
Zaida's Kitchen
info@zaidaskitchen.com
Instructor: Zaida M. Soriano

Agua de Horchata

Ingredients

1 cup long-grain white rice, rinsed
3 cinnamon stick, preferably Mexican, broken into pieces, plus more for garnish
1/2 cup sugar, or to taste
6 almonds
1 tablespoon ground cinnamon, preferably Mexican, for garnish

Directions

Combine the rice, almonds and cinnamon stick with 2 cups water let it soak for 10 min, put all in a blender; pulse to coarsely grind. Transfer to a large bowl and add another 4 cups water.

Puree the rice mixture in a blender in batches until smooth. Strain through cheesecloth or a fine sieve into a pitcher. Mix in the sugar; chill.

Stir the horchata well before serving. Pour into ice-filled glasses; garnish with cinnamon sticks and a dusting of ground cinnamon.

Cooking demonstration with Oct. 14, 2021
menlopark.org/library

Mole Amarillo

Ingredients

1 3 ½ - 4 pound chicken
1 celery stalk with some leaves
1 carrot, cut into chunks
1 onion, cut into chunks
4 large cloves garlic, peeled
2 bay leaves
Salt to taste

For the mole:

6 guajillos, seeded and deveined
½ pound tomatoes
½ pound tomatillos
1 medium white onion, coarsely chopped
½ head garlic, cloves separated and peeled
3 whole cloves
3 whole allspice
3 peppercorns
1/8 teaspoon cumin seeds
1 tablespoon lard or corn oil
4 ounces masa (corn dough) or ½ cup masa harina mixed with ¼ cup water
4 cups strained broth from chicken
3 small, fresh hoja santa leaves
Salt to taste

Directions

Place the chicken, celery, carrot, onion, garlic, bay leaves and salt to taste in a stockpot with 4 quarts of water. Bring to a boil, lower heat, and simmer until the chicken or beef is tender. Let the chicken cool in the broth, strain broth and set aside.

Put the chiles in a stockpot with 2 quarts of water. Bring to a boil, lower heat just until soft, Cover them.

Puree the chiles and their soaking liquid in a blender. Pass the puree through a food mill and set aside.

Boil the tomatoes and tomatillos in 1 cup broth until the tomatillos soften. Place the tomatoes, tomatillos, broth, onion and garlic in a blender and puree. Pass through a food mill and set aside.

Toast the cloves, allspice, peppercorn and cumin seeds lightly on a comal or dry griddle, grind in a spice mill.

Heat the corn oil in a heavy stockpot or cazuela, add the chile puree and fry for 5 minutes, stirring constantly. Add the tomato mixture and the ground spices, stir to blend well and continue cooking for

another 5 minutes.

Blend the masa or masa harina mixture well with 1 cup of the broth and add to the mole. Cook, stirring constantly, for 15 minutes.

Add 2-2 ½ cups of broth to thin the mole to the consistency of heavy cream.

Add the whole hoja santa leaves to the mole.

Serve the mole in bowls, with sauce generously ladled over the pieces of chicken or beef. Accompany with warm tortillas.

Cooking demonstration Oct. 14, 2021
menlopark.org/library