



# Culinary Arts Society of Ajijic

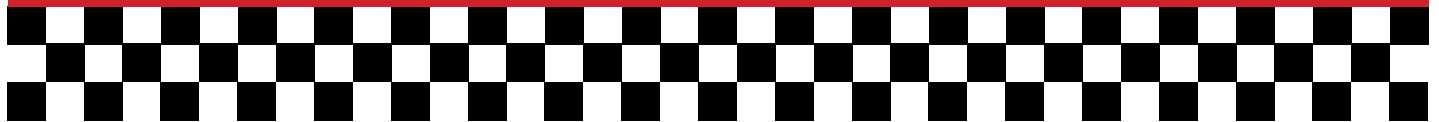
MONTHLY NEWSLETTER

JUNE 2016

Volume 30 Issue 5

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

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



## CASA NEW LOGO & 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.

## PRESIDENT'S MESSAGE

*CASA President - Monica Molloy*

Hola CASA Members & Associates  
Can you believe it, already 1/2 of the year is gone! Rather than telling you about all the exciting events CASA has been involved in, I thought this month we would share some photos of the cooking classes and the Abastos & Ofelia's Bistro Tour, (photos taken at Abastos compliments of Member Allison Quattrocchi and the Guadalajara Reporter)

They were both wildly successful and we have already SOLD OUT the first cooking class with Chef Oscar from El Jardín de Ninette's to be held September 26th (SOLD OUT) and 27th is filling up fast. Please reserve your seat asap!

Exciting times for CASA and thank you all for supporting all of these fun events!

Michael & I will be in Canada for the month of August visiting our families and friends. Michele Lococo will be the acting President while I am away. If you have any questions please direct them to : [casalakeside@yahoo.com](mailto:casalakeside@yahoo.com) and one of the Board members will get back to you.

See you in September at the Globo Regatta. It is such fun! Come help us launch CASA's first Globo with our new logo on it.

Have a great balance of July & August and Happy Cooking!

While we do not have anyone formally coordinating this outing, if any of you are interested in car pooling to the Quince festival & Harvest called El Membrillo Festival August 13th and 14th. It is less than a 1 hour drive and they dress up the whole plaza in Atotonilquillo

**Continued on Page 5**



## 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, July 18th, 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

### July 18th Categories

**Category A** - Mediteranian Main Dish

**Category B** - 3 Ingredient Desserts

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

# Culinary Arts Society of Ajijic

## Meet our June 2016 Judges

Page 2



### CASA Judge Rasa Kundson

Rasa became interested in cooking and food at an early age. When she was small she started helping her Aunt Dorothy in the kitchen and she would let Rasa have a free hand much of the time only stepping in when she was going to do something dangerous. She learned a great deal from her and never lost interest in food. Her Father was a gourmand and collected recipes from "Gourmet Magazine". She gained her interest in fine foods in this manner. At home her parents entertained in the traditions of the old country, Latvia, and this was how she was raised. Rasa's Husband, Ed, on the other hand, did not grow up in this environment and needed to be civilized.

They entertained a great deal and both enjoyed being thought of as "Celebrity Cooks" and hosts. At one time they got deeply involved in planning a small, restaurant but then decided they would no longer be able to have the dinner parties they were used to and dropped the idea. "The Porcelain Pig" was still-born. So, Rasa says: , "enjoy yourself and your guests and have fun". Don't forget the wine!

Rasa Kundson  
edrasa2@outlook.com



### CASA Judge 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



### CASA Judge Ilona Maria de Borhegyi

Ilona has lived her entire life in multicultural homes with a widely varied diet, with particular exposure to Italian, Hungarian, Portuguese and Mexican cuisine. She has lived in Rome for 30 years, and in Guatemala and Mexico as a child, and has worked and traveled in over 50 countries in Europe, Latin America, Africa, Asia and the Near East. She admits to being a major foodie and loves to cook, specializing in fish, pastas, rice, vegetables, and spicy sauces especially Indian, and can talk wine with you too.

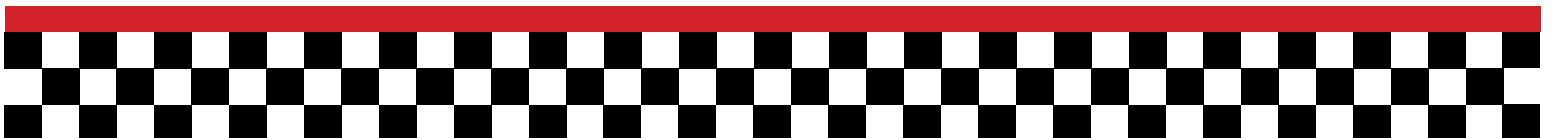
She holds university degrees in Anthropology, and Cinema and Photography, and certificates in publishing techniques, information management, IT and communication outreach.

Her Career includes eight years as a documentary filmmaker and public information specialist at a national energy research laboratory in New Mexico, where she received two film awards and participated in women in science outreach activities. She also worked 28 years as an information officer at the United Nations Food and Agriculture Organization (FAO) in Rome, Italy, in crop protection and international agricultural trade, and investment development support carried out with The World Bank. She was also on staff support groups, captain of a competitive badminton group, led two film series (classics and documentaries) and loves history. Retired from FAO in 2013 and currently live in Ajijic but still maintains a home in Rome.

She also speaks fluent Spanish and Italian, and fair Portuguese.

Welcome Ilona!

Ilona Maria de Borhegyi  
ideborhegyi@gmail.com



# Culinary Arts Society of Ajijic

## Meet our June 2016 Winners

Page 3

### Category A Fusion Main Dish



Category A First Place Winner  
Catherine Suter



First Place Category A  
People Choice  
Catherine Suter  
Korean Bulgogi Tacos  
(Korea/Mexico)



Second Place Category A  
People Choice  
George Lindahl  
Filet of Beef with Chipotle Blue Cheese  
(Mexico/Denmark)

Third Place Category A & Best Presentation  
Amy Friend  
Gravlax Spring Rolls with Sweet Mustard  
Dill Sauce (Sweden/Asia)

### Category B Fusion Desserts



Category B First Place Winner  
Carol Westbrook



First Place Category B  
Carol Westbrook  
Semi-Naked Mexican Chocolate  
Guinness Cake  
(Mexico/Ireland)



Second Place Category B  
& Best Presentation  
Bev Denton  
Swedish Almond Tarts with Indonesian  
Sweet Potato Pudding  
(Swedish/Indonesia)

Third Place Category B  
Judith Greenberg  
Mexican Chocolate Creampuffs  
(Mexico/France)

### Category A Best Presentation Fusion Main Dish



Amy Friend

### Category B Best Presentation Fusion Desserts



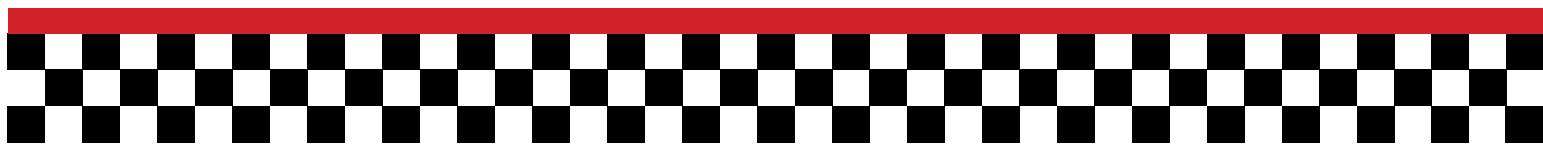
Bev Denton

Peoples Choice Category A (Tie)  
Catherine Suter  
Korean Bulgogi Tacos

George Lindahl  
Filet of Beef with Chipotle Blue Cheese Sauce

Peoples Choice Category B  
Paulette Coburn  
Chocolate Dulce de Leche Cheesecake Bites

# Congratulations June 2016 Winners



# Culinary Arts Society of Ajijic

## June 2016 Winning Recipes

Page 4

### FIRST PLACE CATEGORY A

#### KOREAN BULGOGI TACOS

*Catherine Suter*

A full flavor experience - these Korean Tacos with chicken, spicy kimchi, cool sour cream, and smoky Sriracha, will have you craving this dish constantly!

#### INGREDIENTS

##### *Quick Kimchi\**

1 Napa Cabbage (heavy for its size),  
sliced into ¼ inch strips

Kirby Cucumbers

¼ cup kosher salt

½ cup of gochugaru

1 tablespoon sugar

¼ cup fish sauce

½ bulb of garlic, minced

1 tablespoon ginger, minced

3 scallions, sliced

2 carrots, julienned

##### *Bulgogi Chicken*

2 cloves garlic, grated

½ yellow onion, grated

½ pear, grated

2 tablespoons soy sauce

1 tablespoon sesame oil

1 tablespoon brown sugar

1 tablespoon gochujang

2 pound chicken breast or thigh meat  
sliced very thinly across the grain on  
a diagonal bias

2 tablespoons vegetable oil

##### *Other Ingredients*

24 - 6-inch corn tortillas

8 ounces sour cream

Sriracha, for drizzling

4 tablespoons toasted sesame seeds

4 tablespoons cilantro, finely chopped

2 limes

Get Ingredients for the Kimchi, place sliced cabbage in a large bowl,

Add enough water to cover the cabbage and add the salt, stir to combine. Let sit for 10 minutes. Do the same for the cucumbers. Combine the remaining ingredients of the Quick Kimchi in a

smaller bowl to make a paste. Rinse the salted cabbage well and pat dry. Add the paste to the sliced cabbage and mix well with your hands. Store the mixture in a jar or plastic container. Press the contents down to protect the kimchi from being exposed to too much air. You may use the kimchi right away, or you can keep it at room temperature to ferment for a few of days – the flavor will intensify if allowed to ferment.

1. In a large bowl, combine the garlic, onion, pear, soy sauce, sesame oil, brown sugar, and gochujang. Add the meat to the the marinade and mix well, making sure that each piece is thoroughly coated. Cover and refrigerate for at least 1 hour and up to 8.

2. Warm the oil in a large skillet over medium-high heat. In a single layer, add the chicken drained from the marinade (work in batches if needed). Cook for 1 minute (do not move the chicken). Sprinkle with a pinch of salt, then begin to stir and toss for 1-2 minutes, until just cooked. Remove from heat and set aside.

3. Warm the tortillas in a grill pan or other heavy-bottomed skillet. Heat the pan to medium-high heat and warm each tortilla 1 to 2 minutes per side – you want to heat the tortillas just enough to slightly char and add a bit of crispness, but not so much that when you fold it, it cracks. Wrap the tortillas in a clean tea towel to keep warm and set aside.

4. To each taco, add the bulgogi (excess liquid drained), kimchi, sour cream, Sriracha, toasted sesame seeds, cilantro, and a little fresh lime juice. Serve warm.



### FIRST PLACE CATEGORY B

#### MEXICAN CHOCOLATE GUINNESS CAKE

*Carol Westbrook*

#### INGREDIENTS

1 cup + 2 Tbls. unsalted butter

1 bottle Guinness

¾ cup cocoa powder

1 Tablet Mexican Chocolate

2 ¼ cups flour, sifted

2 tsp. baking soda

2 cups sugar

1 tsp. ground cinnamon

1 Tbls. vanilla

2 eggs

2/3 cup sour cream

##### *Icing*

8 oz. cream cheese

2 cups powdered sugar, sifted

2/3 cup crema or heavy cream

Preheat oven to 350 F

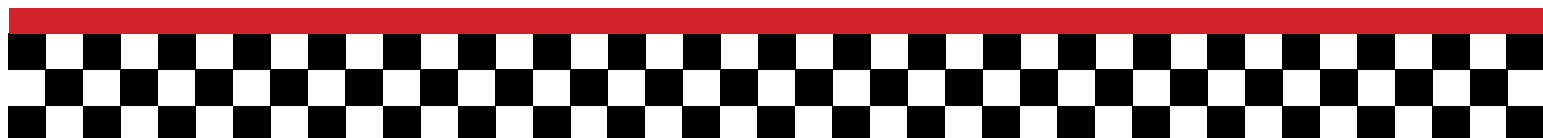
Add butter, Guinness, cocoa powder and Mexican chocolate to a saucepan. Warm over low heat and stir until melted. Set aside for 10 -15 mins to cool slightly.

Add flour, baking soda, sugar and cinnamon to a large mixing bowl and blend well. Pour in the melted chocolate mixture, and lightly combine. In a small mixing bowl lightly beat the eggs together, then add vanilla and sour cream and mix well. Add to the chocolate mixture and mix everything together until well combined. The batter should be thick and dark chocolate in color.

Pour into a greased and floured \*bundt pan and bake for 45 to 55 minutes, or until a toothpick comes out clean from the center of the cake. Do not over cook.

Let the cake cool completely before removing from the pan

FIRST PLACE  
Continued on Page 6



# Culinary Arts Society of Ajijic

## June 2016

Page 5

### 2016 Categories



#### July 18th

Category A - Mediterranean Main Dish

Category B - 3 Ingredient Desserts

#### August 15th

Category A - Seafood

Category B - Filled Pastries

#### September 10th

CASA Outing - Globo Regata, CASA outing  
At Ajijic Soccer field on Caraterra

#### September 19th

Category A - Mexican Main Dish

Category B - Mexican Desserts

#### 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

### Continued from Page 1

with every possible presentation and food choice with Quinces. It is a fun afternoon. Check it out on google and get a group together.

Quince orchards have proliferated in the fertile lands surrounding Atotonilquillo, Atequiza and Ixlahuacan de los Membrillos since Mexico's colonial era when they were first planted by Franciscan Missionary Friars.

Warmest regards,  
Monica Molloy  
CASA President 2016



### Abastos Tour Photos



## CASA's first cooking class a triumph



### Members agreed the food was delicious

The Culinary Arts Society of Ajijic (CASA) just completed two oversold days of cooking classes presented by guest chef Marie-Lyse Jacobsmuhlen.

She prepared an ambitious and complex menu, layered with a multitude of exotic spices, that she titled "A typical Sunday brunch in Sri Lanka." The class was pleased to learn that all of the ingredients used are attainable at the

(From left) Culinary Arts Society of Ajijic President Monica Molloy, chef Marie-Lyse Jacobsmuhlen and Vice-President Michele Lococo look over the veritable feast prepared at the first of the group's Ajijic cooking classes.

Mercado de Abastos (wholesale market) in Guadalajara.

Members agreed that the food was delicious and generous, and the wines offered were especially suited to the cuisine.

Proceeds from the class were earmarked for the Tepic-Centro Comunitario and Niños Incapacitados.

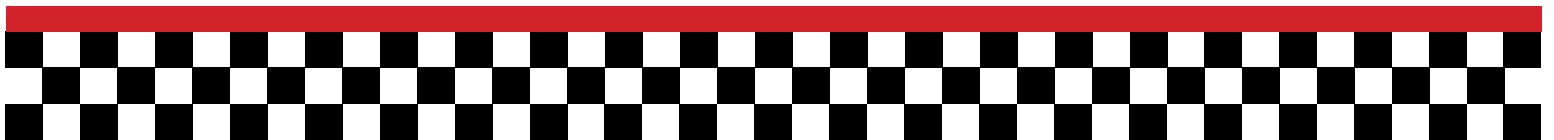
The next cooking class is scheduled for the latter part of September, featuring guest chef Oscar Perez Nafarrate Solis, the owner of local eatery El Jardin de Ninette. He will present some different takes on classic Mexican dishes, including *chilies en nogada* and *mole*, in honor of Mexican Independence Day (September 16).

For more information on future cooking classes or to pre-register (space is limited), contact [casalakeside@yahoo.com](mailto:casalakeside@yahoo.com).



Next Meeting  
Monday,  
July 18th  
at  
La Mision  
restaurant

See You There...



# Culinary Arts Society of Ajijic

## June 2016

Page 6

### Continued from Page 4

\*The first time I made this cake I baked it in a bundt pan and it came out perfect. For my Casa cake I used round 9" layer cake pans and the 1st cake I made in them fell when I removed it from the oven. The 2nd cake rose very high on the sides but the center did not rise as high, although it was baked and had the same texture as the outer sides. This cake is meant to be baked in the bundt pan.

#### For the Icing

Place the cream cheese in a large mixing bowl and beat on medium speed until cream cheese is smooth with no lumps. Using a large spoon gradually add the powdered sugar and beat gently to combine. Add the crema and mix on low to fully combine. Cover and place the refrigerator to chill. When chilled ice cake.



### Indian food cooking demonstration photos



### CASA June Speaker

#### 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 an assistant cook for 5 months and then in Tokyo on site of the 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. He then 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 International where he won an internship to work at La Taberna del Alabardero gourmet restaurant in Marbella, Spain for 6 months. He then returned 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 to this day.



### CASA'S BING AWARD

CASA, Culinary Arts Society of Ajijic, was founded by Tod Jonson (President - 1986 & 1987 and again in the 90's) Ektor Carranza, Xavier Perez, Florence Pritikin (of the Pritikin Diet fame) and Pat Tanaka on February 26, 1986. Within 6 months Pat Tanaka had to return to the U.S. because of her husband's ailing health. Pat Tanaka was replaced by Charlotte MacNamara.

The first meeting was hosted on March 3rd, 1986 where 18 interested people attended with 7 entrees at a private home. It was wildly popular and all attendees joined.

Charlotte MacNamara (second President) introduced CASA to many sensational cooks, two of which were Lilibeth Nelson and Juanita Reed. Charlotte also introduced Bing Horn (creator of BING Ice Cream in Guadalajara), wife of Adolf Horn (a business man and for years Mayor of Tlaquepaque). Bing renamed herself because she only played Bing Crosby songs on her kitchen radio and house phonograph, even before they moved to Mexico.

Bing Horn offered her name as the BING Award and financed all Trophies, given only to those that won 3 First Place positions in a calendar year. Bing Horn was the organizer of a culinary group of only 12 people who met at different member's home once per month. No trophies, just dinners. BING admired what CASA was doing for culinary upgrading.

This years First BING Winner is:

**Monica Molloy**

