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Mayan & Mexican Recipes

A Few of Chef Miguel's Recipes | Traditional Mexican | A Mayan Favorite

PICO DE GALLO



- 3 ripe Tomatoes, chopped
- ½ cup Onion, chopped
- 4–6 Serrano Chilies, chopped
- ½ cup Cilantro, chopped
- 2 teaspoons Salt
- 2 teaspoons Lime Juice

Combine all the ingredients in a sauce dish. Stir well add the seasonings to taste. This salsa is best if made 1 hour in advance so the flavors will blend.

FLAUTAS WITH CHICKEN



- 1 lb. Boneless Chicken Breast
- 1 Clove Garlic, peeled
- 1 teaspoon Salt
- ½ teaspoon Pepper
- 4 Cups Water
- 20 Corn Tortillas
- Oil for frying

Place the Chicken, pepper, garlic and salt in a saucepan, add the water and bring to a boil. Lower the heat so that the mixtures simmers, cook covered for 35 minutes or until the chicken is tender. Let cool, then shred the meat. Place a large spoonful of the chicken in the center of each tortilla, roll up and secure with 2 toothpicks. Heat ½ in oil in a skillet, add the taquitos and fry until they are golden brown. Remove the toothpicks and serve the flautas as a snack, accompanied by guacamole.

MEXICAN RED RICE



- 2 Cups Long-Grain White Rice
- 3 Tomatoes
- ¼ Cup Oil
- ¼ Onion, chopped
- 4 Cloves Garlic, peeled
- 5 Cups Chicken Stock or Water
- 1 Sprig Parsley
- 2 Whole Serrano Chilies (optional)
- ½ Cup Carrot, chopped
- ¼ Cup Green Peas

Soak the rice for 5 minutes in warm water, rinse well and drain. Meanwhile, puree the tomatoes in a blender and strain. Heat the oil in a skillet; add the onion and garlic and sauté for 2 minutes. Add the rice and sauté, stirring, until translucent and the grains separate. Pour off excess oil. Add the pureed tomatoes to the skillet with the rice. Cook for 4 minutes and add the stock, parsley, chilies, carrot and peas. When the mixture comes to a boil, cover and cook over medium heat for 20 minutes or until the liquid has been absorbed and the rice is tender.

CHILES STUFFED WITH CHEESE (CHILES RELLENOS DE QUESO)



- 5 Poblano Chilies
- 1 teaspoon Salt
- 2 teaspoons White Vinegar
- 3 Large Tomatoes
- ¼ Small Onion
- 1 Clove Garlic
- 1 Tablespoon Oil
- 2 Bay Leaves
- ½ teaspoon Pepper
- 3 Cups grated Queso Chihuahua (or Monterrey Jack or medium-sharp Cheddar Cheese)
- 3 Eggs, separated
- ½ Cup all-purpose Flour
- Oil for frying

Roast and peel the chilies. Make a lengthwise slit in each one, being careful not to break it, and remove the seeds and membranes. Soak the chilies in water to cover with 1 tablespoon salt and the vinegar for 20 minutes. Rinse, drain and set aside.

In a blender, puree the tomatoes, onion and garlic, then strain. Heat 1 tablespoon oil in a skillet, add the tomato puree and bring to a boil. Lower the heat; add 1 teaspoon salt, the bay leaves and pepper and cook, covered, for 10 minutes. If the sauce is too thick, thin with up to ¾ cup of water. Set aside.

ENCHILADAS W/ GREEN SAUCE



- 2 Whole Chicken Breast
- 6 Cups Water
- 5 Cloves Garlic
- 1 Small Onion (½ cut in half & ½ thinly sliced)
- Salt
- 1 Carrot, cut into large pieces
- 2-4 Serrano Chiles
- 2 lb. Tomates Verdes (tomatillos), husks removed
- ½ Cup Cilantro, coarsely chopped
- 1 Tablespoon Oil
- 12 Corn Tortillas
- Oil for frying
- ½ Cup thick Cream (crème fraiche) (optional)
- ½ Cup crumbled Queso Fresco or grated White Cheddar Cheese (optional)

Place the chicken, water, 3 gloves garlic, ¼ onion, salt to taste and carrot in a large saucepan, cover and simmer until the chicken is tender, about 20 minutes. Remove and shred the chicken, reserving the stock.

Add 2 cloves garlic and the chilies to a saucepan of boiling water. After 5 minutes, add the tomatos verdes and cook another 7 minutes. Drain. In a blender, puree the tomatos verdes with the garlic, chilies and another onion quarter. Add the cilantro and process briefly so that the cilantro is not ground too fine. Add 1 cup of the reserved chicken stock.

Heat the oil in a small skillet and sauté the pureed tomatos verdes in it. Add 1 teaspoon salt and correct the seasonings. Lower the heat and cook, uncovered, for 10 minutes. If the sauce is too thick, add another ½ cup stock.

Heat ½ in oil in a skillet and fry the tortillas in it until they just begin to soften, 10 seconds on each side. Immerse each tortilla in the warm sauce, then transfer to a plate. Place some chicken in the center of each tortilla, roll up and arrange on a platter. Spoon the warm sauce over the enchiladas, garnish with the sliced onion and add cream and queso fresco if you wish.

Variation: The enchiladas can be placed in an ovenproof dish, covered with sauce, wrapped in aluminum foil and placed in a preheated oven 375 F for 10 minutes. Remove from the oven, sprinkle with Cheddar cheese and return to the oven until the Cheese browns slightly.

FISH VERACRUZ STYLE



- 1 28-ounce Can Diced Tomatoes in Juice, well drained, reserved juices
- ¼ Cup extra-virgin Olive Oil
- ¼ Cup White Onion, finely chopped
- 3 large Garlic Cloves, chopped
- 3 small Bay Leaves
- 1 Tablespoons Fresh Parsley, chopped
- 1 teaspoon dried Mexican Oregano

Place drained tomatoes in medium bowl. Using potato masher, crush tomatoes to coarse puree. Drain again, reserving juices. Heat oil in heavy large skillet over medium-high heat. Add onion and stir 30 seconds. Add garlic and stir 30 seconds. Add tomato puree and cook 1 minute. Add bay leaves, parsley, oregano, and ¼ cup reserved tomato juices.

Simmer until sauce thickens, about 3 minutes. Add olives, capers, and all remaining reserved tomato juices. Simmer until sauce thickens again, stirring occasionally, about 8 minutes. Season sauce to taste with salt and pepper.

Preheat oven to 425 F. Spread 3 tablespoons sauce in bottom of 15x10x2-inch glass baking dish. Arrange fish atop sauce. Sprinkle fish lightly with salt and pepper. Spoon remaining sauce over. Bake uncovered until fish is just opaque in center, about 18 minutes. Using long spatula, transfer fish with sauce to plates.

GUACAMOLE



- 2 Large Avocados
- ½ Onion, finely chopped
- 1 or 2 Chiles Serrano, sliced
- 1 Tomato, peeled and chopped
- 2 Sprigs Cilantro, chopped
- 2 teaspoons lime juice
- Salt and Pepper

Cut the avocados in half, remove the pits and scoop out the flesh. Mash with a fork. In a bowl, combine the avocado, onion, chilies, tomato and cilantro and mix thoroughly. Add a few drops of lime juice and salt to taste. Serve immediately.

FLAN



- 1 ¼ Cups Sugar
- 4 Cups Milk
- 1 teaspoon Vanilla Extract
- Pinch of Salt
- 4 Eggs
- 3 Egg Yolks
- ½ teaspoon Cornstarch
- 1 Tablespoon cold Water

Pre-heat the oven to 350 F. Place ¾ cup of the sugar in a heavy saucepan over a medium heat. Swirl the pan constantly until the sugar melts and caramelizes, turning a golden brown. Pour into a 1½ qt. ring mold. Tilt the mold so that the caramel covers the bottom and sides. Set aside.

In a separate saucepan, combine the milk, ½ cup sugar, vanilla and salt and bring to a boil. Lower the heat and simmer, uncovered, for 10 minutes or until the milk is reduced by ½. Cover to keep warm and set aside. Lightly beat the eggs and yolks in a large bowl. Stir the cornstarch and water together and add to the eggs, slowly pour in the warm milk, stirring constantly. Mix well, strain and pour into the caramel-coated mold. Cover with foil, set in larger pan and pour in 1 inch of boiling water to surround the mold. Place in oven and bake for 40 minutes or until a knife comes out clean. Let the flan cool then refrigerate. To serve invert onto platter.

RICE PUDDING WITH RAISINS AND CINNAMON (ARROZ CON LECHE)



- 6 Cups Water
- 2 Cups Long-Grain White Rice
- 6 (2x½-inch) strips Lemon Peel (skin only)
- ½ teaspoon Salt
- 5 Cups (or more) Whole Milk
- 1 Cup Sweetened Condensed Milk
- 1 Cup Evaporated Milk
- 2 Cinnamon Sticks
- 2 Tablespoons Vanilla Extract
- ¾ Cup Raisins
- 2 Tablespoons Sugar
- Ground Cinnamon
- Grated Peel from 1 Lemon
- Additional Cinnamon Sticks (optional)

Bring 2 cups water to boil in medium saucepan. Remove from heat. Add rice, let stand 15

minutes. Pour rice into strainer and drain, and then rinse rice under cold running water until water runs clear. Bring 4 cups water to boil in large saucepan. Add rice, lemon peel strips, and salt and return to boil. Reduce heat to low, cover, and simmer until rice is almost tender, about 10 minutes. Drain. Discard lemon peel.

Combine 5 cups milk, sweetened Condensed milk, evaporated milk, and 2 Cinnamon sticks in heavy large saucepan. Add vanilla. Bring to boil. Reduce heat to medium and boil gently until mixture thickens and is reduced to approx. 3 cups, add sugar and raisins. Stir until raisins are plump and flavors blend, about 5 minutes.

Spoon pudding into bowls. Sprinkle with ground cinnamon and grated lemon peel. Garnish with cinnamon sticks, if desired.

MAYAN COCHINITA W/ MARINATED RED ONIONS

(PORK BAKED IN BANANA LEAVES)



MARINATED RED ONIONS

3 Red Onions, thinly sliced
1 ¼ Cups fresh Orange Juice
¾ Cup fresh Lime Juice
1 ½ teaspoons Salt
½ teaspoon Black Pepper

PORK

2 packages Achiote Paste, 3.5-ounce each
¾ Cup fresh Orange Juice
¼ Cup fresh Lime Juice
8 large Garlic Cloves, chopped
1 Tablespoon Salt
½ Teaspoon Black Pepper
3-pound boneless Pork Butt, trimmed
4-foot-long piece fresh Banana Leaf (cut from 1 large leaf)

FOR ONIONS: Mix all ingredients in large bowl. Cover and refrigerate overnight, stirring occasionally.

FOR PORK: Salt and pepper meat. Rub Achiote Paste on Pork. Refrigerate overnight. Preheat oven to 375 F. Lay banana leaf lengthwise in deep baking dish. Place Pork butt in middle of banana leaf top with garlic and fold banana leaf to cover pork. Mix orange and lime juice pour over pork. Cover dish with foil. Roast pork 2 ½ hours; baste with juices; cook until pork is very tender. Remove foil. Pull back leaf, shred pork. Serve pork with tortillas and onions.