WORLD TABLE BOOKS



Mexican Weeknight

ENGLISH EDITION

A brighter kind of dinner.

100 · recipes

Mexican cooking at your table

A collection to cook from

One hundred recipes explore the variety of Mexican cooking: salsas, breakfasts, soups, tortillas, tacos, braises, seafood, vegetables and sweets. Each recipe includes metric and US quantities, detailed instructions, cooking tips and storage guidance.

Reading the measurements

Metric quantities are the reference. US ounces measure weight; fluid ounces measure volume. Neither is interchangeable with cups. Follow the signs of doneness as well as the stated times, and read the whole recipe before you begin.

Chapter 1

Salsas, condiments and starters

Guacamole

Ripe avocado gives this chunky table guacamole its richness. Tomato, white onion and serrano add freshness; mash just enough to keep the avocado recognizable. Serve promptly with corn tortillas or totopos.

About 550 g / 19.4 oz; 6 appetizer portions

Prep 15 min · Cook 0 min · Rest 0 min · Total 15 min

Equipment: Medium bowl, sturdy fork, spoon, board, knife and kitchen scale.

Ingredients

Guacamole

Ripe Hass avocado flesh Weigh after removing the skins and pits.	400 g / 14.1 oz; about 3 medium avocados before peeling
Ripe plum tomato Finely diced.	100 g / 3.5 oz; about 1 small tomato
White onion	40 g / 1.4 oz; about 1/4 cup finely diced
Serrano chile Stem removed; finely minced.	5 g / 0.18 oz; about 1/2 small chile
Cilantro leaves and tender stems	5 g / 0.18 oz; about 2 tbsp chopped
Fine salt	2 g / About 1/3 tsp; then adjust to taste

Method

1. Prepare the vegetables

Wash the tomato, chile and cilantro, then dry them. Cut the tomato into 5 mm / 1/4 in pieces. Dice the onion more finely and mince the chile so a single bite does not contain a large hot piece.

2. Open the avocados

Wash and dry the avocados before cutting. Halve them on a board and separate the halves. Lift out each pit with a spoon. Scoop the flesh into a medium bowl; discard any bruised or dark portions and weigh out 400 g / 14.1 oz.

3. Mash lightly

Add the salt. Press the flesh with a sturdy fork, leaving small soft chunks. Stop before the mixture becomes a smooth paste. Very firm avocado will not develop the intended creamy texture; choose fruit that yields gently to pressure.

4. Fold and taste

Fold in the tomato, onion, serrano and cilantro. Mix from the bottom of the bowl so the seasoning is distributed. Taste with the food you plan to serve alongside it, then add a small pinch of salt if needed.

5. Serve fresh

Spoon into a serving bowl and offer immediately. The mixture should hold a loose mound with visible avocado pieces and no large pool of tomato juice. Keep the bowl chilled until serving if preparation and eating are separated.

Cooking tip

Avocado ripeness matters more than vigorous mixing. If the tomato is particularly watery, drain the diced pieces briefly before adding them. Lime is optional in many versions; this one lets the avocado lead.

Storage

Best eaten immediately. For a short hold, press food wrap against the surface and refrigerate at 4°C / 40°F or colder. Use within 24 hours; browning may still occur. Refrigerate promptly and do not leave at room temperature for more than 2 hours, or 1 hour above 32°C / 90°F. Do not freeze for this texture.

Substitutions

Use jalapeño in place of serrano, adjusting to its heat. Cilantro may be omitted. If you prefer a brighter taste, fold in 5–10 ml / 1–2 tsp lime juice and list that addition when calculating nutrition.

Declared allergens: None of the listed ingredients is a major US/EU allergen. Check packaged products and accompaniments.

Approximate nutrition per serving

115 kcal · protein 2 g · carbohydrate 8 g · fat 10 g

Values vary with ingredients and serving size.

Guacamole





1. Dice tomato and onion; mince serrano and chop cilantro.



2. Scoop the avocado flesh into a bowl and add salt.



3. Mash with a fork, keeping some soft avocado chunks.



4. Fold in the vegetables and serve the finished guacamole.

Chapter 2

Breakfast and eggs

Huevos rancheros

Two eggs sit on a lightly fried corn tortilla with warm refried beans and a freshly cooked tomato-serrano sauce. Prepare the sauce before frying the eggs so the plates can be assembled while everything is warm.

4 plates, each with 2 eggs and 1 tortilla

Prep 15 min · Cook 30 min · Rest 0 min · Total 45 min

Equipment: 2 litre / 2 quart saucepan, blender, 28 cm / 11 in skillet, small bean saucepan and spatula.

Ingredients

Ranchera sauce

Ripe tomatoes Cored.	300 g / 10.58 oz
Serrano chiles Stems removed.	15 g / 0.53 oz
Garlic Peeled.	3 g / 0.11 oz
White onion Finely chopped.	30 g / 1.06 oz
Vegetable oil	10 ml / 0.34 US fl oz
Fine salt	3 g / 0.11 oz
Ground black pepper	0.2 g / 0.01 oz
Water for cooking tomatoes Drain; reserve 60 ml / 2 US fl oz if needed.	750 ml / 25.36 US fl oz

Eggs, tortillas and beans

Corn tortillas About 25 g / 0.9 oz each.	4 tortillas
Vegetable oil For lightly frying tortillas and eggs.	30 ml / 1.01 US fl oz
Large eggs About 400 g / 14.1 oz without shells.	8 eggs

Refried beans Ready to eat; warm before serving.	170 g / 6.00 oz
Cilantro leaves	3 g / 0.11 oz

Method

1. Cook and blend the tomatoes

Bring tomatoes and serranos to a boil in the water, then simmer for 5–8 minutes until softened. Drain, retaining a little liquid. Cool until no longer steaming, then blend with garlic; add a spoonful of reserved water only if necessary.

2. Finish the sauce

Warm the sauce oil over medium heat. Cook the chopped onion for 3 minutes, then add the blended tomatoes carefully. Simmer for 8–10 minutes, stirring. Season with salt and pepper. The sauce should coat a spoon and taste cooked rather than raw.

3. Warm beans and tortillas

Warm the beans in a small saucepan, stirring and adding a spoonful of water if thick. In the skillet, use part of the frying oil to lightly fry each tortilla for 20–30 seconds per side. Keep them flexible; transfer one to each plate and spread with beans.

4. Fry the eggs

Use the remaining measured frying oil to cook eggs in batches over medium-low heat. Keep the yolks intact. Cover briefly or turn carefully to set both whites and yolks; allow around 4–6 minutes per batch, depending on the pan.

5. Assemble promptly

Place two eggs on each bean-covered tortilla. Divide the hot sauce over the plates and add cilantro. Serve immediately; the tortilla should hold together beneath the beans and eggs.

Cooking tip

Cook the whites and yolks until firm for the fully cooked version in this book. If choosing a soft yolk, use pasteurized eggs; this changes the serving result.

Storage

Best served immediately. Refrigerate leftovers in shallow covered containers at 4°C / 40°F or colder within 2 hours; use within 3 days. Reheat leftovers to 74°C / 165°F. Freshly fried eggs give a better texture than reheated assembled plates.

Substitutions

Use half the serrano for a milder sauce. Ready-cooked refried beans are included in the timing; making them from dry beans takes longer.

Declared allergens: Contains eggs. Check tortillas and prepared beans for additional allergens.

Approximate nutrition per serving

305 kcal · protein 16 g · carbohydrate 24 g · fat 17 g

Values vary with ingredients and serving size.

Huevos rancheros





1. Simmer tomatoes and serranos, then blend with garlic.



2. Cook the blended sauce with softened chopped onion.



3. Lightly fry tortillas and spread them with warm beans.



4. Top with freshly fried eggs, ranchera sauce and cilantro.

Chapter 3

Soups and broths

Sopa de tortilla

A pasilla-tomato broth with chicken and separate bowls of crisp tortilla strips, cheese, crema and avocado. Add the crisp garnishes only as the soup reaches the table.

6 bowls; approximately 300 ml / 10 US fl oz broth per bowl plus toppings

Prep 20 min · Cook 45 min · Rest 0 min · Total 65 min

Equipment: 4 litre / 4 quart saucepan, blender, 20 cm / 8 in frying pan, tongs and thermometer.

Ingredients

Soup base

Vegetable oil Use 30 ml for vegetables and 15 ml for purée.	45 ml / 1.52 US fl oz
White onion Sliced.	170 g / 6.00 oz
Garlic Peeled.	6 g / 0.21 oz
Dried pasilla negro chile Stemmed, seeded and cut into small pieces.	14 g / 0.49 oz
Canned diced tomatoes With their juice.	215 g / 7.58 oz
Low-sodium chicken broth	1500 ml / 50.72 US fl oz
Epazote sprig, optional	1 sprig
Fine salt Adjust to broth.	3 g / 0.11 oz
Cooked shredded chicken	225 g / 7.94 oz

Tortilla strips and toppings

Corn tortillas About 150 g / 5.3 oz; cut into narrow strips.	6 tortillas
Vegetable oil for frying Most remains in the pan.	300 ml / 10.14 US fl oz

Dried pasilla negro chile Stemmed and seeded.	14 g / 0.49 oz
Mexican crema	120 g / 4.23 oz
Mexican melting cheese Shredded.	225 g / 7.94 oz
Avocado flesh Diced.	150 g / 5.29 oz
Lime Cut into 6 wedges.	1 lime

Method

1. Brown the soup vegetables

Warm 30 ml / 1.01 US fl oz base oil over medium heat. Cook onion and garlic for 8–10 minutes until soft and golden. Add base pasilla for the last minute, stirring so it becomes fragrant without blackening.

2. Blend and reduce

Cool the mixture briefly, then blend with canned tomatoes until smooth. Heat the remaining 15 ml / 0.51 US fl oz base oil in the saucepan. Cook the purée for 5 minutes, stirring, until visibly thicker.

3. Simmer the broth

Add broth and optional epazote. Bring to a simmer and cook partly covered for 30 minutes. Remove the epazote stem, then taste before adding salt.

4. Fry the garnishes

Meanwhile heat the frying oil to 175–180°C / 350–355°F in the small pan. Fry tortilla strips in loose batches, turning until golden and crisp, about 1–3 minutes per batch. Drain. Fry the topping pasilla briefly, around 15–30 seconds, removing before it blackens. Cool and crumble.

5. Finish and serve

Add cooked chicken to the broth and heat to 74°C / 165°F. Divide crema, cheese and avocado among bowls, ladle in soup, then add strips and pasilla flakes. Serve with a lime wedge. Keep the fried strips out of the saucepan.

Cooking tip

Pasilla negro is the dried chile used here. Frying oil is a pan input; the nutrition audit must estimate retention rather than count the full 300 ml as eaten.

Storage

Divide leftovers into shallow containers and refrigerate within 2 hours at 4°C / 40°F or colder. Use within 3 days or freeze for up to 2 months for quality. Thaw in the refrigerator and reheat to 74°C / 165°F. Keep fresh garnishes separate.

Substitutions

Monterey Jack can replace Mexican melting cheese. Ready-fried plain tortilla strips shorten the cooking tasks but change oil input and nutrition.

Declared allergens: Contains milk; check broth and tortillas.

Approximate nutrition per serving

420 kcal · protein 20 g · carbohydrate 27 g · fat 27 g

Values vary with ingredients and serving size.

Sopa de tortilla





1. Soften onion and garlic, adding pasilla briefly at the end.



2. Blend with tomato and reduce the purée in oil.



3. Simmer the seasoned broth while frying tortilla strips.



4. Serve chicken broth over crema, cheese and avocado; add crisp toppings.

Chapter 4

Masa, tortillas and antojitos

Corn tortillas

Fresh tortillas from masa harina and water. Test one tortilla first and adjust moisture and skillet heat before pressing the remaining dough balls.

15 tortillas approximately 13 cm / 5 in across

Prep 20 min · Cook 25 min · Rest 15 min · Total 60 min

Equipment: Tortilla press, two food-safe plastic liners, two heavy skillets or a two-zone comal, spatula and clean towel.

Ingredients

Tortilla dough

Masa harina for tortillas	210 g / 7.41 oz
Warm water Initial amount; reserve an additional 30–60 ml / 1–2 US fl oz for consistency if needed.	270 ml / 9.13 US fl oz

Method

1. Mix and rest

Mix masa harina with the initial warm water in a bowl. Knead until no dry flour remains, cover and rest for 15 minutes. Squeeze a small piece: if its edges crack, knead in water 15 ml / 1 tbsp at a time. If sticky, rest a little longer before adding a small measured amount of masa harina.

2. Divide and heat

Divide into 15 equal balls and keep covered. Heat one heavy skillet over medium heat and the other over medium-high heat. Do not oil them. If using one pan, use medium-high heat and adjust after the first test tortilla.

3. Press and release

Place a ball between the plastic liners in the press and flatten to approximately 13 cm / 5 in across and 2–3 mm / 1/8 in thick. Peel away the upper liner, lay the tortilla on your palm and gently remove the other liner. Keep fingers clear of the hot skillet when placing it.

4. Cook in stages

Cook on the medium pan for about 30 seconds, until the edge dries and it releases. Transfer to the hotter pan and cook about 30 seconds, then turn again for roughly 30 seconds. Brown patches and some puffing are useful signs; the center must not remain a wet paste.

5. Keep flexible

Transfer to a towel-lined basket and cover. Press and cook the remaining balls, stacking tortillas as they finish. Steam held in the towel softens their surfaces. Serve while warm and flexible.

Cooking tip

Use nixtamalized masa harina for tortillas. Ordinary cornmeal, cornstarch and precooked arepa flour do not behave the same way. Water uptake varies; the dough should hold together without sticking or cracking.

Storage

Cool cooked tortillas, separate with parchment if desired and refrigerate covered at 4°C / 40°F or colder for up to 3 days. Freeze for up to 2 months for quality. Warm briefly on a dry skillet and keep under a towel.

Substitutions

Fresh nixtamalized masa is another preparation; do not substitute its weight one-for-one for dry masa harina.

Declared allergens: No major US/EU allergens in ingredients; check masa harina for cross-contact.

Approximate nutrition per serving

51 kcal · protein 1.3 g · carbohydrate 10.5 g · fat 0.7 g

Values vary with ingredients and serving size.

Corn tortillas





1. Knead masa harina with warm water and rest covered.



2. Divide soft dough into 15 covered balls.



3. Press between food-safe liners and peel away gently.



4. Cook on a dry comal, turning twice, then stack in a towel.

Chapter 5

Tacos, tostadas and tortas

Chicken tinga tacos — skillet version

Tender diced chicken with tomato, chipotle and oregano.

12 tacos

Prep 15 min · Cook 20 min · Rest 0 min · Total 35 min

Equipment: 30 cm / 12 in skillet; Blender; Instant-read thermometer

Ingredients

Chicken filling

Boneless skinless chicken thighs Cut into 1.3 cm / ½ in pieces	454 g / 16.01 oz
White onion Thinly sliced	180 g / 6.35 oz
Garlic Minced	9 g / 0.32 oz
Canned roasted tomatoes Lightly drained	425 g / 14.99 oz
Chipotle chiles in adobo About 3 chiles; start with half for less heat	30 g / 1.06 oz
Dried Mexican oregano	1 g / 0.04 oz
Vegetable oil	15 ml / 0.51 US fl oz
Fine salt	3 g / 0.11 oz

To serve

Small corn tortillas Warm	12 pieces
Avocado flesh Sliced	150 g / 5.29 oz
Queso fresco Crumbled	85 g / 3.00 oz
Cilantro leaves	5 g / 0.18 oz

Method

1. Blend

Pulse tomatoes, chipotle and oregano into a coarse sauce.

2. Brown

Heat oil over medium-high heat. Soften onion for 4 minutes. Add chicken; cook 5–6 minutes, stirring so several surfaces brown. Stir in garlic for 1 minute.

3. Simmer

Add sauce and salt. Simmer uncovered for 4–8 minutes, stirring, until the sauce coats the chicken. Check several larger pieces: chicken must reach 74°C / 165°F. Add a tablespoon of water if the sauce dries before the chicken finishes.

4. Serve

Warm tortillas in a dry skillet. Divide filling among them; add avocado, cheese and cilantro.

Cooking tip

Chipotle brands vary in heat. Begin with half the measured chiles and add the rest after tasting the cooked sauce.

Storage

Refrigerate filling separately within 2 hours, in a shallow covered container, for up to 3 days. Reheat to 74°C / 165°F. Slice avocado just before serving.

Substitutions

Use chicken breast cut to the same size; stop cooking once it reaches 74°C / 165°F. Omit cheese for a dairy-free version.

Declared allergens: Milk

Approximate nutrition per serving

520 kcal · protein 33 g · carbohydrate 44 g · fat 25 g

Values vary with ingredients and serving size.

Chicken tinga tacos — skillet version





1. Diced chicken and sliced onion ready for the skillet.



2. Chicken browning with softened onion.



3. Tomato-chipotle sauce simmering around the chicken.



4. Warm tortillas filled and topped with avocado and cheese.

Chapter 6

Moles, enchiladas and stuffed chiles

Turkey with red mole

A layered dried-chile mole with sesame, almonds, raisins and a little chocolate.

8 turkey portions plus extra mole

Prep 45 min · Cook 145 min · Rest 40 min · Total 230 min

Equipment: 8 L / 8 qt ovenproof covered pot; Blender; Medium-mesh sieve; Roasting tray; Instant-read thermometer

Ingredients

Red mole

Tomatillos Husked and rinsed	140 g / 4.94 oz
Sesame seeds Reserve one third for serving	70 g / 2.47 oz
Vegetable oil	120 ml / 4.06 US fl oz
Dried mulato chiles Stemmed and seeded	85 g / 3.00 oz
Dried ancho chiles Stemmed and seeded	43 g / 1.52 oz
Dried pasilla chiles Stemmed and seeded	43 g / 1.52 oz
Garlic	12 g / 0.42 oz
Whole almonds	55 g / 1.94 oz
Raisins	55 g / 1.94 oz
Ground cinnamon	1.3 g / 0.05 oz
Ground black pepper	0.5 g / 0.02 oz
Anise seeds	0.5 g / 0.02 oz
Ground cloves	0.2 g / 0.01 oz

Firm white bread Darkly toasted, not burned	30 g / 1.06 oz
Mexican drinking chocolate Chopped	28 g / 0.99 oz
Sugar Start with 35 g / 1.23 oz	50 g / 1.76 oz
Fine salt	8 g / 0.28 oz
Hot water For soaking; discard	1500 ml / 50.72 US fl oz
Water For chile purée	600 ml / 20.29 US fl oz
Water For seed mixture	240 ml / 8.12 US fl oz
Water For simmering mole	1440 ml / 48.69 US fl oz
Turkey	
Boneless skin-on turkey breast Two halves, about 900 g / 31.75 oz each; netting removed	1800 g / 63.49 oz
Fine salt	6 g / 0.21 oz
Parsley For serving	10 g / 0.35 oz

Method

1. Roast and toast

Broil tomatillos until soft and spotted with char, about 5 minutes per side. Toast sesame in a dry skillet, reserve one third and combine the rest with tomatillos.

2. Prepare chiles and nuts

Heat oil in the large pot. Fry chile pieces briefly in batches, just until their colour changes; drain and soak in hot water 30 minutes. Fry garlic and almonds in the same oil until golden, then raisins for 20 seconds. Add all three to tomatillos. Remove any burned particles.

3. Blend

Blend drained chiles with chile-purée water and press through a sieve. Blend tomatillo mixture with seed-mixture water, spices, toasted bread and chocolate; strain separately. Work in small batches.

4. Build mole

Leave a light film of oil in the pot, pouring off excess carefully. Cook chile purée, stirring, 10–15 minutes until thick. Add second purée and stir 5–10 minutes more. Add simmering water; simmer partly covered 45 minutes. Add sauce salt and 35 g sugar; taste before adding the rest. Mole should coat a spoon.

5. Cook turkey

Heat oven to 165°C / 325°F. Salt turkey; brown in a separate lightly oiled skillet if needed, using reserved cooking oil. Immediately place in hot mole, cover and bake about 45–70 minutes until the thickest centre of each half reaches 74°C / 165°F. Do not refrigerate partially cooked turkey for later finishing.

6. Serve

Rest turkey 10 minutes, slice and serve with about 850 ml / 28.74 US fl oz mole across eight portions. Scatter reserved sesame and parsley. Extra sauce is a separate yield, not all consumed at this meal.

Cooking tip

This recipe makes extra sauce. Keep that yield separate when portioning and calculating nutrition.

Storage

Cool extra mole and cooked turkey separately in shallow containers; refrigerate within 2 hours for up to 3 days or freeze for 2 months. Reheat to 74°C / 165°F.

Substitutions

Mulato and pasilla supply distinct flavours; replacing them with ancho changes the mole. Check chocolate and bread ingredient labels.

Declared allergens: Sesame; Almonds; Wheat; Possible milk in chocolate

Approximate nutrition per serving

660 kcal · protein 58 g · carbohydrate 31 g · fat 33 g

Values vary with ingredients and serving size.

Turkey with red mole





1. Three dried chiles, sesame, almonds and raisins prepared separately.



2. Two smooth purées ready for simmering.



3. Turkey breast nestled into finished mole for oven cooking.



4. Sliced turkey coated in red mole and toasted sesame.

Chapter 7

Regional meat and poultry

Cochinita pibil — oven version

Pork shoulder baked in banana leaves with achiote and sour orange.

8 pork portions

Prep 25 min · Cook 180 min · Rest 240 min · Total 445 min

Equipment: 4 L / 4 qt covered roasting dish; Blender; Food-safe banana leaves

Ingredients

Pork and marinade

Boneless pork shoulder Cut into 6 cm / 2½ in pieces	1360 g / 47.97 oz
Achiote paste	50 g / 1.76 oz
Sour orange juice	480 ml / 16.23 US fl oz
Ground black pepper	1 g / 0.04 oz
Garlic	6 g / 0.21 oz
Allspice berries	2 pieces
Cumin seeds	0.5 g / 0.02 oz
Dried Mexican oregano	1 g / 0.04 oz
Lard	50 g / 1.76 oz
Fine salt	10 g / 0.35 oz
Red onion Sliced	180 g / 6.35 oz
Large culinary banana leaves Thawed if frozen; wrapping only	2 pieces

Method

1. Marinate

Blend achiote, juice, pepper, garlic, cumin and salt. Coat pork, cover and refrigerate 4 hours.

2. Wrap

Pass banana leaves briefly over heat until pliable; do not scorch. Line the dish with overlapping leaves. Add pork, marinade, lard, onion, oregano and allspice. Fold leaves over and cover tightly with the dish lid or foil.

3. Bake

Bake at 180°C / 350°F for 2½–3 hours until pork falls apart easily with a fork. Keep dish covered; if juices dry before tenderness, add a little hot water and continue.

4. Serve

Remove leaves and whole allspice. Shred pork and turn through cooking juices. Serve as eight portions. Tortillas, beans and pickled onions are optional and excluded from nutrition.

Cooking tip

The time includes a four-hour refrigerated marinade. Tenderness, rather than a fixed oven time, determines when the pork is ready.

Storage

Cool in shallow containers and refrigerate within 2 hours; keep up to 3 days or freeze for 2 months. Reheat to 74°C / 165°F.

Substitutions

For 480 ml sour orange substitute 360 ml / 12.17 US fl oz orange juice plus 120 ml / 4.06 US fl oz lime juice. Foil can replace leaves but changes aroma.

Declared allergens: Check achiote paste label

Approximate nutrition per serving

490 kcal · protein 36 g · carbohydrate 12 g · fat 32 g

Values vary with ingredients and serving size.

Cochinita pibil — oven version





1. Achiote and sour orange blended for marinade.



2. Marinated pork arranged in softened banana leaves.



3. Covered pork baked until fork-tender.



4. Shredded cochinita mixed with its orange-red juices.

Chapter 8

Fish and seafood

Fish Veracruz-style

Pan-cooked fish with tomato, olives, capers and roasted plantain.

6 fish portions with plantain

Prep 25 min · Cook 35 min · Rest 0 min · Total 60 min

Equipment: 30 cm / 12 in nonstick skillet; Roasting tray; 2 L / 2 qt saucepan

Ingredients

Fish

Boneless white fish fillets 6 portions of 150 g / 5.29 oz each	900 g / 31.75 oz
Vegetable oil	15 ml / 0.51 US fl oz
Fine salt	3 g / 0.11 oz
Ground black pepper	0.5 g / 0.02 oz

Veracruz sauce

Vegetable oil	30 ml / 1.01 US fl oz
White onion Sliced	90 g / 3.17 oz
Garlic Minced	6 g / 0.21 oz
Roma tomatoes Peeled and diced	500 g / 17.64 oz
Güero or mild banana chiles Seeded and sliced	60 g / 2.12 oz
Pitted green olives	75 g / 2.65 oz
Capers Drained	20 g / 0.71 oz
Unsalted chicken broth	240 ml / 8.12 US fl oz
Dried oregano	3 g / 0.11 oz

Bay leaf	1 piece
Fine salt	3 g / 0.11 oz
Roasted plantain	
Ripe plantain flesh Sliced diagonally	350 g / 12.35 oz
Butter Melted	85 g / 3.00 oz

Method

1. Plantain

Heat oven to 200°C / 400°F. Brush plantain with melted butter and roast on the tray 20–25 minutes, turning once, until tender and golden.

2. Sauce

Soften onion and garlic in sauce oil. Add tomatoes, chiles, olives, capers, oregano, bay and sauce salt. Cook 10 minutes; add broth and simmer 5 minutes. Remove bay.

3. Fish

Dry fillets and season with fish salt and pepper. Heat fish oil in the skillet. Cook in batches, turning once, about 3–5 minutes per side depending on thickness, until centre reaches 63°C / 145°F and flakes easily.

4. Serve

Divide fillets and plantain among six plates; ladle hot Veracruz sauce over fish.

Cooking tip

Stated timing assumes fillets about 2 cm / ¾ in thick. Check the centre rather than cooking every fillet for an identical time.

Storage

Refrigerate in shallow covered containers within 2 hours and use within 2 days. Reheat leftovers to 74°C / 165°F; seafood texture is best immediately after cooking.

Substitutions

Use water instead of chicken broth for a pescatarian sauce. Replace butter with oil for a dairy-free variation, adjusting nutrition.

Declared allergens: Fish; Milk

Approximate nutrition per serving

490 kcal · protein 31 g · carbohydrate 33 g · fat 26 g

Values vary with ingredients and serving size.

Fish Veracruz-style





1. Tomatoes, olives, capers and mild chiles prepared for sauce.



2. Plantain slices roasted with butter until golden.



3. Fish fillets pan-cooked without breaking.



4. Fish topped with Veracruz sauce beside plantain.

Chapter 9

Vegetables, beans and rice

Frijoles de la olla

Black beans gently cooked with onion, garlic and epazote.

8 side portions

Prep 15 min · Cook 180 min · Rest 0 min · Total 195 min

Equipment: 5 L / 5 qt pot with lid

Ingredients

Dry black beans	454 g / 16.01 oz
Water Plus hot water to maintain cover	1920 ml / 64.92 US fl oz
White onion	60 g / 2.12 oz
Garlic	6 g / 0.21 oz
Epazote sprig	3 g / 0.11 oz
Serrano chile Whole with one small slit	10 g / 0.35 oz
Olive oil	5 ml / 0.17 US fl oz
Fine salt	7 g / 0.25 oz

Method

1. Sort

Sort out stones and damaged beans, then rinse. This timing is for unsoaked black beans.

2. Boil

Place beans, water, onion, garlic and oil in the pot. Bring to a full boil, then reduce to a gentle simmer and partly cover.

3. Tenderise

Cook 1½–3 hours until beans mash easily between a spoon and the side of the pot, adding hot water to keep them submerged. Add epazote, serrano and salt near the end; simmer another 10 minutes.

4. Serve

Remove whole onion, garlic and herb stems if desired. Serve beans with their broth, or drain a measured amount for another recipe.

Cooking tip

Bean age changes the cooking time. Fully tender beans have a creamy centre with no chalky core.

Storage

Refrigerate in shallow containers within 2 hours and use within 3 days. Reheat cooked leftovers to 74°C / 165°F.

Substitutions

Use black beans for this schedule. Red kidney beans require their own safe preparation; do not transfer this method to every bean type.

Declared allergens: None listed; check packaged products and substitutions.

Approximate nutrition per serving

200 kcal · protein 12 g · carbohydrate 35 g · fat 2 g

Values vary with ingredients and serving size.

Frijoles de la olla





1. Black beans sorted and rinsed.



2. Beans brought to a boil with onion and garlic.



3. Soft beans simmering with epazote and serrano.



4. Frijoles de la olla served with their broth.

Chapter 10

Tamales, baking and sweets

Pork tamales with red chile

Corn-husk tamales filled with shredded pork in ancho-guajillo sauce.

16 tamales; 2 per portion

Prep 45 min · Cook 165 min · Rest 45 min · Total 255 min

Equipment: 5 L / 5 qt saucepan; Blender; Mixer; Tall steamer with rack

Ingredients

Pork filling

Boneless pork shoulder Cut into 4 cm / 1½ in pieces	340 g / 11.99 oz
Garlic	6 g / 0.21 oz
White onion	45 g / 1.59 oz
Bay leaf	1 leaf
Water Plus hot water as needed	960 ml / 32.46 US fl oz
Fine salt	6 g / 0.21 oz

Red chile sauce

Dried ancho chiles Stemmed and seeded	35 g / 1.23 oz
Dried guajillo chiles Stemmed and seeded	25 g / 0.88 oz
Garlic	6 g / 0.21 oz
Ground cumin	0.7 g / 0.02 oz
Vegetable oil	15 ml / 0.51 US fl oz
Hot water For soaking; retain 80 ml / ⅓ cup	500 ml / 16.91 US fl oz
Reserved pork broth	240 ml / 8.12 US fl oz

Dough and wrappers

Masa harina for tamales Dry flour, not fresh masa	360 g / 12.70 oz
Lard Softened	270 g / 9.52 oz
Baking powder	4 g / 0.14 oz
Reserved pork broth Lukewarm; add gradually	600 ml / 20.29 US fl oz
Large dried corn husks 16 wrappers plus lining husks	20 corn husks

Method

1. Cook pork

Simmer pork with water, onion, garlic, bay and salt 60–90 minutes until easily shredded. Strain broth, skim if desired and reserve 840 ml / 3½ cups, topping up with water. Shred pork.

2. Sauce

Soak chiles in hot water 20 minutes. Blend with 80 ml soaking liquid, garlic and cumin. Cook in oil 3 minutes, add 240 ml broth, simmer 8 minutes, then add pork for 5 minutes.

3. Dough

Soak husks in warm water 30 minutes; drain. Beat lard until light, then mix in baking powder and masa. Gradually beat in 600 ml broth until soft and spreadable; reserve any unneeded broth.

4. Wrap

Divide dough and filling into 16 portions. Spread dough in the centre of each husk, leaving edges bare. Add filling; fold sides over it and fold the bottom up, leaving the top open.

5. Steam

Stand tamales open end up on a lined rack above simmering water. Cover with spare husks and lid. Steam 75 minutes, adding hot water below the rack as needed. Rest one tamal 15 minutes; if the husk does not release cleanly, steam the batch another 15 minutes. Rest before serving.

Cooking tip

The stated cook time allows a 90-minute pork simmer and 75-minute steaming; sauce preparation overlaps. Longer steaming may be necessary.

Storage

Refrigerate within 2 hours in a covered shallow container and use within 3 days. Freeze wrapped tamales for up to 2 months. Steam to reheat until the centre reaches 74°C / 165°F.

Substitutions

Use unsalted stock to top up the pork broth. Do not substitute fresh masa by equal weight.

Declared allergens: None listed; check packaged products and substitutions.

Approximate nutrition per serving

520 kcal · protein 15 g · carbohydrate 40 g · fat 34 g

Values vary with ingredients and serving size.

Pork tamales with red chile





1. Pork simmered until it shreds easily.



2. Shredded pork folded into red chile sauce.



3. Dough and filling placed in softened corn husks.



4. Tamales steamed upright above simmering water.