

'RECETARIO DE PLATILLOS MEXICANOS'

Mexican dishes recipe book

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Fresh Ingredients you need to purchase:

Classic

- 200g of barramundi fillets, without skin (substitute with blue eye or snapper)
- 2 free-range chicken thighs, approx. 300g
- 10 limes, approx. 850g
- 1 orange
- 1 Lebanese or baby cucumber, approx. 120g
- 1 red onion, **finely diced***
- Bunch of coriander, **finely chopped***
- 1 long red chilli, add more if you like it spicy!
- 1 brown onion
- 2 garlic cloves
- 5 tomatoes, truss or gourmet, approx. 625g
- 1 tomato, **finely diced***
- 1 fresh jalapeño chilli, **finely diced***
- 2 ripe avocados
- 20 g unsalted butter
- 50ml thickened cream
- 3 cups unsalted roasted peanuts (or nuts of your preference)
- 1 tbsp. vanilla flavour (extract or essence)
- 1 bar (100 g) dark chocolate 70% cocoa
- 2 cups white sugar
- Salt and pepper
- Vegetable oil
- Olive oil

Vegetarian

- 1/4 whole cauliflower
- 1 long red chilli, add more if you like it spicy!
- 1 red onion, **finely diced***
- 1 Lebanese or baby cucumber, approx. 120g
- Bunch of coriander, **finely chopped***
- 6 limes, approx. 520g
- 1/2 Italian eggplant, approx. 250g
- 1 brown onion
- 2 garlic cloves
- 5 tomatoes, truss or gourmet, approx. 625g
- 1 tomato, **finely diced***
- 1 fresh jalapeño chilli, **finely diced***
- 2 ripe avocados
- 20 g unsalted butter
- 50ml thickened cream
- 3 cups unsalted roasted peanuts (or nuts of your preference)
- 1 tbsp. vanilla flavour (extract or essence)
- 1 bar (100 g) dark chocolate 70% cocoa
- 2 cups white sugar
- Salt and pepper
- Vegetable oil
- Olive oil

***these items need to be chopped/diced before the start of the class**

For cocktails:

- 20ml ruby grapefruit juice or Pampelle Grapefruit Aperitif
- 5 fresh raspberries, muddled
- 90ml cranberry juice
- 15ml chambord (optional)
- Plenty of ice cubes, 2 trays

Kitchen equipment:

Classic

- 1 chopping board + Knife (for veggies)
- 1 chopping board + Knife (for fish)
- 3 large mixing bowls
- 3 serving bowls
- 1 small bowl
- 2 saucepan
- Tea towel or tortilla warmer
- 1 tong
- 1 cooking spoon
- 2 serving spoons
- 2 tablespoons
- 1 baking dish (about 25x15cm)
- Baking paper (enough to cover the baking dish)
- Small frying pan or flat grill
- Cocktail shaker (this could even be a jar or protein shaker)
- Jigger or just a shot glass
- Tea strainer (if cocktail strainer is not on hand)
- Lime juicer (optional)

Vegetarian

- 1 chopping board + knife
- 3 large mixing bowls
- 3 serving bowls
- 1 small bowl
- 3 saucepans
- Tea towel or tortilla warmer
- 2 serving spoons
- 2 cooking spoons
- 2 tablespoons
- 1 grater box, or similar
- 1 baking dish (about 25x15cm)
- Baking paper (enough to cover the baking dish)
- Small frying pan or flat grill
- Cocktail shaker (this could even be a jar or protein shaker)
- Jigger or just a shot glass
- Tea strainer (if cocktail strainer is not on hand)
- Lime juicer (optional)

CEVICHE DE PESCADO

Fish Ceviche



15 minutes
preparation



30 minutes
cooking time



2 People

Ingredients:

- 200g fresh barramundi fillets (substitute with blue eye, snapper or any white, chunky, flaky fish)
- 4 limes, approx. 350g
- ½ orange
- 1 Lebanese or baby cucumber, approx. 120g
- ¼ red onion
- ¼ bunch of coriander
- 1 long red chilli, add more if you like it spicy!
- Salt and pepper to taste
- Olive oil
- La Tortilleria Totopos (tortilla chips) to serve



Instructions:

1. Dice the fish fillets in 2cm cubes or thereabouts. Place in a bowl and coat with lime juice. Place in the fridge for at least 30 minutes for the fish to 'cook'.
2. Juice the orange, and finely dice the cucumber, onion, coriander and chilli.
3. Once fish has become white and opaque, remove it from the fridge and drain excess lime juice.
4. Add the orange juice, cucumber, onion, coriander and chilli. Mix it all together adding salt, black pepper, and olive oil.
5. Serve with totopos.

¡Buen provecho!

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CEVICHE DE COLIFLOR

Cauliflower Ceviche



20 minutes
preparation



2 People

Ingredients:

- ¼ whole cauliflower
- 1 long red chilli, add more if you like it spicy!
- ¼ red onion
- 1 Lebanese or baby cucumber, approx. 120g
- ¼ bunch of coriander
- 2 limes, approx. 170g
- Salt and pepper to taste
- Olive oil
- La Tortilleria Totopos (tortilla chips) to serve

Instructions:

1. In a saucepan, bring water to boil with some salt. Add the cauliflower. Cook for 2 to 3 minutes maximum. Then remove and place in a bowl with cold water to cool. Then dice finely.
2. Finely chop the chilli, onion, cucumber and coriander.
3. In a bowl, add cauliflower, chilli, onion, cucumber, coriander and lime juice. Mix it all together, adding salt, black pepper and olive oil.
4. Serve with totopos.

¡Buen provecho!



TACOS DE TINGA DE POLLO

Chicken Tinga Tacos



10 minutes
preparation



1 hour
cooking time



2 People

Ingredients:

- 2 free-range chicken thighs, approx. 300g
- 4 La Tortilleria corn tortillas
- 1 brown onion
- 2 garlic cloves
- 4 tomatoes, truss or gourmet, approx. 500g
- Vegetable oil
- 1 tbsp chipotle chilli in adobo, add more for extra heat
- Salt to taste



Instructions:

1. Thinly slice the onion, mince the garlic and quarter the tomatoes.
2. In a saucepan, cover the pan with a thin layer of vegetable oil and heat to medium temperature. Add the onion and garlic and sauté until they start to brown.
3. Add the tomatoes, chipotle chillies, chicken thighs and salt to taste. Cover with a lid and reduce to low heat.
4. Cook for about 1 hour, stirring every 15-20 minutes.
5. Turn off the heat and using a couple of forks or tongs shred the chicken in the juices. The chicken should pull apart easily.
6. In a hot pan, heat your corn tortillas and wrap them in a tea towel.
7. Serve your taco by placing some chicken on a hot tortilla, and adding some guacamole or salsa on top.

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TACOS DE TINGA DE BERENJENA

Eggplant Tinga Tacos



10 minutes
preparation



30 minutes
cooking time



2 People

Ingredients:

- ½ eggplant, approx. 250g
- 4 La Tortilleria corn tortillas
- 1 brown onion
- 2 garlic cloves
- 4 tomatoes, truss or gourmet, approx. 500g
- Vegetable oil
- 1 tbsp chipotle chilli in adobo, add more for extra heat
- Salt to taste

Instructions:

1. Thinly slice the onion, mince the garlic and quarter the tomatoes.
2. Heat a little oil in a saucepan and sauté the onion and garlic over medium heat until translucent. Then add the tomatoes, reduce to low heat and cover for 15 minutes.
3. Grate the eggplant and add it to the saucepan along with the chipotle chillies. Season with salt.
4. Cook for a further 20 minutes, stirring every 5-10 minutes.
5. In a hot pan, heat your corn tortillas and wrap them in a tea towel.
6. Serve your taco by placing some eggplant on a hot tortilla, and adding some guacamole or salsa on top.

¡Buen provecho!



GUACAMOLE DE GERARDO

Gerardo's Guacamole



15 minutes
preparation



10 minutes
cooking time



2 People

Ingredients:

- ½ red onion
- 1 lime juiced
- 1 tomato
- 1 fresh green chilli (serrano or jalapeño)
- ¼ bunch coriander
- 2 avocados
- Salt to taste



Instructions:

1. Finely dice the onion and place it in the bowl with the lime juice. This will cure the onion and remove some of its bitterness.
2. Finely dice the tomato, slice the chilli, and finely chop the coriander. Combine together in the bowl with the onion and lime mix.
3. Cut the avocados in half, remove the pit and score into cubes. Using a spoon, scoop out the avocado cubes and add to the mixing bowl. Add salt to taste and mix until mashed through.
4. Serve the guacamole in a bowl with totopos.

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PALANQUETAS

Mexican peanut bar



25 minutes
preparation

Ingredients:

- 20 g unsalted butter
- 2 cups white sugar
- 3 cups unsalted roasted peanuts (or nuts of your preference)
- 1 tbsp. vanilla flavour (extract or essence)
- 1 bar (100 g) dark chocolate 70% cocoa
- 50 ml thickened cream

Instructions:

1. Firstly, prepare your baking dish (about 25x15cm) with baking paper or grease it with butter. Set aside as we will use it later.
2. In a medium pot, place the butter and set over medium-high heat until it melts. Immediately, add the sugar and stir until you get a nice light brown colour of your caramel. Tip: You can use $\frac{1}{4}$ cup of water if it feels heavy.
3. Add the peanuts into the caramelized sugar and stir until the peanuts are completely covered with sugar.
4. Remove peanuts from the heat then quickly add the vanilla and stir until well combined.
5. Transfer the mixture into the prepared baking dish using a spoon to press it, making a plane layer. Set aside.
6. In a small bowl, place the dark chocolate in pieces and pour the cream. Heat the mixture in the microwave (70% of power) for 30 s, stir until combine the ingredients. Tip: Heat it 10 more seconds if it is needed.
7. Let the chocolate rest aside and cut your peanuts into squares. This should be done before it cools down completely as it will be more difficult to cut it after.
8. Using a spoon, pour the chocolate on the top of your peanuts covering all as a top layer.
9. Finally, refrigerate your Palanqueta for 20-30min to let the chocolate settle. Then, take it out from the fridge and cut the same squares with the chocolate.



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COCKTAILS

Metoro Margarita

Ingredients:

- 40ml Metoro mezcal
- 20ml ruby grapefruit juice or Pampelle Grapefruit Aperitif
- 30ml fresh lime juice
- 10ml agave syrup

Instructions:

Shake ingredients with ice and strain. Serve in a salt-rimmed martini or margarita glass and garnish with a fresh lime wedge.



Rosita

Ingredients:

- 60ml Metoro mezcal
- 15ml agave syrup
- 15ml lime juice
- 5 fresh raspberries, muddled
- 90ml cranberry juice
- 15ml chambord (optional)

Instructions:

Shake Ingredients with ice and strain. Serve in a glass and garnish with fresh raspberries.

