

ST. OLIVER'S SPICE PEOPLE



MANGIA E STAI PIÙ ZITTO

COOKING CLASSES FOR THE MASSES

LESSON 10 - 09 Latin Night 2010



September 18, 2010

Prayers

Spice People is a ministry of St. Oliver Plunkett Catholic Church. It is designed to celebrate and enjoy the cultural diversity of the members of our parish by learning to cook and to enjoy the foods and customs from around the world. Each lesson begins with a prayer, and our traditional Catholic blessing is prayed before serving the foods. We hope that you will enjoy having these copies and praying with us.

Prayer before the Spice People Sessions

We give You thanks from grateful hearts for this meal, for our fellowship, for Your love, for Your provision of food and those who prepared this meal. Help us to remember that You are with us around the table and may our hearts and words be a blessing to You in return.

Amen

The Catholic Blessing of the Food

Bless us O Lord, and these Thy gifts, which we are about to receive from Thy bounty through Christ our Lord.

Amen.

SPICE PEOPLE

Sandy Walsh, BMCIC

Crew:

Barbara Aho

Teresa Barczak

Debbie Cliche

Nita Ellington

Cathy Hedges

Geri Spudich

Elena Porrás Trejo

Vicki Ziegler

2010 — 11 Guest Chefs:

Elena Porrás

Sandy Walsh

Tim McVay

Mark McCagg

Fr. Neil Jones

Geri Spudich

Menu

Chips and Salsas

Brazilian Salad

Fish Tacos

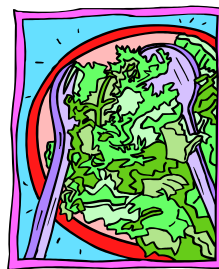
Mexican White Rice

Beans

Flan

Coconut Tres Leches Cake

Sangria



Brazilian Salad

Dressing

- 1/3 cup chopped cashews
- 1/2 cup parsley leaves
- 4 tablespoons orange juice
- 3 tablespoons lime juice
- 1/2 teaspoon liquid aminos
- 1/2 teaspoon ground black pepper

Salad

- 1/2 red onion, thinly sliced in half-rings
- 8 cups loosely packed mixed greens
- 1 (14.5-ounce) can hearts of palm, rinsed and sliced into rounds
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 avocado, diced
- 1 cup cooked no-salt-added black beans, drained
- 1 cup corn kernels, fresh or frozen and thawed
- 2 tablespoons cashews

Method

To make the dressing, combine all ingredients in a blender and blend until smooth. Taste and adjust seasoning and thin to desired consistency with additional orange or lime juice. Transfer to a bowl and set aside.

For the salad, place onion slices in water, add a few ice cubes and let sit for at least 15 minutes before serving. When ready to assemble salad, pour off water and drain onion thoroughly. Soaking the onion in water will reduce its sharpness.

To serve, arrange greens on a platter or in a large salad bowl. Arrange onion, hearts of palm, bell peppers, avocado, black beans, corn and cashews in sections on top of the greens. Stir dressing to recombine and serve alongside salad.

— Sandy Walsh

Salpicao Brazilian Salad

Roasted Chicken pieces

4 cloves garlic, chopped

2 T white wine vinegar

1/4 cup low sodium chicken broth

1 cup good quality or homemade mayonnaise

2 T Spanish paprika

fresh ground pepper to taste

Place the broth, vinegar, garlic, 1 Tablespoon paprika in a medium bowl, then add mayonnaise and whisk until smooth. Drizzle over your selection of the following:

Iceburg and romaine lettuce

Red onion

Apple

Hearts of Palm

Red pepper rings

Pineapple

Peas

Carrots

Cashews

— *Sandy Walsh*



ELENA'S FISH TACOS

1 small-medium onion

2 garlic cloves, minced

1 medium size tomato

1 green bell pepper

Or 2 jalapeños peppers (seeded)

2 lb. tilapia fish filets

2 Tbs. olive oil

Salt and Pepper

Corn tortillas

Chop the onion, tomato and green peppers. Season the fish with salt and pepper. In a large pan heat the oil, sauté the garlic and the onion for about 2 minutes, add the green bell pepper and the tomato. Cook for about 5 minutes. Remove the mixture from the pan and use the same pan to cook the fish for about 5 minutes per side or until turning golden. (If you want to avoid the fish cooking, on a lent Friday you can go to the St. Oliver's Fish Fry and buy the baked fish.)

When all the fish is cooked put it into the pan and flake it with a fork, add the veggie mixture and mix. If you feel that the mixture is too dry you can add $\frac{1}{4}$ cup of beer or white wine and cook it for about 5 minutes more.

To assemble the tacos, warm the tortillas on the stove and place some fish mixture into each tortilla. Garnish as desired with:

Red onion cooked on lime juice

Mexican/green or chipotle sauce (homemade or from the jar)

Avocado slices

Lime juice

Shredded lettuce

Shredded cabbage mix (recipe below)

Habanero-orange salsa (recipe below)

HABANERO ORANGE SALSA

4 large oranges

1/3 coarsely chopped fresh cilantro

¼ cup very thinly sliced red onion

2 tablespoons extra virgin olive oil

2 teaspoons red wine vinegar

½ habanero chile, seeded, finely minced

Cut peel and pith from oranges. Working over medium bowl, cut between membranes to release segments. Add cilantro, red onion, olive oil, red wine vinegar, and habanero chile; toss well. Season with salt. Never add pepper to a chile sauce because this will make it hotter. Best if made one day ahead. Cover and chill.

SHREDDED CABBAGE MIX

2 tablespoon Dijon mustard

½ cup wine vinegar

2 teaspoons honey

½ cup extra virgin olive oil

2 cups red cabbage, sliced very thin

Combine the mustard, vinegar and honey, then slowly drizzle oil in to emulsify. Toss with cabbage. Season with pepper and set aside.

— *Elena Porras Trejo*

BAJA FISH TACOS

12 oz. white flaky fish such as grouper/mahi-mahi/ or tilapia

¼ tsp. salt

Black pepper

1 Tbsp olive oil

½ cup low-fat mayonnaise

2 tbsp bottled salsa

8 corn tortillas

2 cups shredded lettuce

1 medium tomato chopped

1. - Sprinkle fish with salt and pepper. Heat oil in a large nonstick skillet over medium heat. Add fish to skillet; cook 5 minutes per side or until fish flakes easily with a fork. Let cool slightly.

2. - Meanwhile, for sauce, mix mayonnaise and salsa in a small bowl; set aside. Warm tortillas in a pan or 'Comal' on the stove.

3. - Chop fish into small pieces. Divide evenly among tortillas; top with lettuce and tomato. Drizzle with sauce and serve.

BOBBY FLAY'S FISH TACOS

Ingredients

Tacos:

- 1 pound white flaky fish, such as mahi-mahi or orata
- 1/4 cup canola oil
- 1 lime, juiced
- 1 tablespoons ancho chili powder
- 1 jalapeno, coarsely chopped
- 1/4 cup chopped fresh cilantro leaves
- 8 flour tortillas

Garnish:

- Shredded white cabbage
- Hot sauce
- Crema or sour cream
- Thinly sliced red onion
- Thinly sliced green onion
- Chopped cilantro leaves
- Pureed Tomato Salsa, recipe follows

Directions

Preheat grill to medium-high heat. Place fish in a medium size dish. Whisk together the oil, lime juice, ancho, jalapeno, and cilantro and pour over the fish. Let marinate for 15 to 20 minutes.

Remove the fish from the marinade place onto a hot grill, flesh side down. Grill the fish for 4 minutes on the first side and then flip for 30 seconds and remove. Let rest for 5 minutes then flake the fish with a fork.

Place the tortillas on the grill and grill for 20 seconds. Divide the fish among the tortillas and garnish with any or all of the garnishes.

Pureed Tomato Salsa:

- 2 tablespoon peanut oil
- 1 small red onion, coarsely chopped
- 4 cloves garlic, coarsely chopped
- 4 large ripe tomatoes, chopped
- 1 Serrano chile
- 1 jalapeno, sliced
- 1 tablespoon chipotle hot sauce
- 1 tablespoon Mexican oregano
- 1/4 cup chopped fresh cilantro leaves
- Salt and pepper

Preheat grill or use side burners of the grill. Heat oil in medium saucepan, add onions and garlic and cook until soft. Add tomatoes, Serrano and jalapeno and cook until tomatoes are soft, about 15 to 20 minutes. Puree the mixture with a hand-held immersion blender until smooth and cook for an additional 10 to 15 minutes. Add the hot sauce, oregano, cilantro and lime juice and season with salt and pepper, to taste.

Yield: 6 to 8 servings

FISH TACOS VERACRUZ STYLE

1 ½ lb. (750G) red snapper or other white-fleshed fish fillets

1 tsp. sea salt

Freshly ground pepper to taste

¾ cup all-purpose (plain) flour

¼ cup corn or olive oil

2 cups Fresh Tomato and Chile Salsa (recipe below)

10 corn tortillas, warmed

1 cup chopped cabbage

2 limes, quartered

Season both sides of each fish fillet with the salt and a generous amount of pepper. Spread the flour on a plate and dip the fish in it, coating evenly and shaking off any excess.

In a large frying pan over medium-high heat, warm the oil until it is rippling hot but not smoking. Add the fish fillets and fry, turning once, until golden on both sides. Using a slotted spatula, briefly transfer the fillets to absorbent paper towels to drain. While the fillets are still hot, shred them with a fork. Put the salsa in a bowl and stir in the fish.

To assemble the tacos, place some fish into each tortilla and add a bit of the crunchy cabbage. Serve the limes on the side. Makes 10 tacos, serve 5.

SALSA MEXICANA OR FRESH TOMATO AND CHILE SALSA

Salsa Mexicana also known as Salsa Fresca or Pico de Gallo; is one of the most distinctive sauces from Mexico. You can find it on the tables of fancy restaurants and neighborhood taquerias.

1 lb. ripe tomatoes cut into small pieces (diced)

1/3 cup finely chopped white onion

¼ cup chopped fresh cilantro (fresh coriander) (optional)

2 jalapeños chiles, finely chopped

2 teaspoons fresh lime juice

Sea salt to taste

In a bowl, toss together the tomatoes, onion, cilantro, chiles and lime juice. Sprinkle with salt and toss again. If the salsa is too dry, add a little bit of olive oil and or vinegar.

Cover and let stand for 15 minutes to allow flavors to mingle, and then serve immediately. Keep refrigerated.

ARROZ BLANCO (WHITE RICE)

- 2 cups long grain rice
- 3 tbs. cooking oil
- 2 tbs. chopped onion
- 2 whole garlic cloves
- 1 small sprig cilantro or parsley
- 4 cups water plus 2 tbs. chicken bouillon or
- 4 cups chicken stock
- 1 15oz. can corn kernels (drained)

Optional: 1 small green chiles can drained

Heat the oil in a saucepan or large skillet with a tight fitting lid; add the onion and garlic and sauté for about 2 minutes. Add the rice and sauté, stirring, until translucent and the grains separate. Pour off excess oil. Add the stock (or water and bouillon), cilantro or parsley, corn and chiles. When the mixture comes to a boil, cover and cook over low-medium heat for about 20 minutes or until the liquid has been absorbed and the rice is tender, if necessary add more liquid. After you add the stock or water it is very important to not stir the mixture.

— *Elena Porras Trejo*



Vegetarian Beans

8 servings

Ingredients for beans:

2 cups pinto beans
 ½ medium onion, chopped
 2 bay leaves
 8 cups cold water
 very small amount salt (optional)
 1 teaspoon vegetable oil
 3 cloves garlic, chopped
 14 ½ oz. can tomatoes diced
 2 tsp. chili powder
 1 tsp. cumin
 1 tsp. oregano
 hot-pepper sauce to sauce



To make the beans

1. Pick over the beans to remove any stones and wash. Soak beans overnight. Put the beans into a large pot with the onion, bay leaves, and water. Bring the water to a simmer and cook the beans until they are tender, 1½ to 3 hours. Add water as needed as the beans cook. Season to taste with salt (optional) and cook until very soft. Remove from heat and discard the bay leaves. Strain off any remaining liquid and set aside.
2. In a medium, non-stick skillet, warm the oil over medium heat. Add the garlic and cook until fragrant, about 1 minute. Add ½ cup of cooked beans to the skillet and mash them with the back of a wooden spoon. Gradually stir in the liquid from the bean pot and cook until the paste is quite thick. Stir the mashed bean mixture back into the pot of beans and simmer together for 4 to 5 minutes.
3. Add a 14 1/2 oz. can of tomatoes, diced; 2 teaspoons chili powder, 1 teaspoon cumin, 1 teaspoon of oregano, and hot-pepper sauce to taste.

— Vicki Ziegler

Coconut Tres Leches Cake

- 1 White Cake Mix (with ingredients recommended on package to prepare)
- 1 Package Frozen Coconut
- 1 Can of Cream of Coconut
- 1 Small Can of Evaporated Milk
- 1 1/2 Cups of Whipping Cream
- 1 teaspoon Vanilla
- ¼ Cup Powdered Sugar
- 1/3 Cup Sweetened Coconut, toasted

Prepare cake according to directions on package. Once blended, fold frozen coconut into batter. Pour the batter in a 9x13 inch baking pan and bake according to package directions.

While the cake bakes, combine cream of coconut and evaporated milk in a small bowl - whisk if necessary. When cake is done, leave the cake in the pan it was baked in and pierce holes in the top of cake with a fork. Pour the cream of coconut and evaporated milk mixture over the top allowing it to saturate the cake.

Allow the cake to cool to room temperature

Whip the cream, powdered sugar, and vanilla in a mixing bowl. Spread over the cake to frost. Garnish with the toasted coconut. Refrigerate at least 4 hours before serving.

— *Cathy Hedges*

Sangria



1 Cup Strawberries, sliced

1 Orange, chopped

1 Apple, diced

½ Banana, sliced (not too ripe)

½ Cup Pineapple Juice

1 Cup Cranberry or Pomegranate Juice

1 ½ Cups Lemon-Lime Soda

1 Bottle Red Wine (750 ml.)

Sliced citrus fruit such as Orange, Lime, and Lemon for garnish

Combine ingredients and chill at least 5 hours. Garnish with citrus fruits if desired.

— *Cathy Hedges*

CHEESE FLAN

CARAMEL:

1 cup sugar
1/3 cup water (just enough to make sugar cook smooth)

FLAN:

1 (14 oz.) can condensed milk
1 (12 oz.) can evaporated milk
6 eggs
Pinch of salt
1 tsp. vanilla
8 oz. cream cheese, softened at room temperature

Cook the sugar and water in the flan mold until it turns light brown. Coat the mold by turning it around. Let it cool.

Put all the ingredients in a blender. Blend until no lumps of cream cheese remain. Pour into cool mold. Place mold in a larger pan and pour enough hot water into larger pan to come halfway up the sides of the mold.

Bake at 350 degrees for 1 hour or until inserted knife comes out clean. Cool And then chill before cutting. It can be made the day before.

— *Marisela Quintero*