



Mexican Hospitality II
The Pleasure of Sharing the Table

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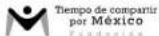
The Pleasure of Sharing the Table

*For my adored children and grandchildren,
with the desire that they continue the tradition
of gathering around the table
with family and friends. Hoping that
you are always generous with those most in need.
Thank you to Maria for all your support!*

Florencia Benavides de Laborin

Mexican Hospitality II

The Pleasure of Sharing the Table



Tiempo de compartir
por México

F O R M A T O

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Tiempo de compartir
por México
F O R M A T O



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Por amor a los libros



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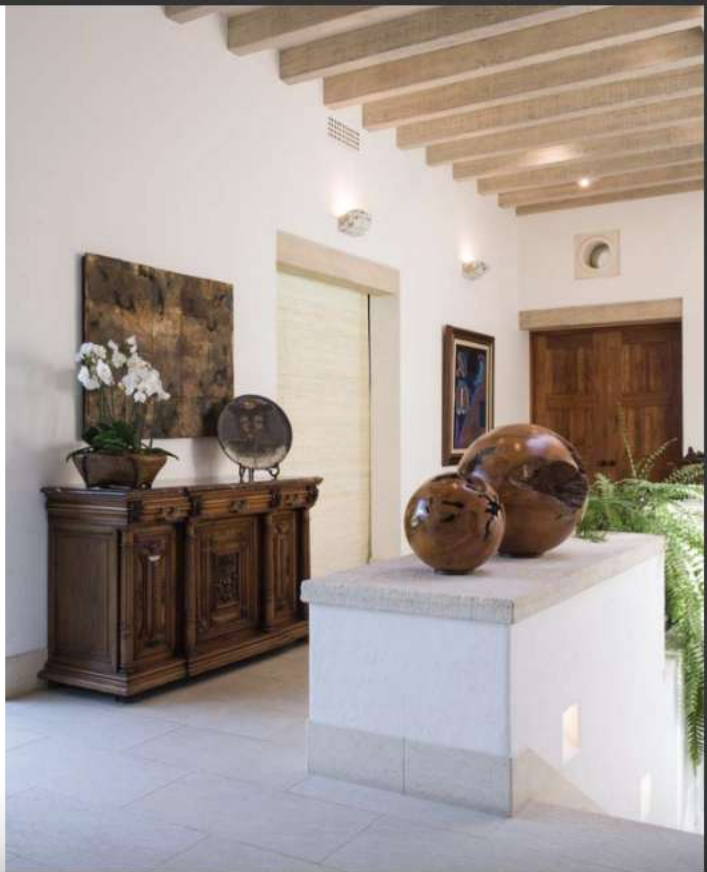
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Foreword

Mexico is distinguished by being an exceptionally hospitable country and also for having one of the most recognized culinary cultures worldwide. The influence of Mesoamerican, European, Asian, and African gastronomical traditions have resulted in a mix of aromas, textures, and flavors that delight even the most discerning palates.

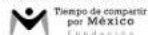
Through the pages of this book you will find haute cuisine presented in unique dining rooms as, thanks to the support of good friends, we were able to peek into their homes and enjoy the warmth that they shared with us.

That is why this is a very special book, preceded by *Mexican Hospitality: Ten Menus of Traditional and Modern Flavors*, which has had great success as demonstrated by its three reprints already totaling more than 10,500 copies. The book includes a collection of ten innovative and carefully chosen menus accompanied by pairings of the best wines, with which you can entertain and amaze your guests. Both volumes also have an English translation, in order to bring the wealth of our gastronomy to people from other countries as well.

By joining us in this project, you will generate an impact for people in vulnerable conditions in Mexico, since the full proceeds of the book sales will go to charities and not-for-profit organizations that support individuals suffering from cancer or mental health disorders.

We are pleased that you are allowing us, through this combination of spaces and ingredients, to be part of your table, while at the same time aiding these institutions that dearly need our support.

Florencia Benavides de Laborin





Celebration on the Hacienda



**Quail with Pumpkin Seed Sauce, Agave Nectar,
and Beet Puree**

White Wine, Chardonnay-Chenin Blanc
Casa Madero 2V (Mexico)

Curried Cream of Hominy Soup with Snail

White Wine, Cabernet Sauvignon Rivero González (Mexico)

Sherry Braised Short Ribs with Guajillo Chile Muffins

Red Wine, Viñas De Garza Amado Iv (Mexico)

White Chocolate Candle with Berry Ravioli

Red Wine, Nebbiola Passito Villa Monseñori (Mexico)





Quail with Pumpkin Seed Sauce, Agave Nectar, and Beet Puree

Serves 12

12 quails
 3 oz. (75 g) **toasted pumpkin seeds**
 1 clove **garlic, chopped**
 4 tablespoons (60 g) **butter**
 3 tablespoons **olive oil**
Salt and pepper to taste

4 tablespoons **olive oil**
Butter to taste
 4 tablespoons **chopped shallot**
 1 clove **garlic, chopped**
 1 1/2 cups **chopped shallots**
 6 oz. (150 g) **toasted pumpkin seeds**
 1 teaspoon **ground cinnamon**
 3 tablespoons **chopped parsley**
 5 **radish leaves**
 3 tablespoons **agave nectar**
 1/2 cup **rum or brandy**
 1 1/2 cups **beef broth***
 1/2 cup **cream**

5 **beets**
 1/2 cup **water**
 4 tablespoons (60 g) **butter**
 2 tablespoons **cornstarch**

12 **quail eggs**
 2 oz. (60 g) **toasted and chopped pumpkin seeds**

Quail. Clean the quails inside and out. Wash, drain, and set aside. Grind together the pumpkin seeds, garlic, butter, olive oil, salt and pepper to taste. Spread the pumpkin seed mixture over each quail, inside and out. Marinate refrigerated for 2 hours in a steel or glass pan. When ready to serve, cook quail on an oiled griddle over medium heat until golden brown. Quail may be cut into pieces if you desire.*

Pumpkin seed sauce and agave nectar. Heat the oil and butter in a pan. Sauté the shallot and garlic until translucent. Add the chopped tomatoes and fry for 10 minutes. Add half (3 oz.) of the toasted pumpkin seeds and cook over medium heat for 5 more minutes. Reduce heat and add the cinnamon, parsley, radish leaves, and agave nectar. Flambé with rum or brandy if desired, to provide a more intense flavor. Add the beef broth and season with salt. Bring mixture to a boil and then lower to a simmer for 15 minutes or until the sauce shines. Remove the pan from the heat. Let the sauce come to room temperature and add the cream. Blend the sauce with the other half of the seeds in a blender.

Beet puree. Preheat oven to 300°F (150°C). Wash beets. Season with salt and pepper to taste and wrap each beet in aluminum foil. Bake for 45 minutes or until tender and let cool slightly. Then peel the beets and cut into pieces. Blend beets in a food processor or blender along with water to create a smooth puree. In a pan, melt butter and gradually mix in cornstarch until the mixture acquires a light golden color. Add the mashed beets and cook over low heat for 15 minutes, stirring constantly. Keep warm.

To serve. On each plate, mound one or two small heaps of mashed beets in a quenelle* shape. Pour a thin layer of the pumpkin seed sauce on the plate. Place the quail on top. Just before serving, add a fried quail egg and sprinkle with the toasted pumpkin seeds.

* See glossary.

Curried Cream of Hominy Soup with Snail

Serves 12

1 pasilla chile*
1 tablespoon butter
2 tablespoons olive oil
½ onion, chopped
1 clove garlic, chopped
5 cups hominy kernels
¾ cup brandy
11 cups (2 ½ liters) chicken broth*
1 teaspoon curry powder
½ teaspoon chopped basil
¼ cup cream
2 tablespoons truffle oil
Salt and pepper to taste

2 tablespoons (45 g) butter at room temperature

2 cloves garlic, chopped and sautéed
3 tablespoons balsamic vinegar
4 tablespoons chopped parsley
12 snail shells
1 can snails

Cream to taste

Cream of hominy soup. Roast the pasilla chile in a pan or over an open flame. Remove the skin and seeds, and soak in hot water for 3 minutes, then dice. Heat the butter and olive oil in a pan, and sauté the onion and garlic until golden. Add the corn kernels and fry for 5 minutes. Flambé with brandy, if desired. Add the chicken broth, chopped chile, curry, and basil. Simmer for 15 minutes. Cool slightly and puree in blender. Pour the mixture through a sieve to remove lumps. Return the soup to the pan and simmer for 30 minutes. Add the cream and stir with a spoon until well blended. Season with salt and pepper to taste and simmer for 5 minutes without boiling, then remove from heat to prevent the soup from separating. Season the soup with 2 tablespoons of truffle oil. Keep warm.

Snails. Preheat oven to 320°F (160°C) in a deep bowl, combine butter, garlic, balsamic vinegar, parsley, and salt to taste. Spoon a small portion of the butter mixture inside each shell. Add a snail to each shell and fill with the remaining butter mixture. Before serving bake for 10 minutes.

To serve. Garnish each bowl of soup with hominy kernels and serve with a snail on the side. If desired you can add cream to the soup to taste.

* See glossary





Sherry Braised Short Ribs with Guajillo Chile Muffins

Serves 12

12 beef short ribs cut into three parts each
 3 tablespoons cornstarch
 6 tablespoons olive oil
 6 tablespoons butter
 1 onion, chopped
 2 carrots, chopped
 2 celery stalks, chopped
 4 cloves garlic
 ¼ cup tomato paste
 1 cup canned tomatoes in liquid
 2 tablespoons flour
 1 tablespoon Herbes de Provence*
 2 cups sherry
 2 cups beef broth*
 ½ cup water
 Salt and pepper to taste

3 tablespoons olive oil
 ½ onion, chopped
 6 guajillo chiles*, de seeded and chopped
 5 eggs
 1 ½ cups cream
 2 cups rolled oats
 3 tablespoons chopped parsley
 ½ teaspoon ground cayenne pepper
 1 cup grated emmental cheese
 ½ stick melted butter
 Salt and flour to taste

3 tablespoons olive oil
 24 spring onions
 36 baby carrots
 ½ cup beef broth*
 2 tablespoons sugar

Short ribs. Preheat oven to 270°F (130°C). Sprinkle pieces of short rib with salt, pepper, and cornstarch. In a ovenproof pot with a lid, heat 1 tablespoon oil and 1 tablespoon butter per 6 pieces of meat. Sear the short ribs in batches, starting with the fat side down, and then on all sides. Set short ribs aside. In the same pot with the remaining fat add the onion, carrot, celery and garlic, cooking until the onion caramelizes. Add in the tomato paste, canned tomatoes, flour, and Herbes de Provence, cooking over medium heat for 4 to 5 minutes more. Pour in the sherry and beef broth, scraping the bottom of the pot to loosen any burned pieces. Return the short ribs to the pot with the sauce and add enough water to cover. Once boiling move the covered pot to the preheated oven. Lower the temperature to 200°F (100°C) and bake for 9 or 10 hours or until the meat is very tender. During the cooking process turn the short ribs every hour. Once they are finished, strain the sauce to remove the vegetables. If necessary, boil sauce until it thickens, adjust seasoning to taste, and return the sauce to the pot with the meat. Keep warm.

Guajillo chile muffins. Preheat oven to 350°F (180°C). Sauté onion in olive oil until caramelized. Add the chopped chiles and sauté lightly to prevent them from getting bitter. Set aside chile and onion mixture. In a bowl, beat the eggs, then add the cream, oats, parsley, cayenne pepper, and salt to taste. Grind fried onions and chiles in a food processor and add the oat mixture followed by the cheese and mix by hand. Distribute the dough into chile shaped molds or into greased and floured muffin tins. Bake for 15 minutes or until an inserted toothpick comes out clean.

Caramelized vegetables. Heat oil in a pan and slightly sauté spring onions and baby carrots for 3 minutes. Add the beef broth with sugar, let the liquid reduce and thicken until vegetables are tender.

To serve. On each plate arrange two short ribs topped with sauce and a guajillo chile muffin. Garnish with caramelized baby carrots and spring onions.

* See glossary

White Chocolate Candle with Berry Ravioli

Serves 12

21 oz. (600 g) white chocolate couverture*

$\frac{1}{4}$ cup whipping cream

15 oz. (420 g) white chocolate

$\frac{1}{4}$ cup sugar

$\frac{1}{4}$ cup water

4 egg yolks

$\frac{1}{2}$ teaspoon vanilla extract

$\frac{1}{8}$ teaspoon (2.5 g) sodium alginate*

2 cups distilled water

7 oz. (200 g) mashed berries (raspberry,
blackberry, strawberry)

2 tablespoons sugar

1 $\frac{1}{8}$ teaspoon (6 g) calcium
gluconolactate*

3 tablespoons simple syrup

2 cups raspberry or strawberry juice

Dark chocolate syrup to taste

Acetate sheets

Type:

1 silicon mat

12 candle wicks

Chocolate Candles. To make candle molds, cut 12 strips from acetate that are 10 centimeters high and 15 centimeters long. Form tubes with strips securing with tape. Set aside.

Over a double boiler, slowly melt 14 oz. (400 g) of white chocolate couverture and check with a thermometer that it does not exceed 112°F (45°C). Remove chocolate from heat. Add the remaining 7 oz. (200 g) of chocolate to lower the temperature and put in an ice bath until it reaches 80°F (27°C). Return chocolate to the double boiler immediately and raise the temperature to 82°F (28°C). Remove from heat. Using a brush, cover the inside of each tube with chocolate. Place tubes on a silicone mat and add chocolate to form the base that will close the tube. Refrigerate for a few minutes until chocolate solidifies. Remove molds and set aside.

White chocolate mousse. Over a double boiler mix the whipping cream and white chocolate. Let cool slightly. In a small pot, heat sugar and water until it reaches 245°F (118°C) to create a syrup. Beat the egg yolks with vanilla and add the warm syrup in a thin stream, continuing to beat until mixture thickens. Remove from mixer and fold in the white chocolate cream until well mixed. Fill candies with chocolate mousse, and drizzle some mousse on the outside of them to create an appearance of melted wax. Finally, add a wick on top of each candle. Store in refrigerator until ready to serve, at least 2 hours.

Berry ravioli. In a stainless steel or glass bowl, dissolve sodium alginate in distilled water with a mixer until there are no lumps. Refrigerate mixture 2 hours in the same container. In another bowl, blend the berry puree with sugar, calcium gluconolactate, and syrup, using a mixer.

Remove the liquid sodium alginate from the refrigerator. With a measuring spoon, take a spoonful of the berry puree and gently drop it into the container containing the sodium alginate. With the same spoon immediately bathe the puree slightly with the liquid sodium alginate forming a solid membrane on the outside of ravioli, the interior of which will remain liquid. Repeat until you have 36 spheres or ravioli. Wash the ravioli for a few seconds in a bowl of fresh water. Remove them from water with a spoon, and keep them submerged in a bowl of raspberry or strawberry juice until time to serve.

To serve. Chill dessert plates. Decorate each plate with dark chocolate syrup, and add 2 or 3 ravioli, and a lit candle before bringing plates to the table.

* See glossary







Glossary

A

Air

Air refers to the presentation of a liquid as bubbles which can be achieved naturally in some foods, or with the addition of other substances such as soy lecithin, milk, butter, egg whites, or gelatin. To make air, the liquid must well strained without any solid, since the solids will prevent air bubbles from forming and lasting. Another presentation is frozen air, which is achieved in the same way as the first but is then stored in the freezer so that the bubbles freeze, producing a light texture which melts in the mouth.

B

Beef Broth

- 2 liters beef stock
- 4 ½ pounds (2 kilos) beef bones with meat
- 2 carrots, chopped
- 1 onion
- 1 leek
- 5 quarts (4 ½ liters) water
- 3 celery stalks with leaves
- 4 tablespoons chopped parsley stems
- 2 tablespoons fresh thyme
- 2 teaspoons marjoram
- 2 teaspoons fresh bay leaves
- 2 teaspoons chives
- 2 egg whites

Salt and pepper to taste

Preheat oven 350°F (200°C). Place the meat, carrot, onion, and leek on a large rimmed baking sheet. Bake for 45 minutes or until meat and vegetables are browned. Remove the ingredients and place in a large pot. Add 2 cups water to the pan where the meat was baked and deglaze the pan, over medium heat to collect all the juices. Pour juices into the pot with meat and vegetables, add celery, chopped parsley, aromatic herbs, pepper, and a pinch of salt. Then add the remaining water and cook over high heat until reaching a boil. Reduce heat and let it simmer gently for 3 hours, taking care that the bones are always covered with water, adding more water if necessary. With a

spoon, constantly skim off the impurities that form on the surface of the broth. When the broth has been reduced, adjust seasoning. Pour through a fine sieve removing the vegetables and cooking bones. Clarify the broth with egg whites (see clarifying broth).

Blanching

This is a form of quick cooking that allows you to preserve the properties and nutritional value of a food. Blanching also enhances the appearance of some foods, since it helps brighten colors and improve textures. To blanch, you need to submerge the food in boiling water and then pass the food immediately to ice water to stop the cooking. With vegetables, this prevents them from oxidizing and browning, enhancing the color and giving them a pleasant consistency. You can also blanch some meats or bones in order to remove impurities, excess fat, or bitter flavors. With seafoods that require very little cooking time blanching can be used to achieve a smooth texture and shiny appearance.

Bouquet Garni

Bouquet garni is a bundle of herbs, very common in French cuisine. The main ingredients include bay leaves, parsley, and thyme, but herbs may vary depending on the dish. It is usually used to prepare recipes with meat and poultry, as well as for sauces, soups, and broths. To use, place the herbs in cheesecloth tied with kitchen string or in a steel infuser and introduce when cooking.

For each recipe you can adapt the type of herbs used and the amount thereof. Below are two suggestions that can be used to prepare the soups on page 42.

Bouquet Garni for Tomato Soup

- 4 fresh bay leaves
- 1 bunch fresh parsley
- 1 tablespoon fresh thyme

Bouquet Garni for Tomatillo Soup

- 6 fresh basil leaves
- 1 small bunch fresh cilantro
- 2 tablespoons fresh chives

Brisée Dough

Brisée dough can be used for quiches, tarts, or pies. To achieve the crumbly texture that characterizes this dough, it is necessary to avoid kneading it. Brisée dough is less brittle than shortbread dough, but similar in consistency and preparation.

1 pound (½ kilo) *flour*
¼ teaspoon *salt*
10 ½ oz. (300 g) *unsalted butter*
¾ cup *milk*
2 *eggs*

Sift flour and mix in a bowl with butter and salt without kneading, only integrating the ingredients, as dough should be crumbly. Once you have a sand-like texture, add the eggs and milk. Mix with quick movements to avoid kneading, but allowing all ingredients to integrate. Once a homogeneous mixture forms, wrap in plastic wrap and refrigerate at least 2 hours before filling and baking.

C

Calcium Gluconolactate

Gluconolactate is used together with sodium alginate (see sodium alginate), which react with one another to form a membrane around liquids in a process called spherification. If the substance that you wish to spherify has a high calcium content, such as milk, the spheres can be made by dissolving gluconolactate in the liquid and introducing a solution containing sodium alginate. The result is the same and is called reverse spherification.

Chicken Broth (2 liters)

2 pounds (1 kilo) *chicken pieces, bones and giblets*
¼ *onion, chopped*
1 *carrot, chopped*
2 *tomatoes, chopped*
1 *celery stalk*
2 *cloves garlic, chopped*
1 *clove*
3 *liters water*
1 *egg*

Salt and pepper to taste

Blanch the chicken giblets and bones. Add along with the remaining ingredients to 3 liters of water. Cook over high heat bringing to a boil. Lower heat and simmer for 3 hours.

As broth cooks, skim off the impurities that form on the surface. Clarify the broth with egg whites (see clarifying broth).

Chile de árbol

This is a dry chile type that is widely used in Mexican cuisine. It has a very spicy flavor and rich aroma. It is used raw or cooked. It can be used in various dishes and in snacks, mixed with peanuts. Its shape is thin and elongated.

Chinicules or Red Maguety Worms

The chinicules are red larva of a butterfly that grows on the stalks and leaves of the maguety plant. It is a common ingredient of Mesoamerican cuisine. They are obtained during the rainy season and only 2 or 3 insects can be removed from each plant, in order not to damage the roots, making them very scarce and therefore very expensive. They have a high protein content and low caloric index. Chinicules are usually cooked live on a griddle, and can be eaten in tacos, sauces, and in a variety of dishes. There is a red variety, which is not known as chiniculi but as white maguety worm. These insects, along with escamoles have a great gastronomic prestige in Mexico and internationally.

Chipotle chile

Its name comes from Nahuatl, meaning smoked chile. This variety of chile is left to mature until it shrinks, and is then dried with smoke in ovens at a very low temperature. Once dehydrated, it takes on its characteristic red color. Typically *cuasemeño* chiles are used in this process, after which they are called chipotle chiles.

Clarifying Broth

For a clean and pure broth it is necessary to filter out all the fat and impurities. To do this, you need 1 egg white per liter of broth. Beat egg whites slightly with a whisk, add to boiling broth in a thin stream and stir well. Reduce heat and keep at a low temperature for 10 minutes. Let cool and remove egg whites and impurities, then pour broth through a piece of cheesecloth to filter it completely and obtain a pure broth and a light texture.

Clarified Butter

Unsalted butter to taste

1 piece *cheesecloth*

Place butter in a heavy saucenpan and warm it over low heat until melted. Let stand for 5 minutes allowing milk

proteins to sink to the bottom. Skim off any foam that has formed on the surface with a spoon. Pour butter in a bowl, taking care that the milk proteins remain in the pan. Strain through a piece of cheesecloth to obtain a pure golden liquid. Clarified butter can be kept refrigerated for a month.

Comapeño chile

This is a variety of chile originally from the town of Comapa, in the mountains of Veracruz. It is a small chile, red in color and very spicy in flavor. It can be used for salsa macha or for making stews such as *stilonle mole*, typical of the region of Huasteco.

Couverture Chocolate

This type of chocolate contains a high percentage of cocoa butter (at least 32%), so it has a special flavor and beautiful sheen. It is harder to work than confectioner's chocolate. It can be replaced with unsweetened chocolate or semi-sweet chocolate. It is suggested for use in a number of recipes for having a higher percentage of cocoa.

Custard

2 cups *milk*
2 cups *whipping cream*
12 ½ oz. (360 grams) *sugar*
1 *vanilla bean pod*
8 *egg yolks*

In a saucenpan, add milk, cream, half of the sugar, and seeds from the vanilla bean. Cook over medium heat and stir constantly with a wooden spoon to prevent the mixture from sticking. When liquid reaches a boil remove from heat and let stand for 10 minutes. Beat the egg yolks with the remaining sugar in a bowl until frothy. Little by little, pour the milk mixture over the yolks, stirring constantly to integrate. Return mixture to heat and stir with a wooden spoon until it reaches 185°F (85°C), or for about 5 minutes when it reaches the desired consistency (see Nappé consistency). Pour the custard through a china cap strainer and immediately transfer to an ice bath.

D

Deglaze

Deglazing is a cooking technique used to recover any remaining juices from the pan where meat, poultry, fish

and even vegetables were seared or roasted. To deglaze, add a liquid (generally, water or a liquor) into the container where meat was cooked, to recover caramelized fat and juices that are stuck to the bottom of the pan. This process is done without removing the pan or pot from the heat. The liquid is added and the bottom of the pan is scraped with a spoon. Once deglazed, this liquid can be left to thicken and reduce to create a sauce.

E

Emulsify

To emulsify is to mix two ingredients to form a homogeneous substance. This will usually require beating or blending until both ingredients are seamlessly integrated. In the case of air or mayonnaises, emulsifying refers to the integration of other elements such as soy lecithin or egg to achieve the desired consistency.

Escamoles

Escamoles are the larvae or eggs of ants, and are a very common food in the cuisine of indigenous cultures in Mexico. The name comes from the Nahuatl words, *azatl* meaning ant and *moll* which means stew. The taste of escamoles is known for being very delicate. Harvesting of escamoles is seasonal, which increases their cost since they are also difficult to find. They can be prepared with butter and epazote, in salsas, with tortillas, with eggs, and as a main ingredient in many other dishes.

F

Fish Stock (2 ½ liter)

2 pounds (1 kilo) *fish heads and bones*
3 *liters water*
3 *stalks celery, chopped*
3 *carrots, chopped*
1 ½ *onions, chopped*
1 cup *chopped leek*
1 *bunch thyme, bay leaves, and parsley*
2 *egg whites*

Salt to taste

Cut fish heads in half and wash along with the bones. Place in a pot with cold water, add vegetables, aromatic

herbs, and salt to taste. Cook over high heat. With a spoon, constantly skim of any impurities that form on the surface. When liquid reaches a boil add 1 cup of cold water. When liquid returns to a boil, simmer for only 20 minutes to prevent stock from getting bitter. Strain fish stock and clarify with egg whites (see clarifying broth).

G

Guajillo chile

This dried chile variety is obtained by dehydrating a mixtote chile. This is one of the most common chiles in Mexican cuisine, forming the base for numerous sauces and dishes. It is medium spiciness, although some strains can be spicier. Guajillo chiles are typically 8 to 10 centimeters long.

H

Herbes de Provence

Also known as Provencal herbs, these are a mixture of spices from the Mediterranean, especially the French region to which they owe their name. This mixture includes: thyme, basil, rosemary, lavender, savory, oregano, marjoram, bay leaf, fennel, and sage, among others. The flavor is mostly dominated by the first five herbs. Herbes de Provence are used in the preparation of meat, fish, pasta, sauces and other similar dishes.

Hoja Santa (piper auritum)

Also known as acuyo or tilanpa, according to its region of origin, this is a plant with heart shaped leaves that are commonly used in Mexican cooking. Hoja santa is used in the preparation of fish, meat, sauces, and tamales and has a flavor similar to anise, giving dishes a particular flavor. The leaves are bright green, and have a large size compared to other spices, as they can measure up to 25 centimeters across.

I

Ice Bath

While a double boiler uses boiling water to warm or melt an ingredient or dish, an ice bath uses a container of ice

water to cool food, stop the cooking process, or keep foods cold. To make an ice bath, merely place one container inside a larger one that contains water with ice. If necessary, replace water and ice periodically to maintain the desired temperature.

J

Julienne

To julienne is to cut food into long thin strips that typically measure between 3 and 5 centimeters long. Julienne also gives its name to a soup made with vegetables chopped in this way.

M

Mostachón

Mostachón is a flattened cake typical of Sevilla, Spain consisting of a paste-like dough that is traditionally cooked in a woodfired oven. It is usually made with almond paste, sugar, and cinnamon, but sometimes may other spices may be added.

N

Nappé Consistency

This term refers to the texture of a sauce when it is dense enough to evenly coat whatever food it is poured over. Reaching this point is usually accomplished by leaving a sauce or mixture to reduce until the liquid evaporates, bringing out the flavor of the ingredients. The term comes from the French word meaning 'to coat'.

P

Pasilla chile.

This dried chile, also named negro chile, is a variety obtained by dehydrating a chilaca chile. Its name means "little raisin", it is a medium size chile, black in color and mild spicy flavor. It is green when fresh and can measure 20 centimeters long. The pasilla chile is the base for numerous sauces and Mexican dishes.

Poach Tomatoes

To poach tomatoes, begin by making a cross-shaped cut in the base of the tomatoes, only on the surface. Then, drop tomatoes into boiling water for 30 seconds or 1 minute. Transfer tomatoes immediately to a bowl with ice and water to stop the cooking process, and after 1 minute remove from ice water and peel off the skin. Depending on the recipe you are following you can cut the tomatoes in half and remove the seeds. With this technique tomatoes stay firm and raw but without their skin.

Poblano chile

A kind of chile, with a mild to medium spicy flavor. It is green when fresh, but may become reddish or brown when dry. When dried, it is also known as ancho chile (red) or mulatto chile (brown). Poblano chiles are large and can measure from 8 to 15 centimeters long.

Poultry Cut into Pieces

When cooking poultry such as quail, corish game hens, or other small birds they can be cut into pieces or prepared whole. To cut into pieces you need to start with the legs and thighs. Make a diagonal cut above the thigh and remove the skin and fat. Then cut the interior part of the thigh and the cartilage where the thigh and leg meet to remove the bone. Wrap the leg with the thigh meat and cut the cartilage under the leg to create an aesthetic piece. Then remove the skin from the breasts and cut them diagonally down the middle. With the help of your fingers, gently peel the meat from the bone.

Q

Quenelle

In French cuisine, quenelle refers to an oval shape similar to a croquette. You shape foods into a quenelle form with two tablespoons, molding the food into the desired shape. The use of the term has been extended to refer to the presentation of purees, ice creams, and other similar dishes.

R

Roasted Vegetables

Roasted vegetables acquire a smoky flavor that stands out in dishes. To accomplish this, place peeled and seeded

vegetables on baking trays, then coat them with olive oil and sprinkle with salt. Roast vegetables in an oven preheated to 250°F (120°C) for one hour. Roasting at a low temperature for more time will enhance the flavor of the vegetables.

Romeritos

A type of green from romerito leaves, which can be found in cornfields. It is usually used in Mexican cooking to prepare a dish of the same name, which is prepared with mole, usually poblano. This dish typically includes ingredients such as shrimp powder, nopales, shrimp, and potatoes. It can be accompanied with dried shrimp cakes. Romeritos are traditionally served at Christmas or Lent, mainly in the central region of Mexico.

S

Serrano chile

Fresh variety of chile with a small cylindrical shape, that has a very pungent taste. It is green and is used fresh as an ingredient for sauces or stews. It can also be pickled.

Siphon

This instrument, consisting of a metal cylinder in which a liquid is poured to introduce air bubbles, is used in modern cooking. It uses compressed nitrogen capsules, that introduce air into a solution. It was invented by the Catalan chef Ferran Adrià, and can be used to create foams or carbonated drinks.

Sodium Alginate

This algae compound is used in cooking to create liquid spheres. When dropped into a solution rich in calcium, such as calcium gluconolactate (see calcium gluconolactate), a membrane forms around the liquid, allowing the interior to be liquid and break open in the diner's mouth, releasing its flavor. Sodium alginate can be used to make ravioli or caviar of various flavors and sizes. The technique is known as spherification and was spread by the well-known Catalan chef Ferran Adrià.

Soy Lecithin

Soy lecithin is a substance that is obtained from egg yolk, soybean oil, or sunflower oil. This ingredient is

often used in molecular cuisine to make air, as it allows solutions to hold bubbles easily. The ideal temperature for preparing air with soy lecithin is 70°F to 100°F (20°C to 40°C), where only between 0.3% and 1% soy lecithin powder should be added to liquid ingredients, which must be perfectly strained to ensure bubbles form. After adding soy lecithin, use a blender to create foam until the desired consistency is achieved, then let stand for 1 minute to acquire stability and serve immediately (see air). This substance is also used as a dietary supplement that helps lower lipid levels in the blood.

V

Vegetable Broth (1 liter)

Olive oil to taste
2 cloves garlic, chopped
½ onion, chopped
1 leek
2 celery stalks, chopped
2 zucchini, chopped
2 liters water
1 spring onion
2 springs parsley
1 bay leaf

Salt and pepper to taste

Heat oil in a saucepan over medium heat. Sauté garlic and then add onions, leeks, celery, and carrots. Add the salt and pepper and cook for 5 minutes until vegetables are soft. Add the water and turn the heat up to high. Add the mint, parsley, and bay leaf. Once at a boil, lower heat, cover the pot, and simmer for 45 minutes. Remove the foam that forms on the surface during cooking. Adjust seasoning and remove from heat. Strain through a piece of cheesecloth.

Cooking Equivalents

Cups

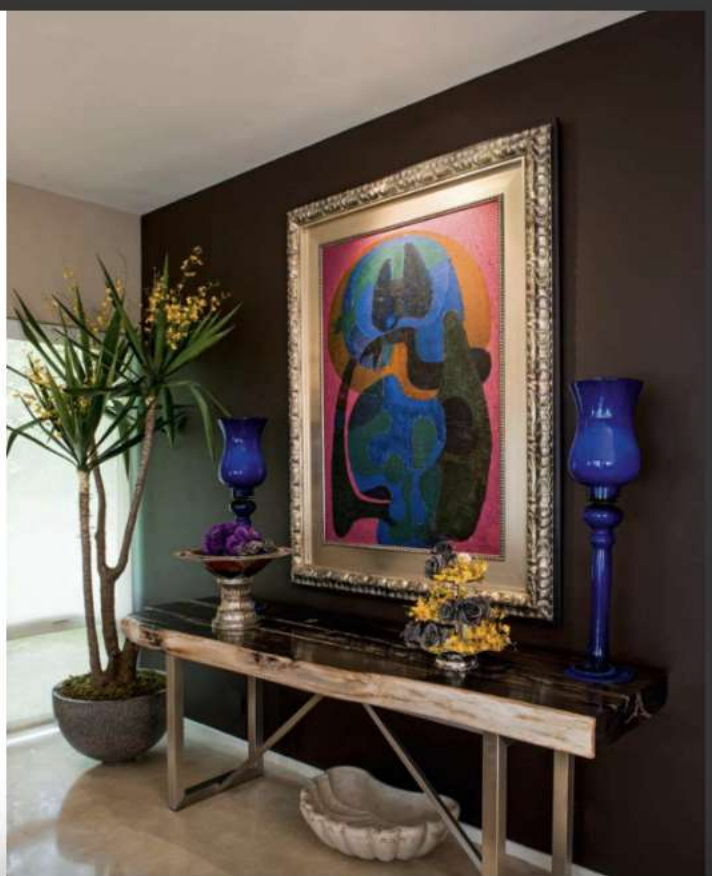
½ cup = 80 milliliters
⅓ cup = 120 milliliters
⅔ cup = 180 milliliters
1 cup = 240 milliliters
1 cup flour = 150 grams
1 cup sugar = 225 grams
1 cup milk = 175 grams or 180 milliliters
1 cup water = 240 grams or 240 milliliters

Teaspoons and Tablespoons

½ teaspoon = 2 milliliters
1 teaspoon = 5 milliliters
2 teaspoons = 10 milliliters
⅓ tablespoon = 7.5 milliliters
1 tablespoon = 15 ml
2 tablespoons = 30 milliliters or ⅓ cup
4 tablespoons = 60 milliliters or ½ cup
5 tablespoons = ⅖ cup

Temperatures

100 °C = 210 °F
120 °C = 250 °F
135 °C = 275 °F
150 °C = 300 °F
180 °C = 355 °F
200 °C = 390 °F
220 °C = 430 °F
250 °C = 480 °F





Floral Arrangements



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- p. 14 Hydrangea, Hydrangea, blue
- p. 15 Lisianthus, Eustoma Gypsophyllum, white
- p. 24 Butterfly Orchid, Phalaenopsis, purple
- p. 26 Dancing Lady Orchid, Oncidium, yellow
- p. 27 Scorpion Orchid, Arachnis, yellow
- Sunflower, Helianthus Annuus, yellow
- p. 38 Star of Bethlehem, Ornithogalum Lindifolium, white
- Rose, Rose, red
- p. 50 Arum-lily, Zantedeschia Aethiopica, white
- p. 60 Hydrangea, Hydrangea, pink
- p. 72 Trachelium White Flower, Trachelium, white
- Sweet William, Dianthus Barbatus, pink
- p. 84 Dahlia, Dahlia, Fuchsia
- Wild Cabbage, Brassica Oleracea, white
- p. 94 Hydrangea, Hydrangea, violet
- p. 96 Cymbidium Orchid, Cymbidium, yellow
- p. 108 Freesia, Freesia x Hybrida, white
- p. 100 Calla Lily, Zantedeschia, copper red
- p. 120 Poinsettia, Euphorbia Pulcherrima, salmon



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All recipes are from Florencia Benavides de Laborin except:

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Rogelio Andrade Torres, pages 111, 112, 115 and 116

Floral Arrangements

All floral arrangements were done by Guadalupe Martínez de Marín except:

Cristina Treviño de Valenzuela, pages 12-23 and 59-69

Tableware

Celebration at the Hacienda. Ken Edwards Stoneware. High temperature ceramics, Tonalá, Jalisco.

Tradition and Color. Néicaso Pajarito González. Molded cinnamon clay, decorated and burnished. Tonalá, Jalisco

Snack on the Terrace. Gorky González. Traditional majolica handmade clay. Guanajuato, Guanajuato.

By the Lake. Emilia Castillo. Silver coated ceramic. Taxisco, Guerrero.

With Family. Aguilera family. Majolica handmade-glazed clay. Guanajuato, Guanajuato.

Gala Dinner. Talca Art. Gold charger plate / Linsipet. Porelain.

Coexisting with Art. Adán Pardeles. High temperature ceramics, design for Roca Moo restaurant in Barcelona, Spain. / Red dish. High temperature ceramics, design for Romero Candela restaurant in Mexico City, Mexico.

The Pleasure of Hospitality. Manuel Morales Gómez. Handpainted clay. Tonalá/Jalisco, Michoacán.

Celebrating Christmas. Wilmarly & Bach. Porelain.

Cheese Table. Jose Nathali Ayungua Ramirez. Clay ground with metate and pestle, eye, natural rustic finish. Artesanía Tata Tati. Putamban, Michoacán.

Chocolate Table. Alfonso Castillo Orta. Molded clay and polychrome with natural dyes. Bócar de Matamoros, Puebla.



Mexican Hospitality II

The Pleasure of Sharing the Table

Proceeds from this fundraising event will help support the activities of the Center for the Study of Mexican Culture and Society at the University of California, San Diego. The primary purpose of this event is to raise funds for the Center's research and educational programs.

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