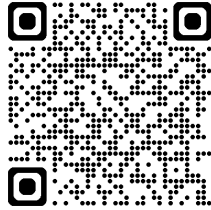




Culinary Institute of America

SODEXO **MEXICAN CUISINE**

Scan the QR code for the class survey and PDF files of the course guide and Chef lectures:



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The Culinary Institute of America

1946 Campus Drive
Hyde Park, NY 12538-1499
Tel: 845-452-9600
www.ciachef.edu



Welcome to the CIA!

Education is a gift. And those of us in the foodservice industry have a chance to “pay it forward” by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your chef instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we’ve made it easy to do through our Facebook page. Just log in and search for “CIA ProChef.”

Wishing you all the best,

A handwritten signature in black ink that reads "David Kamen".

David Kamen '88 MBA PC^{III}
Director CIA Consulting
845-451-1386 david.kamen@culinary.edu

P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ Silence and put away phones during class.
- ☑ Actively participate.
- ☑ Return promptly from breaks.
- ☑ Remain in attendance for the class duration.
- ☑ Complete the course evaluation.
- ☑ Follow all established health and safety regulations.
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen.
 - Keep all perishable items refrigerated until needed.
 - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables.
- ☑ Maintain CIA uniform standards.
- ☑ Act within the guidelines of the CIA’s policy on harassment.
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- ☑ Chef's jacket
 - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
 - Can be re-buttoned on the opposite side to cover spills
 - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
 - Hounds-tooth helps camouflage stains
 - Best without cuffs, which can trap hot liquids and debris
- ☑ Shoes and Socks
 - Shoes
 - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
 - Prevent slips and falls in the kitchen
 - Offer support
 - Protect feet from falling pots
 - Socks
 - Must be worn for hygienic purposes and to prevent burns
- ☑ Neckerchief (optional)
 - Helps to absorb sweat
- ☑ Toque (provided in class)
 - Contains hair
 - Absorbs sweat
- ☑ Apron (provided in class)
 - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
 - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
 - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair
 - Should be neatly maintained, clean, and under control at all times

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Northern Style Tamales

Tamales Nortenos

Yucatan style Achiote Marinated Pork Tacos

Tacos de Cochinita Pibil

Pickled Yucatecan Red Onions

Cebollas Encurtidas

Mexican Lime and Chía Seed Water

Agua Fresca de Limón con Chía

TEAM TWO

Puebla Style Black Bean Tamales

Tamales de Frijol Poblanos

Stacked Tortillas, Fish, Beans, and Salsa

Pan de Cazón

Mexican Hibiscus Flower Iced Tea

Agua Fresca de Jamaica

TEAM THREE

Chicken and Green Salsa Tamales

Tamales Verdes de Pollo

Sautéed Mexican Style Mushroom Tacos

Tacos de Hongos Guisados

Sautéed Huitlacoche

Huitlacoche Guisado

TEAM FOUR

Mole Tamales Cooked in Banana Leaves

Tamales de Mole en Hoja de Plátano

Baja Style Fish Tacos

Tacos de Pescado Estilo Baja California

Jalisco style Fruit and Vegetable Appetizer

Pico de Gallo de Jalisco

EXTRA RECIPES

Round Masa Snacks from Puebla

Bocoles

Acapulco Style Ceviche

Ceviche Acapulqueño

NORTHERN-STYLE TAMALES

TAMALES NORTEÑOS

Yield: 16 tamales

Ingredients	Amounts
Cornhusk, dried	16 ea.
Pork, shoulder, med. diced	$\frac{3}{4}$ lb.
Onion, white	$\frac{1}{4}$ ea.
Garlic, clove, peeled	1 ea.
Salt, kosher	as needed
Chile, ancho	3 ea.
Chile, New Mexico, red	3 ea.
Cumin, ground	$\frac{1}{2}$ tsp.
Oregano, Mexican, ground	$\frac{1}{2}$ tsp.
Garlic, roughly chopped	1 tsp.
Lard	1 Tbsp.
Sugar, granulated	$\frac{1}{2}$ tsp.
Salt, kosher	to taste
Lard	$\frac{1}{2}$ cup
Masa, white, fresh	1 lb.
Salt, kosher	as needed

Method

1. Pull apart the corn husks, discarding any that are torn or too small. Rinse them under warm water to remove any dust. Transfer to a large bowl. Cover completely with very hot (but not boiling) water. Place a heavy bowl on top of the husks to keep them submerged. Soak until soft, silky, and flexible, about 30 minutes. Drain and pat dry. Reserve.
2. In a large saucepan, place the diced pork, onion, garlic, and salt. Add enough water to cover the pork. Bring it to a boil over medium heat. Boil until the meat pulls apart, about 1 $\frac{1}{2}$ hours. Drain, reserving the cooking liquid. Shred the pork. Transfer to a large bowl and reserve.
3. For the chile paste, wipe the chiles clean. Remove and discard the seeds and veins. Tear them into flat pieces. In a comal over medium heat, place the chiles. Gently toast until aromatic and colored, about 1 minute per side. Transfer to a small bowl of hot water. Soak for 15 minutes. Drain. Transfer the chiles to a blender.
4. Add the cumin, oregano, garlic, and $\frac{3}{4}$ cup of the reserved cooking liquid. Blend to a smooth paste. Pass through a small sieve.
5. Heat the lard in a small saucepan over medium heat. Add the chile paste. Fry until the chile paste thickens and colors, about 5 minutes.

6. Add $\frac{3}{4}$ cup of the reserved cooking liquid, turn down the heat to medium-low, and simmer for 15 minutes. Add the sugar. Season with salt to taste. Reserve $\frac{1}{4}$ cup of the chile paste for the masa. Mix the remainder to the bowl with the pork. Mix to combine.
1. In the bowl of a stand mixer fitted with the paddle attachment, place the lard. Beat until fluffy. Add half of the masa and the reserved chile paste. Slowly add the rest of the masa and reserved cooking liquid, as needed, to form a medium-thick batter.
2. Set up a steamer with salted water. Cover the bottom rack with cornhusks.
3. To assemble the tamales, spread 2 tablespoons of the prepared masa in a thin layer inside each cornhusk. Sprinkle $1\frac{1}{2}$ tablespoons of the prepared meat lengthwise inside the cornhusk. Bring the sides of the cornhusk together and fold the top toward the center. The tamales should be very thin.
4. Arrange the tamales standing up in the steamer and cover with additional cornhusks. Top with kitchen towels and place a tight-fitting lid on top to ensure a tight seal. Cook the tamales over medium heat until cooked through and the masa easily pulls away from the cornhusk, 1 to $1\frac{1}{4}$ hours.

YUCATAN-STYLE ACHIOTE MARINATED PORK TACOS

TACOS DE COCHINITA PIBIL

Yield: 8 portions

Ingredients	Amounts
Peppercorns, black, whole	10 ea.
Cinnamon, Mexican canela, 1-in. piece	1 ea.
Oregano, dried	1 tsp.
Cumin, seeds, whole	½ tsp.
Clove	3 ea.
Allspice, ground	¼ tsp.
Orange, juice, fresh	2 fl. oz.
Lime, juice, fresh	1 fl. oz.
Orange, Seville, juice	4 fl. oz.
Achiote paste, crumbled	4 wt. oz.
Salt, kosher	1 Tbsp.
Garlic, coarsely chopped	1 Tbsp.
Pork, shoulder, cut into 2-in. pieces	3 lb.
Onion, white	1 ea.
Banana, leaves	8 wt. oz.
Cebollas Encurtidas (Recipe follows)	8 fl. oz.
Tortilla, corn	24 ea.

Method

1. For the marinade, in a spice grinder, place the peppercorns, cinnamon, oregano, cumin, clove, and allspice. Grind well.
2. In a blender, place the ground spices, orange and lime juice, achiote paste, salt, and garlic. Blend until smooth. Transfer to a large bowl.
3. Add the pork and onions. Toss well until the pork is evenly coated with the marinade. Cover with plastic wrap. Let it rest, refrigerated, for at least 1 hour.
4. Discard the tough edge of the banana leaves. Wash them under cold water, being careful not to break them. Pat dry.
5. Using tongs, pass the leaves over high medium flame quickly, just to soften them, about 5 seconds. Flip and repeat with the other side. Wipe to remove any white spots or dirt.
6. Preheat oven to 350°F.
7. Line a hotel pan with the banana leaves, covering the bottom and overhanging the sides.
8. Top with the marinated pork and onions and all the marinade. Fold the overhanging banana leaves inward and cover the top with more leaves. Cover the pan tightly with heavy duty aluminum foil.

9. Bake it in a preheated oven until the pork is fork tender, about 2 hours. Remove the pan from oven and let it rest for 10 minutes.
10. Coarsely shred the pork with two forks. Transfer to a serving bowl. Serve with the Cebollas Encurtidas and Tortillas.

PICKLED YUCATECAN RED ONIONS

CEBOLLAS ENCURTIDAS

Yield: 10 fluid ounces

Ingredients	Amounts
Onion, red	1 lb.
Orange, Seville, juice	10 fl. oz.
Vinegar, cider, apple	1 fl. oz.
Chile, habanero, thinly sliced	1 ea.
Oregano, dried	½ tsp.
Salt, kosher	as needed

Method

1. Quarter the onions. Thinly slice lengthwise. Rinse in hot water. Transfer to a non-reactive glass jar.
2. Add the orange juice, cider vinegar, sliced habanero, oregano, and salt.
3. Press the onions down to ensure they are covered with the juice.
4. Marinate for at least 12 hours.

Note: A mixture of 1 cup orange juice and ½ cup lime juice can be substituted for the Seville (sour) orange juice. The pickled onions can be stored in the refrigerator for up to 2 weeks.

MEXICAN LIME AND CHÍA SEED WATER

AGUA FRESCA DE LIMÓN CON CHÍA

Yield: 4 quarts

Ingredients	Amounts
Water	½ cup
Sugar, granulated	½ cup
Chía seeds	4 Tbsp.
Water, filtered, warm	2 qt.
Water, filtered	2 qt.
Lime, juice, fresh	8 fl. oz.

Method

1. For the simple syrup, heat the water in a small saucepan over medium heat. Stir in the sugar. Heat, stirring continuously, until the sugar is fully dissolved. Remove the pan from the heat and let it cool. Reserve.
2. In a large pitcher, place the chía seeds and the warm filtered water. Stir well to prevent clumping. Soak for 30 minutes.
3. Add the remaining filtered water, reserved simple syrup, and lime juice. Stir to combine.
4. Chill in the refrigerator.
5. Stir vigorously before serving.

Note: For a sugar-free agua fresca, use 1 cup of light agave nectar.

PUEBLA-STYLE BLACK BEAN TAMALES

TAMALES DE FRIJOL POBLANOS

Yield: 24 tamales

Ingredients	Amounts
Beans, black, dried	1 cup
Cornhusk, dried	24 ea.
Avocado, leaves	2 ea.
Tomato, plum (Roma)	3 ea.
Onion, white	½ ea.
Garlic, clove, unpeeled	2 ea.
Lard	2 Tbsp.
Salt, kosher	2 tsp.
Anise seeds	2 tsp.
Lard	1 ½ cup
Masa, white, fresh	3 lb.
Baking powder	3 tsp.

Method

1. Rinse the dried black beans. In a medium bowl, place the beans and enough water to cover by 2 inches. Soak overnight. Cool for 15 minutes. Set a large strainer over a large bowl and drain.
2. In a large pot, place the soaked beans and enough water to cover by 4 inches. Bring it to a boil then lower the heat to a simmer. Cook, stirring occasionally, until tender, 1 ½ to 2 hours. Drain. Transfer to a blender. Purée, adding a little water to facilitate blending, until smooth. Reserve.
3. Pull apart the corn husks, discarding any that are torn or too small. Rinse them under warm water to remove dust. In a large bowl, place the husks. Cover completely with very hot (but not boiling) water. Place a heavy bowl on top of the husks to keep them submerged. Soak until soft, silky, and flexible, about 30 minutes. Drain and pat dry. Reserve.
4. Grind the avocado leaves in a spice grinder. Reserve.
5. Heat a comal over medium heat. Add the tomatoes and onion half. Dry roast until blackened and cooked through, 10 to 15 minutes. Transfer to a small bowl and reserve.
6. On the same comal, add the garlic. Dry roast until the papery skin begins to brown. Transfer to a plate to cool. Peel and Reserve.
7. In a blender, place the dry roasted tomatoes, onion, and garlic. Purée, adding a little water to facilitate blending, until smooth. Reserve.
8. Heat the lard in a sauté pan over medium heat. Add the tomato-onion purée. Fry until it changes color.
9. Add the reserved puréed beans. Fry until the mixture thickens, about 15 minutes. Season with the salt. Cool and reserve.

10. In a small saucepan, bring 1 cup of water to a boil. Add the anise seeds. Remove the pan from the heat. Steep for 15 minutes, strain, and cool. Reserve.
11. In the bowl of a stand mixer fitted with the paddle attachment, place the lard. Beat until creamy and fluffy.
12. Slowly add the anise seed infusion, served ground avocado leaves, masa, and baking powder. Beat until the masa is soft but not too sticky.
13. Take half of the masa and spread it over the table to make a flat log about 2 inches wide, and ½- inch thick. Add some of the bean paste in a long straight line running the length of the masa log. Top the bean mixture with another layer of masa.
14. Using a spoon, scoop portions of the log inside each corn husk. Bring together the sides of the corn husk, folding the excess husk to one side of the tamal. Bring the bottom and top portions of the husk together and tie with a corn husk thread.
15. Fill the bottom of a tamal steamer with boiling water. Cover the perforated holes with corn husks. Place the tamales seam side up in even layers throughout the steamer. Cover with more corn husks and tightly fit a kitchen towel around the husks to ensure a good seal.
16. Place a tightly fitting cover over the steamer. Cook over medium-high heat until the tamal dough easily pulls away from the cornhusk, about 40 minutes.

STACKED TORTILLAS, FISH, BEANS, AND SALSA

PAN DE CAZÓN

Yield: 6 portions

Ingredients	Amounts
Refried Beans (Recipe follows)	1 ¼ cup
Chiltomate (Recipe follows)	32 fl. oz.
Orange, juice, fresh	3 fl. oz.
Lime, juice, fresh	1 ½ fl. oz.
Water	3 cups
Salt, kosher	as needed
Epazote, leaf, finely chopped (Divided)	10 ea.
Mahi mahi	16 oz.
Salt, kosher	as needed
Oil, canola	4 fl. oz.
Tortilla, corn, white	12 ea.
Avocado, sliced	2 ea.

Method

1. Preheat oven to 350°F.
2. Keep the beans and the Chiltomate warm.
3. In a small bowl, place the orange and lime juice. Stir to combine.
4. In a large pot, bring 3 cups of salted water to a boil. Add half of the juice mixture, half of the epazote, and the mahi-mahi. Cover and simmer for 10 minutes.
5. Drain off the liquid, remove the mahi-mahi and shred it into small pieces. Transfer to an ovenproof bowl. Season with salt. Add the remaining juice mixture and epazote. Toss to combine. Cover the bowl with foil. Keep warm in the preheated oven.
6. Heat the oil in a deep saucepan over medium heat. Add the tortillas and fry just long enough to soften them but not enough to crisp.
7. Place 6 tortillas on two baking trays. Spread each tortilla with equal portions of refried beans. Top with equal portions of the warmed fish. Cover with a spoonful of the Chiltomate. Top each serving with a second tortilla. Spread another spoonful of Chiltomate over it. Cover with foil. Bake in the preheated oven until heated through, about 8 minutes.
8. Transfer to individual plates. Top with the remaining warm sauce.
9. Serve with the sliced avocados.

Note: Other fillings, such as dogfish or cleaned shrimp can be substituted for the mahi-mahi.

REFRIED BEAN FILLING

RELLENO DE FRIJOLES REFritos

Yield: 8 portions

Ingredients	Amounts
Beans, pinto, dried	3 cups
Lard	3 wt. oz.
Onion, white, thickly sliced	1 ea.
Salt, kosher	to taste

Method

1. In a large bowl, place the beans and enough water to cover by 2 inches. Soak overnight.
2. In a large pot, place the soaked beans. Add enough water to cover the beans. Bring it to a boil. Cook for 2 minutes. Turn off the heat, cover, and let it sit for 1 hour. Drain, reserving the cooking liquid.
3. In a blender, place the cooked beans and 4 ounces of the reserved cooking liquid. Purée until smooth. Reserve.
4. Heat the lard in a thick-bottomed sauté pan over medium-high heat. Add the onion. Sauté until dark brown. Remove and discard.
5. Heat the lard again until very hot but not smoking. Add the bean purée. Season with salt to taste. Cook until the mixture dries out. Keep warm.

YUCATECAN TOMATO SALSA

CHILTOMATE

Yield: 40 fluid ounces

Ingredients	Amounts
Tomato, plum (Roma)	4 lb.
Oil, canola	4 fl. oz.
Onion, white, small, sliced	1 ea.
Chile, habanero	4 ea.
Salt, kosher	to taste

Method

1. Heat a large cast-iron skillet to high. Place the tomatoes. Roast, turning frequently, until the skins are blackened all over and the tomatoes are soft and bursting, 25 to 30 minutes. Transfer to a plate and cool slightly.
2. Transfer to a blender. Process for a few seconds until blended but not liquefied. Reserve.
3. Heat the oil in a saucepan over medium heat. Add the onion. sauté until soft, about 1 minute.
4. Add the reserved blended tomatoes and the habanero. Season with salt to taste. Let it cook down to 10 fluid ounces.
5. Serve hot.

JAMAICAN-STYLE HIBISCUS FLOWER ICED TEA

AGUA FRESCA DE JAMAICA

Yield: 4 quarts

Ingredients	Amounts
Water, filtered (Divided)	4 qt.
Hibiscus flowers, dried	2 cups
Sugar, granulated	$\frac{3}{4}$ cup

Method

1. In a large pot, bring two quarts of water to a boil. Add the hibiscus flowers. Boil for 15 minutes.
2. Remove the pot from the heat. Cool. Strain. Transfer to a pitcher.
3. Add the remaining water and the sugar. Stir to dissolve the sugar. Cool in the refrigerator.
4. Serve in glasses over ice.

Note: For a sugar free agua fresca, use $\frac{3}{4}$ cup of light agave nectar.

CHICKEN AND GREEN SALSA TAMALES

TAMALES VERDES DE POLLO

Yield: 12 tamales

Ingredients	Amounts
Chicken, breast, room temp.	3 ea.
Salt, kosher	1 ½ tsp.
Stock, chicken	as needed
Cornhusk, dried	12 ea.
Tomatillo, husked, washed	1 lb.
Onion, white, medium	1 ea.
Garlic, clove	1 ea.
Cilantro, fresh, bunch	½ ea.
Chile, jalapeño	2 ea.
Oil, corn	1 ½ fl. oz.
Salt, kosher	to taste
Lard	5 wt. oz.
Flour, masa harina	1 lb.
Stock, chicken	8 fl. oz.
Baking powder	1 tsp.

Method

1. In a wide, shallow pan, place the chicken breasts in a single layer. Add the salt and enough stock to cover the chicken by 2 inches. Slowly bring the liquid to a low simmer over medium heat. Do not allow it to boil, which can make the chicken tough. Cover the pan with a tight-fitting lid. Simmer until the internal temperature reaches 165°F, 10 to 20 minutes.
2. Remove the pan from the heat. Let the chicken rest in the poaching liquid for 5 minutes so it absorbs some of the moisture. Shred and reserve.
3. Pull apart the corn husks, discarding any torn or tiny ones. Rinse them under warm water to remove dust. In a large bowl, place the husks. Cover completely with very hot (but not boiling) water. Place a heavy bowl on top of the husks to keep them submerged. Soak until soft, silky, and flexible, about 30 minutes. Drain and pat dry. Reserve.
4. For the filling, chop the tomatillos, onion, garlic, cilantro and chiles coarsely. Transfer to a blender. Process until smooth.
5. Heat the oil in a large saucepan over medium high heat. Add the sauce. Fry until it changes color.
6. Add the shredded chicken. Stir to coat in the sauce. Season with salt to taste. Cool and reserve.

7. In the bowl of a stand mixer fitted with the whip attachment, place the lard. Whip until fluffy, about 5 minutes.
8. Stir in the masa harina flour and the chicken broth a little at a time. Add the baking powder. Season with salt to taste. Mix, adding just enough broth to achieve a smooth, fluffy masa. Check by dropping a pinch in a glass with water; if it floats, the masa is ready.
9. Spread the masa in each cornhusk. Portion the chicken mixture in the center of each husk. Fold the tamales by putting the cornhusk long sides together. Wrap them into a log and then fold in half crosswise.
10. Bring water to a boil in a steamer or tamalera. Arrange the tamales on top and cover. Cook until the tamal can be easily separated from the cornhusk, 1 to 1 ½ hours.
11. Serve hot on a warm platter.

SAUTÉED MEXICAN-STYLE MUSHROOM TACOS

TACOS DE HONGOS GUIADOS

Yield: 8 portions

Ingredients	Amounts
Oil, canola	1 fl. oz.
Onion, white, finely diced	½ cup
Chile, jalapeño, finely diced	2 ea.
Garlic, finely diced	2 tsp.
Mushroom, cremini, sliced	1 lb.
Epazote, leaves, fresh, chopped	1 ½ Tbsp.
Salt, kosher	to taste
Tortilla, corn, white	8 ea.

Method

1. Heat the oil in a sauté pan over medium heat. Add the onion and chiles. Sweat until the onions are translucent.
2. Add the garlic. Sauté until lightly browned, 1 minute.
3. Add the mushrooms. Turn down the heat to very low. Cover the mixture with a lid. Sweat for 8 minutes.
4. Heat a well-seasoned comal over medium heat. Add the tortillas. Heat until warm. Place in a tortilla warmer or kitchen towel and reserve.
5. Uncover the mushrooms. Add the epazote. Stir to combine. Season with salt to taste.
6. Serve immediately with the warm tortillas.

Note: Other mushrooms such as oyster, button, or king trumpet can be substituted for the cremini mushrooms.

SAUTÉED HUITLACOCHÉ

HUITLACOCHÉ GUISADO

Yield: 6 portions

Ingredients	Amounts
Tortillas, corn, white	12 ea.
Oil, canola	1 ½ fl. oz.
Onion, white, finely diced	½ ea.
Chile, serrano, finely diced	3 ea.
Garlic, finely diced	2 tsp.
Tomato, plum (Roma), med. diced	4 ea.
Huitlacoche, canned, roughly chopped	1 lb.
Epazote, leaf, fresh, chopped	10 ea.
Salt, kosher	to taste

Method

1. Heat a well-seasoned comal over medium heat. Add the tortillas. Heat until warm. Place in a tortilla warmer or kitchen towel and reserve.
2. Heat the oil in a large sauté pan over medium high heat. Add the onion and chiles. Sweat until the onions are soft.
3. Add the garlic. Sauté until lightly browned, about 1 minute.
4. Add the tomatoes. Cook until they change color.
5. Add the huitlacoche. Turn down the heat to a low simmer. Cook until the huitlacoche is cooked through, about 10 minutes.
6. Add the epazote. Season with salt to taste.
7. Serve with the warm tortillas.

MOLE TAMALES COOKED IN BANANA LEAVES

TAMALES DE MOLE EN HOJA DE PLÁTANO

Yield: 12 tamales

Ingredients	Amounts
Chicken, breast, room temp.	2 ea.
Salt, kosher	to taste
Stock, chicken	as needed
Banana, leaf, frozen	12 ea.
Masa, corn, white, fresh	1 lb.
Lard	¼ lb.
Mole Rojo (Recipe follows)	1 ½ cups

Method

1. Place the chicken breasts in a single layer in a wide, shallow pan. Add the salt and enough stock to cover the chicken by 2 inches. Slowly bring the liquid to a low simmer over medium heat. Do not allow it to boil, which can make the chicken tough. Cover the pan with a tight-fitting lid and cook gently until the internal temperature reaches 165°F, 10 to 20 minutes.
2. Remove the pan from the heat. Let the chicken rest in the poaching liquid for 3 to 5 minutes to absorb some of the moisture. Reserve the poaching liquid. Cut the chicken into 1-inch pieces. Reserve.
3. Place the banana leaves on a cutting board and cut away the hard rib. Handle the banana leaves carefully, as they break easily. Clean the banana leaves with a moist towel. Slice them crosswise into 10- inch to 12- inch rectangles. Reserve.
4. In the bowl of a stand mixer fitted with the paddle attachment, place the masa and the grease of the mole (to give color to the masa). Mix to combine.
5. Add the lard and mix for 10 minutes.
6. Add just enough of the reserved poaching liquid to make a soft dough. Knead for 10 minutes. Season with salt to taste.
7. Place the banana leaf textured side up. With a spatula, spread a spoonful of the masa from the center outwards the edges, covering the entire leaf with a paper-thin layer of masa.
8. Place 3 pieces of the reserved chicken in the center top part of the leaf. Cover with 2 tablespoonfuls of mole (the mole should be thick). Take the bottom edge part of the leaf and fold it to cover the chicken and mole. Take the top edge part off the leaf and fold downward to overlap the bottom leaf. Fold the left edge toward the center and fold the tip of the banana leaf inward to prevent the mole from spilling out. Repeat the same process with the right side. (See Chef demo.)
9. Bring salted water to a boil in a steamer or tamalera. The water should just reach the steamer rack. Place the tamales in a crisscross pattern, leaving space in between to allow steam to circulate. Cover the tamales with leftover banana leaves and a towel, cover with the lid on top. Cook the tamales at full boil for 1 hour. Serve hot on a large platter.

RED OAXACAN MOLE

MOLE ROJO

Yield: 8 portions

Ingredients	Amounts
Chile, ancho	½ lb.
Chile, mulato	4 ea.
Chile, guajillo	¼ lb.
Tomato, plum (Roma)	½ lb.
Onion, white, halved	½ ea.
Garlic, clove, unpeeled	3 ea.
Oil, canola	1 fl. oz.
Peanuts, raw, without skin	1 oz.
Pecans	1 oz.
Sesame seeds, brown	2 Tbsp.
Raisins	2 Tbsp.
Peppercorn, black, whole	6 ea.
Clove, whole	2 ea.
Cinnamon, Mexican, 2-in. piece	1 ea.
Oregano, Oaxacan, dried	½ tsp.
Oil, canola	2 ½ fl. oz.
Stock, chicken	2 cups
Salt, kosher	1 tsp.
Chocolate, Mexican	3 oz.

Method

1. Wipe the ancho, mulato, and guajillo chiles clean. Remove and discard the seeds and veins. Heat a well-seasoned comal over medium heat. Add the chiles. Gently toast until aromatic and colored, about 1 minute per side.
2. Transfer to a small bowl of hot water. Soak for 15 minutes. Drain, reserving 1 cup of the soaking liquid. Transfer the chiles to a blender Purée, adding a little soaking liquid to facilitate blending, until smooth. Pass the chile purée through a fine mesh strainer. Reserve.
3. In the same comal over medium heat, place the tomatoes and onion. Dry roast, turning often, until blistered and soft, about 15 minutes. Transfer to a small bowl and reserve.
4. In the same comal over medium heat, place the garlic. Dry roast until the papery skin begins to brown. Cool. Remove and discard the papery skin. Transfer to the bowl with the tomato and onion. Reserve.

5. Heat the oil in a sauté pan over medium heat. Add the peanuts, pecans, sesame seeds, and raisins. Sauté until aromatic, about 2 minutes. Be careful not to burn the sesame seeds and raisins.
6. Add the peppercorns, cloves, cinnamon, and oregano. Sauté, stirring often, until fragrant. Transfer to a small bowl and reserve.
7. In a blender, place the reserved dry roasted tomato, onion, and garlic. Add the sautéed nut and spice mixture. Purée, adding just enough of the reserved soaking water to facilitate blending, until smooth. Pass the mixture through a small mesh strainer. Reserve.
8. Heat the oil in a Dutch oven over medium heat. Turn down the heat to medium low. Add the reserved chile purée. Fry until most of the liquid is evaporated and the oil rises to the top of the sauce, about 5 minutes.
9. Add the puréed tomato mixture. Turn down the heat and simmer until the mole covers the back of a spoon (medium *nappé*) and you can see the bottom of the pan when scraped, about 15 minutes.
10. Add the chicken stock. Season with salt to taste. Bring it to a simmer. Reduce the mole until it coats the back of a spoon (light to medium *nappé*), about 10 minutes.
11. Remove the Dutch oven from the heat. Add the chocolate pieces, stirring continuously until they dissolve, 1 to 2 minutes.

Note: 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.

BAJA-STYLE FISH TACOS

TACOS DE PESCADO ESTILO BAJA CALIFORNIA

Yield: 8 portions

Ingredients	Amounts
Tortilla, corn, white	16 ea.
Flour, all-purpose	1 ¼ cups
Mustard, Dijon	1 Tbsp.
Oregano, ground	½ tsp.
Pepper, black, ground	½ tsp.
Salt, kosher	to taste
Beer	8 fl. oz.
Mahi-mahi, fillet, 3-in. x 1-in. sliced	4 lb.
Oil, canola	6 fl. oz.
Mayonnaise, chipotle	½ cup
Cabbage, green, halved, finely shredded	2 cups
Salsa Mexicana (Recipe follows)	20 fl. oz.
Lime, cut into wedges	3 ea.

Method

7. Heat a well-seasoned comal over medium heat. Working in batches, add the tortillas. Heat until warm. Place in a tortilla warmer or kitchen towel and reserve.
1. In a large bowl, place the flour and spices. Mix by hand until well incorporated.
2. Set the bowl on a kitchen towel for stability. Slowly whisk in the beer until a smooth, clumpless batter is achieved.
3. Preheat the oil in a skillet over medium heat.
4. Dip the fish in the beer batter, allow any excess to drip off, then fry until golden brown on all sides. Drain on a wire grate lined with paper towels.
5. To assemble, place one fish fillet in each tortilla. Top with a spoonful of the chipotle mayo and one spoonful of cabbage.
6. Serve the tacos immediately with the Salsa Mexicana and lime wedges.

Note: Dogfish can be substituted for the mahi-mahi. Mexican crema can be substituted for the chipotle mayonnaise. If you prefer a green salsa you can use salsa verde cruda or both for more options.

CHOPPED TOMATO AND SERRANO CHILE SALSA

SALSA MEXICANA

Yield: 24 fluid ounces

Ingredients	Amounts
Chile, serrano, with seeds, med. diced	6 ea.
Tomato, plum (Roma), med. diced	9 ea.
Onion, white, med. diced	1 ½ ea.
Cilantro, bunch, fresh	1 ½ ea.
Lime, juice, fresh	1 ½ fl. oz.
Oil, olive, extra virgin	¾ fl. oz.
Salt, kosher	to taste

Method

1. In a large bowl, place all the ingredients.
2. Mix to combine.

JALISCO-STYLE FRUIT AND VEGETABLE APPETIZER

PICO DE GALLO DE JALISCO

Yield: 8 portions

Ingredients	Amounts
Cucumber, peeled	2 ea.
Mango, green, large, peeled	2 ea.
Orange, navel, segmented	4 ea.
Jícama, large, peeled, sliced	1 ea.
Lime, juice, fresh	4 fl. oz
Dried chile salt (<i>Sal de chile</i>)	to taste

Method

1. Remove and discard the cucumber seeds. Slice them 2-inch long by ¼-inch by ¼-inch (*bâtonnet*).
1. Remove the seeds of the mangoes. Slice them 2-inch long by ¼-inch by ¼-inch (*bâtonnet*).
2. Slice the jícama 2-inch long by ¼-inch by ¼-inch (*bâtonnet*).
2. In a deep serving dish, place all the sliced vegetables.
3. Just before serving, add the lime juice. Season with the sal de chile to taste.

ROUND MASA SNACKS FROM PUEBLA

BOCOLES

Yield: 24 bocoles

Ingredients	Amounts
Chile, ancho	1 ea.
Cheese, queso añejo, crumbled	1 wt. oz.
Lard, cooked	1 Tbsp.
Lard, uncooked	5 wt. oz.
Masa, corn, white, fresh	1 lb.
Salt, kosher	to taste
Salsa Verde Cruda Con Aguacate	6 fl. oz.
(Recipe follows)	

Method

1. For the chile paste, wipe the chile clean. Remove and discard the seeds and veins. Gently toast the chile on a warm comal and soak in hot water for 15 minutes. Drain, reserving some of the soaking liquid.
2. Transfer the chile to a blender. Blend, adding water as needed to facilitate blending, until a thick purée is achieved.
3. In a large bowl, place the chile purée, cheese, and the cooked lard. Mix to form a thick chile paste. Reserve.
4. In a separate large bowl, place the masa and uncooked lard. Mix to combine. Season with salt to taste. With wet hands, form small, 1 ½ ounce masa balls.
5. Place 1 teaspoon of the chile paste inside each masa ball.
6. Place each ball of dough between two pieces of plastic, place on a tortilla maker, and gently press down to form a flat circle about ¼-inch thick.
7. Heat a comal over low heat. Working in batches, add the gorditas. Cook until browned and heated through, 2 to 3 minutes per side. Cover the bocoles with a kitchen napkin to keep them warm cooking the remainder.
8. Serve warm with the Salsa Verde Cruda Con Aguacate.

UNCOOKED TOMATILLO AND AVOCADO SALSA

SALSA VERDE CRUDA CON AGUACATE

Yield: 8 fluid ounces

Ingredients	Amounts
Chile, jalapeño	2 ea.
Tomatillo, husks removed, quartered	10 ea.
Garlic, clove, peeled	1 ea.
Onion, white, small	¼ ea.
Salt, kosher	to taste
Cilantro, bunch, sprigs, fresh	½ ea.
Avocado, small	1 ea.

Method

1. Remove and discard the stems from the chiles. Slice in half lengthwise.
2. Remove and discard the tomatillo husks. Quarter.
3. In a blender, place the chiles, tomatillos, garlic, and onion. Process until smooth.
4. Season with salt to taste.
5. Add the cilantro and avocado. Briefly blend until smooth.

Note: The salsa can be made up to six hours prior to serving. To prevent oxidation, cover the salsa with plastic wrap and press the plastic into the surface of the salsa.

ACAPULCO STYLE CEVICHE

CEVICHE ACAPULQUEÑO

Yield: 4 cups

Ingredients	Amounts
Red snapper, boneless, skinless	1 lb.
Lime, juice, fresh	8 fl. oz.
Tomato, juice	8 fl. oz.
Olive, oil, extra virgin	2 fl. oz.
Oregano, dried	1 tsp.
Salt, kosher	to taste
Onion, white, finely diced	½ cup
Tomato, plum (Roma), finely diced	2 ea.
Chile, serrano, finely diced	2 ea.
Olive, Manzanilla, green	15 ea.
Cilantro, fresh, chopped	2 Tbsp.
Sugar, granulated (Optional)	to taste
Avocado, diced	1 ea.
Tortilla, chips (<i>Totopos</i>)	as needed

Method

1. Remove any bones from the fish. Cut the fillets into $\frac{2}{3}$ -inch cubes. Transfer to a non-reactive bowl.
2. Add the lime juice. Mix well. Cover with plastic wrap. Refrigerate for at least for 3 hours.
3. In a small bowl, place the tomato juice, olive oil, and oregano. Mix to combine. Season with salt to taste. Reserve refrigerated.
4. Before serving, drain the fish. Add the reserved tomato juice mixture, onion, tomato, chiles, olives, and cilantro. Adjust the seasoning and flavor to taste.
5. Toss well. Add the avocado.
6. Serve with the totopos.

Note: Any type of saltwater fish can be used for this recipe. It must be very fresh.

Memo To: CIA Continuing Education Students
From: Office of the Registrar
Re: Privacy of Student Records

The *Family Educational Rights and Privacy Act* (FERPA) is the federal law that governs release of and access to student education records. These rights include:

1. **The right to inspect and review your education record within a reasonable time after the CIA receives a request for access.** If you want to review your record, contact the Registrar's Office to make appropriate arrangements.
2. **The right to request an amendment of your education record if you believe it is inaccurate or misleading.** If you feel there is an error in your record, you should submit a statement to the Registrar's Office, clearly identifying the part of the record you want changed and why you believe it is inaccurate or misleading. The Registrar will notify you of the decision and advise you regarding appropriate steps if you do not agree with the decision.
3. **The right to consent to disclosure of personally identifiable information contained in your education records, except to the extent that FERPA authorizes disclosure without consent.** One exception which permits disclosure without consent is disclosure to school officials with "legitimate educational interests." A school official has a legitimate educational interest if the official has a need to know information from your education record in order to fulfill his or her official responsibilities. Examples of people who may have access, depending on their official duties, and only within the context of those duties, include: CIA faculty and staff, agents of the institution, students employed by the institution or who serve on official institutional committees, and representatives of agencies under contract with the CIA.
4. **The right to file a complaint with the U.S. Department of Education concerning alleged failures by the CIA to comply with the requirements of FERPA.**

Release of student record information is generally not done at the CIA without the expressed, written consent of the student. There are, however, some exceptions. For example, directory information includes the following, and may be released without the student's consent: name, permanent address, campus box number, CIA email address, photographs, program of study, dates of attendance, and degrees or certificates awarded with dates. Please note that you have the right to withhold the release of directory information. To do so, you must complete a "Request for Non-Disclosure of Directory Information" form, which is available from the CIA Consulting Department at 845-905-4417. Please note two important details regarding placing a "No Release" on your record:

1. The CIA receives many inquiries for directory information from a variety of sources outside the institution, including friends, parents, relatives, prospective employers, the news media, and others. Having a "No Release" on your record will preclude release of such information, even to those people.
2. A "No Release" applies to all elements of directory information on your record. The CIA does not apply "No Release" differently to the various directory information data elements.

A copy of the *Act*, more details about your rights, and any CIA policies related to the *Act* are available at <http://www.ciachef.edu/consumer-information/#psr>.

Questions concerning FERPA should be referred to the Office of the Registrar, The Culinary Institute of America, 1946 Campus Drive, Hyde Park, NY, 12538.

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