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el Restaurante

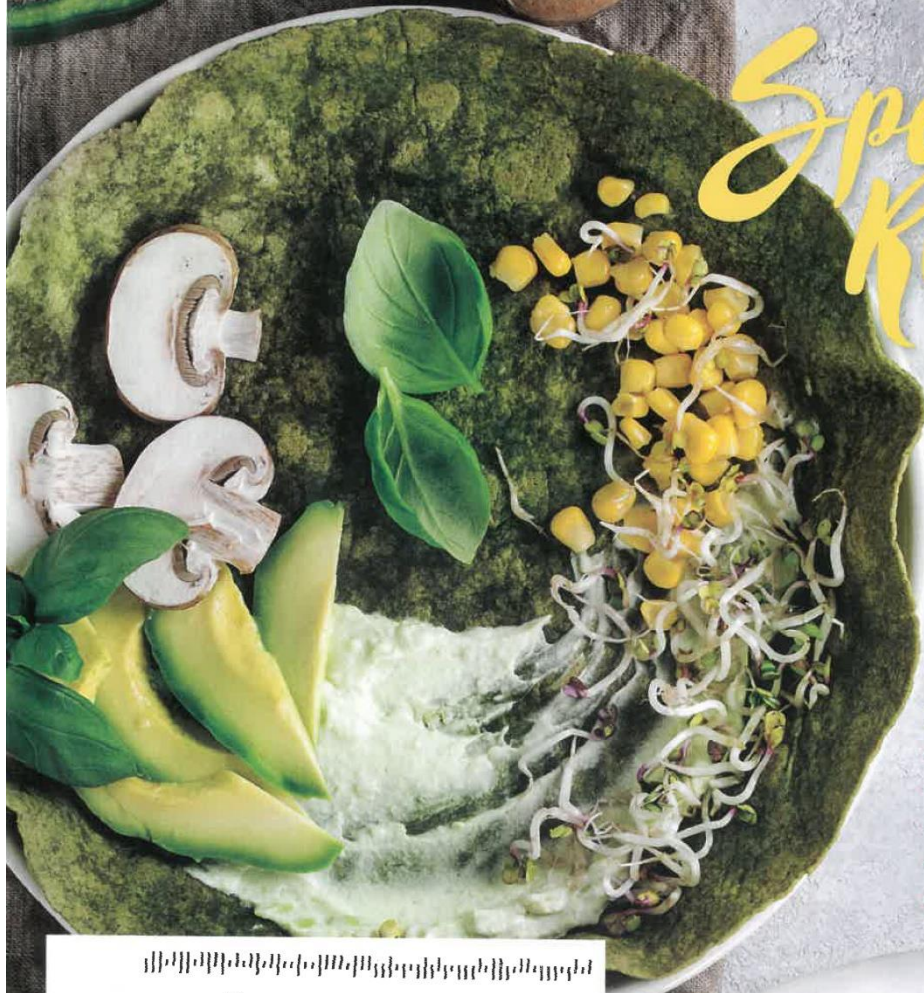
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Special Recipe issue

**100 Pages of Recipes and Cooking Tips—
Salsas, Breakfast, Appetizers, Salads, Soups, Entrees, Cocktails and Desserts!**

PLUS FEATURES ABOUT:

- **Marvelous Mangos**
- **Mexico's Mushrooms**
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appetizers and sides

They might be small but they can pack a mighty punch to your restaurant's menu. Whether they're ordered as a precursor or complement to a customer's entrée or in multiples as a small plates-style meal, appetizers and sides help define your business' culinary reputation. Adding creative options, like those featured on the next few pages, can help that reputation shine.





Queso Fundido

Octopus 'Al Pastor' & Roasted Pineapple

Recipe and photo excerpted with permission from breddos Tacos by Nud Dudhia and Chris Whitney, published by Quadrille Publishing 2016

MAKES 4 SERVINGS

For the Octopus:

- 6 T. sea salt
- 3 garlic cloves
- 1 onion, quartered
- 2 frozen octopuses, defrosted

For the Marinade:

- 2 garlic cloves
- 1 t. sea salt
- 2 T. achiote paste
- 1 onion, roughly chopped
- 1 T. cider vinegar
- 1 t. cumin seeds
- 3 allspice berries
- ½ pineapple, sliced into sticks, roasted in a dry frying pan or chargrill pan until blackened

Juice of 1 lime

½ habanero chilli, diced

4 T. mango, lime & habanero salsa (recipe follows)

1 lime, quartered

Handful of coriander (cilantro) leaves

4 radishes with stalks, halved

Make the marinade by blending all the ingredients together. You may need to scrape down the sides of the jug to ensure everything gets incorporated. Set aside.

To cook the octopus, fill a large stockpot with water and add the salt, garlic and onion. Bring to the boil. Using tongs, grab the head of the octopus and dip the creature into the water for a few seconds.

Repeat this twice more, for both octopuses, then leave them to cook in the boiling water for 40 minutes.

Once the octopus is cooked, remove it from the heat and transfer it to a bowl of ice-cold water to prevent it cooking any further. Once cool, drain the octopuses and remove the tentacles. Place in a large bowl with the marinade and leave to marinate for 2 to 3 hours.

Get a grill or, better still, a barbecue hot and add the octopus tentacles. You're looking to create a quick char. While they are cooking, baste the tentacles with any leftover marinade.

Mix the pineapple, lime juice and habanero together in a bowl. Place the octopus on a serving platter and pour some mango habanero salsa over, with a few squeezes of fresh lime juice, coriander leaves and radishes served alongside.

The Mango, Lime & Habanero Salsa:

MAKES APPROXIMATELY 1 CUP

1 mango, cut into small cubes

Juice of 2 limes

1 habanero chilli

Handful of coriander (cilantro) leaves, chopped

Handful of mint leaves, chopped

Pinch of sea salt

Pinch of sugar

1 t. olive oil

Mix all the ingredients together and store in the fridge until needed.

Queso Fundido

Recipe and photo courtesy of Del Sur Mexican Cantina, San Diego

MAKES 5 OUNCES

3 oz. grated three-cheese blend (cheddar, Monterey jack, pepper jack)

What is your favorite cookbook?



CHEF LUIS ARCE MOTA, *La Contenta*,
New York, New York

"That would have to be
Patricia Quintana's classic
El Sabor de Mexico."

3 oz. chopped poblano peppers,
Anaheim peppers, onion and
mushroom

2 oz. heavy cream

Tortilla chips or corn tortillas
(for dipping)

In a pan over medium
heat, sauté chopped veggies
(to roast) and then add cream.

Once warm, add in cheese
mixture. Cheddar, Monterey
jack and pepper jack are recom-
mended, but you can use any three
cheeses of your preference. Cook
until the cheese has fully melted,
mixing with roasted veggies. Trans-
fer to a bowl and enjoy!

Flor de Calabaza
Stuffed with
Goat Cheese



Flor de Calabaza Stuffed with Goat Cheese

Recipe and photo courtesy of
Sysco (sysco.com/picaysalpica)

MAKES 4 SERVINGS

12 male zucchini blossoms,
stamens removed

Vegetable oil, for frying

5 oz. fresh goat cheese, room
temperature

1 T. heavy cream

1 T. honey

Salt and pepper, to taste

½ c. all-purpose flour

¾ cup beer

Remove stamens from flowers,
trying not to tear the delicate
petals.

Fill a large, heavy saucepan
with about 1 inch of vegetable
oil. Set over medium heat
and let it come up to desired
temperature of 350 degrees.

In a bowl, combine goat cheese,
cream, honey, and salt and pep-
per until smooth. Transfer to a
piping bag or a zip-top bag
with ½ inch of the end cut off.
Carefully insert tip of bag into
a flower and fill with cheese
mixture. Gently twist
tops of petals to seal.

In a bowl, combine flour and
beer and whisk until smooth.
Using the stem as a handle,
dip flowers into batter and
flip to coat.

Gently lay battered flowers into
hot oil. Repeat with another
flower, battering and frying
about 4 flowers at a time so
as not to overcrowd the pan.

Fry flowers for 30 to 45 seconds,
then flip and fry for another
30 to 45 seconds until light
golden brown. Transfer to a wire
rack or paper-towel lined plate.
Repeat with remaining flowers.
Serve warm.

Cheese Fondue with Mushrooms and Poblano Chiles

Recipe courtesy of
Karen Hursh Graber

MAKES 4 SERVINGS

1 T. neutral oil

2 large poblanos, seeded and
cut into matchstick size strips

2 large garlic cloves, crushed
through a garlic press

4 oz. fresh mushrooms, chopped

2 scallions, white and green
parts, chopped

1-2 fresh jalapeños, seeded
and chopped

2 ½ c. grated Manchego or
gouda

Salt to taste

Preheat the oven to 325°F.
In a large skillet, heat the
oil. Sauté the poblanos until
soft. Add the garlic, mush-
rooms, scallions and jalapeño.
Cook until mushrooms have
softened.

Add the cheese, stirring
until thoroughly incorporated.
Add salt to taste. Pour the
mixture into a casserole dish
or individual ramekins. Bake
10 minutes.

Serve immediately with toto-
pos or warm flour tortillas.