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C O O K I N G S C H O O L

Mexican *Antojitos*: Vegetarian

Pico di gallo (chunky salsa)

Guacamole

Vegan ceviche

Frijoles Refritos: Refried beans

Enfrijoladas

Tostadas with Pickled red onions

Fresh tacos with corn tortillas

Plant-based Chocolate Mousse



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“Antojitos”, which directly translates to “little cravings”, comprises of a wide range of street snacks and appetizers. Antojitos contain a few simple ingredients so they are easy to recreate at home, but in Mexico we eat them as street food too, no matter how early or late it is. They are most often sold in Mexico in open-air marketplaces or on the streets by vendors. The vendors traditionally make them fresh. Most antojitos are made from corn tortillas or have cornmeal as a major ingredient.

Many of Mexico’s most beloved foods are actually antojitos. Although there are tons of regional specialties, some of the most common antojitos are:

Enchiladas are tortillas rolled up around a filling and covered with sauce, such as mole. They're popular at Mexican restaurants worldwide but have their origins as a street food.

Fresh fruit and vegetables, such as jicama, are often served as an *antojito* in cups with chile powder and lime.

Tacos are the most well-known of all the antojitos. Most are made with corn tortillas, but tacos can also be made with flour tortillas, especially in the north of Mexico. Common fillings include marinated pork (tacos al pastor and carnitas tacos), beef (tacos de carne asada), and chicken (tacos de pollo). On the coast, you’ll find fish tacos. Tacos dorados are tacos that have been deep-fried until golden and crispy.

Tostadas are deep-fried tortillas, often topped with meat or ceviche. Tostadas can also be served with soups like *menudo* and *pozole*, sometimes dipped in sour cream. **Tlayudas** are a type of extra-large tostadas found in Oaxaca.

Totopos are simply tortilla chips. They come from Oaxaca and can be served with guacamole, salsa, or refried beans.



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GUACAMOLE

Ingredients:

- 2 ripe avocados
- 1/4 teaspoon kosher salt, plus more to taste
- 1 tablespoon fresh lime or lemon juice
- 2 to 4 tablespoons minced red onion or thinly sliced green onion
- 1 to 2 serrano (or jalapeño) chilis, stems and seeds removed, minced
- 2 tablespoons cilantro (leaves and tender stems), finely chopped
- Pinch freshly ground black pepper
- 1/2 ripe tomato, chopped (optional)
- *Totopos* (tortilla crisps) to serve

Method:

1. Cut the avocado: Cut the avocados in half. Remove the pit. Score the inside of the avocado with a blunt knife and scoop out the flesh with a spoon.
2. Mash the avocado flesh: Using a fork, roughly mash the avocado. (Don't overdo it! The guacamole should be a little chunky.) Add the remaining ingredients to taste.
3. Sprinkle with salt and lime (or lemon) juice. The acid in the lime juice will provide some balance to the richness of the avocado and will help delay the avocados from turning brown.
4. Add the chopped onion, cilantro, black pepper, and chilis. Chili peppers vary individually in their spiciness. So, start with a half of one chili pepper and add more to the guacamole to your desired degree of heat. Remember that much of this is done to taste because of the variability in the fresh ingredients. Start with this recipe and adjust to your taste.
5. Serve immediately. Store in a container, and squeeze some lemon juice to preserve in the fridge. Some people put the avocado pit in the guacamole and swear it helps keep it fresh. Stays fresh for a 1-2 days.



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PICO DE GALLO (chunky salsa)

INGREDIENTS:

- 1 cup finely chopped white onion (about 1 small onion)
- 1 medium jalapeño or serrano pepper, ribs and seeds removed, finely chopped (decrease or omit if sensitive to spice, or add another if you love heat)
- ¼ cup lime juice
- ¾ teaspoon fine sea salt, more to taste
- 1 ½ pounds ripe red tomatoes (about 8 small or 4 large), chopped
- ½ cup finely chopped fresh cilantro (about 1 bunch)

METHOD:

1. In a medium serving bowl, combine the chopped onion, jalapeño, lime juice and salt. Let it marinate for about 5 minutes while you chop the tomatoes and cilantro.
2. Add the chopped tomatoes and cilantro to the bowl and stir to combine. Taste, and add more salt if the flavors don't quite sing.
3. For the best flavor, let the mixture marinate for 15 minutes or several hours in the refrigerator. Serve as a dip, or with a slotted spoon or large serving fork to avoid transferring too much watery tomato juice with your pico. Pico de gallo keeps well in the refrigerator, covered, for up to 4 days.

Tostadas

Pickled red onions

- ½ medium red onion, thinly sliced
- Juice of 1 lime
- 1 tablespoon white vinegar
- Pinch of salt



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Jicama-Cilantro Slaw (this is an option for you to make at home)

Note: This slaw is a lovely option for when there is Jicama available. It's also delicious made just with cabbage. It is a fresh alternative for pico de gallo when you are after something different. I love the Pico de Gallo as an easy, fast, and in-season option.

- 2 cups shredded green cabbage
- ½ cup fresh cilantro leaves
- ½ cup ¼-inch-thick slices peeled jicama, or additional shredded cabbage
- Juice of 1 lime
- ½ teaspoon ground cumin
- ½ teaspoon chili powder
- Salt and freshly ground black pepper, to taste

Tostadas

- 6 corn tortillas
- Extra-virgin olive oil or cooking spray
- Salt, to taste
- 2 cans (16 ounces each) refried beans, or 1 batch homemade refried beans
- 3 large ripe avocados, pitted and peeled
- Juice of 1 lime
- ½ cup halved grape tomatoes
- ½ cup crumbled queso fresco or feta cheese

INSTRUCTIONS

1. Make the pickled onions: In a medium bowl, combine the sliced onions with the lime juice, vinegar and salt and stir until the onions are well coated. Let the onions sit while you make the slaw and tostadas. The pickled onions can be stored in a jar in the fridge for up to 1 week.
2. Make the slaw: In a large bowl, combine the cabbage, cilantro, jicama, lime juice, cumin and chili powder. Season with salt and pepper to taste, and set aside.
3. Assemble the tostadas: Preheat the oven to 425 degrees Fahrenheit. Brush or spray both sides of each tortilla generously with olive oil or cooking spray, season



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- with salt, and arrange in a single layer on a large baking sheet. Bake for 4 minutes, then flip and bake for 4 to 8 more minutes, until the tortillas are crispy.
4. Gently heat the refried beans in the microwave or on the stovetop. In a large bowl, mash the avocados with a fork or potato masher. Stir in the lime juice and season with salt, to taste.
 5. Spread refried beans evenly over each tortilla. Add a layer of smashed avocado and top with the slaw, pickled onions, tomatoes and *queso fresco* (fresh cheese). Serve immediately.

VEGAN CEVICHE

Makes a large sharing bowl

Ingredients

- 1 cauliflower head (one big one, or two small ones)
- 1 can of black beans
- 1 box of cherry tomatoes
- Lemon Juice
- Coriander, finely chopped
- Olive oil
- Olives, chopped.
- 1 cucumber, diced
- 2 carrots, grated
- 3 red onions, chopped.
- Avocado (if ripe and available)

Finely chop your cauliflower, until you have a fine, cauliflower “rice” like- mix. Then, chop all of your fresh ingredients, and mix them all together. Add fresh lemon juice, salt, olive oil and pepper in the desired quantity. Serve with *totopos* (crunchy tortilla crisps).



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ENFRIJOLADAS

INGREDIENTS

Bean Sauce Ingredients

- Refried beans (Add water or veggie stock to your refried beans in order to turn them into the bean sauce. You can do it directly from the pan, or a blender)

Filling Ingredients

- 1/4 cup or small white onion
- 2 medium or about 3 cups peeled & finely chopped potato, or vegetable of your choice. You can also use marinated tofu, roasted vegetables, *faux* chicken, or beef.
- Fine sea salt- large pinch
- 2 whole large garlic cloves minced
- 2 cups frozen collard greens
- salt to taste
- 12 corn tortillas

Toppings

- 1/2 cup cotija cheese (this is traditional Mexican cheese. I like using dairy-free cheese, grated preferably, but you can use whatever cheese you desire)
- 1 whole avocado, sliced
- 1/4 small white onion, chopped or sliced
- 1 handful cilantro
- Jalapeños
- Chopped radish
- Chopped lettuce



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Method:

- Sauté the onion until soft then add desired filling and cook until it is soft and cooked through.
- While you wait for the filling to cook prepare the bean sauce. Place all of the bean sauce ingredients, except the oil, into a blender and blend until you have a smooth sauce. If needed add more broth or water to the blender. Once done set the bean sauce aside.
- In a sauce pan add the 1.5 Tablespoons of oil and once warm carefully pour in the bean sauce. Simmer for 5-10 minutes and the sauce has thickened up a bit.

Assembling the Enfrijoladas:

Take one of the tortillas and dip into the bean sauce until well coated. Place on a plate then add the filling and fold in half or half moon shape. Serve 3 to 4 enfrijoladas per person. Drizzle plenty of bean sauce over the plated enfrijoladas then top with cotija cheese and avocado slices or anything you'd like. For the quarter folded enfrijoladas, dip into beans sauce, place on plate then fold in half then again in half to form triangle shaped quarters. Drizzle with bean sauce and serve the stuffing on the side and top with any of the suggested toppings.

Frijoles Refritos: Refried beans (we've included this recipe for you if you'd like to make your own at home rather than buy them already refried)

Ingredients:

- 2 cups cooked beans. Use your favorite variety. Pinto beans, black beans, and bayo beans are good choices (Different varieties of beans give a different flavor. Experiment to find your favorite.)
- ½ cup finely chopped white onion
- 1 finely chopped garlic clove
- 2 tbsp. oil
- A pinch of black pepper



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- Salt ½ tsp. + to taste

Method:

- Chop the onion. Finely chop the garlic. Finely chop the optional jalapeño or serrano peppers.
- In a medium-sized pan, heat the oil to medium-high heat and add the chopped onion. Sauté until the onion is just becoming transparent.
- Add the chopped garlic and if you wish the optional peppers.
- Cook for 1 or 2 minutes until the onion is just starting to brown.
- Add the cooked beans with a little bit of the cooking water plus the salt and pepper to the pan. Cook for 2 minutes before mashing.
- Using a bean masher, mash the beans to the desired consistency. A potato masher will work if you don't have a bean masher.
- Once they are mashed to your preferred consistency, cook for 5 minutes stirring continually. Turn off the heat and allow the beans to rest for 3 minutes before serving.

Adjusting the beans

If you prefer your refried beans thinner, use a blender or food processor to puree them before frying them. If your beans are too dry, try adding a couple of tablespoons of water at a time until the desired consistency is reached. If your beans are too thin add water and cook for a few extra minutes.



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Chocolate Mousse

500 g dark chocolate (I used Whittakers 72%), melted

200 g brown sugar

700 g silky tofu

1 tsp vanilla extract

1 tin coconut cream

Method:

In a food processor, whizz the tofu, then slowly pour in the melted chocolate. Add the sugar, vanilla and then the coconut cream. The mousse will set pretty quickly so put it in the containers you wish to serve it in, then serve or put in the fridge.