

10/4/22- Flor de Calabaza (Squash flower)

INGREDIENTES:

- Tortillas de maíz (Corn Tortillas)
 - Maseca/Harina (Flour)
- Flores de calabaza (pumpkin or squash flower)
- Aceite vegetal (Vegetable oil)
- Queso Oaxaca o cualquier otro queso (Oaxacan Cheese)
- Cebolla blanca (White Onion)
- Ajo (Garlic)
- Chile serrano pequeño (opcional) (Serrano Pepper, Optional)
- Sal y chile al gusto (Salt and Spiciness to your taste)

INGREDIENTS:

- 5 vasos de piña (5 cups fresh pineapple, about 1 large pineapple)
 - 5 vasos de agua (5 cups of water)
 - 1 - 2 cucharadas de limón (Tablespoons fresh lime juice - - add more if desired)
 - Sweetener (choose ONE, adjust according to taste)
 - ¼ cup sugar (azúcar), ¼ cup agave (agave), ¼ cup honey (miel), liquid stevia drops
- fresh herbs - - (optional) mint, basil, rosemary, thyme, slices of lime or pineapple for garnish

Como hacer (How to):

- Saute onion and garlic with until onion is transparent
- Add flor de calabaza (can also add mushrooms and serrano pepper)

Tortillas de Maíz (Corn tortillas)

- Add Maseca (2 cups of maseca = 1 ½ cups of water)
- Add Water

Agua de Piña (Pineapple Agua Fresca)

- Cut pineapples into chunks.
- Chunks in a blender with a cup of water. Blend until smooth (for 1 min)
- Strain the mixture into a bowl/large cup then transfer the pineapple water to a large pitcher. Add some pulp.
- Add the remaining water and sugar. Mix well.

10/11/22- Vanilla Cupcakes (Magdalenas de Vainilla)

Ingredients: For 12 people

- 1 ¼ cups all-purpose flour
- 1 ¼ tsp baking powder
- ½ tsp salt
- ½ cup unsalted butter, softened

- 3/4 cup sugar
- 2 large eggs, room temperature
- 2 tsp pure vanilla extract
- 1/2 cup buttermilk, or plain kefir, room temperature

Instructions:

- In a medium bowl, whisk together 1 1/4 cups flour, 1 1/4 tsp baking powder, and 1/2 tsp salt. Set flour mix aside.
- In the bowl of an electric mixer, beat butter and sugar on medium-high speed for 5 minutes until thick and fluffy, scraping down the bowl as needed.
- Add eggs one at a time, beating well with each addition then scrape down the bowl. Add 2 tsp vanilla and beat to combine.
- Reduce mixer speed to medium and add the flour mixture in thirds alternating with the buttermilk, mixing to incorporate with each addition. Scrape down the bowl as needed and beat until just combined and smooth. Divide the batter evenly into a 12-count lined muffin or cupcake pan, filling 2/3 full.
- Bake for 20-23 minutes at 350 °F, or until a toothpick inserted in the center comes out clean. Let them cool in the pan for 5 minutes, then transfer to a wire rack and cool to room temperature before frosting.

10/18/22- Flautas de Papa

Agenda 10.18

Ingredientes:

- Tortillas de maíz
- Aceite de avocado
- Sal y Pimienta
- Papas
- Queso Fresco
- Crema Mexicana (or Sour Cream)
- Lettuce
- Salsa (opcional)

Como Hacer (How to):

- Cocinar las papas por 45-1hr (hasta que las papas estén bien suaves)
- Después que la papa esté suave, mezclar la papa y echar sal y pimienta a tu gusto

Hacer la papa a un lado y seguir con lo siguiente:

Los siguientes pasos es después de que la papa esté cocida:

- Calentar tortillas en el microonda con una toalla o en el comal hasta que la tortilla esté suave (que no se quiebre)
- Rodar la tortilla con la papa adentro (como una cuchara)
- Echar Aceite en un sartén (Que esté caliente antes de echar flauta)
- Después, llevar a dorar la flauta por 1 minuto en cada lado (freír a tu gusto, si te gusta dorada entonces por unos 2-3 minutos cada lado)
- Sacar la flauta y poner a reposar en servilleta y luego

Para servir: Poner flautas, encima puede agregar lechuga, crema, y queso fresco y salsa(opcional)

10/25/22- Crepes

Agenda 10.25-

Ingredientes:

2 cups of milk

1 & ½ cups of flour

4 eggs

Vanilla Extract

Toppings; Nutella, Fresas, Bananas

How to:

- 1) Mezclar todos los ingredientes (2 vasos de de leche, 1 y ½ de harina, 4 huevos y la vainilla)
- 2) Usar un nonstick pan, y echar un poco de mantequilla para que el crepe no se pegue
- 3) Después echar un poco de la mezcla en el nonstick hasta que esté plano en el sartén
- 4) Voltear la crepa de los dos lados por unos 2 minutos cada lado, ya que hizo eso esta lista!

Toppings:

Le puede echar cualquier mermelada y cualquier fruta y un poco de azúcar de polvo.

Yo use: Nutella, Fresas, Bananas

11/8/22- Vegan Sugar Cookies

Ingredientes:

- ½ cups All Purpose flour
- ¾ tsp baking soda
- ½ tsp baking powder
- ½ tsp salt
- ½ up sugar
- 6 tbsp vegan butter (melted)
- 1 ½ tbsp milk of choice
- 1 tsp pure vanilla extract

How to (Como hacer):

1. Combine together all dry ingredients in one bowl including butte
2. Then combine all wet ingredients into a separate bowl
3. Combine both (use spatula or you might need to use your hands)
4. Form into small dough balls
5. Line two baking sheets with parchment paper. Cut into desired shapes using a cookie cutter and place them on the prepared baking sheets.
6. Bake for 8-10 minutes, in the middle rack of the oven, until very lightly colored on top and around the edges. They will appear underdone, but they will firm up considerably as they cool. Let them cool for 5 minutes, and then transfer to a wire rack to let cool completely before icing.

11/29/22- Sopes

Ingredientes:

- Maseca
- Agua Activia
- 1 can of refried beans or freshly made beans
- Queso (We used queso cacique)
- Crema (We used crema mexicana)
- Lechuga
- Salsa
- Potatoes (or any protein of your choice)
- **Tortilla Press**

How to (Como hacer):

1. 2 cups of Maseca and $\frac{3}{4}$ cups of water. Combine Maseca flour with water, add small amount of salt and oil
2. Knead 10-12 times, adding a little flour or water if needed to achieve a smooth dough
3. Divide dough into medium sized balls
4. Place dough in tortilla presser
5. Cocinar las tortillas en un comal
6. When ready begin to pinch around the tortilla (when tortilla is hot, it is easier but it can be somewhat hot)
7. After, you're done creating your sope. You will fry it for 1 minute on each side
8. Último, para servir: agregue frijoles, crema, queso, onion, tomato, etc. Any toppings of your choice and any protein of your choice.