

EDMONTON GENTLEMAN'S DINNER CLUB
MEXICAN CUISINE OCTOBER 17 2016

CHEF ISRAEL ALVAREZ

MENU

PRIMERO

ESQUITES

Corn Kernel , Nixtamalized Dried Field Corn, Lime Mayo, Piquin & Arbol Chilli Powder,
Queso Fresco.

SEGUNDO

Tostada de CEVICHE VERDE

Golden Red Fish, Tomatillo, Cilantro, Serrano & Habanero Pepper, Avocado .

TERCERO

Chicken ENMOLADA

Shredded Chicken, Black Mole Sauce, Soft Corn Tortilla

POSTRE

CANDIED PUMPKIN

Pumpkin, Piloncillo Sugar, Orange Citrus, Mexican Cinammon, Vanilla Cream.

Esquites

Corn Stock

Qty	Ingredients
6 pcs	Corn cobs, kernels removed, and chopped into 4 chunks.
1 medium	Onion, roughly chopped.
3 pcs	Garlic cloves, crushed
1 bunch	Fresh epazote
2 tbsp	Olive oil
6 liters	Water
	Kosher Salt

Gently sweat onions and garlic in olive oil until very soft. Add corn cobs and water and cook until stock is very fragrant and flavorful. Let the stock in a low-medium heat for 15 minutes until simmering the add fresh epazote and take out the pot from the stove and let it rest for few minutes so the epazote infuses the stock. Strain to remove cobs and the rest of the vegetables and pass it through a sieve. Reserve when needed.

Cooking Esquites

Qty	Ingredients
½ cup	White onion, diced
3 tsp	Serrano pepper, diced
1 tsp	Garlic, minced
8 Cups	Corn kernels off the cob
2 cups	Nixtamalized corn (see demo)
4 Cups	Corn stock (see recipe))
100 g	Unsalted butter
20 leaves	Fresh Epazote chopped

Steps

- In a casserole sweat diced onions in butter, add the garlic and Serrano pepper until translucent. Add corn kernels and cook until soft (About 8 minutes). Add corn stock and simmer on low heat for about 20 minutes. Season with salt to taste. Fold in epazote leaves. Serve warm in small bowl. Top it with a light layer of Lime Mayonnaise, crumbled Queso Fresco and a gentle shake of Chile piquin & arbol .

Garnishes

Lime Mayonnaise

Qty	Ingredients
250 ml	Canola oil
1	Whole egg
2 tbsp	Lime juice
1 lime	Zest
1	Immerse blender

- In the tall plastic glass dissolve the salt with the lime juice, then add the whole egg and the canola oil, with the immerse blender in a high speed start blending until mayonnaise consistency is thick, add the lime zest and fold in together.

Piquin & Arbol chilli powder

Qty	Ingredients
3 tbsp	Piquin chiles
1 tbsp	Arbol chile
1 cup	Queso Fresco, finely crumbled

- In a toasting pan add the piquin chiles, arbol chiles and dry toast until fragrant. Let them cool down. Transfer the chiles to a coffee grinder and grind until powder. Reserve.

Ceviche Verde

Qty	Ingredients
1.7 Kilos	Golden Red fish, fillets.
1 ½ cup	Fresh lime juice
8 fresh	Tomatillos, husked, rinsed and roughly chopped
1cup	(loosely packed) fresh cilantro
4 tbsp	Kosher Salt
2 pcs	Serrano Chiles, stemmed, seeded and very finely chopped
½	Habanero chile , stemmed seeded and very finely chopped
1 small	Red onion, finely diced
2 pcs	English cucumber, seeded, peeled and finely diced.
3 tbsp	Chives, finely chopped
4 pcs	Avocados, pitted, flesh scooped from skin and cut into small cubes

Instructions

- Cut the fish into small dices —slightly smaller than 1/2 inch—and scoop into a serving bowl.
- In a blender, combine the lime juice, tomatillos, cilantro and 3/4 teaspoon salt.
- Blend until slushy looking, but not completely smooth. Stir into the fish and refrigerate 30 minutes. Just before serving, stir in the two chiles, chives and avocado. Taste and season with more salt if you think necessary.

Totopos

Qty	Ingredients
25 pcs	Store or handmade corn tortillas
3 lts	Canola oil (frying)
3 tbsp	Kosher salt
1 tsp	Cumin seeds, toasted and grinded.

- Fry tortilla in oil until crispy, season with cumin salt.

Black Mole Sauce
Makes 3 Lt

Qty	Ingredients
2	Tomatoes
2	Tomatillos
1 half	Round slice white onion
5	Garlic cloves, peeled
1 cup	Mild olive oil
12	Mulato chiles, stemmed slit open and deveined , reserved seeds
10	Ancho chiles “ “ “ “
10	Pasilla chiles “ “ “ “
2	Corn tortilla “ “ “ “
½ cup	Blanched almonds
½ cup	Hulled raw green pumpkin seeds
¼ cup	Raw peanuts
¼ cup	Raisins
1 slice	Baguette
2	Ripe plantain, peeled
¼ cup	Sesame seeds
1 piece	Mexican cinnamon
6	Cloves
2 tsp	Aniseed
½ tsp	Coriander
¼ tsp	Whole allspice berries
¼ tsp	Black pepper corn
2 disk	Mexican Chocolate Ybarra
1 tbsp	Cane sugar
1 ½ tbsp	Kosher salt
2.5 Lt	Chicken Broth *
Chicken Broth	
1 piece	Whole Chicken
1 piece	Onion, halved
1 head	Garlic
1 tsp	Black Pepper corn
2 pcs	Bay leave
3 pcs	Piquin chiles
1 small bunch	Cilantro stems
2 small	Carrots
2 sticks	Celery
Garnishes	
500 ml	Mexican Cream
250 grms	Mexican Cheese (feta style)
2 cups	Slivered or ring Onions
1 cup	Cilantro leaves and stems

- Cook the whole chicken in a stock pot with an onion, one head of garlic, 2 bay leaves, 1 tsp black pepper corn, and the rest of the veggies and let it cook until chicken is ready or reaches 75 C or 165 F

- Use the broth to blend ingredients for sauce.
- Preheat oven at 500 F, roast tomatoes on a foil-lined pan turning over once half way, until they are cooked in the middle and charred, 15 minutes.
- In a preheated griddle or heavy skillet, roast the onion and the garlic , until softened for 10 minutes
- Heat ½ cup oil in a medium heavy casserole. Fry chiles a few of the same variety, turning over with tongs, until puffed and slightly change color.
- As the chiles are fried, transfer them to a large bowl. When all the chiles are fried , add enough WARM water to cover them and let themsoak for 15 minutes.
- **In the same casserole fry the next ingredients:**
- Fry Pumpkin seeds until they are puffed
- Fry almonds
- Fry peanunts
- Fry raisings, stirring, until they are puffed
- Fry the bread, turning over, until golden brown
- Fry plantain, turning over until golde
- Transfer the remaining oil in the pan toa 7-8 quart heavy pot and set aside.
- **In a dry pan toast the next ingredients:**
- Toast 3 tablespoons of the reserved chile seeds, until fragrant and a shade darker, about 2 minutes, transfer the chile seeds into a bowl
- Toast the sesame seeds, canela, aniseeds, coriander, all spice, and pepper corn in the pan. Stirring until sesame seeds are a shade darker. Transfer to the bowl with the chile seeds.
- **Drain the chiles** and discard the soaking water, and puree them in a blender jar with about 2 cups of chicken stock
- **Heat** the reserved oil in the pot over medium heat until hot, then add the chile puree and cook. Stirring occasionally until thickened slightly about 10 minutes.
- **MEANWHILE** working in two batches, combine the fried and toasted ingredients (from the bowl) with the roasted tomato, tomatillos, onion, and garlic in the blender jar, along with 2 more cups of stock per batch, and blend until smooth.
- **Add** the mixture to the chile puree in the pot as you blend it, and once you are done, swish a little liquid around in the blender and add it to the pot.
- **Add** chocolate , sugar, and salt to the mole, stirring until the chocolate melts, simmer partially covered, stirring occasionally and adding more stock if needed to maintain a velvety consistency that thickly coats a wooden spoon.

ASSEMBLING

- In casserole sauté finely sliced onion, add shredded chicken stir up gently and continue cooking for few more minutes.
- Add 1.5 cups Mole sauce and gently stir up the chicken, keep warm.
- In a sauté pan add some oil and low fry tortilla until pliable, strain and reserve.
- Take one tortilla and add some chicken and fill up one side and close down like quesadilla.

- Repeat until you complete 2 pieces by total number of guest.
- SERVE 2 pieces and add generously mole sauce until fully covered.
- GARNISH Add some sour cream, sprinkle with crumbled queso (cheese) fresco.
- Sliced some ring or slivered onion and garnish on top with cilantro for the final touch.

Candied Pumpkin

Qty	Ingredients
1 kg	Piloncillo
1 pc	Orange peel
250 ml	Orange juice
4 large	Mexican cinnamon sticks
3 kg	Pumpkin, seeded and cut into pieces
1 Lt	33 % cream

- Put the piloncillo, orange juice, and cinnamon sticks into a large saucepan, pour in 2 cups (500 ml) water, and bring to boil. Add a layer of pumpkin pieces, skin side downward, then add the rest of the pumpkin skin sides uppermost.
- Simmer for 1 hour or until pumpkin is cooked and well steeped in syrup.
- Remove from the heat and let cool.
- Serve with vanilla whipped cream