

A Zócalo Family Cookbook

SAZÓN Y SALUD

ZÓCALO
Health

Recipes, stories, and traditions from
the Zócalo Family.



WELCOME

Every recipe carries a story.

Some remind us of home. Some were taught to us by parents, grandparents, friends, or neighbors. Others are recipes we've made our own along the way.

Sazón y Salud brings together dishes shared by members of the Zócalo team — celebrating the food, memories, cultures, and traditions that connect us.

Turn the page, and pull up a chair. There's a seat for you at this table.

— *The Zócalo Family*





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SECTION

Mains

The dishes that bring everyone to the table.



USA

Shrimp Salad

Shared by Elisa Quinlan

Instructions

- 1 Cook Until Tender:** Cook shrimp in olive oil or butter, set to the side to cool.
- 2 Prep & Combine:** Finely chop celery, tomatoes and red onion and put in medium bowl.
- 3 Add & Stir:** Add capers to taste.
- 4 Get Everything Ready:** Chop shrimp into smaller pieces and add to salad.
- 5 Build the Dish:** Make a dressing with lemon, olive oil, dijon mustard, garlic salt and pepper toss salad and serve over whole halves of avocado.



Ingredients

- One lb of shrimp
- 2 avocados
- 3-4 celery stalks
- handful of cherry tomatoes
- half of a red onion
- 3-4 tbsp capers
- juice of 1 lemon
- equal parts olive oil to lemon juice
- 1 heaping tbsp of dijon mustard
- 1 tsp garlic salt
- pepper to taste



My grandmother used to make this. It has changed over the years, but the idea has remained the same. It is refreshing and perfect for warm weather.

Ingredients

For the Molletes

- 5 bolillo rolls, sliced in half lengthwise
- 2 cups refried pinto beans
- 12–16 oz quesoillo (Oaxacan cheese), shredded or pulled into thin strands

For the Chicharrones de Carne

- 2 lb pork shoulder (Boston butt), cut into ¾-inch cubes
- 1 tsp kosher salt
- ½ tsp black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp smoked paprika (optional)

MEXICO

Molletes with Chicharrones de Carne

Shared by **Santi Cardenas (Erik's son)**

Instructions

1

Cook Until Tender: Make the Chicharrones de Carne Season the pork cubes with salt, pepper, garlic powder, onion powder, and smoked paprika. Heat a large skillet or cast-iron pan over medium heat.

2

Simmer & Develop: Cook the pork, stirring occasionally, until it releases its moisture. Continue cooking until the liquid evaporates completely.

3

Assemble the Dish: Once the moisture has cooked away, the pork will begin browning in its own rendered fat. Continue cooking until the pieces are deeply caramelized with crispy edges and tender centers, about 25–35 minutes total. Remove from the pan and set aside. Assemble the Molletes.

4 Get Everything Ready: Preheat the oven to 400°F. Arrange the bolillo halves cut-side up on a baking sheet. Spread a generous layer of warm refried pinto beans over each half. Top with plenty of shredded quesoillo, making sure the cheese reaches the edges. Scatter the crispy pork evenly over the cheese. Bake.

5

Sear Until Golden: Bake for 8–10 minutes, or until the cheese is completely melted. Switch the oven to broil for 1–2 minutes to lightly brown the cheese. Watch carefully to prevent burning. Serving Suggestions Serve immediately while the cheese is hot and bubbly. Molletes are excellent on their own, but they're even better with fresh pico de gallo, sliced avocado, pickled jalapeños, or your favorite salsa. For a game-day spread, pair them with guacamole, chips, and a cold drink. Easy to make in large batches, budget-friendly, and guaranteed to keep everyone coming back for another half.

Molletes are one of Mexico's most beloved comfort foods. Originally from central Mexico, they're traditionally made by topping a split bolillo roll with refried beans and melted cheese.



Ingredients

Serves 8

- ½ onion
- 3 medium garlic cloves, mashed
- 1 lb tomatoes (about 3-4 tomatoes)
- 3 dry guajillo peppers (or 2 chipotle peppers in adobo sauce)
- 3 tbsp oil
- 3 cups chicken or vegetable broth
- 14 oz fideo noodles
- salt, to taste

OPTIONAL GARNISHES

- avocado, sliced or cubed
- red onion, sliced or diced
- fresh cilantro
- crema Mexicana
- queso fresco, crumbled

MEXICO

Fideo Seco

Shared by **Sophia**

Instructions

1

Prepare the Ingredients:

Instructions Make flavorful tomato sauce. Roughly chop tomatoes and onions. Peel and smash the garlic cloves. Toast guajillo peppers on a comal or flat pan over medium heat until they become fragrant, for about 15 seconds on each side. Add ingredients to a blender and process on medium setting until completely smooth, for about 60 seconds. This should yield about 2.5 cups of sauce.

2

Prep & Combine: Toast fideo noodles.

Prepare a heavy-bottom pot with a thin layer of oil over low to medium heat. Once hot (the oil must be hot when you add the noodles!), add the noodles and cook for about 5 minutes. You may need to reduce heat to the lowest setting to avoid burning the noodles. Be sure to stir frequently with a spatula to prevent the noodles from toasting too quickly. They should toast evenly, turning a mix of light golden brown and deeper brown when ready.

3

Sauté & Build Flavor: Add sauce to noodles. Add tomato mixture and sauté until liquid is fully absorbed and mixture turns a deeper orange-red, about 5 minutes.

4 Combine & Cook: Essential step. If you add the broth to raw tomato sauce, this will result in a raw tomato tasting broth. Sautéing it until it reduces completely ensures that it is cooked and adds another layer of flavor.

5

Finish Cooking: Add broth and bring to a boil over medium-high heat until most liquid is absorbed and you can begin to see the pasta, about 5 minutes. Adjust heat to lowest setting, and taste and adjust salt if necessary, and cover. Simmer for 20 minutes or until all liquid is absorbed. Uncover, mix noodles with a large cooking spoon, and cover again for 10 minutes, or until ready to serve. Garnish, serve and enjoy. Like many Mexican dishes, fideo seco is best served with fun garnishes. Favorites include fresh cilantro, sliced avocado, thinly sliced red onion, crema Mexicana, and crumbled queso fresco.

Fideo Seco was a staple at our family table growing up. It was the kind of dish we shared with neighbors, brought to community gatherings, and made whenever people came together.



Molletes

Shared by Quinny Sanchez Lopez

Ingredients

- 4 bolillos (or ciabatta bread) sliced lengthwise
- 2 warm cups of black refried beans
- 2 cups of shredded, Oaxaca cheese (or Chihuahua, Monterey Jack, or Mozzarella)
- Butter or mayo
- Pico de gallo or your salsa of choice

Optional toppings

- Chorizo, Bacon, Fried Egg



In my family we ate molletes on days we wanted something hearty and tasty but time was short. Its protein heavy and once you make the base your family or friends can add their own toppings.

Instructions

- 1 Prepare the Ingredients:** Preheat your oven broiler or toaster oven. Spread mayo or butter evenly onto the cut sides of the sliced bread. Place bread butter-side up on a baking sheet and toast for 2-3 minutes until lightly golden.
- 2 Garnish & Serve:** Spread a thick layer of warm beans over each toasted roll. Top generously with the shredded cheese.
- 3 Add & Stir:** Return the assembled rolls to the toaster for 3-5 minutes, or until the cheese is completely melted, bubbly, and slightly golden.
- 4 Bring It Together:** Spoon the fresh pico de gallo and other toppings over the melted cheese before eating.
- 5 Finish & Serve:** ¡Provecho!

Ensalada Fresca de Nopales

Shared by Luz Maria

Instructions

- 1 Combine the Ingredients:** In a large bowl, combine the nopales, black beans, tomatoes, onion, bell peppers, chile peppers, and cilantro. Add salt and pepper to taste and mix well.
- 2 Bring It Together:** In a separate bowl, combine the lime juice, olive oil, oregano, garlic, salt, and pepper. Add a little of the vinegar from the pickled jalapeños. Pour the dressing over the salad and mix well.
- 3 Cool & Serve:** Refrigerate for 30-60 minutes before serving.
- 4 Combine & Cook:** Add avocado before serving.
- 5 Plate & Enjoy:** Serve chilled as a side dish with carne asada, or enjoy on tostadas for a fresh and light meal.

Ingredients

- 3 cups cooked nopales (cactus), chopped and well drained
- 2 cups black beans, rinsed and drained
- 3 Roma tomatoes, diced
- ½ white onion, finely chopped
- 1 orange bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1-2 jalapeño or serrano peppers, to taste
- ¾ cup fresh cilantro, chopped
- Salt and pepper to taste



Since we have family members we look for recipes to incorporate to carne asadas or family get togethers that everyone can enjoy with a low glycemic impact.

MEXICO

Good Friday Nopalitos en Chile

Shared by Briseyda Martinez

Ingredients

- 2.5 oz dried California chile pods
- 4-5 garlic cloves
- ½ small onion
- 1 tsp ground cumin
- Salt, to taste
- Water, as needed
- 6-8 eggs
- 2 oz dried shrimp powder (camarón molido)
- Small amount of oil, for frying
- 3-5 cups cooked nopalitos, cut into bite-size pieces
- Mexican rice, for serving



This recipe is a traditional Good Friday dish my mom would make for our family. She would prepare tender nopalitos in California chile with pieces of egg seasoned with shrimp powder...

Instructions

- 1 Prepare the Chiles:** Remove the stems and seeds from the dried California chile pods. Place the chiles in a pot of water and bring to a boil. Cook until the chiles are softened.
- 2 Blend the Sauce:** Transfer the softened chiles to a blender. Add the garlic, onion, cumin, salt, and enough of the chile cooking water to blend smoothly.
- 3 Strain & Simmer:** Blend until smooth, then pour the chile mixture through a fine strainer into a large pot to remove the chile skins and seeds.
- 4 Prepare the Eggs:** In a separate bowl, beat the eggs and mix in the dried shrimp powder.
- 5 Combine & Serve:** Heat oil in a skillet over medium heat. Pour in egg mixture and cook until set. Flip and cook the other side. Remove, cut into squares, and set aside. Simmer strained California chile sauce. Add nopalitos and stir. Add shrimp-seasoned egg squares and stir gently. Bring just to a boil, then remove from heat. Serve warm with Mexican rice.

SWITZERLAND

Cheese Fondue

Shared by Noah Cooke

Instructions

- 1 Prepare the Ingredients and Heat the Wine:** Bring the wine to a simmer in a pot over medium-low heat.
- 2 Add the Seasonings:** Stir in the nutmeg and cornstarch until well combined.
- 3 Melt the Cheese:** Add the Swiss and Cheddar cheeses ¼ pound at a time, stirring after each addition until completely melted and smooth. Season with salt.
- 4 Prepare & Serve:** Cut the French bread into pieces, leaving a bit of crust on each piece so it stays securely on the fork when dipping. Serve with the hot fondue.
- 5 Follow the Tradition:** If someone loses a piece of food in the fondue pot, tradition says they have to do the dishes!

Ingredients

- 1 cup dry white wine
- 2 tbsp cornstarch
- ¼ tsp ground nutmeg
- ½ lb shredded Swiss cheese
- ½ lb shredded Cheddar cheese
- ¼ tsp salt
- 1 (1 lb) loaf French bread, cut into 1 inch cubes
- 1 lb apples, cut into 1 inch cubes
- 1 lb broccoli, cut into florets
- Anything else you want to dip in the fondue!



The family tradition started with my great grandparents who lived in Eastern Oregon. They would make this fondue recipe on Christmas Eve every year, and we still keep it up 4 generations...

Ingredients

- 4 chiles guajillos
- 4-7 chiles de árbol (this determines how spicy it will be)
- Approx. 12-15 tomatillos milperos
- 1 garlic clove
- ¼ of a small white onion
- About a $\frac{1}{2}$ of a cilantro bunch
- Salt to taste

MEXICO

Mique's Salsa

Shared by Elizabeth C.

burn. Put them on the side with the guajillos. By now your tomatillos should have finished cooking, you'll know they're ready when they have changed from a bright green to a pale green. Turn off the heat and let it cool for a bit.

Instructions

1 Prepare the Chiles: Lean out the seeds from your chile guajillo Take the stem off the chiles de árbol Start by soaking your tomatillos in water to make it easier to peel. Preheat a comal or a pan to medium to low heat to toast the chiles Peel and rinse your tomatillos while your comal heats up.

2 Cook the Tomatillos: In a small pot put your tomatillos with about 1 cup of water to boil, when the water starts boiling add salt to your liking.

3 Toast the Guajillos: Start toasting your chiles on the comal, start with the guajillo, toast until you get tiny bubbles on the chile, this will indicate it's toasted. Do not let it burn, be extra attentive, I use a spatula to help me keep the guajillo flat against the comal to get an even toast. This step should take seconds, flip and repeat. Once your chiles guajillos are toasted, set them aside.

4 Toast the Árbol Chiles: Next, toast your chiles de árbol slightly, leave them on the comal for about 1 minute constantly tossing them so they don't

5 Blend & Finish: In a blender, add the toasted chiles, tomatillos with just enough water to blend (reserve the water), from the pot where you boiled them, and the garlic. Blend until smooth, check the salsa consistency, and adjust the salt. For a thicker salsa, leave as is; for a thinner salsa, add tomatillo water until desired consistency. Once salted to taste, add white onion and cilantro. Use the "pulse" option until the onion and cilantro are in small pieces. If your blender lacks "pulse," finely chop the onion and cilantro and add to the salsa. Enjoy!

This was the only red salsa I knew growing up, it goes well with tacos, birria, tamales and anything else you like salsa on!



Ingredients

Carne con Chile

- 8 lb pork ribs, trimmed and diced
- 12 tomatillos
- 6 Roma tomatoes
- 1 white onion
- 6–8 garlic cloves
- 6–8 dried chiles de árbol
- 4 dried guajillo chiles
- 2 dried pasilla chiles
- 2 bay leaves
- 2–3 tbsp olive oil
- Salt and pepper, to taste

Tamales de Elote

- 6–8 ears fresh corn
- 2 cups corn kernels, per batch for blending
- 1 cup masa harina
- ½ cup unsalted butter (1 stick), softened
- ¼ cup unrefined sugar
- 1 tsp baking powder
- ½ tsp salt
- Corn husks

For Serving

- Queso fresco or queso Cotija
- Mexican crema
- Finely shredded lettuce or cabbage
- Salsa, as desired

MEXICO

Carne con Chile y Tamales de Elote

Shared by Cynthia Yvette Rodriguez

Instructions

1 Cook the Pork: Trim the pork ribs and cut into bite-sized pieces. Place in a pot with the bay leaves, cover with water, and boil until tender. Drain, reserving 1–2 cups of the broth.

2 Make the Chile Sauce: Roast the tomatillos, tomatoes, onion, garlic, and dried chiles until softened and lightly charred. Blend with 1–2 cups of the reserved pork broth and salt to taste until smooth.

3 Finish the Carne con Chile: Heat 2–3 tbsp olive oil and crisp the cooked pork until golden brown. Pour the chile sauce over the pork and simmer until the sauce thickens slightly and the flavors come together.

4 Make the Tamales: Remove the corn husks and soak them in hot water until softened. Cut the kernels from the cobs and blend 2 cups at a time into a smooth puree. Cream the butter and sugar for about 2 minutes, then mix in the salt, baking powder, masa harina, and corn puree until a soft masa forms.

5 Assemble, Steam & Serve: Pat the husks dry, spread a thin layer of masa onto each, and fold the sides inward and bottom upward. Arrange upright in a steamer and steam for 60–70 minutes, until the masa is firm and releases easily from the husk. Serve 2–3 tamales topped with carne con chile and garnish as desired with queso fresco or Cotija, crema, shredded lettuce or cabbage, and salsa.

This recipe for carne con chile and tamales de elote is deeply meaningful to me because it carries the memories, traditions, and love of my grandmother, who was like a second mother to me.



Shared by Walther Esqueda

USA

Walthercito's Neighborhood Chili

Ingredients

- 3 lb ground beef, 80/20
- 1 medium onion, diced, about 1 cup
- 1 habanero pepper with seeds, minced
- 1 jalapeño pepper with seeds, minced
- 3 cloves garlic, minced
- ½ cup chili powder
- 1 16-oz can crushed tomatoes
- 1 10-oz can tomato paste
- 1 cup chicken stock
- 1 40-oz can kidney beans, drained
- ¼ cup bittersweet cocoa powder
- 2 tbsp dark brown sugar
- 2 tsp salt
- 1 tsp freshly ground black pepper



Inspired by Earle's on Crenshaw, my favorite spot growing up. Every Friday, I'd get chili cheese fries to share with a teacher.

Instructions

- 1 Brown the Beef:** Add the ground beef to a large heavy pot over medium-low heat. Cook until browned, breaking the meat apart as it cooks.
- 2 Build the Flavor:** Add the diced onion, habanero, jalapeño, and garlic. Once the beef has rendered some of its fat, stir in the chili powder. Cook on low for about 5 minutes, stirring occasionally.
- 3 Add the Base:** Add the crushed tomatoes, tomato paste, and chicken stock. Stir well and let everything simmer for 1 to 2 minutes.
- 4 Simmer the Chili:** Gently stir in the kidney beans. Reduce the heat to very low and simmer for about 1½ hours, stirring occasionally.
- 5 Finish & Serve:** Turn off the heat. Stir in the cocoa powder and brown sugar until fully combined. Season with salt and black pepper. Taste and adjust the seasoning or heat level as needed, then serve hot. Tip: serve it over fries with shredded cheese if you want to bring it full circle back to the Chris's Burger chili cheese fries.



MEXICO

Corundas Michoacanas

Shared by Vicky Baca

Instructions

- 1 Prepare the Leaves:** Wash the corn leaves well and soak them in warm water until they are soft enough to fold. Drain and set aside.
- 2 Make the Masa:** Beat the lard until it becomes light and fluffy. Add the masa, baking powder, and salt. Slowly add the warm chicken broth while mixing until you have a soft, smooth masa that is easy to spread.

- 3 Shape the Corundas:** Place a portion of masa onto a corn leaf. Fold the leaf around the masa several times to create the traditional triangular shape. Steam.

- 4 Steam:** Arrange the corundas upright in a steamer. Cover and steam for approximately 1 to 1½ hours, or until the masa easily pulls away from the corn leaf.

- 5 Finish & Serve:** Serve the corundas warm topped with Mexican crema, queso fresco, and a green chile poblano sauce. For a heartier meal, you can optionally add pork ribs cooked in the green chile poblano sauce. The pork is optional.

Ingredients

- 4 cups masa harina for tamales
- 1½ cups lard (manteca)
- 2-3 cups warm chicken broth, as needed
- 1 tsp baking powder
- Salt to taste
- Fresh corn leaves, washed and softened

For Serving

- Mexican crema
- Queso fresco
- Salsa roja or salsa de jitomate



This recipe is very meaningful to me because it reminds me of my childhood and the time I spent making corundas with my mom.

POLAND

Creamy Tortellini & Kielbasa Soup

Shared by
Shannon Anderson

Ingredients

- 1 package (14 oz) skinless Kielbasa/Polish Sausage
- 6-8 cups Chicken Broth
- 1 (28 oz) can diced tomatoes or Rotel
- 1 (8 oz) block of cream cheese cut into cubes
- 1 tsp Italian seasoning
- ½ tsp Garlic powder
- 19 oz bag of frozen cheese tortellini
- 2 cups (8 oz) Italian shredded cheese
- 1-2 cups fresh baby spinach, on preference
- salt & pepper to taste
- ½ tsp crushed red pepper flakes for extra kick

“

I found this viral recipe on accident a couple years back. It is now a staple in our house on those cold winter months. No cultural connection on this one.

Instructions

- 1 Prepare the Ingredients:** In a crock pot place the cut up sausage link, 4 cups of chicken broth, canned diced tomatoes or Rotel, cubbed cream cheese, cheese tortellini, baby spinach, 1 cup of Italian style shredded cheese, garlic powder, salt, pepper, and optional crushed red pepper flakes.
- 2 Simmer & Develop:** Place lid on, cook on low 3-4 hours or on high for 2 hours.
- 3 Add & Stir:** Remove lid, stir well, add in 1 more cup of Italian shredded cheese.
- 4 Let It Cook:** Replace lid and cook on high for another 20-30 mins.
- 5 Build the Dish:** Depending on how thick you like it add an additional 2-4 cups of chicken broth.



USA

Beef 'n' Biscuit Casserole

Shared by Alex Tacy

Instructions

- 1 Brown & Sear:** Brown beef, onion, & green pepper (or chiles) in large skillet; drain.
- 2 Simmer & Develop:** Stir in tomato sauce, chili powder, & garlic; simmer.
- 3 Cook the Dish:** Separate biscuits by pulling each one apart in half.
- 4 Bring It Together:** Press 10 over bottom of un-greased 8 or 9 inch square pan.
- 5 Sear Until Golden:** Combine 1/2 cup of cheese, sour cream, & egg; mix well. Remove meat mixture from heat & stir in sour cream mixture; spoon over the dough. Arrange remaining biscuit layers on top & cover with the remaining cheese. Bake at 375 degrees for 25-30 minutes or until top is golden brown.

Ingredients

- 1 to 1 ¼ lbs. of ground beef
- ½ cup chopped onion
- ¼ cup green pepper or chiles (diced)
- 8oz can of tomato sauce
- 2 tsp. chili powder
- ½ to ¾ tsp garlic (minced)
- 1 can biscuits
- 1 ½ cups of shredded cheese (we use cheddar or mont. jack but it's open to your preference.)
- ½ cup sour cream
- 1 egg - slightly beaten

“

My family's roots run deep through Appalachia, tucked into the mountains and hollers of West Virginia.

MEXICO

Enchiladas Michocanas

Shared by Alondra Navarrete

Ingredients

- 10 guajillo chiles
- 2 garlic cloves
- ¼ onion
- 12–15 corn tortillas
- 2 potatoes
- 2 carrots
- 1 cup queso fresco
- ½ cup Mexican crema
- Lettuce
- Vegetable oil
- Salt
- Mexican oregano
- Cumin
- Optional: 2–3 árbol chiles for spice



This recipe captures my family's roots in Aguaila, Michoacán. Growing up, the smell of guajillo chile meant a celebration was happening and family was gathering.

Instructions

- 1 Make the Sauce:** Boil the guajillo chiles for about 5–7 minutes until soft. Blend them with garlic, onion, oregano, cumin, salt, and about 1½ cups of the chile water until smooth. Strain the sauce.
- 2 Cook the Vegetables:** Boil the potatoes and carrots until tender but not mushy. Drain and set aside.
- 3 Sauté the Vegetables:** Heat a little oil in a pan and sauté the potatoes and carrots with salt for 3–5 minutes.
- 4 Prepare the Tortillas:** Heat a little oil in a skillet. Dip each corn tortilla into the red chile sauce, then place it in the skillet for about 20–30 seconds per side. You want the tortilla soft, not crispy.
- 5 Fill & Finish:** Add queso fresco to the center of each tortilla and fold or roll it. Place the enchiladas on a plate and top with cabbage, crema, queso cotija, and the cooked potatoes and carrots. Add a piece of cecina, (carne seca) or a piece of chicken on top. Open up a freezing coke, and enjoy the true flavors from la sierra de Michoacan!



MEXICO

Chileajo de Puerco

Shared by Daniela Moreno Lopez

Instructions

- 1 Cook the Pork:** Clean the pork and place it in a pot. Add enough water to cover, then season with salt and add the garlic, onion, and bay leaf.
- 2 Reduce & Brown:** Cook until the liquid reduces and the pork begins to fry in its own rendered fat.
- 3 Prepare the Chiles:** While the pork cooks, clean the chiles by removing the stems and seeds.
- 4 Toast & Soften:** Lightly toast the chiles on a comal or skillet, then soak them in hot water until softened.
- 5 Make the Sauce & Serve:** Lightly toast the spices on the warm comal, then grind them in a molcajete or mortar. Blend the softened chiles with the garlic and spices. Strain the sauce over the cooked pork, season, and simmer over low heat until the sauce darkens and thickens slightly. Adjust seasoning and serve with white rice, pot beans, and/or grilled cactus.



Ingredients

For the Pork

- 3 lb meaty pork ribs
- 3 garlic cloves
- Salt
- ½ onion
- 1 bay leaf

For the Sauce

- 14 guajillo chiles
- 5 garlic cloves
- 4 whole cloves
- 8 whole peppercorns
- 1 tbsp cumin
- Salt



I have roots from Oaxaca on my mother's side, and chileajo has become one of my favorite dishes. It is usually made on special events like birthdays, weddings, and quermeses.

Ingredients

Bean Base

- 3 cups Mayacoba beans (Frijoles Peruanos)
- Water, enough to cover beans
- 1 bay leaf
- 1 fresh epazote leaf (optional)
- ¼ small white onion
- 2 cloves garlic
- Do NOT add salt when boiling beans.

Meats & Fry Base

- 1 container pork chorizo (FUD recommended)
 - ½ lb thick-cut original ham (FUD recommended), cut into ½-inch squares
 - 4 turkey hot dogs (FUD), halved, sliced & chopped
 - ½ lb thick-cut bacon, cut into ½-inch pieces
 - 2 green onions, halved
- ### Seasonings & Cheeses
- Salsa Guacamole (orange bottle), to taste
 - 2 pickled jalapeños, chopped
 - Splash of pickled jalapeño vinegar (optional)
 - ¼ container Queso Seco Mexicano, diced
 - 1 handful Queso Oaxaca, shredded

MEXICO

Frijoles Puercos

Shared by **Angelina Rojas**

Instructions

1 Prepare the Beans: Clean and rinse the Mayacoba beans. Place them in a large pot with plenty of water, bay leaf, epazote, ¼ onion, and 2 garlic cloves. Boil until very tender. Transfer the beans and broth to a blender and blend until completely smooth. Set aside.

2 Cook the Meats: Cook the pork chorizo in a skillet over medium heat until browned and fully cooked. Remove with a slotted spoon, reserving the grease. Cook the ham squares in the chorizo grease until lightly browned, then remove. Brown the chopped hot dogs in the remaining grease and combine with the chorizo and ham. In a clean skillet, cook the bacon until crisp; transfer to the meat bowl and reserve all bacon fat.

3 Sear & Fry the Beans: In the hot bacon fat, sear the 2 halved green onions until tender and slightly charred; set aside. In a deep pot, heat the remaining bacon grease over medium-low heat. Carefully add the blended beans and fry, stirring constantly to prevent sticking or burning.

4 Combine & Season: Stir the chorizo, ham, hot dogs, bacon, and seared green onions into the beans. Add orange Salsa Guacamole to taste and stir until the beans turn a rich orange-brown. Fold in chopped chiles en vinagre and a splash of their vinegar juice, if desired.

5 Add Cheese & Serve: Stir in the diced Queso Seco Mexicano and the handful of melting Queso Oaxaca. Stir gently over low heat until the cheese is melted, stretchy, and well incorporated throughout the dish. **Serving Suggestion** Serve hot on a clay plate topped with extra sprinkled queso seco, pickled jalapeños on the side, and crisp warm totopos (tortilla chips) or fresh flour tortillas!

This recipe is special to me as it's a must-have dish in Sinaloa. I grew up in Culiacan till the age of 13 and have very fond memories of my time there.



Ingredients

Serves 4

- 1 ½ lbs of Beef: Soft steak cut (beef tenderloin, sirloin, or chuck), cut into 1-inch (2.5 cm) cubes
- 4 Potatoes: Yellow potatoes, steamed first and refrigerated before frying

Vegetables & Aromatics

- 2 Red onion cut into thick wedges
- 1 Yellow chili pepper (aji amarillo) cut into strips
- 4 Ripe tomatoes (peeled, deseeded, cut into wedges)
- 1 bunch Green onions / Scallions (cebolla china)

Optional

- Fresh cilantro, finely chopped
- Lomo Saltado Sauce
- 8 tbsp Light soy sauce (sillao claro)
- 4 tbsp Red or white vinegar
- 6 tbsp Oyster sauce
- Pantry Staples
- Vegetable oil (for stir-frying and deep-frying)
- ½ tsp of Cumin
- 1 tsp of garlic paste
- Salt and freshly ground black pepper

PERU

Lomo Saltado

Shared by Daniel Montoya

Instructions

1

Prep the Ingredients: Keep meat cold until cooking. Mix the light soy sauce, vinegar, and oyster sauce in a bowl. Peel and deseed the tomatoes, then cut into wedges. Slice onions into wedges and aji amarillo into strips. Cube the beef tenderloin into 1-inch pieces, in a bowl mix garlic, cumin, salt and pepper with beef, and keep refrigerated until ready to sear to maintain temperature control.

2

Fry the Potatoes: Steaming first creates extra crispiness. Deep-fry the pre-steamed, chilled yellow potato wedges in hot vegetable oil for 5 to 6 minutes until golden and crispy. Drain, sprinkle with salt, and set aside.

3

Sear the Beef: Cook in small single portions for high-heat searing. Heat a pan or wok until smoking hot with a splash of vegetable oil. Add beef in small batches to keep the pan hot, sear for 30 seconds, then toss/flambé to give it a smoky finish. Remove beef and set aside.

4 Stir-Fry: Maintain high heat throughout. In the same hot pan, add a little more oil and stir-fry the onion wedges and aji amarillo strips until slightly charred. Return the beef and its juices to the pan, then pour in the prepared stir-fry sauce.

5

Combine & Finish: Off heat additions retain crisp texture. Toss in the tomato wedges and green onions briefly so they hold their shape. Remove from heat, stir in freshly chopped cilantro. Plate and Serve: Serve the hot Lomo Saltado directly over the crispy yellow potatoes, pouring all leftover pan juices on top. Pair with a side of fluffy white rice.

It is one of those dishes you could smell as soon as you got home, bringing all these memories and and automatically you knew lunch was going to be fantastic!



Ingredients

For the Sauce

- 3 Roma tomatoes
- ¼ yellow onion
- 2 garlic cloves
- 1 jalapeño
- 1 tbsp tomato bouillon
- ½ tsp black pepper
- 1 tbsp chicken bouillon powder
- 1 cup water

For the Meat

- ½ kg ground meat
- ¼ yellow onion
- 2 garlic cloves, chopped
- Salt to taste

For the Soup

- 1 small bag shell pasta (about 200 g)
- 2 potatoes
- 4 cups boiling water
- 1 small bunch cilantro

MEXICO

Sopita de conchita

Shared by **Caro**

Instructions

- 1 Brown the Pasta:** Heat a little oil in a large pot. Add the conchitas and cook, stirring frequently, until they turn a beautiful golden-brown color. Be careful not to burn them.
- 2 Cook the Meat:** Add the meat to the pot with the toasted conchitas and cook until the meat is fully browned. I use ground turkey.
- 3 Make the Salsa:** Blend all of your salsa ingredients until smooth. Pour the blended salsa into the pot with the conchitas and meat. Stir well and allow the flavors to come together. Add 5 cups of water.
- 4 Add the Vegetables:** Add the potatoes and enough water or broth to create your desired amount of soup. Bring to a boil and cook for about 8 minutes. Add the calabaza: Add the calabaza and continue boiling for about 5 minutes.

- 5 Simmer & Serve:** Add the carrots and boil for another 5 minutes. Simmer: Reduce the heat and let everything simmer together for about 15 minutes, or until the vegetables and pasta are tender. Add cilantro: Add a handful of cilantro during the last few minutes of cooking to release its fresh flavor. Serve and enjoy: Serve hot with crumbled queso fresco and a drizzle of Tapatio for extra flavor and spice y limon. ¡Buen provecho!

This is a very simple dish and hits the spot during any season.



Ingredients

For the Sauce

- 1 ½ lb chicken about 4 boneless, skinless chicken breasts or thighs
- 2 garlic cloves
- 1 small onion cut in quarters
- 2 bay leaves
- ¼ tsp dried Mexican oregano
- 1 tsp salt
- 2 cups water or low sodium chicken stock or more to cover the chicken

MEXICO

Tinga de Pollo

Shared by Jennifer F.

Instructions

1

Prepare the Ingredients: Bring a pot of salty water to a boil and add the chicken breast to cook. Add the onion cut in quarters, garlic cloves, bay leaves, oregano, and salt. If you use chicken stock, go easy on salt. Let the chicken simmer until it is cooked through. It could take between 12-15 minutes.

2

Garnish & Serve: Make sure you skim the foam that forms on top of the water as it starts boiling. When the chicken is cooked, set aside.

3

Cook the Mixture: While the chicken is cooking, place the tomatoes in a medium saucepan, cover with water, bring to a simmer over medium-high heat and cook for 8 to 10 minutes, or until the tomatoes are soft and mushy but not falling apart. Note: If you use canned tomatoes, skip this step.

4

Bring It Together: In a blender, place the tomatoes (or the can of crushed tomatoes if you use one), salt, pepper, and 2-3 Chipotle chiles from the can for less spicy, or the entire can for

really spicy. After blending the ingredients, taste for salt and pepper and adjust if necessary.

5

Prep the Components: Slice the onions and garlic cloves thinly. Heat the oil in a large pan(skillet) and add the onion and garlic. Cook until the onions are soft and translucent, about 5-6 minutes. Pour the salsa over onions. Add oregano, marjoram, thyme, and pepper. (Be careful as the sauce will steam and bubble). Simmer the sauce, occasionally stirring, until the sauce deepens in color, becomes darker and less soupy, about 7-8 minutes. Shred chicken and add it to the sauce: Take the chicken out of the broth, and with two forks, shred the meat. Add it to the sauce and mix well to incorporate the chicken. Let it simmer for only a minute and serve on tostadas and top with queso fresco, lettuce, and whatever your heart desires.

This recipe reminds me of my brother Jonathan. We have always been incredibly close and every time i make it it reminds me of him.



Ingredients

For the Sauce

- Meat, washed and rinsed thoroughly
- 1 onion, divided
- 6 garlic cloves, divided
- 1 bay leaf
- Salt, to taste
- Tomatillos
- Jalapeños
- 2 cups water, plus more as needed
- 1 tbsp chicken bouillon
- 1 handful fresh cilantro



MEXICO

Guisado verde de carne

Shared by V Castillo

Instructions

- 1 Prepare the Ingredients:** Wash and rinse the meat thoroughly. Place the meat in a large pot and add enough water to completely cover it. Add ½ an onion, 3 garlic cloves, 1 bay leaf, and salt to taste.
- 2 Simmer & Develop:** Bring the water to a boil, then reduce to a simmer. Cook for 2–3 hours, or until the meat is fork-tender. Let it continue cooking until most of the liquid has simmered down and the meat is cooking in its own rendered oil.
- 3 Cook the Mixture:** While the meat cooks, boil the tomatillos and jalapeños for about 15 minutes, or until softened.
- 4 Get Everything Ready:** Add the boiled tomatillos and jalapeños to a blender along with 2 cups of water, 3 garlic cloves, ½ onion, 1 tablespoon chicken bouillon, and a handful of cilantro. Blend until smooth and liquid.

- 5 Finish Cooking:** Pour the green sauce over the cooked meat. Bring everything to a boil, then let it simmer so the flavors can come together. You may also boil potato or nopales, drain then combine to the dish at the end for extra fiber! Adjust the consistency: Once the sauce has boiled, add more water as needed until you reach your desired thickness. Taste and adjust the salt if necessary. Serve: Serve hot with rice, beans, or warm tortillas.

“This is a recipe I grew up eating, and one my lovely mother, who passed away in 2020, used to make for us.”



Ingredients

Green Salsa

- 6 Jalapeños
- 2 lb of Tomatillos
- 2 bunches of Cilantro
- 2 medium Yellow Onions
- 8 cloves of Garlic
- 12 limes
- Knorr chicken bullion
- Salt, pepper, cumin, garlic powder, and onion powder, to taste

Pastel

- 2 dozen Corn tortillas
- 2 jars Crema mexicana
- 1 large can Corn kernels, drained
- 6 Poblano peppers
- 2 Yellow Onions
- One medium chicken, cooked and shredded
- Mozzarella and/or jack Cheese, shredded (melts better if you buy a block and shred it yourself)

MEXICO

Pastel Azteca

Shared by **Doctora Nona Hanson**

Instructions

1

Prepare the Ingredients: Jalapeños: Remove stems and cut peppers in half. Remove seeds if milder dish desired. Onions and garlic: Cut onions into eighths and garlic cloves in half. (Removing stems) Tomatillos: Remove outer skins and wash residue from the tomatillos. Cut into quarters. Juice the limes. You may not need all of them. Put a teaspoon of vegetable oil in a large pan over medium heat.

2

Simmer & Develop: When oil is heated, add onions and garlic. Cook for 2-3 minutes. Add jalapeños. Cook for another 2-3 minutes Add tomatillos. Cook until they soften. Turn off heat. Mix one teaspoon of Knorr with a ½ cup of boiling water. Dissolve completely In batches, add tomatillo mix to the blender with some of the cilantro, lime juice and Knorr. Once all is blended, mix all of the batches together. Taste and adjust as needed.

3

Prepare the Base: Jarred or canned salsa works too, though it may be less flavorful; Herdez makes a good salsa verde. Shred a whole baked or rotisserie chicken and add it, along with drained corn, to the green salsa.

4 **Get Everything Ready:** Scorch and remove skins. Remove stems and seeds. Cut into strips. Onions: Cut into strips. Fry tortillas in oil until they become soft. Put aside. Assemble the pastel: 1. Grease bottom and sides of a 13 X 8 pan. Line the bottom with your first layer of tortillas. Use whole tortillas to start. Do not overlap them. Tear another tortilla to fill in the gaps as best you can. Try to create one layer of tortilla without holes.

5

Finish Cooking: Finish Cooking: Add one layer of chicken and salsa (about an inch of sauce, enough to cover tortillas), followed by onion and poblano strips, crema mexicana, and cheese. Repeat layers twice. For the top cheese layer, cover the entire surface. Bake covered with foil at 350°F for 30 minutes, then uncovered for 15 minutes. Check that the center reaches 165°F with a thermometer. Cool for 15–20 minutes before serving. Pairs well with your favorite nopalito salad!

I learned how to make Pastel Azteca from a Yucatecan friend while living in México. She taught me her version from Mérida. I learned many wonderful recipes from her, but this is my favorite.



Tostadas de Carne Molida

Shared by Rosje Lopez

Ingredients

- 10 Tostadas
- 1 jar of Mayonnaise
- 1 lb of refried beans
- 1 lb of ground beef
- 1 tsp of Garlic Salt
- 1 tsp of Black Pepper
- $\frac{3}{4}$ tsp of Cumin

Toppings Ingredients

- 1 head of lettuce
- Queso Fresco (use as much as you would like)
- 3 tomatoes, cut into slices

Salsa Ingredients

- 6 Tomatillo
- 3-4 chiles de árbol
- 1 garlic clove
- $\frac{1}{2}$ tsp of salt
- 2-3 bunches of cilantro



A delicious dinner she would make throughout my childhood and early adulthood.

Instructions

1 Cook Until Tender: Cook your Ground Beef Start by setting your pan on the stove to medium/high Add Garlic Salt, Black Pepper, and Cumin Mix thoroughly and let it cook.

2 Prep & Combine: Lower the heat to low and cover the meat while you do the next steps Step 2: Prep your Toppings Cut the lettuce into thin & shredded strips Grate the cheese.

3 Sauté & Build Flavor: Make the Salsa Turn on a pan and roast your chiles de arbol with water.

4 Combine & Cook: In your blender, add the 6 tomatillos, 3-4 roasted chiles de arbol, 1 garlic clove, 1/2 teaspoon of salt, 2-3 bunches of cilantro, and the water from the chiles de arbol.

5 Build the Dish: Turn on the blender until everything is properly mixed Step 4: Assemble your tostadas! Spread a thin layer of mayonnaise on your tostadas Add refried beans Add ground beef Add the toppings Top off with your Salsa.

Carnicería-Style Carne Asada Marinade

Instructions

1 Prepare the Base: In a large bowl, whisk together the olive oil, orange juice, lime juice, garlic, seasoned salt, California chile powder, cumin, oregano, and paprika (or achiote powder) until well combined.

2 Bring It Together: Place the meat in a large resealable bag or shallow dish and pour the marinade over it, turning to coat every piece evenly.

3 Cook the Dish: Beef (especially arrachera/skirt steak): 4-8 hours
Chicken: 2-6 hours.

4 Toast & Cook: Remove the meat from the refrigerator about 20-30 minutes before grilling. Shake off any excess marinade and lightly pat the surface dry to help achieve a better sear.

5 Finish Cooking: Grill over hot charcoal or high heat until cooked to your preferred doneness. The citrus and spices create a caramelized crust while keeping the meat juicy and tender. Serve with warm flour tortillas, grilled onions, roasted jalapeños, fresh guacamole, and your favorite salsa. Add charro beans or Mexican rice.

Ingredients

- $\frac{1}{4}$ cup olive oil
- Juice of 2 oranges
- Juice of 6 limes
- 6 cloves garlic, minced or crushed
- 2 tbsp seasoned salt
- 1 tbsp California chile powder (mild)
- 2 tsp ground cumin
- 1 tsp Mexican oregano
- 2 tbsp paprika (or achiote powder)



In Monterrey, Mexico, you don't need a special occasion to fire up the charcoal. Grilling is simply part of everyday life—a weekend tradition that brings family and friends together.

Ingredients

- 2 lbs (1 kg) beef chuck roast or eye of round (cuete), cut into bite-sized cubes
- 12 tomatillos, husked and rinsed (or 4/5 roma tomatoes)
- 1 piece of onion (about ¼ medium onion)
- 2 garlic cloves
- 2 chicken bouillon cubes
- Salt and freshly ground black pepper, to taste
- A pinch of ground cumin (optional)
- 2 tbsp avocado oil (or another high-heat cooking oil)

MEXICO

Guisado de Res

Shared by Erik Cardenas

Instructions

1

Brown & Sear: Brown the beef. Season the beef generously with salt and pepper. Heat the avocado oil in a large Dutch oven or heavy-bottomed pot over medium-high heat. Add the beef in batches, being careful not to overcrowd the pan.

2

Cook the Base: This is the most important step of the recipe. Allow the meat to cook until all of its natural moisture has evaporated. Only then will the beef begin to brown and develop a deep, flavorful crust. Resist the urge to stir too often—the caramelization on the bottom of the pan is what creates the rich flavor of the finished dish.

3

Prepare the Base: Prepare the salsa while the beef is browning, boil the tomatillos until they become tender and change from bright green to an olive-green color, about 8–10 minutes.

4

Get Everything Ready: Transfer the cooked tomatillos to a blender along with the onion, garlic, chicken bouillon

and the optional pinch of cumin. Blend until completely smooth. Deglaze the pot.

5

Finish Cooking: Once the beef is beautifully browned, pour the tomatillo salsa directly into the hot pot. As the sauce simmers, use a wooden spoon to scrape up all of the browned bits from the bottom of the pan. Those caramelized pieces dissolve into the sauce and add incredible depth of flavor. Simmer. Reduce the heat to low, cover, and simmer for 45–60 minutes, or until the beef is fork-tender. Taste and adjust the seasoning with additional salt and pepper if needed. Serving Suggestions Serve this ranch-style beef with warm flour tortillas and a side of creamy refried beans for a classic northern Mexican meal. Sliced avocado, or a sprinkle of chopped cilantro also make excellent accompaniments.

This is a beloved dish you'll often find at traditional ranch weddings throughout Nuevo Leon (Mexico). It's simple, deeply comforting, and full of rich, home-cooked flavor.



Ingredients

- 2 lb shrimp, peeled and deveined
- 2 green bell peppers, sliced
- 1 box mushrooms (about 8 oz), sliced
- 1 yellow onion, sliced
- ½ cup McCormick Mayonesa With Lime Juice
- 1 cup Oaxaca-style sour cream
- 1 package (8 oz) cream cheese, softened
- 3 chipotle peppers from a can of chipotles in adobo, to taste
- 2 tbsp Knorr chicken flavor/bouillon
- 2 tsp black pepper
- Salt, to taste
- 1-2 tbsp cooking oil or butter, for sautéing

MEXICO

Camarones a la crem

Shared by Yuli Gomez

Instructions

- 1 Prepare the Ingredients:** Prepare the vegetables. Slice the bell peppers, mushrooms, and onion. Make the chipotle cream sauce. Add the following to a blender: 1/2 cup mayonnaise with lime 1 cup sour cream 8 oz cream cheese.
- 2 Prep & Combine:** 3 chipotle peppers 1 tablespoon Knorr chicken flavor Blend until completely smooth. Taste and add a little salt if needed. Cook the vegetables.
- 3 Cook the Mixture:** Heat 1-2 tablespoons of oil or butter in a large skillet over medium-high heat. Add the onion and bell peppers and cook for about 4-5 minutes. Add the mushrooms and cook another 3-4 minutes, until the vegetables are softened.
- 4 Let It Cook:** Cook the shrimp. Add the shrimp to the skillet. Cook for about 2-3 minutes per side, just until the shrimp turn pink and opaque. Be careful not to overcook them. add salt and pepper Add the sauce.

- 5 Finish Cooking:** Reduce the heat to low and pour the chipotle cream sauce over the shrimp and vegetables. Stir gently to combine. Simmer. Let everything cook together for about 5 minutes on low heat, stirring occasionally. Don't let the sauce boil hard, because the dairy can separate.

“My make up version of a restaurant plate my daughters favorite.”



MEXICO

Chicken Tinga

Shared by Ashley Lobato

Ingredients

For The Chicken

- 1 chicken breast
- ½ onion
- 1 clove of garlic
- Salt to taste

For The Sauce

- 3 tomatoes
- 4-5 canned chipotle chiles
- 1 clove of garlic
- 1 tsp Garlic seasoning

from

- 1 tsp chicken bouillon
- 1 cup chicken broth

For The Tinga

- Oil
- ½ onion, thinly sliced

To Serve

- Tostadas, mexican crema/ sour cream, lettuce, fresh cheese, avocado



This recipe is meaningful to me because it connects me to my Mexican culture and reminds me of how I learned to cook. One of the things I love most about tinga is how versatile it is.

MEXICO

Sopa Huevoñita

Shared by D. Yvonne Lopez

Instructions

1

Prepare the Ingredients: Prepare the ramen. Open the Maruchan cup. Add the ham, cheese, sliced serrano, about half of the Hot Cheetos, and some nori directly on top of the noodles. Add the hot water.

2

Bring It Together: Pour hot water into the cup to the fill line. Cover the cup with its lid or a small plate. Let it sit for: 3-4 minutes if you like your noodles slightly firm with a little bite.

3

Cook the Dish: About 5 minutes if you prefer softer, fully cooked noodles.

4

Let It Cook: While preparing the ramen, soft-boil an egg. Keep the yolk slightly soft and creamy rather than cooking it completely through. Add the fresh toppings.

5

Prep the Components: Once noodles are ready, transfer to a large soup bowl. Top with avocado and squeeze lemon or lime over it. Sprinkle remaining Hot Cheetos for spicy crunch. Add extra nori if desired. Finish with the egg; if soft-boiled, halve and place on top. Serve immediately while hot, cheesy, spicy, and creamy!

Instructions

1

Cook Until Tender: In a pot, add the chicken breast, 1/2 onion, 1 clove of garlic, and salt to taste. Cover with water, cover, and cook for 45 minutes or until the chicken is fully cooked.

2

Simmer & Develop: Remove the chicken from the pot and shred it. In the same broth, cook the tomatoes until they are soft.

3

Prepare the Base: Transfer the cooked tomatoes to a blender along with the chipotles, 1 clove of garlic, the Garlic seasoning, the chicken bouillon, and 1 cup of chicken broth. Blend until you have a smooth sauce.

4

Let It Cook: In a pan, add a little oil and add the sliced onion. Cook for about 2 - 3 minute.

5

Finish Cooking: Add the shredded chicken and mix for a few seconds. Pour in the chipotle sauce and mix well. If needed, add a bit more chicken broth. When it starts to simmer gently, remove from the heat. Serve over tostadas add crema, shredded lettuce and cheese.

Ingredients

- 1 cup Maruchan ramen
- Hot water
- 2 slices of ham, cut into small pieces
- Cheese of your choice
 - mozzarella, pepper jack, Oaxaca, quesadilla cheese, or any cheese that melts well
- ½ serrano pepper, thinly sliced
- ½ lemon or lime
- 1 small bag Hot Cheetos
- Nori (seaweed), cut or crumbled into pieces
- ½ avocado, sliced or diced
- 1 egg, optional



A quick way to turn a simple cup of Maruchan into a spicy, cheesy ramen bowl with ham, avocado, nori, and crunchy Hot Cheetos. Add a soft-boiled egg when you want to make it extra fancy!

Ingredients

- 1 lb (500 gm approx.) Shrimp (medium or small)
- 3 medium sized, finely chopped (preferably red onions)
- 1 tbsp heaped, finely chopped Ginger
- 1 tbsp heaped, finely chopped Garlic
- 4 slit lengthwise Green chillies
- Whole spices: cinnamon stick (1), clove (4), green cardamom (4), bay leaf (2)
- 2 tsp Cumin powder
- 1 cup, chopped Coriander (or cilantro) leaves
- 500 ml Coconut milk
- 1 tsp (for marinating prawns) Turmeric
- Any vegetable oil (3 tbsp for curry, and 2 tsp for sautéing the shrimp)
- Lemon (half)
- a pinch Cardamom powder
- Salt to taste

INDIA

Chingri Malai Curry

Shared by Divya

Instructions

- 1 Prepare the Ingredients:** Shell, devein and wash shrimp. Mix them with turmeric and a pinch of salt and set aside for five minutes. Then lightly sauté the shrimp with 2 tsp of oil for 30 seconds to a minute, just so.
- 2 Cook the Base:** That the shrimp curl and become opalescent. Set aside. Heat oil in the wok (moderate heat). Sauté the following in this order: – Whole spices for about a minute (the cinnamon stick will uncurl a bit).
- 3 Sauté & Build Flavor:** Ginger and garlic for about a minute. Onion, chillies (and cumin powder a minute later). Sauté for about 5 minutes till the onions soften. Add one level teaspoon salt.
- 4 Toast & Cook:** Add half-cup coriander leaves. Sauté for another two minutes. Note: Add a dash of water to the bottom of the wok at any time if the masala is sticking to the vessel. Add the shrimp and sauté for two minutes.



- 5 Finish Cooking:** Add coconut milk. Check (and add) salt to taste. Simmer on low heat for about 5 minutes. Do not boil the curry. Your dish is ready to serve. Before serving garnish with remaining coriander leaves and a pinch of cardamom powder sprinkled on the surface of the curry for that delicious aroma. Serve with steamed rice or spiced rice.

This became a staple at every family reunion and homecoming, and it was one of the first dishes my grandmother ever perfected.



Ensalada de Pollo

Shared by Daniela Moreno Lopez

Ingredients

- 3 cups cooked chicken, shredded or diced
- 1 cup of diced tomato and onion 1 cup mixed vegetables (peas and diced carrots, cooked or canned/drained)
- 2 stalks celery, finely diced
- ½ cup mayonnaise
- ½ cup Mexican crema or sour cream
- 1-2 tbsp pickling liquid from a jar of jalapeños (adds tang, optional)
- 1 tbsp pickled jalapeños, finely chopped (optional)
- Salt and black pepper to taste

For serving

- Corn tostadas or saline crackers, plus avocado slices



My favorite easy fast and go to meal.

Instructions

- 1 Prepare the Ingredients:** Shred or dice your cooked chicken breast. In a pan add a bit of oil and 1 cup of diced tomato and onion, before this is cooked add the shredded chicken and mix in the tomato and onion until the chicken gets a reddish color.
- 2 Build the Flavor:** In a large bowl, whisk together the mayonnaise, Mexican crema (or sour cream), jalapeño pickling juice(optional), salt, and black pepper until smooth, and a bit of chicken bouillon.
- 3 Add & Stir:** After it is cooled down add the shredded chicken, carrots, peas, diced celery, and chopped pickled jalapeños(optional) to the bowl with the dressing.
- 4 Combine & Cook:** Gently fold everything together using a spatula until all ingredients are evenly coated. Taste and adjust salt or pepper.
- 5 Plate & Enjoy:** Cover and refrigerate for at least 30 minutes before serving. Serve chilled on crispy corn tostadas or with saline crackers, topped with avocado slices.

Sana sana sopita sana

Shared by Family

Instructions

- 1 Cook the Chicken:** Wash and clean the chicken breast well with lemon. Place it in a pot with water, a little salt, and pepper. Cook until fully done, about 20-25 minutes.
- 2 Shred the Chicken:** Turn off the heat, remove the chicken, and let it cool completely. Reserve the broth for the soup. Once cooled, shred the chicken into small pieces and set aside.
- 3 Sauté the Vegetables:** Wash and chop the celery, green onions, potatoes, and carrots. Heat 1-2 tablespoons olive oil in a large pot. Sauté the celery, carrots, and green onions for a few minutes, then add the potatoes and mix well.
- 4 Add Chicken & Broth:** Add the shredded chicken and pour in all of the reserved broth. Stir well.
- 5 Add Rice & Finish:** When the soup boils, add ½ cup rice and a pinch of oregano. Cook over medium heat for 15-20 minutes, until rice, potatoes, and carrots are tender. Adjust salt and pepper to taste. For extra flavor, add green onion or serve with fresh lemon.

Ingredients

- 1 chicken breast
- 2 celery stalks
- 2-3 green onions
- 1-2 potatoes
- 2 carrots
- ½ cup rice
- 1 pinch oregano
- 1-2 tbsp olive oil
- Salt and pepper to taste
- 8-10 cups water
- 1 lemon, for cleaning the chicken



This is our family's comfort soup for when someone is sick or under the weather—the kind of warm, homemade meal we joke can bring you back to life.

Ingredients

For the Chicken & Broth Base

- Chicken: 24 chicken legs (skin-on for flavor)
- Aromatics: 1 onion, garlic cloves, 2–3 bay leaves
- Seasoning: Chicken Knorr bouillon powder (to taste)
- Water: Enough to cover chicken in a large pot

For the Mole Sauce

Dried Chiles (De-Seeded And Deveined)

- 12 Chile California
- 16 Chile Guajillo
- 3 Chile de Árbol
- Nuts, Seeds & Thickeners:
 - ½ cup Pepitas (raw, hulled pumpkin seeds)
 - ¼ cup Sesame seeds
 - 1 large sleeve Ritz crackers (or 3 small packets from a family-size box)

Spices & Aromatics

- 5 allspice berries
- 4 cloves
- 1 tbsp Ground cumin
- 1 tbsp Chicken Knorr bouillon powder
- 1 tbsp Diced garlic
- 1 onion
- Cooking oil (for light frying)

MEXICO

Mole de Pollo

Shared by **Angelina Rojas**

Instructions

4

Hydrate & Blend: Pour warm chicken broth into the blender until the ingredients are submerged. Let sit for 10 minutes to hydrate and soften the chiles. Blend for 2–3 minutes until completely smooth. If desired, strain through a mesh strainer to remove chile skin.

5

Simmer & Combine: Heat the remaining oil in a pan and cook the blended mole for a few minutes, stirring, until thickened. Keep the chicken and broth warm over low heat, then pour in the hot mole. Adjust with extra broth if needed and simmer together over medium-low heat for 5–10 minutes. Serve hot with Spanish rice and handmade tortillas, topped with sesame seeds, pickled red onions, and fresh lemon juice.

2

Toast the Seeds & Spices: Separately dry-toast the pepitas, sesame seeds, and other spices over medium-low heat, stirring constantly to prevent burning, as this can make the mole bitter. Transfer each to a blender. Add cumin, Chicken Knorr powder, diced garlic, and a piece of fresh onion.

3

Fry the Chiles: Remove stems, seeds, and veins from the Chile de Árbol, California, and Guajillo chiles. Heat a little oil over medium heat and briefly fry the chiles and a piece of onion until softened, without letting them burn or darken. Transfer to the blender with the Ritz crackers.

“I just made this mole on Tuesday for my daughters bday. I make this Mole from scratch and my family loves and ask for it on every special occasion.”



Jericalla

Shared by Cynthia Yvette Rodriguez

Ingredients

- 1 can (12 oz) evaporated milk
- 2 cups milk
- 1 cinnamon stick
- 2 tbsp vanilla extract
- $\frac{3}{4}$ cup sugar
- 4 eggs



One of my favorite memories from staying with our family in Guadaluajara was hearing the jericalla man yelling down the street, announcing that he was selling fresh jericallas.

Instructions

- 1 Make the custard:** Combine the evaporated milk, milk, cinnamon stick, vanilla, and sugar in a saucepan. Bring to a gentle simmer over medium heat, stirring constantly to prevent scorching.
- 2 Cool the Mixture:** Turn off the heat and let the milk mixture cool slightly.
- 3 Temper the Eggs:** Beat the 4 eggs in a bowl. Slowly whisk in a small amount of the warm milk mixture, then continue adding the milk gradually while whisking until fully incorporated.
- 4 Remove the Cinnamon:** Remove the cinnamon stick and mix well.
- 5 Bake & Brown:** Divide the mixture among oven-safe ramekins and place them in a water bath with hot water reaching halfway up the sides. Bake at 340°F for about 20 minutes, until a toothpick comes out clean. Continue baking until the tops are golden-brown to your liking. Cool and enjoy.



Fresas con Crema

Shared by The Maya Family

Instructions

- 1 Prep the Strawberries:** Wash and dry the strawberries thoroughly, then slice or dice them into your preferred size.
- 2 Make the Sweet Cream:** In a large bowl, whisk together the media crema, sweetened condensed milk, sour cream, and vanilla extract until smooth.
- 3 Combine or Layer:** Gently fold the sliced strawberries into the cream mixture, or layer them individually in cups for a pretty presentation.

4 Chill: Refrigerate the dessert for at least 15 to 30 minutes to let the flavors blend together.

5 Serve: Spoon into bowls, top with granola or nuts if desired, and enjoy.

Ingredients

- 1 lb fresh strawberries, washed, hulled, and sliced
- 1 cup (7.6 oz) crema (Mexican table cream) or to make it healthier you can use Greek Yogurt
- $\frac{1}{2}$ cup sweetened condensed milk or to make it healthier use monkfruit
- 1 tsp vanilla extract



When we were growing up we always had strawberries left over from our licuados, so my Mom would make fresas con crema with left over strawberries.

Ingredients

- 3½ cups (about 437 g) all-purpose flour
- 1 (14 oz) can sweetened condensed milk
- 2 large eggs
- 90 g (6 tbsp) unsalted butter, melted or softened
- 2 tsp baking powder
- 1 tsp vanilla extract
- 1 pinch salt

MEXICO

Gorditas de Leche Condensada

Shared by **Montse Cardenas (Erik's daughter)**

Instructions

- 1 Mix the Wet Ingredients:** Mix the wet ingredients. In a large mixing bowl, whisk together the sweetened condensed milk, eggs, vanilla extract, and butter until smooth and well combined.
- 2 Add the Dry Ingredients:** Add the dry ingredients. In a separate bowl, whisk together the flour, baking powder, and salt. Gradually add the dry ingredients to the wet mixture, stirring until a soft dough forms.
- 3 Knead & Rest:** Knead and rest. Knead the dough by hand or with a sturdy spatula until it is smooth and uniform. Cover and let it rest for 15–20 minutes.

- 4 Shape the Gorditas:** Shape the gorditas. Divide the dough into portions weighing about 50–60 grams each. Roll into balls, then gently flatten them by hand or with a tortilla press to about ½ inch (1 cm) thick. Avoid making them too thin.

- 5 Cook Slowly:** Cook slowly. Heat a skillet or traditional comal over very low heat. Place the gorditas on the hot surface, cover with a lid, and cook for 10–15 minutes, or until lightly golden on the bottom. Flip, cover again, and cook for another 10–15 minutes until golden and cooked through. Serving Suggestions: Enjoy warm on their own or with a pat of butter. They're also delicious served with café de olla, coffee, or hot chocolate. For an extra indulgent treat, drizzle with a little honey, spread with fruit preserves, or dust lightly with powdered sugar.

This reminds me of my grandmother. She always makes warm gorditas for my siblings and I to enjoy when she visits. I love these with butter inside.



MEXICO

Flan Napolitano

Shared by Carlos De La Paz

Ingredients

- 10 medium eggs
- 2 cans (12 oz each) evaporated milk
- 1 can (14 oz) sweetened condensed milk (recommended brand: Nestlé Carnation for both)
- 1½ tsp vanilla extract
- 1 bar (8 oz) cream cheese
- Pinch of salt
- ¾ cup sugar



This recipe comes from my mother. She would always make it on my birthday since I love flan so much!

Instructions

- 1 Prepare the Ingredients:** Preheat the oven to 350°F.
- 2 Cook the Base:** Heat the sugar in a small saucepan until golden brown, then evenly pour it into a large flan mold (or any temperature-resistant mold).
- 3 Prepare the Base:** Crack the eggs into a blender. Add the cream cheese, both cans of evaporated milk, the can of sweetened condensed milk, and the vanilla extract. Blend on low-medium speed for 30–45 seconds.
- 4 Combine & Cook:** Pour the mixture into the flan mold through a fine-mesh strainer to remove any lumps.
- 5 Finish Cooking:** Cover the top with aluminum foil, then place the mold inside a larger heat-resistant container filled with water (a water bath). Bake for 50 minutes to 1 hour. To test doneness, insert a toothpick or knife into the center — it should come out slightly moist with a few crumbs, not wet batter.



MEXICO

Camote Dulce con Leche

Shared by Mayra

Instructions

- 1 Prepare the Ingredients:** Peel and cut the sweet potatoes into large, even pieces.
- 2 Simmer & Develop:** In a large pot, combine the piloncillo, water, cinnamon stick and cloves. Bring to a gentle simmer and stir until the sugar dissolves.
- 3 Cook the Mixture:** Carefully place the sweet potatoes into the syrup. Cover and simmer over medium-low heat for about 30 minutes.
- 4 Let It Cook:** Remove the lid during the last 10 minutes and allow the syrup to reduce until it becomes thick and glossy and coats the sweet potatoes.
- 5 Build the Dish:** Remove the cinnamon stick and cloves. Serve the sweet potatoes and syrup into a bowl. Add milk and enjoy warm.

Ingredients

- 4 medium sweet potatoes
- 1 Piloncillo
- 1 cup water
- 1 cinnamon stick
- 2 cloves
- 1 cup milk



This recipe is meaningful to me because it is a comforting sweet treat that reminds me of home and family during the winter season.



Double Ruff Stuff

Shared by Healthy double chocolate cupcakes

Ingredients

Wet Ingredients

- 2 eggs, room temperature
- 1 banana, approx 100-120g
- 120g Greek yogurt
- 75g melted coconut oil
- ¼ cup honey
- 1 tsp vanilla extract
- 90g zucchini, grated (squeeze it dry and then measure it)
- 55g carrot, grated
- 20g spinach

Dry Ingredients

- 180g AP flour
- 30g cocoa powder
- 1 tsp baking soda
- ½ tsp cinnamon
- ¼ tsp salt



Yes, I hated greens and this was a special way to make me eat my greens.

Instructions

- 1 Combine the Ingredients:** Mix all the wet ingredients and separately all the dry ingredients and then put it all together and done :)

Tofu-egg Scramble (Plant-based)

Shared by Efrain Palma

Instructions

- 1 Prepare the Base:** Drain and press tofu (try to get as much of the water out as possible).
- 2 Build the Flavor:** Crumble block of tofu (should resemble cooked scrambled eggs).
- 3 Sauté & Build Flavor:** In a bowl, add crumbled tofu, EVOO, seasonings and mix well (let it marinate while you sauté veggies).
- 4 Toast & Cook:** Sauté red onion, red bell pepper with EVOO.
- 5 Sear Until Golden:** Add in marinated tofu crumbles and cook until you get some brown/crispy edges option: right before you serve, add greens (like arugula) for a pop of color and added texture.

Ingredients

- 1 block of Tofu (extra-firm)
- 1 tbsp of Turmeric
- 1 tbsp of Black-Salt (sulfured salt that gives the 'eggy' smell and taste)
- 1 tbsp garlic salt
- 1-2 tbsp EVOO
- ½ C red onion, diced
- ½ C red bell pepper, diced
- Option: add fresh greens for a pop of color (arugula or mustard greens)



This recipe takes a classic staple (egg scramble) and adds a plant-based spin.

Ingredients

- 1.5 cups of warm water
- 1 tbsp of sugar
- 1 tbsp Active yeast
- 4 cups of bread flour
- 1 tsp of salt
- Big ol' chunk of honey, 3 mashed bananas, and 1 cup-ish of chopped walnuts (all optional)
- 6-8 wine corks or hole place holders
- sprinkle of baking soda
- half cup of brown sugar
- Dash of Cinnamon (optional)

POLAND

Mad Bagels

Shared by **Maddy Rau**

Instructions

1 Combine the Ingredients & Make the Dough: Add warm water, 1 tsp sugar, and active yeast to the KitchenAid mixer. Mix on low for about 30 seconds, then let sit for 5 minutes until foamy. With the mixer on low, gradually add 4 cups flour and salt. Increase the speed slightly and add honey, walnuts, and mashed bananas, if using. Mix until the dough comes together into a ball. Add a little extra flour if the dough is sticky.

2 First Rise & Shape the Bagels: Lightly oil a large bowl and transfer the dough inside. Cover with a clean kitchen towel and let rise in a warm place for 1½-2 hours, or until roughly doubled in size. Transfer to a work surface and divide into 6-8 equal pieces. Roll each into a ball, then push a hole through the center and gently stretch it into a bagel shape.

3 Second Rise & Prepare the Water: Place the bagels on a parchment-lined baking sheet and place a wine cork or similar-sized object in each center to help keep the holes open. Cover and let rise for another hour. Meanwhile, bring a large pot of water to a boil with baking soda and brown

sugar. Preheat the oven to 425°F, then reduce the water to a slow rolling boil.

4 Boil & Prepare for Baking: Carefully boil 3-4 bagels at a time for 1 minute per side, making sure not to overcrowd the pot. Transfer them back to a parchment-lined baking sheet, leaving 1-2 inches between each. If desired, sprinkle some with cinnamon before baking.

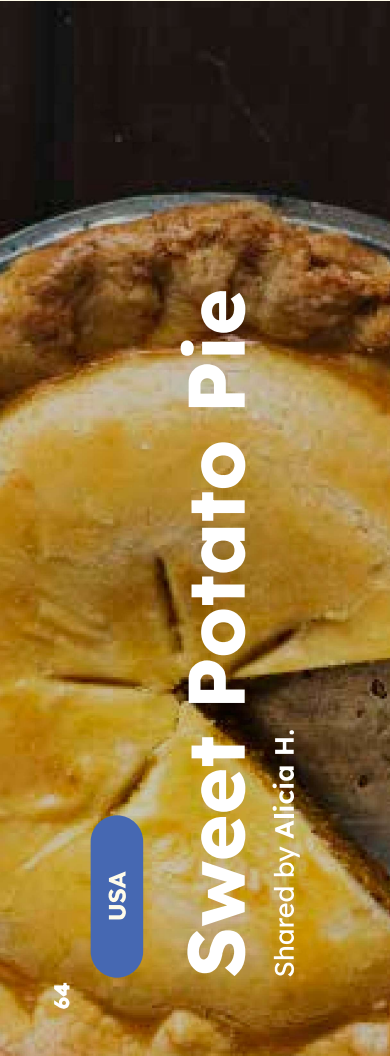
5 Bake & Serve: Bake the bagels at 425°F for about 18 minutes, or until golden brown. Transfer to a cooling rack and let cool enough to handle before serving. For variations, add cheddar, cheddar-jalapeño, or everything seasoning before baking. For cinnamon sugar, coat the boiled bagels in a cinnamon-sugar mixture before returning them to the baking sheet.

My maternal grandmother's family has polish lineage. However, I got into making bagels during a time where my life was a little uncertain and I was not sure what my next adventure would be.



Sweet Potato Pie

Shared by Alicia H.



Ingredients

- 2 cups sweet potatoes
- ½ cup butter (melted)
- ¾ cup granulated sugar
- ½ cup brown sugar
- 2 eggs
- ½ cup heavy whipping cream
- 1 tsp vanilla extract
- 1 tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp salt
- 1 unbaked 9 inch pie crust
- Softened or melted butter

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Sweet potato pie has always been a part of my family's holiday traditions. My mom taught me how to make it and it's one of those recipes that remind me of home, our chaotically beautiful...

Instructions

- 1 Prepare the Crust:** Lightly brush the inside of the unbaked pie crust with butter and sprinkle with cinnamon. Set aside.
- 2 Prepare the Sweet Potatoes:** Cook the sweet potatoes until tender. Peel and mash until smooth.
- 3 Make the Filling:** Add the butter, sugars, eggs, heavy whipping cream, vanilla, cinnamon, nutmeg, and salt to the mashed sweet potatoes. Mix until smooth and creamy.
- 4 Fill & Bake:** Pour the filling into the prepared crust. Bake at 350°F for 50–60 minutes, until the edges are set and the center has a slight jiggle.
- 5 Cool & Serve:** Let the pie cool completely before serving. Cook with your heart and good vibes—taste as you go, adjust what needs adjusting, and when it feels right, it's right.



Gracias.

Thank you for opening your kitchen — and your memories — to the rest of the Zócalo family. This book is just the beginning; as more recipes come home, it will keep growing, one dish at a time.

Con cariño, el equipo de Sazón y Salud

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