

# CULINARY ARTS SOCIETY OF AJIJIC MONTHLY NEWSLETTER

February 2015

Volume 29 Issue 2

[www.ajijiccasa.org](http://www.ajijiccasa.org)

[casalakeside@yahoo.com](mailto:casalakeside@yahoo.com)

## NEXT CASA MEETING!

Monday, February 16,  
2015

Min Wah Restaurant

4pm

Presenters, please be set  
up no later than 3:45pm

AWARDS BANQUET  
INFORMATION CAN BE  
FOUND ON PAGE TWO

GREAT FOOD,  
GREAT COMPANY  
WONDERFUL TIME!

### Demi - Glace for Sale

After 40 pounds of veal, beef and chicken, meat and bones combined and 32 hours later I now have demi - glace for sale:

I am selling it in ice cubes trays. 10 cubes for 250 pesos. Drop one of these cubes in your soup or stew or if you sauté a steak or chicken, add a bit of wine white or red (if you like) and you will have a magnificent sauce in minutes or add a new depth of flavor to your soup or stew! Only 4 sets of 10 are available for sale.

Call Monica Molloy - 331 047 8391/  
[monicamolloy17@gmail.com](mailto:monicamolloy17@gmail.com)

CATEGORIES for February 2015  
Category A— Celebrity Chef Main Dish  
Category B—Anything Chocolate

## PRESIDENT'S MESSAGE

I'm writing to you from my travels to Africa and beyond. As everything else is covered in this newsletter, it was suggested that I write about my trip. So, here goes....a wonderful adventure!

I went on a safari to Selous Game Preserve which was very good in terms of service and food quality, driver guides, tented lodges etc. One night there was a huge hippo very close to my tent...it had been in a fight, common for hippos...dominance and all that. The bad thing about hippos is that they are exceedingly dangerous and kill more humans than any other animal...and for no reason. They just don't like the look of you or feel like you might be in their space and boom, you're toast! So, it was a very uneasy feeling knowing that they wander up into the camp areas every night to graze. The footprints the next day tell you exactly where and how close they were.

I fished for my supper one night... in the Rufiji River which was loaded with crocs of all sizes....and some really huge ones. In the evening they slink into the river and lay still in the water with their mouth open and hope a fish just goes through their chops. Oddly, it works rather well. We used beef chunks for the fish and the guide told me the crocs don't like beef, they like fish so no need to worry about snagging a croc. As it turned out, I got a 22" catfish... no one else caught anything. It was quite fun. I wanted to throw it back but the guides wouldn't hear of it and insisted the chef prepare it for me for dinner. Well, a nice gesture, certainly. BUT ... the hippos are in that water all day long and guess what they do in there? And when you consider that catfish are bottom-feeders as it is...well, I figured that I would just push that catfish around on my plate and mush it a bit and hope the chef couldn't really tell how much was NOT consumed!

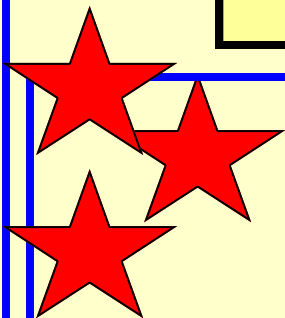
I then traveled to Zanzibar, one of the Spice Islands. This was a prolific trade area with the Arabs for centuries. I have many spices from there ... cloves, cardamom, cinnamon, pepper, ginger, allspice. All are greatly used in the local cuisine. I got a good Zanzibar cookbook too ... will be using it for future CASA entries. The coffee here is sensational ... some of the best in the world is from Tanzania. I'll be bringing some home to Mexico.

I am now in New Delhi... which was an overnight flight. I met up with a small group of folks from Mexico. We'll be traveling around Rajasthan, the princely state. The cuisine here is exotic too and the use of spices has become trendy today. I'll be having some to spare if anyone needs a bit for a special dish...

I look forward to seeing each of you at the February CASA Meeting on February 16<sup>th</sup> and at our Annual Awards Banquet on Monday, February 23<sup>rd</sup>!

Margaret Ancira  
CASA President





## **CASA ANNUAL AWARDS BANQUET!**

**Monday, February 23rd \* 5pm**

**El Jardin de Ninette Restaurant, Ajijic**

**COST—250 Pesos (includes choice of entrée, soup, sides and dessert)**

**Entrée Choice:**

**Green Curry Thai Shrimp**

**Coffee Crusted Pork Chops with Bourbon Sauce and Grilled Peach**

**Bass Fish in White Wine Sauce**

**Beef Tenderloin in Red Wine Sauce and Roquefort Butter**

**Happy hour drink prices all night and bottles of wine for 150 Pesos**

**Tickets will be available for purchase at the February 16th CASA meeting. If you have not already purchased your ticket and wish to do so, please email Rick Feldmann at [casalakeside@yahoo.com](mailto:casalakeside@yahoo.com). There will be no payments at the door.**

**This Annual Banquet recognizes the achievements of our cooking members who won a 1st, 2nd, or 3rd place award during the year 2014, our two Bing winners and the cooking member scoring the most points.**

### **2015 CASA BOARD MEMBERS and COMMITTEE CHAIRS**

**President - Margaret Ancira 766-0271**  
Overall Organizational/Administrative  
Responsibilities  
Newsletter/Publicity - Pam Ladd 765-3683  
Web Page—Nancy Segall 766-3261

**Vice President - Beth Cathcart 766-1842**  
Hospitality  
Decorations  
50/50 Drawings

**Secretary - Rick Feldmann 766-2606**  
Reservations ([casalakeside@yahoo.com](mailto:casalakeside@yahoo.com))  
Membership

**Treasurer - Leslie Yanko 766-2304**

**Director at Large - Positions Open**

**Judge Coordinator(s)**  
Position(s) open  
**Judge Tabulator**  
Position(s) open

### **HOUSEKEEPING NOTES & REQUESTS**

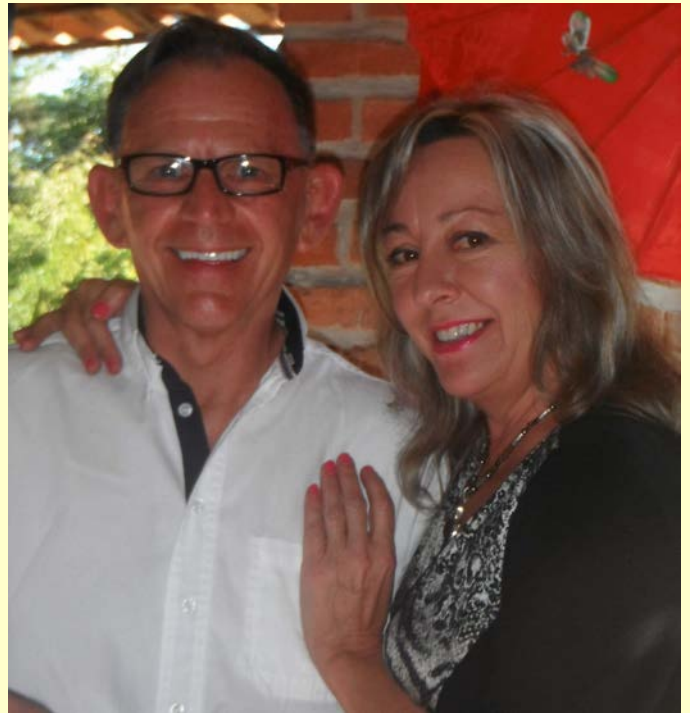
**\* Presenters need to make enough food for 60 tasting size servings. This equates to 12 full size servings.**

\*If presenters don't make enough food, people at the end of the line can't sample the food and your chances lessen for getting a People's Choice Award.

\* Please also remember this is a **Tasting** only of each presentation! Please notify your guests.

\* Please remember to take all of your dishes, utensils, etc. home with you after you have presented. If we find anything personal, it will be put in the big plastic bins that CASA has at Min Wah's.

**January 2015**  
**Speaker**  
**James Wayne**



James has had a varied background working in the banking industry in the US; however, has always been interested and involved with food and cooking. In Virginia Beach, VA, he was involved in several different food ventures.

James moved to Ajijic from Virginia Beach in 2007. His first Lakeside Venture was opening “Patio Plus”, an “Outdoor Décor and More Shop”. In 2010 he opened “2<sup>nd</sup> Time Around Consignments” – Stuff for the Home and You. He sold that in 2013 and started his consulting business, “Wayne Consultants Unlimited”, which specializes in small business consulting, working with restaurants, B & B’s, Start Ups and Web Based Companies.

He is presently contracted to open “Skinny Minnie’s Deli” which is the new restaurant connected with Casita Montana Medical Center. He will be the manager. James spoke about how to make yummy, flavorful homemade soups and chilis while keeping them healthy; which will be the specialty at “Skinny Minnie’s Deli”.

James is also a partner in the Lake Chapala Ballroom, which opened in 2014 with Elliott Joachim. He is a fitness instructor four days a week and is currently in rehearsals for the on stage performance at the Chili Cookoff

# January 2015 Judges



**Alexander Becker, Yves De Lavenne, Jose Melendrez**

**ALEXANDER BECKER**

Alexander Becker previously resided in Toronto, Ontario. Alex’s culinary expertise and background originated due to a successful popular family deli restaurant. They specialized in a variety of unique dishes and in particular a variety of soups. Clients were from many establishments, for example; Chum Radio D also CBC technicians and sports luminaries appeared regularly. Alex also had the fortunate opportunity to adjudicate graduating culinary students from George Brown College, the best culinary program in Toronto. This was a very satisfying and enjoyable experience. Alex has been a Judge for CASA 5 previous times. He loves and is excellent at any Asian cuisine.

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**YVES DE LAVENNE** –Owner, Yves Restaurant, Ajijic

Yves was born in Mexico City; both of his parents were French. Yves studied cooking and hotel management in Granable, France for two years. Part of the curriculum was to apprentice an additional three years either on a cruise ship or at a ski resort. He chose cruise ships. He waited tables, was a wine steward and chef. After his apprenticeship he returned to Mexico City and worked at “Estorial Resturant” as Maitre D for eight years. It is considered one of the finest restaurants in Mexico City. His next venture took him to the University Club in San Antonio, Texas; where he was in charge of the dining room. He continued in San Antonio working at other popular River Walk Restaurants and then opened three of his own.

In 1987 Yves came to Ajijic for a visit and ended up staying and opening several different restaurants; finally “Yves Restaurant” was opened in their home. The location has changed three times, however it is still one of the favorite restaurants in Ajijic. Yves and his wife, Nettie, believe that quality and personal attention are the key to their success over so many years.

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**JOSE MELENDREZ**

Jose’s inspiration in cooking was his grandmother, Maria. She introduced him to different kinds of food while traveling together throughout Mexico, Europe and Asia. They discovered many different kinds of food and flavors, from the typical moles in Oaxaca to the peppers from Veracruz, the curries of Asia, and many different types of bugs. Jose continued his culinary education, taking workshops in Oaxaca, Mexico City and Guerrero. Jose and a friend started their own catering company and events business with a considerable success in Reynosa, McCallen, Matamoros and Monterrey; which they ran for five years. He moved to Lakeside 14 years ago and started giving cooking lessons at LCS and focused his lectures on Mexican food; Mexican herbs, chilies and other ingredients that were new to the foreign community. Jose also started catering private parties and events and giving private lessons as he loves to innovate and create new dishes.

Six years ago he started working as a consultant for organic and sustainable farming for the Agarpa & Sedes Assn. and was also the head of the productive projects board in the state of Jalisco. Three years ago Jose began selling his own line of pickles, preserves and gourmet foods at the Tuesday Farmer’s Market where he acts as a Board founding member. Most of Jose’s ingredients are obtained from local farmers or grown by himself in his garden. He has since added soups to his list of gourmet foods.

Last year Jose took a workshop in Mexico City specializing in desserts and chocolate making with Mexican Chocolatier Jose Ramon Castillo.

# WINNER'S PHOTO GALLERY

## JUDGES CATEGORY A—Soups, Stews or Chilis

**FIRST PLACE & PRESENTATION—Monica Molloy**  
Shrimp, Sweet Potato and Roasted Plantain with Smoked Chili Crème Soup

**SECOND PLACE & PEOPLE'S CHOICE- Monique Grossman**  
Creamy Lettuce Soup

**THIRD PLACE—Timaree McCormack**  
Chicken Tortilla Soup



**FIRST PLACE  
and PRESENTATION**

**Monica Molloy**  
Shrimp, Sweet Potato and  
Roasted Plantain Soup

**SECOND PLACE  
and PEOPLE'S CHOICE**

**Monica Grossman**  
Creamy Lettuce Soup

**THIRD PLACE,**

**Timaree McCormack**  
Chicken Tortilla Soup





**JUDGES CATEGORY B —CUPCAKES**

**FIRST PLACE, PRESENTATION & PEOPLS'S CHOICE—Leslie Yanko  
Chocolate Amaretto Cupcakes**

**SECOND PLACE —Beth Cathcart  
Blueberry Filled Cupcakes with Lime Butter Cream Frosting**

**THIRD PLACE—TIE—Roberta Hilleman—Pina Colada Cupcakes  
Anna Sanchez—Apricot Almond Cupcakes**



**FIRST PLACE,  
PRESENTATION &  
PEOPLE'S CHOICE**  
Leslie Yanko  
Chocolate Amaretto Cupcakes

**SECOND PLACE**  
Beth Cathcart  
Blueberry Filled Cupcakes with  
Lime Butter Cream Frosting

**THIRD PLACE—TIE**  
Anna Sanchez  
Apricot Almond Cupcakes  
Roberta Hilleman  
Pina Colada Cupcakes



# Shrimp, Sweet Potato & Roasted Plantain Soup with Smoked Chile Crema & Cilantro Oil & Chile Oil

## Monica Molloy

Makes 4 – 6 servings

1 pound shrimp, cleaned and deveined

2 large sweet potatoes

4 ripe plant

½ cup pure maple syrup

3 cups chicken stock low sodium (I prepare my own)

1 cup unsweetened coconut milk

2 teaspoons honey

Kosher salt & freshly ground black pepper

1 bottle Canola Oil

Smoked Chile Crema (recipe follows)

Cilantro leaves, for garnish

Chile Oil (recipe follows)

Cilantro Oil (recipe follows)

Preheat oven to 400 degrees F

Put sweet potatoes on a baking sheet & roast until soft, 50 – 60 minutes

Remove from oven and let cool.

Slice potatoes in half lengthwise and scoop out their flesh into a bowl and mash until smooth.

While the sweet potatoes are roasting, place the plantains on a baking sheet and roast until their skins turn black and the plantains are slightly softened, 15 to 20 minutes. Remove from oven, cool and peel and cut into chunks.

Heat the maple syrup in a medium sauté pan over medium heat. Add the plantain chunks and sauté until caramelized. Remove plantains using a slotted spoon and transfer to a food processor and blend until smooth, set aside.

Combine the potatoes, plantains and stock in a medium saucepan and cook for 30 minutes. Add the coconut milk and honey and cook for another 5 minutes; season with salt & Pepper.

Transfer the mixture to a food processor or blender and process until smooth, strain into a clean pot, return to medium heat and heat through. If the mixture seems too thick, thin with some additional stock.

Saute Shrimp in butter & oil mixture, some whole, others 5 pieces per shrimp. Salt & Pepper. Be careful not to overcook.

Ladle soup into bowls and shrimp on top and mix some pieces in the soup, spoon some smoked Chile Crema in the centre. Place a small mound of fried plantain on the side of the bowl soup and drizzle lightly with Cilantro Oil & Chile Oil.

### Smoked Chile Crema

About ½ cup.

½ cup Crema, crème fraiche, or sour cream

1 teaspoon chipotle chile puree (blend chipotle in adobo sauce and freeze the balance)

Kosher salt

Whisk together the Crema and the chipotle puree in a small bowl and season with salt & Pepper.

This can be prepared a day in advance in an airtight container in the refrigerator.

### Fried Plantain

About 1 cup

2 cups canola oil

1 green Plantain, peeled and cut into matchsticks and some thin sliced

Kosher salt

Heat oil in a medium skillet to 365 degrees using a deep-frying thermometer.

Add a handful of plantain and cook until golden brown. Using a slotted spoon, remove to a plate lined with paper towels and season with salt.

Repeat

### Cilantro Oil

Makes about ¾ of a cup

1 ½ cups canola Oil

1 cup fresh cilantro leaves

10 spinach leaves

½ tsp. kosher salt

Combine the oil, cilantro, spinach, and salt in a blender and blend for 5 minutes. Strain into a colander with gauze on top into a bowl. Do not press on the solids or it will go cloudy (I left mine overnight.)

This can be prepared 2 days in advance, refrigerated. Bring to room temp. before using.

### Red Chile Oil

5 Guajillo chilies, (fresh, they are a deep red and soft) toasted and seeded

1 cup canola oil

½ tsp. kosher salt

Combine the roasted Guajillos, oil and salt in a blender and blend for 5 minutes. Strain into a bowl.

This can be made 1 day in advance and refrigerated

# Chocolate Amaretto Cupcakes

## Leslie Yanko

Preheat oven to 350

Cupcake batter

½ cup unsalted butter      2 oz semi-sweet chocolate  
½ cup cocoa      ¾ cup cake flour. Level with a knife  
½ tsp baking soda      ¾ tsp baking powder      ¼ tsp salt  
2 large eggs @ room temperature  
½ cup white sugar      ¼ cup brown sugar lightly packed  
1 tsp vanilla      1-2 tbsps amaretto      ½ cup of buttermilk

Melt butter and chocolate together. Stir together until smooth. Set aside to cool.

In a medium bowl mix cocoa powder, flour, baking soda, baking powder and salt together. In large bowl whisk eggs, sugar, brown sugar, vanilla and amaretto together. Add the chocolate mixture to the egg mixture. Stir together gently until smooth. Add half the flour stir together then add half the milk. Repeat the process one more time. Be sure not to overmix or the cupcakes will be tough. The batter will be thick.

Add to the muffin tins and bake from 12-15 minutes until toothpick comes out almost clean. DO NOT OVER BAKE!

Take out of oven and let cool.

Filling

12 oz whole milk Ricotta, softened and drained  
8 oz Mascarpone cheese, softened  
1 cup powdered sugar  
1/3 cup mini chocolate chips, optional  
2 tsp pure orange extract  
½ tsp pure almond extract  
3-4 tsp Amaretto

Using an electric mixer beat Ricotta cheese until softened, add the mascarpone cheese and beat on medium approximately one minute. You want the mixture to be smooth. Fold in the powdered sugar, then add the flavorings and chocolate chips if using. Refrigerate for at least one hour before using. Can be made one day in advance.

When cupcakes have cooled cut out a portion of the center. Add some filling and replace cut out piece pushing it back in gently.

Frosting

I used a simple buttercream recipe and added some amaretto to it. You could substitute real almond extract. Then food coloring of your choice.

½ cup unsalted butter, softened  
4-4 1/2 cups powdered sugar  
2 tps almond extract or 1-2 tbsps of amaretto  
4-6 tbsps Milk

In a medium bowl beat the butter until creamy. Add the sugar, flavoring and enough milk for desired consistency. Frost cupcakes using your preferred method. I like to pipe it.



# 2015 CATEGORIES

<b>Month</b>	<b>Cat. A</b>	<b>Cat. B</b>
<b>January 19th</b>	<b>Soups, Stews &amp; Chilis</b>	<b>Cupcakes</b>
<b>February 16th</b>	<b>Celebrity Chef Main Dish</b>	<b>Anything Chocolate</b>
<b>March 9th *</b>	<b>Indian Main Dish</b>	<b>Puddings/Mousse</b>
<b>April 20th</b>	<b>Fish or Seafood Main Dish</b>	<b>Filled Pastries</b>
<b>May 18th</b>	<b>Main Dish Salads</b>	<b>Cheesecakes</b>
<b>June 15th</b>	<b>Savory Brunch Main Dish</b>	<b>Cakes &amp; Tortes</b>
<b>July 20th</b>	<b>Poultry Main Dish</b>	<b>Cookies &amp; Bars</b>
<b>August 17th</b>	<b>Reserved for outing</b>	<b>Reserved for outing</b>
<b>September 14th *</b>	<b>Mexican Main Dish</b>	<b>Mexican Dessert</b>
<b>October 19th</b>	<b>Italian Main Dish</b>	<b>Italian Desserts</b>
<b>November 9th</b>	<b>Comfort Food Main Dish</b>	<b>Pies, Tarts &amp; Cobblers</b>
<b>December 21st</b> Members Only	<b>Botanas</b>	<b>Holiday Desserts</b>

- \* 2nd Monday due to Mexican Holiday