



# Culinary Arts Society of Ajijic

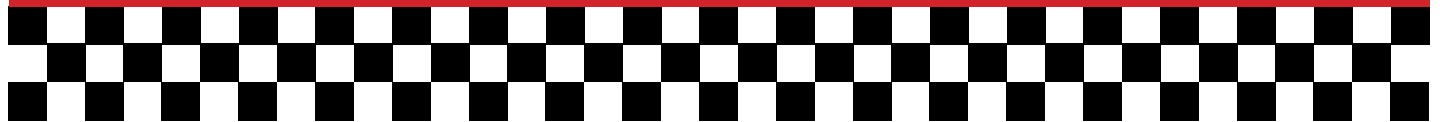
MONTHLY NEWSLETTER

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

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



## PRESIDENTS MESSAGE

Hola All,  
It certainly has been busy since we returned from our vacation in Canada to visit family and friends this summer.

Our feet no sooner hit the tarmac in Guadalajara and we were caught up in all the hype of the official launch of CASA's first Globo. How exciting it was to see our Globo have the perfect launch!

A very special thank you to Maestro Lalo and his team of experts. Last sighting was somewhere in San Jaun Cosala disappearing into the sunset.

Our next exciting event was our second Guest Chef Cooking class featuring Chef Oscar from Restaurant El Jardin de Ninette's. A standing ovation at the conclusion of his class says it all!

All of the dishes he prepared were delicious and included clear instructions requiring hands-on from all of us with the Chiles en Nogada. Chef Oscar also shared many stories about Mexico and its rich culinary history and ingredients from various parts of Mexico. I cannot tell you how many compliments we have received from everyone. I know of a couple of CASA members that are already trying some of the dishes he prepared. It was an interesting comparison he provided between French precision cooking and the Mexican molé for example, where everything eventually ends up in the same pot and is ground together. Chef Oscar is very proud of his home country and Mexico's culinary roots.

Our next exciting event is coming up on October 5th with our Romertopf Asian Tour. We will write more about that next month.

See you all on the 17th of October. Don't forget to wear a costume and join in all the fun celebrating Halloween and the Day of the Dead. We are rewarding the Best Costume a Special Gift!

Warmest regards,  
Monica Molloy  
CASA President 2016



## CASA MISSION STATEMENT

In the wonderful world of food CASA, Culinary Arts Society of Ajijic, is committed to stimulating the exchange of gourmet culinary ideas and creativity in a friendly, social, Lakeside forum that rewards unique methods of presentation and the creation of delicious flavors.



## 2016 BOARD OF DIRECTORS

- President* - Monica Molloy
- Advisor to the President* - Rick Feldmann
- Vice-President* - Michele Lococo
- Secretary* - George Lindahl
- Treasurer* - Leslie Yanko
- Director at Large* - Judith Greenberg

## 2016 COMMITTEE CHAIRS

- Judge Recruiter* - Catherine Suter
- Newsletter Editor* - Janine Kirkland
- Program Chair* - Michele Lococo
- Membership Director* - Shawn Lindahl
- Record Keeper* - Rick Feldmann

## NEXT CASA MEETING

**Please confirm** your attendance at the next CASA meeting **Monday, October 17th, 2016.**

**Note:** Meeting begins promptly at 4:00 p.m. Presenters must be set up no later than 3:45 p.m.

**Location:** La Mision Restaurant (on Rio Bravo) formerly Villa de Arte Restaurant. Go west on the Carretera, until you see the signs Rio Bravo and La Mision and Tabarka Restaurant, turn south towards the Lake, La Mision is on the right hand side about 1 ½ blocks down

## October 17th Categories

- Category A** - Chopped Individual Main Dish
- Category B** - Chopped Main Dish Dessert

Please register at  
[casalakeside@yahoo.com](mailto:casalakeside@yahoo.com)

# Culinary Arts Society of Ajijic

## Meet our September 2016 Judges

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**CASA Judge**  
**Oscar Perez Nafarrate Solis**

Oscar Perez Nafarrate Solis was born in Guadalajara Jalisco and studied Industrial Engineering at ITESO, in 1999 emigrated to Paris France where he had his first professional experience in the field of gastronomy, working in a restaurant in Latin American cooking, after a year he moved to London where he worked for 6 months in the kitchen of Cafe Monaco to raise some money and start a journey through the Orient, where he worked in Sydney Australia, as a waiter, bartender and assistant cook for 5 months and then in Tokyo on site of Hotel Niko as an assistant in the kitchen line.

In 2002 returned to Mexico to finish his engineering studies and organize Jazz events in his hometown, and in 2004 returned to Paris to study at L'ecole Gregoire Ferrandi while He worked alongside with the Executive Chef of the French Navy and then in the French Restaurant Le Verre Soi. The he moved to London where he worked in the kitchen of Isis Night club in London Mayfair.

In 2006 he returned to Mexico, worked and studied at Colegio Gastronomico Internacional where he won an internship to work at La Taberna del Alabardero gourmet restaurant in Marbella, for 6 months. Then returns to Guadalajara to work as a sub-chef in the restaurant 840, and a few months later as executive chef at Cafe 4.

In January 2008, started his own project in Ajijic, El Jardin de Ninette where he is the Chef-Owner since. In 2012 starts his new project an organic farm in Jaltepec to have a 100% organic cuisine which he believes is the future of global dining, and despite being hard work, new to him, and based in trial and error, He confirms that it will began to bear fruit in a few months, cultural, gastronomical and ecologically.

Oscar Perez Nafarrate Solis



**CASA Judge**  
**Hector Espana Ramos**

Hector began his cooking career 30 years ago where his first and only job in the States was working with "What's Cooking", a restaurant in New Port Beach California for years. They had chefs from Napoli, Milan, and Cefalu (the coastal region, mainly seafood).

He began as a dishwasher, was promoted to prep Station then Assistant Chef.

After years, Hector returned to Ajijic and opened Manix restaurant in 1987 with his brother Manuel. Manix is the oldest restaurant in Ajijic.

Together the two brothers created the menu.

What Hector says about creating a dish; You can fantasize about any dish but to create it and have it taste great is the ultimate. His favorite cuisines are Italian and Gourmet International.

For example, to create a Gourmet International menu from the beginning for a wedding: an appetizer, soup, main course and dessert could all be from different countries.

The most important thing Hector has learned in his cooking experience is Hygiene. All fruits and vegetables must be disinfected. All meats, poultry and seafood must be refrigerated. Also every dish must be served HOT and seasoned properly.

The most thrilling event in his cooking experience was while he was Assistant Chef at "What's Cooking", they were contracted to serve two thousand three-course meals at an off site location. The challenge was to transport the 2000 meals. Although each course was served cold, transporting that amount of food was especially challenging.

The menu was: Fusilli with vegetables in a vinaigrette dressing. Tuna Pasta Salad and Lemon Pudding. Hector's Job was to do all the calculations of food quantities. That was his mental challenge and to make every meal exactly the same.

Hector Espana Ramos



**CASA Judge**  
**Ruben Olivares**

Ruben has made some very good changes to his career since we last saw him as a Judge. And is a very busy man. Currently you'll find him in Chapala on the lakeside as Head Chef @ Don Juan's Palapa Restaurant in Chapala.

I remember seeing trays full of exotic appetizers ready to arrive at a party, all fresh and inviting. That is Ruben's other venture, he is the Owner of Rubén Deleites Gourmet Catering.

From the age of 5 under his grandmother's tutelage, Ruben was sent out into the field of Chapala to gather foods for dinner. Grandmother and mother were his mentors and critics. His first experience cooking was making family meals with his findings. His skills improved, and at the age of 16 he landed a job in a restaurant. Within two months he was head chef. It was at this point he began creating new dishes for the Diners. As their praise grew so did his skills. After 10 years Ruben decided to finish High School and proceeded to Colegio Gastronomico Internacional, Guadalajara through a scholarship program.

Upon graduating he assisted Delicias restaurant in Chapala in it's opening, creating menus, organizing a work kitchen and staffing it.

Very much a success!!

Chef Ruben Olivares  
contact jcikon@mac.com



# Culinary Arts Society of Ajijic

## Meet our September 2016 Winners

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### Category A Mexican Main Dish



Category A First Place Winner  
Allison Quattrocchi



First Place Category A  
Allison Quattrocchi  
Chicken Enchiladas  
with Red Chili Sauce



Second Place Category A  
Avril Stephenson  
Pescado Estilo Yucateco

Third Place Category A (Tie)  
& Best Presentation  
Judith Greenberg  
Chicken with Poblano Cream Sauce

Third Place Category A (Tie)  
& Peoples Choice  
Lydia Cortes  
Mole Verde de Puerco

### Category B Mexican Desserts



Category B First Place Winner  
Carol Westbrook



First Place Category B  
& Best Presentation  
Carol Westbrook  
Kahlua Flan with Fruit



Second Place Category B (Tie)  
Marina Benz  
Chiles en Nogada

Second Place Category B (Tie)  
& Peoples Choice  
Bev Denton  
Kahlua Chocolate Bread Pudding

Third Place Category B (Tie)  
Lizzie Conover  
Dulce de Camote

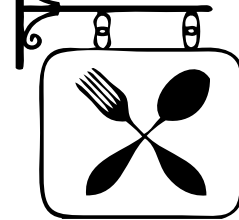
Third Place Category B (Tie)  
& Peoples Choice  
Jerry Smith  
Mexican Chocolate Dulce de Leche Crepe Torte

### Second Place Winners September 2016



Avril Stephenson (A), Bev Denton (B tie)  
and Marina Benz (B tie)

### 2016 Categories



#### October 17th

Category A - Chopped Individual Main Dish

Category B - Chopped Main Dish Dessert

#### November 14th

Category A - Poultry

Category B - Anything Pumpkin (sweet only)

#### December 12th

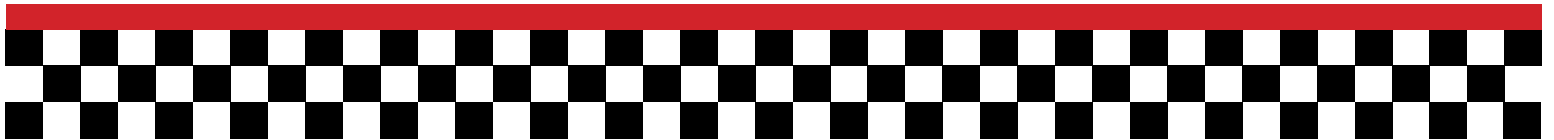
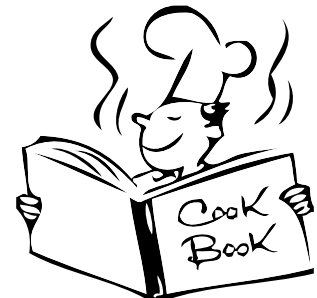
Category A - Botanas/Appetizers

Category B - Holiday Desserts

**\*\*Important Date Change.**

**Please mark your calendars\*\*:**

December Holiday meeting has been moved 1 week earlier to December 12th, at La Mision with a Special Luncheon including our delicious Presentations with Botanas/ Appetizers and Holiday Desserts.



# Culinary Arts Society of Ajijic

## September 2016 Winning Recipe

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### FIRST PLACE

#### CATEGORY A

### CHICKEN ENCHILADAS WITH RED CHILI SAUCE

*Allison Quattrocchi*

Monterey Jack can be substituted for cheddar for a mellow flavor and creamier texture, try an equal amount of farmer's cheese. (I used Extra Sharp Cheddar.) Be sure to cool the chicken filling before filling the tortillas, otherwise the hot filling will make the enchiladas soggy.

#### SAUCE AND FILLING:

- 1 1/2 T. vegetable oil
- 1 onion, chopped fine
- 3 garlic cloves, minced
- 3 T chili powder
- 2 t. ground coriander
- 2 t. ground cumin
- 2 t. sugar
- 1/2 t. salt
- 12 ounces boneless, skinned chicken thighs, trimmed and cut into 1/4 inch wide strips (is 2 large thighs or 3 small ones) I have a kitchen scale which I find invaluable.
- 2 8 oz cans tomato sauce
- 3/4 c. water
- 1/2 c. chopped cilantro
- 1/4 c. jarred jalapeños, chopped (he says these work better than fresh ones) (I used "Tamed" so can make it spicier by using the regular ones.)
- 8 oz sharp cheddar cheese, shredded (plus the 3 oz listed below for topping)

#### TORTILLAS AND TOPPINGS:

- 10 6 inch corn tortillas
- Vegetable oil spray
- 3 oz sharp cheddar cheese, shredded
- 3/4 c sour cream
- 1 avocado halved, pitted and cut into 1/2 inch pieces
- 5 romaine lettuce leaves, shredded
- Lime wedges

#### FOR THE SAUCE AND FILLING :

Heat oil in medium saucepan over medium high heat until shimmering. Add onion and cook, stirring occasionally, until softened and lightly browned, 5-7 minutes. Stir in garlic, chili pdr, coriander, cumin, sugar, and salt and cook, stirring constantly, until fragrant, about 30 seconds. Add chicken and cook, stirring constantly, until coated with spices, about 30 seconds. Add tomato sauce and water, bring to simmer, and cook, stirring occasionally, until chicken is cooked through and flavors have melded, about 8 minutes. Strain mixture through fine mesh strainer into bowl, pressing on chicken and onion to extract as much sauce as possible, et sauce aside. Transfer chicken mixture to plate; place in refrigerator for 20 minutes to cool, then combine with cilantro, jalapeños and cheddar in bowl and set aside. Adjust oven racks to upper-middle and lower middle positions and heat oven to 350 degrees.

#### FOR THE TORTILLAS AND TOPPINGS:

Spread 3/4 of the chili sauce evenly over bottom of 13 x 9 baking dish. Place tortilla in single layer on the 2 baking sheet. Spray both sides of tortillas lightly with vegetable oil spray. Bake until tortillas are soft and pliable 2-4 minutes ( Can skip this is buy fresh, warm tortillas as they will be soft and pliable so don't have to soften them in the oven.) Increase oven temp to 400. Place warm tortilla on counter and spread 1/3 c. chicken filling down center of each tortilla. Roll each tortilla tightly and place in baking dish, seam side down. Pour remaining chili sauce over top of enchiladas and spread into even layer of that it coats top of each tortilla. Sprinkle the 3oz of cheddar down center of enchiladas and cover tightly with aluminum foil.

Bake enchiladas on lower rack until heated through and cheese is melted, 20-25 minutes. Uncover and serve immediately, with sour cream, avocado, lettuce and lime wedges separately on side.

### FIRST PLACE

#### CATEGORY B

### VANILLA, KAHLUA FLAN WITH CHOCOLATE BOTTOM

*Carol Westbrook*

**Yield: 10 servings**

#### Flan:

- 2 liters whole milk
- 1 cup sugar
- 1 vanilla bean, sliced open, and seeds scraped out and set aside
- 5 large whole eggs
- 7 large egg yolks
- 1/4 cup Kahlua

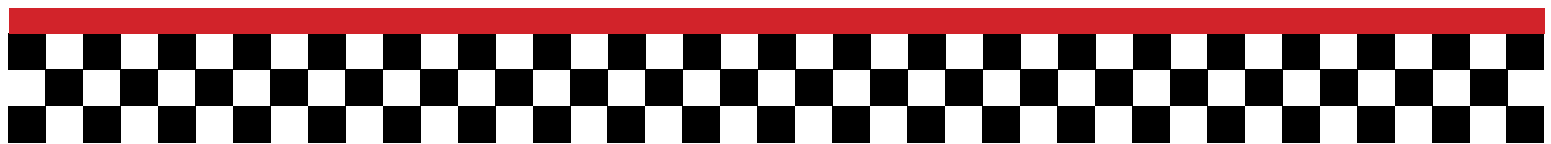
Reducing the milk: Bring the milk, 1 cup sugar and the vanilla bean and seeds to a boil in a saucepan. Regulate the heat so the mixture simmers briskly without boiling over, stirring regularly. Let this reduce to 1 liter, about 1 hour.

The mold and water bath: Set a large straight sided mold in a baking pan deep enough to hold 2 inches of water. Put a tea kettle of water on to boil when you preheat the oven to 350 F, and position the rack in the middle of the oven.

The custard: Beat the eggs, yolks and Kahlua in a large mixing bowl until liquidy. Slowly add small amounts of the hot milk mixture to the eggs, beating the mix as you go. Strain through a fine mesh sieve to remove any membranes or milk skins, then pour into the mold.

Baking the flan: Fill the baking pan with 2 inches of boiling water, cover lightly with foil and bake until the custard has just set. (A knife inserted near the center will come out clean), about 1 hour. Remove from the oven and let cool in the water bath (the custard will set completely as it cools). After it has cooled, tightly cover the flan and put it in the refrigerator to chill for at least 3 hours or over night.

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# Culinary Arts Society of Ajijic

## September 2016

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Cooking Classes September 26 & 27  
 Chef Oscar, El Jardin de Ninette



Huillacoche tart  
 Chiles en Nogada  
 Chicken with Black Mole  
 Dessert - Crème Brulee



photos compliments of Member Allison Quattrocchi , Professional Photographer



**October 17th**, dress up in your most creative Halloween or Day of the Dead costume and you will be eligible to win a Special Prize! It should be so much fun!

**\*\*Important Reminder:**

Please ensure you prepare 10 - 12 main course or dessert servings (in both Categories) so we do not run out of samplings for everyone.



**September 10<sup>th</sup>, 2016**

**CASA Outing** - Globo Regata, CASA outing  
 Last sighting was around San Juan Cosala where our Globo just drifted into the sunset.



**September Speaker Zhanna Sosensky**

Zhanna has led a fascinating life. She is a testament to the ideas that a positive attitude and persistence can overcome all odds. She has lived through abandonment and living in an orphanage as a child in Russia, moving to new countries - Canada, Costa Rica and Mexico, and several careers and businesses. She has written two books, "I never met my mother" and "100 ways to eat well". We are very lucky today, not only because she is here, but she is also giving us a free link to her cookbook!

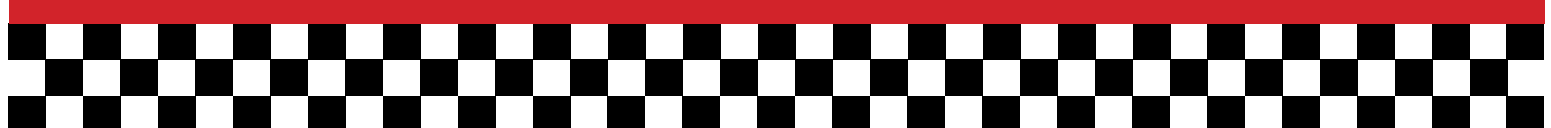
It is Zhanna's love of food that has gotten her through many things in life. She had a frozen food business "Crepe Delight" and a catering business in Toronto and a restaurant "Tea Terrace" in Costa Rica. Today she will give us some easy ways to prepare eggplant.

**Eggplant dip recipe:**

**INGREDIENTS:**

- 1 Eggplant, 1 tomato, 2 cloves Garlic, 1 Onion
- 1. Roast one eggplant in the oven. 45min.  
 Turn oven off, and let it cool down.  
**Make sure it fills soft.**
- 2. Make one cut in a middle from top to bottom to split it open.
- 3. Scrape the insides with the table spoon.
- 4. Bland it or mush it.
- 5 Chop 1 tomato med.size.  
 (preferable skinless)
- 6. 2 clove fresh garlic grated
- 7. Chop finely 1 onion small size
- 8. Add up to taste, (salt or White Balsamic Vinegar, Avocado Oil, Chilli flakes or Cayenne pepper)

Her cookbook is free to download:  
 go to: [www.inevermetmymother.com](http://www.inevermetmymother.com)  
 Go to link: Cookbook  
 Username: cookbook password: Russia



# Culinary Arts Society of Ajijic

## September 2016

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### VANILLA, KAHLUA FLAN WITH CHOCOLATE BOTTOM

*Carol Westbrook*

#### Fudge Pie Bottom:

- 1 stick unsalted butter
- 1 cup sugar
- 2 eggs
- 1/2 cup flour
- 1/4 cup cocoa
- 1 tsp vanilla
- 2 tbsp instant coffee
- 1 cup chopped pecans

Lightly grease the sides and bottom of a matching mold to the flan with part of the butter. Cut out a parchment paper circle for the bottom of the pan and place it over the buttered bottom (do NOT skip this step). Mix all the dry ingredients together well. Beat eggs lightly with vanilla. Melt butter, add eggs and vanilla mix lightly and pour into dry mixture. Stir well and pour into greased, papered pan. Bake at 325 for about 30 mins. Do NOT over cook.

Unmolding the flan: When the fudge pie had cooled scrape the sides well until the pie is loose. Turn it over and the pie should come out of the pan, paper still attached. Run a knife around the sides of the flan mold to the bottom. Let the flan sit out for about 20 mins to let the bottom of the flan begin to loosen. Put the paperless side of the chocolate onto the top of the flan. Place a deep inverted plate over the mold and reverse the two and listen for the flan to drop. You may need to lightly shake it a bit. Splash flan with Kahlua (2 or 3 tbsp) after unmolding.



**CASA NOTE:** Also, a very active snowbird couple, Monique & Phillip Grossman, will not be joining us this winter season sent me a Breakfast/ Brunch recipe she prepared for Michael & I while visiting them this summer near Kelowna, British Columbia Canada. She sends Big Hugs and says she misses everyone and CASA so so much! They will return next winter.

#### Make Ahead French Toast Casserole

Prep time	Cook time	Total time
20 mins	55 mins	1 hour 15 mins

Whether you serve as breakfast, brunch or dinner - this Make Ahead French Toast Casserole will quickly become a family favorite.

Author: PocketChangeGourmet.com  
Recipe type: Breakfast  
Serves: 12 servings

#### Ingredients

- 20-24 slices cinnamon bread (or use cinnamon raisin)
- 3 cups milk
- 1 cup half and half
- 2 cups egg substitute, divided
- 1 cup white sugar, divided
- 1 teaspoon vanilla
- 1/2 teaspoon ground nutmeg
- 8 ounces cream cheese, softened
- Cinnamon Sugar, optional

#### Instructions

1. Trim crusts from bread. Arrange half of the bread in a greased 9x13 baking dish.
2. In a large mixing bowl, combine milk, 1-1/2 cups of egg substitute, half and half and 1/2 cup of sugar. Whisk until mixed well. Pour half of mixture over bread in pan.
3. In a food processor or blender, add 1/2 cup egg substitute, 1/2 cup sugar, vanilla, nutmeg and cream cheese. Process until smooth. Pour over moist bread in dish.
4. Top with remaining bread and pour remaining milk mixture over bread.
5. Cover and refrigerate overnight.
6. Remove from fridge and let set for about 30 minutes. Heat oven to 350 and bake for 50-55 minutes. Let stand before serving. Sprinkle with cinnamon sugar if desired.

#### Notes

Serve with maple syrup or eat alone.

Recipe by Pocket Change Gourmet at <http://pocketchange-gourmet.com/make-ahead-french-toast-casserole/>



Michael Molloy with Monique & Phillip Grossman (CASA Snowbird Members) while visiting them late August at their home near Kelowna, British Columbia Canada.



See You There...

