

University Hills Cooking Class

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Quesadillas con Nopales

Ingredients:

Corn tortillas

Cheese (Oaxaca or Mozzarella)

Nopales (common brands are Doña Maria or Embasa)

- 1) Open nopales and wash about 10 strips under running water for about 1 min or until the packaging liquid has been eliminated. Put on a clean dish.
- 2) Cut 3 cheese slices (thin). Put 2 tortillas on a cast iron skillet on lowest setting (gas or electric).
- 3) Once warm, the tortillas are easy to handle. Place 3 slices of cheese on top of the bottom tortilla. Place 5 strips of nopales on top of the cheese, and place the second tortilla on top.
- 4) Cook on low flame or power until cheese starts to melt. Once the cheese holds the tortillas together (melted) flip carefully the quesadilla so that the top tortilla is now the bottom one.
- 5) Serve after 1-2 minutes of warming the quesadilla.
- 6) If desired, cut in halves or quarters with kitchen shears.

Adobo de Puerco

Ingredients

Adobo (Doña Maria)

Pork loin

Onions (yellow)

Zucchini (mexican, green or yellow).

Rice

Instructions:

- 1) Roast pork loin in oven until most red color is gone (taste better if using low temperature and longer times).
- 2) Chop one onion into small pieces.
- 3) Open adobo paste. Use half the cup (about 100 g) per 500 ml water. Place adobo paste on bottom of pot and warm up so the paste starts to melt. Add chopped onion. Once the adobo begins to melt help it dissolve with a fork and add some water. Once most of the adobo paste is melted add the rest of the water. You want the consistency of the sauce to be relatively thick.
- 4) Cook on low and add pork. Cut the pork in cubes (3 cm sides) and add to Adobo. Cook on low for about 30 min.
- 5) After 15 min add Zucchini. Cut Zucchini longitudinally in 4 sections, then cut in half. (One long zucchini should yield 8 pieces). Add to adobo. Cover and cook on low for 15 min.
- 6) Zucchini should be very soft when served.
- 7) Serve over rice.