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2

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Presentación.

En este trabajo se verá todo lo que son recetas de comidas tradicionales de México en inglés para complementar el aprendizaje de la clase, para eso es este trabajo.

Y para nuestro mejor desarrollo en el idioma de inglés y para la clase que nos ayudara después.

Desarrollo.

10 recipes.

1-TORTAS AHOGADAS.

Ingredients.

- 1 kilo of tomato
- onion
- 2 cloves of garlic
- tablespoon cumin
- 1 teaspoonful of oregano
- 1 cup of refried beans
- 300 g of pork carnitas
- 4 bolillos
- Cup of water
- Oil
- Salt to taste

Instructions.

Boil the tomatoes, remove the peel and grind them with the onion, garlic and cumin. Pour the sauce into a hot skillet with little oil and season with a little oregano. Spread the bolillos with the beans, place the carnitas and coat the cake with the tomato sauce.

2-CHILES EN AHOGADA.

Ingredients.

- 3/4 cup raisins
- 1 sprig of parsley
- 1 grenade (shelled)
- 20 mL of sherry
- 1/2 cup of condensed milk
- 100 g cream cheese
- 500 mL of whipping cream
- 1 cup peeled almonds
- 20 Castilla nuts
- Salt and pepper to taste
- 1/2 chopped onion
- 8 poblano peppers
- 1/2 cup pine nuts

- 1 male banana
- 500 g of ground meat
- 2 tomatoes, peeled
- 2 garlic cloves, minced
- 3/4 cup sliced almonds
- 1 pear
- 1 peach
- Vegetable oil

Intructions.

Varnish the chilies with a little oil and roast them on a griddle or in the oven, turn them until the skin is toasted. Put them in a sealed plastic bag for 30 minutes, remove the shell and straighten them.

Cut the peach and pear into cubes and toast the almonds a little. Chop the garlic, onion and tomatoes, and fry them in oil. Add the meat and season, then leave on medium heat for 15 minutes. Fry the plantain, chopped, and add to the meat along with the fruits. Finally, it includes almonds, pine nuts and raisins.

Cook over low heat for five minutes and remove from the flame. For the nogada, peel the walnuts and blend them with the almonds, cheese, cream, condensed milk and sherry.

Fill the chiles with the meat. To serve, pour a little cream on the plate and top with pomegranate and chopped parsley.

3-TOSTADAS DE POLLO.

Ingredients.

- 1 chicken breast
- 1 onion cut into thin strips
- 2 garlic cloves, minced
- 3 chipotle peppers
- 5 tomatoes
- 1 bay leaf
- 8 toasts
- 1 cup of refried beans
- Chopped lettuce
- 1/2 cup of cream
- 1/4 cream cheese

- Avocado slices
- Salt
- Oil

Instructions.

In a saucepan, cook the chicken breast with a little salt. Then undo it and reserve.

In a frying pan with oil, fry the garlic and onion. Meanwhile liquefy the tomato, the chipotle chili and the chicken broth that was left over when the breast was boiled.

Once you have the mixture add it to the pan with the onions and garlic. Add a bay leaf and the shredded chicken breast. Let it cook for approximately 20 minutes.

To serve, place some beans on the toast, add the chicken tinga and decorate with lettuce, cream, cheese, avocado and sauce of your choice.

4- CEMITA POBLANA.

Ingredients.

- 8 beef milanesas
- Salt and pepper to taste
- 2 eggs
- 1 cup of breadcrumbs
- Frying oil
- 8 cemitas (or 8 cm round bread)
- 4 ripe avocados
- 500 g of shredded Oaxaca cheese
- 1 cup potato leaves
- 1/2 onion, sliced
- 1/2 cup of olive oil

Instructions.

Season the milanesas, pass them through the beaten egg and then through the breadcrumbs. Fry in very hot oil and drain.

Slice the cemitas in half; Place the milanesa, on top of the cheese, slices of avocado, onion and the leaves of papaya. Drizzle a little olive oil and salt.

Serve with red or chipotle sauce.

5-POSOLE ROJO DE POLLO.

Ingredients.

- 500 g of precooked wells
- 1 chicken breast Salt
- 6 guajillo peppers
- 2 cloves of garlic
- 1/4 of onion Frying oil
- 6 radishes Lemons
- 1/2 lettuce julienned 250 mL of cream
- Oregano
- Piquin
- Chili
- Avocado
- Toasts

Instructions.

Wash the corn and boil it in a pressure cooker for 20 minutes. Separately, cook the chicken in a saucepan with a little salt. Shred and reserve the broth.

Grill the chilies, remove the seeds and soak them in hot water for 10 minutes.

Blend the chiles with the onion and garlic in the same water where you put the chilies.

Fry the mixture in a little oil and add it to the chicken broth. Strain the corn and add it to the broth as well. Boil another 10 minutes more.

Arrange the cream, lettuce, radishes, lemons, oregano, avocado, chili and toast on the table to mount on each plate.

6-TAMALES CHIAPANECOS.

Ingredients.

- 1 Kg Cornmeal (for tortilla)
- 500 gr lard
- 1 tsp salt
- For the Filling of the tamales chiapanecos
- 250 gr pork
- 3 chicken breasts
- 3 Chiles Anchos

- 3 Mulatto Chiles
- 2 Pasilla Chiles
- 4 Cooked Eggs
- 2 green tomatoes
- 2 tomatoes
- 50 gr Almonds
- 100 gr raisins
- 2 Tbs Roasted Sesame
- ½ Cda Oregano
- 6 thin peppers
- 2 medium onions
- 1 pinch oregano
- 2 cloves garlic
- Large Banana Leaves or the necessary units for about 15 tamales

Instructions.

We wash the banana leaves and remove the nerves. We cook them in boiling water to soften them. We reserve them.

Mix the flour with a cup of chicken broth, add the butter and salt, beat until in a glass with water, a ball of dough floats.

We prepare the chilies, remove the seeds and veins, fry them in little oil and put them to soak, then grind them

We fry the green tomatoes, the tomatoes with the garlic cloves and the onion in a frying pan, then grind them.

We fry the almonds a little and then grind them with the sesame seeds, the raisins, the oregano, and the peppers.

In a large bowl add two tablespoons of butter and add the ground spices, then add the ground chilies and continue to move. Finally add the ground tomatoes.

Add half a cup of chicken broth, season with salt and a little sugar.

We make the tamales with the banana leaves cut into squares of about 20 cm on a side, we add chicken meat and shredded pork, with a tablespoon of mole, a raisin, an olive, an almond, and a slice of cooked egg.

We close the tamales with the ends of the leaf, trying to make them square and tie them with a strip of banana leaf or string. We steam them over high heat, for approximately 60 minutes

7-EMPANADAS.

Ingredients.

- 1 kilo mass
- 1/2 chicken breast
- 1/4 cabbage
- 5 tomatoes
- 1 sprig of coriander
- 1/2 onion
- 6 Lenten peppers
- 2 royal teaspoons
- 1 cup wheat flour

Instructions.

First we roll the dough with the royal and the flour with a little water.

We begin to form the omelette and when it is extended we put the chicken together with the diced tomato, the diced chili, the finely chopped onion, well mixed everything with the chicken and close it to make it look like a quesadilla.

We put them in the oil and let them cook giving a golden color and ready accompanied with a chirimoy sauce putting cabbage chopped

8- TLAYUDA.

Ingredients.

- Tortillas tlayudas 2
- quesillo 500 g
- Avocado
- 2 Tomato
- 2 White onion 100 g
- Chapulines 50 g
- Greaves seat 100 g
- Refried beans 150 g
- Salt Tasajo 500 g

Instructions.

Heat the beans very slowly. Once they start to gush out, turn them off and let them cool down a bit.

On a grill - preferably, although you can also do it on a normal stove - roast the beef jerky. Once it's ready on both sides, put it away. Remember that it should not be hard, but soft and chewy. Cut slices of the onion and tomatoes. Also slice the avocado and set aside.

Cut 20-centimeter pieces of cheese and melt them.

Take one of the tortillas and, with the help of a spoon, spread the greaves seat over its entire surface. This seat is special, because it gives the tlayuda a unique flavor.

Put a first layer of beans on the tortilla. Then cover it with another cheese. Put as much as you want.

Place about three or four — it is to your personal taste — slices of tomato, as well as onion and sliced avocado. Put the grasshoppers up to the top.

Sprinkle with a little salt.

Take your tlayuda to the grill when the coals no longer have a fire and the grill does not burn. Leave the tortilla there, until the beans begin to boil again and the cheese melts.

Finally, add a piece of the roasted meat on top. If you want to close the tlayuda to make it easier to eat, that's fine.

Accompany it with a little of the homemade hot sauce of your choice. And if you have a beer in the fridge, it's time for you to take it out too.

Ready!

9- CHIMICHANGAS.

Ingredients.

- 1 kg of tender meat (beef)
- 3 tomatoes
- 3 garlic cloves
- 1 onion
- Flour for tortillas or ready-made tortillas
- Salt and pepper to taste
- Grated cheese to taste
- 5 chiles de su
- choice
- Butter or oil

Instructions.

In a pot with boiling water, cook the meat for half an hour over high heat with onion, garlic and salt to taste. When it's done, put it in a separate container and let it sit. Clean and devein well the chilies you have chosen to include in the recipe and soak them for half an hour in hot water.

Once the meat is at room temperature and is manageable, cut them into long strips. In a frying pan with butter or oil (whichever ingredient you have chosen), fry the chilies, the tomatoes previously chopped in squares, more garlic and one

chopped onion for 5 minutes. Then add the meat and season with salt and pepper to taste. Spread the tortillas on a flat surface and fill them with the meat stew, then roll them up and fry them in a frying pan with oil for 5 minutes on each side until they are golden brown.

When serving, you can accompany it with white rice or dip the tortilla on top with guacamole to taste. You can also sprinkle the sauce of your choice or add a salad of lettuce, tomato and onion as a garnish.

10- GALLINA PINTA.

Ingredients.

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- 1 kg Beef brisket, cut into pieces
- 1/4 Onion
- 2 Garlic cloves
- 1 tablespoon Salt
- 2 It Water
- 1 1/2 cup Pozolero corn, precooked
- 1 cup Pinto beans,
- Precooked
- 1 Serrano pepper,
- seeded and cut 3 branches
- Cilantro

Instructions.

- COLOCA la carne, la cebolla, el ajo, la sal y el agua en una olla de presión.
- CIERRA y cocina durante 30 minutos.
- AÑADE el maíz pozolero y cocina durante 20 minutos con la olla abierta.
- AGREGA los frijoles y los chiles serranos.
- COCINA hasta que suelte el hervor.
- AÑADE el cilantro y cocina por 10 minutos más.
- RECTIFICA sazón y sirve.
- ACOMPAÑA con la cebolla, el cilantro y los chiles picados.

Conclusión.

En este trabajo se dio a conocer algunas recetas típicas del estado de México que nos ayudaran a saber cómo hacerlas si no también sabremos el significado en inglés por cualquier receta que miremos en inglés.

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