Cooking with the Language Partners

Recipes from the Education Justice Project’s Language Partners Program
introduction
by OTILIO ROSAS

This book of recipes began as a project for our English class, “Language Partners.” As it developed it was simply an exercise on how to read and write directions; however, as we collectively searched for recipes and for a title, we came to realize that it was much more than an exercise.

Although most of the recipes are from our students and, therefore, delicious Mexican dishes, we also have entries from the instructors and university volunteers who have been involved with Language Partners—making for a wonderful, eclectic collection. This book teaches us that no matter what country is represented in a recipe, we are all connected as people of one world with one thing in common: a love for food.

From this seedling of commonality we can grow a love, a respect, and an admiration for other cultures and other people, and one day we can all sit together at a table, peacefully, breaking the bread of world brotherhood and sisterhood. Enjoy the food!

Cooking with the Language Partners is available in full color at www.educationjustice.net
The mission of the Education Justice Project (EJP) is to build a model college-in-prison program that demonstrates the positive impacts of higher education upon incarcerated people, their families, the communities from which they come, the host institution, and society as a whole.

EJP is a vibrant academic community of educators, scholars, and others who are committed to expanding higher education within American prisons as a matter of justice and solidarity. In pursuit of our mission, we offer education programs to students incarcerated at Danville Correctional Center, host events for their family members, and produce critical scholarship about our work.

To learn more, make a donation, or get involved, please contact us!

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ingredients
8-10 corn tortillas
1 whole Queso Oaxaca
1 bottle of salsa borracha (ethnic aisle)
vegetable oil

taquitos a la “mi ranchito”

ERICK NAVA

“This recipe is good because it is so simple to make. It might be best as an appetizer. This recipe comes from a friend.”

DIRECTIONS
1 This part of the recipe can be done ahead of time: Heat the tortillas until they are soft and pliable and wrap them in a kitchen hand towel to keep warm. Slice the cheese into 8-10 lengthwise-slices after removing from package. Wrap 1 slice into each tortilla. You can secure the wrapped tortilla with a toothpick inserted lengthwise or you can simply place the tortilla into the oil facing the crease downwards to seal as it fries.

2 In a large frying pan, fill the base of the pan with oil and turn the stove on to medium-high heat until the oil begins to sizzle. Fry 4-6 at a time, turning about every 2 minutes until the tortilla is golden brown and/or the cheese begins to ooze out of the sides. Remove the taquitos from pan and place them on a slotted rack with paper towels at the bottom to drain any excess oil.

3 Sprinkle a bit of the cheese over the top for a garnish. Shake the bottled sauce well and pour over the taquitos, to taste. You can serve with a simple salad. Enjoy!
chilaquiles
José Unzueta

“Chilaquiles is one of my favorite recipes. My mom taught my brothers and me this recipe when we lived in Mexico. We prepare it with fresh vegetables and small, finger-size tortillas.”

DIRECTIONS

1. My mom would use a blender to blend all of the ingredients (except the tortillas and oil, of course). What is neat about this recipe is that you can add as much or as little as you want.

2. Next, cut up the small tortillas. Fry them in a frying pan with corn oil.

3. After they are fried, add the sauce to the pan and cook for about 3 minutes. Then, they are ready to eat.
Ingredients
pinto beans (1/2 of a regular-sized bag serves about 3 people)
corn oil
2 teaspoons salt
chunk of chorizo
serrano or jalapeño pepper

Beans

Directions

1. Clean all of the stones and dirt from the beans and rinse them a few times under cool water. Put the beans in a deep pan and cover them with water, until the pot is 3/4 full. Turn the heat on low.

2. Add a capful of corn oil to the water (my mom said that it helped soften the beans) and add the salt. Then add the chunk of chorizo. (Adding this while the beans were cooking is what made her dish stand out.) Simmer the beans for about 2 to 3 hours.

3. After the beans are cooked, drain them and save the liquid. Put some oil in a pan and heat to medium-low. Then, turn it down to low. Add the beans and stir them while you mash them a few times. Then, slowly add the liquid, then the pepper. Continue to mash the beans while you blend the liquid into them. The liquid will reduce a bit. Add a little more salt, and they are ready to eat: creamy and delicious.

"I remember when I was young my mom cooked a variety of foods for our family. The delicious dishes that she made are still in my mind and heart, but the way that she made her beans was very special to me."
OTILIO ROSAS

deep-fried mushrooms

I remember seeing these huge spheres at fairs coming out of deep fryers and wondering how they got so puffy. Not one of those vendors would tell me the secret. I tried all kinds of measurements of flour, water, seasonings, eggs—nothing. One day I was deep-frying some oyster mushrooms at home, and a friend of mine offered: “Hey, I have a batter recipe that I learned from working in a carnival one summer.” That recipe is the only one I use for mushrooms.

DIRECTIONS

1. In a bowl, mix the flour, cornmeal, seasoning, white pepper, sugar, and salt with a wooden spoon.

2. Next, add the seltzer water until you create a batter that is comparable to pancake batter.

3. You can hand-wipe the mushrooms with paper towels or rinse them very slightly and quickly beforehand. (If they absorb water, they will be ruined.) If you are using oyster mushrooms, you can break apart the clusters or use as is.

4. Dip the mushrooms into the batter and coat generously. Add vegetable oil to the pot so it is 2-3 inches deep, and heat on medium-high.

ingredients

1 lb. button, morel, shiitake, oyster, or other mushrooms (I prefer button or oyster for this batter)
1 1/2 c. flour
1/2 c. cornmeal
1/4 c. spicy Cajun or Southwestern seasoning (both have cayenne pepper)
1 tsp. white pepper
1 tsp. sugar
1 Tbs. salt
1 liter bottle seltzer water
vegetable oil
To test if the oil is hot enough, carefully drop a tiny bit of batter in the pot. If it begins to sizzle it is ready.

Let the mushrooms cook until the batter is golden brown, making sure to turn the mushrooms.

Use a slotted spoon to remove, and put on a wire rack lined with paper towels to drain. You can salt them while hot.

You can serve them with ketchup, ranch dressing or sour cream and onion dip (and a cold bottle of Killian’s Red or a cold Cherry Pepsi).
how to deep-fry anything
OTILIO ROSAS

FOODS TO DEEP-FRY
You can fry savory foods (such as mushrooms) with basic batter and a pinch of cayenne or curry powder or any other pinch of spicy seasoning. You can do sweet, such as strawberries with a 1/2 tsp. ground cinnamon and 1 Tbs. sugar mixed in the batter. Fry about 1 minute. Some other items that you can deep-fry include:

- **Bananas**: Use thin batter, mix with a little walnut oil. Fry 1 minute.
- **Macaroni & Cheese**: Spread on baking sheet, chill, cut squares. Then use basic batter. Fry 2 minutes.
- **Mashed Potatoes**: Chill and roll into balls. Use basic batter with 2 Tbs. mixed herbs. Fry 2-3 minutes.
- **Brie**: Cut into wedges. Use basic batter with 2 Tbs. chopped herbs. Fry 1-2 minutes.
- **Mixed nuts**: Use basic batter with a pinch of cayenne or curry powder. Fry 1 minute.
- **Olives**: Pit olives. Use basic batter with 2 Tbs. chopped herbs. Fry 1 minute.
- **Ginger**: Peel and slice. Use basic batter with 1/2 tsp. ground cinnamon, 1 Tbs. sugar. Fry 1 minute.

FOODS THAT DON’T WORK
M&Ms, roasted red peppers, dried fruit, marshmallows, cucumber, tomato slices, pizza, graham crackers, bologna/liverwurst, iceberg lettuce, watermelon, gum drops. Just a “heads up.”

BATTER INGREDIENTS

**basic batter**
Whisk 1 c. flour, 1 tsp. baking powder, 1/2 tsp. salt, 1 c. cold club soda.

**thin batter**
Make basic batter with 1 1/4 c. club soda.

**egg batter**
Make basic batter with only 3/4 c. club soda; add 2 egg yolks.

BATTER DIRECTIONS
Heat 3 inches vegetable or peanut oil in a large deep pot over medium-high heat until a deep-fry thermometer reads 375 degrees (or heat the oil in a deep-fryer). Make a batter. Working in batches, dip your ingredients in the batter, let the excess drip off, and carefully lower into the hot oil. Fry, turning as needed, until crisp and golden.
fish broth

1 catfish (raw, in chunks)
1 tomato
1 clove of garlic
1 jalapeño pepper
1 chipotle pepper
1 carrot
1 potato
a bit of epazote (spicy herb)
salt and pepper
garlic powder
onion powder
lemons
corn tortillas or tostadas

This is an easy dish (appetizer soup with vegetables) that I used to make in Mexico whenever I was in a hurry and didn’t have a lot of time to eat.

DIRECTIONS

1. Heat water in a pot to a rolling boil. Chop the vegetables and add them to the water. Add dashes of all the powdered ingredients, and boil for about 10 minutes. Then, lower the heat to a simmer.

2. Add the fish chunks and let them simmer for another 5 minutes or until the fish is cooked through.

3. Cut some lemons into halves and squeeze them into the broth. Eat with corn tortillas or tostadas.
sopa de arroz

AUGIE TORRES

“This recipe was and continues to be one of my favorites. My mother would make this about once a week in our home. It’s easy to make and everyone in our family loves it.”

DIRECTIONS

1. Dice the onion, carrot, garlic clove, tomatoes, and bell pepper. In a frying pan, add one tablespoon of oil. Once the pan and oil are hot, add the diced garlic, onion, and tomatoes. Sauté these ingredients for 2 to 3 minutes.

2. In a separate frying pan, add two tablespoons of oil. Once the pan and oil are hot, add the rice and brown for 2 to 3 minutes.

3. Using a large pan with as much surface area as possible (such as a paella pan), bring two cups of water to a boil. Then add the chicken stock along with the sauteed vegetables, the carrot, bell pepper, peas, corn, and the salt and pepper. Also add the browned rice to the mix, and stir. Allow the mixture to come to a boil once more, then reduce the heat to low, making sure the food stays at a low simmer. Cover and let sit for approximately 10 minutes. Stir once more and let sit for another 10 minutes. Remove from heat and let sit for 5 minutes. Then serve.
ingredients
1 bunch kale
1 bunch parsley
1/4 cup white or red cabbage
1/4 cup olive oil
3 tablespoons peanut butter
splash of agave nectar
juice of 2 lemons
garbanzo beans

peanutey kale salad
REBECCA GINSBURG

“Raw kale is delicious. Here are two ways of preparing it that our family enjoys.

I got the basic recipe for the peanutey kale salad from a magazine in the waiting room at the Carle Clinic radiation department, and then adjusted it to suit my taste (for instance, the original recipe called for honey, which I no longer eat). I had radiation daily for 6 weeks, and was determined to put the time waiting for my appointments to good use collecting recipes from the magazines in the waiting room. This was by far the most tasty recipe I collected during that time, and had the added benefit of being very healthy.”

DIRECTIONS

1. Chop the kale, parsley, and cabbage into short, thin strips.

2. Mix together olive oil, peanut butter, agave nectar, and lemon juice. Pour over raw vegetables. Toss and serve, topped with garbanzo beans.

This is a super-healthy salad, crunchy, and really delicious!
cauliflower kale salad

REBECCA GINSBURG

“...This is a beautiful, brightly colored dish. If you like, you can make it even more so by tossing red cherry tomatoes on top.”

DIRECTIONS

1. Break the cauliflower up into super-tiny florets.

2. Toss them in a bowl with olive oil and salt and pepper, and then place in an oven-proof dish, uncovered, to roast until nicely browned. (You can put them in at 400 degrees for about 10 minutes and then raise the heat to broil for about a minute or two. You’ll want to check periodically that they’re not getting burned and toss them around a bit.)

3. Meanwhile, cut the kale into short pieces and place in salad bowl.

4. When the cauliflower is ready, take it directly from the oven and pour over the kale, making sure that the olive oil and any cauliflower juice ends up in the bowl. The oil will slightly wilt the kale. This is a beautiful, brightly colored dish.
fun with aguacates (avocados)

ERICK NAVÁ

I found these four recipes in a magazine while looking for subject matter to draw. In Mexican culture, aguacates/avocados are a very popular fruit that is incorporated into all kinds of Mexican cuisines. I thought that these four recipes in particular seemed very fun and easy to make, and in a small way, you can bring a piece of Mexican culture home. I have tried the guacamole before but not the other three recipes. Still, I encourage everyone to try them.

PALETAS/ICE POPS
Boil 2 c. water. Add 1 c. sugar and simmer until dissolved. Cool completely. Mash 2 medium avocados. Stir in water and 1/2 c. lime juice. Fold in 1/2 c. chopped mint leaves. Pour into ice pop molds and freeze overnight.

SANDWICH SPREAD
Using a fork, mash together 1 very ripe avocado, 6 cloves of chopped roasted garlic, and 1/4 c. olive oil. Season with salt.

SALAD DRESSING
Blend 1/4 c. lime juice and 1 jalapeño pepper, roughly chopped, for 30 sec. Add 1 medium avocado and 1/3 c. cilantro, roughly chopped. Blend until smooth. Thin with 2-3 Tbs. water. Salt to taste.

GUACAMOLE WITH TOMATO AND BACON
1. Scoop 3 ripe avocados into a bowl. Mash into a coarse puree.
2. Chop half of a medium white onion into 1/4-inch pieces. Rinse onion under cold water in small strainer; shake water off.
3. Transfer onion to the bowl along with 3 canned chipotle chilis, finely chopped; 1 large tomato, chopped into 1/4-inch pieces; 1/4 c. chopped cilantro; and 3 strips of cooked bacon, drained and crumbled. Gently stir to combine. Season with 2 Tbs. lime juice and salt to taste.
4. Sprinkle with crumbled bacon (2 strips cooked and drained) and extra cilantro. Serve.
venezuelan avocado salad

FREDDY PASTOR FREITEZ

“This is a recipe that my mother prepares for the family and it brings fond memories since I am in the United States.”

DIRECTIONS

1. Put chicken in boiling water and add onion powder, garlic powder, chicken bouillon cube and salt. Boil chicken until cooked and take out of water. In the same water add cubed potatoes until al dente. Meanwhile in a separate pot boil 3 large eggs.

2. Once chicken is cooked remove from water and shred in a large bowl. Add potatoes and cut up eggs into the bowl.

3. Skin and deseed avocado and dice into bowl with other ingredients. Add mayonnaise and mustard. Mix and chill covered for 2-3 hours.

Serve with rice and a steak.
ingredients
5 chiles de arbol
2 serrano chile peppers
1 large chopped onion
oregano
20 raisins
salt
1/4 pound of peanuts
2 pieces of fried plantain
ground-up Maria brand cookies
1/4 block of Abuelita chocolate
a couple of bay leaves
some fried tortillas or fried French bread (thickeners for the mole)
boiled turkey or chicken (save broth)
Mexican-style rice

mole rojo

MARCOS DÍAZ

"This dish was usually made when my family had a party. We always remember my grandmoth-
er because it was the dish that she liked a lot. It was special for her to cook this dish for us. I learned to cook this dish from her."

DIRECTIONS

1. Boil the chiles, onion, oregano, raisins all together.

2. Add them to a blender along with the peanuts, fried plantain, cookies, chocolate, bay leaves, and the tortillas or bread. Add salt and add the broth from the previously boiled turkey or chicken. Blend.

3. Add this blend to the pot with the turkey or chicken. Simmer at low heat for about 40 minutes to an hour.

4. Make Mexican style rice. Serve a dish of rice with a slice of turkey or chicken and spoon some of the sauce over the meat. Enjoy!
mole rojo

ÁNGEL GALLEGOS

“\nThis recipe is important to me because not only is it delicious, but it is a recipe that my grandmother taught me how to make. You eat this with a side of white rice and chicken.\n”

ingredients
1 raw chicken cut into pieces
5 rojo chile peppers
5 serrano chile peppers
1 chopped onion
5 tomatoes
4 tomatillos
3 habanero peppers
2 chiles de arbol
handful of toasted ground peanuts
1/4 block of Mexican chocolate
salt
dash of oregano
1 teaspoon masa flour
toasted sesame seeds
cooked white rice

DIRECTIONS
1. Boil the chicken with some oregano and salt. Drain the pot, but, if you want, save the liquid in a separate pot.
2. Chop the peppers, onions, tomatoes, tomatillos, and chocolate. Put them in the pot and add the peanuts. Cover with water or chicken liquid and bring to a boil. Then, blend the mixture in a food processor.
3. Add this blend into the pot with the chicken. Simmer at a low heat for about 40 minutes.
4. Make a slurry with the masa flour and warm water. Add it to the pot to thicken it a bit. Let it simmer a bit more.
5. Serve with white rice. Garnish with sesame seeds.
One of my favorite meals growing up was my mother’s chicken mole. The food itself was always delicious, but as a kid the best part for me was helping my mother with the preparation. Her smiles and directions were full of love, and it was the love that always gave the mole its great taste. I can’t wait to help make and eat my mother’s chicken mole again.

DIRECTIONS

1. Boil the chicken in water until cooked, about 20-30 minutes.

2. Clean and remove the seeds from the guajillo and ancho chili peppers.

3. In a separate pot, boil chili peppers for 5 minutes to soften.

4. Mince the onion, garlic, and chili peppers in a food processor until they form a paste. If the paste is too thick, add some of the liquid from the pot in which the chicken was boiled.

5. Coat the chicken with the sauce, and cook in a pan for 5 minutes, just enough for the sauce to start to permeate the chicken.
chicken flautas with ancho chile & cumin
RAMÓN CABRALES (WITH OTLIO ROSAS)

This recipe reminds me of home. My mom used to make flautas every once in a while, and I considered them a real treat. They embodied family togetherness at the table.

DIRECTIONS

1. Toss chicken with 3 Tbs. ancho powder, cumin, and 2 tsp. salt in a large bowl to coat. Cover and chill 2 hrs.

2. Heat a large cast-iron skillet over medium-high heat. Coat pan with a thin layer of oil. In batches, place breasts and thighs in a single layer in the skillet. (Do not over-crowd.) Cover and cook till crust forms, 5 min. Turn and cook, uncovered, until meat is just cooked through, 3-4 min. longer. Transfer to a plate. Let rest 5 min. Shred the chicken. Transfer to a med. bowl with all of the accumulated juices. Season with salt.

3. In the skillet, slightly coat base with oil and heat to medium-high. Add tomatoes, onions, jalapeño dice, and sauté until onion is soft and translucent, about 8-10 min. Add the garlic and stir for 2 more min. Add the shredded chicken and 1 Tbs. ancho powder. Toss and coat until the flavors meld, 5-7 min. Turn off heat and cover.

4. In another pan, add about 1 inch of cooking oil and heat pan on medium-high heat.
chicken flautas, cont.

5 In previously warmed tortillas (on stove top or in microwave), add about 2 Tbs. chicken to each tortilla and roll them up in a flute-like shape. (That’s what “flauta” means.) With a toothpick, you can skewer the outer flap of the tortilla, lengthwise, with the rest of the tortilla.

6 Place each flauta in the oil and fry until the tortilla is golden brown, all around. Place on a plate lined with paper towels to drain. Remove toothpicks.

7 You can plate three per serving, sprinkle crumbled queso fresco on top, add a few Tbs. of Mexican crema to each flauta.

Good sides would be Mexican rice, refried beans, and guacamole, or salsa “borracha” (available at ethnic aisles in grocery stores). A good beverage would be a nice cold Jarrito de tamarindo (a Mexican soda), Sangría señorial (non-alcoholic soda), or a Cerveza Modelo with lime and salt. Enjoy!
ingredients
2 five-pound bags of chicken wings
7 eggs
3-4 cups white flour
2 tablespoons crushed pepper
1 tablespoon black pepper
8-ounce bottle Louisiana hot sauce
4-5 cups cooking oil

hot wings
ANDRE SLATER

“This is a hot wing recipe I used to make for my mother and her friends for their card games every other weekend. She taught me this recipe when I was 14 years old.”

DIRECTIONS
1. Put flour in large mixing bowl. Mix in the pepper. Whisk the dry ingredients together in the bowl.
2. Take a separate large bowl and place eggs and hot sauce inside. Whisk ingredients together.
3. Place cooking oil inside a frying pan and preheat on stove so that chicken immediately fries when placed in the oil.
4. Place chicken wings 6 to 8 at a time into the flour mix, then into the egg mixture, giving the chicken a batter-coated texture.
5. Put the wings into the frying pan. Fry and turn on both sides until golden brown. Take out from pan and place in a strainer. Continue until all wings are done. Serve and enjoy!
CARLOS HERNÁNDEZ

pork and cactus

I love this recipe and it reminds me of my mother. I learned to cook this dish from her.

DIRECTIONS

1. Add the oil to a pot and heat to medium-high.

2. Cut the pork meat into small cubes and add it to the pot. Heat until cooked, about 30 min.

3. Put the cactus in a pot with a little water and the garlic. Cook for 30 min.

4. Now, grill the chilis and tomatoes for 10 min. Next, blend together chilis and tomatoes with some water and salt to taste. This is the salsa.

5. Add the cactus with the pork. Cook for 5 min. on the stove and add the salsa. Cook for 30 min.

ingredients

- 1 pound of pork meat with ribs
- 1 pound of cactus, peeled and diced
- 1/4 cup corn oil
- 8 ounces of green chilis
- 2 big tomatoes
- 2 cloves garlic
- salt to taste
- 1 liter water
ingredients
4-5 pounds boneless pork shoulder, trimmed of excess fat
1 tablespoon coarse sea salt
2 tablespoons canola oil
water
1 cinnamon stick
1 teaspoon chile powder
1 teaspoon ancho chile powder
2 bay leaves
1/4 teaspoon ground cumin
5 cloves of garlic

carnitas

ANDY EISEN

Although I am currently a vegetarian, the amount of time that I spend dreaming of these carnitas leads me to believe that for me, not eating meat is temporary. While there are many different ways to prepare carnitas, this is one of the easier recipes that I have adapted from David Leivotiz’s Living the Sweet Life in Paris.

DIRECTIONS

1. Rub the pieces of pork shoulder all over with salt.
2. Heat the oil in a roasting pan set on the stovetop. Let all sides of the pork shoulder brown in the oil.
3. Remove the pork from the pan. Pour in about a cup of water to the bottom of the pan and scrape the bottom of the pan to release the brown bits.
4. Heat the oven to 350F (180C) degrees.
5. Add the pork back to the pan and add enough water so the pork pieces are two-thirds submerged in liquid. Add the cinnamon stick and stir in the chile powders, bay leaves, cumin and garlic.
carnitas, cont.

6 Braise in the oven uncovered for 3 hours, turning the pork a few times during cooking, until much of the liquid is evaporated and the pork is falling apart. Remove the pork from the pan and set aside.

7 Once the pork has cooled enough to handle, shred them into bite-sized pieces, about 2-inches (7 cm), discarding any obvious big chunks of fat.

8 Return the pork pieces back to the roasting pan and cook in the oven, turning occasionally, until the liquid has evaporated and the pork is crispy and caramelized. It will depend on how much liquid the pork gave off, and how crackly you want them.

9 Place pork in corn tortilla and enjoy with your favorite salsa!
ingredients
1 pound ground pork sausage
2 cups prepared chunky salsa (more can be used if preferred)
1/2 cup bell pepper, chopped
1/2 cup onion, chopped
7 oz. can diced green chilis, drained
2 tomatoes, coarsely chopped
2 pizza doughs, each rolled out to 15” diameter

NICK WATKINS

salsa pizza

This pizza is easy to make, delicious, and dairy-free (which is necessary for me). This is inspired by a Betty Crocker recipe.

DIRECTIONS

1. Divide ingredients equally for each pizza. Break sausage into small chunks, brown in skillet at medium heat, and drain fat well.

2. Layer on each finished dough: salsa, sausage, bell pepper, onion, green chilis, and tomatoes. Bake pizzas at 450° F for 20 to 25 minutes.

DIRECTIONS FOR DOUGH

1. Dissolve yeast and sugar in water and let stand for 10 minutes. Add salt and oil to water mixture. Add flour to mixture slowly while mixing thoroughly. Divide dough in equal halves.

2. Roll out each dough on a well-floured surface to a diameter of 15” and then place each on their own greased pan. NOTE: to make bubbles in crust even, knead the dough, let it rise, and knead the dough again before spreading it out to 15”
**birria de chivo (barbecued goat)**

**Francisco Orbe**

“Barbecue is a typical food in my town. A lot of people sell tacos of barbecued goat. It’s a food typical of the weekend. It’s also my favorite food. My grandmother taught me how to cook it. When I taste it, it reminds me of my grandmother a lot.”

**Ingredients**

- 10 pounds of goat meat
- 20 chile pasilla
- 30 chile guajillo
- 5 or 10 chile de arbol
- 10 chile chipotle

Pepper blend: pepper, cloves, cumin

- 1 onion
- 3 heads of garlic
- 1 bottle of vinegar
- 1 bay leaf
- Banana leaf

**Directions**

1. First, put all the ingredients (except the goat meat) to boil. When they are ready, put them in a blender and blend them.

2. Then put all the ingredients in a pressure cooker with a little bit of water and goat meat.

3. Cover the meat with a banana leaf and wait approximately 3-4 hours.

4. Finally, make sure the water in the pot doesn’t evaporate until the food is ready to eat. Serves 20 people.
chela’s picadillo

ERICK NAVA

Chela’s Picadillo was mastered by my Tia Chela. The recipe is used by most of my family. Only Chela was able to bring out its full potential through years of trial and error with multiple ingredients. No one knows where this recipe originated from. What is known is that my grandparents made it in Mexico.

DIRECTIONS

1. Dice onion, garlic, carrots, and potatoes. In a separate bowl, blend tomatoes and chipotle peppers together.

2. Place meat in frying pan. Add 1/2 tablespoon of salt (more if preferred). Add diced onion and garlic. Cook until meat is half cooked through.

3. Add tomato/chipotle blend. Cook for 5-10 minutes, until cooked. Add diced carrots and potatoes. Cook for 5-10 minutes. Add corn and peas. Cook until liquid is mostly gone.


Leftovers: Serve picadillo in a corn tortilla. Fold tortilla and fry in cooking oil.
Cover the bottom of a pan with oil. Add garlic powder. Heat until the oil sizzles.

Put the tortillas in the hot oil for 30 seconds, then remove from pan and put on a plate.

Add refried beans in the tortilla. Put chicken over the refried beans. Put shredded cheese in the tortillas. Add diced onion to taste. Add salad mixture. Roll it. Add hot sauce on top.
ingredients
2-3 lbs round steak, cubed
1 medium onion, chopped
4-5 potatoes, cubed
4-5 carrots, chopped
1 can of peas, drained
2 tablespoons margarine
1 can of tomato soup
4 bouillion cubes
3-4 tablespoons Worcester sauce
2 teaspoons garlic powder
2-3 tablespoons cornstarch

DIRECTIONS
1. Melt butter over high heat and add onion. Brown onion and add steak. Cook until all liquid is gone and just a paste remains. Add boiling water to barely cover the steak and let it reduce to a paste again.

2. Cover the meat with boiling water and add half of the potatoes, carrots, tomato soup, bouillion cubes, garlic powder, and Worcester sauce. Add salt and pepper to taste.

3. Simmer for a couple of hours and then add the remaining potatoes and carrots. Cook until the potatoes are soft. Add ¼ cup of cold water and add about 2 tablespoons of cornstarch to thicken the stew. Stir until it is thick. Add peas right before serving.

murphy stew
JIM SOSNOWSKI

I can remember both my grandmother and mother making this recipe for me when I was a kid. When I went off to college this was one of the first recipes that I learned how to make for myself. The thing that I always loved about this meal was my whole family, parents, grandparents, brother, sister, aunts, and uncles, usually were around when we ate it. It was always a family event. When I started making it, I tried to keep the same tradition by inviting friends over to share the meal with me. The recipe itself probably isn’t anything special but it is a great meal for bringing people together.
**shrimp ceviche**

**VÍCTOR QUINTERO**

“Whenever I made this dish it reminded me of being back in Mexico at my real home. It reminded me of being with my family while we relaxed and ate.”

**DIRECTIONS**

1. First, rinse the shrimp and put them into a bowl with a bit of lemon juice squeezed over them.
2. Let them stand for 20 minutes.
3. Next, place the shrimp and the tomatoes and cucumbers on a baking sheet.
4. Bake in a 275 degree oven until the shrimp are golden brown.
5. Remove from heat and cool. Serve them with Saltines or tostadas.
ceviche de camaron

HÉCTOR ZAMBRANO

“ My recipe is important to me because my mom used to cook it for me. She taught me how to cook it and when I make it I feel I am home. My mom always told me that I have to eat shrimp because it has a lot of protein. Every time I eat shrimp, I’m reminded of when she used to tell me that. ”

directions

1. First, put the shrimp in a big bowl with lemon juice in it and mix. After 20 minutes the shrimp will be ready.

2. Next, dice all the vegetables.

3. Finally, mix all the ingredients together and salt to taste. Serve over tostadas.

ingredients

1 pound cooked shrimp
(about 20, shelled and deveined)
10 jalapeño peppers
4 tomatoes
2 cucumbers
1 onion
lemon juice
salt

tostadas
ingredients
1 pound raw shrimp
1 white onion
3 green peppers
3 red tomatoes
1 bottle of ketchup
1 liter of Fanta orange pop
6 limes (just juice, no seeds)
salt and pepper

mexican shrimp cocktail
FRANCISCO ORBE

“This cocktail is only for four people and is a typical food of Acapulco Guerrero, Mexico. When my family and I went to the beach, my wife made this cocktail that is very good.

DIRECTIONS

1. First peel the shrimp, then put them into a bowl with the lime juice for approximately 10 minutes.

2. Put them into a colander/strainer and dunk them in water. Then, put them to boil with salt and black pepper for approximately 10 seconds.

3. Chop the onion, green peppers, and tomatoes. Mix them well with the ketchup and soda. Add the shrimp to the mixture.
PAMELA CAPPAS-TORO

camarones al ajillo (garlic shrimp)

I love this recipe because my mom cooked me this dish every Wednesday when I visited her during my bachelor degree’s studies in Puerto Rico. Now, more than 10 years after having been away from Puerto Rico, she receives me with a huge plate of Camarones al Ajillo and with a lot of love. My mama, my papa, my brother John John and me, we all celebrate homecoming with this delicious plate! Buen provecho!

DIRECTIONS

1. In a deep frying pan, sauté garlic in olive oil.
2. Once garlic is a light golden color, add shrimp, lime juice, and salt and pepper (to taste).
3. Cook 8-10 minutes so that the garlic will blend with the shrimp.
4. Garnish with cilantro and serve.

ingredients

1 pound medium cooked shrimp
3 tablespoons olive oil
1/4 cup lime juice
10 garlic cloves (crushed with a mortar and pestle)
salt and pepper
cilantro
tortilla española (spanish potato omelet)

LEE RAGSDALE

“I chose this recipe firstly because it is really tasty and fun to make, although a bit time-consuming. It is really popular in Spain and is great with French bread.

When we think of tortillas we think of Mexican flat tortillas used to make burritos or tacos, so how is this also a “tortilla”? I decided to look up the etymology of the word “tortilla.” It means “little cake” and dates to the 1690s from Latin American Spanish. It was the Spanish name given to the indigenous food made from corn.

Looking up the history of the tortilla española, I found that the first reference to it was in 1817 in a document that described what the rural Spanish ate. Since the word means “little cake” it makes sense that the two very different foods (the Mexican tortilla and the Spanish omelet) would share the same name, but it does seem like the Latin American food was given the name first.”

DIRECTIONS

1. Heat the oil in a large non-stick or well-seasoned cast-iron skillet (10-inches wide and with sloping sides about 2-inches deep) over moderate heat. Peel the potatoes and slice them into 1/8-inch slices. NOTE: Do not put the potatoes in water.

2. Place the potatoes slices, one at a time (so that they don’t stick together, on the bot-
tortilla española, cont.

Tom of the skillet. Add a layer of onions and garlic, and then continue adding potatoes and onions in alternate layers. Salt each layer of potatoes generously. Reduce the heat to moderately low, and cook approximately 10 to 12 minutes, lifting and turning the potatoes occasionally, until they are tender but not brown and the potatoes are cooked through (they should remain separate and not in a cake). NOTE: The secret is to “cook” the sliced potatoes in the olive oil slowly, in a frying pan without really frying or browning them.

3 Remove the potatoes and onion with a slotted spoon to a baking sheet lined with paper towels, and let them drain. Pour the oil out of the skillet into a cup; wipe out the skillet and remove any pieces of onions or potatoes stuck to it (it will be used again to set the omelet and must be completely clean to avoid sticking).

4 In a large bowl, beat eggs until they are light and slightly foamy; season to taste with salt and lots of black pepper. Carefully add the potatoes and onions; gently pressing them down so that they are completely covered in the eggs. Let the mixture stand for 10 to 15 minutes. Add 3 tablespoons of the reserved oil back to the skillet. Heat the oil in the skillet over moderately high heat until very hot but not smoking (it must be hot or the eggs will stick); add the potato and egg mixture, spreading the potatoes evenly around the pan. Reduce the heat to low, and shake the pan often and run a spatula around the side and bottom to make sure the omelet is not sticking. After ap-
tortilla española, cont.

Approximately 8 to 10 minutes, when the omelet is cooked 3/4 of the way through (top is no longer liquid) and the bottom is beginning to brown, place a large plate over the pan and invert the omelet onto the plate.

Add 2 additional tablespoons of the reserved oil to the hot skillet. Increase heat to get the oil hot; immediately reduce heat to low. Gently slide the omelet (cooked side up) back into the skillet, and cook for approximately 5 minutes or until cooked through and the underside is moderately browned. Remove from heat, transfer omelet to a large plate (omelet will slide out of the skillet onto the plate), and let come to room temperature. When ready to serve, spread sour cream over top (optional), either cut into thin wedges or small 1 to 1 ½-inch squares that can be picked up with toothpicks, and sprinkle with parsley or chives before serving. Makes 10 to 12 servings for tapas or 4 to 6 serving for a light entree.

Source: http://whatscookingamerica.net/Eggs/SpanishOmelet.htm
ingredients
5-6 poblano chile peppers
2 eggs
1 queso fresco (ranchero or Oaxaca)
flour

ingredients for tomato sauce
4-5 Roma tomatoes
1/2 onion
2 cloves garlic
salt (to taste)
corn oil

DIRECTIONS
1 Char the peppers, holding them over the flame of the stove. Cover them in a hand towel to steam for 2 minutes. Peel the charred skin off the peppers, and make a small slit on one side and remove the seeds. Stuff it with a slice of cheese (queso). Beat the egg whites until fluffy and add the yolk and fluff as well. Dip the peppers into a bit of flour and then dip into the egg batter. Add peppers to a hot frying pan with corn oil covering the base of the pan. Fry until the peppers are golden brown. Remove and place on paper towels.

2 For the tomato sauce: Puree tomatoes, onion, garlic, and a pinch of salt with a bit of water. Add it to the pan that was used to fry the chiles and simmer until bubbling. Reduce the heat and add peppers. Shut off the heat and cover for about 5 minutes.

3 Serve with a side of Mexican rice and refried beans.

"This recipe is a dish that is near and dear to my heart because I learned how to make it while hanging out with my mom in the kitchen, as a kid. Later on, when I was a teenager, she actually let me cook the entire thing on my own. After my parents retired I didn’t get to see them as often, but whenever I made the chiles it reminded me of home and family. That may be why it is one of my favorite foods."
pasta with pesto sauce

ANDREA OLINGER

“My mom honed this recipe over time; it’s a compilation of many pesto recipes. She makes it throughout the year but especially in the summer, when she can use basil from her garden. Pasta with pesto is one of my favorite comfort foods.”

DIRECTIONS

1. Wash basil and pat very dry. Put garlic and pine nuts in a food processor until finely ground. Add basil and process until basil is in very small pieces. Add cheese and process again until well blended. Then, gradually add the olive oil through the opening on the top of the lid. Process until well blended and fairly smooth.

2. Cook pasta; top with sauce. Taste it before serving. You may want to add a bit of salt, or perhaps more cheese.

Note: Don’t buy the pulverized parmesan that you find on the shelves in the aisles, like the Kraft stuff. Buy the refrigerated freshly grated or shredded kind instead. You can refrigerate the leftover sauce; bring it to room temperature before serving, and stir well. You can also freeze the unused portion. If you’re absolutely desperate, you can put the frozen sauce in the microwave to defrost, but be very careful not to actually heat it beyond room temperature. If it cooks, it will be ruined.
HEATHER MEHRTENS

**easy cheesecake**

My grandma always made this “easy cheesecake” recipe for family events. It’s my favorite recipe because (1) it tastes good and (2) it reminds me of home. It’s pretty much a tradition in my family. We still make it every Thanksgiving and Christmas, even though my grandma’s been in the nursing home for awhile. It’s not a family event without cheesecake!


**DIRECTIONS**

1. Mix the first five ingredients, but beat the eggs in one at a time until mixed.

2. Grease a 13x9” pan. Press the crescent rolls flat into bottom of pan. Pour in cheese mixture. Add a handful of raisins (if you want) and sprinkle with cinnamon.

3. Bake in a 350°F oven for 45 minutes until brown.

Source: St. John United Church of Christ Valmeyer’s Cookbook
**beer cake**

**LUANN SORENSON**

“This is the cake my mom would make for our birthdays when I was growing up in Wisconsin. It might seem strange that my mom would make a cake for children with beer in it, but you can’t taste the beer. The beer is just used for moisture. I guess people in Wisconsin like to put beer in whatever they can.

The reason I love this cake is that it combines the yummy tastes of chocolate and cherries and has a great white frosting. The frosting is really tricky to make correctly. My mom got the frosting wrong about 50% of the time, but I didn’t care. It was still sweet and good and complemented the chocolate and cherries perfectly. Beer Cake makes a great birthday cake!”

**frosting ingredients**

- 5 tablespoons flour
- 1 cup milk
- 1 cup sugar
- 1 teaspoon vanilla
- 1 cup butter

**DIRECTIONS**

1. Mix the cake ingredients together in a large bowl. Divide the batter between two greased, round cake pans, and bake 45 minutes at 350° F.

2. For the frosting, combine the flour and milk. Cook over low heat until thick. Cool thoroughly. Then, beat the sugar, vanilla, and butter. Add in the cooled flour mixture.

3. After the cake rounds have cooled, cover the first layer with frosting, put the second one on top of it, and then frost the whole cake. Refrigerate.
bread pudding with whiskey sauce

HUGH BISHOP

“...This recipe comes from The London Telegraph Sunday Magazine (#49) from the early 1990s. I tried this out when I lived in Switzerland, and it was delicious (naughty, but delicious).”

DIRECTIONS

1. Break bread into pieces in blender. (Or just mash it up with your fingers or a fork.) Heat milk until tepid (slightly warm), pour over bread and let sit for about 10 minutes.

2. Heat oven to 350 degrees (F).

3. Beat eggs together with sugar, stir in the raisins (well washed) and the bread mixture. Pour into a greased shallow baking dish, and sit this in a roasting tin. Pour boiling water into the outer dish to come halfway up the sides. Bake for 1 hour.

4. To make the sauce: Melt the butter, add whiskey and sweeten with honey or brown sugar to taste. Pour over pudding.

ingredients
6 ounces of stale French bread
1 pint of semi-skimmed milk
2 eggs
3 ounces of brown sugar
2 ounces of raisins
a few drops of vanilla essence
1 teaspoon of ground nutmeg
1 teaspoon of ground cinnamon

sauce ingredients
2 ounces of butter
4 tablespoons of Bourbon whiskey
honey or brown sugar to taste
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