

Name: _____

Hour: _____

VIDEO WORKSHEET

Review

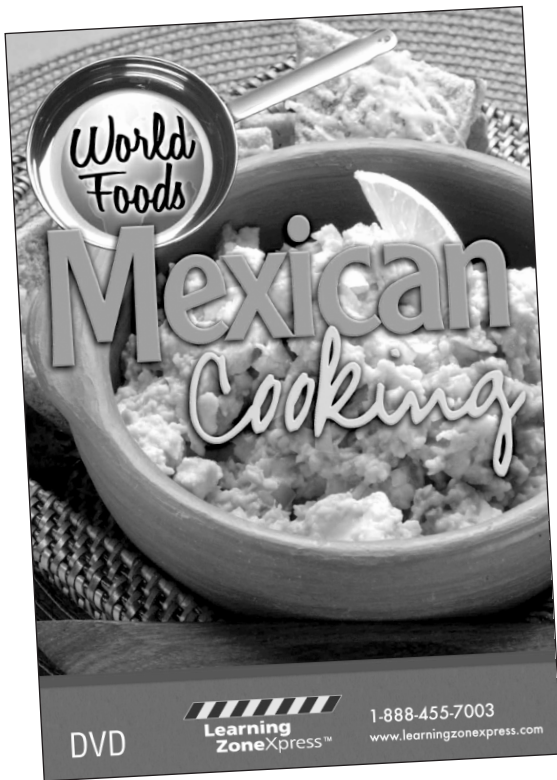
Directions: After watching “*World Foods Mexican Cooking*”, answer the following questions.

1. Tortillas are made from _____ or _____.
2. How many chili peppers are indigenous to Mexico?
3. What can you do to make chilies less hot?
4. Name 3 types of chilies used in Mexican cooking?
5. Why should you wear disposable gloves when working with chilies?
6. What are tomatillos?

7. What are queso fresco and quesillo?
8. What is manteca and how is it used in Mexican cooking?
9. _____ is a sweetened dairy-free drink made from rice and nuts and is flavored with vanilla and cinnamon.
10. What is a trick to easily peel garlic for chopping?
11. Why is lime juice added to guacamole?
12. What are chilies rellenos?



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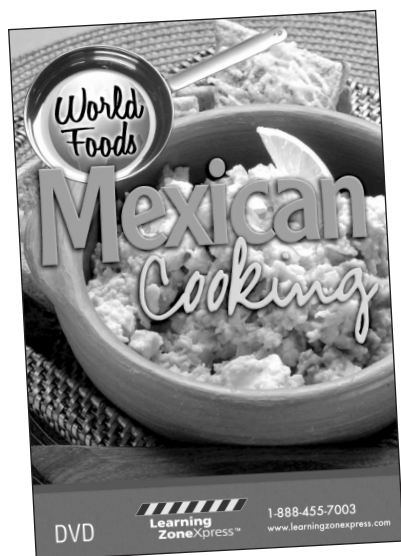
TEACHER'S KEY

Review

Directions: After watching "World Foods Mexican Cooking", answer the following questions.

1. Tortillas are made from corn flour or wheat flour.
2. How many chili peppers are indigenous to Mexico?
100
3. What can you do to make chilies less hot?
Remove the seeds inside the chili
4. Name 3 types of chilies used in Mexican cooking?
Serrano, poblano, habanero, jalapeño, chipotle
5. Why should you wear disposable gloves when working with chilies?
Oil from the chilies can transfer to your skin and can irritate your eyes, nose, and lips if touched.
6. What are tomatillos?
Mexican green tomato in a parchment husk most often used in cooked sauces

7. What are queso fresco and quesillo?
Two types of Mexican cheese. Queso fresco is a crumbly cheese that is the most common in Mexican cooking. Quesillo is a type of string cheese sold in balls.
8. What is manteca and how is it used in Mexican cooking?
Manteca is pork lard. It is used instead of oil for cooking and flavoring.
9. **Horchata** is a sweetened dairy-free drink made from rice and nuts and is flavored with vanilla and cinnamon.
10. What is a trick to easily peel garlic for chopping?
Use the flat side of a knife blade to press the garlic clove. This helps remove the outer skin of the garlic making it easier to chop.
11. Why is lime juice added to guacamole?
Keeps the avocado in guacamole from turning brown
12. What are chilies rellenos?
Poblano chilies stuffed with cheese that are fried.



World Foods Mexican Cooking

RECIPES

Chilies Rellenos

Makes 6 servings

Dark-green, shiny poblano chilies are the traditional choice for chilies rellenos. They have great flavor but may be too spicy for some tastes. Anaheim chilies make a mild substitute. In place of cheese, you can stuff the chilies with cooked shrimp, smoked fish, drained canned tuna, or grilled vegetables. Serve the rellenos with beans, rice, and Ancho Chili Salsa or Vegetable Salsa.

Ancho Chili Salsa

Makes 4 cups

Mexican oregano has a milder taste than Mediterranean varieties, so use less if you must substitute.

- 1 tablespoon canola or olive oil
- 1/2 medium onion, cut into 1/2-inch dice
- 3 garlic cloves, finely chopped
- 2 dried ancho chilies, seeded and torn into pieces
- 3 dried guajillo or California chilies, seeded and torn into pieces
- 2 Roma tomatoes, roughly chopped
- 4 large green tomatillos, husks removed, washed, and roughly chopped
- 2 cups water or vegetable stock
- 1 teaspoon salt, or to taste
- 1/4 teaspoon freshly ground pepper
- 2 tablespoons fresh Mexican oregano or 1 tablespoon dried oregano
- 1/2 cup coarsely chopped fresh cilantro

Heat the oil in a 10-inch sauté pan over medium heat. Add the onion, garlic, and dried chilies; cook, stirring often, for about 5 minutes or until the onions are soft and you can smell the chilies.

Add the tomatoes and tomatillos; reduce the heat slightly and cook for 10 more minutes, stirring often.

Add the water or stock, the salt, and pepper. Bring to a simmer over high heat, then reduce the heat to medium-low and cook for 20 minutes.

Stir in the oregano. Let cool for a few minutes. Then puree the sauce in a blender until smooth. Stir in the cilantro.

Recipe from *Cooking with the Seasons at Rancho La Puerta*.

- 6 poblano or Anaheim chilies
- 4 ounces Monterey jack cheese, cut into 6 long strips
- 1/2 teaspoon dried Mexican oregano
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1 tablespoon canola oil, or more as needed
- 1 extra-large egg white, beaten until light and frothy

Place the oven broiler rack about 5 inches from the heating element and preheat the broiler.

Place the chilies on a foil-lined baking sheet. Broil for about 8 minutes, turning the chilies occasionally. Transfer the hot chilies to a zip-top plastic bag and set aside.

When the chilies are cool, remove from the bag. Leaving the stems on, remove the skin under cool, running water. Handle the peppers carefully so they do not tear. Make a 2-inch slit lengthwise in each chili. Rinse again under cool water, removing the seeds. Drain the chilies well and pat dry with a paper towel.

Tuck a piece of cheese into each chili and fold over to completely enclose the cheese.

Over a small bowl, rub the oregano between your fingers to bring out the flavor. Add the flour and salt. Stir to combine and then spread the mixture on a plate.

Press each chili into the flour mixture to lightly coat on all sides. Brush off any excess and then dip into the egg.

Heat the oil in a 10-inch sauté pan over medium heat. Arrange the chilies in a single layer. Cook, turning occasionally, for about 8 minutes, or until the cheese is melted and the chilies are golden brown on both sides.

Serve warm.

Recipe adapted from *Cooking with the Seasons at Rancho La Puerta*.

Cheese and Mushroom Quesadillas

Makes 4 servings

Serve these quesadilla wedges with Vegetable Salsa or Ancho Chili Salsa and Guacamole for a appetizer, snack or light meal. You can add strips of cooked chicken to the filling to make the quesadillas more substantial.

2 tablespoons olive oil + extra for brushing
2 cups sliced mushrooms
1 cup finely chopped onion
1 1/2 teaspoons minced garlic
Salt and pepper to taste
1 cup finely shredded Mexican cheese blend
8 (10-inch, burrito-size) flour tortillas

Heat the oil in a large skillet over medium-high heat. Add the mushrooms, onion, and garlic. Cook, stirring occasionally, for 4 minutes or until tender. Season with salt and pepper.

Evenly divide the mushroom mixture and spread on 2 of the tortillas. Sprinkle with cheese, and then top with the remaining 2 tortillas.

Wipe the skillet clean with a moist paper towel. Lightly brush the outside of the quesadillas with oil. Cook one at a time over medium heat for 1 1/2 minutes per side or until the tortillas are golden brown and the cheese is melted.

Cut each quesadilla into 4 wedges and serve warm with salsa and/or guacamole.

Recipe from *The Complete 15-Minute Gourmet: Creative Cuisine Made Fast and Fresh* by Paulette Mitchell.

Vegetable Salsa

Makes about 3 cups

Finely chop the vegetables or make the mixture chunkier by cutting them into larger cubes. To add "heat," increase the amount of chopped chilies or add Tabasco sauce.

1 tomato, finely chopped
1/2 cup finely chopped red onion
1/2 cup coarsely chopped fresh cilantro
1 jalapeño, finely chopped (or substitute 1/2 teaspoon Tabasco sauce)
2 tablespoons fresh lime juice
1 teaspoon minced garlic
Salt to taste

Stir together all the ingredients in a medium bowl.

Optional additions:

1 avocado, finely chopped
1/2 red bell pepper, finely chopped

Recipe from *The Complete 15-Minute Gourmet: Creative Cuisine Made Fast and Fresh* by Paulette Mitchell.

Guacamole

Makes about 3/4 cup

Say "adios" to tasteless guacamole in plastic tubs. Here's the real thing. For mixing, try using a fork, leaving the guacamole with an appealing, slightly lumpy texture. For a smoother consistency, purée the ingredients in a blender.

1 ripe avocado, quartered
1 tablespoon fresh lime juice
2 tablespoons finely chopped red onion
1 teaspoon minced garlic
1/4 teaspoon Tabasco sauce, or to taste
1/8 teaspoon pepper, or to taste
1/8 teaspoon salt, or to taste

Use a fork to mash the avocado in a small bowl. Stir in the remaining ingredients.

To keep at room temperature for up to 1 hour, cover with plastic wrap, pressing it directly onto the surface. To keep for up to 3 hours, cover and refrigerate.

TIP: The two most common varieties of avocados are the Fuerte, which has a smooth green skin, and the pebbly textured, almost-black, rich-flavored Hass. Select fruit that are unblemished and heavy for their size. Most avocados require a few days of ripening after purchasing; place them in a pierced paper bag at room temperature for a day or two to speed up the process. Avocados will yield to gentle pressure when they are ripe and ready to use. Store ripe avocados in the refrigerator for up to 5 days. Once cut and exposed to the air, avocado flesh discolors rapidly; to minimize this, coat the cut surfaces with lime or lemon juice and add these juices to recipes containing avocado.

Recipe from *The Complete 15-Minute Gourmet: Creative Cuisine Made Fast and Fresh* by Paulette Mitchell.

Agua Fresca

Makes 5 cups

This light and refreshing fruit drink can be made from whatever fruit is in season. The amount of sugar will vary depending on the sweetness of the fruit. Chill the Agua Fresca before serving. Do not pour over ice because this would dilute the flavor.

4 cups watermelon (or other fruit) in 1/2-inch cubes
4 cups cold water
1/4 cup sugar, or to taste

Put the watermelon in a blender and add 2 cups of the water. Blend until smooth. Add 2 tablespoons sugar and the remaining water. Taste and add the remaining sugar as needed. Blend until the sugar is dissolved.