



Mexican Hospitality

Ten Menus of Traditional
and *Modern* Flavors

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soy con IDOT

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soy con IDOT


INGENIERÍA EN SALUD MENTAL

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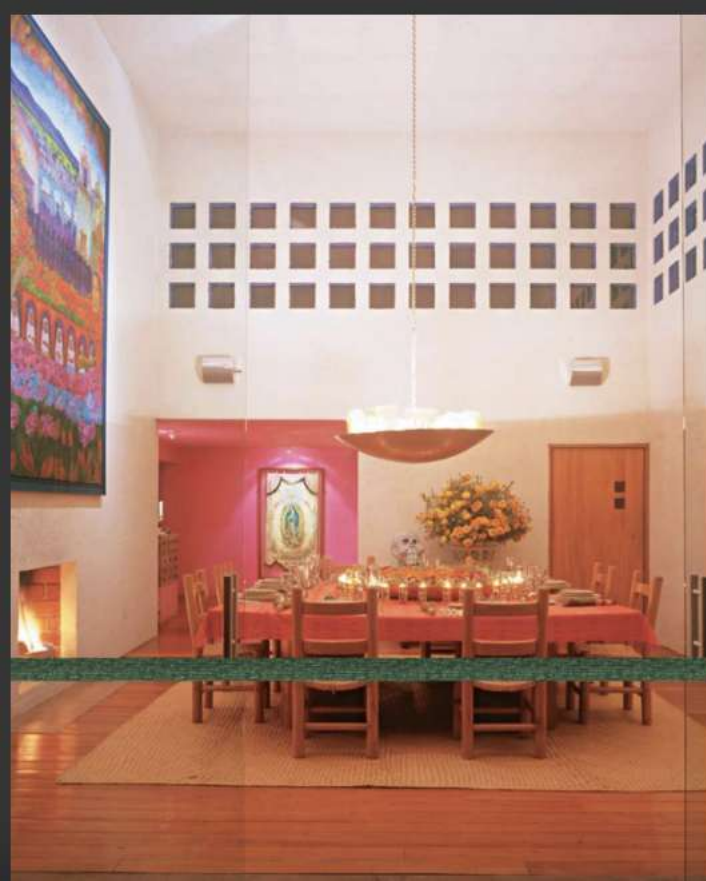
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Introduction



Through the menus of these ten festive tables, *Mexican Hospitality* aims to give you a glimpse of our ever-evolving cuisine. Forty-one different recipes offer a wide range of colors and textures with distinctive, daring flavors that embody our constant quest to please our guests. For us Mexicans, life revolves around the table, and this tradition handed down from generation to generation is an important part of what makes us unique.

After the 7 000 copies sold of this book in Spanish, we hope that the English edition will reach even more people around the world, bringing surprises to many homes and entertaining guests with a variety of authentic Mexican recipes.

By purchasing this book, you are also joining a project that makes an impact on the lives of vulnerable people in Mexico. The profits from the sales of this book will go to two institutions:

AMANEK A.C. (Mexican Association of Support for Children with Life-Threatening illnesses) which aims to help children and their families in the care, treatment and cure of various diseases, especially cancer, to increase life expectancy.

INGENIUM AHP provides education and support concerning mental health issues, especially to those who face illnesses such as depression, generalized anxiety disorder, bipolar disorder, schizophrenia and obsessive compulsive disorder and to their relatives facing these situations with very limited assistance, resulting from the social stigma attached to these diseases that is often due to lack of information.

We are pleased that the combination of spaces and ingredients of this book allow us to share your table while helping these institutions that need our support so profoundly.

Florencia Benavides de Laborin



A Day in the Country



Duck Salad with Hibiscus and Caramelized Onions

Pine Nut and Squash Flower Soup

Pork Roast with Bell Peppers and Dragon Fruit

Peach Hearts in Cajeta



DUCK SALAD WITH HIBISCUS AND CARAMELIZED ONIONS

Ingredients

One whole duck about 4 lbs. (1.4 kg) or three fattened duck breasts (magret)

Salt and pepper to taste

12 tablespoons (180 g) butter

5 medium red onions, thinly sliced

½ cup brown sugar

½ cup white wine vinegar

3 eggs

4 tablespoons mayonnaise

3 tablespoons Dijon

stone-ground mustard

2 tablespoons anchovy paste or anchovy fillets pounded to a paste

2 teaspoons garlic, minced

3 tablespoons Worcestershire sauce

3 tablespoons red wine vinegar

½ cup balsamic vinegar

Juice of three lemons

2 teaspoons paprika

Salt to taste

1½ cup olive oil

4 tablespoons hot water

½ cup grated parmesan cheese

Six small heads of lettuce

1 cup Jamaica (hibiscus) petals, fried to a crisp

Serves 12

Duck:

- Remove giblets from the duck; clean it thoroughly and season with salt, pepper both inside, and out. Rub with 4 tablespoons butter.
- Preheat oven to 300°F (150°C).
- Before cooking the duck, remove excess fat off the tail and the cavity. Place duck, breast side up, over a rack on a baking pan so that the fat drips off while baking. Prick the skin with a fork.
- Place duck in the oven and roast for one hour or until golden brown. This is very important since crisp skin is much tastier and looks much more appetizing. After removing it from the oven, allow it to rest a while before carving.
- If you prefer to use boneless breasts, score the boned, prepared breast by making a number of shallow, diamond-shaped cuts on the surface of the skin.
- Season with salt and pepper. The breasts can be fried in their own fat in a frying pan and cooking over medium heat, skin side down for 3 to 5 minutes, flattening them against the frying pan with a spatula. Turn over and cook for a further 3 to 5 minutes. Remove from flame, cover and let stand before slicing.

Caramelized onions:

- Melt the rest of the butter and cook the thinly sliced onions until transparent.
- Gradually stir in the brown sugar and then the white wine vinegar. Set aside.

Vinaigrette:

- Boil eggs for a few seconds. Separate the yolks and discard the whites.
- Combine egg yolks, mayonnaise, mustard, anchovy paste, minced garlic, Worcestershire sauce, red wine vinegar, balsamic vinegar, lemon juice, paprika and salt to taste.
- Add oil and water and beat vigorously. Finally add grated parmesan cheese.
- To serve: Place lettuce leaves on each plate. Drizzle 3 tablespoons of the vinaigrette over each serving. Arrange the sliced duck and the hot caramelized onions on top. Garnish with the crisply fried hibiscus petals.





PINE NUT AND SQUASH FLOWER SOUP



Ingredients

2 lbs. (1 scant kilo) squash flowers
(pumpkin or zucchini, for example)
Olive oil, as needed
3 tablespoons (45 g) butter
½ diced onion
¼ cup diced celery
12 oz. (350 g) pink pine nuts
8 oz. (225 g) cream cheese
8 cups (2 liters) beef stock
(see p.131)
¼ cup sherry
1 teaspoon curry powder
Salt and pepper to taste
1 cup (250 ml) cream
2 pasilla chile peppers, julienne

Serves 12

- Detach the stem from each flower, open delicately and remove pistils. Set aside 12 squash blossoms. Wash the rest of the blossoms and chop roughly. Deep fry the remaining 12 squash blossoms in olive oil for a few seconds and drain on paper towels.
- Melt 2 tablespoons butter in a preheated saucepan. Sauté minced onion until transparent and golden – not brown. Add minced celery and continue to cook until soft.
- Reserve 4 tablespoons of pine nuts. In a blender combine remaining pine nuts, cream cheese and 3 cups beef stock. Blend until smooth.
- Pour this mixture into the pot containing the minced onion and celery and stir. Strain through a sieve to obtain a smooth texture.
- Return pot to stove and add the rest of the beef stock, sherry and curry powder. Simmer for 20 minutes. Add the chopped squash blossoms.
- Season with salt and pepper to taste. Add cream and mix well.
- Melt 1 tablespoon butter and sauté the remaining pine nuts until golden.
- To serve: Serve hot and garnish each bowl with the pine nuts that were set aside, a fried squash blossoms and the strips of pasilla peppers.

PORK ROAST WITH BELL PEPPERS AND DRAGON FRUIT

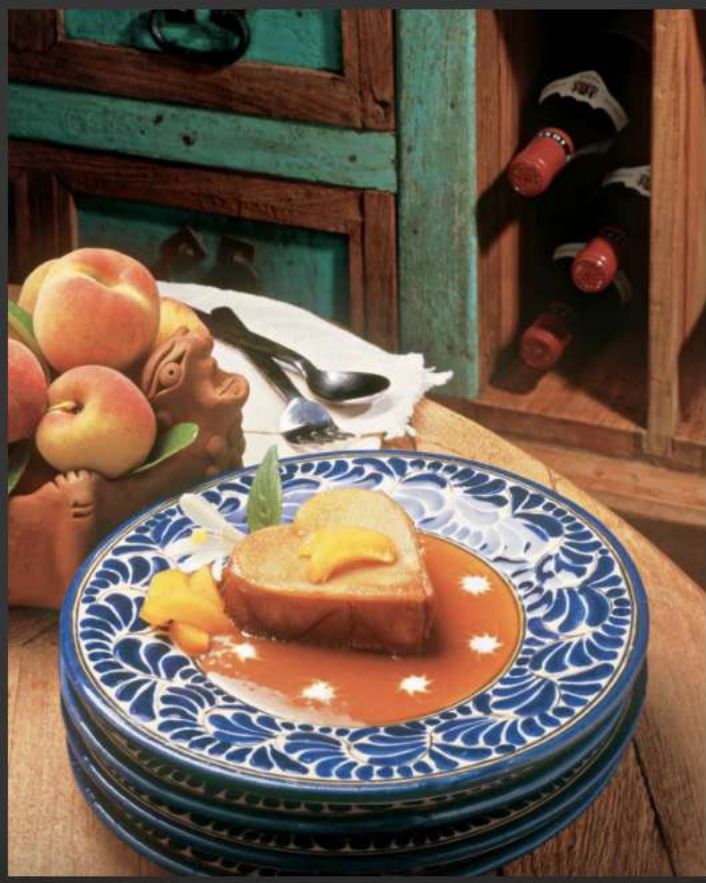
Ingredients

- 6 lbs. (2.5 kg)
pork loin or shoulder
- 10 medium garlic cloves
- 3 tablespoons Worcestershire sauce
- 1½ teaspoons oregano
- 3 tablespoons mustard
- ½ cup cider vinegar
- Coarse salt, to taste
- 2 teaspoon ground black pepper
- 2 cups white wine
- 1 cup beef stock, optional (see p. 131)
- 4 tablespoons olive oil
- 2 shallots, sliced
- 4 bell peppers, one of each color,
(green, yellow, orange and red),
deveined and julienned
- 6 pitayas (dragon fruit),
peeled and sliced

Serves 12

- Place unseasoned meat in a roasting pan and roast, uncovered at 400°F (200°C) for 45 minutes or until golden brown. Remove from oven and cool.
- In a mortar, pound garlic cloves, a teaspoon of oregano, Worcestershire sauce, mustard, vinegar, salt and pepper. Rub mixture over the meat, coating it evenly. If time permits, leave to marinate several hours or overnight. Return meat to room temperature then roast uncovered at 300°F (150°C) for approximately 2 hours or until meat is tender.
- When the meat has been cooking for an hour, add white wine, occasionally basting the pork with its own juices. If the liquid evaporates, you may add 1 cup or more of beef stock. Let cool and slice.
- Heat the olive oil, sauté the sliced shallots and then add the deveined strips of bell pepper, the rest of the oregano and salt. Sauté over low to medium heat for 15 minutes.
- Peel and slice the pitayas. Depending on the season, you may use prickly pears, figs or pomegranates.
- To serve: Reheat the meat for a few minutes in a low oven, garnish with slices of pitaya and julienned bell peppers, and drizzle with cooking juices.





PEACH HEARTS IN CAJETA

Serves 12

Ingredients

¼ cup (30 g) butter
2 lbs. (1 scant kilo) sliced, pitted peaches and a few extra slices for garnish (substitute cubed pineapple if peaches are not available)
1½ cup (400 g) peach or pineapple jam (see p. 131)
½ cup sweet white wine
3 tablespoons brown sugar
1 cup cajeta (surreal sauce)
½ cup toasted pecans, chopped
3 cinnamon sticks
36 slices whole bread
½ teaspoon vanilla
1 cup (250 ml) cream

Filling:

- Melt 4 tablespoons of butter over medium heat and cook sliced peaches or small pieces of pineapple. Add jam, white wine, sugar, ½ cup cajeta, chopped pecans and the cinnamon until the mixture softens. Remove cinnamon sticks.
- Cut the crusts off the bread. Cut out 24 slices to fit individual heart-shaped or star-shaped molds. Slice the remaining slices into small triangles.
- With a rolling pin, flatten out the bread slices.
- Melt butter and brush on each slice with a pastry brush.
- Arrange one slice of bread in a heart or star-shaped mold and use the triangles to line the edges.
- Top with fruit filling and cover with a layer of bread, making sure to seal the edges.
- Bake in a preheated oven at 350°F (180°C) for 20 minutes or until the bread is golden brown.

Cajeta cream sauce:

- Cook the rest of the cajeta over low heat, stirring constantly so it does not stick. Add vanilla and cream. Do not bring mixture to a boil to prevent curdling.
- To serve: Top the heart-shapes with the warm cajeta cream and garnish with fresh fruit.





Basics Recipes

FISH STOCK

Ingredients

3 quarts (3 liters) water
2 lbs. (1 kg) fish heads and bones, cleaned and split in half
1 cup celery, chopped
1 cup carrots, chopped
1 cup onion, chopped
1 cup leek, chopped
1 small bouquet garni (bunch of thyme, bay leaf and parsley)
3 tablespoons coarse salt
2 egg whites

- Wash fish heads and bones. Place in a pot full of water together with the chopped vegetables, the herbs and salt. Cook over medium heat for no more than 20 minutes so that stock does not become bitter.
- Throughout the cooking process, make sure to skim off the scum that rises to the surface.
- Strain out all solids and clarify stock by heating two egg whites and add them to the stock in a thin, steady stream. Simmer for 5 minutes. Strain stock once again to eliminate any impurities.

Stock yields approximately 10 cups. You can freeze it to use whenever needed.

CHICKEN STOCK

Ingredients

1 to 2 (750 g) assorted chicken bones, wings, backs and necks
2 cups (150 g) onion, chopped into medium-sized pieces
2 cups (150 g) celery, chopped into medium-sized pieces
2 cups (150 g) carrots, chopped into medium-sized pieces
2 cups (150 g) parsley, chopped into medium-sized pieces
1 whole clove
1 small bunch of mixed herbs (except garlic)
2 small garlic cloves, minced
6 peppercorns
3 quarts (3 liters) water

- Blanch bones and chicken parts. Chop onion, celery and carrots into medium-sized pieces and boil with chicken parts and the rest of the ingredients in 12 cups of water.
- Cook over high heat and when it comes to a boil, lower heat and simmer between 2 and 3 hours, constantly skimming the impurities from the surface.
- Strain and clarify stock. It yields approximately 6 cups.

MAYONNAISE

Ingredients

1 egg
1 tablespoon mustard
Juice of 2 lemons
Pinch of sugar
Coarse salt, to taste
1 cup corn or olive oil

- In a covered blender or food processor or in the jar of an immersion blender, beat the egg.
- Add mustard, lemon juice, sugar and salt and blend again.
- Finally with the blade or beater running, drizzle the oil into the mixture little by little, in a steady stream.

BEEF STOCK

Ingredients

4 lbs. (2 kg) beef soup bones, with meat
2 pounds carrots
1 large onion
1 small leek
2 cups (500 ml) water
2 whole celery including leaves
4 tablespoons parsley stems
2 peppercorns, crushed
2 tablespoons fresh thyme, minced
2 tablespoons marjoram, minced
2 tablespoons fresh bay leaf, minced
2 tablespoons chives, minced
Coarse salt, to taste
4 quarts (4 liters) water

- Place meat, carrots, onion and leek in a large baking pan. Roast at 400°F (200°C) for 45 minutes or until the meat and vegetables are golden brown. Remove the roasted ingredients and place in a large stockpot.
- Add 2 cups water to replace the roasting pan in which you cooked the meat. Heat it over the stove until it boils in order to collect the drippings.
- Pour drippings into the pot containing the meat and vegetables. Add celery, parsley stems, crushed peppercorns, minced herbs, minced chives and salt.
- Add 4 quarts cold water and boil over high heat. With a skimmer, remove scum from the surface of the broth while it boils for 10 minutes.
- Lower heat and simmer for 4 hours. If necessary, add more water to keep the bones covered. Strain stock once it has reduced to 2 quarts and clarify.

FRUIT JAM

Ingredients

Flat water, as needed
2 cups (450 g) sugar
2 lbs. (1 kg) fruit (peaches, pineapple, plums, pears, etc.)

- Place sugar and hot water in a thick-bottomed pot and cook at low heat.
- Stir mixture until sugar is dissolved.
- Boil one minute to obtain a light syrup. Add fruit and make sure it is totally submerged in the sugar liquid.
- Scald fruit until it softens, from 10 to 15 minutes.
- Remove fruit with a skimmer. Boil syrup a little longer to reduce moisture. Strain and pour over fruit compote.
- Combine fruit and syrup in the food processor and blend until smooth or chunky as desired.

Cooking Hints

Hill Peppers (peeling). An easy way to remove skin from hill peppers and chili peppers is to roast or grill them until the skin is charred. Once charred on all sides, place peppers in a plastic bag, seal and leave to cool. The skin will come off easily with the help of a sharp knife.

Bleaching. Bleaching is plunging fruit, vegetable or other foods into boiling water for a brief period of time, then draining and placing in ice water or under cold running water (called shocking) to halt the cooking and preserve color. Meat and bones are also blanched to remove bitterness and impurities before making stock.

Browning. In order to bring out the flavor of certain foods such as vegetables, meats, food or fish, they are sometimes browned over low heat. The color comes from caramelization of the surface of the food that enhances its flavor.

Clarified butter. Melt butter in a small pan over low heat for a few minutes and skim the layer of residue on the surface. Let stand for a few minutes to allow sediment to settle, and transfer the clear liquid to a glass jar, leaving the sediment behind. This procedure prevents butter from burning when frying foods.

Clarify. To remove impurities from broth or stock, beat 2 egg whites and stir into the strained liquid. Simmer for 5 minutes or until the impurities set in the egg whites. Strain broth once again, discarding whites.

Coriath Game Hen. For individual servings, Coriath hens are preferable to the larger Guinea hen.

Cream. When available, Mexican ranch-style cream (*crema mexicana*) is always preferable for its rich consistency.

Cutting. There are several techniques for cutting and slicing vegetable and fruits, such as julienne (thin strips), dice (into small cubes), or brunoise, for which the food item is first julienne'd, then turned 90° and diced again, producing very tiny cubes.

Devoining. Whenever a recipe calls for chili peppers or hill peppers, remove seeds and veins.

Duck. To remove excess fat, blanch the whole, raw duck in boiling water for a few minutes. Hang or place on a rack over a pan for 1 hour to drain grease.

Fatte margarine. This margarine, consisting of clarified and refined vegetable oils and fat, contains more fat than commercial margarine. Mainly used for puff pastry, it is sold in specialized stores or in bakeries.

Marinate. Marinating foods means steeping them in an aromatic liquid mixture. Marinades enhance the flavor, texture and juiciness of the meat.

Olivo oil. There are many types of olive oil, of varying quality. We recommend using extra virgin olive oil.

Pepper. Whether white, green, red, pink or black, it retains its flavor best if the peppercorns are freshly ground.

Preheating. It is always advisable to preheat your oven approximately 20 or 30 minutes prior to use.

Skimming. When boiling sauce, stock or broth, always remove the impurities, foam or fat layer on the surface with a skimmer or skotted spoon.

Stock or broth. To flavor soups or delicate sauces, we recommend using chicken, turkey, vegetable or fish stock. (See basic recipes.)

Strutting. Cooking foods quickly on high heat, stirring it all the while, strutting literally means "making them jump".

Searing. To ensure that beef, chicken or fish remains juicy, the food is first seared, or cooked very quickly on the outside, leaving the inside raw or semi-cooked.

Unflavored gelatin. It is important to dissolve powdered gelatin or gelatin sheets in cold liquid prior to using. Let stand 5 minutes and heat on double boiler. Do not boil or it will become sticky.

White wine. Use a dry, delicate wine for salty foods and sweet wine for desserts.

Glossary

Amaranth. (Amaranth) has been cultivated as a grain for 8,000 years. It was a staple food of the Aztecs, and an integral part of their religious communion. Its importance was such that after the conquest, the Spaniards banned the cultivation of amaranth. Amaranth is also used to make a honey-based candy called *alegría* ("happiness"). Amaranth, which is gluten-free, is extremely nutritious, reported to have a 30% higher protein value than rice, wheat flour, oats and rye.

Anise or anisette. (Anato or anisato) it is used for coloring and as a condiment in paste form, especially in the Maraca region. This paste is made from ground aniseed seeds, water or vinegar, and sometimes other herbs and spices. It is used in mole sauces, marinades, stews and rice as well as in meat and seafood dishes.

Bathouas. A type of fritter, made from yeast dough with a hint of anise. It is deep-fried, then served with powdered sugar, cinnamon and sugar topping or with *pudding*. Bathouas are usually associated with the Christmas and New Year's celebrations.

Cactus. Small cactus buds found in desert regions. Their delicate flavor makes them the ideal complement for salads. They are also sold commercially in some parts of the country.

Carjita. Thick, sweet caramel sauce with a jelly-like consistency, made from guava fruit, milk that has been cooked until the sugar caramelizes. Sold commercially in Mexico, it is delicious served over ice cream or in crepes.

Canote molede. Mexican white-fleshed purple-skinned sweet potato.

Chapulines. (Crashoppers) Considered a delicacy by many Mexicans, chapulines are available in varying sizes, but only in certain parts of Mexico, especially in the state and city of Oaxaca. Used as food for over 3000 years, the taste is unique, but not especially strong. They may be eaten individually as a *bocanoso* (snack) or as a filling for *sacos* and other dishes.

Chayote. (Chayote, maricao, or vegetable pear) A smooth-skinned green vegetable belonging to the gourd family. In the most common variety, the fruit is roughly pear-shaped, somewhat flattened, with coarse wrinkles.

It has a thin green skin, white flesh, and a single large flat pit. The flesh has a fairly bland taste, and a texture described as a cross between a potato and a cucumber.

Chesse

Queso fresco. A springy white cheese that can be crumbled over *sotoleros*, beans, *enchiladas* and *tasos*. It is usually made with a combination of cow's milk and goat's milk. A very mild feta is an acceptable substitute for the grainy and mildly acidic *queso fresco*.

Chihuahua cheese. Also called *queso menonita*, after the Menomitic communities of northern Mexico that originally produced it, this cheese is now also made by commercial companies. Unlike most Mexican cheeses, it is pale yellow rather than white, and can vary in taste from mild to a nearly cheddar-like sharpness. Chihuahua cheese is widely available outside of Mexico, but you can substitute a mild cheddar or a flavorful jack cheese in many recipes.

Chile pipian molede. Chile powder.

Chocolate de mesa. ("Grinding stone chocolate") Hard discs of untempered chocolate used for desserts, Mexican hot chocolate, etc.

Epazote. Epazote, pronounced or Mexican tea is a perennial herb widely used in authentic Mexican cooking. Common in the pre-Hispanic cooking of the Aztecs and Mayas, it is used in many dishes, such as quesadillas, beans, squash blossoms, etc. It has a strong and pungent flavor with a light hint of mint.

Guayaba. (Guava) The guava fruit is a pear-shaped fruit with many small hard seeds and a strong, characteristic aroma. Although the whole fruit is edible, from seeds to rind, many people choose to cut out the middle of the guava, which contains the hard seeds that are difficult to separate from the surrounding pulp.

Herbas de olor. A small bunch of herbs tied together or wrapped in a small cheesecloth bag to flavor soups, stews and sauces. *Escapote pueri* can be substituted in many recipes.

Huauzontle. An edible green from the *huauzontle* plant, it is a member of the goosefoot family. Only the tender flowers are used. Its taste somewhat resembles spinach, while its texture is similar to that of broccoli. It is often dipped in egg batter and deep-fried.

Maguey duck breast. The boneless breast of the Mescal duck is meatier and plumper than the breast you'll find on an ordinary roasting duck. The duck is oven-seared several times daily in the three weeks before processing, then the meat is aged seven days on the bonese to provide a rich, meaty finish.

Mamey. (Mamey, mameos apple) A tropical fruit shaped like a large, pointed peach, the mamey is covered with a rough brown rind without texture. The fruit is eaten raw or used in ice cream, drinks, preserves and other dessert concoctions used in desserts. It can also be baked or cooked, with sugar, cream and/or wine to enhance flavor.

Mescal. (From the Nahuatl word "liquor") is a Mexican distilled spirit made from different species of agave (maguey) plants, each producing a different flavor of mescal. The term *mescal* generally refers to all agave-based distilled liquors that are not *tequila*, made principally from the blue agave

plant in Tequila and throughout the state of Jalisco. Mescal production and consumption are popularly associated with the state of Oaxaca.

Mangos. Of the many varieties of mangos, the two mentioned in this book are *mangos de manila*, or Francine mangos and *Atrañil*, which has the same name in English.

Nepales. A vegetable made from the young stem segments of prickly pear. They are carefully peeled to remove the spines, then cooked and cut into strips or chunks. They are usually served as a salad with diced onion, carrots, tomatoes and *serrano* chiles. Generally sold fresh, in jars or canned, they have a light, slightly tart flavor and a crisp, viscous texture.

Pan de azúcar. This bread is traditionally baked and sold on November 2, the "Day of the Dead," also known as All Souls' Day, when the Mexican people honor their dearly departed with altars bearing a photograph of the deceased and their favorite foods, including *pan de azúcar*. The bread is often shaped into skulls or round loaves with strips of dough rolled out and attached to resemble bones.

Pilemollis. Literally a "little prison", pilemollis is unrefined brown loaf sugar, processed into a cone shape. It can also be melted into a syrup.

Panilla Chile Pepper. Mexico has a huge variety of dried chiles, including two popular varieties of panilla. The Oaxaca-green panilla is small, dark red and hot, while the regular panilla is long, almost black and rather mild. In the recipe for grasshopper and mushrooms *tamale*s, we recommend using the Oaxaca variety.

Pitayo or pitahaya. Dragon fruit. This fruit, a cactus belonging to the prickly pear family, is very refreshing when eaten ice cold. To serve, cut in half and eat with a spoon, or peel, cut into large pieces, and sprinkle with sugar.

Tomate verde. (Tomatillo or hawk tomatillo) This small green to yellow fruit grows in a hunk. It has been cultivated in Mexico since pre-Hispanic times and is one of the key ingredients in Mexican cuisine, preferably used during its firm, green stage, to make raw and cooked salsas or as a base in stews. *Milbravitas*, widely used in Oaxaca's cuisine, are small *tomatillos* that grow wild among the *cardinals*.

Squash Blossoms. When in season, they are a delightful addition to your table, whether as filling for *quesadillas* and *crepes*, as a basis for soup or in many other dishes. After washing, remove stems and pistil. They are usually fried with minced onion, *epazote*, minced tomatoes and a little green chile.

Tortillas (Blue and Red). The color of the tortilla dough depends on the type of corn used to prepare them. Sometimes, certain spices like *chiles* added to the plain tortilla dough are also responsible for their red color.

Tostadas. A crusty, crispily toasted tortilla used "open faced" that can be sprinkled with cheese, filled with beans, chicken, chopped onion, etc.

Tzuc. The prickly pear is not the fish but the fruit growing on top of the tree-choyote, thereby skin of the cactus during the rainy season. Peel carefully with a knife and fork as they have small thorns. Keep in the refrigerator and eat plain or with a little lemon and sugar.

Zapote prieto or negro. (Black zapote or sapodilla) This tomatito-like fruit has a scabrous skin and an edible black pulp. It is usually cut in half, the pulp removed with a spoon and passed through a sieve to eliminate seeds and fibers. Add orange juice or cherry and a little sugar.



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Excerpt of earthworm poetry, Tlalaxiama, Michoacán

A Taste of the Sea:

Excerpt of earthworm poetry, Villa de Guzmán, state of Mexico

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Tularem de Santa Fe, Puebla, Puebla

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Recife poetry by José Renato Caripichano, Recife, Brasil

Lunches on the Terrace:

Tularem by the Casa Regina, Puebla, Puebla

The Day of the Dead (All Souls' Day):

Mexican poetry by Gerdy González Quintana, Guanajuato, Guanajuato

Christmas Celebrations:

Foto of a1, porcelain, hand-painted between 1820-1880, Paris, France

Handicrafts Based on the Day of the Dead Offering:

Alfajores (Sugar paste) by Mercedes, Rosa Guerrero, Toluca, state of Mexico

Tihs: Juan Carlos Viquez Hernández, Yucatán, state of Yucatán, Chiapas

Handcrafted tissue paper cap-come Profra Ortega Lozano, México, D. F.

Sab: Dulcine Amé in Lun by Dana Rosa Regina Galindo, Terecumbato, Guerrero

Mexican Hospitality

In Menu of Traditional
and -Native Flavors



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