

# Modern Mexican

April 2011

## Menu:

Chicken Stew with  
Hominy, Snap Peas & Lime

Tamarind-Lime-Agave Glazed  
Fish Tacos with Creamy Slaw

Cumin Scented Onion, Apple,  
Avocado and Arugula Salad

Tres Leches Cupcakes with  
Caramelized Mango



## **Chicken Stew with Hominy, Snap Peas & Lime**

### **serves about 6**

olive oil  
1 cup diced scallions, (whites & greens)  
1/4 cup sliced garlic  
2 tbl ancho chili powder  
1 tbl ground cumin  
8 cups chicken stock  
2 large boneless, skinless chicken breast  
2 28-oz cans hominy, rinsed very well and drained  
1 lb sugar snap peas, roughly chopped  
1-2 limes  
salt and pepper  
1/2 cup chopped cilantro

### **\*\*\* Preparation \*\*\***

Heat a large soup pot over medium heat. Add a drizzle of olive oil. Add the scallions and garlic and cook for 1 minute.

Add the spices and cook until fragrant. Stir in the chicken stock. Bring to a boil.

Pat the chicken breast dry and gently add to the pot. Adjust the heat to a slow simmer and cook for 15 minutes. Remove the chicken breasts with tongs and set aside. Add the hominy and peas and turn off the heat.

Cut or shred the chicken into small pieces and add back to the pot. Add the juice of 1 lime and season with salt and pepper. Taste and add more lime juice and salt as needed.

Serve topped with plenty of cilantro.



## **Tamarind-Lime-Agave Glazed Fish Tacos with Creamy Slaw**

**makes 8 tacos**

### **for the fish:**

- 1/4 cup tamarind paste, (or tamarind from a block hydrated in warm water for 15 minutes and strained)
- 1 tbl lime zest
- 2 tbl agave
- 1 tbl ancho chili powder
- 1 clove garlic, grated
- 2 tbl butter
- 1 tsp salt
- 1/2 tsp ground black pepper
- 2 lbs tilapia, (halibut and salmon work well, too)

### **for the slaw and tacos:**

- 2 tbl chopped cilantro
- 2 tbl finely minced red onion
- 1 tsp cumin
- 1 tbl lime zest
- 1/2 cup buttermilk
- 1 tbl finely chopped jalapeno, plus more to taste
- 3 cups finely shredded cabbage
- 1 cup diced tomatoes
- salt and pepper
- 8 small corn tortillas

### **\*\*\* Preparation \*\*\*\***

#### **For the fish:**

In a small pot, combine the tamarind paste, lime zest, agave, chili powder, garlic, butter, salt and pepper. Place over medium heat and cook, whisking often, until mixture is slightly thickened. Remove from heat.

Preheat oven to 450 degrees. Cut the tilapia in half down the middle. Fold the thin side in half and place on a parchment-lined baking sheet. Cut the thick side in half and place the two halves on the sheet. Brush with the glaze and bake for 10 minutes or until just cooked through. Remove from the oven and brush with more glaze.

#### **For the slaw & tacos:**

In a bowl, whisk together the cilantro, onion, cumin, lime zest, buttermilk and jalapeno. Season with salt and pepper and taste. Toss in the cabbage (should be a moist slaw) and fold in the tomatoes. Taste and season with more salt and some lime juice as needed. Heat the tortillas in a hot pan and keep warm wrapped in a towel or some foil.

To serve, place some fish in each warm tortilla and top with slaw. Serve immediately.



## **Cumin Scented Onion, Apple, Avocado & Arugula Salad**

**serves 4-6**

olive oil  
2 cups diced red onion  
2 tsp cumin  
2 tbl thinly sliced garlic  
2 Fuji apples  
1 lemon  
1 lime  
2 avocados, ripe but firm enough to dice  
4-5 cups arugula leaves  
1/2 cup toasted pepitas  
salt and pepper

### **\*\*\* Preparation \*\*\*\***

Heat a large skillet over medium-high heat. Add a drizzle of olive oil. Add the onions and the cumin and cook until soft and golden -- about 10 minutes. Add the garlic and cook for 5 more minutes on low heat. Season generously with salt and pepper. Remove from heat.

Grate the apple into a large bowl. Add the juice of the lemon and the lime and toss. Add the diced avocado, arugula, pepitas and onions. Add a generous drizzle of olive oil and a sprinkle of salt and pepper. Gently toss until ingredients are combined. Taste and add more salt or lemon juice as needed. Serve immediately.



## **Tres Leches Cupcakes with Caramelized Mango**

**makes 12 cupcakes**

### **for the cupcakes:**

6 eggs, separated  
1 cup sugar  
1 1/2 cups flour  
1 tsp baking powder  
1/4 cup heavy cream

### **for the milk syrup:**

1 14-oz can sweetened condensed milk  
1 cup coconut milk  
1 cup heavy cream

### **for the topping:**

2 cups diced fresh mango  
1 tbl butter  
1 tsp sugar  
1 cup heavy whipping cream

### **\*\*\* Preparation \*\*\*\***

#### **For the cakes:**

Line a standard muffin tin with papers. Preheat oven to 350 degrees.

In a standing mixer, beat the egg whites until stiff. Remove to another bowl and set aside. In the mixer, combine the egg yolks and sugar. Beat for 4-5 minutes until pale yellow. Add the flour and baking powder and mix just until incorporated. Fold in the egg whites. Stir in the cream (it's OK if the egg whites deflate a little). Divide the batter between the cupcake papers and bake for 18-20 minutes or until set. Let cakes cook 5 minutes.

Meanwhile, for the syrup, whisk together the condensed milk, coconut milk and heavy cream. Poke holes on top of the cupcakes with a skewer and pour the milk mixture over all the cakes. Refrigerate for 1 hour up to overnight.

#### **For the topping:**

Heat a small skillet over medium heat. Add the mangos, butter and sugar. Cook until slightly caramelized. Remove from heat.

Whip the heavy cream to soft peaks.

Top the chilled cupcakes with a dollop of cream and a small pile of the mango just before serving.