

Mexican Cooking Class

Malu Galindo 4-9-10

FIDEO SECO

(DRY NOODLES)

6 servings

Ingredients

- ½ Capellini pasta packet
- 6 -7 Large roma tomatoes
- 1 Medium chipotle pepper (from can)
- 1/2 Clove garlic
- 1/8 White onion (small)
- 4-5 Sprigs of cilantro (take out the steam)
- 1½ts Knorr® Chicken Flavor Bouillon
- 2 ts Canola oil or PAM
- c/s Salt & Pepper

Directions

Scald the tomatoes. Blend well the tomatoes with the chipotle, the garlic, the onion, the cilantro and a little pepper.

Fry the pasta in a sauce pan with a little canola oil or if you prefer some PAM, until the pasta color changes a little bit onto a darker color (be careful not to overcook it or burn it)

Strain the blender mix into the pasta, until is fully covered and add some salt and 1 ts of Knorr® Chicken Flavor Bouillon. Put the cap on the saucepan and let it consume it at smoldering fire, until the liquid is reduced. (around 5 min).

Serving

Serve and add a little of sour cream, some grated fresh cheese and sliced avocado.



Garnish:

- 1 cup Fresco cheese or Panela (grated)
- Sour cream
- Avocado (sliced)

NOTES

SOPA DE TORTILLA

(TORTILLA SOUP)

4 servings



Ingredients

1-2 Chile Pasilla (boiled, seeded and deveined)
1-2 Chile Ancho (boiled, seeded and deveined)
6-7 Large Roma tomatoes (scalded and peeled)
1/8 White onion (small)
1/2 Clove garlic
3-4 Sprigs of cilantro (take out the steam)
Chicken broth
1 1/2 Knorr® Chicken Flavor Bouillon
c/s Salt & Pepper

Directions

Scald the tomatoes and boil the chiles.
Blend well the tomatoes with the chiles, the garlic, the onion, half the cilantro and a little pepper.
Strain. Heat the oil or PAM (if desired) in a pot. Pour blended chile/tomato mixture into the pot and fry until it thickens and add the Knorr® Chicken Flavor Bouillon and the rest of the cilantro.
Pour the chicken broth and salt to taste.
Put the cap on the saucepan and simmer up to first boil.

Garnish

Cut the tortilla in strips.
Heat the oil in a frying pan and fry tortilla strips until crisp.
Drain and sprinkle with easy salt.
Slice or chop the avocado

Serving

Serve and add a little of sour cream, some grated fresh cheese and sliced avocado.

SALSA PICO DE

GALLO

(PICO DE GALLO)



Ingredients

1/2 Small white onion finely chopped
1 Large roma tomatoes cored, seedless
1 Serrano chile finely chopped
4 Sprigs of cilantro finely chopped (take out the steam)
1 Lime (juiced)
c/s Salt

Directions

Mix ingredients all together and season, to taste with salt

Serving

Serve in a small wooden or glass bowl

NOTES