

# Virtual

Feb. 2021



# Cookbook Club

## Feb. 1 Meeting Notes

Participants: Judy, Elissa, Gladys, Joan, Sandy, Megan, Iveta

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At our February 1 meeting, we discussed our experiences trying Mexican cuisine. Here are the notes:

**Elissa** made a family favorite, **Pozole**, which is traditional soup or stew from Mexican cuisine. It is made from hominy with meat (typically pork). Elissa used white hominy and a pork hock. She has this recipe dialed in and would not change anything about it. She served it topped with lettuce. Elissa always prepares the Pozole the day before it is to be served to allow the flavors to meld. It is not a hot spicy dish, despite its red color.



Elissa's family favorite Pozole



Elissa's Salsa Roja

She also tried a new recipe: **Salsa Roja**, from *Trejo's Tacos* cookbook. She said it was good, but her husband remarked that it was not spicy enough. She roasted vegetables first, then added chipotle. Elissa thinks she might get a spicier dish if she uses Serrano peppers instead of jalapeno, or possibly if she simply uses more peppers.

**Judy** does not usually like hot and spicy recipes and kept looking for dishes without many spices. She made a delicious **salad** with "lots of veggies and warm flour tortillas. She also made her own sour cream, dill, milk, and mayo dressing, and used tomatoes, cheese, green, red, and yellow peppers, cauliflower, broccoli, and ham. She combined a couple of different recipes. She enjoyed this dish but thinks she would use a salsa dressing next time instead of a creamy dressing, and she would definitely warm the tortillas again.



Judy's Tortilla Salad

**Sandy made a rich-looking Tortilla Soup, Sopa de Tortilla.** She described the recipe as simple to make: blending tomatoes, garlic, onions in a blender, adding chilis and chicken broth. She went to Las Milpas on 8th Street in Baraboo. They had everything she needed to make the recipe, including a variety of adobo. She was puzzled while roasting skinned tomatoes, garlic cloves and onions. The recipe said to roast them for 20 minutes at 350 degrees. She ended up roasting the tomatoes for almost an hour. She did not skin the tomatoes. This is the first time she delved into Mexican cooking. She was puzzled by the length of time needed for the roasting; she usually looks for the veggies to soften as the signal that they are done, but that did not really happen this time. Gladys said 400 degrees is more the standard temperature for roasting vegetables. Elissa generally roasts her vegetables at 425 degrees for 40 minutes and is guided by the fragrance of the cooking veggies as an indication of being done. She sometimes puts them under the broiler for a minute or two to get a charred effect.



Sandy's Tortilla Soup

**Gladys made New Mexico-Style Pinto Beans and Refried Beans,** and served them with **Grated Cotijó Cheese.** She served them in part of serving plate she brought back from a trip to San Antonio, where she also picked up the cookbook **Authentic Southwestern Cooking by Lynn Nusom,** where she found these bean dish recipes. Preparing these recipes brought back good memories of this trip for Gladys. She made the pinto bean dish with homemade pinto beans cooked with salt pork. She prepared the refried beans with olive oil, not lard. These dishes are very good and simple to make, she said, especially with the use of her multicooker. Gladys also scanned and shared the recipes for her dishes, which will be attached to this email.



Gladys' New Mexico-Style Pinto Beans and Refried Beans

**Megan made Chicken Fajitas.** She marinated the boneless, skinless chicken breasts cut into strips overnight. You can use canned tomatoes, she said. She sauteed the chicken, and grilled bell peppers, onions and veggies in strips. She said it was good and she will make this recipe again, but will not separate the veggies and chicken for cooking next time.

**Iveta rounded out the evening's menu with dessert.** She prepared **Chocoflan** from the book **Oaxaca: Home Cooking from the Heart of Mexico by Bricia Lopez and Javier Cabral.** She said this recipe was kind of easy and was really good. Her son did not like it, but her daughter enjoyed it. At first, it didn't look like the chocolate layer would turn out well. While cooking, the layers reverse positions. Iveta said she will probably make it again with more flour in the chocolate layer. She made it in a spring form pan with foil around it in case of leaks. Next time she will try a different kind of pan. She might look for a different recipe for this dish. The recipe said to bake it for 35 to 40 minutes, but she ended up baking it for an hour.



Iveta's Chocoflan