

## Recipes

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Pico de Gallo- serves 6

6 Roma tomatoes

2 small yellow onions

1 cup fresh cilantro

1 jalapeno

3 tablespoons lime juice

Salt to taste

1. Dice up equal quantities of onion and tomato. Roughly chop the cilantro.
2. Now slice the jalapeno in half. With a spoon, scrape out the seeds and membrane. Dice the jalapeno finely. Dump the four ingredients into a bowl.
3. Add lime juice and season with salt. Stir together until combined.

### Guacamole

1 avocado

½ cup of pico de gallo

Salt to taste

1. Peel, pit, and mash one avocado.
2. Gently mix the pico de gallo with the avocado and salt as needed.

Spanish Rice- serves 6

2 cups water

2 cups brown rice

$\frac{3}{4}$  salsa

$\frac{3}{4}$  shredded cheese

1. Boil water. Add brown rice, cover, and simmer for 10 minutes.
2. Fluff rice with a fork and let stand for 5 minutes.
3. Stir in salsa until thoroughly mixed. Fold in the cheese.

### Grilled Sirloin Steak Fajitas- serves 8

#### Marinade:

4 whole limes, juiced  
2 small oranges, juiced  
4 cloves garlic, minced  
4 teaspoons agave  
2 teaspoons ground cumin  
2 teaspoons chili powder  
2 teaspoons salt  
2 teaspoons oregano  
1 cup olive oil

#### Steaks:

6 sirloin steaks

Salt

#### Vegetables:

4 whole bell peppers, thinly sliced  
4 whole poblano peppers, thinly sliced  
2 large sweet onions, cut into thin wedges  
Salt and pepper to taste

#### For serving:

Cilantro

Queso fresco crumbles

1. For the marinade: In a small mixing bowl, combine the lime and orange juice, garlic, agave, chile powder, cumin, salt, and oregano. Slowly whisk in the olive oil.
2. Put the meat in a resealable plastic bag and pour the marinade over it, mixing to coat well. Refrigerate 4 hours.
3. Drain the marinade from the steaks and pat the meat dry with paper towels. Discard the marinade. Lightly season steaks with salt on both sides.
4. When ready to cook, set temperature to 180°F and preheat for 15 minutes. Smoke sirloin steaks for 45 minutes.
5. Remove steaks from the grill and increase the grill temperature to High and preheat for 15 minutes. Put a 12" cast iron skillet on the grill grate to preheat for the vegetables.
6. Prepare the vegetables: Combine the bell pepper, poblano strips and onion wedges in a mixing bowl. Drizzle with olive oil and season with salt and pepper. Stir to coat. Set aside until ready to cook.
7. When grill reaches temperature, sear each side of the steak for 4 minutes or until meat reaches an internal temperature of 145°F for medium done.
8. Transfer steaks to a cutting board and let rest for 5 minutes. Slice the steak against the grain on a sharp diagonal.
9. Toss the vegetables into the hot skillet and sauté until nicely browned but still tender-crisp. Work in batches if necessary.
10. When serving, garnish with cilantro and queso fresco crumbles.

Blue Corn Tortilla Chips - serves 6

2 ½ cups Illinois Blue Corn flour

2-2 ¼ cups water

1. Start by heating the frying pan at high heat.
2. Place the flour in the large bowl and start adding the water little by little. Try to mix with one hand and add the water with the other. Once all the water is added, mix the dough until all the flour comes together and forms a moist dough.
3. Continue mixing, there is no need to treat this dough like wheat flour, corn flour doesn't have gluten, so it is very straight forward. Once the dough is firm, it is ready.
4. Wash your hands and make sure that the dough is moist. Cover it with a tea towel.
5. Form a small ball of dough and place on a piece of parchment paper. Place another piece of parchment paper on top of the dough. Then roll out the dough to about 7 inches in diameter. The dough should be ¼ inch thick. Place in the freezer to become firm.
6. After 10 minutes in the freezer, remove the plastic from the top and get the other plastic with the tortilla on your hand, flip the tortilla on your hand and remove the other plastic. Place it on the hot frying pan. Count 10 sec and flip it (this avoids getting cracks on your tortilla). Then turn it a few times, your tortilla will fluff, once it does, it means it is cooked in the middle and it is done. Remove it from the heat and wrap it in a tea towel to keep it warm.
7. Continue doing the same with the rest of the dough. Make sure that your heat is not too hot. You might need to lower the heat at some point if it gets too hot.
8. Once all the tortillas are cooked, slice them into triangles.
9. Heat oil in the frying pan on high heat. Fry the tortilla triangles in batches for 30 seconds on each side. Salt immediately and serve hot.

Tres Leches Cake- serves 10

Cake:

4 eggs, separated, room temperature

$\frac{2}{3}$  cups sugar, divided

$\frac{3}{4}$  cup and 2 tablespoons Soft Red Winter Wheat flour

2 tablespoons cornstarch

Dash of salt

$\frac{3}{4}$  cup heavy whipping cream

$\frac{3}{4}$  cup evaporated milk

$\frac{3}{4}$  cup sweetened condensed milk

2 teaspoons vanilla extract

Topping:

1  $\frac{1}{4}$  cups heavy whipping cream

3 tablespoons sugar

Optional:

Dulce de leche

1. Place egg whites in a large bowl. Line bottom of a 9-in. springform pan with parchment; grease the paper.
2. Meanwhile, preheat the oven to 350°. In another large bowl, beat egg yolks until slightly thickened. Gradually add  $\frac{1}{3}$  cup sugar, beating on high speed until thick and lemon-colored.
3. Sift flour and cornstarch through sieve two times. Once it is thoroughly combined, measure out  $\frac{2}{3}$  cup of the mixture and discard the rest. Fold in flour, a third at a time.
4. Add salt to egg whites; with clean beaters, beat on medium until soft peaks form. Gradually add remaining sugar, 1 tablespoon at a time, beating on high after each addition until sugar is dissolved. Continue beating until soft glossy peaks form. Fold a third of the whites into batter, then fold in remaining whites. Gently spread into the prepared pan.
5. Bake until top springs back when lightly touched, 20-25 minutes. Cool 10 minutes before removing from the pan to a wire rack to cool completely.
6. Place cake on a rimmed serving plate. Poke holes in top with a skewer. In a small bowl, mix cream, evaporated milk, sweetened condensed milk and extracts; brush slowly over cake. Refrigerate, covered, 2 hours.
7. For topping, beat cream until it begins to thicken. Add sugar; beat until peaks form. Spread over the top of the cake. If desired, top cake with dulce de leche just before serving.

Homemade Dulce de Leche- yields 1 ½ cups

Recipe:

4 cups milk

1 ¼ cups sugar

¼ teaspoon baking soda

1 teaspoon vanilla

1. Stir together 4 cups milk, 1 ¼ cups sugar, and ¼ teaspoon baking soda in a 3- to 4-quart heavy saucepan. Bring to a boil.
2. Then reduce heat and simmer uncovered, stirring occasionally, until caramelized and thickened, about 1 ½ to 1 ¾ hours. (After about an hour, stir more often as milk caramelizes, to avoid burning.)
3. Once thickened, stir in vanilla. Transfer to a bowl to cool. Makes about 1 ½ cups.