



Culinary Arts Society of Ajijic

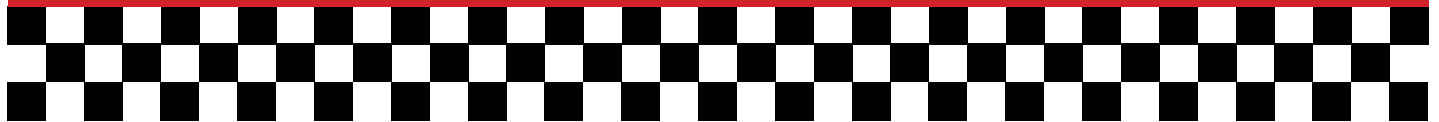
MONTHLY NEWSLETTER

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PRESIDENT'S MESSAGE

CASA President - Monica Molloy

Hola CASA Members,

As you can see your Board has been very busy with exciting changes for CASA.

Please mark your calendars:

September 10, 2016 Globo Regata – CASA outing where CASA is having our own Globo designed and custom made by Master Maestro Lalo Palma. It should be a fun day and we do hope our Globo will be one of the 1/3 that gets off the ground and does not burn up within 100 feet in the air. We are hoping to have CASA's new logo on our Globo!

November 14, 2016 Categories are:

Category A – Poultry

Category B – Anything Pumpkin (sweet only)

Now that we have the business out of the way I would like to share an interesting adventure searching for fresh sweetbreads and caul.

I think you all know Judith Greenberg, our Director-At-large who does an excellent job looking after our Judges every month. Well you may think she is shy and quiet, but let me assure you when she is on a mission she is quite unstoppable. Along with Judith and I came Carol Westbrook, our new Presenter's Assistant.

We arrived at the veal market in Guadalajara early in the morning and asked about the sweetbreads and the caul and they had no idea what I was talking about regarding the caul, but knew we were asking for very unusual parts of beef or pork and they directed us to the slaughter house, yes, you are reading this right, the slaughter house.

We came to the guard gate and the guard was quite surprised to see 3 gringa women asking for these unusual parts. He was so surprised,

Continued on Page 5

CASA MISSION STATEMENT

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



2016 BOARD OF DIRECTORS

President - Monica Molloy

Advisor to the President - Rick Feldmann

Vice-President - Michele Lococo

Secretary - George Lindahl

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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, June 20th, 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

June 20th Categories

Category A - Fusion Main Dish

Category B - Fusion Desserts

Please register at
casalakeside@yahoo.com

Culinary Arts Society of Ajjic

Meet our May 2016 Judges

Page 2



CASA Judge Sandy Olson

I became interested in learning about cooking and also selecting wines in the 1970s. I enrolled in wine tasting classes and cooking classes in San Francisco. I took classes in classical and provincial French, Italian, Mediterranean and Asian cooking. I also took pastry and cake decorating classes.

I was a member of several gourmet groups: one in dining out, two others in homes. It was fun to prepare menus and host trial dinners.

The most important outcome of these classes and experiences was a movement away from classical cooking and an appreciation of provincial cooking at its best: simple food, easy to prepare, with local and fresh ingredients.

I have to confess to going "over the top" with the cooking and in the end pursuing this hobby led me to enroll in Weight Watchers! I just couldn't stay with it.

Today I enjoy good food but don't cook much. I do miss all the praise I used to get!

Sandy Olson
sandyzihua@hotmail.com



CASA Judge Chantal Lessard

I started cooking at a very young age; being the oldest of 7 children, I often made meals for my younger siblings.

After regular school through 11th grade, I attended a Boarding School south of Quebec City which included subjects such as the chemistry of food, and very elaborate techniques of cooking based on the Cordon Bleu School approach. We were taught table manners and etiquette, and entertaining with proper settings and courses appropriate for the occasion, including preparing meals for dignitaries. I also, later, took courses with French chefs in Montreal.

I was part owner of "The Hermitage" restaurant in Halifax, Nova Scotia, which was named one of the "100 best places to eat in Canada" in 1977 an En Route publication.

I was also, in the early 2000s, part owner of the "Ugly Mug Café" in London, Ontario, where I was the chef, menu planner and shopper, and oversaw training kitchen staff; I also ran the catering side of the business.

After the sale of the Café in 2005, I travelled extensively and became interested in the local cuisine of all of the countries I visited, often taking cooking courses to learn local and regional ingredients, techniques and menus.

What I like now is to cook dishes that are simple and delicious, using seasonal ingredients; a goal is to 'demystify' French methods. I especially delight in having friends over to sample my cooking and hearing them say "OH this is delicious!" while being able to reply: "But it's so easy, would you like the recipe?"

At the end of the day I have learned that cooking for the enjoyment of friends and family is the most rewarding reason for putting on a feast or a simple small-plate party.

Chantal Lessard
Chantal1944@hotmail.com



CASA Judge Barbara Passerello

Food and fashion have been Barbara's lifetime passions. She was a member of the opening team for Macy's Houston Galleria, where she managed the Women's Shoes, Women's Dresses, and Lingerie departments before being tapped to manage its restaurant.

She went on to manage the private dining room of Dallas's Crow Holdings. She was also an associate at Sur La Table in Dallas, where her responsibilities included its cooking classes and its traveling chef program.

Barbara moved to Ajjic in 2007 and began offering gourmet cooking classes in 2009 and in 2011 she launched a line of freshly made ready-to-heat gourmet foods

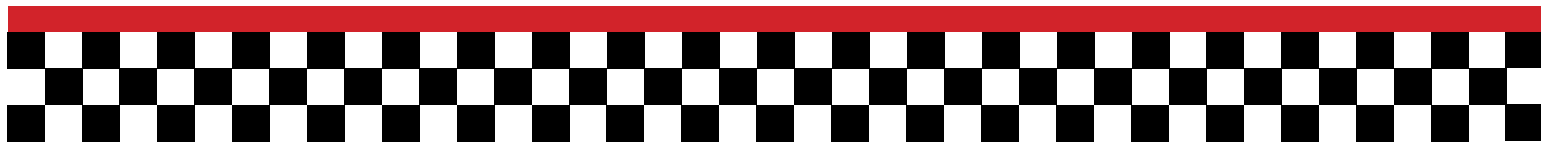
Currently Barbara is continuing with her wearable art.

Barbara Passerello
barbarapasserello@yahoo.com



May Judges at work

A SPECIAL
Thank You to our
May
Judges!



Culinary Arts Society of Ajijic

Meet our May 2016 Winners

Page 3

Category A

Pates, Terrines, Spreads



Category A First Place Winner
Monica Molloy



First Place Category A
Best Presentation & BING Award
Monica Molloy
Veal Country Pate with Truffle Oil,
Pistachios & Apple Tomato Chutney



Second Place Category A
Rick Feldmann
Sun-Dried Tomatoes, Basil Pesto
& Goat Cheese Spread

Third Place Category A
Jose Fernandez
Tuscan Pate

Category B

Yeast Breads, Buns, Crackers



Category B First Place Winner
Michele Lococo



First Place Category B
& Peoples Choice
Michele Lococo
Sticky Buns



Second Place Category B
& Best Presentation
Carol Westbrook
Gargonzola, Spinach, Herb Scones

Third Place Category B
Judith Greenbury
Chocolate Babka

Category A Winners

Pates, Terrines, Spreads



Jose Fernandez, Rick Feldmann & Monica Molloy

Category B Winners

Yeast Breads, Buns, Crackers



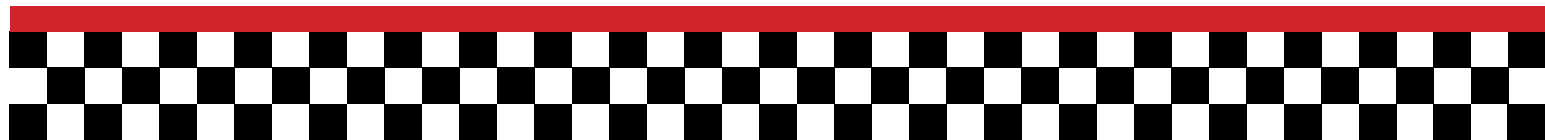
Judith Greenburg, Carol Westbrook
& Michele Lococo



Peoples Choice Category A
Mary Ann Waite
Sun-Dried Tomato & Pesto Terrine/Torta

Peoples Choice Category B
Michelle Lococo
Sticky Buns

Congratulations May 2016 Winners



Culinary Arts Society of Ajijic

May 2016 Winning Recipes

Page 4

FIRST PLACE CATEGORY A

VEAL COUNTRY PATE with Truffle Oil, Pistachios and Apple & Tomato Chutney *Monica Molloy*

(this makes 1 large loaf of Pate) You may want to double this recipe as it is quite time consuming and give as gifts to Special Friends.

Ingredients

- 2 Tbsp. vegetable oil
- 1 small onion finely chopped (about ½ cup)
- 1 shallot & 2 garlic cloves very finely chopped
- 1 Tbsp. tomato paste
- ½ cup chicken or veal stock
- ½ pound slab bacon
- ½ pound ground pork shoulder or pork butt (same thing)
- ½ pound ground veal plus 30% ground fresh fat (*very important, you need this extra fat for both flavor & texture)
- ½ pound chicken livers, drained, trimmed of fat and diced
- 4 tsp. kosher salt
- 1 tsp. coarsely ground black pepper
- pinch of ground allspice
- ¼ cup Marsala wine, Madeira or brandy
- 3 large eggs, lightly beaten
- 1 cup fresh bread crumbs (use your Cuisinart) not toasted
- 2 pounds very thinly sliced bacon
- bay leaves
- sprigs of fresh thyme

Before you begin

Cut a piece of cardboard to fit inside your pate mold. Wrap the cardboard well with aluminum foil.

Heat the vegetable oil in a large sauté pan over medium heat. Add the onion, shallot, and garlic and cook until softened, about 5 minutes. Add tomato paste and chicken broth. Bring liquid to boil and cook until liquid has evaporated but mixture is still moist. Allow to cool to room temperature. While the onion mixture cools, cut the slab bacon into ½ inch cubes. Pulse the bacon in a food processor until it is finely

chopped, almost ground but not paste like. In a large bowl, combine bacon and ground pork. Add chicken livers, salt, pepper, allspice, Madeira or others and the cooled onion mixture. Add the eggs and bread crumbs and mix together gently but thoroughly with your hands. Do not over mix ingredients.

To test the flavor wrap 2 tbsp. meat mixture in plastic wrap and secure with cotton string at both ends and cook in low boil water. About 15 minutes, remove, cool and then taste for correct amount of salt & pepper.

Heat oven to 325 degrees F. Line pate mold crosswise with bacon strips starting in the middle and overlapping over the edge of the mold. Fill the mold with the meat mixture. Tap the mold on the counter a few times to settle the mixture. Before this you may want to add 3 layers of pistachios and a generous dose of white truffle oil per layer, not the top layer. Fill the mold to the top with meat mixture. Place a bay leaf or two and some sprigs of thyme on top. Cover the pate with the overlapping bacon and then cover the pate with aluminum foil.

Place pate mold in pan with warm water that comes halfway up the sides of the pate mold. Bake the pate until the juices run clear when pierced with the tip of a small paring knife or its internal temperature between 140 – 150 degrees F. Around 1 ½ - 1 ¾ hours. Remove the mold from the water and remove foil. Remove top slices of bacon, bay leaf and thyme. Cool to room temp.

Place the foil covered cardboard on top of the pate and weight with a brick wrapped in foil. Refrigerate the pate for up to 5 days. This will press the meat so pate will hold together when cut.

Remove weight and cardboard and run knife between pate and sides of mold. Invert pate on serving platter. Wipe pate of excess fat with a spatula or small knife. Serve cut into slices and serve with cornichons, mustard or tomato-apple chutney and fresh rustic French bread.

FIRST PLACE CATEGORY B

STICKY BUNS *Michele Lococo*

Make a sponge

- 1/3 cup warm whole milk
- 2 ¼ tsp yeast (1 ¾ in high altitude)
- 1 egg
- 1 cup flour

Mix together in heavy duty mixer until just blended, then sprinkle 1 cup flour on top. Let it rest for 30-40 minutes. You will see the top crack.

Add

- 1/3 cup sugar
- 1 tsp salt
- 4 eggs, lightly beaten
- 1 cup flour

Mix at low speed until blended, then add ½ cup (1 cup in high altitude). Mix at medium speed for 15 minutes. Add 6 ounces of room temp butter, about 2 tbsp at a time. Mix for 5 minutes. Put in buttered bowl, cover and let rest for 2 ½ hours.

Deflate the dough, cover with plastic wrap and refrigerate for at least 5 hours.

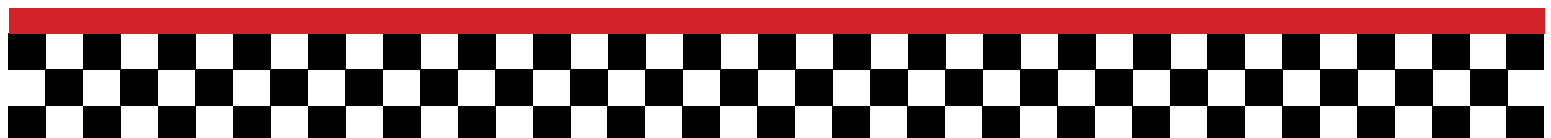
Divide dough in half. Roll out into rectangle and spread with 3 ounces of butter. Fold in three, letter style, roll again, cover in plastic wrap and refrigerate. Repeat with the other half of the dough. Refrigerate for 30 minutes.

Rollout first dough into a rectangle. Spread with butter. Sprinkle with half of filling mix:

- ¼ cup white sugar
- ¼ cup light brown sugar
- ¼ cup dark brown sugar
- 2 tsp cinnamon
- 1 cup toasted chopped pecans

Lightly roll topping into dough, then roll it into a log. Cover with plastic wrap and freeze. Repeat with other half of the dough. Leave them in the freezer for 45 minutes.

FIRST PLACE
Continued on Page 6



Culinary Arts Society of Ajijic

May 2016

Page 5



June 20th

Category A - Fusion Main Dish

Category B - Fusion Desserts

July 18th

Category A - Mediterranean Main Dish

Category B - 3 Ingredient Desserts

August 15th

Category A - Seafood

Category B - Filled Pastries

September 10th

Category A - CASA Outting, Globo Regata

Category B - CASA Outting, Globo Regata

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 19th

Category A - Botanas/Appetizers

Category B - Holiday Desserts



See You There...

Continued from Page 1

he made a call, shook his head and presented us with visitor badges and opened the gate.

Then we asked from one building to another until we finally found the one where the sweetbreads were located. Carol and I waited outside the building door while Judith went in on her own. Away she went determined she was going to get fresh sweetbreads. She arrived back triumphantly 5 minutes later with bag in hand. The problem was first of all they were not used to people shopping in the slaughter house not alone asking how much, they did not have a cashier or anything on which to write a receipt. They finally just shook their heads and said, "un regalo," free, however she gave the manager a sizeable propina.

Next it was my turn, I have been looking for caul for about 3 years now and never have found anyone who understood what I wanted. By the way, caul is the outside lining of the stomach of a cow or pig that looks like a fine woven lace and is made of fat that is used to wrap patés or roasts in French cooking which melts and provides an incredible flavor. The very astute manager, trying to accommodate our request, led us from one room to another and pointed at different animal parts, and I said, "no not that" and this went on for some time.

I remembered I had my Jacques Pépin's Complete Techniques Cookbook in the car, so I said I would be right back, I left Carol and Judith inside to wait for me. I came up to the Guard Gate again and the gate attendant asked for my badge back, I said, "no I am coming right back, I need to get my cookbook" (of course all of this was in my best Spanglish). Now you can imagine how crazy he thought I was. I returned armed with my Jacques Pépin Cookbook that had a photo of caul and determined as I had come this far and they must have it as I had seen parts of an animal I never want to see again! I rejoined Carol and Judith and away we went again to seek the manager and show him the photo. He showed the photo around and everyone said "no" and shook their heads, and just as we were about to give up, this one man came up to me and said, "follow me". He took me to a trough and pulled out this mass of stuff and laid it out on the table. Although it looked much coarser and cruder than I had imagined, I looked closer and could see the lacey effect. I almost screamed with joy and said, "this must be it!"

So then he asked how much of it I wanted. Well at this point my stomach was getting quite queasy and I said, "oh I will just take it all". He put it in a bag. Once again we had the same problem as they are

not properly set up for retail sales in a slaughter house and the manager said, "you may have this as a gift as you ladies must be experts to ask for such unusual parts". He also said; "we have never had women guests here, particularly gringas."

So proud of finally ending my 3 year long search for caul and Judith getting her fresh sweetbreads, we triumphantly walked out and I took this photo of Judith and Carol holding up our victory bags.



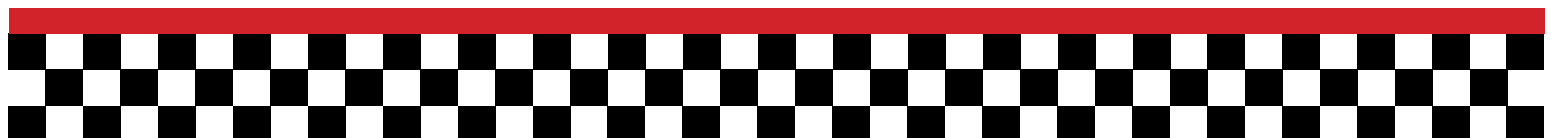
I immediately threw the bag in the freezer when we returned home and decided the search was much more exciting than the find. I never want to look into that bag again, it is an understatement to say the caul was very fresh.

Now Carol on the other hand is much more adventuresome than I am as she cannot wait to try it. After some very sketchy instructions on how to sterilize it before use, she plans on wrapping it around meat loaf as a trial run. You will have to check with her to see how it turns out. (We must add the slaughter house was impeccably clean).

P.S. I read later the best caul is pork but they only slaughter pigs on Thursdays or Fridays! If you would like more details or verification of this story please check with Judith or Carol. I must say I turned vegetarian for a week after that little expedition!

** To be continued when we return for pork caul.
Monica, Judith & Carol

Warmest regards,
Monica Molloy
CASA President 2016



Culinary Arts Society of Ajijic

May 2016

Page 6

Continued from Page 4

Prepare baking dishes with topping:

Beat

- 1 cup of butter
- ¾ cup light brown sugar
- ¾ cup dark brown sugar
- 3 tbsp Lyles sugar cane syrup
(you can use corn syrup)

Divide among baking dishes.

Remove logs and slice about 1 ½ inches thick. Place 3 -4 pecans on each slice and place on topping, pecan side down.

Allow to rise for 2 hours.

Bake at 350 for 35 minutes.

Unmold as soon as they come out of the oven



CASA May Speaker
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, Philippines, 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!



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 our FIRST BING winner this year is going to

Monica Molloy
Congratulations Monica!



Hoppers or Appam

Marie-Lyse Jacobsmuhlen

Equipment required: 8 inch wok with Teflon coating and lid

The batter recipe involves

- 1 1/2 cups plain wheat flour
- 1 1/2 cups ground rice flour
- 1 teaspoon instant yeast dissolved in 1/2 cup warm water with 1 tablespoon sugar

This yeast mixture is initially allowed to bubble up and then mixed into the flour component together with enough liquid composed of a mixture of canned unsweetened coconut milk and water, to form a thin crepe consistency batter.

The batter is allowed to ferment overnight at room temperature, and salt is added to taste just before use as demonstrated.

This preparation is consumed as a breakfast or supper dish in South India and Sri Lanka.

Initially we serve it with a selection of curries and sambals, sometimes with eggs, cheese or chocolate baked into it. We start the meal using the savory component, and end it with a sweet component such as Jams, jellies and palm syrup or jaggery as an accompaniment.

The batter gets better as it ages and on the rare occasion I have had some left, I have held it refrigerated for up to one week!

