

Salpicon

Mexican Spicy Beef Salad

Ingredients

2 Tablespoons of extra-virgin olive oil
Salt to taste
4-6 lbs of boneless brisket
2 Large white onions
1 Bay leaf
1 Tablespoon dried oregano, preferably Mexican

For the Dressing

1 7oz Can of chipotles chiles in adobo
½ cup of extra-virgin olive oil
¼ Cup of white wine vinegar
Salt
3 Cloves garlic, minced
1 medium red onion, diced
¾ cup finely chopped fresh cilantro leaves

For Serving

3 Medium-ripened tomatoes, cut into wedges
2 Avocados, cut into wedges
2 Head of romaine lettuce, washed and serrated into leaves, discard outer leaves

To prepare the brisket

Place a deep, large, heavy skillet over medium-high heat. When the pan is hot, add the olive oil. Slat the brisket liberally then brown for 7 to 10 minutes on each side.

Add the onions to the skillet. Lower the heat to medium and add enough water to cover the meat. Add the bay leaf and oregano and stir well to combine. Simmer gently for 4 to 6 hours (depending upon the thickness and tenderness of the meat), until the brisket is very tender and shreds easily when coaxed with a fork. (Note: If the ends of the brisket are not as wide as the center, they will cook more quickly.

Transfer the brisket to a cutting board after about 3 1/2 hours and, if they seem done and easy to shred, slice off the end pieces. Place the center cut back into the braising liquid and continue to cook until the meat can be easily shredded with a fork. Set the ends aside.)

When the brisket is done, remove it from the pan and place it on a cutting board with a lip, so the juices will not run off. Let it cool for about 30 minutes, then remove any remaining large amounts of fat and discard. Shred the meat (including the end pieces if removed from the cooking liquid earlier) with two forks or your fingers. Cut the shred into one-inch-long strips. Place the meat in a large bowl and set aside

To make the dressing

Drain the chipotles, reserving the adobo sauce in the can. Chop the chipotles and mix them with the oil, lime juice, vinegar, salt to taste, and garlic. Taste the dressing. If it is not spicy enough, add a little of the reserved adobo sauce.

Fold three-quarters of this mixture into the shredded beef. The salpicon should not be dry, but should not be swimming in the dressing, either. If you think the remaining dressing is necessary, add it now. Stir in the onions and cilantro. (The dish can be made up to a day ahead of time up to this point and refrigerated.)

To serve

Thirty minutes before serving, take the salpicon out of the refrigerator, taste for seasoning, and gently stir in the tomatoes and the avocados. Arrange the salpicon on a large, white platter lined with a bed of crisp romaine leaves.

Tropical Pico de Gallo

Ingredients

1 Fresh and ripped mango
½ Ripped pineapple
3 Medium ripped roma tomatoes
1 Large raw jalapeno pepper
¼ of a medium onion
The juice of 1 to 1 ½ limes
Salt and pepper to taste
½ Bunch of cilantro

Begin by seeding the tomatoes. Cut in small squares and place on large bowl. Jalapeno and onions should be finely chopped, along with the pineapple and mango. Place in bowl and set aside.

Wash the cilantro and let it air dry. Carefully cut the cilantro and add it to the bowl. Once all the ingredients are together in the bowl, mix well and add the lime juice. Mix again and add salt and pepper to taste.

Chill for 30 minutes before serving. Serve with tortilla chips, bread, or with a main dish as a salsa.

Add more jalapenos and/or lime to taste if needed

Potato Croquettes

Ingredients

2 Medium potatoes
1 Small egg
¼ Cup of parmesan cheese
½ Cup of mozzarella cheese
Salt to taste
Dry parsley leaves
Breading crumbs
Cooking oil to deep fry the potatoes

Preparation

Boil the potatoes until they are fully cooked. Run them thru cold water and let them cool for a few minutes. In a deep frying pan, heat the oil, and maintain hot at a low temperature.

In a bowl mash the potatoes until you don't feel any large bumps. Add the egg, parmesan cheese, mozzarella cheese, parsley flakes and salt. Mix the ingredients thoroughly for a minute or two, and form the croquettes by making small balls. Roll the ball thru the bread crumbs until they are fully covered. Deep fry until they crumbs are golden brown. Serve hot with your favorite sauce.

Tortillas

Ingredients

Maseca – instant yellow corn masa flour
Water
Salt

Mixing Instructions:

Combine two cups (loose measure) of Maseca, ¼ tea spoon of salt, and 1 ¼ cups of water. Mix thoroughly for about two minutes to form the soft dough. If the dough feels dry, add more water – one table spoon at the time.