### September 25th, 2023

### **Recipe #1**

## Mexican Bruschetta

| Total | vield: | 6 | servings   |
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#### Ingredients

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- 1 to 2 tbsp fresh lime juice •
- 1 handful fresh . cilantro, chopped
- 1 garlic clove, minced •
- 3 Roma tomatoes, rinsed and chopped
- 1/2 red onion, chopped
- $\frac{1}{2}$  to 1 jalapeno, • seeded and minced
- Queso fresco, crumbled with fingers
- Salt to taste
- 1 roll baguette (or French bread), 1/2 inch sliced
- Oil to brush bread slices
- **Cooked Shrimp**
- 2 avocados, pitted •

- **Directions**
- 1. Slice bread. With a brush, oil the bread slices. Place on a baking pan and broil for 5 minutes on both sides. Make sure not to burn.

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- 2. Take the avocados and mash with a fork, sprinkle with a tablespoon of lime juice and add salt to taste. Set aside.
- 3. In a medium bowl, add tomatoes, onions, jalapeno, garlic, cilantro, lime juice, and salt to taste. Mix well.
- 4. Add and spread about a tablespoon and a half of guacamole to the toast.
- 5. Add Pico de Gallo mixture on top.
- 6. Finally top with crumbled queso fresco.
- 7. Top off with cooked shrimp.



### **Recipe #2**

## Chicken Enchiladas

| Total yield: 8 servings  |  |   |  |  |  |
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| Ingredients<br>Sauce:  | Filling:   |   |  |  |  |
| <ul> <li>2 tbsp olive oil</li> <li>2 tbsp all-purpose flour</li> <li>¼ cup chili powder</li> <li>½ tsp garlic powder</li> <li>½ tsp ground cumin</li> <li>¼ tsp dried oregano</li> <li>2 cups chicken stock</li> </ul> | <ul> <li>2 tbsp extra virgin olive oil</li> <li>1 small white onion,<br/>peeled and diced</li> <li>1 ½ pounds boneless<br/>skinless chicken<br/>breasts, diced into<br/>small ½ inch pieces</li> </ul> | <ul> <li>1 (4 oz) can diced<br/>green chilies</li> <li>Sea salt and freshly<br/>cracked black pepper</li> <li>1 (15 oz) can black beans,<br/>rinsed and drained</li> <li>8 large flour tortillas</li> </ul> | • 3 cups Mexican-blend<br>shredded cheese<br>(cheddar is fine) |  |  |

### Directions

Sea salt to taste

- 1. Preheat oven to 350 degrees.
- 2. Prepare your enchilada sauce.
- Sauté the filling mixture: In a large pan, heat oil over medium-high heat. Add onion and sauté for 3 minutes, stirring occasionally.

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- 4. Add diced chicken and green chiles, and season with a generous pinch of salt and pepper. Sauté the mixture for 6-8 minutes, stirring occasionally, or until the chicken is cooked through.
- 5. Add in the beans and stir until evenly combined. Remove pan from heat and set aside.
- 6. Assemble the enchiladas: Lay out a tortilla, and spread two tablespoons of sauce over the surface of the tortilla. Add a generous spoonful of the chicken mixture in a line down the center of the tortilla, then sprinkle with 1/3 cup of cheese.

- 7. Roll up tortilla and place in greased 9 x 13-inch baking dish. Assemble the remaining enchiladas. Then spread remaining sauce evenly over the top of the enchiladas, followed by shredded cheese.
- 8. Bake uncovered for 20 minutes, until the enchiladas are cooked through and the tortillas are slightly crispy on the outside. Transfer the baking dish to a wire baking rack.
- Serve the enchiladas immediately while they're nice and hot and melty, garnished with your choice of toppings fresh cilantro, chopped red onions, diced avocado, sour cream, and/or crumbled cotija cheese.



# **Tres** Leche

Total yield: 12 servings

#### Ingredients

- 1 cup all-purpose flour
- 1 ½ tsp baking powder
- <sup>1</sup>/<sub>4</sub> tsp salt
- 5 large eggs, separated
- 1 cup sugar, divided
- 1/3 cup whole milk
- 1 tsp vanilla extract
- 1 can (12 oz) condensed milk
- 1 can (14 oz) sweetened condensed milk
- <sup>1</sup>/<sub>4</sub> cup whole milk
- 1-pint heavy whipping cream
- 3 tbsp powdered sugar
- ½ tsp vanilla extract
- Ground cinnamon for topping

#### **Directions**

- 1. Preheat oven to 350 degrees.
- 2. In a medium mixing bowl combine flour, baking powder, and salt. Separate the eggs into two other mixing bowls.
- Add <sup>3</sup>/<sub>4</sub> cup sugar to the bowl with the egg yolks and mix on high speed until yolks are pale yellow. Add 1/3 cup milk and vanilla and stir to combine. Pour the egg yolk mixture over the flour mixture and stir gently until combined (don't overmix).
- 4. Use electric beaters to beat the egg whites on high speed. As they begin to whip into stiff peaks, gradually mix in the remaining ¼ cup of sugar. Fold the stiffly beaten egg whites into the batter gently, scraping the bottom and sides of the bowl until combined.
- 5. Pour batter into un-greased pan and smooth it into an even layer. Bake for 25 to 35 minutes, or until a toothpick inserted in the center of the cake comes out clean. Remove from the oven and allow cake to cool completely.

- 6. Combine the evaporated milk, sweetened condenses milk, and whole milk in a small bowl. Once the cake has cooled use a fork to poke holes all over the top of the cake.
- Slowly pour the milk mixture over the top of the cake, making sure to pour near the edges and all around. Refrigerate the cake for at least 1 hour or overnight, to allow it to soak up the milk.
- In the meantime, whip the heavy cream, sugar and vanilla until stiff peaks. Smooth over the top of the cake. Sprinkle with cinnamon on top.
- 9. Serve with fresh strawberries.