



Albondigas de Pepita

Squash seed “meatballs” in broth (‘wolbi sikil)

Recipes from Susi Noh Un

‘Wolbi (albondigas) Sikil (pepita) for 2

- Pepita chica (or or pepita menuda)
- Salt water

Instructions

1. Heat pepita chica (about 1 cup for 4 golf-ball sized albondigas) just until they begin to pop. Remove from heat. Toast too long and you will remove the oil needed to form your balls.
2. Grind pepita in hand mill (alternatively use food processor or high-powered blender like Vitamix- if you use a blender, be careful not to overblend)
3. Add generously salted water to ground pepita until a dough is just-formed, then gently mold each ball in your palms, coaxing out the natural oils until it holds firmly together.

Caldo (Broth)

- chaya leaves, rinsed
- achiote en grano (annatto seed)
- dried Mexican oregano
- black peppercorn
- 1 medium clove garlic
- fideos (semolina pasta, like spaghetti)
- hierba buena (or other mint)
- lime and avocado (optional)

Instructions

1. Bring a pot of water to the boil, salting lightly and toss in whole chaya leaves.
2. Grind achiote, peppercorn, garlic and oregano in molcajete, adding water to make a thin paste.
3. Using a fine mesh strainer, add your paste to the pot with water and chaya.
4. Add your pepita albondigas and simmer about 30 minutes.

Add two handfuls fideos (or two servings other semolina noodles) and two stems hierba buena .Continue to simmer until noodles are fully cooked.

6. Serve with lime wedges and avocado.

Boiled Milpa Vegetables

- chayote
- calabaza local

Instructions

1. Halve or quarter chayote. If more mature and skin is wrinkled, peel them before cutting.
2. Quarter calabaza and remove stems. If the seeds are large, remove them.
3. Simmer in salted water until very soft or with the rest of the caldo ingredients.

- Serve alongside or stirred into caldo.

Corn Masa

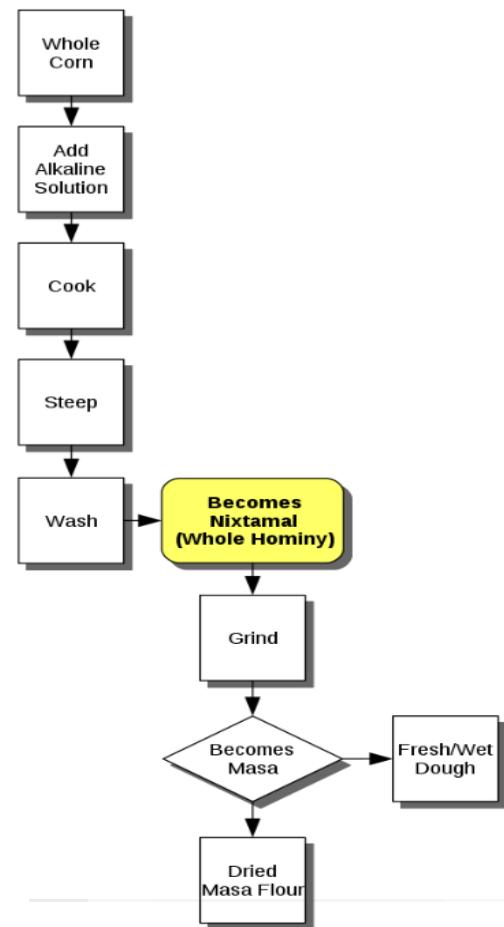
- 1 heaped tbsp of lime (calcium hydroxide)
- 1 kg whole dried corn kernels
- Water
- Salt (optional)

Instructions

- Dissolve lime in water in a large saucepan. Rub lumps between fingers until dissolved.
- Add corn and top up water until it covers the corn by 2-3cm.
- Bring to the boil and simmer for 30 minutes.
- Top up water and leave to steep, preferably several hours/overnight.
- Massage the corn, rubbing the outer cellulose layer off the kernels. Refresh water and continue rinsing the kernels and dumping water until the water is clear. Pour off excess water.
- Grind corn while still wet. If using hand grinder, the corn will need to be ground again after adding water to a more or less finished dough consistency.
- Knead dough with a little water until it feels right!

Added extras to your masa

Some people like to add ground toasted pepita or chopped chaya to the masa.



Tips for Tortilla Making

- Size** - ball of masa size of golf ball, to make 10cm diameter tortilla
- Forming the tortilla (hand/tortilla press)** - use a food storage bag (Ziploc) cut open to press tortillas between so masa doesn't stick to the tortilla press
- Cooking time** – roughly 1 minute each side
- Puffing up** – on second side, press firmly with paper towel
- Production line** – don't let raw tortilla dry out before cooking, once formed cook right away
- Serving** – keep in tea towel or in a tortillera. Sooner eaten the better
- Storing tortillas** – in the fridge up to 4 days, in the freezer up to 2 weeks

- **Reheating leftovers** -- heat on comal or dry saute pan over medium heat until soft
- **Storing masa** – no more than 3 days, longer it can go sour.

Same same, but different... important note on masa nixtamalizado and masa harina:

While fresh masa is best (for taste, and doesn't soak up too much oil when frying), prepared masa is available almost everywhere in Mexico. Masa harina, such as Maseca and Minsa is unfortunately made almost exclusively with US GMO corn. Why not try to seek out where to buy fresh masa where you live?

Feedback

Thank you from Erin and Susi for attending the workshop!

Please make sure to check your email the day after your class – we'll appreciate your review on Trip Advisor (Frutas y Verduras Mexico - Merida) and/ or your recommendations and shares on Facebook!

Please give us your feedback so we know how we're doing, what we can improve and what direction to take in the future.

1. How was your experience in the workshop?

1	2	3	4	5
Not satisfied				Very satisfied
<i>Comments</i>				

2. What did you like most about the workshop?

3. If you could change something about the workshop, what would it be?

4. What other workshops/experiences would be interested in?

ex. tamales, relleno negro, visiting Mayan communities/la milpa

OPTIONAL - If you're interested in hearing more about future events, please leave us your contact details.

Name: _____ Email: _____

Dios bo'otik - Muchas gracias – Thank you!