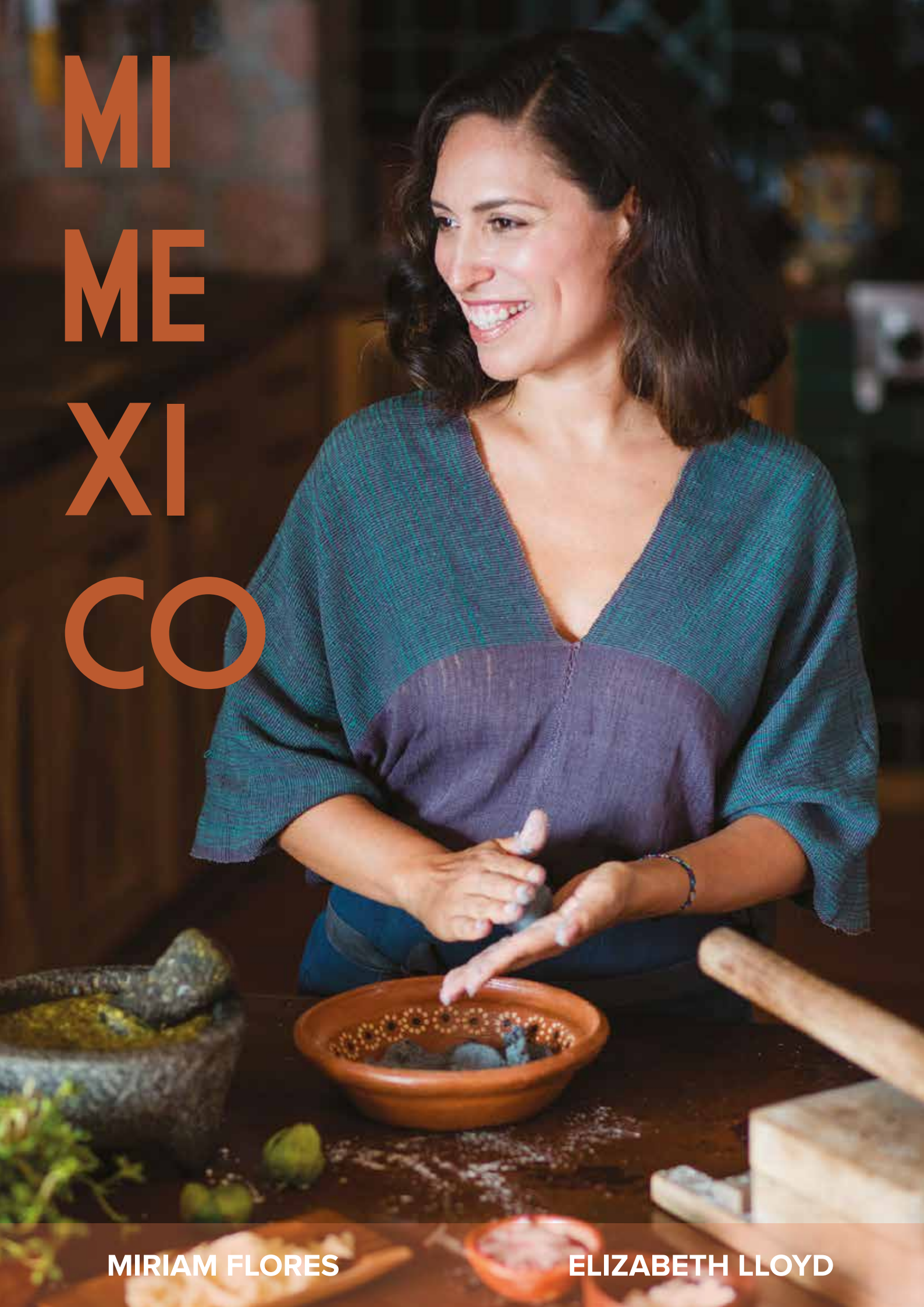


# MI ME XI CO



MIRIAM FLORES

ELIZABETH LLOYD

# LA TIERRA - *The land*

18. CHILAQUILES
19. CORN MASA CAKE - Sopas
20. MEMELA WITH PURSLANE AND OAXACA CHEESE - Memela de verdolaga y queso Oaxaca
21. BEAN STUFFED CORN CAKE TOPPED WITH CHEESE - Huarache
22. OPEN-FACE BRAISED PORK SANDWICH - Torta ahogada
23. CRISPY GRILLED TORTILLA WITH PORK, MELTED CHEESE, AND PICKLES - Volcán de adobada con escabeche
24. GRANDMOTHER'S TORTILLA SOUP - Sopa de tortilla de la abuela
25. PORK AND MINT MEATBALL SOUP - Sopa de albondigas
26. PASTOR STYLE TACOS - Tacos al Pastor
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42. BLUE CORN TETELA WITH MUSHROOMS AND HUITLACOCHÉ - Tetela con hongos y Huitlacoche
43. VINE SOUP WITH MASA DUMPLINGS - Sopa de guías
44. YELLOW MOLE EMPANADA - Empanada de mole amarillo
45. WATER CHILI WITH SHREDDED PORK - Chile de agua con picadillo de cerdo

# MI FAMILIA

## *My family*

**I**n my family, we never said: “I love you.” This does not mean that I felt unloved by my family. We show love by sharing food and cooking for each other. This was always our primary way of demonstrating that we care; it is also how we display affection and generosity towards each other.

**E**ven though I am not a writer, I wanted to write this book because I feel that I have a unique culinary experience to share and because I have a burning desire to pass on my passion for the Mexican food I grew up with, my family traditions and cooking techniques.

**T**his book is not only a collection of recipes from my family, my culture and my travels, but is also a kind of autobiography. This is not just about passing on tradition and food wisdom; nor are these recipes simply a product of skills learned by growing up in rural Mexico; they are a vehicle which I can use to wander through my memories. In my life, I have learned to achieve flavor balance by instinct, built plate upon plate of beautiful food, dined in exquisite restaurants and even opened my own, but in my heart I am still a Mexican village girl with a large family who wants to keep learning and exploring more,

**H**ere I include recipes from the land and the sea. By the land, I mean the roots, dirt, soil, ground, or simply, my homeland. These are the meals that represent the kind of food I learned to cook with my family by living in the hills of the Sierra Madre and also traveling through the rest of Mexico. These recipes are inspired by the foods that come from the rich soil of my land.

**T**he sea is also important to me because I have always been drawn to the water and my fondest memories are the ones spent with my family on vacation eating seafood together around a wood fire. Today, I live steps away from the Banderas Bay of Puerto Vallarta, Mexico, and I am able to enjoy seafood almost every day.

**I** like to focus on the beautiful ingredients that we have in Mexico, many of which we export and share with the rest of the world; like chilies, avocados, vanilla and cacao. In short, this book contains a collection of family recipes from my childhood, living at the beach and my travels exploring the rest of Mexico.

**M**y method is to taste every style of Mexican food and then try to understand why it is so delicious and how I can make it better by using my modern culinary training along with old tried and true family tips. My desire is to make classic recipes more nutritious and vibrant, yet still have a ‘wow’ factor. My goal is to present Mexican food in a way that represents me without losing its traditional essence. I aim to shine a light on what makes Mexican food so extraordinary, not only by focusing on the way we eat, but by applying traditional cooking techniques that anyone can use in their own kitchen.



# MY MAHI MAHI CEVICHE

## *Mi ceviche de Dorado*

**SERVES 4**

### **INGREDIENTS**

**1 lb. raw mahi-mahi or dorado,  
boneless, skinless**

**3/4 cup fresh lime juice**

**1/8 teaspoon salt to taste**

**1/2 cup ceviche broth (recipe  
below)**

### **GARNISHES**

**1 thinly sliced jalapeño, to taste**

**2-3 thinly sliced radishes**

**8 cherry tomatoes**

**1 bunch cilantro**

**1 avocado, sliced**

**2 tablespoons cured red onion  
(see the salsas section)**

**2 limes, cut in half**

### **BROTH**

**1 orange, juiced**

**1/2 habanero, deseeded**

**1/4 cup white onion, rough  
chopped**

**1/4 cup carrot, rough chopped**

**1 Mexican oregano leaf**

**1 cup key lime juice**

**1 1/2 teaspoons salt**

**1/2 cup celery, chopped**

**1 cup pineapple, chopped**

**2 tablespoons fresh ginger,  
peeled and chopped**

**1 1/2 teaspoons Worcestershire  
sauce**

*The sweet-sour-savory broth and sashimi-style cut fish is what makes this style of ceviche so exceptional. The best ceviche is made from fish just caught from the sea; filleted, sliced, quickly cured, then served on the spot. This is how you can really taste the difference. I encourage you to try this experience for yourself.*

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### **CEVICHE METHOD**

- 1** Keep the fish cold while you are preparing it. You can place the cut pieces in a glass bowl over ice.
- 2** To cut the fish for ceviche, position the fish horizontally on a cutting board in front of you.
- 3** Using a sharp knife, position it so that you will be cutting against the grain of the fish, creating a 45-degree angle. Angle down and away from you.
- 4** Cut each piece to about 1/8 inch thickness from left to right until you have sliced the entire fillet. While you are cutting, remove any fat, bones or tough skin. You can also scrape the white flesh with a spoon which will give you a different consistency but it is easier and still delicious.
- 5** Add the 3/4 cup fresh lime juice and salt to the sliced fish. Stir to coat fish evenly, then cover with plastic wrap and refrigerate for about 10-15 minutes.
- 6** Once the fish has cured in the lime juice and salt, it should look mostly opaque.
- 7** Strain the lime juice from the fish and add the 1/2 cup of ceviche broth just enough to cover the fish.
- 8** On a plate, lay out the thin slices of fish in a single layer then top with your desired garnishes.

**Note:** Add height and color with slices of avocado, cherry tomato cut in half, cilantro leaves, thin slices of radish, red onion, jalapeño or chili oil.

### **BROTH METHOD**

Blend all broth ingredients in a blender until you have a very smooth consistency. Pass through a fine mesh strainer while pushing down with a ladle to press out all the juices from the pulp. You will need 1/2 cup for this recipe and can freeze the rest.





# SHRIMP EMPANADA

## *Empanadas de Camarón*

**SERVES 6**

### **INGREDIENTS**

**2 cups shrimp, peeled, deveined, and cut into 1/4 inch pieces**  
**1 sheet of puff pastry**  
**1 tablespoon vegetable oil**  
**1/2 medium onion, finely chopped**  
**2 garlic cloves, finely chopped**  
**2 cups Roma tomatoes or heirloom, skinned, deseeded and finely chopped**  
**2 bay leaves**  
**1 jalapeño, deseeded and minced**  
**8 green olives, finely chopped**  
**2 tablespoons capers, finely chopped**  
**1 tablespoon parsley, finely chopped**

*Empanadas are now classic all over Latin America. Empanadas are pastries that can go a long way as an appetizer or as a meal because they can be luxurious with lobster or simply filled with cheese and potato. You can also exchange the portion of shrimp with an equal portion of chicken, pork or beef. If you are like me, and you prepare for dinner parties in advance, you may make them, then wrap them with plastic wrap and store in the fridge the night before. On the day of your party, bring them to room temperature, bake and impress away!*

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### **METHOD**

- 1** Bring a large sauté pan to medium heat and add the oil. Sauté the onion, garlic, and tomato together until soft and slightly caramelized.
- 2** Add the bay leaves, jalapeño, olives, shrimp and capers then season with salt and pepper to taste. Cook for about 3-5 minutes or until the mixture has combined and the liquid has evaporated. Let the ingredients cool on a flat plate and remove bay leaves.
- 3** Pre-heat oven to 375 degrees°F. or 190°C. Grease a sheet pan with a light smear of oil.
- 4** Lightly dust the cold dough and roll with a rolling pin to about 1/8-inch thick. Cut out circles with a cookie cutter, or into squares with a knife.
- 5** Fill one half of each circle with the filling, fold the empty half over and bind the edges over one another by pressing the edges with a fork.
- 6** Brush the tops with an egg wash (whisk 1 egg with 1 tablespoon water) and bake for 15–20 minutes or until golden brown.



# GRANDMOTHER'S TORTILLA SOUP

## *Sopa de tortilla de la abuela*

**SERVES 8**

### **INGREDIENTS**

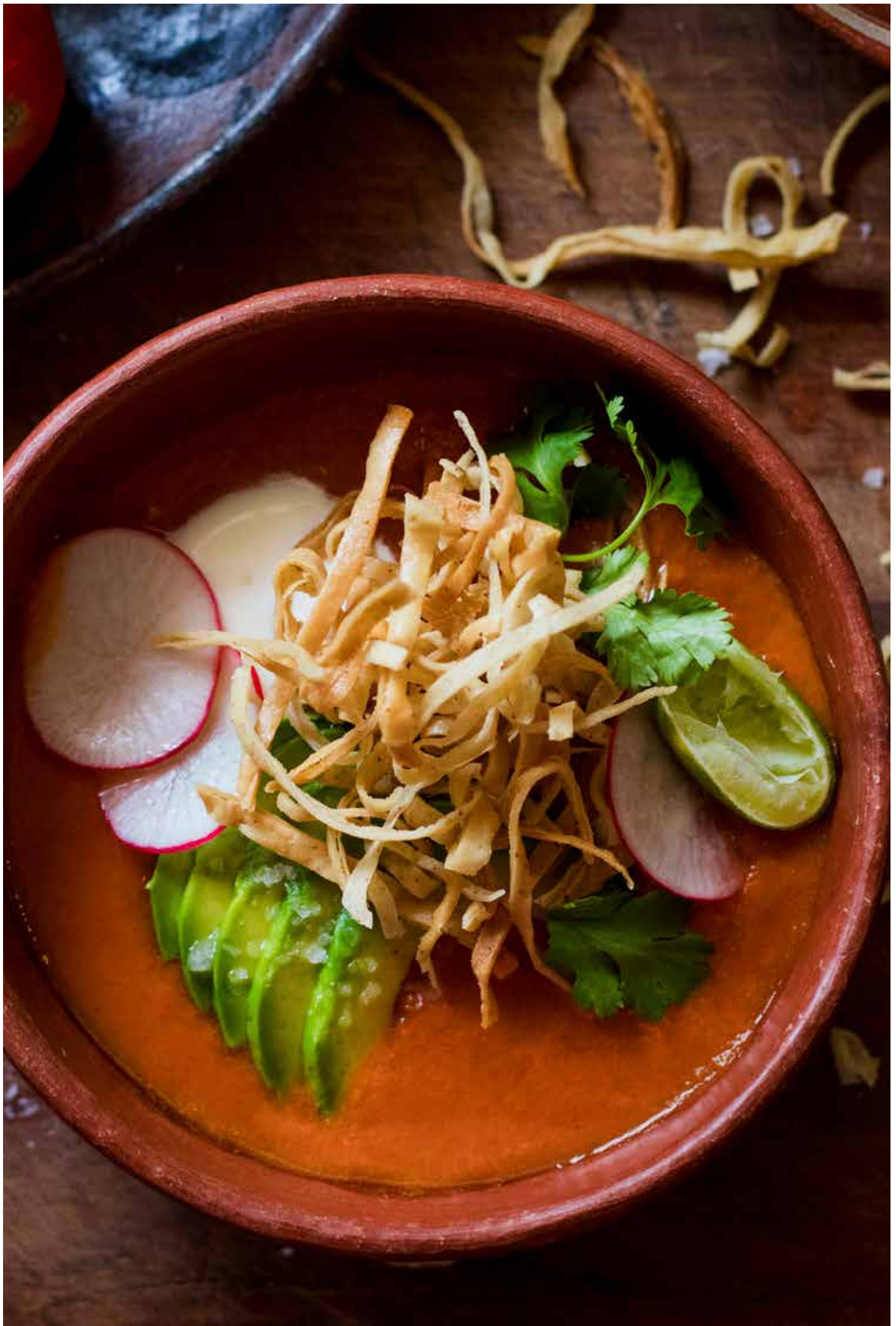
**1** tablespoon olive oil  
**1** large onion, chopped  
**7** fresh Roma tomatoes or heirloom, cut in half  
**2** cloves garlic  
**1/2** jalapeño, deseeded  
**2-3** guajillo chiles  
**1/2** teaspoon dried oregano  
**3** tablespoons tomato paste  
**5** cups chicken broth  
**1** tablespoon chopped fresh cilantro  
**5** fried tortillas, tostada or, broken into small pieces  
**2** teaspoons coriander seed, ground  
**Salt and pepper**  
**3** leaves epazote or two bay leaves  
**Garnish:** Thinly cut and fried tortilla, sliced avocado, shredded cheese, spring onions and crema.

*One of my dearest friends, Graham Mattock, who is now the godfather of my daughter, used to come to a restaurant I was cooking at before we knew each other. It was on the beach in Vallarta. He continued coming because he loved my tortilla soup. Not long after I left that restaurant and opened my own place, we were introduced and have been friends ever since. Only after a couple of years did he realize that it was me who had been cooking his favorite tortilla soup. I owe a great friendship to this recipe.*

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### **METHOD**

- 1** Add 2 tablespoons olive oil to a medium pan and sauté the onion, tomatoes, and garlic until soft, golden and slightly charred edges.
- 2** Stir in fresh and dried chilies, oregano and coriander seed and heat through, releasing the fragrant oils. Add the tomato paste, stir and cook for another 2 minutes.
- 3** Add sautéed ingredients to a blender along with the tortilla and the broth, blend till smooth.
- 4** Pour the mixture into a pot and add the epazote leaves as you would a bay leaf and simmer for 10-15 minutes, adding salt and pepper to taste.
- 5** Remove the epazote and serve the soup in individual bowls with your favorite garnishes or serve the soup and provide the garnishes separately for your guests to choose.



# PINK MOLE WITH TURKEY

*Mole rosa con pavo*

**SERVES 4-6**

## **INGREDIENTS FOR THE SAUCE**

- 4 tablespoons butter
- 1 red pepper, roasted, skin off
- 1 cup onion, chopped
- 2 garlic cloves
- 1/4 cup almonds, blanched
- 1/4 cup pine nuts (or pink from Taxco)
- 2 tablespoon sesame seeds
- 1/4 teaspoon coriander seeds
- 3 cloves, the spice
- 1 chipotle in adobo
- 1-2 teaspoon white wine vinegar
- 1/8 cup white Mezcal
- 1/4 cup heavy cream
- 2 cup chicken or vegetable stock
- 1/4 cup of cooked beetroot, diced
- 1 teaspoon sugar
- 1 teaspoon salt

## **THE TURKEY**

- 2 turkey breasts
- 1 tablespoon corn flour
- Salt and pink pepper to taste
- 1 tablespoon olive oil
- 1 tablespoon butter
- Garnish: Parsley leaves, 1/8 teaspoon pink peppercorns, pink rose petals



*I was intrigued by this recipe when I first tasted it in Taxco, Mexico. When I asked around, I learned to appreciate its complexity and history after I learned more. One story is that it is inspired by the pine nut, the new 'fancy' ingredient brought by the Spanish along with almonds. The rare part is that the pine nut naturally grows pink while planted in Mexican soil. It is hard to say exactly where this dish came from but I like it because it is delicious and has a wow factor. The almonds and pine nuts are used as a thickening agent, and the spices along with the chilies add lots of flavor but does not burn. Plus, it looks pretty !*



## **METHOD**

- 1** Roast the pepper on an open flame until the skin is charred black, then place in a bowl and cover with plastic wrap and let it sweat for 10 minutes. Peel the skin off the pepper, cut off the stem, and scrape the seeds out.
- 2** In a pan, on very gentle heat, add the butter and sauté the onions, garlic, almonds, and pine nuts lightly until the onions are soft, but not brown.
- 3** In a dry skillet on medium heat lightly roast the pink peppercorns, the coriander seeds and the clove. Grind all of the spices and seeds in a mortar and pestle or coffee grinder and add to the mix on the pan.
- 4** Add the chipotle, sugar and vinegar to the pan and deglaze the pan with the Mezcal. Add the sesame seeds and the red pepper. Let the alcohol evaporate for about 3 minutes, turn off heat and then add the cream.
- 5** Add the sauté mix to a blender along with the stock, the beet-root, and salt, and blend until smooth. Pass through a sieve onto a sauce pot and let it simmer for about 10 minutes until the sauce thickens to a gravy consistency. Adjust seasoning to taste.

## **METHOD FOR THE TURKEY**

- 1** Place the turkey in a bowl and dust with corn flour, salt and pepper, until it is coated.
- 2** Place the turkey breast on plastic wrap and cover it loosely. With a meat mallet or a rolling pin, lightly pound it flat to an average thickness of ½-inch. Repeat process for second turkey breast.
- 3** Heat up a sauté pan to medium-hot and drizzle 1 tablespoon of olive oil and sauté the turkey breasts to a golden brown. This should take about 3 minutes each side or until cooked through. At the end, add the butter and swirl the pan to coat the meat. Place on a cutting board and rest for 3 minutes and cut into thick slices.
- 4** On a serving platter, spread out the pink mole sauce, place the turkey breast slices on top and garnish with the pink peppercorns, rose petals and parsley.

# EASY COFFEE AND VANILLA FLAN

## *Flan de cafe y vainilla*

**SERVES 6**

*miss comment*

### **INGREDIENTS**

**1/2 cup sugar**

**4 large eggs**

**1 1/4oz can sweetened condensed milk**

**1 1/3oz can evaporated milk**

**1/2 vanilla pod, seeds scraped**

**1 tablespoon Mexican coffee espresso**

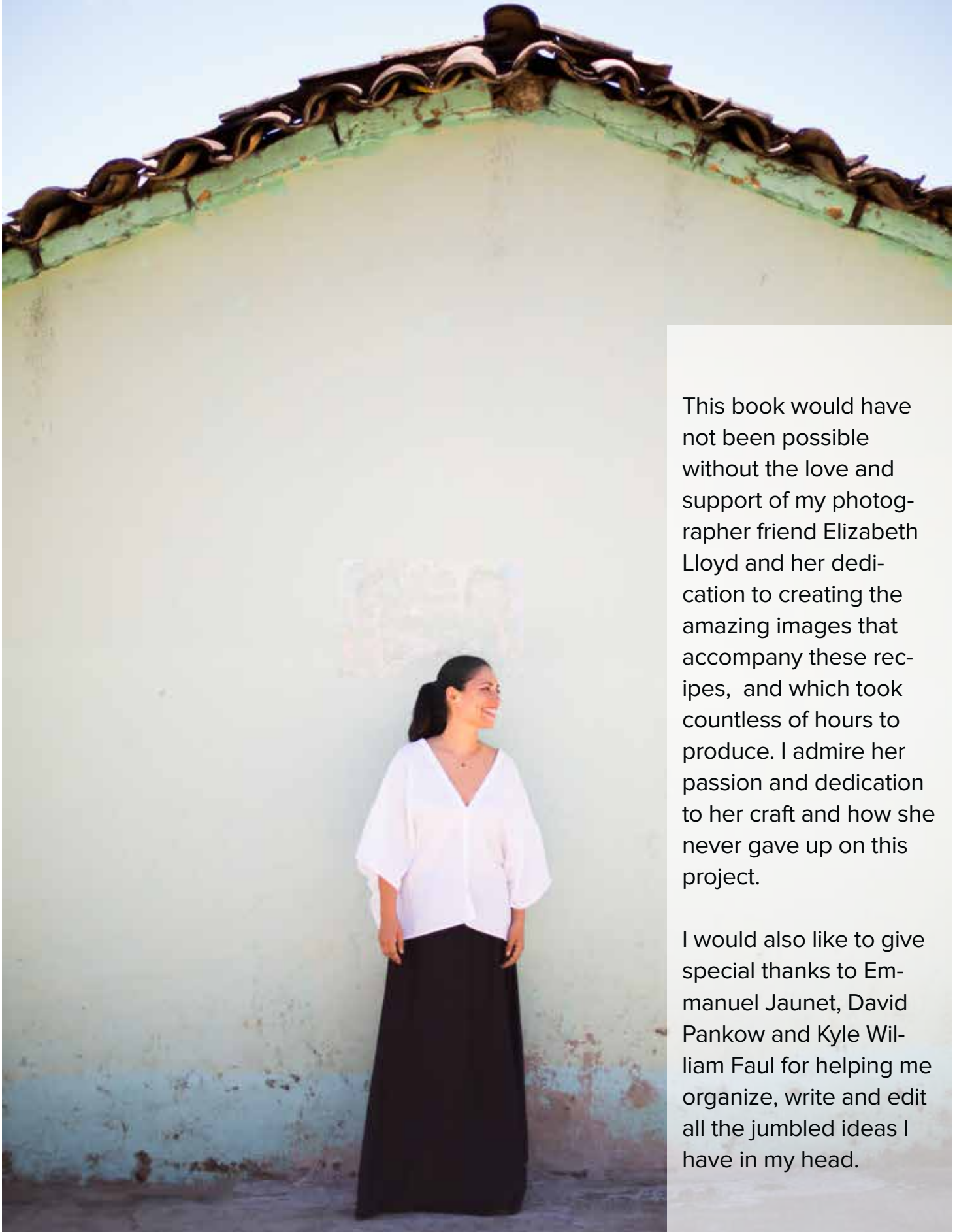
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### **METHOD**

- 1** Preheat oven to 160°C or 325°F. You will need 6 ramekins and a large baking pan to put them in.
- 2** Pour 1/2 cup sugar in a pan over medium heat along with 2 tablespoons water. Keep a close eye on the sugar until it browns and becomes caramel, tilting it around the sides but do not stir it.
- 3** Pour approximately a tablespoon of caramel in each ramekin and let cool.
- 4** In a blender, add the eggs, milks, espresso and the vanilla. Blend until smooth. Pour custard into caramel lined ramekins. Place ramekins in a large glass or ceramic baking dish and fill with about 1-2 inches of hot water. Cover all with foil.
- 5** Bake for 25-35 minutes in the water bath and check if they are ready by taking one with oven mittens and giving it a little shake. If the edges are firm and the center still has a wobble, it's ready.
- 6** Remove and let each ramekin from the water bath and cool in the refrigerator for 1 hour. Invert each ramekin onto a small plate, the caramel sauce will flow over the custard.



# ACKNOWLEDGEMENTS



This book would have not been possible without the love and support of my photographer friend Elizabeth Lloyd and her dedication to creating the amazing images that accompany these recipes, and which took countless of hours to produce. I admire her passion and dedication to her craft and how she never gave up on this project.

I would also like to give special thanks to Emmanuel Jaunet, David Pankow and Kyle William Faul for helping me organize, write and edit all the jumbled ideas I have in my head.



**CLASSIC MEXICAN RECIPES WITH A MODERN TOUCH**