

# Chicken Tenderloins AL CILANTRO

Sauce:

½ cup chopped onion, finely minced

2 cloves garlic, finely minced

¼ cup chopped roasted anaheim peppers (available canned)

1 cup tomatillo pulp (tomatillos are available canned or fresh. If canned, drain off the liquid and crush the tomatillos with a fork. If fresh, remove the outer husk, cut them into quarters and simmer them in a small amount of water until soft)

1T oregano

½ cup chopped cilantro

2T butter and 2T olive oil

Sauté the chopped onion and garlic in the oil and butter. When clarified add the peppers and tomatillo pulp and simmer for about five minutes. When done, stir in the fresh cilantro. Set aside

1 lb chicken tenderloins or chicken breast cut into slices

Flour, seasoned with salt and pepper

2T butter and 2T olive oil

Dust the chicken tenderloins or slices with the seasoned flour and sauté over medium heat in the oil and butter. When halfway cooked (about three minutes) add the sauce and continue cooking until done.

# CHILAQUILES

Some of my fondest culinary memories growing up in Mexico City were of the cook preparing chilaquiles for breakfast. The redolent fragrance of the tortillas and onions frying in a skillet and then followed by the hissing sound of the grated fresh tomato as it was added is one that I remember well and that, to this day, still delights me. Chilaquiles are perhaps the easiest of all Mexican good things to make and why they are to the typical Mexican breakfast what well made home fries are to the American counterpart. In Mexico chilaquiles are usually eaten for breakfast and accompanied by eggs and refried beans, but indeed they can be a side dish at any other meal.

As Diana Kennedy says, chilaquiles are “real Mexican soul food, and they are addictive!” There are as many recipes for chilaquiles as there are cooks in Mexico, and believe me, I have tried them all, and none have disappointed me. I love teaching this particular recipe to youngsters, because it is easy, fast and delicious. I predict that chilaquiles will someday surpass pizza as an all-time favorite!

1 dozen corn tortillas, each torn by hand into six triangles  
¼ cup vegetable oil  
¼ cup finely chopped onion  
1 cup grated tomato pulp\* (or crushed canned tomato)  
1 tsp salt  
1 tsp oregano  
1 tsp ground cumin  
1 jalapeno pepper, seeds and stem removed, finely chopped  
½ cup light cream, or chicken stock  
1 cup grated cheddar cheese  
¼ cup chopped cilantro

Heat the oil in a large skillet and toss in the tortilla triangles. Saute and stir until the tortillas begin to turn crisp, do not allow them to burn. Salt the tortillas. Lower the heat and add the onion and continue stirring. Add the rest of the ingredients except for the cheese and cilantro and gently fold them into the tortillas and onions. Sprinkle the cheese over the chilaquiles. Turn off the heat and cover the skillet to allow the cheese to melt. Spoon out the chilaquiles into serving plates making sure the cheese remains on top. Garnish with the fresh cilantro.

\* Process the fresh tomatoes as follows: Slice off the stem end and grate from this end through the coarse blades of a cheese grater. This action effectively peels the tomato because the skin will not pass through the grater.

# ***MOLE POBLANO***

## **PART I – THE BASE**

- 10 Ancho Chiles
- 10 Mulato Chiles
- 10 Guajillo Chiles
- 2 Chipotle Chiles (Smoked Jalapenos)
- 2 Cups chopped onion
- 4 Garlic cloves
- 1 Cup Roasted Tomato Pulp
- 2 Bay leaves, crushed
- 8 cups water

Soak the chiles in 8 cups water for about 30 minutes until soft and reconstituted. Remove the stems and seeds. Place the chiles in a sauce pan along with the remaining ingredients and the strained water in which the chiles were soaked and bring to a rapid boil. Turn down the heat and simmer covered for about 20 minutes.

## **PART II - THE ENHANCEMENT**

- 4 Fried Corn Tortillas torn into small pieces
- 2 Tablespoons Raisins
- 4 Tablespoons roasted Almonds
- 2 Tablespoons roasted Sesame Seeds
- ½ Cup roasted Peanuts
- 1 ½ tablets Mexican chocolate (if not available substitute with 2T cocoa, 2T sugar, 1t vanilla extract and an additional 1t cinnamon)
- 1 T Oregano
- 1 T ground Anise Seed
- 1 T ground Cinnamon
- 1 T ground Clove
- 1 T fresh grated Ginger
- 1 T ground Cumin
- 2 Cups Chicken Stock

Incorporate into the saucepan with the simmering chiles and add two more cups of Chicken Stock. Simmer over very low heat for 20 minutes watching carefully that it doesn't thicken too much or scorches. Add more chicken stock if necessary. Allow to cool, blend and strain through a ricer or large strainer to remove and discard the seeds or skin that remain.

This recipe makes approximately 1 gallon of mole sauce (20 servings).

In Mexico, Mole Poblano is traditionally used to cook with Hen Turkeys. The cut up turkey pieces are fried and then braised in a diluted version of the Mole and then covered with this rich, thick sauce just before serving. The sprinkling of roasted sesame seeds is the traditional garnish.

Since Hen Turkeys have given way to the oversized Tom Turkeys in the United States, most cooks in this country substitute the Turkey with bone-in Chicken pieces or Boned Breast of Chicken. The chicken breasts are poached in two cups mole diluted with two cups chicken stock. When fully cooked, transfer the breasts to a warm serving platter and mask with a generous amount of Mole Poblano and sprinkle with roasted sesame seeds.

# PASTEL DE TRES LECHES

Makes 15 individual pies (para 15 pasteles individuales)

I) Butter and flour 15 pans Pre-heat oven to 300 degrees

II) *For the pastry:*

4 eggs, separated  
1 ¼ C sifted flour  
¾C sugar  
2t baking powder  
1T vanilla  
¾ C fruit juice and water

Beat the egg whites with a pinch of sugar until stiff

Mix other ingredients well until smooth and fold into the egg white meringue

Spoon the batter into the greased pans

Bake the cakes for 10 minutes or until golden brown on top

## The Tres Leches Mix

1 12oz can of evaporated milk + equal amount of fresh milk

1 14oz. can of sweetened and condensed milk + equal amount of fresh milk

1T vanilla

1T brandy or rum

Mix the above ingredients together

When the cakes are done, remove them from the pans and pierce them on the top and bottom with a fork. Center them on the serving bowl and soak them with the milk mixture

Whip one pint of whipping cream with ¾ sugar and 1T vanilla or other flavoring such as maple syrup, coconut or almond extract. Cover the cakes with the whipped cream and decorate the edges with piped rosettes or scallops of whipped cream. Glaze some fresh fruit and place on center of the cakes..

# CASA ROMERO RECIPES

## GUACAMOLE

- 2 large ripe avocados, mashed
- 2 tomatoes, finely chopped
- 1 medium onion, chopped (about ½ cup)
- 2 jalapeno peppers, seeded and finely chopped
- 3 tablespoons finely chopped cilantro
- 1 tablespoon olive oil
- 2 tablespoons lime juice
- ½ teaspoon salt

Mix all ingredients in a glass or plastic bowl. Cover and refrigerate for an hour.

## AVOCADO SOUP

- 3 cups chicken broth
- 1 cup half- and half
- 2 large ripe avocados, peeled and cut-up
- 1 tablespoon chopped onion
- ½ teaspoon salt
- 1 teaspoon chopped cilantro
- ground pepper, to taste

Place all of the ingredients in a blender container. Cover and blend on medium speed until smooth. Refrigerate until chilled. If desired garnish with a slice of avocado and a little chopped cilantro.

## GREEN ENCHILADAS

- 12 corn tortillas
- 2 cups green sauce
- 3 cups shredded cooked chicken
- 1 cup shredded Monterey Jack Cheese (Cheddar may be substituted)
- sour cream
- ½ cup cooking oil

Heat the oil in a heavy pan and dip each tortilla for a few seconds in the oil until its is pliable, but not hard. Place each heated tortilla on paper kitchen towel to drain. Heat the

green sauce over low heat and dip each tortilla into the sauce to coat both sides. Spoon about ¼ cup of the shredded chicken onto each tortilla and roll the tortilla around the filling. Place seam sides down in an ungreased baking sheet. Pour the remaining sauce over the enchiladas and sprinkle with cheese. Cook uncovered in a 350 degree oven until the cheese is melted, about ten minutes.

## GREEN SAUCE FOR ENCHILADAS

- 2 medium onions, chopped (about 1 cup)
- ½ cup vegetable oil
- 10 ounces spinach, stems removed
- 2 cups chopped green lettuce
- 2 cups canned green tomatillos (available in the Mexican section of the supermarket )
- 1 cup chopped green chilies “ “
- 3 cloves garlic, crushed
- 1 tablespoon dried oregano
- 1 cup chicken broth
- 1 cup sour cream

Cook and stir the onions in oil in a 3-quart sauce pan until tender. Add the remaining ingredients except for the sour cream and cook over medium heat for ten minutes. Cool to room temperature and then transfer to a blender container along with the sour cream. Cover and blend on low speed until smooth, about 1 minute.

## WHITE SANGRIA

- 1 bottle white wine, chilled
- ½ cup white tequila, rum or vodka
- ½ cup Triple Sec
- ½ cup grapefruit juice
- ½ cup orange juice
- juice of 1 lemon
- ¼ cup sugar
- 2 cups lemon/lime soda (Sprite) or ginger ale

Mix all ingredients except the soda; refrigerate until well chilled. Just before serving stir in the soda. If desired garnish with fruit. Serve over ice.