



# EUMETSAT Cooking Club

2017-03-22

*The Recipes*

Stephan Zinke (Editor)

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EUMETSAT Cooking Club 2017-03-22, The Recipes

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## Foreword

The 2<sup>nd</sup> event of the year 2017 was themed “Mexican Food”, and took place on Wednesday, March 22, as usual at Kochstudio Darmstadt.

This event was jointly organised by Geraldine, Jamie and Paula. Many thanks to the trio for delicious food and military planning.

For appetizers we had Guacamole (Stephan), Salsa (Stephan), Refried Beans (Cristina, Barbara) and Pico de Gallo (Paula), served with tortilla chips.

Paula and her group then served the starter, Ceviche.

After final preparations, the main dish, prepared by Jamie and her group, Enchiladas with chicken and cheese, or beans and cheese, with Mole Poblano, was served.

Finally, Geraldine and her group had prepared Tequileras, chocolate sandwich cookies with a chocolate buttercream and orange liqueur filling.

This time, Gigi took care of bringing along Mexican beer, which went very well with the spicy food.

The usual cleaning took place with Spanish musical background and Cooks and Guests dancing along – a great fun. By 23:30 the doors could be shut.

THE EDITOR



# The Recipes

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*Refried Beans*

*Pico de Gallo*

*Salsa*

*Guacamole*

*Ceviche*

*Corn Tortillas*

*Mole Poblano*

*Vegetable Stock*

*Enchiladas*

*Tequileras*



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# Refried Beans

## Ingredients

Serves 30

amount	unit	description
1	kg	Pinto beans (you can also use Peruvian or black beans)
1	pcs.	onion
5	l	water
2	tsp.	dried epazote – a Mexican herb that assists digestion, available at <a href="http://www.holamexico.de">www.holamexico.de</a>
2	tblsp.	coarse sea salt (or to taste)
1	pcs.	onion
6	tblsp.	corn oil
	some	salt to taste

## Preparation

1. Rinse the beans in cold water and drain. Place in a big heavy pot and cover with enough water to come to at least 8cm above the top of the beans, about 2.5l of water. Add the ½ onion and bring to a boil. Let the beans simmer, partially covered for 75 minutes. Add the epazote, then simmer a further 15 minutes or so until the beans are soft and then add the salt. (Do not add salt at the beginning – the beans will toughen.)
2. Continue simmering for another 15 minutes or until the beans are so soft that they come apart if you hold one between your fingers and the broth has a soupy consistency. If the beans are not yet soft and the broth is drying out, add more boiling water. When done, remove the cooked onion with a slotted spoon.

For the refried beans (use all the beans and 1l of cooking liquid from above):

1. Pour the oil into a large pan over medium heat and heat until hot, but not smoking, about 1 to 2 minutes. Add the other ½ onion and sauté 3 to 4 minutes, or until soft, translucent and slightly brown around the edges.
2. Add a cupful of beans at a time over the sautéed onions and mash with a potato masher. Repeat until all the beans are mashed.
3. Add salt to taste and let thicken for 8 to 10 minutes, stirring and mashing until they are of a thick purée consistency.



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# Pico de Gallo

## Ingredients

Serves 12-15

amount	unit	description
500	g	ripe tomatoes, halved, cored, seeded and chopped
1	pcs.	onion, small, finely chopped
1	pcs.	Jalapeño chili (5.5 relative heat scale), stemmed, finely chopped (seeding optional)
½	bunch	fresh coriander, leaves and upper stems, roughly chopped
3	tblsp.	fresh lime juice, more or less to taste (about 2 limes)
2	tblsp.	olive oil
1	tsp.	sea salt, more or less to taste

## Preparation

1. Place all ingredients in a bowl. Toss well and serve...as a dip, topping on tacos, anything!







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# Salsa

## Ingredients

Serves 30

amount	unit	description
2	pcs.	400g tins of tomatoes, diced or whole with juice
½	bunch	fresh coriander
½	pcs.	small red onion, roughly chopped
2	pcs.	Jalapeño chilies (5.5 relative heat scale), stemmed, deveined, seeds removed, chopped
2	pcs.	garlic cloves, roughly chopped
2	tbsp..	fresh lime juice (1 lime or more, depending on size and juiciness)
1	tsp.	cumin
½	tsp.	salt

## Preparation

1. Combine all ingredients in a blender or food processor and pulse to as chunky or smooth as you like, scraping the sides with a spatula as needed.
2. Taste and adjust seasoning (add more lime juice, cumin or salt if needed).
3. Refrigerate at least 30 minutes or up to a week to allow flavours to blend.





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# Guacamole

## Ingredients

Serves 6-8

amount	unit	description
2	pcs.	avocados, nice and ripe
½	tsp.	salt
1	pcs.	lime (or lemon), juiced
2	tblsp.	red onion, minced
1	pcs.	Jalapeño (5.5 relative heat scale) or serrano (7) chili, stem and seeds removed, minced
¼	bunch	fresh coriander, leaves and upper stems, finely chopped
½	pcs.	ripe tomato, pulp and seeds removed, chopped
	some	freshly grated black pepper

## Preparation

1. Cut the avocados in half, remove the pit, scoop out the flesh and place in a bowl. Roughly mash with a fork.
2. Add the salt and lime or lemon juice (in addition to adding some acidity, the juice helps keep the avocado from turning brown). Stir in the onion, chili (if the chili is very spicy, you may wish to start with half the amount and then add to taste), coriander, tomato and pepper.
3. Place plastic wrap on the surface of the guacamole to cover it and prevent air from reaching it (otherwise, it will turn brown). Refrigerate until ready to serve.





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# Ceviche

## Ingredients

Serves 4-6

amount	unit	description
500	g	red snapper filet (or other fish such as grouper, trout, flounder or sole), cut in small dice
175	ml	freshly squeezed lime juice (about 6 limes)
175	ml	freshly squeezed orange juice (about 2.5 oranges)
60	ml	Olive Oil
1	pcs.	Jalapeño chili (5.5 relative heat scale), stemmed and coarsely chopped (it will be spicier if seeds are not removed)
1	pcs.	celery stalk, sliced
1	pcs.	red onion, halved and thinly sliced
1	bunch	fresh coriander, leaves and upper part of stems, chopped
1	pcs.	large mango, diced
1	pcs.	large avocado diced
2	pcs.	tomatillos, husked and scrubbed, diced
2	tblsp.	cacao nibs (optional)
1	tsp.	sea salt, to taste

## Preparation

1. Combine the lime juice, orange juice, olive oil, jalapeño, celery, half of the onion, half of the fresh coriander and salt in a blender and purée until smooth.
2. Place the fish in a bowl, add the puréed mixture and toss well. Cover and let marinate 20-25 minutes before serving, stirring from time to time. If marinating for more than 25 minutes, cover and refrigerate.
3. When ready to serve, add the rest of the onion and coriander, the mango, avocado, tomatillo and cacao nibs, if using. Toss well and taste to see if more salt is needed. Serve with tortilla chips.



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# Corn Tortillas

## Ingredients

**Serves 30-35**

amount	unit	description
500	g	corn tortilla flour (masa harina) (available from Mexican online shops – do not use standard corn flour or polenta)
450	ml	hot water (amount of water needed depends on climate conditions)
2	tsp.	salt

## Preparation

1. Mix the flour and salt in a bowl. Add hot water and knead until dough is smooth, but not sticky. The dough dries out fast, so cover with a moist kitchen towel or cloth when not using.
2. Set aside for 15 minutes – do not refrigerate!
3. Heat a non-stick frying pan or cast-iron griddle, ungreased and dry, over medium heat until thoroughly heated (if it is not hot enough, the tortillas will stick).
4. Form the dough into balls approximately 4cm in diameter and press between two sheets of plastic, such as a freezer bag – not plastic wrap! – or parchment paper either in a tortilla press or using a rolling pin to form a thin flat disk. Check for dryness (are there cracks in the dough?). If too dry, add some water.
5. Remove the plastic and place the tortilla in the pan. After a few seconds the edges will begin to dry out; at this point flip over and let cook for slightly longer until the second side is slightly browned. Flip back onto the first side and let it finish cooking. The whole process should take about two minutes.
6. Keep wrapped in a clean kitchen towel or cloth to avoid drying out. The tortillas can be used as is and stuffed for wraps or enchiladas or made into taco shells or chips.
7. The tortillas can also be kept in a freezer bag and refrigerated for several days or frozen.

To make fried (or baked\*\*) tortilla chips:

12 tortillas = 72 chips

1. The chips fry better if dry, so either leave the tortillas out overnight exposed to the air or place on a baking sheet in a single layer and bake at 175°C for 5 minutes.
2. Cut each tortilla into 6 triangle-shaped wedges.
3. Pour corn oil into a medium-sized pan to a depth of about half a centimetre and heat over medium heat until a piece of tortilla placed in the oil sizzles. (Do not let the oil get so hot that it smokes!)
4. Have a large plate covered with a paper towel nearby and several other sheets of paper towel at hand.
5. Place the tortilla chips in the pan in a single layer. They should be covered in the oil so that both sides are fried evenly. Fry for approximately 2 minutes until lightly browned and firm.\*



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Use metal tongs or a slotted spoon to remove and place on the paper towel. Sprinkle with salt. Place another paper towel on top ready for the next batch.

\*Because so little oil is being used, when the tortilla chips are added to the pan, the temperature of the oil is lowered. You can compensate for this by increasing the heat to high. As soon as the chips start to colour, reduce the heat to low.

\*\*For the healthy alternative, bake the triangle-shaped wedges in a single layer on a baking sheet in a pre-heated oven at 175° for 6 minutes. Sprinkle with salt. Use metal tongs to turn over and bake another 6 to 9 minutes until just beginning to colour. Remove from the oven and let cool. Sprinkle with more salt and serve.



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# Mole Poblano

## Ingredients

Serves 24

amount	unit	description
8	tblsp.	corn oil
7	pcs.	Ancho chilies, dried, stems, seeds (reserve!) and veins removed, 3-5 relative heat scale
13	pcs.	Pasilla chilies, dried, stems, seeds (reserve!) and veins removed, 3-5 relative heat scale
6	pcs.	Mulato chilies, dried, stems, seeds (reserve!) and veins removed, 2-4 relative heat scale
4	pcs.	Chipotle chilies, dried, stems, seeds (reserve!) and veins removed, 5-6 relative heat scale
½	pcs.	onion, roughly chopped
4	pcs.	garlic cloves, chopped
3	tblsp.	raw almonds with skin
3	tblsp.	raw peanuts, shelled
3	tblsp.	raisins
1	tblsp.	pumpkin seeds
4	tblsp.	sesame seeds
5	tblsp.	reserved chili seeds (if you like it very spicy, you can add up to 8 tblsp.)
5	pcs.	whole cloves
½	tsp.	anise seeds
¼	tsp.	coriander seeds
20	pcs.	black peppercorns, whole
1	pcs.	stick Ceylon (not cassia!) cinnamon
¼	tsp.	ground allspice
2	pcs.	Roma tomatoes, charred or roasted
2	pcs.	tomatillos, husked, rinsed, charred or roasted
2	pcs.	corn tortillas, sliced into 8 pieces
1	pcs.	bread roll (or ½ baguette), thickly sliced (if a couple of days old, even better)
180	g	mexican-style chocolate (or bittersweet chocolate)
1.2	l	vegetable stock (plus 950ml for diluting later on) – 2.15 litres total (recipe follows)
1	tsp.	sea salt (or more to taste)
8	tblsp.	sesame seeds, toasted, for sprinkling on top at end

## Preparation

1. Heat the oil in a large casserole pot over medium-high heat. When hot (about 2 minutes later), add the chilies in 2 or 3 batches and sauté, stirring often. Do not let them burn



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completely. Remove with a slotted spoon and place in a mixing bowl. Cover with boiling water. Set aside.

2. In the same oil, sauté the onion and garlic 2 to 3 minutes stirring, until they soften.
3. Stir in the almonds, peanuts, raisins and pumpkin seeds and cook 2 to 3 minutes.
4. Stir in the sesame seeds, chili seeds, cloves, anise seeds, coriander seeds, peppercorns, cinnamon and allspice. Cook 3 to 4 minutes, stirring frequently.
5. Make room and add the tomatoes, tomatillos, tortilla and bread pieces. Cook everything for 2 minutes.
6. Add the sautéed chilies and the water they were soaking in plus 1.2 litres of the vegetable stock. Stir and once it comes to a simmer, add the chocolate pieces and salt. Mix well and let simmer 12-15 minutes. Turn off the heat, cover and let rest for 15 minutes until the chilies are completely softened.
7. In batches, purée the mixture in a blender or food processor until smooth. You can store this mole, covered, for up to a month in the refrigerator or freeze for up to one year.
8. When ready to eat, dilute a cup of mole with a half cup vegetable stock in a saucepan and simmer for 2 to 3 minutes. Pour over cooked chicken or turkey and sprinkle the sesame seeds on top or use as a sauce for enchiladas.





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# Vegetable Stock

## Ingredients

Creates ~3l

amount	unit	description
4	pcs.	onion, medium sized
4	pcs.	carrots, large
5	pcs.	celery stalks
6	pcs.	garlic cloves
1	tbsp.	corn oil
2	pcs.	bay leaves, roughly torn
1	bunch	fresh coriander
15	pcs.	black peppercorn, whole
200	ml	dry white wine (optional)
3	l	water

## Preparation

1. Coarsely grate the onions, carrots, celery and garlic – or chop in small pieces.
2. Heat oil in a large soup pot over medium heat and tip in all ingredients except the wine. Sauté, stirring from time to time, for about 5 minutes or until the vegetables have begun to soften.
3. Add the (optional) wine and 3 litres of boiling water from the kettle. Bring back to the boil and simmer, uncovered. If your veg were grated, the stock will be ready in 10 minutes. If the veg were chopped, give it 20-30 minutes. Strain the stock and use straight away or allow to cool and then refrigerate or freeze.



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# Enchiladas

## Ingredients

Serves 6-12

amount	unit	description
		Mole poblano
4	tbsp.	corn oil
12	pcs.	corn tortillas
700	g	shredded cheddar cheese
300	g	chicken, cooked and shredded (optional)
1	pcs.	onion, chopped (optional)
1	bunch	fresh coriander, leaves and upper stems, chopped (optional)

## Preparation

1. Preheat oven to 175°C.
2. Spread thin layer of mole poblano on the bottom of a casserole dish. Place dish near stove and a pile of three paper towels as well.
3. Heat the oil in a small pan over medium heat. Add a tortilla and heat it in the oil for 15 seconds. Remove the tortilla with tongs and place on the paper towels.
4. If using chicken in the enchiladas, warm some mole poblano (may need to be thinned with chicken stock or water if too thick) in a separate pan and using tongs, quickly dip the tortillas one by one to cover. Place some of the shredded chicken on each tortilla plus...
5. Sprinkle some cheese and onion down the middle of the tortilla. Roll the sides over one another and place seam-side down in the casserole dish.
6. Repeat with the remaining tortillas until all are aligned side-by-side in the dish. Cover with an even and ample coat of mole poblano. Sprinkle remaining cheese on top. Bake 20 minutes until cheese inside is melted and the edges of the tortillas are slightly crispy.
7. Remove from the oven and top with chopped coriander.



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# Tequileras

## Ingredients

Makes 20-24 cookies

amount	unit	description
<b>Cookies</b>		
125	g	butter, unsalted, at room temperature
75	g	brown sugar
50	g	granulated sugar + 2 tablespoons (25g) for sprinkling
1	tsp.	vanilla extract
1	pcs.	large egg, at room temperature
60	g	cocoa
125	g	all-purpose flour
1	pinch	salt
<b>Filling</b>		
90	g	Mexican or bittersweet chocolate, cut in chunks
115	g	butter, unsalted, at room temperature
125	g	powdered sugar
1	tblsp.	orange liqueur (Agavero – this is a blend of agave nectar, tequila and natural orange essence), Cointreau, Triple Sec, Grand Marnier, etc.)

## Preparation

To make the cookies:

1. In the bowl of a mixer, beat the butter with the brown sugar and 50g of the granulated sugar at medium speed until soft. Add the vanilla and egg, reduce the speed, then add the cocoa powder. Scrape the sides of the bowl if necessary, add the flour and salt, and continue beating until thoroughly combined. The dough should be soft and a bit cakey. Gather into a ball, wrap in plastic and place in the fridge 20 to 30 minutes.
2. Preheat the oven to 175°C. Line two baking sheets with parchment paper and set the oven racks in the upper and lower third positions.
3. Generously flour the countertop and a rolling pin. Roll out the dough into a rectangle about 3mm thick. Cut into rectangles of about 5cm x 4cm. Use a metal spatula to place on the baking sheets. With a toothpick, mark a 'T' with 4 dots going up and 2 dots on each side of the top. Sprinkle with the remaining 2 tablespoons of granulated sugar. Reuse any scraps of dough and roll out again.
4. Bake 7-8 minutes, until firm. Remove from the oven and allow to cool.

To make the filling:



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5. Place the chocolate in a bowl in a double boiler over simmering water until it melts.
6. In the bowl of a mixer with the paddle attachment, beat the butter until creamy. Add the powdered sugar and beat until completely mixed. Add the melted chocolate and the orange liqueur and continue beating until very creamy.

To assemble:

7. Turn half the cookies upside down so that the sugar coating is on the bottom. Cover with a dollop of filling and top with the other half of the cookies. Store covered at room temperature.







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