



# Culinary Arts Society of Ajijic

MONTHLY NEWSLETTER

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

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## CASA MISSION STATEMENT

CASA Members, Associates and guests are provided a monthly forum to share foods; learn new preparation techniques; stimulate culinary ideas; and an avenue to meet new people who enjoy the wonderful world of food in a competitive atmosphere that encourages creativity and rewards excellence

## 2015 CASA BOARD OF DIRECTORS

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## NEXT CASA MEETING

Please let us know if you will be attending the CASA meeting next **Monday, October 19th**. Remember that it begins promptly at 4:00 pm, but will be at **"La Mision" restaurant** at Rio Bravo #7 (turn down toward the lake like going to the current Tabarka Restaurant. La Mision is the former Villa de Arte. Presenters, please be set up no later than 3:45 pm.

## PRESIDENT'S MESSAGE

**CASA President - Margaret Ancira**

2016 Categories!

These decisions and selections are soon upon us. Personally, I'd like for us to bear in mind that we are a gourmet food club and let's keep that in mind when we think about dish categories.

Let's think out of the box for 2016! How about some new and interesting concepts? Pates and terrines. Smoked food main dish. A liqueur main dish. A wedding cake

for a dessert dish. How about some side dish entries? One theme that is fun to do is the Celebrity Chef dish and this could be either main dish or dessert.

Wouldn't it be fun to do a team effort? Perhaps put all our names into a hat and draw 2 names and they have to jointly present a dish. I just think it'd be fun to change things up a bit and do some new ideas and themes that would be different approaches to what we always do.

Another fun idea is to do a take-off of one of the food network ideas like the show "Chopped". Make a list of 4 or 5 ingredients and whatever you make has to contain all those ingredients. Example: cinnamon, butter, garlic, soy sauce. Or: heavy cream, rice, smoked paprika and sherry or white wine. You get the idea.

I'd love to see the Club veer away from the old favorites such as; cookies and bars; puddings and mousses; ground meats; cup cakes...these just seem to me to be a little too close to Betty Crocker. Let's ratchet it up and get into some more challenging categories and make this fun and interesting!

We will be reviewing the categories at the October meeting instead of having a speaker so let's put our thinking caps on! Have a wonderful meeting. I will be in Canada seeing the fall leaves turn. I can't wait!

*Margaret Ancira*  
CASA President



# Culinary Arts Society of Ajijic

## Meet our July 2015 Judges

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**Marianne O'Halloran**

Marianne is originally from Chicago with a degree in Foods in Business from Purdue University. Years ago she worked as a dietician for the University of Michigan. She has been in Mexico since October 1997, but before that lived in Saudi Arabia for 13 years. While there, she enjoyed all types of Arabic food and she loved eating out, but also loved cooking and shopping in the wonderful markets and grocery stores. The Middle East is still 'home' for her, and she has been back several times in the last few years, returning with a suitcase full of spices, saffron, pistachios, pine nuts and dates.

Marianne has had lots of hip surgery this past year BUT did manage to get to Chicago, Houston and Toronto for rock concerts.

Marianne O'Halloran  
moh2242000@yahoo.com



**Nalini Ramanlal**

Nalini was born and raised in Singapore until age 16 when she left for boarding school in England.

Her love for cooking started long before then. From her early teens on, she would read cook books and experiment while everyone was having their afternoon siestas.

While at boarding school in England she spent her school holidays with an Indian family. Their own children would avoid kitchen duty but Nalini was more than happy to chop, stir and learn.

Her taste for a variety of cuisines developed while traveling extensively.

Nalini was fortunate that while she loved to cook, she had a ready and willing audience in her late husband who loved to eat. They also liked to entertain so it allowed her to show off her many culinary skills.

While not having had any formal training, Nalini doesn't find it too difficult to follow a recipe. However, no need to always follow a recipe exactly. She gives herself room to change a recipe to suit her own tastes.

Nalini likes cooking because at the end of all the hard work, there's something good to eat, enjoy and share with friends. And what better accompaniment to a good bottle of wine than good food.

Nalini Ramanlal  
naliniramanlal@yahoo.com



**Manu Salazar**

Manu is the owner of Chez Cafe Manu in Chapala on Calle Degollado.

He has a well travelled past. His interest in cooking began in Spain where he lived with his Grandmother, she being the inspiration for his Gastronomy.

Manu comes from Spain VIA Paris and the United States. It was in the States that he had all his formal education. And also where he learned to cook just to survive, calling his Grandmother for help along the way.

He has picked up an eclectic taste, cooking food that incorporates all these nationalities. Important to Manu to share a table with good friends led to opening his restaurant.

In his Cafe you will find Specialty Coffees, hot and cold, fruit drinks, Smoothies and Teas, Sandwiches and Soups of which he is now in great demand for. He is open many hours offering clients a relaxing atmosphere for Board game playing or just relaxing.

Manu Salazar  
manudiza@hotmail.com



# Culinary Arts Society of Ajijic

## Meet our July 2015 Winners

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### Category A

#### Poultry Main Dish



**Category A First Place Winner**  
**Congratulations "BING" Winner**  
**Catherine Suter**



**First Place, Best Presentation**  
**Catherine Suter**  
**Chicken Chiquita**



### Category B

#### Cookies and Bars



**Category B First Place Winner's**  
**Rick Feldman and Bev Denton**



**First Place**  
**People's Choice**  
**Rick Feldman**  
**Chocolate Chip**  
**Cookie with Toffee**



**First Place**  
**Bev Denton**  
**Date Lebkuchen**



New Section



### CASA'S BING AWARD

The BING Award is given to each CASA Presenter with 3 First Places throughout the year. The BING Award was instituted in 1987 by Charlotte MacNaara, CASA's First President, who is the founder of Vogue Magazine. Her best friend was Bing Horn of the BING Ice Cream Company in Guadalajara. Bing wanted to do something special for Charlotte and CASA, so he paid for the trophies. The 2 friends then decided that "in honor of CASA and BING Ice Cream" they would award a trophy to anyone who won 3 first places during that calendar year and named this the "BING Award. To date, many have achieved this- a few more than once.

We are delighted to announce another BING winner this year is going to

**Catherine Suter**

**Congratulations Catherine!**

2 others qualified for their BING Award earlier in the year

**Monica Molloy**  
**and Leslie Yanko**

**Congratulations Monica & Leslie!**

## And the winners are...

### Category A

**Category A Second Place**  
**People's Choice**  
**Mary Ann Waite**  
**Vietnamese Chicken Balls**  
**with Cilantro Dipping Sauce**

**Category A Third Place Winner**  
**Wendy Hamblin**  
**Breast of Chicken**  
**in a Light Lemon-Herb Sauce**

### Category B

**Category B Second Place**  
**Keith Sofka**  
**Almond Biscotti with Orange Confetti**

**Category B Third Place**  
**Best Presentation**  
**Eli Herrerias**  
**Guardian's of the Planet**  
**"Healthiest of the Vegan Children's Bars"**





# Culinary Arts Society of Ajijic

## July 2015 Winning Recipes

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### FIRST PLACE

#### DATE LIEBKUCHEN

*Beverly Denton*

Moist and delicious for weeks after cooking

Grate the peel and extract the juice of 1 lemon and 1 orange. Add 1 pound of dates cut small. Cover and let stand for at least 12 hours.

Butter a pan about 12 x 15 inches. Set the oven for 375 degrees.

Beat until light 4 eggs. Beat in gradually 1 pound brown sugar.

Sift together and add: 2 cups flour, ¼ tsp salt, 1 tsp instant coffee, 2 tsp baking powder, 2 tsp cinnamon, and stir in the date mixture.

Add 1 cup chopped nut meats.

Spread in the prepared pan, bake 30 minutes. Let cool in the pan. Can leave in pan overnight. When cool, cut into 1 ½ inch squares.

Put 3 TBsp orange juice into a bowl, add confectioners' sugar until thick. Add 1 tsp melted butter. Put a dollop on top of each square, using a decorating funnel.

Makes about 80.



### FIRST PLACE

#### CHOCOLATE CHIP COOKIES WITH TOFFEE

*Rick Feldmann*

Prep Time: 30 min.

Total Time: 60 min.

(plus one day refrigeration)

Makes Approximate 20 Cookies

Ingredients

5 ounces all purpose flour

½ tsp baking soda

½ tsp salt

¾ cup brown sugar, packed

½ tsp vanilla

1 large egg

1 cup semi-sweet chocolate chips  
(or chunks)

3-4 ounces English Toffee Bits

Directions

1. Mix the dry ingredients (flour, baking soda and salt).

2. Blend together the butter and brown sugar in a medium bowl with a handheld mixer.

3. Then blend in the vanilla and the egg.

4. Slowly blend in the dry ingredients.

5. When done, add the semi-sweet chocolate chips and toffee bits, and mix well with a spoon. If using chocolate chunks, cut the longer ones in two to even out the sizes)

6. Cover and refrigerate for 24 hours

7. Preheat the oven to 350 degrees F

8. Prepare cookie sheets, lining with parchment paper

9. Spoon cookie dough onto cookie sheets approx.. 1 ½ TBS each

10. Separate the cookies sufficiently so they don't melt together

11. Bake for approx.. 9-11 minutes.

12. Remove and allow the cookie sheets to cool before removing the cookies to paper towels on a cool counter.

NOTE: the Toffee Bits will melt and make the cookies slightly gooey and they will tend to spread out more. If not using the toffee bits, the cookies should rise better. The toffee bits will require cooling the cookies on paper towels placed on a cool counter, to absorb some of the butter.



### FIRST PLACE

#### CHICKEN CHIQUITA

*Catherine Suter*

This Dish was adapted from a dinner I had on the Celebrity Infinity.

Marinate 6 chicken breasts (deboned and flattened Milanese style) overnight in:

one litre Coconut/Almond Milk

1 tsp. ground Ginger

1 tsp. crushed red pepper flakes

Tikka Masala Sauce:

1 onion diced

1 tbsp minced garlic

2 cups tomato sauce

1 tsp minced fresh ginger

1/2 cup cream

1 tsp cumin

1/2 cup plain yoghurt

pinch paprika

pinch turmeric

2 tsp butter

Saute onion in the butter, 5 minutes, add the garlic, ginger and spices, stir and then add all other ingred. Combine and simmer. Leave it chunky or puree with a hand blender. Add 2 tsp chopped fresh cilantro. Set aside.

Bowl 1- flour

Bowl 2- 2 eggs beaten with

4 tbsp coconut milk

Bowl 3- Panko Crumbs 1 1/2 cups

and coconut 2/3 cup, S&P.

Take each chicken breast and on one side layer 4 very thin slices of Ham and a layer of sliced ripe banana. Roll up and skewer with toothpicks to secure, roll in plain flour then egg mixture then Panko crumb mixture.

Heat oil in frying pan and deep fry quickly to brown all over one at a time. Rest on paper towel.

Place all on a foil lined baking pan and bake 15 mins at 400 degrees.

Remove toothpicks and serve with the Masala sauce, coconut rice and your choice of vegetables.



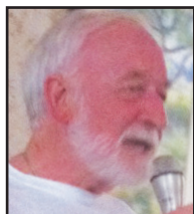
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## July 2015 Speaker

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### JULY SPEAKER

Alex Sgroi



Chef Alex Sgroi has been involved in cooking for the past 50 years.

He became interested in cooking years ago when he started reading about the history of food and how important it is for the human body to eat well and also how important it is in social life.

He studied cooking in school and has diplomas from Losanne and Geneva Hotel Schools. He is a firm believer that you can never learn enough about cooking and he is still learning everyday.

His greatest joy is seeing people enjoy dishes that he has created.

Alex is the proud owner of Alex's Pasta Bar. He loves to cook in his own restaurant with produce from his own garden.

Alex's Pasta Bar  
Juan Alvarez 71  
Ajijic.

Make a reservation at Alex's Pasta Bar today - call 33 1022 9431 (cell)

### 2015 Categories



#### August 17th

Reserved for Outing

#### September 14th ♥

Category A  
Mexican Main Dish

Category B  
Mexican Dessert

#### October 19th

Category A  
Italian Main Dish

Category B  
Italian Dessert

#### November 9th

Category A  
Comfort Food Main Dish

Category B  
Pies, Tarts & Cobblers

#### December 14th - Members Only

More details to follow in September Newsletter

Category A  
Botanas

Category B  
Holiday Desserts

♥ 2nd Monday due to  
Mexican Holiday

