



El Frijol Feliz Sauces Class

Jocón, Mole, Salsa Roja, Chirmol, Salsa Verde and Tortillas

Jocón con Pollo

3 lbs chicken (typically one whole chicken)
4 oz tomatillo (cut in half)
10 green onions (scallions), (1 large bunch)
1 bunch cilantro
1 bunch parsley
2 large green tomatoes
2 cloves garlic
1 medium white onion
3 green bell peppers (chilies pimienta verde)
1 tablespoon salt
5 whole black peppercorns, cracked
2 Tablespoons vegetable oil

Jocón is a thick spicy green stew that is often referred to as a soup. This is one of the hottest dishes in Guatemalan cuisine. Even so, the dish isn't too spicy for most people. The tomatillos provide just enough heat to warm up the otherwise cold vegetables. The base of this stew is all veggies but you can add extra vegetables if desired or substitute root vegetables or tofu in place of chicken to make a vegetarian alternative.

Tomatillos may be sold under a variety of names (miltomate, husk tomato, jamberry, Mexican tomato, or ground cherry). They look like small green tomatoes with a small husk. When the husk is removed the surface texture is slightly sticky. They also smell a bit warm or spicy, like a pepper.

The dish is typically made with a whole chicken. Cut the chicken into 8 or more pieces with bones included. Bones are typically cooked with stews and soups in Guatemalan cuisine to add flavor but boneless chicken would work just as well in this dish if preferred. In a stock pot, add about 2 tablespoons of vegetable oil, just to coat the bottom of the pot. Lightly brown the chicken in the oil.

While the chicken is browning, chop all remaining ingredients, except the salt and pepper. Put all the raw veggies in the blender with 1-2 cups of water. Puree and add puree to stock pot with chicken. You may need to puree in two batches. Add the 5 cracked peppercorns to the stew along with a tablespoon of salt.

Cover and simmer until chicken is cooked through, approximately 30 minutes.
Serve with rice (Serves 6)

Mole de Plátanos

(Serves 4 people)

2 guaque (guajillo) chilies (dried, de-seeded and de-veined) *Note: dried chilies and spices can often be purchased online if not available in your area.

2 pasa (poblano/mulato) chilies (dried, de-seeded and de-veined)

2 roma/plumb tomatoes

2 oz. raw pumpkin seeds (pepitoria)

2 oz. sesame seeds (ajonjoli)

2 large black peppercorns

2 cloves

1 stick of cinnamon

8 oz. of chocolate

3 plantains

vegetable oil

Begin by toasting the chilies, tomatoes, peppercorns, cloves, cinnamon, pumpkin seeds, and sesame seeds. After the ingredients are roasted break up the chilies and place these ingredients into a blender with 3 cups of water. Blend for 5 minutes. Place liquid in a sauce pan. Add the chocolate and stick of cinnamon. Mix and boil mixture on medium heat for 15 minutes. Stir occasionally.

Slice the plantains and place in a frying pan with vegetable oil. Fry for 3-4 minutes while flipping sides, until golden brown. When the plantains are done, place them into the boiling mole sauce. Boil the plantains in the mole mixture for 10 minutes. Serve.

Salsa Roja

Salsa de Tomate

4 roma tomatoes

1 small onion

1 red bell pepper

1 clove of garlic

½ teaspoon of salt

1 bay leaf

3 sprigs of thyme

To prepare the sauce, boil in a covered saucepan halved tomatoes, onion, garlic and bell pepper in ½ cup of water for 10 minutes. Then place the contents in a blender (usually about ¼ a cup of water remains) and blend for two minutes. Place back in the saucepan and boil for 3 minutes with the bay leaf and thyme. You can serve this over Chiles Rellenos or with Chilaquillas

Chirmol

(Serves 4)

5 roma tomatoes

½ onion

1 tablespoon of finely chopped cilantro

1 tablespoon of finely chopped mint

Salt to taste

Lime to taste

Toast the tomatoes on a comal or in the oven or on a grill. Toast the tomatoes until they are really soft. Remove the burned skin and throw it away. On a cutting board finely chop the

tomatoes cilantro, mint, and onion. Then mix into a bowl together with 1 teaspoon of lime and salt to taste.

Chirmol is generally served with Carne Asada and grilled onions or boiled potatoes.

Salsa Verde

(Serves 4)

4 oz. of tomatillos

½ onion

1 clove of garlic

1-2 small jalapeños (optional) *if you want less spice take out all the seeds and veins

Salt to taste

1 bay leaf (optional)

3 sprigs of thyme (optional)

In a small sauce pan place the de-husked tomatillos, ½ onion, 1 clove of garlic, jalapeños and ½ teaspoon of salt in 1 cup of water. Boil for 10 minutes. Then remove from heat and place the boiled ingredients and the water they were boiled in, into a blender. Blend well.

Then place back in the saucepan and boil for 3 more minutes. You may cook your final sauce with thyme or bay leaves. This sauce can be used with tacos, tostadas or any other types of meat.

Tortillas

4 cups finely ground corn flour

2 cups water

1 tablespoon of olive oil

Salt to taste

Start with corn flour in a shallow pan like a baking dish. Add water a little at a time until desired consistency is reached, mixing with your hands as you go. The mixture should feel like soft dough.

Wet your hands slightly to keep dough from sticking while forming tortillas. Form a ball of dough approximately 2 inches in diameter. Using your palms form this ball into a somewhat flattened, round shape, approximately the size of your concave palms. It's easiest to form this shape by cupping your palms. From this shape use flattened fingers against palm, hand to hand to form a larger round shape. Finished corn tortillas are typically 5-6 inches in diameter and approximately ¼ inch thick.

On the stovetop or grill have a flat pan that has been lightly oiled heated. Place finished tortillas directly on pan and cook to desired darkness. Flip and cook other side to desired doneness. When finished warm tortillas are stacked and wrapped in a towel to maintain heat. Tortillas are typically served warm.

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