



# Picadillo

## INGREDIENTS

- 2 ribs celery, diced small
- 2 small carrots, diced small
- 1 yellow onion, diced small
- 6 garlic cloves, minced
  
- 1 green bell pepper or 2 green chilis, diced small
- 6 mushrooms, diced small
- 1 cup frozen fire roasted corn
- 1/2 teaspoon ground cumin
- 2 teaspoons dried Mexican oregano
- 1 teaspoon chipotle powder
  
- 1 zucchini, diced small
- 2 roma tomatoes, diced small
  
- 1 15 oz. can black beans, drained and rinsed
- 1 15 oz. can chickpeas, drained and rinsed
  
- fresh chopped cilantro, to serve
- sliced green olives, to serve
- diced avocado, to serve

## METHOD

Add the celery, carrots, onion, and garlic to a large pot. Sauté over medium-high heat for about 3-5 minutes, adding a little water or veggie broth as needed to keep from sticking.

Next, add the pepper or chilis, mushrooms, corn, and spices to the pot and continue to sauté for another 3 minutes.

Then add the zucchini and tomatoes. Sauté for a couple more minutes.

Add the black beans and chickpeas to the pot and mix well to heat through for another minute or two.

Serve topped with cilantro, green olives, and avocado.



### Chef's Notes

Don't forget to try this with some homemade salsa. This dish also makes the perfect empanada filling!



# Calabacitas Soup

## INGREDIENTS

- 2** green chilis or 1 green bell pepper, seeded & diced
- 1** jalapeño, seeded & diced (optional)
- 4** garlic cloves, minced
- 1** yellow onion, diced
  
- 1** large Mexican squash or zucchini, chopped
- 3-4** tomatillos, diced
  
- 1** cup frozen fire roasted corn
- 2** 15 oz. can white beans, rinsed and drained
- 1/2** teaspoon ground coriander
- 1** teaspoon ground cumin
- 2** teaspoons dried Mexican oregano
  
- 1** handful fresh cilantro, chopped

veggie broth

diced avocado, to serve

sliced radish, to serve

tortilla strips, to serve

## Chef's Notes

We like hatch chiles and Anaheim chiles for the green chiles in this recipe! For the soup version, add more of the Mexican oregano, cumin, or coriander if you want a stronger flavor.

## METHOD

Add the chilis or bell pepper, jalapeño, garlic, and onion to a large stock pot or dutch oven. Sauté over medium-high heat for about 5 minutes, adding a little water or veggie broth as needed to keep from sticking.

Next, add the squash or zucchini to the pot along with the tomatillos and continue to sauté for a couple minutes.

Then add the corn, beans, and spices. Mix well and allow everything to cook through for a few minutes. Finally, stir in the cilantro.

You can enjoy this recipe just like this, use it as an empanada filling, or continue to make a soup.

To make this into a soup, add a portion of the above mix to a small soup pot and pour in as much veggie stock as you like to reach your desired consistency. Bring to a boil, then remove from heat.

Top with avocado, sliced radish, and tortilla strips, and enjoy!



 COOKING SHOW #125 - LATIN CUISINE

# Simple Salsa

## INGREDIENTS

- 2 jalapeños, seeded & halved**
- 1 roma tomato, halved**
  
- 1 clove garlic, minced**
- 1-2 tablespoons chopped yellow or red onion**
- 1 teaspoon Mexican dried oregano**
  
- For a spicier version, add:**
  
- 1 serrano pepper, seeded & halved**
- 1 habanero pepper, seeded & halved**

### Chef's Notes

Have fun and experiment with some different chilis and flavor combinations you might enjoy.

Increase the tomato and/or use green bell pepper for a milder version.

Swap cilantro for oregano to change it up.

Add some lime juice and see if you like that too!

## METHOD

Add the peppers and tomato to a pot of boiling water and boil for 10 minutes. Strain out the water and optionally reserve the water to use for sautéing or as veggie broth for the other dishes.

Add the boiled peppers and tomatoes to a blender canister along with the garlic, onion, and oregano, and blend on very low into a coarse salsa consistency. Do not over blend unless you prefer a liquidy smooth salsa.

Check out the Chef's Notes for a few more ideas.



## COOKING SHOW #125 - LATIN CUISINE

# Empanadas

## INGREDIENTS

### Masa Dough

- masa flour
- water

### Filling Options

- Picadillo
- Calabacitas
- Anything you like - get creative!

### Chef's Notes

We made empanadas last during the replay video, so check it out so you can see exactly how we did this one.



## METHOD

In a large mixing bowl add as much masa flour as you like, perhaps a cup or so to start with. Gradually add a little water while mixing. Use your hands to work this into a moist dough. If it is too wet you can add more masa, if too dry then add more water. Be patient as this step takes a little practice to get your own perfect moisture level.

Use scissors to cut the top and sides off of a gallon ziplock bag, leaving only the bottom seam in place. Roll a piece of dough into a 2 inch ball. On a flat surface, unfold the bag and place the dough ball in the center then fold the bag back over top. Use a flat cutting board or heavy book to flatten the dough into a large tortilla.

Place about 2 tablespoons of filling on one side of the dough. Pick up the opposite side of the plastic bag to fold the dough in half on top of itself. Press down on the edges with your fingers to seal it and carefully remove the empanada from the plastic.

Place the empanada on a non-stick griddle at 350°F and cook for 5 minutes on each side. You can also stand them up to cook the thicker folded side.

Troubleshooting:

If the dough is too moist, you will have trouble peeling it away from the plastic. Try adding more flour.

If you press the tortilla too thin it will fall apart during the process, try a little thicker next time.