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July 31, 2015
ANTH 520

Herbal Remedies and Recipes

Herbal Remedies

1. Espina de Carnisuelo (img_2774-2775)
 - a. Remedy: helps cure/alleviate pain of a scorpion or ant bite
 - i. Chew on stem
2. Oja de Vaporu/Leaf of Vaporu (img_2781)
 - a. Native to Oaxaca
 - b. Used to make Vapo Rub
3. Guayava
 - a. Remedy: helps alleviate diarrhea
 - i. Eat leafy ends of the Guayava
4. Rosa Maria
 - a. Remedy: Aids with fever and stomachache
 - i. Boil water and place leaves of the Rosa Maria in the hot water. Place the hot leaves over the stomach.
 - ii. Can also be drank like a tea
5. Hierba de Muchatito (img_2837)
 - a. Remedy: helps calm and settle colicky babies
 - i. Boil herb in water. Remove from heat and once temperature has cooled, bath colicky babies with herbal liquid.
6. Corra de Torro
 - a. Remedy: helps reduce fever
 - i. Boil leaves of the corra de torro with 1 stem with leaves of a lemon tree, 1 stem with leaves of an orange tree, 7 lemons halved, and 1 head of garlic. Once boiled, bathe in the water.
7. Cinco Negrito (img_2830)
 - a. Remedy: aids with headache and heatstroke.
 - i. Name comes from the black seeds of the plant
 - ii. Cut the leaves. Rub the leaves in between your hands under water. Once the nutrients have been let out into the water bathe your head in the water.
8. Hierba del Torro
 - a. Remedy: aids with fungus
 - i. Make a pomade:
 1. Cut and wash the leaves (250 grams)
 2. Boil 1-2 cups petroleum jelly. Once boiling, add the leaves to the pan. Once the chlorophyll is released from the plant, remove leaves from the petroleum jelly and jar the remaining infused jelly. Cover when cool.

9. Hierba Buena
 - a. Remedy: aids with diarrhea
 - i. Boil heirba buena leaves and drink as tea.
10. Manzanilla (img_2825)
 - a. Remedy for kidneys
 - i. Measure out 1 meter of manzanilla and boil. Drink as tea.
11. Quequeguanano (la guia) (img_2806-2810)
 - a. Remedy: aids with headache and heatstroke
 - i. Cut 15-20 stems and place on top of head and put on hat to keep in place.
This insulates coolness and keeps the head feeling fresh
12. Savila (aloe) (img_2776)
 - a. Remedy: to cure wounds on the skin
 - i. Cut a leaf, remove inner aloe pulp and place pulp over the wound
 - b. Remedy: Aids with constipation and other digestion issues.
 - i. Cut off the spines, cut open aloe plant, and extract the interior clear jelly.
Add the juice of a whole orange, 1 cactus paddle (remove spines and dice small), and the clear jelly of the aloe into a blender and blend. Once blended drink the juice.
13. Pasma (also called 'siempre vive') (img_2777-2778)
 - a. Remedy: aids with headache
 - i. Take pasma leaf and cover in coconut oil and place of head
14. Tlapa (img_2774-2775)
 - a. Poisonous, wild plant
 - b. Tlapa flowers and leaves may be used as remedies. You must first speak with the Tlapa plant and ask for the part of the plant you seek (stems, leaves, or flowers). You must then pay for what you take (e.g. if you take 3 flowers you must pay 3 pebbles or rocks and place at the base of the plant).
 - i. How to speak to the plant: "Buenos tardes Tia Tlapa vengo a que me haga un favor, vendeme dos centavos de su oja porque los necesito." Wait for the plant to respond and then cut the leaves you need and drop payment
 - c. Remedy for insomnia: place 3 flowers under you pillow
 - d. Remedy for a fracture: cover the leaves in coconut oil and place over a fracture.
 - e. Remedy for knee pain: crush the seeds in mescal (and drink?)
15. Guayacan (img_2782-2783)
 - a. Remedy: aids diabetics (it lowers glucose levels)
 - b. Cut 6-8 inches of stem with leaves of the plant and wash. Boil in water and drink for 15 days. Make a fresh tea each day for the best results.
16. Muicle
 - a. Remedy: aids with diarrhea and increases red blood cells
 - i. Boil leaves in water. Once boiled let cool. Drink the tea cold.
17. Guanabana (img_2784)
 - a. Remedy: for those who have cancer
 - b. Testimony: A man had cancer and after surgery they gave him the tea and the fruit to consume and he recovered significantly better and faster than the doctor had ever seen before.

- i. Soak 6 leaves in 3 cups room temperature water. Drink like tea. Also eat the fruit.
- 18. Eucalyptus (img_2785)
 - a. Remedy: for cough and cold
 - i. To make tea: boil eucalyptus, 2 garlic cloves, purple bougainvillea flowers. Once boiled sweeten with bee honey and drink.
- 19. Ipasotillo (img_2786-2787)
 - a. Remedy: reduces fever
 - i. Boil ipasotillo and use to bathe.
- 20. Una de Gato/Cat's Claw (img_2816-2817)
 - a. Remedy: reduces fever
 - i. Boil una de gato and use it to bathe. Can also be combined with ipasotillo and leaves of lime and orange to bathe.
- 21. Berengena (img_2838)
 - a. Remedy: aids with menstrual cramps
 - b. A wild plant
 - c. Boil 1 Berengena leave, 1 stem with leaves of Capitaneja, and 3 leaves of titindoso and drink as a tea.
- 22. San Miguel (img_2788-2789)
 - a. Remedy: aids with disipela (skin ailments such as shingles)
 - b. Remedy: cures llachinole (an illness where one gets a rash on their skin with pus that hurts)
 - i. Grind leaves of San Miguel, mix with pineapple vinegar, and apply to skin
- 23. Chilillo/Teremisina: (img_2790)
 - a. Remedy: dries wounds
 - i. Boil and rub on wounds OR cut the plant and rub on skin/wound whatever juices leave the plant.
- 24. Sasanil/Beyota (tree) (img_2791)
 - a. Remedy: aids with gastrointestinal pain
 - b. Eat the berries
- 25. Chuchuca (img_2792-2793)
 - a. Remedy: for muscle pain
 - i. To make a pomade: cut leaves of plant and wash. Boil petroleum jelly and add the plant to boil. Once the chlorophyll leaves the plant, remove the leaves and jar the remedy while still hot.
- 26. Bejuco de Comemano (img_2796)
 - a. Remedy: reduces skin rash
 - i. Boil leaves and put on skin
- 27. Hierba de Curajiote (local regional word) (img_2797)
 - a. Remedy: reduces skin rash
 - i. Cut leaves of plant and place directly on skin.
- 28. Parota (tree)
 - a. Edible fruit. Their ancestors would grill them over fire. Whole fruit can be cooked. It will open on its own. You then eat the nut on the inside. No major remedy but just edible.
 - b. Seeds used to make earrings. They look like deer eyes (img_2828)

29. Flor de Rosa de Castilla
- a. Remedy: reduces fever in infants.
 - i. Boil flowers and bathe newborns/babies
30. Hierba de Zorillo (img_2839)
- a. Remedy: for colds or cough
 - i. Boil leaves and drink in a cold tea
 - ii. Grind roots of the plant and boil with 1-2 leaves. Once boiled, bathe with the water.
31. Rudamontez (img_2840)
- a. Remedy: for fever and muscle pains
 - i. Soak leaves in water and bathe
 - ii. Wild plant that grows in the regional mountains
32. Tapacola (img_2841)
- a. Remedy: aids with diarrhea
 - i. Boil leaves in water and let cool. Drink the tea at room temperature.
33. Ruda Casera
- a. Remedy: for colicky babies
 - i. Boil the ruda casera and cool to room temperature. Serve as tea to infants.
34. Palo de Mulato (tree)
- a. Remedy: lowers cholesterol
 - b. Scrape bark of the trunk into water and drink.
35. De Sipola - Has a yellow flower (img_2803-2804)
- a. Remedy for fever
 - i. Boil desipola with corbatoro and boil with romero, rue, basil, and 1 head of garlic. Bathe with this remedy.
36. Reventon/Tronadora (img_2827)
- a. Remedy: aids with diabetes
 - i. Boil with rosa maria and drink in as a cold tea
37. Cuailote
- a. For people with illness caused by mosquito bites
 - i. Boil leaves and bathe full body.
38. Itamoreal de Granadita (img_2842)
- a. Remedy: aids with diarrhea in children
 - b. Remedy: aids with naguales
 - i. Naguales: a child whose parents believe they are a nagual gets sick because there is an animal in the mountains who is also a nagual gets sick. The child's symptoms replicate that of the sick animal's symptoms in the mountain. This is for children and adults.
 - 1. Only some believe in this sickness. Only those who believe will be cured
 - ii. Boil the leaves and drink in a tea
 - iii. Cut the leaves from the plant and rub between your hands in water so the oils and properties of the plant fall into the water. Bathe in water.
39. Muitle/Sangre de Cristo
- a. Remedy: Helps with diarrhea
 - i. Boil the leaves and drink as a tea

Food Recipes

*** A la Mexicana: chilis, tomato, garlic, and onion (colors like the Mexican flag)

*** Recaudo: mixture of black pepper, clove, and oregano

*** A la Diabla: spicy

*** Machuco: cooked plantain

Food Recipe #1 - Iguana:

Killing and preparing the iguana: hit the iguana over the head then place in the fire for 5 minutes or so to remove outer layer of skin. The heat allows the skin to come off easily by scraping with a small knife. Larger iguanas take more time under the flame. Scale and wash the body of the iguana. Cut the arms from the head back. Cut off the tip of the tail. Cut at the base of the tail and remove anal section. Cut from the neck and chin side. Insert fingers inside to protect the organs and keep them intact. Cut in half the back end of the breast and skin. Cut out the organs once they are exposed. Break the jaw and cut off the beak in order to cut open the head. Beak, arms, legs, end of tail, and organs (save the liver!) are not edible and may be discarded.

Ingredients:

2 iguana

4-5 garlic cloves (diced)

¼ cup salt

¾ tbsp pepper

1 ½ tbsp oregano

1 onion (sliced)

8 roma tomatoes (whole)

3 stems pitona

guajillo chili, chili ancho, chili criollo, chili pasilla, chili alanero (whole, dry chilis with seeds removed)

1 cup vegetable oil

Place garlic, 1/8 cup salt, and onion into boiling water. Rinse chopped iguana well and place all meat in the boiling water. Also take liver and cook with meat. Once iguana has fully cooked (30-45 minutes) it is optional to serve this dish (called salpicon) which is the iguana without mole). Take what is already cooking in the pot and add some fresh chili and serve. Serves like an iguana soup.

Option 2 adding mole sauce:

Toast all chilis either on stovetop or in oven (3-4 minutes). Rinse all chilis after toasting and soak in water for 10 minutes. Blend chilis, 1-2 tbsp salt, recaudo, oregano, ¼ chopped onion, 2-3 garlic cloves, and ¼ cup water. Pour the contents of the blender into hot oil (1 cup).

Place tomatoes in boiling pot with iguana meat and remove the tomatoes from the boiling water once the skin begins to fall off and blend with ¼ cup water. Stir the mole continuously and add blended tomato to the mole and continue to cook. Add the soup contents to the mole mixture. Return to a boil and the dish is ready. Serve with tortillas and/or rice.

Recipe #2 - LIME TEA

Ingredients: Lime leaves and sugar

Boil lime leaves. Remove from heat and add sugar as desired. Enjoy!

Recipe #3 - Sopas de Chaya

Ingredients:

10 chaya leaves

2.2 lbs masa preparada (cornmeal and water)

Wash chaya leaves and metate (stone grinding table). Grind all of the Chaya leaves finely. Add the prepared masa to the chaya and mix until it is evenly spread throughout the masa.

Grab a handful of masa and roll into a ball shape. Use a tortilla press to press the masa into a ¼ inch thin round shape 4-6 inches in diameter. Place the raw masa on the comal to cook. Flip to cook on both sides. Once cooked, remove the tortilla from the comal and place a cloth over the top to pinch the outer layer forming a wall/barrier around the outside of the tortilla. Pinch the center 3-4 times as well; this gives the tortilla the shape of a sope. (This process is called “picadillas”, must be done while tortillas are still hot).

When finished add any toppings you’d like. Typically eaten with chirmole and cheese. Can also be served with beans, mole, meat, cheese, chirmole, or any variation of these.

Recipe #4 - Tostadas de Chaya

Ingredients:

10 Chaya leaves

2.2 lbs of masa preparada (cornmeal and water)

Wash chaya leaves and metate (stone grinding table). Grind all of the chaya leaves finely. Add the prepared masa to the chaya and mix until it is evenly spread throughout the masa.

Roll a handful of masa into a ball. Use tortilla press to press the masa into a paper thin round shape 8-10 inches in diameter. Place the raw masa on the comal to cook. Flip to cook on both sides. When cooked lower the flame and place 3 rocks on the tortilla and let it toast. Once toasted remove from the comal and enjoy.

Recipe #5 - Chirmole (local term for salsa)

Ingredients:

4 tomatoes (whole)

12 green chili criollos

1 garlic clove

Salt

Boil 2-3 cups water over medium flame. Add tomatoes and chilies and boil until their color has lightened. Using the molcajete, add garlic with 1 tsp salt (or more to taste) and grind. Once tomatoes and chilies are ready, add 1 tomato and 3 chilies to the molcajete to grind. Repeat until all tomatoes and chilies are grinded. Add salt as desired and serve.

Recipe #6: Pan de Oaxaca – makes 25-30 pieces of bread

Ingredients:

5 egg yolks

2 $\frac{3}{4}$ pounds flour

$\frac{1}{3}$ pound sugar

1 heaping tbsp cinnamon

$\frac{2}{5}$ pound butter

1 $\frac{3}{4}$ cup water (use best judgement when kneading the dough)

1 tsp salt

1 tsp baking yeast

Mix all ingredients and knead the dough. Knead thoroughly until dough softens. This step may take some time. Coat the dough with lard or butter once it has been kneaded well. Roll dough into balls using a slight bit of melted butter/lard on your hands. Let the balls of dough sit out for about 45 minutes. With a little butter/lard reshape the dough like: Tortillas, caballitos, crabs, worms, knots, sea shells, chicharon, like stars, flat rolls

Lightly grease baking sheets. Place sheets of bread in the oven until brown (10-15 minutes).

The Icing: (La Pasta)

7 ounces flour

7 ounces butter

$\frac{1}{2}$ tbsp water

$\frac{1}{4}$ cup sugar

Mix well and cover the top of the bread. Return to the oven and bake another 5 minutes. Remove from oven and serve.

Recipe #7: Regañadas Horneadas

Ingredients:

2.2 pounds flour

1 tbsp salt

3 tbsp sugar

2 cups water

1 $\frac{1}{4}$ cup butter

Mix and knead the dough. Flatten with rolling pin (or beer bottle in our case). Roll until dough is paper thin and place on a greased cooking sheet. Lightly coat top of dough with melted butter and sprinkle with sugar. Cook in the oven until crispy. Dough will appear slightly brown and bubble up when ready.

Recipe #8 - SMOOTHIE RECIPE:

Ingredients:

1 Aloe stem

Orange Juice

Nopal (1 piece/leaf)

Cut open aloe stem and remove inner flesh/pulp (appears clear and crystalline). Blend aloe pulp with orange juice and nopal.

To prepare nopales (cactus paddles): First, rinse under cold water being careful of the thorns. The thorns are often hard to see, so wherever there is a bump there may be a thorn. Then, peel away the bumps and thorns with a vegetable peeler and then rinse again. Avoid peeling off the outer dark green skin. Trim off about ¼ inch around all edges and the nopales are ready to prepare in whatever recipe.

Recipe #9 - Calabasa a la Mexicana (Mexican Squash Soup)

Ingredients:

3 mexican squash or zucchini (chopped)

2 garlic cloves (diced)

½ onion (diced)

3 tomatoes (diced)

1 serrano pepper (chopped)

2 cups water

½ tsp oregano

Salt to taste

Use a large skillet or deep dish pan and sauté garlic and onion in oil. Add tomatoes, squash, and serrano pepper to sauté pan. Add 2 cups water, oregano, and salt to taste (roughly 1-2 tbsps). Bring to a boil serve with tortillas.

Recipe #10 - Amarillito (serves 6-8 people)

Ingredients:

12 beef ribs

5 large garlic cloves (raw, diced)

1 onion (chopped)

1 tbsp recaudo

12 dried chilis criollos (with seeds removed to reduce heat level)

¼ cup vegetable oil

4 ¾ tbsps of salt

2 cups water

4 leaves of heirba santa (sacred herb)

½ cup corn powder

Cut each rib and wash well. Boil water with 3 tbsps of salt, ¼ onion, and 2 garlic cloves. Add the ribs to the boiling water. Boil for 90 minutes or until the meat is tender. Blend water, salt, recaudo, 3 cloves garlic, ½ onion, and chilis.

Heat large pot over medium heat with oil (coat bottom of the pot). Add the blended sauce and then the contents of the boiling stew. Place the 4 leaves of yerba santa in the cook pot. With a little water mix the corn powder and pass the paste through a sieve/strainer. This works like flour as a thickening agent. Once strained, add to the cook pot. If available, add green beans and/or potatoes.

Total cook time: 1 hour 45 minutes

Recipe #11 - Empanadas de Flor de Moringa (Flor de Perla)

Ingredients:

2 ½ pounds Flores de Moringa
½ onion
5 garlic cloves
5 tomatoes
2 small chili verde criollos
10 leaves epazote (wormseed)

Boil 6 cups water. Place Flores de Moringa into boiling water. The flowers will slightly change color (a little yellow) which means that they are ready. Strain the water from the flowers. sauté onion and garlic in oil until they begin to brown. Add tomato and chili to the onion and garlic. Cook until tender. Add the strained flowers and the epazote leaves for another 5-7 minutes.

Cook tortillas. When they begin to crisp on the edges add the flower mix and fold tortilla in half. Cook in pan for a few minutes until the tortillas brown.

This dish is common for semana santa. The filling can also be rolled into tortillas and fried like a taquito.

Recipe #12 - Mole de Camaron (serves 4 people)

Ingredients:

1 pound shrimp
1 handful chili ancho
1 tbsp recaudo
2 garlic cloves (chopped)
1 onion (chopped)
6 Tomatoes (chopped)

Remove heads from shrimp and sauté with tomato, garlic, onion, and chilis. Blend sautéed shrimp heads, tomato, garlic, onion, chilis, and recaudo. In hot oil, fry the blended mixture.

Once boiling, place remaining shrimp into the sauce and cook until shrimp pinks slightly (5-7 minutes).

Recipe #13 - Ejotes Ecacaguatados (Green beans in Peanut Sauce)

Ingredients:

1 pound green beans
¼ pound raw, de-shelled peanuts
10 dried chilis
4 garlic cloves (chopped)
1 onion (chopped)
6 tomatoes
Salt to taste

The sauce: Blend tomatoes with a little water. Boil blended tomatoes on medium heat. Fry peanuts in pan with 1 tsp oil. Remove peanuts from pan and fry chilis in same oiled pan. Roast onion and garlic (do not add oil). Blend chilis, garlic, onion, peanuts, and desired amount of salt. Once blended, add ingredients to boiling tomato paste. Return to a boil and the sauce is ready.

Steam green beans separately in lightly salted water. Once steamed, the green beans and sauce can be served together.

Recipe #14 - Nopales Ecacaguatados (Nopales in Peanut Sauce)

Ingredients:

1 pound nopales
¼ pound raw, de-shelled peanuts
10 dried chilis
4 garlic cloves (chopped)
1 onion (chopped)
6 tomatoes
Salt to taste

The sauce: Blend tomatoes with a little water. Boil blended tomatoes on medium heat. Fry peanuts in pan with 1 tsp oil. Remove peanuts from pan and fry chilis in same oiled pan. Roast onion and garlic (do not add oil). Blend chilis, garlic, onion, peanuts, and desired amount of salt. Once blended, add ingredients to boiling tomato paste. Return to a boil and the sauce is ready.

To prepare nopales (cactus paddles): First, rinse under cold water being careful of the thorns. The thorns are often hard to see, so wherever there is a bump there may be a thorn. Then, peel away the bumps and thorns with a vegetable peeler and then rinse again. Avoid peeling off the outer dark green skin. Trim off about ¼ inch around all edges and the nopales are ready to prepare in whatever recipe.

Steam nopales separately in lightly salted water. Once steamed, the green beans and sauce can be served together.

Recipe #15 - Caldo de Chacalín

Ingredients:

10 fresh water shrimp
10-12 chilis criollos
1 onion (chopped)
5 garlic cloves (chopped)
Thickening agent (corn powder or flour)

Wash shrimp thoroughly and boil with ½ onion, and 3 garlic cloves until shrimp pinks slightly (1-2 minutes). Blend chilis with ½ onion and 2 garlic cloves and a little water. In separate pan, boil blended ingredients. Add corn powder and stir continuously to thicken sauce and for taste. Once sauce has thickened, add cooked shrimp.

If there are green bananas, boil, mash, and place on top of the dish when ready to serve.

Recipe #16 - Mole de popollote (Popollote is a type of fish)

Ingredients:

1 popollote
10-12 chilis criollos
6 tomatoes (diced)
4 garlic cloves (diced)
1 onion diced)

Sauté popollote lightly with. Separately sauté chili, tomatoes, garlic, and onion. Once sautéed, blend all ingredients. Once blended, return to fry pan with fish. Add a few leaves of epazote and serve with tortillas and/or rice.

Recipe #17 - Arroz de Chaia

Ingredients:

7 leaves of chaya
¼ onion (chopped)
3 small garlic cloves (chopped)
1-2 tbsps of salt to taste
2 cups water
1 cup rice
¼ cup vegetable oil

Blend leaves of chaia, onion, garlic, salt, water. Heat oil in large skillet. Add rice and fry until rice begins to brown. Once it has browned begin to add the blended mixture to the fried rice. Cook for roughly 20 minutes until rice is tender.

Recipe #18 - Atole de Platano

Ingredients:

10 green bananas
3 sticks cinnamon
1-2 cups milk (optional)

Boil green bananas with cinnamon. Once soft, remove the cinnamon sticks and mash the boiled green bananas. Serve with heated milk.

Recipe #19 - “Migado de Platano con leche”

Ingredients:
10 yellow bananas
1-2 cups milk

Boil bananas. Add hot or cold milk (as you like it) with a little cinnamon and enjoy.

Recipe #20 - Crepas de Chaya

Ingredients:
1 cup flour
Leaves of chaya
Cheese or butter (topping)

Mix ground leaves of chaya and flour with a little water. In a hot, oiled skillet, spoon in crepe batter. Flip the crepe to cook evenly on both sides and top with cheese or butter.

Recipe #21 - Mole Negro (Serves 7-8 people)

Ingredients:
1 large handful (each): chili ancho, guajillo, criollo (whole with seeds removed)
1 tbsp recaudo
1 cup almonds
1 cup peanuts
1 leaf of avocado
1 cup mexican chocolate
3 onions
3 head of garlies

Roast chilis, garlic, onion, almonds, peanuts, and avocado leaf until blackened. Separately toast chili seeds until also blackened (but not burned). Once darkened, blend all ingredients with recaudo. Bring the blended ingredients to a boil and slowly add the chocolate. Once it begins to boil it is ready to serve.

Recipe #22 - Camarones a la Diabla (serves 1-2 people)

Ingredients:
9 shrimp
2 tbsp oregano

1 pinch recaudo
5-6 chilis guajillos
1 large handful chili arbol
1 onion (chopped)
1 head of garlic (chopped)
1 heaping tbsp Swiss seasoning
Salt to taste

Wash shrimp well and cut down the middle so that they open up (like a hotdog bun). Dress the opened shrimp with salt and mix of minced garlic and oregano. With a light amount of oil, sauté shrimp in a small skillet. Blend oregano, recaudo, chilis, garlic, salt, and swiss seasoning. Heat fresh pan with oil and strain blended ingredients into the hot pan. Once boiling, add the sauce to the cooking shrimp. Serve with rice and/or potatoes

Recipe #23 - Armadillo

Ingredients:

1 armadillo (whole)
½ head of garlic
2 heaping tbsp oregano
1 pinch of recaudo
Dried chilis (whatever your preference)

Wash the armadillo well. Remove and discard head, neck, throat, organs, hands, and feet. Once the outer shell and the undesirable parts have been removed put the armadillo in a pot with water and lime juice for 2 hours. After the armadillo has soaked, rinse it again and cut the meat into small pieces. Ground garlic, oregano, and recaudo. Coat the meat in the ground ingredients. Cook the chilis a la diablo. Blend the chilis with ½ onion, 2 garlic cloves, 2 tomatoes, and a little water. Sauté armadillo meat on medium high heat for approximately 30 minutes. Add the a la diablo sauce until it simmers. Dish can be served on its own or with rice, tortillas, beans.

Recipe #24 - Pulpo a la Mexicana

Ingredients:

1 pound octopus (cubed)
3 garlic cloves (diced)
½ onion (diced)
1 tomato (diced)
½ green chili (raw) – can add more for those who prefer spicy
1 tbsp swiss seasoning
½ tbsp. oregano
Salt to taste

Rinse octopus well. Using fry pan, heat ¼ cup cooking oil. Once hot, sauté octopus with garlic and a pinch of salt for 10-12 minutes on medium high heat. In a separate pan sauté onion, tomato, green chili, swiss, oregano, and another pinch of salt for 7-10 minutes on medium heat. Mix the sautéed vegetables with the octopus. Serve with rice and potatoes.

Recipe #25 - Salsa de Huevo (serves 2 people)

Ingredients:

3 eggs
1 serrano pepper
2 tomatoes (diced)
½ onion (diced)
3 garlic cloves (diced)
Salt to taste

Blend pepper, tomato, onion, and garlic with 1-2 cups water and 1 pinch of salt. In a hot pan simmer the blended ingredients with an additional cup water. In a separate pan cook eggs like an omelet with a pinch of salt. Once eggs are cooked add them to the boiling sauce for 3-5 minutes. Serve with tortillas or rice.

Recipe #26 -Tamales Dulces (recipe makes about 30 tamales)

Ingredients:

1 ½ pounds raw corn
1 cup vegetable shortening
1 cup butter
1 pound sugar
1 heaping tbsp cinnamon
½ cup water as needed for the texture of the dough
½ tbsp of salt

Boil raw corn for 15-20 minutes, strain, and cool to room temperature. Corn must be ground into meal/powder. Mix all ingredients well, kneading dough until it takes on a spongy consistency. This process may take 20-40 minutes. The dough will thicken slightly and you can test if the dough is ready by dropping a small piece into a bowl of water. It should float. Once the dough is floating, continue to knead an additional 10 minutes.

Remove dried corn husks, remove the corn strings, and rinse with water. Fill the base of the corn husk with a large spoonful of tamale dough. Roll up the husk diagonally and fold over the end once rolled. Steam the tamales for 30 minutes or until the dough is cooked through.

Recipe #27 - Lentil Soup

Ingredients:

2 cups lentils
1 onion
3 garlic cloves
2-3 tomatoes
1 serrano pepper (fresh)
Salt to taste
Leaf of heirba santa (sacred herb) – can substitute with cilantro

Bananas (optional)

Wash lentils thoroughly. Boil in 4 cups of water: lentils, 1 clove of garlic, and ¼ onion. Sauté 2 garlic cloves, ½ onion, tomatoes, and chili. Amount of chili depends of level of spice desired. Once lentils have cooked, add sautéed ingredients and a few tsps of salt. Once boiling, add leaf of heirba santa or cilantro. If there are bananas you can also mash/slice and add the bananas to cook for a few minutes with the lentils before serving.

Recipe #28 - Tamales chili y Ajo de Puerco

Ingredients (for 30-35 tomares):

2 pounds pork (cubed into roughly 30 pieces 1" x 1")
5 chili ancho
30 chili criollo
18-20 guajillo chili
3 heaping tbsp salt
1 head of garlic (chopped)
1 onion (chopped)
9 tomatoes (chopped)
2 pounds cornmeal
35 banana tree leaves (each about 1 foot long)

Remove seeds from chilis and soak the chilis in water (10 minutes). After the chilis have soaked, blend with garlic, onion, tomatoes, 2 tbsps of recaudo, 2 tbsps oregano, and 2 tbsps of salt. Also add 2-3 cups water for blending. Place pork into large cook pot and add blended ingredients over the raw meat. At this point all ingredients are still raw.

Banana leaves need to be slightly toasted on each side in a pan which prevents the leaves from tearing when the tamale contents are added. The texture changes slightly – becoming more flimsy and soft. The ridges of the leaf disappear and the leaf have a little elasticity. Note: if you pull the leaf apart and it tears it is not cooked/toasted enough. Wipe down each banana leaf.

With cornmeal, knead the dough well adding 3 tbsps of salt, 1 ½ cups vegetable shortening. Add a ¼ cup water and keep kneading the dough.

In a small bowl have a cup water with some salt. On each banana leaf, moisten the leaf with the salt water. Spread a spoonful of the cornmeal dough across the center of the banana leaf in a thin layer. Add one piece of the pork and sauce to the center. Fold in all 4 sides of the banana leaf. Repeat this process until all pork, dough, and banana leaves have been used. Steam the tamales for 30-50 minutes until pork is fully cooked.

Recipe #29 - Escabeche de Pescado:

Ingredients:

Use robalo, sierra, or other white fish
3 dried chilis anchos
10 dried guajillo chilis

30 dried chili criollo
1 head of garlic (chopped)
2 ½ medium onions (chopped)
1 tsp recaudo
2 ½ tbsp dried oregano
1 tbsp salt
5 tomatoes
4 stems epazote leaves

Remove the seeds from all of the chilis and put in a bowl to soak until they become soft. Blend garlic and onion with recaudo, oregano, and salt. Add soft chilies and 2-3 cups water to the blender. Blend all together.

Cut fish into desired serving sizes and marinate with salt for taste. Heat fry pan with vegetable oil over medium/high heat. Once oil is hot, add fish and sauté. When cooked, remove fish from pan and place in cookpot. Pour blended/liquefied chili mixture over fish evenly. Blend tomatoes with water. Once blended, add evenly over fish. Simmer fish together with sauce over medium heat and add salt for taste. Add ½ onion (thinly sliced) to the fish sauce. Add epazote leaves as a condiment. Once sauce boils it is ready to serve.

Recipe# 30 – Sopa de Chepil

Ingredients:

2-3 fresh serrano peppers
¼ onion
2 garlic cloves
15-20 2-foot stems Chepil leaves

Boil 3-5 cups water with garlic, onion, chili, and salt. Pluck leaves off of the stems and rinse thoroughly. Add the Chepil leaves to boiling water and let simmer. Once the leaves simmer the dish is ready to serve.