

A tropical sunset scene with palm trees and a person surfing. The sun is low on the horizon, casting a warm orange glow. The palm trees are silhouetted against the bright sky. A person is seen in silhouette, riding a surfboard on the water in the foreground.

# Ski Paradise

Recipe book – From our kitchen to yours

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## *Oatmeal chocolate chip cookies*

### **ingredients:**

9 cups of Oats

360 grams of sweet butter (sin salt)

2 tsp bicarbonate of soda 2 tsp baking powder

1 tsp cinnamon

2 tsp vanilla

2 cups sugar

1 cup Chocolate Chips

1 egg

### **Preparation:**

In a blender blend the oats for about 15 seconds. In a mixer mix the butter for approx. 10 minutes. Add sugar and mix for 10 more minutes. Add baking powder and soda and cinnamon. Add vanilla and egg. Add Chocolate chips.

Butter a tray and put the cookie dough on the tray and cook for 20 minutes at 170° Celcius. I believe that is 340° F.

## *Honey Mustard Dressing*

### **Ingredients:**

4 tbsp of Mustard

6 tbsp Honey

1 tsp of black pepper

1 tsp of oregano

3 tsp. of Knorr Swiss chicken broth powder 2 cloves of Garlic

1/2 onion

1 cup of apple cider vinegar

1/2 cup of olive oil

1/2 cup of corn oil

### **Preparation:**

Blend in a blender



## *Ceviche*

### **Ingredients:**

1 kilo (2.2lbs) of Red Snapper Filet  
1 kilo of peeled and chopped tomato  
1 big chopped onion  
1 cup of chopped cilantro  
Olives stuffed with pimento (to taste)  
Olive Oil (to taste) Alicia says approx. 1/8th cup  
Salt (to taste)  
Oregano (to taste)  
500 ml bottle of ketchup  
225 g of V-8 juice  
2 cups of orange juice  
1 cup lemon juice (enough to marinade the fish in)  
3 Avocados in bite sized pieces. The best way to do this is cut the avocado in half. With the seed out then dice the avocado in it's shell and then scoop out in pieces.

### **Preparation:**

Marinade the chopped fish in bite sized pieces in lemon juice for 20 minutes. After marinading, put the fish in a colander and submerge in boiled water for 3 minutes. Let the fish set to drain the water for approx. 5 minutes. Take out and blend in all the ingredients except the avocado. When blended then add the avocado so it does not get mashed. Enjoy and think of Ski Paradise. Serves 8

## *Tropical Fruit Salsa for Salmon*

### **Ingredients:**

2 spoons of butter  
1 fine chopped onion  
1 chopped jicama  
1 chopped green pepper, one red and one yellow  
3 slices of chopped pineapple  
1/2 chopped cantaloupe  
1/2 a cup of chopped cilantro  
1 Bay leaf  
Major Grey's Mango Chutney to taste  
1 chopped Serrano chile

### **Preparation:**

In a pan sauté the onion with the butter. Add in the chile and bay leaf next and then the red, green and yellow peppers. Then add the chopped jicama. Add the fruit after a minute or two and then lastly add the cilantro. Take out the bay leaf and add the chutney to taste. Spoon over reddened or blackened salmon. Enjoy and think of Sunday evening dinner at Ski Paradise. Serves 8.

## *Green Salad Dressing*

### **Ingredients:**

3 Tablespoons of Mayonnaise  
3 Tablespoons of Mustard  
3 Tablespoons of vinegar  
1 whole egg  
A quarter of an onion  
A cube of Knorr Swiss Chicken broth, but not blended with the water, just the cube. I highly recommend taking the wrapper off or it will tingle your fillings.  
1 teaspoon of salt  
1 Tablespoon of black pepper  
2 garlic cloves  
1 head of Romaine lettuce washed.  
1 large splash of olive oil.

### **Preparation:**

Blend everything except the olive oil which is added at the end.



## Chiliquiles

### Ingredients:

Salsa is the same as the enchilada sauce in the following recipe. Shredded chicken to taste and appearance

Squares of tortillas that have been cut when soft, sautéed in olive oil to get slightly crunchy.

Shredded Manchego cheese which you can find at most Safeways or grocery stores that have a Mexican section in them.

Whole cream. It can be sour cream if you'd like but in Mexico it is a very heavy cream that is not sour.

### Preparation:

In your oven container which might be glass you put the layers of chips, chicken, salsa then cheese and then cream and you put it in the oven with aluminum foil on top. Make sure the salsa is enough to cover the entire mix and that it is warm to start with. You don't want it cold out of the refrigerator. Cook just long enough for the cheese to melt.

*Enjoy because this is the last breakfast of your last skiing day.*

## Enchiladas Verdes | Green Enchiladas

### Ingredients:

18 tortillas

1 chicken breast

1/2 kg. green tomatoes (tomatillos) 1 bunch cilantro

10 chiles serranos

1 garlic clove

1/4 medium size onion

1/4 lt. cream

1/4 kg. manchego cheese shredded

chicken broth powder

### Preparation:

Cook the chicken, clean it and shred it. In another pan cook the tomatoes (tomatillos) and chiles. Blend them with the cilantro, onion and garlic, add a spoonful of chicken broth powder and boil it in a pan for 5 min. One by one pass the tortillas by hot oil just for a second, put a little chicken on each tortilla and roll them. Put them in a baking dish and pour the sauce over them. Put the cream and the shredded cheese and bake until the cheese melts.

## *French Toast*

### **Ingredients:**

1 Loaf of bread  
3 Eggs  
1/2 liter (about one cup) milk 3 T. Vanilla  
sugar  
cinnamon  
strawberry jam  
butter  
maple syrup

### **Preparation:**

Cut the bread in triangles, put strawberry jam in the middle of two triangles, like small sandwiches. In a deep bowl mix the milk, eggs and vanilla In a frying pan warm the butter, moisten the bread in the already mixed milk then fry it in the butter on both sides, when they are cook on both sides pass them by the sugar and cinnamon, previously mixed in another container. Serve them with the maple syrup.

## *Camarones en Salsa de Curry | Shrimp Curry*

*(12 to 14 servings)*

### **Ingredients:**

100 grams celery  
100 grams leek  
200 grams butter  
3 Tbsp. chicken broth powder 3 TBsp. flour  
1 1/2 milk  
3 little jars of curry powder, 23 grams each. (If the curry is hot use a much smaller amount to taste)

### **Preparation:**

In a frying pan put 200 grams of butter, add 100 grams. of chopped celery and 100 grams of chopped leek, plus 3 Tablespoons of flour. When this turns golden add 3 bottles of curry powder and the milk. Season with the chicken broth powder and a little pepper. Clean the shrimp, fry them in butter and pepper-salt. Serve with the curry sauce on top.



## *Ejotes con Almendras | Green Beans & Almonds*

### **Ingredients:**

1 kg. Green beans  
1/4 golden peeled almonds  
1/2 kg. peeled and cut tomatoes 1/4 chopped onion  
3 garlic cloves  
4 tsp. chicken broth powder

### **Preparation:**

Clean the green beans and cut them in medium size pieces, cut the almonds and leave them for 5 min. in hot water in order to peel them. Then brown them in oil and drain. In the same oil fry the garlic, onion and tomatoes, add the chicken broth powder and let it boil for five minutes. Add the green beans and cook them for about 2 or 3 min. they should not lose their color. When the green beans are ready add the almonds and serve.

## *Chiles Rellenos*

### **Ingredients:**

3 big chiles poblanos  
1/2 kg. manchego cheese or mozzarella 4 eggs  
5 large tomatoes  
1/4 medium size onion  
2 garlic cloves  
3/4 lt.  
Flour  
chicken broth

### **Preparation:**

Roast chiles on a grill, rotate them until almost black all around and wrap them in a plastic bag so they sweat, when they are cold peel them and clean out the seeds, wash and let them drain. Stuff them with the cheese and sprinkle them with the flour so they are covered with it.

Blend the white eggs until they are white and fluffy. Add the yolks and blend for 3 more minutes.

Apart blend the tomatoes, garlic and onion and cook in a pan with very little oil and add the chicken broth.

Put the chiles in a baking dish and cover with the tomato sauce. Bake until warm up and serve.

## *Pollo en Salsa de Poblanos |*



## *Chicken Breast in Chile Pablano Sauce*

### **Ingredients:**

6 flat chicken breasts  
1/2 kg. of Manchego or Mozzarella Cheese 5 Chiles Pablanos  
1 package of Philadelphia Cream Cheese 1/4 Lt. cream  
Salt and pepper to taste

### **Preparation:**

Roast the chiles on a grill. Rotate them until almost black. Place them in a plastic bag so they sweat and cool. When they are cool, peel them and get rid of the seeds. Wash and let them dry.  
Season the chicken with salt and pepper. Place the cheese (in pieces) inside the chicken and roll them. Place them in a baking dish.  
Apart, blend the chiles with the cream cheese and the cream. Add salt and pepper to taste. Pour half of the sauce on the chicken and bake until the chicken is cooked. Heat the remainder of the sauce and add to the top of the chicken when it is placed on the plates.

**As a compliment...** with this dish we serve a stuffed round zucchini which in Mexico they call Calabasas. The zucchini is stuffed with a creamed rice. If you cannot find the round zucchinis you can hollow out the long ones we have here in the U.S. or use another type of round squash.

### **Ingredients:**

6 large round zucchinis one cup rice  
3/4 lt. milk  
3 Tbsp. chicken broth 3/4 cube of butter  
1/4 cup of flour (we didn't get the correct amount of flour, so we are guessing here)  
1 diced onion (a fairly small onion will do)

### **Preparation:**

Cook the zucchinis in water with salt for only a short time so they don't get too soft. They will be in the oven later and will cook more. After cooking get rid of the seeds and place them in a baking dish. Cook the rice in two cups of water. In a frying pan melt the butter, add the diced onion and flour. Cook on low heat until golden brown. Add the milk and the chicken broth and cook until it thickens. Stir in the cooked rice.  
Stuff the zucchinis and place in a baking dish. Put about 1/16" of water in the bottom of the baking dish and bake until hot.





## *Huachingango en Salsa de Jicama y Mango |*

### *Red Snapper with Mango and Jicama Sauce*

**(Serves 8)**

This dish was developed by Roberto Santibañez, whose La Circunstancia Restaurant in Mexico City is located on Garibaldi Square - a gathering place for mariachis (Mexican musicians). In contrast to the traditional surroundings, Roberto offers a new Mexican cuisine which combines Mexican, and often foreign, ingredients in an untraditional way. This is one of his latest creations.

#### **For the sauce:**

2 T (1oz/30 g) butter  
1 small onion, minced (finely chopped)  
1 clove garlic, minced (finely chopped)  
2 large carrots (7 oz/220 g), peeled and cut into 1/4-inch (0.5-cm) dice  
1 small jicama (7 oz/220 g), peeled and cut into 1/4-inch (0.5-cm) dice, or substitute water chestnut  
1 large green mango, peeled, seeded, and cut into 1/4-inch (0.5-cm) dice  
2 jalapeño chiles, seeded and cut into 1/4-inch (0.5-cm) dice  
1/2 cup (1/2 oz/15 g) loosely packed cilantro (fresh coriander) sprgs, washed and chopped  
1 bay leaf  
1/2 cup (4 fl oz/125 ml) dark mango chutney

#### **For the fish:**

2-1/2 lb (1.25 kg) red snapper or other firm white-fleshed fish fillets, cut in 8 thick slices  
salt and pepper, to taste  
1-2 T vegetable oil

#### **Preparation for the sauce:**

Heat the butter in a large frying pan. Add the onion, garlic, and carrots, and sauté over medium heat for 2 to 3 minutes.

Add the jicama, mango, chiles, and cilantro, lower the heat, and sauté for approximately 3 to 4 minutes, or until the ingredients are tender but still crisp. Add the bay leaf, chutney, and the salt and pepper, and simmer gently while searing the fish.

#### **Preparation for the fish:**

Season the fillets with salt and pepper. Heat the oil in large frying pan over a very hot flame, and sear the fish rapidly, about 1 minute at most on each side. Transfer the fish to the pan with the sauce and cook over low heat, about 5 minutes. If the sauce becomes too thick, add a little water to thin.

Serve with Arroz Blanco.



## *Pescado Centli* Fish Fillets served in Corn Husks

(Serves 10)

Centli is the Nahuatl word for fresh corn, one of the ingredients in the sauce. This is a modern creation from Roberto Santibañez, the chef of La Circunstancia Restaurant. The fish is steamed and served in a boat-shaped open husk unlike a traditional tamal which would be served closed.

### **Ingredients:**

10 dried corn husks  
2-3/4 lb (1.4 kg) red snapper, sea bass, or sole fillets  
salt and pepper, to taste  
10 serrano chiles  
10 small spigs cilantro (fresh coriander)

### **For the sauce:**

1/4 cup (2 oz/60 g) butter  
3 poblano chiles, charred, ppeled, seeded, and cut into strips 1/4 t powdered saffron  
2 cups (16 oz/500 g) cooked fresh corn kernels  
1 C (8 fl oz/250 ml) heavey (double/thickened) cream  
2 C (16 fl oz/500 ml) fish, vegetable, or degreased chicken stock 1 T cornstarch (cornflour) diluted in 2 T cold water

### **Preparation:**

Soak the corn husks in hot water for 10 minutes, then drain. Cut the fish fillets into 10 serving pieces. If they are thin, as in the case of sole, roll them up. Season with salt and pepper on both sides. Place a piece of fish in the center of each husk and top with a serrano chile and cilantro sprig. Close the husk by bringing the sides together, folding up the bottom, and bringing down the top.

Bring water to a boil in the bottom of a tamalera or steamer and stand the packages upright (with tips pointing up) in the steamer basket, packing them close together. Steam for 10 to 15 minutes, or until the fish is cooked through.

### **For the sauce:**

Melt the butter in a saucepan over medium heat and sauté the poblano chiles for 1 to 2 minutes. Add the saffron, corn kernels, cream, and stock, and bring to a boil. Simmer for 10 minutes, or until the consistency is that of a thin sauce. Whisk the cornstarch mixture into the sauce until it thickens, and season with salt and pepper. Remove the fish from the oven and open the husks over the saucepan, letting the juices run into the sauce. Discard the serrano chiles and cilantro and place each open package on a dinner plate.

Pour generous amounts of the sauce over the top of each package and serve.



## *Ensalada de Lechugas con Jicama y Mango*

### *Mixed Salad with Jicama and Mango*

(Serves 12)

This salad from José Galindo uses both Mexican ingredients and foreign elements, such as the red oak leaf and Boston (butterhead) lettuces. The result is suprisingly delectable.

#### **Ingredients:**

2 heads each red oak leaf and Boston (butterhead) lettuce, washed and torn  
1 red onion, halved and finely diced  
2 firm mangoes, peeled and cut into 1/4-inch (2-cm) cubes  
1 jicama, peeled and cut into 1/4- x 2-inch (0.3- x 5 cm) strips, or substitute water chestnuts  
2 avocados, pitted, peeled, and sliced

#### **For the vinaigrette:**

1/4 C (3 fl oz/90 ml) cider vinegar  
2 cloves garlic, peeled  
2 shallots, peeled and chopped  
1 C (1 oz/30 g) chopped flat-leafed (Italian/continental) parsley  
1 C (1 oz/30 g) chopped cilantro (fresh coriander)  
1 T honey  
1 t salt, or to taste  
1/2 t black pepper  
1 pinch ground cloves  
1/2 C (4 fl oz/125 ml) vegetable oil  
1/2 C (4 fl oz/125 ml) olive oil

#### **Preparation:**

Place the lettuce leaves, onion, mangoes, and jicama in a salad bowl. To make the vinaigrette: Place all of the ingredients in a blender and blend until completely smooth. Pour the vinaigrette over the salad and toss. Garnish with the avodados slices, and serve immediately.



## *Torta de Zanahoria | Carrot Torte*

(Serves 8 -10)

This recipe is from Patricia Quintana's book, Puebla, Cocina de Los Angeles. With her usual innovative flair, Patricia makes madeleines with this mixture and serves them as a garnish to the main course. This recipe makes about 55 madeleines.

### **Ingredients:**

5 C (24 fl oz/750 ml) water 1 t salt, or to taste  
1 t sugar, or to taste  
2 lb (1 kg) carrots, peeled 1/2 C (4 fl oz/125 ml) milk 1 C (8 oz/250 g) butter 1-3/4 C (12 oz/575 g) sugar 8 eggs, separated  
2 C (9 oz/280 g) rice flour 1-1/2 t baking powder

### **Preparation:**

Preheat the oven to 350 degrees F (180 degrees C/Gas 4). Grease and flour a 8 to 9-1/2 inch (20-24 cm) ring mold.

Put the water, salt and sugar in a saucepan. Add the carrots and cook for 25 minutes over medium heat. Let cool a little. Drain, reserving the liquid, and then puree in a blender with the milk and a little of the cooking liquid, if necessary to make a smoother puree.

Cream the butter with an electric mixer 8 minutes, or until fluffy. Continue to beat while gradually adding the sugar, to make a smooth paste.

Add the egg yolks one at a time, beating continuously until all of the ingredients are thoroughly blended.

Sift the flour 3 times with the baking powder and 1/4 teaspoon of salt. Alternately beat the puree and flour into the butter-yolk mixture.

In a separate bowl, beat the egg white and pinch of salt with an electric mixer or wire whisk until stiff but not dry. Fold them into the batter. Pour the batter into the mold and bake for 45 minutes, or until a cake tester inserted in the center comes out clean.

Let the cake cool slightly. Turn the mold and tap the bottom to release the cake on a rack. Garnish the center with parsley sprigs and serve as an accompaniment to meat or chicken.