

Mexican Cuisine: Puebla and Oaxaca Boot Camp

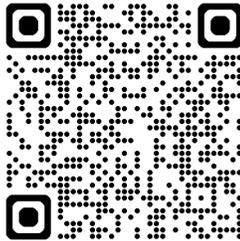
Welcome!



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COURSE INFORMATION

During this course you will come to understand the subtle intricacies of Oaxaca's famous moles and dishes, as well as pipianes and moles from Puebla. Building upon each day's culinary skills and techniques, students will learn how to identify and manipulate the ingredients used in both regional Oaxacan cuisine and the foods of Puebla. Preparing the famous chiles en Nogada, estofados and chiles rellenos, and ultimately building toward moles and pipianes, you will complete the course by preparing Mexico's two most famous and complex moles – Mole Poblano and Mole Negro.

Through lecture, demonstration, and hands-on production, you will...

- learn the ingredients and techniques used in making regional moles of Oaxaca
- explore Puebla's culinary history and culture - its convents, pipianes (pepita seed based moles), regional moles, and the legendary mole poblano.
- acquire practical skills for making authentic regional moles and salsas utilizing blenders.
- learn how to make tortillas and masa based antojitos commonly eaten in Puebla and Oaxaca.
- identify chiles commonly used in the regional cuisines of Puebla and Oaxaca.
- learn the techniques that make Mexican cooking so tasty.
- learn how to choose the best Mexican produce.

DAY ONE:

ICONIC DISHES FROM PUEBLA

LEARNING OBJECTIVES

By the end of this day you should be able to...

- identify fresh and dried chiles used in the regional cuisines of Oaxaca and Puebla.
- properly clean, dry roast, and reconstitute dried chiles.
- dry roast fresh chiles and vegetables.
- clean and stuff poblano chiles.
- learn two methods of peeling Poblano chiles.
- learn how to prepare the famous dish from Puebla, Chiles en Nogada.
- learn how to make tortillas from masa harina.
- learn how to make Puebla style traditional antojitos.

LEARNING ACTIVITIES

- Lecture and Discussion
- Demonstrations
- Hands-On Production
- Product Evaluation

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE:

Chiles en Nogada

Stuffed Poblano Chiles with Walnut Sauce

Sopa de Tortilla con Chorizo

Tortilla and Mexican Chorizo Soup

Huitlacoche Guisado

Sautéed Huitlacoche

TEAM TWO:

Tlacoyos

Masa Snack Filled with Black Beans

Pollo en Salsa de Cacahuete

Chicken in Peanut Sauce

Arroz a la Poblana

Puebla-Style Rice

TEAM THREE:

Tinga Poblana

Puebla Style Shredded Pork

Rajas Poblanas

Roasted Poblano Chile Strips

Frijoles Refritos

Refried Black Beans

TEAM FOUR:

Guacamole Tradicional

Traditional Guacamole

Crema de Elote con Poblano

Cream of Corn and Poblano Chile Soup

Pipián Verde

Green Pumpkin Seed Mole

EXTRA DISHES:

Tortillas de Masa Harina

Tortillas Made from Masa Harina Flour

Agua Fresca de Jamaica

Mexican Hibiscus Flower Iced Tea

Bocoles

Round Masa Snacks from Puebla

CHILES EN NOGADA

STUFFED POBLANO CHILES WITH WALNUT SAUCE

Yield: 8 portions

Ingredients	Amounts
Oil, canola	¼ cup
Onion, white	½ cup
Pork, shoulder, finely chopped	1 lb.
Beef, round, finely chopped	1 lb.
Tomato, plum (<i>Roma</i>), small diced	2 lb.
Apple, Golden Delicious, small diced	2 ea.
Pear, d'Anjou, green, peeled, small diced	2 ea.
Plantain, ripe, peeled, small diced	1 ea.
Almonds, blanched, chopped	⅓ cup
Raisins, black, chopped	⅓ cup
Pineapple, candied, small diced	⅓ cup
Cinnamon, Mexican (<i>Canela</i>), ground	½ tsp.
Clove, ground	⅛ tsp.
Salt, kosher	to taste
Walnuts, peeled	1 ½ cups
Almonds, blanched	3 wt. oz.
Crema, Mexican	1 cup
Cream cheese, softened	6 wt. oz.
Milk, whole	as needed
Sherry, sweet (Optional)	to taste
Sugar, granulated	to taste
Salt, kosher	to taste
Pepper, white, ground	to taste
Chile, poblano, blistered, cleaned	16 ea.
Pomegranate, seeds	¾ cup
Parsley, flat-leaf, fresh, finely chopped	⅓ cup

Method

1. For the picadillo filling, heat the oil in a Dutch oven. Add the onion and sweat until translucent. Do not brown.
2. Add the chopped pork and beef. Brown it on all sides.
3. Add the tomatoes. Cook until the meat is tender and fully cooked, about 15 minutes.
4. Lower the heat. Add the apples, pears, and plantain. Cook for 5 minutes.

5. Add the almonds, raisins, pineapple, canela, and cloves. Season with salt to taste. Continue cooking, stirring occasionally, until the juices evaporate. Remove from the heat and allow it to cool to room temperature.
6. For the sauce, in a blender, place the walnuts, almonds, crema, and cream cheese. Add milk as needed. Purée until the mixture is thick and nutty. Add sherry to taste, if desired. Season with salt, pepper, and sugar to taste. Cover and refrigerate.
7. Stuff the chiles with the picadillo filling. The chiles should be full and barely able to close.
8. To plate, cover the chiles in the walnut sauce. Garnish with pomegranate seeds and chopped parsley.

Note: Traditionally, the Mexican candy acitrón is used in the stuffing. As it is unavailable in the US, candied pineapple is substituted here for the closest flavor.

SOPA DE TORTILLA CON CHORIZO

TORTILLA AND MEXICAN CHORIZO SOUP

Yield: 6 portions

Ingredients	Amounts
Onion, white, unpeeled	1/2 ea.
Garlic, clove, unpeeled	2 ea.
Tomato, plum (<i>Roma</i>)	6 ea.
Oil, canola	1/4 cup
Chorizo, Mexican, casing removed, crumbled	4 wt. oz.
Broth, chicken	1 1/2 qt.
Epazote, sprig, fresh, tied with a string	3 ea.
Salt, kosher	to taste
Chile, pasilla, whole	2 ea.
Oil, canola	1/4 cup
Tortilla, corn, cut into strips	6 ea.
Avocado, hass, firm, small diced	1 ea.
Queso fresco, small diced	1/2 cup

Method

1. On a comal or large, thick-bottom skillet over medium heat, dry roast the onion, garlic, and tomatoes. Once the garlic skin begins to brown, remove the comal from the heat. Peel and discard the onion and garlic skins.
2. In a blender, purée the roasted onion, garlic, and tomatoes (do not add water).
3. Heat the canola oil in a stock pot over medium heat. Add the crumbled chorizo and fry until cooked through, about 15 minutes. Reserve.
4. Add the puréed mixture to the pot. Fry until it changes color.
5. Add the chicken broth and epazote. Season with salt to taste. Bring the soup to a simmer. Keep warm.
6. Wipe the chiles clean. Slice them crossways into 1/2-inch-thick rings. Remove the seeds.
7. In a skillet, heat the remaining 1/4 cup oil until it is very hot but not smoking. Add the sliced chiles, turn off the heat, and remove them at once with a slotted spoon. Quickly transfer the chiles to a plate lined with paper towels to drain. Do not allow them to burn.
8. Working in batches, fry the tortilla strips in the chile-infused oil. Drain on paper towels.
9. Remove the epazote sprigs from the soup. To serve, portion the fried tortillas and chorizo among 6 soup bowls. Ladle the tomato-flavored broth into the bowls.
10. Serve immediately with small plates of cubed avocado, queso fresco, and pasillas.

HUITLACOCHÉ GUISADO

SAUTÉED HUITLACOCHÉ

Yield: 6 portions

Ingredients	Amounts
Oil, canola	3 Tbsp.
Onion, white, finely diced	½ ea.
Chile, serrano, finely diced	3 ea.
Garlic, clove, finely diced	2 ea.
Tomato, plum (<i>Roma</i>), med. diced	4 ea.
Mushroom, corn (<i>Huitlacoche</i>), canned, roughly chopped	1 lb.
Epazote, leaf, fresh, chopped	10 ea.
Salt, kosher	to taste
Tortilla, corn, white	12 ea.

Method

1. Heat the oil in a frying pan over medium high heat. Add the onion and serranos. Sauté until soft.
2. Add the garlic. Sauté for 1 minute.
3. Add the tomatoes. Cook until they change color.
4. Add the huitlacoche. Turn down the heat to a low simmer. Cook until the huitlacoche is cooked through, about 10 minutes.
5. Add the epazote. Season with salt to taste. Serve warm with the tortillas.

TLACOYOS

MASA SNACK FILLED WITH BLACK BEANS

Yield: 8 portions

Ingredients	Amounts
Beans, black, cooked	1/2 lb.
Chile, serrano, stem removed, diced	1 ea.
Avocado, leaf, dried, toasted, ground ground in a spice grinder	2 ea.
Lard	3 Tbsp.
Salt, kosher	to taste
Masa	1 lb.
Lard (Divided)	3/4 cup
Salt, kosher	to taste
Salsa	1/2 cup
Onion, white, finely diced	1/2 ea.
Cheese, queso fresco, crumbled	1/2 cup

Method

1. In a blender, purée the beans and serrano.
2. Toast the avocado leaves in a hot, dry comal or large, thick-bottom skillet, pressing lightly with a spatula. (Toasting heats up the natural oils in the leaves and brings out the licorice flavor.) Grind the toasted leaves in a spice grinder.
3. Heat the lard in a frying pan. Add the puréed bean paste and ground avocado leaves. Season with salt to taste.
4. Divide the masa into 8 equal portions. Roll a portion of masa into a ball. Press your thumb into the middle to make a long, deep indentation.
5. Fill the indentation with some of the prepared beans. Fold the masa around to completely enclose the filling. Roll it into a cylinder.
6. Gently press the masa cylinder in the plastic lined tortilla press to get an oval masa boat. Carefully peel off the top plastic, transfer to your hand, and peel off the bottom plastic.
7. Heat a well-seasoned comal or griddle over medium low heat. Add a little lard. Transfer the masa boat to the comal. Cook until the masa releases from the cooking surface, about 1 minute. Flip and cook until the masa is cooked through and slightly browned, 3 to 4 minutes. Remove and keep warm in a kitchen towel.
8. To reheat the tlacoyos, heat a little lard in a frying pan. Cook until crispy. Flip and cook the other side. Season with salt to taste. Garnish with salsa, onion, and queso fresco.

POLLO EN SALSA DE CACAHUATE

CHICKEN IN PEANUT SAUCE

Yield: 6 portions

Ingredients	Amounts
Chicken, breast, rinsed, patted dry	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, peanut	4 Tbsp.
Tomato, plum (<i>Roma</i>)	4 ea.
Onion, white	½ ea.
Garlic, clove, unpeeled	4 ea.
Peanuts, raw	1 ¾ cups
Cinnamon, Mexican (<i>Canela</i>), 3-in. stick	1 ea.
Peppercorns, black, whole	10 ea.
Clove, whole	2 ea.
Chile, chipotle, in adobo sauce	3 ea.
Water	2 ½ cups
Salt, kosher	to taste
Pepper, black, ground	to taste
Tortilla, corn, white	12 ea.

Method

1. Preheat oven to 325°F.
2. Season the chicken with salt and pepper.
3. In a Dutch oven, heat the peanut oil over medium-high heat. Add the chicken and sauté until golden on all sides. Remove the chicken and reserve. Reserve the pan and oil.
4. On a comal over medium-high heat, dry roast the tomatoes and onion until blistered and soft, about 15 minutes.
5. Dry roast the garlic until the skin begins to brown. Remove from heat. Discard the skin.
6. On a baking sheet, bake the peanuts in the preheated oven until golden.
7. In a small skillet, toast the cinnamon, black pepper, and cloves until fragrant.
8. In a blender, purée the tomatoes, onion, garlic, peanuts, canela, peppercorns, clove, chipotles, and enough water to process smoothly. It should be very liquid, not thick.
9. Heat the reserved Dutch oven and peanut oil over medium heat. Add the puréed mixture, lower the heat, and let the sauce thicken slightly, about 10 minutes.
10. Add the reserved, browned chicken and water. Season with salt and pepper to taste. Simmer until the oil rises to the top of the sauce, about 40 minutes.
11. Serve with Arroz a la Poblana and warm corn tortillas.

ARROZ A LA POBLANA

PUEBLA-STYLE RICE

Yield: 8 portions

Ingredients	Amounts
Rice, long-grain, white	2 cups
Chile, poblano, roasted, seeds and veins removed	3 ea.
Garlic, clove, peeled	1 ea.
Cilantro, bunch, sprig, fresh	1/2 ea.
Onion, white	1/4 ea.
Salt, kosher	3 tsp.
Broth, chicken	3 1/2 cups
Oil, canola	3 Tbsp.
Salt, kosher	to taste

Method

1. In a large bowl, cover the rice with hot water. Let it stand for five minutes. In a colander, drain the rice and rinse until the water runs clear. Shake the colander vigorously to remove excess water. Reserve.
2. Purée the poblanos, garlic, cilantro, onion, salt, and broth in a blender. This mixture should measure 3 1/2 cups total. Reserve and keep hot.
3. Heat the oil in a medium saucepan over medium heat. Add the reserved rice. Sauté until the rice crackles when stirred, about 3 minutes.
4. Add the blended ingredients to the saucepan. Allow the rice to come to a full boil. Season with salt to taste.
5. Reduce the heat to a simmer and cover with a tight-fitting lid. Cook until small holes appear in the rice, about 20 minutes. Fluff with a fork and cover until ready to serve.

TINGA POBLANA

PUEBLA-STYLE SHREDDED PORK

Yield: 8 portions

Ingredients	Amounts
Pork, shoulder, 2-in. diced	2 lb.
Onion, white	½ ea.
Garlic, clove, peeled	1 ea.
Salt, kosher	as needed
Potato, red, peeled	½ lb.
Chile, chipotle, in adobo	5 ea.
Oil, canola	3 Tbsp.
Chorizo, Mexican	½ lb.
Onion, white, finely diced	1 ea.
Tomato, plum (<i>Roma</i>), med. diced	1 ½ lb.
Vinegar, cider	1 Tbsp.
Salt, kosher	to taste
Sugar, granulated	to taste
Onion, white, quartered, finely sliced	½ ea.
Avocado, hass, sliced	2 ea.
White Rice (Recipe follows)	1x recipe

Method

1. In a saucepan, place the pork, onion, garlic, and enough water to cover. Season with salt. Bring it to a boil, then lower the heat to a simmer. Cook until the pork is tender, about 45 minutes. Drain the cooking liquid.
2. Transfer the pork to a cutting board. Finely shred it using the backside of a fork. Reserve.
3. In a saucepan of salted water, place the potatoes. Bring it to a boil and cook until the potatoes are cooked through but still firm, about 15 minutes. Remove the potatoes and allow them to cool. Medium dice the potatoes and reserve.
4. Using gloves, remove the stems from the chipotles. Cut them into ¼-inch slices. Reserve.
5. Heat the oil in a sauté pan over medium heat. Add the chorizo and fry until cooked through. Remove it from the fat. Reserve about 4 tablespoons of fat.
6. Add the onion to the sauté pan with the reserved fat. Sauté over medium heat until translucent.
7. Add the pork and sauté until slightly crispy and golden.
8. Add the diced tomatoes and cook them through.
9. Add the potatoes, reserved chorizo, chipotles, and cider vinegar. Adjust the seasoning with salt and sugar to taste. Add more chiles if the tinga is not spicy enough.

10. Serve on a platter, garnished with onion and avocado slices.
11. Accompany with white rice.

WHITE RICE

ARROZ BLANCO

Yield: 8 portions

Ingredients	Amounts
Rice, jasmine	2 cups
Oil, vegetable	2 fl. oz.
Onion, yellow, minced	1/2 ea.
Garlic, clove, minced	1 ea.
Stock, chicken	1 1/2 pt.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Soak the rice for 15 minutes in warm tap water. Drain rice in a china cap and rinse with cold water until water runs clear. Allow the rice to drain for 5 minutes before using.
2. Preheat oven to 325°F.
3. Heat the oil in a large rondeau until lightly smoking. Add the rice and toss well to coat the grains in the oil. Cook rice over medium to high heat until it starts to turn a pale golden color.
4. Add the onions and garlic and continue to cook until the onions begin to brown. Add the stock, salt, and pepper. Cover and bring the mixture to a simmer. Skim any excess fat from the surface.
5. Cook the rice in the preheated oven until the stock is absorbed and the rice is al dente, 10 to 12 minutes. Add more stock if necessary to complete cooking.
6. Remove the rice from the oven. Allow it to rest for 15 minutes before serving.

RAJAS POBLANAS

ROASTED POBLANO CHILE STRIPS

Yield: 6 portions

Ingredients	Amounts
Chile, poblano	4 ea.
Onion, white, sliced ¼-in. thick	2 ea.
Oil, canola	1 ½ Tbsp.
Crema, Mexican	1 cup
Cheese, queso fresco, med. diced	½ cup
Salt, kosher	to taste

Method

1. Preheat oven to 400°F. Line a baking pan with parchment paper.
2. Wash the poblanos thoroughly, dry, and leave whole with stems intact.
3. Place the poblanos on the baking pan. Roast them in the preheated oven, turning once with tongs, until they soften and the skin is blackened (or browned), 35 to 40 minutes. The outer layer of the chiles should be blistering, cracking, and starting to pull away from the flesh.
4. Transfer the chiles to a bowl and cover with plastic wrap. Let them steam for 10 to 15 minutes. When cool enough to handle, gently remove and discard the stems and seeds. Slice the poblanos lengthwise ½-inch thick. Reserve.
5. Heat the oil in a large skillet over medium high heat. Add the sliced onions and sauté until soft but not brown.
6. Add the reserved poblanos and crema. Cook until heated through.
7. Add the cheese. Season with salt to taste.

FRIJOLES REFritos

REFRIED BLACK BEANS

Yield: 3 cups

Ingredients	Amounts
Beans, black, raw	2 cups
Lard	½ cup
Onion, white, small diced	1 cup
Cheese, queso fresco, finely grated	¼ cup
Tortilla, chips	2 cups

Method

1. Bring a large pot of water to a boil. Add the beans and turn off the heat. Let the beans cool to room temperature, about 1 hour. Drain.
2. Refill the pot with the beans. Add enough water to cover the beans by 2 inches. Simmer until the beans are tender, about 45 minutes. Drain, reserving the beans and 2 cups of the cooking liquid.
3. Heat the lard in a large, heavy skillet over medium-low heat. Add the onion and sauté until golden.
4. Gradually add the beans and reserved cooking liquid to the hot oil. Mash the beans with a potato masher. Lower the heat and let the beans dry out slightly, stirring with a flat wooden spoon and scraping the sides of the skillet. Cook the beans down to a paste.
5. Flip the beans to form an even log in the middle of the pan. The beans should be moist and shiny, not dry. Add more lard if needed.
6. Slide the bean log onto a platter. Garnish with the queso fresco and tortilla chips.

GUACAMOLE TRADICIONAL

TRADITIONAL GUACAMOLE

Yield: 8 portions

Ingredients	Amounts
Avocado, hass, large, halved, pitted	4 ea.
Onion, white, diced	6 Tbsp.
Tomato, plum (<i>Roma</i>), diced	2 ea.
Cilantro, leaves and soft stems, fresh, chopped	3 Tbsp.
Lime, juice, fresh	1 ½ Tbsp.
Chile, jalapeño, diced (Divided)	2 ea.
Salt, kosher	to taste
Cheese, queso fresco, finely crumbled	1/3 cup
Tortilla, chips	3 cups

Method

1. Scoop the flesh from the avocados into a non-reactive bowl. Discard any brown or discolored parts. Mash the avocado with a fork.
2. Add the onion, tomatoes, cilantro, lime juice, and ½ the jalapeños. Season with salt to taste. Stir to combine. Adjust the piquancy and acidity with more jalapeño or lime juice to taste.
3. Serve on a serving plate garnished with queso fresco and tortilla chips.

CREMA DE ELOTE CON POBLANO

CREAM OF CORN AND POBLANO CHILE SOUP

Yield: 8 portions

Ingredients	Amounts
Chile, poblano	3 ea.
Butter, unsalted	2 Tbsp.
Oil, canola	2 Tbsp.
Onion, white	1 ea.
Garlic, clove, peeled, thinly sliced	2 ea.
Corn, frozen, thawed	4 cups
Milk, whole (Divided)	5 cups
Salt, kosher	to taste

Method

1. Preheat oven to 400°F. Line a baking pan with parchment paper.
2. Wash the poblanos thoroughly, dry, and leave whole with stems intact.
3. Place the poblanos on the lined baking pan. Roast them in the preheated oven, turning once with tongs, until they soften and the skin is blackened (or browned), 35 to 40 minutes. The outer layer of the chiles should be blistering, cracking, and starting to pull away from the flesh.
4. Transfer the chiles to a bowl and cover with plastic wrap. Let them steam for 10 to 15 minutes. When cool enough to handle, gently remove and discard the stems and seeds. Small dice the poblanos. Reserve.
5. Heat the butter and oil in a large Dutch oven over medium heat. Add the onion and sauté until translucent.
6. Add the garlic and sauté it until fragrant.
7. Add the corn kernels and sauté until lightly caramelized, stirring constantly. Remove from the heat and let it cool.
8. In a blender, purée ½ the sautéed vegetables and ½ of the milk. For a fine textured soup, pass the mixture through a fine mesh sieve.
9. Return the puréed mixture to the Dutch oven with the remaining sautéed vegetables. Add the remaining 2 ½ cups milk. Bring it to a simmer.
10. Add the reserved diced poblanos. Season with salt to taste. Simmer for 30 minutes. If the soup gets too thick, add a little more milk or water.
11. Serve very hot.

PIPIÁN VERDE

GREEN PUMPKIN SEED MOLE

Yield: 6 portions

Ingredients	Amounts
Chicken breast, skinless	6 ea.
Stock, chicken	3 cups
Sesame seeds, brown	2 wt. oz.
Peanuts, Spanish, raw, skinned	3 wt. oz.
Pumpkin, seeds	½ lb.
Tomatillo	12 wt. oz.
Onion, white	½ ea.
Garlic, clove, unpeeled	3 ea.
Chile, jalapeño	4 ea.
Lettuce, green, leaf, torn into pieces	12 ea.
Radish, leaf, torn into pieces	10 ea.
Hoja santa, leaf, large, torn in pieces	3 ea.
Oil, canola	2 Tbsp.
Salt, kosher	to taste

Method

1. In a large pan, place the chicken and stock. Bring it to a simmer over medium-low heat. Cook until the chicken is cooked through, about 10 minutes. Reserve the chicken and the stock.
2. In a large, dry skillet, toast the sesame seeds until golden. Transfer to a bowl.
3. In the same dry skillet, toast the peanuts until golden. Transfer to the bowl and reserve.
4. In a clay comal or a large, thick-bottom skillet over low heat, dry roast the pumpkin seeds until aromatic and slightly golden. (Do not over roast the pumpkin seeds or they will taste bitter).
5. In a small saucepan, place the tomatillos. Add enough water to cover and bring them to a boil. Simmer until the tomatillos change color, about 10 minutes.
6. On a comal over medium-high heat, dry roast the onion, garlic, and the jalapeños. Once the garlic skin begins to brown, remove from the heat, peel, and discard the skin.
7. In a blender, purée the dry roasted vegetables, 2 dry roasted jalapeño chiles, tomatillos, lettuce, radish leaves, and hoja santa. Add enough water to form a smooth purée.
8. Heat 2 tablespoons oil in a Dutch oven and fry the puréed mixture until it changes color, about 10 minutes.
9. In a blender, purée the toasted sesame seeds, peanuts, and pumpkin seeds. Add water if needed to facilitate blending.

10. Add the seed and nut purée to the Dutch oven. Adjust the flavor for spiciness to taste – there should be a mellow heat. If it is not spicy enough, purée the remaining roasted jalapeños. Fry the purée in two tablespoons of oil, and add it to the pipían. Add 1 ½ cups of broth.
11. Simmer until the pipían is thick enough to coat the back of a spoon, about 30 minutes. Season with salt to taste. Add more broth if needed.
12. Serve with the poached chicken, arroz blanco, and Tortillas de Masa Harina.

TORTILLAS DE MASA HARINA

TORTILLAS MADE FROM MASA HARINA FLOUR

Yield: 30 tortillas

Ingredients	Amounts
Flour, masa harina	4 cups
Water, warm	3 cups

Method

1. In the bowl of a stand mixer, place the corn masa flour. Slowly add the warm water.
2. Knead the masa by hand until it feels like soft play dough, 5 to 8 minutes. The masa should be slightly warmer than your body. Let it rest covered with a moist towel for 10 to 15 minutes.
3. Cut two rounds to fit the tortilla press from a sheet of plastic wrap. Place both rounds in the tortilla press and form 30 equal size balls.
4. Heat a well-seasoned comal or large, thick-bottom skillet over medium high heat.
5. Place each ball between the two plastic rounds, press slightly, turn 180 degrees, and press again, to form a thin tortilla.
6. Take the tortilla between the plastic pieces and place it in your left hand (if you are right-handed). Peel off the top piece of plastic. Transfer the tortilla to your right hand - fingers closed together (not on your palm) and remove the other plastic round.
7. Carefully slide the tortilla over the comal and cook for several seconds, until the tortilla begins to cook on the outer edges. Flip with a thin spatula and cook slightly longer on the other side and flip again. The top layer of the tortilla should start separating from the bottom layer, making a large bubble in the middle of the tortilla. Do not overcook the tortillas or they will be dry and hard.
8. Immediately transfer the tortillas to a kitchen towel and keep warm until served.

AGUA FRESCA DE JAMAICA

MEXICAN HIBISCUS FLOWER ICED TEA

Yield: 2 quarts

Ingredients	Amounts
Water, filtered	2 qt.
Flowers, Jamaica, dried	$\frac{3}{4}$ cup
Sugar, granulated	$\frac{1}{2}$ cup

Method

1. Bring the filtered water to a boil.
2. Add the hibiscus flowers and boil for 15 minutes.
3. Remove the tea from the heat. Let it cool.
4. Pour the tea through a strainer
5. Add the sugar and stir until it dissolves. Let it cool in the refrigerator.
6. Serve in glasses with ice cubes.

Note: For a sugar free version, use $\frac{1}{3}$ cup of light agave nectar.

BOCOLES

ROUND MASA SNACKS FROM PUEBLA

Yield: 12 bocoles

Ingredients	Amounts
Chile, ancho, wiped clean, seeds and veins removed	1 ea.
Cheese, queso añejo, crumbled	1 wt. oz.
Lard	1 Tbsp.
Masa, fresh	2 cups
Lard	5 wt. oz.
Salt, kosher	to taste
Salsa	$\frac{3}{4}$ cup

Method

1. Heat a comal or large, thick-bottom skillet over low heat. Add the ancho and gently dry roast.
2. Transfer the dry-roasted ancho to a bowl of hot water. Let it soak for 15 minutes.
3. In a blender, place the soaked ancho. Add enough water to form a thick purée.
4. In a skillet, add the lard and render until liquid. Add the chile purée, and cheese. Mix to form a thick paste.
5. Mix the masa with the lard. Season with salt to taste.
6. Wet your hands and form the masa into twelve, 1-ounce balls. Make an indentation in the center of the ball. Fill each indentation with 1 teaspoon of the chile paste. Enclose and flatten the ball into to form a circle about 2-½ inches in diameter and a ¼-inch thick.
7. Place each formed patty on a hot comal or griddle. Cook for 2-½ minutes, then turn and cook for 3½ to 4 minutes. Turn again to cook for 2 more minutes. Remove from the griddle and cover with a kitchen napkin to keep them warm while you cook the rest of the dough.
8. Season with salt to taste. Serve warm with the salsa.

DAY TWO:

ICONIC DISHES FROM OAXACA

LEARNING OBJECTIVES

By the end of this day you should be able to...

- prepare Oaxacan style chiles rellenos.
- learn the differences between an estofado and a mole.
- learn how to make *salsa de molcajete*.
- prepare a salsa with a smoky Oaxacan chile.
- learn the importance of *masa nixtamalizada* in Mexican cuisine.
- prepare *memelas* and oaxacan *molotes*.
- learn how to make the most famous dessert in Mexico.

LEARNING ACTIVITIES

- Lecture and Discussion
- Demonstrations
- Hands-On Production
- Product Evaluation

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE:

Estofado de Almendras

Oaxacan Almond and Chicken Stew

Memelas Oaxaqueñas

Thin Oaxacan Sopes

**Soak the black beans overnight for Day Three*

TEAM TWO:

Picadillo Oaxaqueño

Oaxacan-Style Pork Filling

Caldillo

Tomato Sauce for Chiles Rellenos

Chiles Rellenos

Stuffed Poblano Chiles

TEAM THREE:

Albóndigas al Chipotle

Puebla-Style Chipotle Seasoned Meatballs

Molotes Oaxaqueños

Oaxacan Masa Torpedos

Ensalada de Nopales Asados

Roasted Cactus Paddle Salad

TEAM FOUR:

Mole Rojo

Red Oaxacan Mole

Flan de Vainilla

Mexican Vanilla Flan

Arroz Blanco

Mexican White Rice

ESTOFADO DE ALMENDRAS

OAXACAN ALMOND AND CHICKEN STEW

Yield: 6 portions

Ingredients	Amounts
Chicken, breast	6 ea.
Oil, olive, pure	3 Tbsp.
Tomato, plum (<i>Roma</i>)	1 lb.
Oil, olive, pure	3 Tbsp.
Onion, white, sliced	1 ea.
Garlic, clove, peeled	3 ea.
Raisins, black	½ cup
Almonds, slivered	1 cup
Plantain, ripe, peeled, sliced	1 ea.
Bread, brioche, slice	1 ea.
Cinnamon, Mexican (<i>Canela</i>), 1-in. stick	1 ea.
Clove, whole	2 ea.
Peppercorns, black, whole	4 ea.
Olive, Manzanilla	20 ea.
Salt, kosher	to taste
Oil, olive, pure	1 Tbsp.
Almonds, whole, skin removed	¼ cup
Raisins, black	½ cup
Chile, Jalapeño, in escabeche, strips	⅓ cup

Method

1. Rinse the chicken and pat it dry. Heat the olive oil in a Dutch oven over medium heat. Add the chicken and sauté until golden brown on all sides. Remove the chicken and reserve. Reserve the fat in the pan.
2. In a medium saucepan, place the tomatoes and enough water to barely cover them. Bring it to a boil and cook until the tomatoes are soft. Do not let them burst open. Reserve.
3. In a large skillet, heat 3 tablespoons of olive oil over medium heat. Using the same skillet, separately sauté the onion, garlic, raisins, almonds, plantain, bread, cinnamon, cloves, and peppercorns.
4. Transfer the sautéed ingredients to a blender. Add the reserved tomatoes and a generous amount of water to form a smooth, thin-textured purée.
5. Transfer the purée to the reserved Dutch oven and fat. Fry for about 10 minutes.

6. Add the chicken pieces and the olives. Simmer until the sauce thickens, about 45 minutes. Season with salt to taste.
7. Heat the olive oil in a small skillet over medium heat. Add the almonds and raisins. Sauté until the almonds turn golden brown and the raisins plump.
8. Garnish with the almonds, raisins, and the jalapeños en escabeche.

MEMELAS OAXAQUEÑAS

THIN OAXACAN SOPES

Yield: 8 memelas

Ingredients	Amounts
Masa, fresh	2 cups
Oil, canola	2 Tbsp.
Salt, kosher	½ tsp.
Pork rind paste (<i>Asiento</i>) (Optional)	4 Tbsp.
Beans, refried	1 cup
Cheese, queso fresco, crumbled	½ cup
Salsa	¾ cup

Method

1. In the bowl of a stand mixer, combine the masa, oil, and salt.
2. Divide the dough into 8 small balls. Cover them with a moist towel to keep them from drying out.
3. Pre-heat a comal or large, thick-bottom skillet over medium heat.
4. Shape each ball into a cylinder and place them in a plastic lined tortilla press. Press and turn the tortilla around 180 and press again. The tortillas should be ⅛-inches thick.
5. Peel the masa ovals from the plastic rounds and transfer to the palm of your hand. Cook on the pre-heated comal for 1 to 2 minutes on each side.
6. Remove the undercooked tortillas to a work surface. With thumbs gently pressed together, work in a clockwise fashion to form a slight rim around the edge of the tortilla.
7. Serve the memelas with a light layer of the asiento, then a layer of beans, cheese, and salsa.

CALDILLO

TOMATO SAUCE FOR CHILES RELLENOS

Yield: 8 portions

Ingredients	Amounts
Tomato, plum (<i>Roma</i>), whole	3 lb.
Water	2 cups
Onion, white	1/2 ea.
Garlic, clove, peeled	2 ea.
Oil, canola	1 1/2 Tbsp.
Bay leaves, dried	2 ea.
Salt, kosher	to taste

Method

1. In a medium stockpot, place the tomatoes and water. Bring it to a boil. Lower the heat, cover the pot, and simmer until the tomatoes are fully cooked and begin to burst. Remove the pot from the heat. Let it cool slightly.
2. Drain the tomatoes from the cooking liquid, reserving the liquid. In a blender, blend the tomatoes, onion, and garlic to a smooth sauce. Pass the sauce through a small mesh strainer.
3. Heat the oil in a large Dutch oven and fry the tomato sauce until it changes color.
4. Add the bay leaves and some of the reserved liquid from the cooked tomatoes to form a slightly thick sauce. Simmer on low heat for 30 minutes.
5. Remove the bay leaves. Season with salt to taste. Keep warm until ready to serve.

CHILES RELLENOS

STUFFED POBLANO CHILES

Yield: 8 portions

Ingredients	Amounts
Chile, poblano,	8 ea.
Picadillo Oaxaqueño (Recipe follows)	8 cups
Flour, all-purpose	$\frac{3}{4}$ cup
Egg, separated	5 ea.
Oil, canola	as needed

Method

1. On the stovetop, over direct flame, roast the poblanos until blistered. Remove the charred skin and the seeds and discard.
2. Make a 1-inch cut at tip of each chile. Stuff the roasted chiles with the picadillo, taking care not to overstuff. Close the seam of the chiles around the filling.
3. Place $\frac{1}{2}$ cup flour on a small plate and lightly coat the chiles, shaking off any excess of flour.
4. Using an electric mixer beat the egg whites to form stiff peaks. Fold 2 $\frac{1}{2}$ tablespoons flour, egg yolks, and salt to taste into the beaten egg whites.
5. Dip each chile into the egg mixture.
6. Heat 3 cups of oil in a medium sauté pan over medium-high heat. Fry the chiles, one at a time, flipping oil to the top of the chiles with a slotted spatula. Remove once the egg batter is cooked through and golden brown. Drain on paper towels and repeat the process with the remaining chiles.
7. Pour a generous amount of the caldillo sauce on top of each chile relleno and serve.

PICADILLO OAXAQUEÑO

OAXACAN-STYLE PORK FILLING

Yield: 8 portions

Ingredients	Amounts
Pork, shoulder, 2-in. diced	2 lb.
Onion, white	½ ea.
Garlic, clove, peeled	3 ea.
Salt, kosher	as needed
Oil, canola	4 Tbsp.
Onion, white, diced	1 ea.
Garlic, clove, minced	6 ea.
Tomato, plum (<i>Roma</i>) diced	2 lb.
Raisins, black, chopped	2 Tbsp.
Capers, chopped	2 tsp.
Olive, Manzanilla, green, pitted coarsely chopped	10 ea.
Almonds, blanched, coarsely chopped	2 Tbsp.
Parsley, flat-leaf, fresh, finely chopped	½ cup
Clove, whole	4 ea.
Peppercorns, black, whole	10 ea.
Cinnamon, Mexican (<i>Canela</i>), 1-in. stick	1 ea.
Vinegar, distilled white	2 tsp.
Sugar, granulated	2 tsp.
Salt, kosher	to taste

Method

1. In a stockpot, place the pork, onion, garlic cloves. Season with salt as needed. Add just enough water to cover the pork. Bring it to a boil, then reduce the heat to a slow simmer. Cook until the meat is tender and easy to shred, about 1 ½ hours.
2. Drain the pork and let it cool. Shred it with the backside of a fork.
3. Heat the canola oil in a medium Dutch oven. Add the diced onion. Sauté for 2 minutes.
4. Add the minced garlic. Sauté for 1 minute.
5. Add the tomatoes. Sauté, stirring occasionally, until they are cooked through, about 10 minutes. Add the raisins, capers, olives, almonds, and parsley.
6. Grind the cloves, black pepper, and cinnamon in a spice grinder. Add them to the tomato mixture, lower the heat, and cook for 10 minutes.
7. Add the shredded pork to the tomato mixture and mix well. Add vinegar, sugar, and salt to taste. Cook for 10 minutes.

8. Spread out the filling in a single layer on a parchment-lined sheet tray. Refrigerate until cool, about 20 minutes.

ALBÓNDIGAS AL CHIPOTLE

PUEBLA-STYLE CHIPOTLE SEASONED MEATBALLS

Yield: 10 portions

Ingredients	Amounts
Tomato, quartered	3 lb.
Garlic, clove, peeled	2 ea.
Onion, white	1/2 ea.
Oregano, Mexican, dried	2 tsp.
Chile, chipotle, in adobo, canned	3 ea.
Oil, canola	2 Tbsp.
Beef, ground	2 lb.
Pork, ground	2 lb.
Egg, lightly beaten	2 ea.
Bread, stale, broken into pieces	1 cup
Milk, whole	1/2 cup
Salt, kosher	to taste
Pepper, black, ground	1/2 tsp.

Method

1. Blend the tomatoes, garlic, onion, chipotle chiles and 2 teaspoons of oregano. Add water, as needed, to blend smoothly. Pass through a small sieve ("China cap") and set aside.
2. Heat the oil in two large Dutch ovens (large enough to hold 16 meatballs in one layer) over medium heat. Fry the tomato mixture until it changes color, about 10 minutes. Season with salt and reduce heat to a slow simmer. Remove 1 cup of the cooked tomato mixture for the preparation of the meatballs.
3. In a bowl, soak the bread in the milk for 10 to 15 minutes. Squeeze the excess moisture out of the bread.
4. In a large bowl, mix the ground beef, ground pork, 2 teaspoons oregano, soaked bread, and egg. Add the reserved tomato sauce, as needed, to produce 32 two-ounce meatballs with a firm consistency. Add more egg or bread, if necessary. Season again with salt and pepper to taste. Let meatballs rest for 30 minutes.
5. Carefully place the meatballs into the simmering tomato sauce and cook for 15 minutes on low heat, flip the meatballs over to ensure the albóndigas are cooked all the way through or until the meatballs are firm and cooked through.
6. Serve three meatballs per person with a generous amount of sauce.

MOLOTES OAXAQUEÑOS

OAXACAN MASA TORPEDOS

Yield: 14 molotes

Ingredients	Amounts
Masa, white, fresh	1 lb.
Salt, kosher	1 tsp.
Oil, canola	2 Tbsp.
Water, warm	2 Tbsp.
Chorizo, Mexican, crumbled	¼ lb.
Potato, russet	½ lb.
Salt, kosher	to taste
Oil, canola	1 cup
Lettuce, Romaine	1 ea.

Method

1. Preheat oven to 400°F.
2. Place the potatoes on a sheet tray and bake in the preheated oven until fork tender, about 45 minutes. Reserve.
3. Using an electric mixer with a paddle attachment combine the masa and salt. Slowly add oil and warm water to form a thick masa (with the consistency of “play doh”). Cover with a moist towel and let rest for 30 minutes.
4. Heat 1 tablespoon of oil in a skillet and sauté the crumbled chorizo until well done.
5. Add the cooked potatoes to the chorizo, crushing them with a potato masher, to form a thick potato chorizo mixture. Season with salt to taste, remove from heat and cool.
6. Make small 2-ounce masa balls. Make an indentation with your thumb, flatten it slightly, place 1 tablespoon of the filling in the center of each one and wrap the edges to form a cigar. Press the tips of each molote to close.
7. Heat the oil in a skillet and fry the molotes until golden brown. Drain on paper towels.
8. Season each molote with salt. Serve in the center of a lettuce leaf and garnish with salsa.

ENSALADA DE NOPALES ASADOS

ROASTED CACTUS PADDLE SALAD

Yield: 8 portions

Ingredients	Amounts
Cactus paddles (<i>Nopal</i>), whole	2 lb.
Tomato, plum (<i>Roma</i>), finely diced	6 ea.
Onion, white, finely diced	1/2 ea.
Chile, jalapeño, thinly sliced lengthwise	2 ea.
Cilantro, bunch, fresh, finely chopped	1/2 ea.
Oil, olive, extra virgin	4 Tbsp.
Lime, juice, fresh	2 Tbsp.
Salt, kosher	to taste

Method

1. Pre-heat the oven to 450°F.
2. Remove any spines on the nopales by running a sharp paring knife against the grain of the spines.
3. Place the cleaned nopal paddles on a baking sheet and roast for 20 minutes or until all the viscosity is absorbed back into the paddles. Flip them over once while they are baking. (if the nopales are thicker they might need more baking time). Cool completely before slicing them into thin strips.
4. Combine the nopal and remaining ingredients in a non-reactive bowl and toss well.
5. Season with salt and serve slightly chilled.

Note: Pre-cut cactus paddles are not recommended.

MOLE ROJO

RED OAXACAN MOLE

Yield: 6 portions

Ingredients	Amounts
Tomato, plum (<i>Roma</i>)	½ lb.
Onion, white	½ ea.
Garlic, clove, unpeeled	3 ea.
Chile, ancho	½ lb.
Chile, mulato	4 ea.
Chile, guajillo	¼ lb.
Oil, canola	5 Tbsp.
Peanuts, raw, without skin	1 wt. oz.
Pecans	1 wt. oz.
Sesame seeds, brown	2 Tbsp.
Raisins, black	2 Tbsp.
Peppercorns, black, whole	6 ea.
Clove, whole	2 ea.
Cinnamon, Mexican (<i>Canela</i>), 2-in. stick	1 ea.
Oregano, Oaxacan, dried or,	½ tsp.
Broth, chicken	2 cups
Chocolate, Mexican	3 wt. oz.
Chicken, legs and thigh, skin removed	6 ea.
Salt, kosher	1 tsp.

Method

1. Wipe the chiles clean. Remove the seeds and veins and discard. Gently dry roast the chiles on a comal or skillet over medium heat.
2. Soak the roasted chiles in hot water for 15 minutes. Drain and set aside.
3. Dry roast the tomatoes and onion over medium heat. Keep turning until they are blistered and soft, about 15 minutes. Dry roast the garlic in a separate pan until the papery skin begins to brown. Remove from heat and discard the papery skin.
4. Heat 2 tablespoons oil in a frying pan and sauté the peanuts, pecans, sesame seeds, and raisins for 2 minutes. Add the peppercorns, cloves, canela, and oregano. Stir until fragrant. Remove from heat.
5. Purée the chiles in a blender and add fresh water, as needed, to form a smooth paste.
6. Pass the chile paste through a small mesh strainer and set aside.
7. Heat the remaining oil in a Dutch oven over medium heat. Reduce the heat to medium low and fry the chile purée until most of the liquid is evaporated, about 5 minutes.
8. In the same blender, purée the dry roasted vegetables and spices with water, as needed, to form a smooth purée. Pass the mixture through a small mesh sieve and set aside.

9. Add the puréed tomato mixture when you can see the bottom of the pan when scraped and the oil rises to the top of the sauce. Reduce heat and simmer until the mole covers the back of a spoon and you can see the bottom of the pan when scraped, about 15 minutes.
10. Add 2 cups of the reserved broth or water to the mole and season with salt to taste.
11. Dissolve the chocolate pieces into the sauce, stirring to dissolve, about 10 minutes or until it covers the back of the spoon.
12. Add chicken to the simmering mole and cook until heated through.
13. Serve the mole rojo with arroz blanco and corn tortillas.

Note: Dried Mediterranean oregano can be substituted for the Oaxacan oregano. Mole rojo will keep for up to two weeks, refrigerated, but must be re-heated and diluted with water (to prevent saltiness) every three days. Mole rojo will keep for up to two months frozen.

FLAN DE VAINILLA

MEXICAN VANILLA FLAN

Yield: 12 portions

Ingredients	Amounts
Milk, whole	8 cups
Sugar, granulated (Divided)	3 cups
Egg, whole	6 ea.
Egg, yolk	6 ea.
Vanilla, extract, pure, Mexican	2 tsp.

Method

1. Pre-heat the oven to 350°F and set a rack in the middle of the oven.
2. In a heavy saucepan, not enameled, place 2 cups of the sugar, set over medium-low heat, swirl the pan regularly until the sugar dissolves and forms a deep golden caramel, pour the caramel immediately into individual ramekins and swirl to coat the sugar on the sides of the ramekins.
3. Place the milk and the remaining cup of sugar in a large saucepan over medium heat and stir to dissolve the sugar. Do not let the mixture boil. Gently simmer for 30 minutes or, until the mixture has reduced by half.
4. Whisk the eggs, yolks and vanilla in a bowl and slowly add the reduced milk, whisking constantly to prevent the eggs from cooking. Pass through a fine sieve, pour into the prepared molds and cover with aluminum foil.
5. Bake the flans in a hot water bath for 30 minutes, or until set. Remove from the oven and place on a rack to cool, about 1 hour.
6. Run a knife around the edge of each mold to loosen. Place a flat dish on top of each mold and invert.
7. Serve each flan with a generous amount of syrup.

Note: A single vanilla bean, split open, can be substituted for the Mexican vanilla extract.

ARROZ BLANCO

MEXICAN WHITE RICE

Yield: 8 portions

Ingredients	Amounts
Rice, long-grain, white	2 cups
Oil, canola	2 Tbsp.
Onion, white	1/4 ea.
Garlic, clove, peeled	2 ea.
Salt, kosher	3 tsp.
Parsley, flat-leaf, fresh, sprig	2 ea.

Method

1. Cover the rice with hot water and let it stand for five minutes. Drain the rice through a colander and rinse until the water runs clear. Remove excess water from the rice by shaking the colander vigorously.
2. Purée the onion, garlic, salt, and 1/2 cup hot water in a blender.
3. Heat the canola oil in a medium saucepan and sauté the rice over medium heat until the rice crackles when stirred, about 3 minutes.
4. Add the blended ingredients plus the 3 cups of hot water to the saucepan and allow the rice to come to a full boil, for 3 minutes.
5. Season with salt to taste and add the parsley sprigs. Reduce the heat to a simmer and cover with a tight-fitting lid. Cook for 20 minutes, or until small holes appear in the rice. Fluff with a fork and cover until ready to serve.

DAY THREE:

REGIONAL MOLES OF OAXACA AND PUEBLA

LEARNING OBJECTIVES

By the end of this day you should be able to...

- properly toast, dry, roast, and sauté ingredients for a traditional mole.
- develop flavor profiles and textures for Puebla and Oaxaca moles.
- make tamales wrapped in corn husk and banana leaves.
- make the two most famous moles in Mexico.
- prepare the famous rice drink from Mexico, "horchata."

LEARNING ACTIVITIES

Lecture and Discussion

Demonstrations

Hands-On Production

Product Evaluation

DAY THREE:

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Mole Manchamanteles

Tablecloth Stainer Mole

Tamales de Frijol Negro Estilo Oaxaca

Oaxacan Black Bean Tamales

TEAM TWO

Mole Poblano

Puebla-Style Mole

Tamales Blancos Estilo Puebla

Puebla-Style Plain Tamales

TEAM THREE

Mole Negro

Black Oaxacan Mole

Arroz Blanco

Mexican White Rice

TEAM FOUR

Horchata de Almendra

Oaxacan-Style Rice and Almond Drink

Mole Verde Oaxaqueño

Green Oaxacan Mole

MOLE MANCHAMANTELES

TABLECLOTH STAINER MOLE

Yield: 6 portions

Ingredients	Amounts
Potato, sweet, peeled	1 ea.
Pork, tenderloin	2 lb.
Chile, ancho, wiped clean, seeds and veins removed	10 ea.
Tomato, plum (<i>Roma</i>)	6 ea.
Onion, white	1 ea.
Garlic, clove, unpeeled	4 ea.
Cinnamon, Mexican (<i>Canela</i>) 3-in. stick	1 ea.
Clove, whole	4 ea.
Peppercorns, black, whole	10 ea.
Almonds, whole, blanched	15 ea.
Thyme, dried	1 tsp.
Marjoram, dried	1 tsp.
Oregano, dried	½ tsp.
Oil, canola	7 Tbsp.
Broth, chicken	2 cups
Parsley, flat-leaf, sprig, fresh, tied with twine	12 ea.
Butter, unsalted	3 wt. oz.
Plantain, very ripe, peeled, sliced on bias	2 ea.
Pineapple, cored, quartered, 1-in. sliced	1 ea.
Salt, kosher	to taste

Method

1. Preheat oven to 400°F.
2. Place the peeled sweet potatoes on a sheet tray. Roast in the preheated oven until cooked but still firm (*al dente*). Allow them to cool. When cool enough to handle, slice on the bias.
3. Poach the pork tenderloin. Reserve the broth.
4. Gently dry roast the chiles on a warm comal or skillet over medium-low heat. Transfer them to a bowl of hot water and let them soak for 15 minutes.
5. Using the same comal, dry roast the tomatoes, onion, and garlic over medium heat. Remove the garlic when the papery skin begins to brown. Peel and discard skin. Keep turning the vegetables until soft and blackened on all sides. Remove and set aside.
6. In a small skillet, heat 1 tablespoon of oil and sauté the almonds until lightly browned.

7. Dry roast the cinnamon, black pepper, cloves, and dried herbs, until fragrant over medium-low heat. Remove and set aside.
8. Drain the chiles from the soaking liquid and transfer them to a blender. Add water, as needed, to form a smooth purée. Pass the chile purée through a small mesh sieve and set aside.
9. Transfer the dry roasted vegetables, nuts, and spices to a blender. Add water, as needed, to form a smooth purée. Pass the purée through a small mesh sieve and set aside.
10. Heat 3 tablespoons of oil in a Dutch oven over medium heat. Fry the chile purée, stirring frequently, until it changes color, and you can see the bottom of the pan when scraped with a wooden spoon, about 8 minutes. Add the strained vegetable and spice mixture. Reduce heat to a simmer and stir frequently, about 20 minutes.
11. Add 1 cup of the meat broth and parsley to the mole. Season with salt to taste, add the poached meat portioned into serving size; continue cooking, about 15 minutes.
12. In a large sauté pan, melt the butter with the rest of the oil and sauté the sweet potato on both sides until golden brown, taking care not to burn. Repeat the process with the plantains and the pineapple. Drain the fruit on paper towels to absorb the excess of fat. Keep warm until serving.
13. Remove the parsley bunch from the mole and, again, season to taste with salt. The mole should coat lightly the back of a spoon when ready (note that this is a “thinner” mole and should not be left to reduce and thicken).
14. Serve the mole manchamanteles with plantain, pineapple, sweet potato, white rice, and warm corn tortillas.

Note: Mole manchamanteles will keep for up to two weeks, refrigerated, but must be reheated and diluted with water (to prevent saltiness) every three days. Without the fruit, it will keep for up to two months frozen.

TAMALES DE FRIJOL NEGRO ESTILO OAXACA

OAXACAN BLACK BEAN TAMALES

Yield: 12 tamales

Ingredients	Amounts
Lard	10 wt. oz.
Masa, corn, white, fresh	2 lb.
Broth, meat	1 cup
Chile, pasilla, fresh	2 ea.
Beans, turtle, black, soaked overnight	½ lb.
Avocado, leaf, dried, toasted	2 ea.
Lard	¼ cup
Garlic, clove, peeled	1 ea.
Onion, white, quartered	½ ea.
Cornhusk, soaked in warm water, dried	6 ea.
Hoja santa, leaf, halved	6 ea.
Salt, kosher	to taste

Method

1. Using a stand mixer, beat the lard until fluffy. Slowly add the masa until well incorporated. Add the broth only as needed to form a smooth dough. Season with salt to taste and cover with a cloth to rest for 20 minutes.
2. Wipe the pasilla chiles clean. Remove the seeds and veins and discard. Cover the pasilla chiles with hot water and soak for 15 minutes. Drain and discard the water.
3. In a medium saucepot, place the beans and cover with 2 inches of water. Bring to a simmer and cook until tender.
4. Working in batches, transfer the reconstituted chiles, beans, and the avocado leaves to a blender and process it to a smooth paste. (Add a small amount of water if necessary).
5. Heat the lard in a large skillet. Sauté the onion and then the garlic until browned on all sides. Discard the onion and garlic, reserving the seasoned oil in the pan.
6. Heat the seasoned lard over a medium flame and add the puréed bean paste. Fry until the bean paste thickens and reduces. The bean paste should be smooth and thick. Season with salt to taste and set aside to cool.
7. Take each cornhusk and spread 1 ½ tablespoons of masa evenly inside the husk. Place 1 tablespoon of bean paste in the center of the husk and top with a hoja santa leaf. Bring the sides of the cornhusk together and fold to the left or right. Take the top and bottom ends of the cornhusk and fold them toward the center of the tamal, enclosing the filling.
8. Bring salted water to a boil in a tamalera or large steamer lined with cornhusks.

10. Arrange the tamales horizontally inside the steamer, leaving room in the middle and on the sides for the steam to circulate. Cover with more cornhusks, a kitchen towel and a tight-fitting lid.
11. Cook the tamales for about 45 minutes. When the masa easily pulls away from the cornhusk the tamales are ready.

MOLE POBLANO

PUEBLA-STYLE MOLE

Yield: 16 portions

Ingredients	Amounts
Turkey, breast, cut into serving pieces, rinsed, patted dry	3 lb.
Lard	4 wt. oz.
Onion, white, halved	1 ea.
Garlic, clove, peeled, whole	5 ea.
Chile, mulato	8 ea.
Chile, ancho	5 ea.
Chile, pasilla	6 ea.
Chile, chipotle	2 ea.
Tomato, plum (<i>Roma</i>), quartered	4 ea.
Tomatillo, quartered	6 ea.
Peppercorns, black, whole	10 ea.
Clove, whole	3 ea.
Cinnamon, Mexican (<i>Canela</i>), 3-in. stick	1 ea.
Coriander, seeds	½ tsp.
Anise, seeds	½ tsp.
Raisins, black	2 tsp.
Almonds, whole	20 ea.
Pumpkin, seeds	2 wt. oz.
Tortilla, corn, stale	2 ea.
Bread, baguette, stale, 1-in. slice	3 ea.
Onion, white, halved	1 ea.
Garlic, clove, unpeeled	3 ea.
Sesame seeds, brown	½ cup
Chocolate, Mexican	4 wt. oz.
Sugar, granulated	8 Tbsp.
Salt, kosher	to taste
Sesame seeds, lightly toasted	¼ cup

Method

- Season the turkey with salt. Heat the lard in a large sauté pan and working in batches, brown the turkey pieces on all sides. Remove the turkey and set aside. Reserve the lard to fry the chiles.

2. Place the turkey pieces in a stockpot with onion, garlic and enough water to cover. Simmer until the turkey pieces are cooked through, about 45 minutes. Strain the broth, reserve the turkey in the warm broth.
3. For the mole, wipe the chiles clean. Remove and discard the seeds and veins.
4. Fry the chiles on both sides in the reserved lard over medium heat until the chiles begin to blister and change color. Remove chiles and soak in hot water for 15 minutes. Drain the chiles. Transfer to a blender. Add water, as needed, to form a smooth purée. Pass through a small mesh sieve and set aside.
5. Fry the tomatoes and tomatillos in the remaining lard.
6. Using 4 tablespoons of the lard from the chiles, sauté the raisins until plump and change color. Drain the raisins in a colander and repeat the process with the almonds, pumpkin seeds, tortillas, bread, reserved chile seeds, and sesame seeds. Add lard as needed, to sauté the remaining ingredients.
7. Dry roast the onion and garlic in a comal or dry skillet over medium heat. Remove the garlic when the papery skin begins to brown and discard the skin. Keep turning the vegetables until soft and blackened on all sides. Remove from heat and set aside.
8. In a small skillet fry in lard the black pepper, cloves, cinnamon, coriander and anise seeds until fragrant over medium low heat. Remove from heat and set aside.
9. Blend the roasted vegetables, spices and sautéed ingredients in batches, adding fresh water, as needed, to form a smooth purée. Strain through a small mesh sieve and set aside.
10. Heat 3 tablespoons of oil in a Dutch oven over medium heat. Fry the chile purée, stirring frequently, until it changes color, and you can see the bottom of the pan when scraped with a wooden spoon, about 15-20 minutes. Add the strained vegetable-spice mixture. Reduce heat to a simmer and stir occasionally until the mole thickens, from ½ -1 hour.
11. Add approximately 2 cups of turkey broth and continue cooking for 30 minutes. The mole should coat the back of a spoon. Add the chocolate pieces and cook for about 30 minutes. Season again to taste with salt and chocolate.
12. Remove the skin from the browned turkey pieces.
13. Serve the turkey and with a generous amount of Mole Poblano. Garnish with toasted sesame seeds and serve with warm corn tortillas and the tamales blancos.

Note: Mole poblano will keep for up to two weeks, refrigerated, but must be reheated and diluted with water (to prevent saltiness) every three days. Mole poblano will keep for up to two months frozen.

TAMALES BLANCOS ESTILO PUEBLA

PUEBLA-STYLE PLAIN TAMALES

Yield: 12 tamales

Ingredients	Amounts
Masa, corn, white, fresh	1 lb.
Lard	5 wt. oz.
Baking powder	1 tsp.
Anise, seeds	3 Tbsp.
Salt, kosher	1 tsp.
Cornhusk, soaked in hot water	6 ea.

Method

1. Using a stand mixer beat the lard with a paddle attachment until the lard is fluffy and creamy, about 5 minutes.
2. Bring the anise seeds and ½ cup of water to a boil, cover and remove from the heat. Cool the anise water.
3. Add the baking powder and salt to the whipped lard and slowly add pieces of the fresh masa. Add 6 tablespoons of the anise water, including the seeds to the tamal mixture. Add more of the anise infusion if the masa feels dry.
4. Drop a spoonful of the tamal mixture into a glass of water to see if it floats. If not keep kneading the masa.
5. Place 1 ½ ounces of masa in the center of each cornhusk. Bring the sides together, close, and fold the ends to the center.
6. Fill the tamal steamer (“tamalera”) with water. Bring it to a boil. Place a thick layer of soaked cornhusks on the bottom of the steamer. Place the tamales in a crisscross pattern to allow the steam to circulate inside the steamer. Cover with more husks and a thick kitchen towel to ensure a tight seal.
7. Cover with a tight-fitting lid and steam for 35 to 45 minutes over medium high heat, or until the tamales are cooked through.
8. Remove from heat and let the tamales stand for 10 minutes in the hot steamer.
9. Serve the tamales warm with a generous amount of mole poblano.

Note: If fresh masa is unavailable, substitute 2 ½ cups masa flour for tamales. Mix the masa flour with 3 cups of water and 1 ⅓ cups of lard.

Source: Adapted from *Cocina Poblana* by Josefina Velazquez de León

MOLE NEGRO

BLACK OAXACAN MOLE

Yield: 8 portions

Ingredients	Amounts
Chile, chilhuacle, black	5 ea.
Chile, guajillo	5 ea.
Chile, pasilla	5 ea.
Chile, ancho	5 ea.
Chile, chipotle meco	2 ea.
Onion, white	1 ea.
Garlic, clove, unpeeled	6 ea.
Tomato, plum (<i>Roma</i>)	1 lb.
Tomatillo	½ lb.
Oil, canola	1 cup
Plantain, ripe, peeled, sliced	1 ea.
Bread, brioche, slice	1 ea.
Almonds, whole	15 ea.
Pecans	10 ea.
Peanuts, raw	20 ea.
Raisins, black	2 Tbsp.
Sesame seeds, brown	⅓ cup
Cinnamon, Mexican (<i>Canela</i>), 1-in. stick	1 ea.
Peppercorns, black, whole	5 ea.
Clove, whole	3 ea.
Oregano, Oaxacan, dried	½ tsp.
Marjoram, dried	½ tsp.
Thyme, dried	¼ tsp.
Avocado, leaf, dried	2 ea.
Broth, chicken	3 cups
Chocolate, Mexican, broken into pieces	5 wt. oz.
Salt, kosher	to taste
Chicken, thigh	4 ea.
Chicken, leg	4 ea.

Method

1. Wipe the chiles clean. Remove and discard the seeds and veins.
2. Dry roast the chiles on a comal or skillet over medium heat until blackened – not burned. Soak in hot water for 15 minutes. Drain and discard the water.

3. Dry roast the reserved chile seeds until blackened – not burned, about 15 to 20 minutes. (This step should only be undertaken with good ventilation, or in an outdoor area). Soak the seeds in hot water for 10 minutes. Drain and discard the water.
4. Dry roast the tomatoes, tomatillos, and onion over medium heat. Keep turning until they are blistered and soft, about 15 minutes. Dry roast the garlic in a separate pan until the papery skin begins to brown. Remove from heat and discard the papery skin.
5. Heat the oil in a frying pan over medium low heat and fry the plantain until dark brown. Drain the plantains in a strainer over a bowl and reserve the strained lard.
6. Repeat the same procedure with the following ingredients, sautéing each separately until golden brown and then strain to remove as much lard as possible: brioche, almonds, peanuts, pecans, raisins and the sesame seeds.
7. In a small skillet set over medium-low heat, dry roast the canela, black pepper, cloves, oregano, marjoram and thyme until fragrant.
8. Purée the chiles and chile seeds in a blender with water, as needed, to form a smooth paste. Pass the chile paste through a small mesh strainer and set aside.
9. Heat 6 tablespoons of lard in a Dutch oven over medium heat. Reduce the heat to medium low and fry the chile purée until most of the liquid is evaporated, about 15 minutes (you should be able to see the bottom of the pan).
10. Purée the roasted vegetables and spices and all sauteed ingredients with water, as needed to form a smooth purée. Pass the mixture through a small mesh strainer and set aside.
11. Add the puréed tomato mixture when you can see the bottom of the pan when scraped and the oil rises to the top of the sauce. Reduce heat and simmer until the mole covers the back of a spoon and you can see the bottom of the pan when scraped, about 30 minutes to 1 hour.
12. Toast the avocado leaves in a skillet over medium heat until fragrant. Add the whole leaves to the mole.
13. Add 2 cups of broth and keep stirring on a low simmer for 1 to 2 hours.
14. Add the chocolate pieces and stir until dissolved. Season with salt to taste and taste again for chocolate, adding more chocolate if necessary.
15. Continue simmering and stirring occasionally for 1 hour. Add more water or broth if the mole becomes too thick.
16. In a large saucepan, place the chicken legs and thighs in a single layer. Add enough water to cover. Bring to a simmer over medium heat. Poach for 10 minutes. Remove the pot from the heat. Allow the chicken to sit in the cooking liquid until needed (this will prevent it from drying out.)
17. Add the poached meat to the sauce and cook to heat through.
18. Check seasoning again for salt, sugar and chocolate and remove the avocado leaves.
19. Serve the mole negro with arroz blanco and warm corn tortillas.

Note: Mole negro will keep for up to two weeks, refrigerated, but should be re-heated and diluted with water every three days. Mole negro will keep for up to two months frozen.

ARROZ BLANCO

MEXICAN WHITE RICE

Yield: 8 portions

Ingredients	Amounts
Rice, long-grain, white	2 cups
Oil, canola	2 Tbsp.
Onion, white	1/4 ea.
Garlic, clove, peeled	2 ea.
Salt, kosher	3 tsp.
Parsley, flat-leaf, sprig, fresh	2 ea.

Method

1. Cover the rice with hot water and let it stand for five minutes. Drain the rice through a colander and rinse until the water runs clear. Remove excess water from the rice by shaking the colander vigorously.
2. Purée the onion, garlic, salt, and 1/2 cup hot water in a blender.
3. Heat the canola oil in a medium saucepan and sauté the rice over medium heat until the rice crackles when stirred, about 3 minutes.
4. Add the blended ingredients plus the 3 cups of hot water to the saucepan and allow the rice to come to a full boil, for 3 minutes.
5. Season with salt to taste and add the parsley sprigs. Reduce the heat to a simmer and cover with a tight-fitting lid. Cook for 20 minutes, or until small holes appear in the rice. Fluff with a fork and cover until ready to serve.

HORCHATA DE ALMENDRA

OAXACAN-STYLE RICE AND ALMOND DRINK

Yield: 2 quarts

Ingredients	Amounts
Rice, long-grain, white	$\frac{3}{4}$ cup
Almonds, blanched, peeled	1 cup
Cinnamon, Mexican (<i>Canela</i>), 1-in. stick	1 ea.
Water, filtered	1 $\frac{1}{2}$ qt.
Simple syrup	$\frac{3}{4}$ cup
Cantaloupe, med. diced	1 cup
Pecans, torn into small pieces	$\frac{1}{2}$ cup

Method

1. In a colander, rinse the rice. Soak the rice, almonds, and canela in a container with 3 cups of hot water for 6 hours, or overnight.
2. Blend the rice, almonds, canela, and some of the soaking liquid in the blender. Pass through a fine mesh strainer into a pitcher.
3. For the simple syrup, in a small saucepan over high heat, place the sugar and water. Stir until the sugar dissolves.
4. Prior to serving, add simple syrup to the horchata and stir well.
5. Place half of the diced cantaloupe and pecans in 8 glasses add ice. Pour the horchata on top.
6. Serve with large spoons or straws, to allow the drink to be stirred as the ingredients settle.

Note: For a sugar-free version, use $\frac{1}{2}$ cup light agave nectar instead of simple sugar.

MOLE VERDE OAXAQUEÑO

GREEN OAXACAN MOLE

Yield: 6 portions

Ingredients	Amounts
Beans, navy, white	¼ lb.
Tomatillo, husks removed, quartered	¾ lb.
Tomato, green, quartered	1 lb.
Onion, white, quartered	1 ea.
Garlic, clove, peeled	6 ea.
Chile, jalapeño, stem removed, chopped	4 ea.
Peppercorns, black, whole	6 ea.
Broth, pork	4 cups
Oil, canola	3 Tbsp.
Masa	½ cup
Parsley, flat-leaf, tops only	½ cup
Epazote, leaves only	½ cup
Hoja santa, fresh, torn into pieces	½ cup
Salt, kosher	to taste
Pork, tenderloin, sliced ½-in. thick	3 lb.
Stock, chicken	1 qt.
Beans, green, trimmed, blanched	1 cup
Chayote, skinned, blanched	1 cup

Method

1. Cover the beans with water and bring to a boil. Reduce heat and simmer covered, until the beans are cooked and slightly tender, about 1 ½ hours. Season with salt to taste.
2. Purée the tomatillos, tomatoes, onion, garlic, jalapeños and black peppercorns in a blender. Form a smooth purée.
3. Heat the oil in a Dutch oven over medium heat. Lower the heat and fry the vegetable purée until it changes color and thickens, about 15 minutes.
4. Add 2 ½ cups of broth to the mixture and continue simmering for 30 minutes.
5. In a blender, mix the fresh masa with 1 cup broth and pour into the tomato purée in a steady stream and whisk until incorporated. Simmer until the masa is cooked through, about 10 minutes. Season to taste with salt.
6. In a large sauce pot, place the sliced pork in a single layer. Add enough chicken stock to cover the pork. Bring it to a simmer over medium heat. Poach until the meat is firm and opaque, 3 to 5 minutes.
7. Add the meat and beans to the mole and cook until heated through.
8. Place the fresh herbs in the blender and add water, as needed, to make a purée. Pass through a small mesh strainer and add to the mole.

9. Bring a medium pot of water to a boil. Add the green beans and chayote and blanch for 3 minutes. Transfer to an ice bath to cool. Batonnet cut the beans and chayote.
10. Garnish with the green beans and chayote. Serve with arroz blanco and warm tortillas.

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FAMILY TREE: CHILE PEPPERS

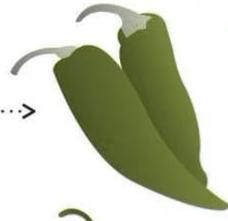
DRIED CHILES

Just as dried fruit has a more concentrated taste than its fresh counterpart, chiles gain a more intense character when dried. Because they're allowed to ripen on the plant, chiles often taste sweeter dried.

	<p>ANCHO (DRIED POBLANO) Appearance: Wrinkly; dark red Flavor: Rich, with raisiny sweetness Substitutions: Pasilla, mulato Heat: ●●●●○</p>
	<p>MULATO (DRIED SMOKED POBLANO) Appearance: Wrinkly; deep brown Flavor: Very smoky, with hints of licorice and dried cherry Substitutions: Ancho Heat: ●●●●○</p>
	<p>CHIPOTLE (DRIED SMOKED JALAPEÑO) Appearance: Wrinkly; brownish red Flavor: Smoky, chocolaty, with tobacco-like sweetness Substitutions: None Heat: ●●●●○</p>
	<p>CASCABEL Appearance: Small, round; reddish brown Flavor: Nutty, woody Substitutions: New Mexican Heat: ●●●●○</p>
	<p>NEW MEXICAN Appearance: Smooth; brick red Flavor: Slightly acidic, earthy Substitutions: Cascabel, guajillo Heat: ●●●●○</p>
	<p>ARBOL Appearance: Smooth; bright red Flavor: Bright, with smoky undertones Substitutions: Pequin Heat: ●●●●○</p>
	<p>PEQUIN Appearance: Small, round; deep red Flavor: Brightly, citrusy Substitutions: Arbol Heat: ●●●●○</p>

FRESH CHILES

The same chile can go by different names in different parts of the country and can range from green to red, depending on when it was harvested.

	<p>POBLANO Appearance: Large, triangular; dark green to red-brown Flavor: Crisp, vegetal Substitutions: Anaheim, bell pepper Heat: ●●●●○</p>
	<p>ANAHEIM Appearance: Large, long, skinny; yellow-green to red Flavor: Mildly tangy, vegetal Substitutions: Poblano, bell pepper Heat: ●●●●○</p>
	<p>JALAPEÑO Appearance: Small, smooth, shiny; green or red Flavor: Bright, grassy Substitutions: Serrano Heat: ●●●●○</p>
	<p>SERRANO Appearance: Small; dark green Flavor: Bright, citrusy Substitutions: Jalapeño Heat: ●●●●○</p>
	<p>THAI Appearance: Narrow and petite; bright red Flavor: Rich, fruity Substitutions: Serrano Heat: ●●●●○</p>
	<p>HABANERO Appearance: Bulbous; bright orange to red Flavor: Deeply floral, fruity Substitutions: Double dose Thai Heat: ●●●●○</p>

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	1/28 oz. (or 0.035 oz.)
1/2 ounce (oz.)	=	14 g
1 oz.	=	28.35 g. (approx. 30 g)
2 oz.	=	56 g. (approx. 60 g)
4 oz.	=	110 g
6 oz.	=	170 g
8 oz.	=	225 g
12 oz.	=	340 g
16 oz. / 1 pound (lb.)	=	453.6 g (454 g)
1 kilogram (kg)	=	2.21 lb.
1 liter (l)	=	35 fl. oz. (1 3/4 pt.)

METRIC CONVERSION TABLE

To Change	To	Multiply by
Pounds (lb.)	Grams (g)	453.6
Ounces (oz.)	Grams (g)	28.35
Pounds (lb.)	Kilograms (kg)	.45
Teaspoons (tsp.)	Milliliters (ml)	5
Tablespoons (Tbsp.)	Milliliters (ml)	15
Fluid Ounces (fl. oz.)	Milliliters (ml)	30
Cups	Liters (l)	.24
Pints (pt.)	Liters (l)	.47
Quarts (qt.)	Liters (l)	.95
Gallons (gal.)	Liters (l)	3.8
Temperature (°F)	Temperature (°C)	5/9 after subtracting 32*

*Example: 9°F above boiling = 5°C above boiling.

TEMPERATURE EQUIVALENCIES

Fahrenheit (°F)	Celsius (°C)	Classification
250	130	very cool
300	150	low
325	165	moderate-low
350	180	moderate
400	200	moderate-hot
425	220	hot
450	230	very hot

US CUSTOMARY LIQUID VOLUME CONVERSIONS

1 tablespoon (Tbsp.)	=	3 teaspoons (tsp.)
1 fluid ounce (fl. oz.)	=	2 tablespoons (Tbsp.)
1 cup	=	8 fluid ounces (fl. oz.)
1 pint (pt.)	=	2 cups
1 pint (pt.)	=	16 fluid ounces
1 quart (qt.)	=	2 pints (pt.)
1 gallon (gal.)	=	4 quarts (qt.)
1 gallon (gal.)	=	128 fluid ounces (fl. oz.)

US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
3	1	½	1/16	---	14
6	2	1	⅛	1/16	28
12	4	2	¼	⅛	57
24	8	4	½	¼	113
36	12	6	¾	⅜	170
48	16	8	1	½	227
96	32	16	2	1	454

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ ¼ cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

RECIPE YIELD

Original	Cut in Half	Cut in Third
1 cup	½ cup	⅓ cup
¾ cup	6 Tbsp.	¼ cup
⅔ cup	⅓ cup	3 Tbsp. + 1 ½ tsp.
½ cup	¼ cup	2 Tbsp. + 2 tsp.
⅓ cup	2 Tbsp. + 2 tsp.	1 Tbsp. + 1 ¼ tsp.
¼ cup	2 Tbsp.	1 Tbsp. + 1 tsp.
1 Tbsp.	1 + ½ tsp.	1 tsp.
1 tsp.	½ tsp.	⅓ tsp.
½ tsp.	¼ tsp.	⅛ tsp.
¼ tsp.	⅛ tsp.	dash

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