



MENU

EDMONTON GENTLEMEN'S DINNER CLUB

STARTER

*Beef Tongue Taco
with Fermented Tomatillo Sauce*

SOUP

Sopa Azteca

MAIN

Chile with Kefir fermented Nogada

DESSERT

Flan Mexicano

BEVERAGE

Tepache (Pineapple Fermented Beverage)



Beef Tongue Taco with Fermented Tomatillo Sauce

- 1 ea Beef Tongue
- 1 gr Clove
- 1 gr Bay Leaves (dry)
- 1 gr Thyme (dry)
- 1 gr Black Pepper Corns
- 120 gr Onion (1" cubed)
- 6 ea Garlic Clove)
- 15 gr Salt
- Water enough to cover all ingredients

Garnish

- 30 gr Cilantro (finely chopped)
- 60 gr Onion (1/4" cubed)
- 1 ea Avocado
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Sauce

- 120 gr Tomatillo
- 30 gr Cilantro (fresh)
- 60 gr Onion
- 3ea Garlic Cloves
- 3 ea Chile Verde (fresh)
- 12 gr Salt (pure)
- 250 ml Water

Tortillas

- 300 gr Corn Flour
- 90 ml Water
- 3 gr Salt.

Instructions

Sauce

1. Clean and sterilize a 500 ml mason jar.
2. Add all your ingredients and make sure the salt is dissolved.
3. Let the jar in a dark, dry place at room temperature for at least 6 days to allow wild fermentation.

Tongue

1. Wash the tongue
2. In the instant pot add all the ingredients from the beef tongue section.
3. Cook 360 F* for aprox. 45 min, until the tongue is tender,



Tortillas

- 1. In a bowl add all the ingredients and mix with your hands to form a soft dough.*
- 2. Form balls of 30 gr approx.*
- 3. Using the tortilla maker, flatten each of the balls, and flip the tortilla to flatten it evenly.*
- 4. in a preheated pan, add the tortilla and cook. make sure to flip the tortilla a couple of times to cook properly.*

Taco

- 1. After the tongue is cooked, remove it from the water and let cool for a couple of minutes.*
- 2. Notice the light-colored skin-like covering over most of the tongue. Using your fingers, and/or a sharp small knife, remove this covering and discard*
- 3. Slice the tongue in 1/4-inch slices.*
- 4. Place a large spoonful of meat in the center of a tortilla. Add a spoonful of salsa verde and some chopped avocado, onion, and chopped fresh cilantro*



Sopa Azteca

- 6 ea Tortillas (premade)
- 600 gr Roma Tomatoes
- 150 gr Onion
- 6 ea Garlic Clove
- 1 gr Bay Leaves (dry)
- 1 gr Oregano (dry)
- 30 gr Cilantro (fresh)
- 4 ea Chilli Pacilla
- 1 ea Chili Morita
- 15 gr Salt
- 1L Chicken Broth (low sodium).

Garnish

- 180 gr Queso Fresco
- 2 ea Avocados (cubed)
- 1 lime
- 120 gr Sour Cream

Instructions

1. preheat 4 cups of vegetable oil at medium heat for 5-6 minutes in a pot. Once the oil is hot, test it by dropping it in a tortilla strip. Fry the strips in 3-4 batches so you don't overcrowd the pot
2. Briefly toast the chiles by using tongs to carefully hold each chile an inch over a gas flame, turning for a few seconds until the chile is blistered and fragrant (set aside)
3. Heat the oil in a pan. Add the onion and garlic, and stir-fry for 3 minutes. Then, add bay leaves and oregano, allowing the aromas to develop (stir-fry for 3 more minutes). Add the tomatoes and chilli, and stir-fry for another 3 minutes.
4. Once the tomato mixture is ready, remove from heat. Transfer all of the ingredients to the blender including the Chicken Broth. Blend until getting a smooth mix.



Sopa Azteca

Instructions

5. *When ready, pour in a pot. Add the oregano and bay leaves. Stir well to combine. Cook at a steady simmer for 15 to 20 minutes—taste for salt.*

6. *To plate, add a big handful of tortilla strips to the bottom of the bowls. Ladle soup base over halfway up to tortilla strips. Squeeze in fresh lime, and garnish with queso fresco, crema, avocado and chile pasilla pieces.*



Chile with Kefir fermented Nogada

Filling

- 1500 gr Ground Chuck Beef
- 1500 gr Ground Lean Pork
- 180 gr White Onion (diced)
- 180 gr Apple (diced)
- 180 gr Pear (diced)
- 180 gr Plantain (diced)
- 180 gr Peach
- 180 gr Green olive (chopped)
- 180 gr Cranberries
- 150 gr parsley
- 90 gr Tomato paste
- 300 gr Cherry Tomato.
- 12 gr Cinnamon (powder)
- 12 gr Clove (powder)
- 6 Lemons
- 150 gr Butter
- 15 each Poblano Pepper

En Nogada

- 360 gr Goat Cheese
- 300 gr Sour Cream
- 210 gr Pine nuts
- 360 gr Kefir
- 180 ml Goat Milk

Garnish

- 500 gr Pommegrate (pilled seeded)
- 300 gr Parsley

Instructions

Poblanos

1. Rinse and pat dry the poblanos.
2. Place over the flame and char the skin on all sides.
3. About 3 minutes on each side.
4. Place in a sealable bag, or cover with plastic wrap.
5. Steam for 10 minutes.
6. Peel the skin, using a knife or spoon.
7. Cut lengthwise on one of the sides of the pepper.
8. Don't cut all the way through. We are making a pocket.
9. Remove the seeds and veins from inside the pepper.
10. Repeat with all the peppers.
11. Cover and set aside until ready to use.



Chile with Kefir fermented Nogada

Instructions

Filling

1. Heat the oil in a large skillet.
2. Add the onion and cook for 1 minute.
3. Add the ground pork and ground beef.
4. Begin to break the meat up.
5. Add salt, pepper, garlic, and tomato paste.
6. Cook for 5-7 minutes, or until the meat is fully cooked.
7. Stir occasionally.
8. Add the remaining fruits and nuts to the skillet.
9. Stir to combine. Cook for 5 minutes.
10. Turn the heat off. Set aside until ready to use

En Nogada

1. Place all the ingredients in a blender.
2. Blend until smooth.
3. Taste for salt and sweetness.

Stuffing - Plating

1. Add 3-4 tablespoons to the center of the chile, depending on the size of the chile.
2. Place filled chile on a plate.
3. Drizzle with the walnut sauce.
4. Top with pomegranate seeds and chopped parsley.



Flan Mexicano

- 1 can Condensed Milk
- 1 can Evaporated Milk
- 180 ml Kefir
- 9 Eggs
- 1 Vanilla Pod
- 1 cup Brown Sugar
- 1 cup Dulce Leche

Garnish

- 600 gr Berries (pilled seeded)
- 90 gr Mint
- 60 Orange Zest

Instructions

1. Preheat your oven to 325 degrees.
2. Pour the dulce de leche into your oven-proof pan, swirling it to cover the bottom of the pan evenly.
3. Place the rest of the ingredients in a blender and process until you have a smooth mixture
4. Pour the mixture slowly into the prepared pan and cover it.
5. Place the pan inside a large baking pan. Add warm water to the pan until it reaches about $\frac{3}{4}$ inch.
6. Bake for 50 - 60 min. Until it looks firm.
7. Let cool for 30 min in the fridge.
8. Run a knife between the flan and the baking pan once the flan has cooled and flip carefully in a plate to portion.
9. Garnish with berries, mint and orange zest.



Tepache

- *1 Pineapple*
- *3 cup Organig Sugar*
- *21 gr Cinnamon Stik*
- *130 gr Ginger*
- *3.300 L Agua Purified*

Instructions

- 1. Sterilize the one-gallon fermentation jar.*
- 2. Peel the pineapple, making 1/2" deep cuts.*
- 3. Crush ginger and cinnamon to enhance the flavours.*
- 4. Put all the ingredients in the jar and mix until the sugar is diluted. Close the lid and store it in a dry, dark place for at least 13 days.*
- 5. Check 3 times during this period to avoid the growth of mould or bad bacteria*
- 6. After 13 days, drain the solids and the juice can be bottled in brewing bottles or kept in the same jar (after being washed it).*