



Culinary Arts Society of Ajijic

MONTHLY NEWSLETTER

MARCH 2015

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NEXT CASA MEETING

Please let us know if you will be attending the CASA meeting next **Monday, April 20th**. 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.

MARCH 2015 SPEAKER

Zahra Grant

My name is Zahra Grant. I am 20 years old and have been living in this town of Chapala for seven years. I am a student right now waiting to go to University. My ambition is to be a Veterinarian. I was born in India yet raised in Canada. I had had quite a different life compared to most kids my age. I was adopted at 10 months of age. My mother is a single mother and a Pilot and has provided for her 2 children all on her own. My mother has given me the benefits of travel all of my life. I have travelled to many places, tried many cuisines and my conclusion overall hands down, Indian food is my favorite. I do not have much experience in the cooking industry but I hope everyone finds my talk educational and informative. I have kept a Vegetarian lifestyle most of my life. My passion is animals and I do not believe eating them for meat.

PRESIDENT'S MESSAGE

CASA President - Margaret Ancira

One of the very fun and enjoyable things we do at CASA is to have members prepare a wonderful multiple course dinner as a contribution for a selected charity. Most recently, a dinner for eight persons was part of a live auction fundraiser for Villa Infantil Guadalupe Y San Jose, A. C. The winning bidder was Dianne Crawford and she offered a very generous \$17,000p for the dinner!

The dinner took place in Dianne's home in Las Palmas on February 26 and the event was spearheaded by Beth Cathcart and Pam Ladd. The theme Dianne selected was Italian. The menu began with an assortment of antipasti and the dinner consisted of six courses: Stracciatella Soup; Scampi with Alfredo Sauce; Lemon Granita palette cleanser; Stuffed Pork Tenderloin Lorenzo; Italian Salad in Parmesan Cups; Caduta Torta Souffle followed by homemade Limoncello and Coffee.

CASA members who participated in serving and cooking the dinner were: Beth Cathcart; Pam Ladd; Mary Ann Waite; Monique Grossman; Carole Wolff; Rick Feldmann; Sandy Feldmann; Lisa Anderson; Paulette Coburn; Leslie Yanko; Timeree McCormick and Collette Clavadetscher.

Dianne and her guests were completely thrilled with their evening and wrote some glowing letters to CASA saying how terrific everything was from beginning to end. Additionally, Sister Celia Nava Hernandez of Villa Infantil wrote a very heartfelt letter of gratitude for the very generous donation this event brought to the orphanage. Many thanks go to all of you who participated and were so thoughtful and giving of your time to make this such a special evening.

This is what CASA truly relishes -- helping the community by having fun doing what we like to do --- cook!!

Later in the year CASA will be preparing the next dinner donation that brought in \$21,000p (a record!) for Ninos Incapacitados at their recent March 12 Gala -- their big fundraiser for the year. Our home hostess will be lovely Norma King, a designer from Toronto that has done a lot of design work in NYC and has a stunning home with a very large kitchen. We'll be having fun with that event, probably in November. The winning bidders were led by Gayle and Rick McGraw. How much fun it will be when the time comes! This will be organized by Margaret Ancira and Leslie Yanko. Stay tuned!!

Margaret Ancira
CASA President



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Meet our March 2015 Judges

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Marie-Lyse Jacobsmuhlen

Marie-Lyse Jacobsmuhlen has been cooking since the age of 7, encouraged by her English grandmother who was a London Cordon Bleu cook and baker.

Her grandmother encouraged her culinary skills by entering Marie-Lyse's home-baked chocolate cake in a children's radio cookery contest - and she won. She also picked up a lot from watching and 'helping' her grandmother manage a home-based catering business.

Her French grandmother added to her repertoire with all things French, and from living and working in Paris and Provence, she learned the correct way to prepare and flavor food from the many regions of that country

She traveled to Greece, Italy, Germany, Portugal, Spain, and Dubai. She was influenced by the flavors of Morocco, India, Phillipines, and Sri Lanka, in addition to Thailand, Japan, Singapore, South Africa, Cape Malays and Jamaica, and Cuba.

Armed with all of these skills and interests she innovated the first international TV cookery show in Sri Lanka where she presented themed meals along with table decor, incorporating various methods of basic cookery using locally available ingredients and with a budget in mind.

With such a varied repertoire she finds it difficult to name any favorite dish. She lives her life by recreating any dish that her memory suddenly causes her to crave!



Ismat Jivani

Born in Kenya, Jivani's cooking journey began at the prestigious Nairobi Hilton Hotel in 1979 as an apprentice. The 5 ½ years at the Hilton took him on a Journey through North Africa, Middle East and Europe.

Arriving in Canada in 1985, he started work as the Chef at an upscale French restaurant "Chez Marie" an overnight sensation as of the best wild game restaurants in Toronto.

After a five year stint Jivani joined Denison's restaurants as a consultant and opened Denison's Bistro, Conchy Joe's Oyster Bar and Growler's Pub.

In 1991 Jivani joined the Fred Luk Group to develop and oversee five concepts. "Fred's Not Here" received wide acclaim as one of Toronto's best restaurants.

With the 1998 opening of Cha Cha Cha, Jivani once again raised the bar with AFRO-Miami cuisine, leaving critics like John Fitzgerald and James Chatto saying "a hard act to follow".

Jivani continued his Journey with his catering business company Fred's Not Here Catering", satisfying discriminating palates at the Toronto Film Festival and other Celebrity functions.

In 2004 Jivani joined the Lone Star Group as the Coporate Chef for 2 Brand's, Tex - Mex and Cajun.

After his move to Mexico Jivani then opened Gossips and the journey continues.....



Suzanne R. Wolf

I have been interested in cooking for well over 50 years. As a teenager I started to make the salads for our family. My mother was an awful cook and dinner in our house was steak, a frozen vegetable and potatoes.

I lived in Africa and Europe during the 70's and 80's. While my husband, at that time, could get working papers. I was not able to do so. So I taught myself how to cook Indian, Oriental, Scandinavian food and other European cuisines. I was a subscriber to Gourmet Magazine since 1971 until its untimely demise. I also owned 500 cookbooks. I also took classes during this time.

During my working career, I had very stressful jobs. I found cooking and planning meals to be therapeutic and relaxing. In other words, I was able to start something and finish it and make people happy.

All three of my husbands proposed to me at the Dining room table.



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Meet our March 2015 Winners

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Judges Category A Indian Main Dish



Catherine Suter, Monica Molloy, Carole Wolff



First Place Catherine Suter
Chicken Dhansak with Naan



Second Place and Best Presentation
Monica Molloy
Maharaja Lamb in Fragrant Spinach Sauce



Third Place and People's Choice
Carole Wolff
Murg Makhani

Judges Category B Puddings and Mousses



Mary Ann Waite, Monique Grossman, Jeanne Tulloch



First Place Mary Ann Waite
White Chocolate Mousse with Frangelico



Second Place and Best Presentation
Monique Grossman
Apple Craison Bread Pudding with
Caramel Sauce & Whipped Cream



Third Place Jeanne Tulloch
Coffee Mousse
People's Choice went to Leslie Yanko
for her Lemon Curd with Fresh Berries

2015 Categories

April 20th

- Category A
Fish or Seafood Main Dish
- Category B
Filled Pastries

May 18th

- Category A
Main Dish Salads
- Category B
Cheesecakes

June 15th

- Category A
Savory Brunch Main Dish
- Category B
Cakes and Tortes

July 20th

- Category A
Poultry Main Dish
- Category B
Cookies and Bars

August 17th

- Category A
Reserved for Outing
- Category B
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 21st - Members Only

- Category A
Botanas
- Category B
Holiday Desserts

♥ 2nd Monday due to
Mexican Holiday



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March 2015 Winning Recipes

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FIRST PLACE

CHICKEN DHANSAK with NAAN

Catherine Suter

An Indian Classic, The Chicken is cooked in Spiced Dhals. Prep starts the day before with marinating the chicken pieces.

- 3 lbs. skinless boneless chicken
- 1 tsp. salt
- 1 inch fresh ginger
- 6 garlic cloves, chopped
- 1 tsp. coriander seed
- 1 tsp. cumin seed
- 1 tsp. fennel seed
- 4 green cardamoms
- 2 inches cinnamon sticks
- 6 dried red chilies
- 10 peppercorns
- 2 bay leaves
- 1/4 tsp. fenugreek seeds
- 1/2 tsp. black mustard seeds
- 6 tbsp. water
- 2 tbsp. ghee
- 4 oz. water
- 3 oz. yellow split peas
- 3 oz. red lentils
- tbsp. oil
- 1 large onion
- 1 tsp. turmeric
- 1 tsp. garam marsala
- 20 oz. warm water
- 1 tsp. tamarind paste
- 1 tbsp. fresh coriander leaves

Debone chicken and cut into 1 inch pieces. With the salt mash the ginger and garlic to a pulp.

In a grinder mix together the coriander seeds, cumin seeds, fennel seeds, cardamoms, cinnamon stick, dried chilies, peppercorns, bay leaves, fenugreek seeds and mustard seed. Mix in 6 tbsp. water to make a paste, add the garlic and ginger pulp, mix well and add to the chicken, making sure that the meat is well coated.

refrigerate overnight.

In a large pan melt the ghee over med. heat and fry the chicken with any juices about 10 mins.

Add the water, bring to a boil and simmer covered for 20 mins. Turn off the heat.

Mix the split peas and lentils together and wash them till the water runs clear. Drain them. Heat the oil in another pan and fry the onions till golden.

Add the turmeric and garam marsala, cook for 1 min, add the lentils and cook over low heat for 5 mins.

Add the water and 1 tsp salt to the boil, reduce heat and cook for 30 mins.

Mash the dhal to make a smooth sloppy mixture and add this to the pan with the chicken. Bring to a boil reduce heat and cook for 30 mins, stirring to make sure that it does not stick or burn.

Dissolve the tamarind in a little hot water and add this to the pan, cook for 3 mins. Serve with rice pilaf and homemade naan bread.



FIRST PLACE

WHITE CHOCOLATE MOUSSE with FRANGELICO

Mary Ann Waite

Ingredients:

- 8 ounces white chocolate, chopped
- 1/2 cup (4 ounces or 1 stick) unsalted butter
- 6 eggs, separated, at room temperature
- 1 cup sifted powdered sugar
- 1/2 cup Frangelico (hazelnut) liqueur
- 2 cups heavy cream, cold
- 1/8 teaspoon cream of tartar

Instructions

1. Gently microwave white chocolate and butter in a microwave safe bowl, stopping and stirring at 30 second increments till melted and smooth.

2. Whisk the yolks, sugar, and Frangelico in the bowl for the top of the double boiler (or a bowl large enough to sit over a pan of simmering water) it thickens. Set it over the double boiler, with just simmering water, and cook until very thick, about 3 minutes, whisking constantly. Remove from heat and set aside to cool.

3. Whisk the white chocolate into the egg mixture until smooth & cool.

4. In another bowl, beat the heavy cream over high speed until stiff peaks form.

5. Using a mixer with the whisk attachment and a very clean bowl (any oil or grease will prevent whites from whipping properly), with whisk attachment, beat the egg whites and cream of tartar till stiff but not dry.

6. Gently fold the egg whites into the white chocolate mixture.

7. Then fold the cream into the mixture. Refrigerate for at least 3 hours to set before serving. Scoop mixture into pretty serving dishes. Garnish with berries or chocolate shavings/curls if desired.

Yield: 10-12 servings depending on size of your dishes.

Total time: 3 1/2 hours with chilling time.



CONGRATULATIONS!

Catherine Suter and Mary Ann Waite
on your First Place Recipes

