



Culinary Arts Society of Ajijic

MONTHLY NEWSLETTER

September 2018

Volume 32 Issue 4

www.ajjiccasa.org



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.

PRESIDENTS MESSAGE

September has has been an amazing month so far. CASA enjoyed a wonderful afternoon and successful launch of our Globo at the annual Regata de Globo. Many thanks to all who came out to help us and enjoy the day.

I sit here tired, yet smiling after our wonderful "Tour de France" 9 Course fundraiser dinner for Ninos Incapacitados, We created a culinary tour of France by region, paired each with wine and shared a great time with 8 wonderful, generous people. More stories and photos to follow!

Our next meeting will be on Monday, September 24th at the Montecarlo Hotel. Our food categories this month honors the great Mexican main dishes and desserts. We have few spots available, please let me know asap.

Finally, our Cooking Classes on October 1 and 2 are a total success! We sold out both days. I'm looking forward to learning about Sri Lankan cuisine, Marie-Lyse is a great Chef and teacher. We will be planning more cooking classes in the near future. Stay tuned.

See you on September 24th!

Roberta Kalan



2018 Board of Directors

President • Roberta Kalan
Vice-President • Carol Westbrook
Secretary • Patti Taylor
Treasurer • Bev Denton
Director-At-large • Tracy Reuter
Special Events Coordinator • Monica Molloy

2018 Committee Chairs

Judge Recruiter • Carol Westbrook
Membership • Laure Hilden
Speaker Chairperson • Open
Director of Judges • Judith Greenberg
Webmaster • Carlos Magaña
Member Data Coordi. • (redefining position)
Retail Cookbook Sales • Mike & Sally Myers

NEXT CASA MEETING

Please confirm your attendance at the next CASA meeting **Monday, September 24th, 2018.**

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

Location: Montecarlo Hotel in Chapala, located in Chapala entrance before Farmacias Guadalajara.

August 20th Categories

Category A - Mexican main course-
Category B - Mexican desserts

Please register at
casapresentations@gmail.com

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Meet our August 2018 Jugdes

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Barbara Romero Gutierrez

Barbara has a long history of travel and experience. She accompanied her mother who promoted travel abroad, spending time in England and seven years in Ireland.

While there she learned and wanted one thing when returning to Mexico, to open up her own "neighborhood" restaurant. Lucky for us, she fulfilled her dream here in Ajijic with the wonderful Pasta Trenta restaurant Constitucion 33-A, featuring great Italian food, with vegetarian and gluten free options. A plus for this restaurant is that leftovers are put in foil and paper bags, no styrofoam !!



Monica Molloy

Monica Molloy is CASA's treasure and secret weapon. As a member for 20 years she has held every Board position and won 14 Bing Awards for her culinary skills.

As our Special Events Coordinator, she has guided us many wonderful culinary tours, always exploring something new. Monica arranged our presence and Globo at the Regata de Globos, This year Monica helped us arrange and create an amazing Fundraiser Dinner for Ninos Incapacitados.

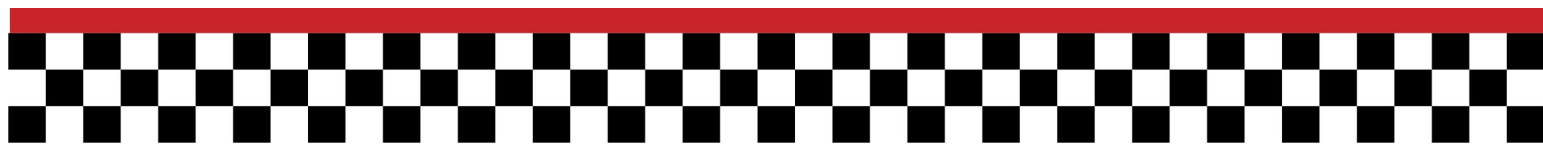
She has lots up her sleeve for this year, so get ready folks, we are going to have some great times.!!



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



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Meet our August 2018 Judges

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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.

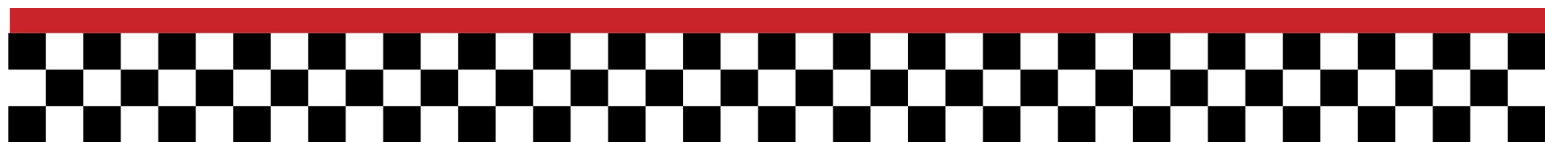
Chantal1944@hotmail.com



LET'S GET COOKING



Judges: Barbara Romero Gutierrez, Monica Molloy & Chantal Lessard



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Meet our August 2018 Winners

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CATEGORY A

Create a Picnic Basket

First Place taste & Best Presentation

Allegra Willis

A MEDITERRANEAN PICNIC



Second Place & People's choice

Sally Myers

MIDDLE EASTERN PICNIC



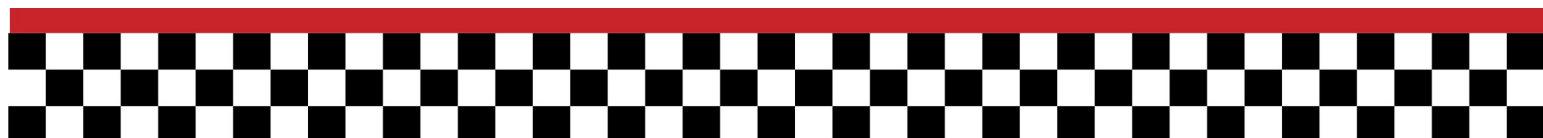
Third place

Beverly Denton

SICHUAN STRAWBERRY SLAW
W/PECAN PARMESAN CRISPS.



Winners: Allegra Willis, Sally Myers & Beverly Denton



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Meet our August 2018 Winners

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CATEGORY B

Picnic Basket dessert

First Place & Best Presentation

Nancy Brann

MASON JAR KAHLUA BROWNIES W/FRUIT
SKEWERS



Third Place

Jose Melendrez

HONEY FIG PISTACHIO AND
GOAT CHEESE LOAF



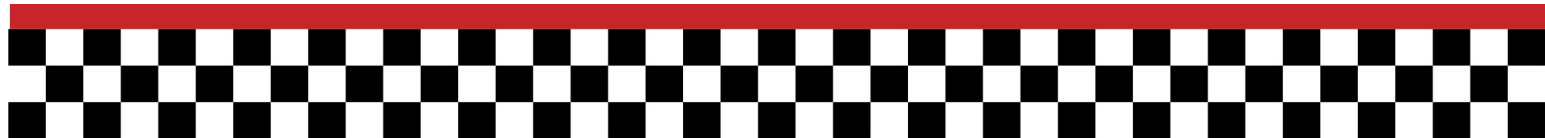
Second Place & People's choice

Carol Westbrook

APPLE RAISIN PECAN LEMON COBLER



Winners: Nancy Brann, Carol Westbrook & Jose Melendrez



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Meet our August 2018 Winners

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August 2018 Winners: Nancy Brann, Carol Westbrook, Jose Melendrez
Allegra Willis, Sally Myers & Beverly Denton

Cat. A & B

First Place taste & Best Presentation



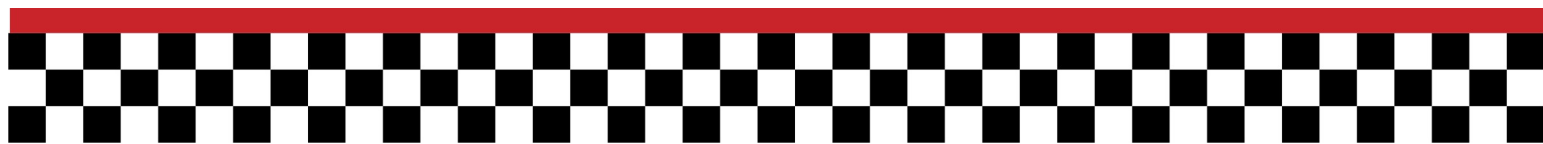
Allegra Willis & Nancy Brann

Cat. A & B

People's Choice



Sally Myers & Carol Westbrook



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August 2018 Winning Recipe

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FIST PLACE CATEGORY A A MEDITERRANEAN PICNIC

Allegra Willis

TABBOULEH

Ingredients

- 1 cup bulghur wheat
- 1 1/2 cups boiling water
- 1/4 cup freshly squeezed lemon juice (2 lemons)
- 1/4 cup good olive oil
- 3 1/2 teaspoons kosher salt
- 1 cup minced scallions, white and green parts (1 bunch)
- 1 cup chopped fresh mint leaves (1 bunch)
- 1 cup chopped flat-leaf parsley (1 bunch)
- 1 hothouse cucumber, unpeeled, seeded, and medium-diced
- 2 cups cherry tomatoes, cut in half
- 1 teaspoon freshly ground black pepper

Directions

1. Place the bulghur in a large bowl, pour in the boiling water, and add the lemon juice, olive oil, and 1 1/2 teaspoons salt. Stir, then allow to stand at room temperature for about 1 hour.
2. Add the scallions, mint, parsley, cucumber, tomatoes, 2 teaspoons salt, and the pepper; mix well. Season, to taste, and serve or cover and refrigerate. The flavor will improve if the tabbouleh sits for a few hours.

DOLMATHAKIA: STUFFED GRAPE LEAVES WITH RICE AND HERBS

(Brined grape leaves are packed by weight so the quantity will vary from jar to jar)

- 1 cup olive oil (divided)
- 6 large onions (minced)
- 1 1/2 cups long grain rice (uncooked)

- 1 cup fresh parsley (chopped)
- 1/2 cup fresh dill (chopped)
- 1/2 cup pine nuts
- 2 tablespoons dried mint
- 1 1/2 teaspoons salt
- 1/2 teaspoon freshly ground black pepper
- Juice of two lemons

How to Make It

1. If using brined grape leaves, rinse the leaves well to remove brine. Place the leaves in boiling water and boil for 3 to 5 minutes to soften them and make them more pliable. Remove from water and set aside.
2. In a large skillet, over medium-high heat, heat 1/2 cup olive oil. Sauté the onions until translucent, about 5 minutes. Stir in the rice, parsley, dill, pine nuts, mint, salt, and pepper. Remove from heat and stir in the lemon juice. Allow the filling to cool.
3. Line the bottom of a heavy saucepan with 2 or three grape leaves (use the broken or torn ones for this).
4. Roll the Dolmathakia: Place a leaf with the stem toward you on a flat surface. The underside of the leaf should be face up. (The veins of the leaf are raised on the underside.) Using the point of a sharp paring knife, cut out the stem of the leaf. Overlap the bottom two sections of the leaf toward the center.
5. Place a tablespoon of filling in the bottom center of the leaf, just above the stem. Fold the bottom section up to cover the filling. Fold the sides in toward the center.
6. Continue rolling the packet up toward the top point of the leaf.
7. Place the rolls in layers, seam-side down, in the saucepan.
8. Pour remaining 1/2 cup olive oil over the dolmathakia and enough water to cover them by about 1 inch. Place an inverted heatproof

plate on top of the rolls to keep them submerged in the water. Cover the saucepan and bring to a boil. Lower the heat and simmer over low heat for 45 minutes to 1 hour or until the leaves are tender and the rice filling is cooked through.

MEDITERRANEAN GRILLED CHICKEN

FOR THE DILL GREEK YOGURT SAUCE:

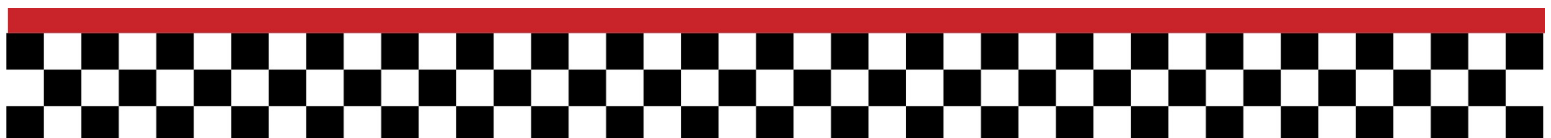
- 1 garlic clove, minced
- 1 cup chopped fresh dill, stems removed
- 1 1/4 cup Greek yogurt
- 1 tbsp olive oil
- Juice of 1/2 lemon or lime
- Pinch cayenne pepper, optional
- Salt, if needed

FOR THE GRILLED CHICKEN:

- 10 garlic cloves, minced
- 1/2 tsp paprika
- 1/2 tsp allspice
- 1/2 tsp ground nutmeg
- 1/4 tsp ground green cardamom
- Salt and pepper
- 5 tbsp olive oil, divided
- 8 boneless, skinless chicken thighs or breasts sliced into strips
- 1 medium size red onion, sliced
- Juice of 1-2 lemons

INSTRUCTIONS

1. First make the dill Greek yogurt sauce. Combine the minced garlic, fresh dill, yogurt, olive oil, lemon juice and cayenne pepper in a food processor. Run the food processor until all the ingredients are well blended and a smooth thick sauce or dip develops. Test and add salt if needed. Transfer to a small bowl or container, cover and refrigerate.
2. In a small bowl, mix together the minced garlic, spices and 3 tbsp olive oil. Pat the chicken dry and



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August 2018 Winning Recipe

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rub each with the garlic-spice mixture.

- Place the spiced chicken in a large dish on a bed of sliced red onions with lemon juice and the remaining 2 tbsp olive oil. Cover and refrigerate for 2-4 hours or overnight.
- When ready, heat a gas grill to medium-high. Place the chicken on skewers that were previously soaked in water. Place on the grill. Cover for 3-4 minutes, then turn the chicken over and grill for another 3-4 minutes covered.
- Serve with a side of the dill Greek yogurt dip you prepared earlier!

FIST PLACE CATEGORY B FRUIT KABOBS WITH LEMON HONEY AND BASIL

Nancy Brann

Ingredients

- 1/2 cantaloupe or similar variety seeds removed
- 1/2 mini watermelon
- 1/2- 3/4 cup blueberries
- 1 tablespoon fresh lemon juice
- 1-2 tablespoons honey
- 4-6 large basil leaves

Directions

- Scope melon with melon baller or small cookie scope. Slice watermelon then cut into shapes with small cookie cutters.
- Skewer the fruit with as desired. Place on rimmed cookie sheet.
- In small dish, whisk together lime juice and honey until the honey dissolves. Pour lemon honey mixture over your cut melon balls and turn over to coat other side.
- To cut basil leaves into ribbons, stack the leaves, then roll them up tightly and slice. Sprinkle over the

kabobs. Arrange in a bowl or on a platter. Serve chilled.

Severs 4-6

Mason Jar Kahlua Brownie Sundae

Fudgy Brownies

- 10 tablespoons (145 grams) unsalted butter
- 1 1/4 cups (250 grams) granulated sugar
- 3/4 cup plus 2 tablespoons unsweetened cocoa powder 1/4 rounded teaspoon kosher salt, use slightly less if using fine sea or table salt
- 2 teaspoons Kahlua (or 1 teaspoon vanilla)
- 2 large cold eggs
- 1/2 cup all-purpose flour

- Position an oven rack in the lower third of the oven and heat to 325 degrees F. Line the bottom and sides of an 8-inch square baking pan with parchment paper or aluminum foil, leaving an overhang on two opposite sides. (This helps when removing the baked brownies from the pan, once cooled).
- Add enough water to a medium saucepan so that it is 1 to 2 inches deep. Heat water until barely simmering. Combine butter, sugar, cocoa powder, and the salt in a medium heat-safe bowl. Rest the bowl over simmering water (if the bottom of the bowl touches the water, remove a little water).
- Stir mixture occasionally until the butter has melted and the mixture is quite warm. Don't worry if it looks gritty; it will become smooth once you add the eggs and flour. Remove the bowl from heat and set aside for 3 to 5 minutes until it is only warm, not hot.

4. Stir in the Kahlua with a wooden spoon or spatula. Then, add eggs, one at a time, stirring vigorously after each one.

5. When the batter looks thick, shiny and well blended, add the flour and stir until fully incorporated, then beat with the wooden spoon or spatula for 40 to 50 strokes. (The batter will be thick). Beat vigorously here. You want to see the brownie batter pulling away from the sides of the bowl (if you do not have the strength to do this by hand, use a hand mixer). Stir in nuts, if using. Spread evenly in lined pan.

6. Bake 20 to 25 minutes or until a toothpick can be inserted into the center and come out almost clean (you want it to be a little moist with batter).

7. Cool brownies completely before cutting into small pieces. For a cleaner edge, put in freeze to 15-20 minutes.

Creamy Kahlua Topping

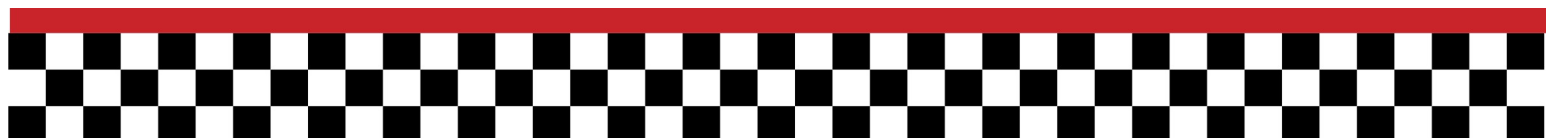
- 8 ounces cream cheese softened
- 1/3 cup Kahlua
- 1/2 cup Greek plain yogurt
- 1/4 cup powdered sugar
- 1 teaspoon vanilla

1. In a medium mixing bowl, add cream cheese and yogurt. Beat until smooth. Add powdered sugar and mix to incorporate. Slowly add Kahlua and vanilla. Mix until fluffy.

Chocolate Sauce

- 3/4 cup cocoa powder
- 3/4 – 1 cup sugar; lower amount makes “dark chocolate syrup”
- pinch salt
- 1 cup boiling water
- 1 teaspoon vanilla

1. Mix cocoa, sugar, and salt in a small



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- saucepan. Stir in enough boiling water to form a smooth paste. Stir in remaining water.
2. Bring to a simmer over medium heat, stirring often. Let simmer 2-3 minutes (I like the longer time as it makes the syrup a bit thicker), stirring occasionally.
 3. Remove from heat and add the vanilla. Let cool.
 4. Scrape it into a bottle or jar and store in the refrigerator.
 5. Assemble

Add a layer of brownie to the bottom of each mason jar (or small dish). Add a layer of cream cheese, followed by some walnuts and a drizzle of chocolate syrup.

Serves 8-10

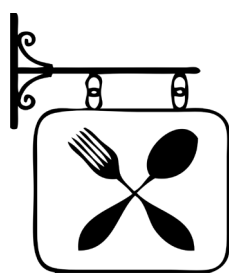


The amazingly talented Lalo, many thanks for a great Globo!



One of the best Globo 2018 (this is not CASA Globo)

2018 PRESENTATIONS



CATEGORY A
MAIN DISH

CATEGORY B
DESSERT

September 24th

Category A - Mexican main course

Category B - Mexican desserts

October 15th

Category A - Comfort food - One dish wonders

Category B - Cookies and bars

November 19th

Category A - Squash main dish

Category B - Soaked sponge desserts

December 17th

Category A - Holiday Party with Botanas

Category B - Holiday Desserts

