



Sylvia Cooks

**SONORAN
STYLE**

BY SYLVIA ABRIL



Sylvia Cooks Sonoran Style

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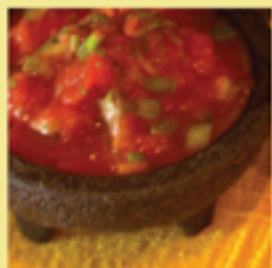
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“*The English translation for Salsa Fresca is fresh salsa. My version of the recipe calls for canned tomatoes and canned green chiles, however. Using canned products allows you to use the juices the tomatoes and green chiles are packed in; these juices produce very robust flavors you’re about to experience. To experience the Salsa Fresca’s truest flavors, refrigerate for 24 hours before serving. This allows the flavors to come together and fully develop. Prepare this recipe once a week and have fresh salsa to enjoy all week long – if your family can resist eating it in one day!*”

GROCERY LIST

Yellow hots
 Yellow onion
 Jalapeño
 Can of whole peeled tomatoes in tomato juice
 Cilantro
 Crushed chile peppers
 Cumin
 Granulated garlic
 Salt
 Green chiles

Salsa Fresca

SALSA FRESCA PREPARATION

3 fresh yellow hots, diced coarsely
 3 tablespoons yellow onion, diced coarsely
 2 fresh jalapeños, diced coarsely
 16 oz. can whole peeled tomatoes in tomato juice
 1/2 cup diced green chiles (roasted or canned),
 cut into 1/4-inch pieces
 1 1/2 tablespoon fresh minced cilantro

SPICES

1 1/2 teaspoons salt
 1/2 teaspoon crushed chile peppers
 1/4 teaspoon cumin
 1/2 teaspoon granulated garlic

- 1 Prepare the vegetables. Combine the yellow hot chiles, yellow onion and jalapeños in a blender and pulse until the chiles are minced finely. Do not over pulse.
- 2 Drain juice from the canned tomatoes and reserve juice in medium bowl. Cut tomatoes into quarters and transfer to blender. Pulse five times. Do not over pulse. Chunky is what we want. Transfer tomatoes into the bowl of tomato juice. Use a spoon to mix well.
- 3 Add the spices, green chiles and fresh cilantro, and continue to mix until all ingredients are combined. Transfer the Salsa Fresca to a storage container, cover and refrigerate 24 hours. Yield 2 1/2 cups.

SERVING SUGGESTION

Use this salsa for dipping chips, or to top breakfast, lunch or dinner dishes.





“This hearty Mexican soup is great during the cold winter months...but we serve this delicious soup every day of the year at Sylvia's. It's best served with lemons, crushed red chile peppers and La Canasta flour or corn tortillas.

GROCERY LIST

Tomato juice
 Beef short ribs
 Yellow onion
 Tomatoes
 Cilantro
 Garlic cloves
 Mint leaves
 Corn ears
 Oregano
 Cumin
 Salt
 Potatoes
 Whole green chilies
 Zucchini
 Garbanzo beans
 Celery
 Carrots
 Bay leaves
 Granulated garlic

Cocido

Mexican-style vegetable beef soup

PREPARING THE BEEF STOCK/INGREDIENTS

12 cups water
 1/2 cup tomato juice
 5-6 beef short ribs
 1 medium yellow onion, cut into 1-inch pieces
 1 medium tomato, cut into 1-inch pieces
 1 tablespoon minced cilantro
 2 fresh whole garlic cloves
 3 fresh whole mint leaves, tied together
 2 medium ears of corn
 (about 6 inches long), cut into 4 pieces

- 1 Combine all of the above ingredients together in a large stock pot. Bring to a boil over high heat.
- 2 Reduce temperature to medium and add the following spices:
 1 pinch crushed oregano
 1 pinch cumin
 1 tablespoon salt, to taste
- 3 Continue to cook for additional 1 1/2 hours.

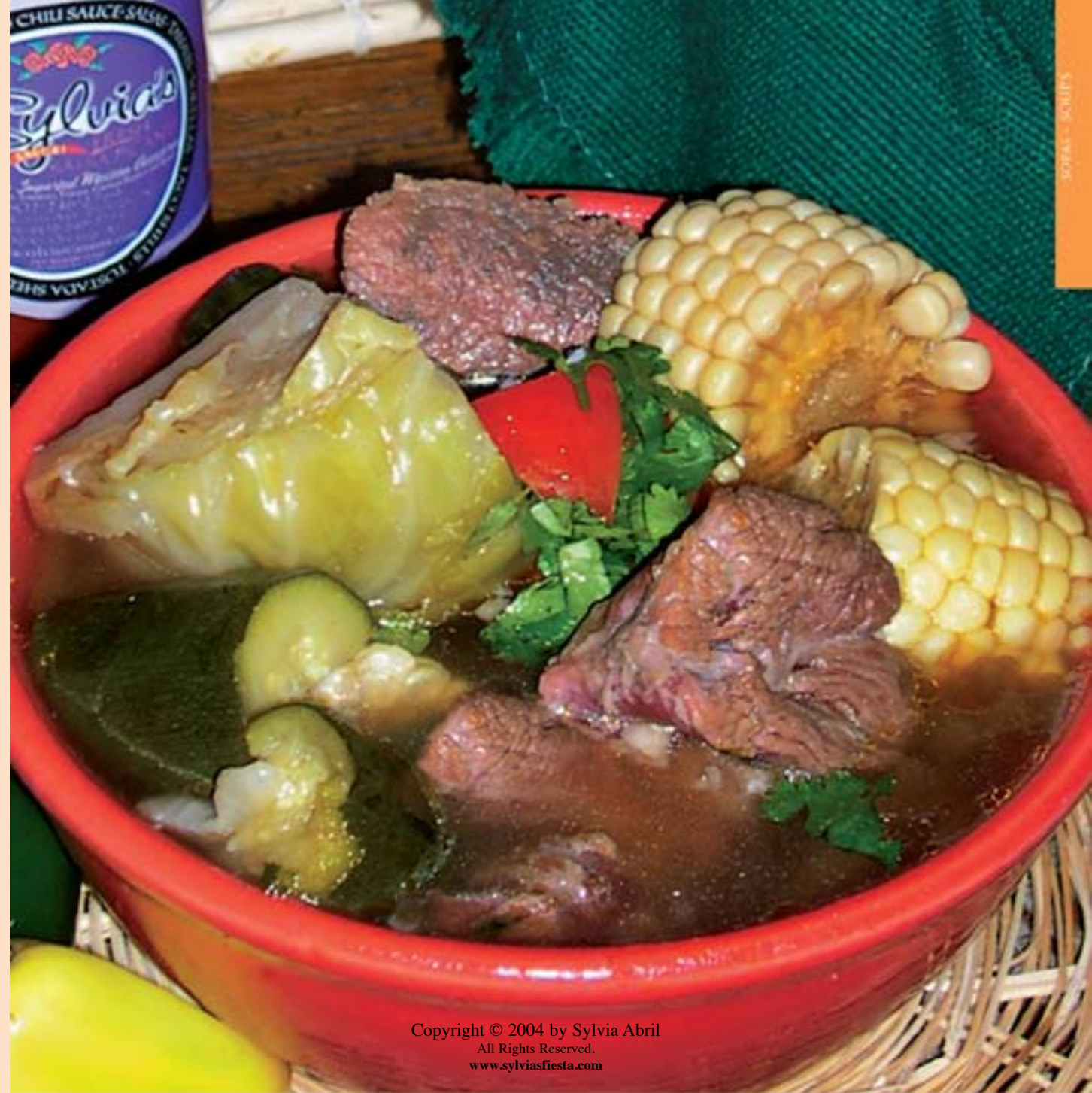
PREPARING THE VEGETABLE STOCK/INGREDIENTS

7 cups of water
 3 medium potatoes (skin on),
 cut in 2-inch pieces (about 2 cups)
 2 celery stalks, cut into 2-inch pieces
 2 carrots, peeled and sliced 1/2-inch thick
 3/4 cup whole fresh green chilies,
 seeded, cut into 1/2-inch pieces
 1 whole zucchini, sliced in 1/2-inch pieces

- 1 Combine all of the above ingredients together in a large stock pot. Bring to a boil, then reduce to medium temperature and cook for 30 minutes.
- 2 Gently transfer vegetables and stock to beef stock, and add the following spices:

1 1/2 tablespoon salt, to taste
 1 tablespoon granulated garlic
 1/4 teaspoon cumin
 2 bay leaves
 1 12-oz. can garbanzo beans, drained

- 3 Simmer for an additional 20 minutes.



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SERVING SUGGESTION

Serve soup in a large soup tureen, garnishing with fresh minced cilantro and lemons.

Makes enough for 4-6 portions.



“This attractive dish is served in our family restaurants as a lunch or dinner item. I use my secret Sylvia’s Fajita Spice Blend (available on my Web site: www.sylviasfiesta.com or at Sylvia’s La Canasta Restaurants).”

GROCERY LIST

2 lbs. cubed ball tip (ask your butcher if you have trouble finding this very tender cut of beef)

*Tomatoes
Yellow onion
Canned diced chiles
Jalapeño peppers
Cilantro
Sylvia’s Fajita Spice Blend
Margarine*

Steak Picado

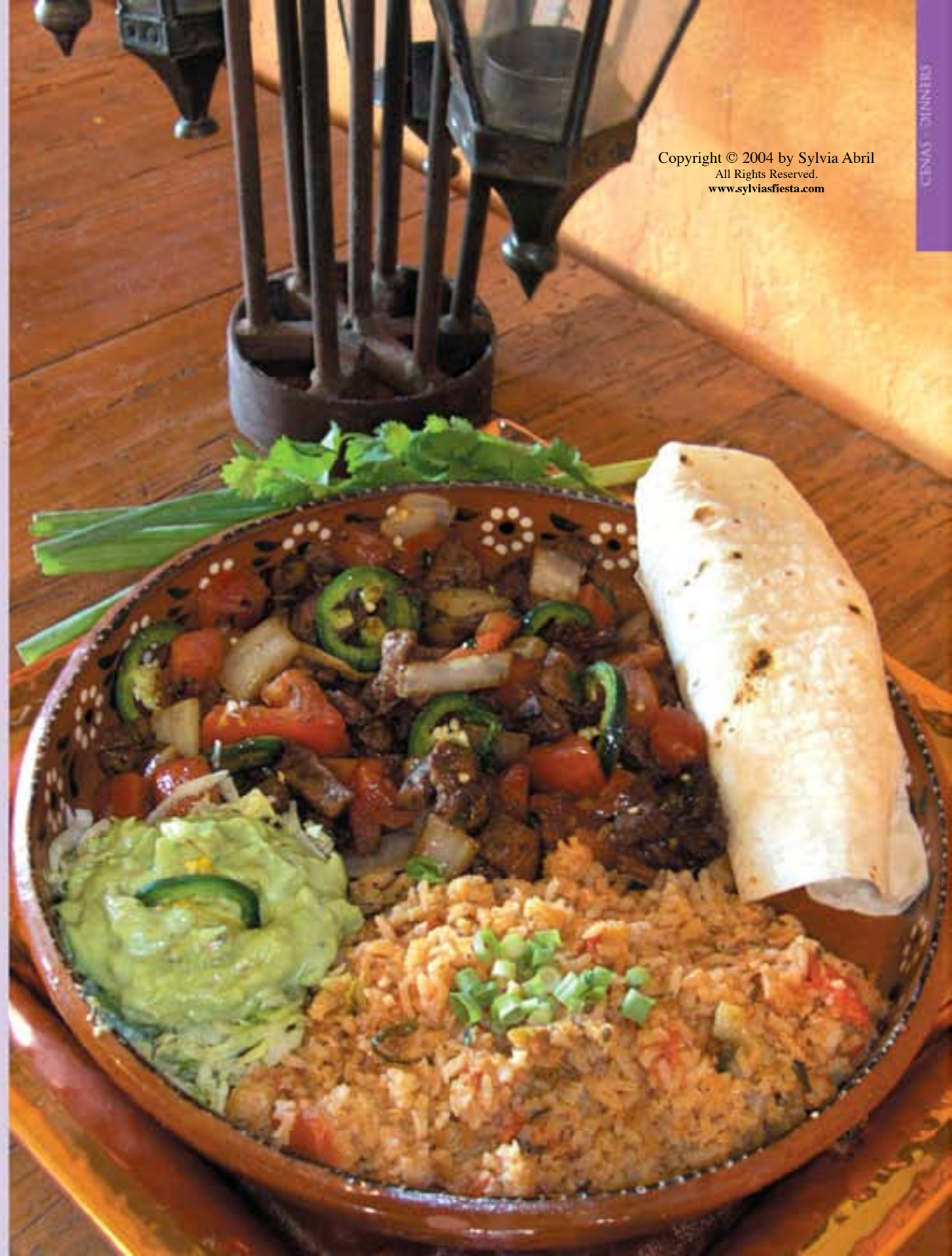
STEAK PICADO PREPARATION

*2 1/2 medium fresh tomatoes, cut in 2-inch chunks
2 medium yellow onions, cut in 2-inch chunks
4 fresh jalapeños, sliced in 1/4-inch thick rings
1/4 cup fresh cilantro, coarsely chopped
5 heaping teaspoons canned diced green chiles
1/2 cup melted margarine
2 lbs. cubed (1 1/2-inch cut) ball tip
Sylvia’s Fajita Spice Blend
Salt, to taste*

- 1 Prepare the vegetables. Combine in a large bowl the tomatoes, yellow onions, jalapeños, cilantro and canned green chiles. Toss together and set aside.
- 2 Preheat electric griddle or skillet(s) to a medium temperature. Add melted margarine. Increase the temperature, and place a handful of the cubed beef onto one side of the griddle. Season generously with Sylvia’s Fajita Spice Blend.
- 3 On the other side of the griddle or in a separate skillet, add melted margarine. Place a handful of vegetables onto griddle, season generously with Sylvia’s Fajita Spice Blend. Cover to steam the vegetables, lightly tossing from time to time (approximately 3-4 minutes). When the vegetables are steamed, tenderly mix with the beef. Toss gently, adding margarine and seasoning. Cook beef until it is cooked to your desired doneness. Repeat these steps until all beef is cooked, transferring finished beef and vegetables to an oven-proof dish to keep warm, if necessary.

SERVING SUGGESTION

Serve with whole beans, Mexican rice, and La Canasta flour or corn tortillas.



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“*Flan is a traditional dessert made expertly in most Mexican kitchens. There are many variations of flan, and this is one that I especially like. It's rich in texture, sweet and delicious to eat.*”

GROCERY LIST

Eggs
Sugar
Whole milk
Condensed milk
Orange
Cinnamon sticks
Vanilla
Canned pineapple
Almonds
Cherries
Whipped cream

Flan Almendres y Pina

FLAN PREPARATION

Preheat oven to 350 degrees.

12 eggs - Separate the yolks and whites from 9 eggs. Set aside.

1/4 cup sugar

3/4 cup whole milk

1 14-oz. can condensed milk (Eagle Brand)

Peel from 1/3 orange

2 cinnamon sticks

3/4 teaspoon vanilla

2 tablespoons crushed canned pineapple

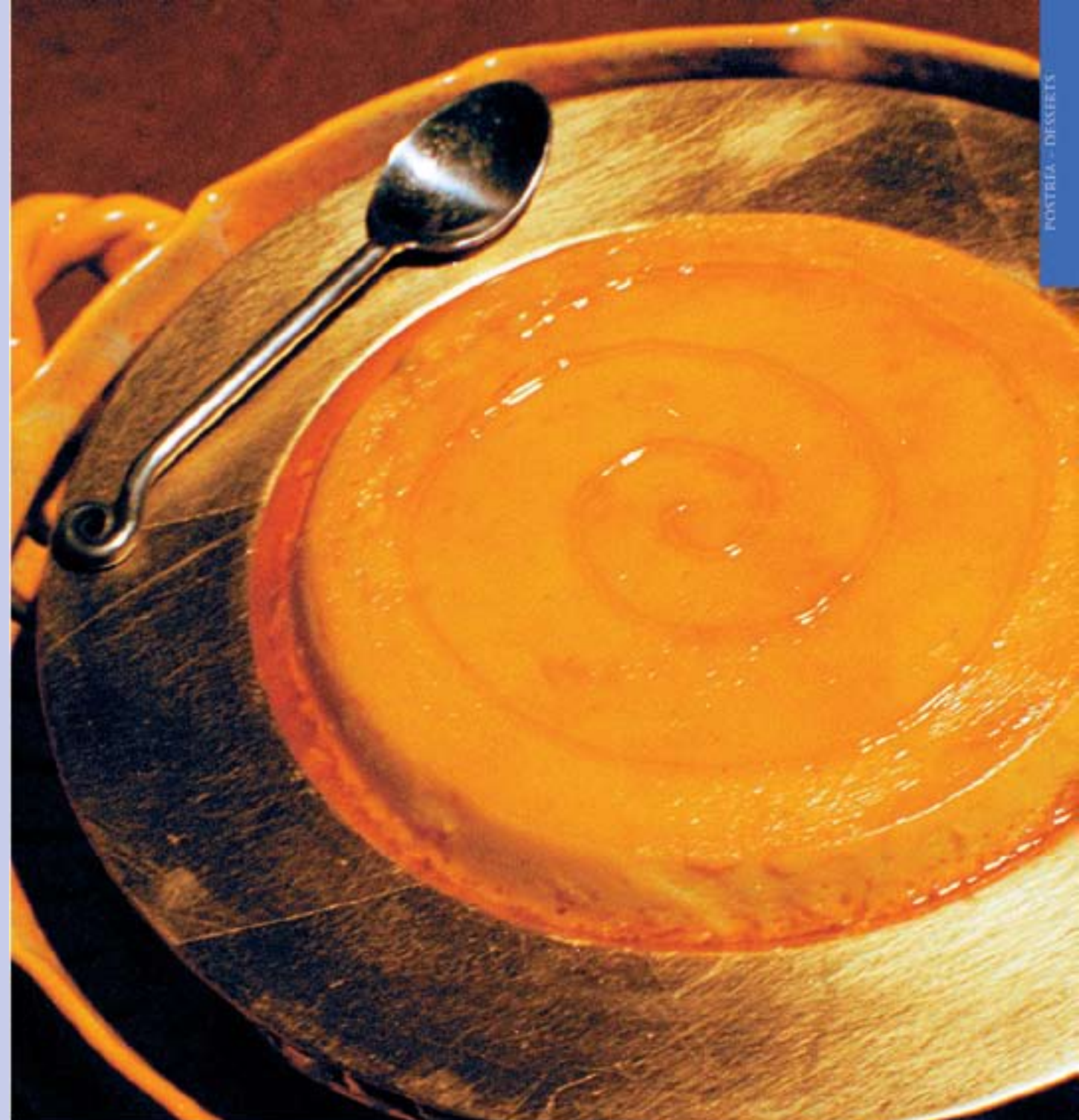
2 tablespoons crushed almonds

CARAMELIZED SUGAR

1 cup sugar

1/4 cup water

- 1 In a heavy frying pan, use a wire whip to stir granulated sugar over medium heat. Stir continuously until sugar has melted. Increase the temperature, and continue stirring until sugar has reached a medium brown color. Add water and reduce temperature to low. Simmer until all syrup is dissolved with water. Pour browned, melted sugar into 8x8-inch baking dish (or evenly into 6 oz. custard cups). The browned sugar must evenly coat the dish(es). Tip mold to accomplish this. Set aside to cool.
- 2 In a mixing bowl, add 3 whole eggs, 9 egg yolks and sugar. Mix well, and set aside. In a sauce pan, add milk, condensed milk, orange peel, cinnamon sticks and vanilla. Bring to a boil. Stir continually to prevent the milk from sticking to the bottom of the pan. Set this milk mixture aside for 5 minutes.
- 3 Using a mesh sieve, strain the milk mixture into the egg and sugar mixture. Discard the cinnamon sticks and orange peel. Add the crushed pineapple and almonds to egg and milk mixture, and stir lightly. Pour this mixture into the caramelized sugar mold(s).
- 4 Lightly cover the flan with foil sprayed with cooking oil (such as Pam™). (This will prevent the foil from sticking to the flan.) Add water to a 2-inch depth in 9x13-inch glass casserole, creating a water bath. Place your flan mold into water bath. Bake at 350° for 45-60 minutes, or until a knife inserted into the center



comes out clean. The flan should be firm to the touch but slippery in the dish. Refrigerate for two hours. To unmold the flan, place a 10-inch plate on top on the baking dish and turn over to release the flan onto the plate. Garnish the center with cherries and whipped cream. Refrigerate until serving time.