

Name: _____

Menu

- Watermelon Margarita Pg. 4
- Guacamole & Salsa Mexicano served with Tortilla Chips Pg. 5
- Mexican Street Salad Pg. 6
- Chicken Tortilla Soup Pg. 7
- Beef and Cheese Enchiladas with Mexican rice Pg. 8
- Cinnamon Dusted Churros Pg. 10
- Nespresso Coffee, Earl Grey Tea, Darjeeling Tea



Shopping List

For 4 people

- Avocados 3
- Bell pepper, red 1
- Bell pepper, yellow 1
- Black olives 1 pack
- Butter
- Cayenne pepper, ground
- Chick peas 1 can
- Chicken bouillon 2 cubes
- Chicken breast 1
- Chilli powder
- Cilantro, fresh 1 large bunch
- Cinnamon, ground
- Cooking oil
- Corn kernels, frozen 1 small pack
- Corn tortillas 4
- Corn, cream-style 1 can
- Cream 1 small pack
- Cumin
- Enchilada sauce mix 1 packet
- Flour
- Garlic 2 cloves
- Green chiles 1 small can
- Ground beef 150 grams
- Ground black pepper
- Hot pepper sauce
- Jalapeno pepper 1
- Kidney beans 1 can
- Lemon 1
- Lettuce 1
- Lime 3
- Olive oil
- Onion 3
- Red onion 1
- Red wine vinegar
- Rice 1 cup
- Salt
- Shredded cheese 1 pack
- Soda water 1 500ml bottle

Cooking and Chatting

- Sugar
- Sugar syrup
- Tequila
- Tomato sauce
- Tomatoes 5
- Tortilla chips 1 bag
- Watermelon 1

Watermelon Margarita

Ingredients

- ¾ cup Tequila
- 3 cups watermelon (seedless), chopped
- ¼ cup lime juice
- ¼ cup sugar syrup
- ¼ cup soda water
- salt and lime juice for rim

Directions

1. Muddle watermelon cubes by hand or use a blender and strain through a fine-mesh sieve over a tall pitcher.
2. Add tequila, syrup and lime juice, blending well.
3. Garnish glass rims by dipping in extra lime juice and rolling in coarse salt.
4. Add a thin slice or two of lime or a wedge of watermelon, pour over ice, top with soda water and enjoy!

Guacamole

Ingredients

- 3 avocados - peeled, pitted, and mashed
- 1 lime, juiced
- salt to taste
- 1/2 cup finely diced onion
- 3 tablespoons chopped fresh cilantro
- 2 tomatoes, diced
- 1 teaspoon minced garlic
- 1 pinch ground cayenne pepper

Directions

1. In a medium bowl, mash together the avocados, lime juice, and salt.
2. Mix in onion, cilantro, tomatoes, and garlic
3. Stir in cayenne pepper
4. Refrigerate 1 hour for best flavour, or serve immediately

Salsa Mexicano

Ingredients

- 2 medium tomatoes, diced
- 1/4 red onion, diced
- 1/2 medium red bell pepper, diced
- 1/2 medium yellow bell pepper, diced
- 1 handful of cilantro, finely minced
- 1/2 lime, juiced
- 1/4 Jalapeno -finely diced
- Cumin, pinch
- Salt, to taste

Directions

1. In a bowl, mix all the ingredients
2. Cover and refrigerate until ready to serve

Mexican Street Salad

Ingredients

- 1/2 can chick peas, rinsed and drained
- 1/2 can kidney beans, drained
- 1/2 green bell pepper, chopped
- 1/2 red bell pepper, chopped
- 1/2 package frozen corn kernels
- 1/2 red onion, chopped
- 1/4 cup olive oil
- Lettuce to serve
- 1/4 cup red wine vinegar
- 1 tablespoon fresh lime juice
- 1-1/2 teaspoons lemon juice
- 1 tablespoon white sugar
- 1-1/2 teaspoons salt
- 1/2 clove crushed garlic
- 2 tablespoons chopped fresh cilantro
- 3/4 teaspoon ground cumin
- 3/4 teaspoon ground black pepper
- 1/2 dash hot pepper sauce
- 1/4 teaspoon chilli powder

Directions

1. In a large bowl, combine beans, bell peppers, frozen corn, and red onion
2. In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin, and black pepper
3. Season to taste with hot sauce and chili powder
4. Pour olive oil dressing over vegetables; mix well
5. Chill thoroughly, and serve cold on lettuce leaf bowls

Chicken Tortilla Soup

Ingredients

- 1 boneless skinless chicken breast, cut into bite-size pieces
- 1/4 cup chopped onion
- 1/2 clove garlic, minced
- 1 tablespoon and 1-1/2 teaspoons butter
- 1 cube chicken bouillon
- 1/2 cup hot water
- 1/4 teaspoon ground cumin
- 1/2 cup cream
- 1/2 can cream-style corn
- 1/2 can diced green chiles
- 1/2 dash hot pepper sauce
- 1/2 tomato, chopped
- fresh cilantro sprigs
- crushed tortilla chips

Directions

1. In a large pot, brown chicken, onion, and garlic in butter until chicken is no longer pink
2. Dissolve the bouillon in hot water; Pour into pot and season with cumin
3. Bring to a boil
4. Reduce heat to low, cover, and simmer for 5 minutes
5. Stir in corn, chilies, and hot pepper sauce
6. Cook on a low heat, stirring frequently
7. Stir in chopped tomato
8. Just before serving stir in cream
9. Garnish with cilantro and crushed tortilla chips

Beef and Cheese Enchiladas

Ingredients

- 150 grams ground beef
- 1/2 small onion, chopped
- 1/2 package dry enchilada sauce mix
- 4 tablespoons enchilada sauce
- 4 (10 inch) flour tortillas
- 3/4 cup and 2 teaspoons shredded Cheddar cheese
- 1/4 can sliced black olives, drained

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a medium skillet over medium high heat, cook the ground beef and onion until beef is evenly browned and onion is tender.
3. Prepare the enchilada dry mix and sauce according to directions.
4. Pour 1/4 cup of the sauce into the bottom of a 9x13 inch baking dish.
5. On each flour tortilla, place an equal portion of the ground beef mixture and about 1 ounce of Cheddar cheese, reserving at least 1/2 cup of cheese.
6. Then tightly roll the tortillas and place seam side down in the baking dish.
7. Pour the remaining sauce over the top of the enchiladas and sprinkle with the remaining cheese and olives.
8. Bake in a preheated oven for 20 minutes, or until the sauce is bubbly and cheese is thoroughly melted.

Mexican Rice

Ingredients

- 2 tablespoons olive oil
- 1 cup rice
- 1/2 large onion, diced
- 1/2 tablespoon salt
- 1/8 teaspoon ground cumin
- 1/8 teaspoon ground black pepper
- 2 1/2 cups water
- 1/3 cup tomato sauce
- 1 tablespoon chicken bouillon
- 1 whole serrano chile pepper (optional)

Directions

1. Heat oil in a saucepan over medium heat
2. Cook and stir rice and onion in the hot oil until browned, about 5 minutes
3. Season with salt, cumin, and pepper
4. Pour water over the rice mixture
5. Stir tomato sauce and chicken bouillon into the water
6. Increase heat to medium-high, place a cover on the saucepan, and bring to a boil
7. Add whole serrano chile pepper and continue cooking at a boil for 10 minutes
8. Reduce heat to medium-low until the rice is tender and the water is absorbed, 15 to 20 minutes more

Churros

Ingredients

- 1 cup water
- 2 1/2 tablespoons white sugar
- 1/2 teaspoon salt
- 2 tablespoons vegetable oil
- 1 cup all-purpose flour
- Oil for deep frying
- 1/2 cup white sugar, or to taste
- 1 teaspoon ground cinnamon

Directions

1. In a small saucepan over medium heat, combine water, 2 1/2 tablespoons sugar, salt and 2 tablespoons vegetable oil
2. Bring to a boil and remove from heat
3. Stir in flour until mixture forms a ball
4. Heat oil for frying in deep-fryer or deep skillet to 190 degrees C
5. Pipe thin strips of dough into hot oil using a pastry bag
6. Fry until golden
7. Drain on paper towels
8. Combine 1/2 cup sugar and cinnamon
9. Roll drained churros in cinnamon and sugar mixture

Quantity Reference

1 teaspoon	≈	5ml
1 tablespoon	≈	15ml
1 cup	≈	250ml