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MAMA' RESTAURANT BAR
MEXICO
COMIDAS Y BEBIDAS CON AMOR
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Pozole (serves 4) Mexican Chicken Soup with Hominy Corn

16 oz. Hominy corn, canned
1 onion, chopped
1/2 chicken
2 quarts water
1 tsp. dried oregano leaves
3 green scallions, chopped
2 tbsp. salt

For Garnish
Fresh tomato, chopped
Fresh jalapeño, chopped
Fresh onion, chopped
1 Hass avocado, sliced

Boil chicken in water with half of chopped onion until tender with 2 tbsp. of salt. Set chicken aside. Remove from bones and shred meat.

Sauté rest of onions until soft and add hominy corn. Season with salt, ground black pepper, and oregano to taste. Add scallion and shredded chicken.

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Campechana (Serves 4) Seafood Cocktail

8 oz. shrimp, peeled and de-veined
8 oz. calamari, chopped
8 oz. scallops
1 cup water
1/2 red onion, chopped
1 red bell pepper, chopped
1 yellow bell pepper, chopped
1 jalapeño pepper, seeded and chopped
1 rib of celery, chopped
3 springs of cilantro, chopped
1 cup fresh lime juice
1 cup fresh orange juice
2 tbsp. Tabasco sauce
1 tbsp. Worcester sauce
2 cups ketchup
Salt, ground black pepper, oregano leaves
for seasoning

Garnish

Avocado slices
Olive Oil

Place seafood in water. Bring to a boil and cook 2 more minutes. Strain and save 1/2 of seafood broth. In a large bowl, mix vegetables, seafood, broth, juices and sauces. Season with salt, pepper, and oregano. Garnish with sliced avocado and drizzle with extra virgin olive oil.

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Fuente de Mariscos (Serves 2) Mexican Seafood Casserole

1 lobster, cut in half and cleaned
10 top neck clams
20 mussels
8 oz. calamari
8 oz. shrimp
8 oz. scallops
4 oz. crab meat
2 springs cilantro
2 plum tomatoes, chopped
1 potato, julienned
1 carrot, julienned
4 garlic cloves, diced
1 cup white wine
2 tbsp. extra virgin olive oil
Salt and ground pepper to taste

In a large sauce pan, heat olive oil and sauté garlic. Add lobster halves and clams with white wine. Cook for two minutes. Add rest of ingredients and season with salt and pepper. Cook 5 to 6 minutes longer till done (don't over cook). Serve over rice if desired.

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Robalo a la Veracruzana (Serves 6) Chilean Sea Bass with Veracruz sauce

3 lbs. fillets Chilean Sea bass (or any white fish)

6 fillets 8 oz. each

Fish Marinade:

5 tbsp. ground black pepper

4 cloves garlic, chopped

1/2 cup tequila

2 sprigs cilantro, chopped

Rub marinade on both sides of fillets and let sit for 15-30 minutes. Sear fish on both sides (2-3 minutes each side). Place fish in pan or casserole dish and cover with Veracruz sauce below. Place pan in pre-heated 450° oven and cook for 10 minutes.

Veracruz Sauce

1 onion, chopped

4 cloves of garlic, chopped

12 plum tomatoes, roasted and pureed

or a 35 oz. can of whole Italian plum tomatoes

1 tbsp. capers

10 green olives, pitted

1 tsp. dried oregano

3 bay leaves

1 pickled jalapeño, chopped and 1 tbsp. of its juice

3 tbsp. chicken stock

3 tbsp. extra virgin olive oil

1 poblano pepper, roasted, peeled, seeded, and julienned

1 red bell pepper, peeled, seeded, and julienned

Salt and fresh ground pepper to taste

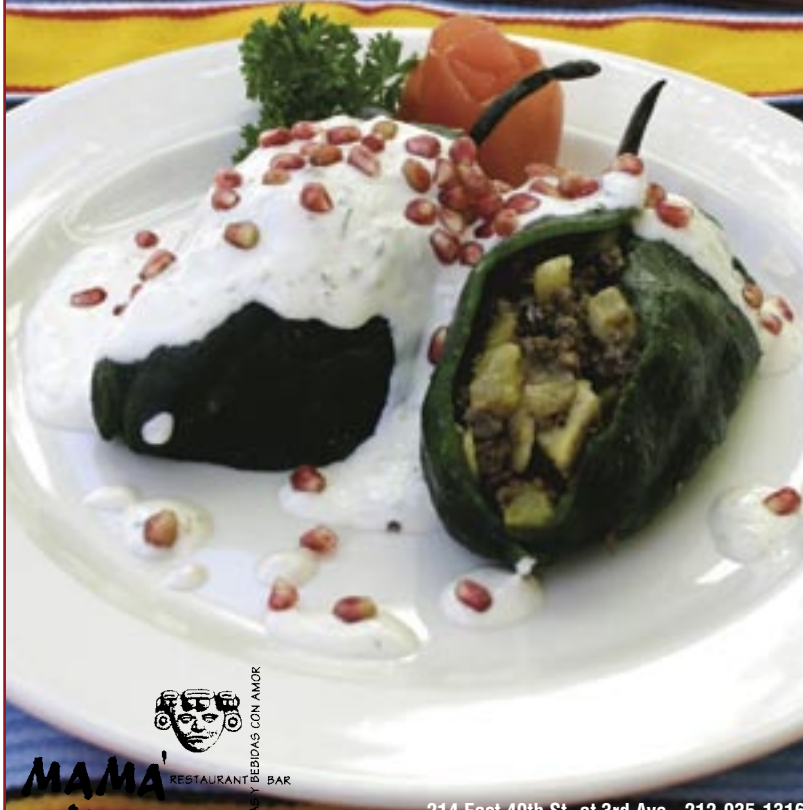
In a hot sauté pan, add olive oil and sauté chopped onion, garlic for two minutes, then add chicken stock. Once onion is tender, add rest of ingredients except peppers. Cook until it starts to thicken. Add peppers and cook for 1 minute more.

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Chile En Nogada (Serves 3) Stuffed Poblano Peppers in a Creamy Nut Sauce

6 poblano peppers, roasted, peeled, and seeded
1 lb. ground pork
1/2 onion, chopped
1 Granny Smith apple, chopped
1 peach, chopped
1 ripe plantain, chopped
1/2 mango, chopped
1/4 medium pineapple, diced
2 tbsp. raisins
2 tbsp. blanched almonds
2 bay leaves
1 tsp. dried oregano
3 garlic cloves, chopped
Salt and pepper to taste

Nut Cream Sauce

1 lb. softened cream cheese
1 cup sour cream
2 tsp. honey
2 tbsp. Sherry wine
1/2 cup pecans, chopped
Pinch of salt
Sugar to taste

Garnish

Pomegranate seeds from one pomegranate

Sauté onion with ground pork until well cooked. Add rest of ingredients for the stuffing and cook on a medium low heat for about 5 minutes (Don't Stir. Fruit will melt). Set aside and let cool. Once cool, stuff peppers. For the nut cream sauce, mix all the ingredients in a medium bowl and leave at room temperature. To serve heat stuffed peppers and top with nut sauce. Garnish with pomegranate seeds on top.



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Quesadillas de Huitlacoche (serves 3) Black Corn Mushroom Quesadillas

2 cans of huitlacoche (black corn mushroom)
1 medium chopped onion
1 jalapeño, chopped
2 garlic cloves, chopped
5 epazóte leaves (can substitute with cilantro)
Salt and pepper to taste
3 large flour tortillas (12 inches)
8 oz. shredded cheddar cheese

Sauté huitlacoche with garlic, onion, jalapeño, and epazóte leaves. Season with salt and pepper.

To serve, grill flour tortillas until there are grill marks on both sides. Top tortillas with shredded cheese and huitlacoche mix. Fold in half and cut into three pieces each. Garnish with sour cream.


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Aguas Frescas (serves 6 each)

Agua de Jamaica

4 oz. hibiscus flowers
1 cup sugar
1 quart water
1/2 lime's juice

Boil water with sugar and hibiscus flowers. Let cool and add ice cubes and lime juice. Ready to serve.

Agua de Horchata

1 cup rice soaked in 2 cups warm water for 20 minutes
2 cinnamon sticks
1 quarts whole milk
1 tsp. vanilla extract
12 oz. condensed milk

Blend ingredients together and serve with crushed ice.

Agua de Tamarindo

10 oz. tamarind pulp
1 quart water
2 cups sugar

Boil tamarind pulp with water. Let cool and add sugar and ice. Ready to serve.

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Mole (Serves 6)

Mole (mol-AY) is a sauce consisting of various dried chiles combined with sweetening and thickening agents. This provides the tongue palette with a variety of flavors all at once.

- 6 dried pasilla chile peppers
- 6 dried mulatto chile peppers
- 6 dried ancho chile peppers
- 3 dried guajillo chile peppers
- 4 quarts chicken broth
- 1 cup raisins
- 1 cup sesame seeds
- 1 cup blanched almonds
- 2 ripe plantains
- 1/2 Italian bread roll
- 1 cinnamon stick
- 6 garlic cloves
- 3 cloves
- 1 onion, chopped
- 1 cup of brown sugar (optional)
- 1 brick of Mexican table chocolate (i.e. Ibarra)
- 2 cups vegetable oil

Heat vegetable oil to frying temperature. Fry all the ingredients, one by one, until brown. Blend chiles with 1 quart chicken broth. Blend all other ingredients with other quart of broth.

In a large pot, fry chile mix and let simmer for about 20-25 minutes on low heat or until oil rises to the top. Add nut mix and let simmer for another 20 minutes. Season with salt and brown sugar to taste. Sauce could be served over chicken or turkey and sprinkled with toasted sesame seeds.



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Ponche (serves 6) Hot Mexican Fruit Punch

- 2 sticks sugar cane
- 1 lb. tejocote fruit (Mexican haw thorne)
- 2 red apples
- 2 pears
- 4 medium guavas
- 2 oranges
- 3 oz. hibiscus flowers
- 1 piloncillo (8 oz. Mexican brown sugar)
- 1 cup sugar or to taste
- 1 1/2 gallons water
- 2 cinnamon sticks.

Chop fruit into chunks and boil in water with all other ingredients over medium heat. Till tender. Sweeten with sugar if desired. Serve warm.

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Calabaza en Tacha (Serves 5) Pumpkin in Panela (Sweet) Syrup

10 lbs. pumpkin, cut into 8 pieces
2 piloncillo (Mexican brown sugar),
8 oz. each
1 cup sugar
1 cup honey
4 cinnamon sticks
6 whole cloves
6 whole allspice
2 gallons water

In a sauce pan with water, boil the piloncillo, sugar, honey, cinnamon, cloves and allspice. After 20 minutes, add pumpkin with the seeds and bring to a boil. Reduce heat to medium low and cook for 40 minutes or until the syrup has reduced about 60% and pumpkin is tender. Serve with a side of vanilla ice cream.


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Pavo al Pastor **Braised Turkey with Al Pastor Sauce**

1 lb. dried guajillo chile peppers
1 medium pineapple, cut into chunks
10 roasted plum tomatoes
1 onion
5 cloves of garlic
2 cinnamon sticks
2 springs of thyme
1 tsp. oregano
2 cloves
2 cups pineapple juice
1 cup water



Heat pineapple juice with water. Remove from heat, add chile peppers and pineapple chunks. In a large pan, toast (with no oil) plum tomatoes, onions, and garlic until charred on the outside. Blend ingredients together with pineapple mix and strain. Marinate turkey overnight with the sauce and keep marinating every two hours.

Preheat oven to 350° and place turkey in a basting pen and cover turkey with foil. After 2 hours, remove foil and continue basting every 20 minutes for about 2 hours until well-cooked (when turkey is 180°). Skin should be golden brown. After removing from oven, cover with foil to prevent loss of moisture. Let stand for 10 minutes then serve.

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Guacamole (serves 2)

- 1 Hass avocado
- 2 tbsp. tomatoes, chopped
- 2 tbsp. onions, chopped
- 1 tsp. garlic, diced
- 3 springs cilantro, chopped
- 1 lime's juice
- 1 tbsp. chopped jalapeño (add more for extra picante)
- Salt to taste

Remove avocado from shell. Roughly mash avocado leaving some lumps. Add other ingredients and mix. Season with salt to taste. Served as dip with corn chips or as a spread on warm tortillas.



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