

Mexican Cuisine Cooking Course

An aerial photograph of the Pyramid of the Sun in Teotihuacan, Mexico. The pyramid is a large, stepped structure made of dark stone, situated in a lush green valley. In the background, a city with various buildings and houses is visible, along with rolling hills under a cloudy sky. The foreground shows a paved area and some smaller ruins.

Recipe (for 3 people)

Huevos a la mexicana

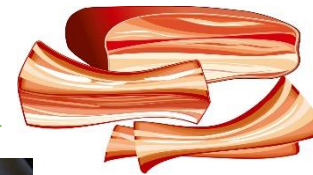


Required kitchen utensils:

- Frying pan (large size)
- Frying pan (medium size)
- Bowl (15cm)
- Turner
- Spoon
- Cutting board
- Knife
- Plate (large size)
- Food processor

Ingredients:

1. 6 eggs (medium – large size)
2. 2 tomatoes (large size)
3. 1 or 2 onions (large size)
4. Serrano peppers or canned jalapeno peppers (appropriate amount)
5. Coriander (appropriate amount)
6. 6 Flour tortillas
7. Garlic
8. Salt
9. Pepper
10. Olive oil
11. 1 Canned Mexican beans
12. Bacon 50g
13. Tortilla chips (appropriate amount)



How to make

1. Chop tomatoes and onions into fine pieces. It is easier if you use a food processor.
2. Cut serrano peppers or canned jalapeno in round or semi-circular.
3. Put olive oil in the frying pan, heat it, and stir fry onions, serrano peppers, and tomatoes in this order. Then add beaten egg in the pan, and stir fry it.
4. When the eggs are cooked, add salt and pepper.
5. Cut bacon in small pieces and fry it. When it is well cooked, add the canned Mexican beans and fry it further.
6. Dish up the food on a plate and add tortilla chips.

Quesadilla

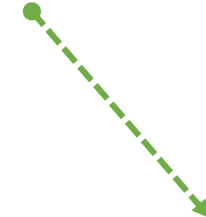
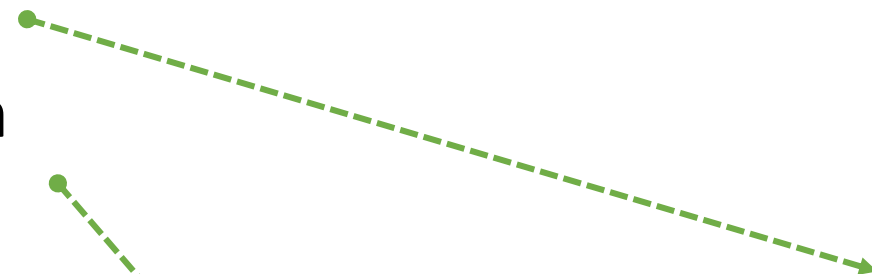
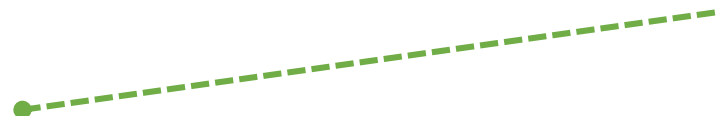


Required kitchen utensils:

- Frying pan (small size)
- Bowl (15 cm)
- Turner
- Cutting board
- Knife
- Plate (large size)

Ingredients:

1. 6 Flour tortillas
2. Cheese 200g
3. 3 slices of ham



How to make

1. Put a tortilla in the heated frying pan.
2. Put a slice of ham and cheese on the tortilla, put another tortilla on top of it, and fry the both sides until nicely charred.

Plátanos con crema



Required kitchen utensils:

- Bowl
- Cutting board
- Knife
- Rubber spatula or turner

Ingredients:

1. 4 or 5 bananas
2. 1 jar of Sour cream
3. Cinnamon (appropriate amount)
4. Sugar (appropriate amount)



Cut bananas, mix them with sour cream, and add cinnamon and sugar.

Agua de Limón



Required kitchen utensils:

- Pitcher (2L)
- Cutting board
- Knife
- Spoon

Ingredients:

1. 3 Limes



2. Water



3. Ice cubes



4. Sugar



Cut limes in half and squeeze the juice. Add sugar and water and adjust the taste. Pour the drink in a glass over ice cubes.