice on the plate alongside a stuffed pepper. Bathe the pepper with the tomato sauce. It can be accompanied by sour cream.

- **(DESSERT) FRIED BANANA: Accompanied with sour cream or sweetened condensed milk (can be served with either option.)**

UTENSILS: An 11 inches (28 cm) diameter Teflon skillet, 1 small tray (to remove excess oil after frying,) 4 forks, 6 spoons, 1 chopping board.

HOW TO SERVE IT: 1 small dessert bowl.

INGREDIENTS:

- A. Friend plantains: 3 ripe plantains, 1 can of sweetened condensed milk, 1 small glass of sour cream (either Mexican cream or regular sour cream.)

METHOD:

1. Peel the plantain. It is important that they had ripened since the more ripen it is, the more abundant are the fruit's aroma and natural sugar. Cut it in good-sized diagonal slices.
2. Preheat a frying pan with butter and olive oil. Fry the bananas over medium heat, flipping them over as needed, until they take on a golden color. Remove them from heat and pass them through a paper towel to remove excess oil.
3. Serve them in a small dessert bowl. Depending on each diner's taste, serve it with sour cream (for those who do not want it too sweet) or the traditional Mexican way, with sweetened condensed milk.

- **(BEVERAGE 1) MICHELADA**

HOW TO SERVE IT: Beer glass.

INGREDIENTS: One beer, 1 ounce of lemon juice. Salt and ice to taste.

METHOD:

1. In a plate, place salt. With half a lemon, moisten the rim to the glass and put it upside down so that the glass's rim is full of salt. Add ice to the diner's taste. Add 1 ounce of lemon juice. Serve the beer.

- **(BEVERAGE 2) SANGRIA**

HOW TO SERVE IT: On a tall glass.

INGREDIENTS: 1 cup (250 ml) of red wine, 1 ounce of lemon juice, 1 ounce of lemon juice, 1 ounce of syrup, 2 ounces of vodka, ice to taste and a slice of orange to decorate.

METHOD:

1. Add ice to the tall glass to taste, then add the lemon juice, the syrup, and the vodka. Lastly, add the red wine to fill the glass.