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**Nombre del trabajo:**

Work sheet

**Materia:**

Ingles

**Grado: 3 cuatrimestre**

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# **RECIPE OF CHILIES IN NOGADA**

## **INGREDIENTS**

- 3/4 cup of raisins**
- 1 sprig of parsley**
- 1 grenade (shelled)**
- 20 mL of sherry**
- 1/2 cup condensed milk**
- 100 g cream cheese**
- 500 mL of whipping cream**
- 1 cup of peeled almonds**
- 20 nuts from Castile**
- Salt and pepper to taste**
- 1/2 chopped onion**
- 8 poblano peppers**
- 1/2 cup pine nuts**
- 1 banana**
- 500 g of ground meat**
- 2 tomatoes peeled**
- 2 cloves of garlic, chopped**
- 3/4 cup filleted almonds**
- 1 pear**
- 1 peach**
- Vegetable oil**

## **INSTRUCTIONS**

- Varnish the chilies with a little oil and roast them in a griddle or in the oven, turn them until the skin is roasted. Put them in a sealed plastic bag for 30 minutes, peel and remove.**
- Cut the peach and pear into cubes and roast the almonds a bit.**
- Chop the garlic, onion and tomatoes, and fry in oil. Add meat and salpimenta, then leave on medium heat for 15**

minutes.

-Fry the chopped male banana and add to the meat along with the fruits. Finally, it includes almonds, pine nuts and raisins. Cook on low heat for five minutes and remove from the flame.

-For the walnut, peel the walnuts and blend them with almonds, cheese, cream, condensed milk and sherry.

-Fill the chilies with the meat. To serve, pour some cream into the plate and cover with pomegranate and chopped parsley.

## **FRIED RIBS WITH GARLIC**

### **Ingredients**

-500 gr of ribs

-Oregano

-2 cloves of garlic

-Extra virgin olive oil

-Sal

-Ground pepper

### **Instructions**

-We put the ribs in the pan, with a little extra virgin olive oil.

Salpimentamos.

-We put the chopped garlic and oregano to taste.

-Medium heat and we go around the ribs until they are well cooked on all sides, crisp.

-We served.

# **MOLE**

**For the mole**

- 50 grm of raisins**
- 30 grm pumpkin seeds**
- 30 grams of peanuts (no salt)**
- 10 cm of cinnamon stick**
- 3 cloves of smell**
- 10 peppers**
- a teaspoon of marjoram**
- 1 cda of dried oregano**
- 1 teaspoon of cumin powder**
- 200 grm dry wide pepper**
- 100 grm dried guajillo pepper**
- 400 grm of table chocolate**
- Sugar**
- Sal**
- 4 cloves of garlic**
- 20 crackers (to thicken the mole)**

## **FOR THE CHICKEN**

- 4 chicken breasts with bone**
- 3 cloves of garlic**
- high onion**
- Sal**
- 4 liters of wáter**

## **Procedure**

- 1.- Clean the chilies, removing seeds and tail**

**2.- Put them to soften in hot water, let boil for 20 minutes, reserve**

**3.- In a pan put a jet of oil, fry: peanuts, seeds and raisins**

**4.- Blend with chicken broth: chilies (without the water where we cook them), peanuts, seeds, raisins, cinnamon, cloves, pepper, marjoram, cumin, oregano, chocolate, garlic, sugar and salt**

**5.-Strain the sauce that was obtained from the mixture that we blend, bring to boil with low flame and moving regularly to avoid sticking**

**6.- After boiling rectify the seasoning and if necessary salt or sugar add**

**7.- When the seasoning is correct and has boiled approx half an hour add the chicken already shredded, let boil for 10 minutes**

**8.- Serve with rice and enjoy**

## **THE CHICKEN**

**1.- Flush the chicken, remove the skin**

**2.- Boil the water, add: garlic, onion, salt and chicken**

**3.- From the first boil take a 30 minute timer, after this time the chicken will be cooked**

**4.- Shredding**

# CONSOMÉ OF SHRIMP

## Ingredients

- Shrimp - 1/2 kg.
- Tomato - 5 pcs.
- Onion - 1 pcs.
- Green pepper - 1/2 pcs.
- Coriander - 1 piece of cilantro
- Salt - Sufficient quantity of salt
- Oregano - 1/4 tsp.
- Water - 2 liters

## Instructions

- Finely chop tomatoes, onions and peppers
- Sauté in a little oil starting with the onion spruce and add the bell pepper cook for 1 to 2 more minutes and add the tomato cook for a couple of minutes or until the tomato is cooked and begins to unravel.
- Add water and bring to boil
- Add salt and oregano.
- Add the shrimp and bring to a boil, correct the seasoning if necessary.
- Clean and disinfect the coriander and add to the consommé.
- Serve with lemon, chili and corn chips or toast.

# **CHICKEN MILANESE**

## **Ingredients**

**-2 lbs. of boneless chicken breast around 3 chicken breasts**

**-teaspoon of onion powder**

**-teaspoon of garlic powder**

**-Salt and pepper to taste**

**-2 large eggs**

**-1 cups breadcrumbs or crackers**

**-cup of vegetable oil**

**-Cut the chicken breasts into thin chops. To do this, place a chicken breast on a cutting board and use a sharp knife to cut it horizontally into two thin pieces (use the palm of your hand to hold the breast in place while cutting). Repeat this process with the rest of the chicken breasts.**

**-Place a chicken breast in a plastic freezer bag. With a meat grinder, heavy frying pan, or rolling pin, gently tap the meat. Do it slowly from side to side to ensure a uniform thickness of  $\frac{1}{4}$  of inch. Repeat with each portion of breast.**

**-Season chicken chops with onion, garlic powder, salt, and pepper.**

**Beat the eggs in a large bowl and place the chicken breasts in this egg mixture.**

**-Spread the breadcrumbs on a large plate. Prepare another large plate to put the chicken chops after empanarlas.**

**With the help of your kitchen tongs (or with your hands), place a chicken chop on the bread crumbs. Turn to cover both sides and rotate (if necessary) until well covered with bread crumbs. You can pat it lightly, making sure the**

**breadcrumb layer sticks to the chicken. Place the breaded chicken on the separate plate and continue patting the rest of the chops.**

**-Heat the oil in a large pan over medium-high heat. Once the oil is hot, place the empanadas chicken breasts in the pan for cooking (Do not fill the pan with the breasts). Cook them for about 5 minutes each side and then place them on a plate that has been covered with napkins (to absorb excess oil). Serve your Chicken Milanese with rice and a salad (or any of your favorite side dishes).**

**-The food I don't like is: the seafood coctel, the potatoes, the Chinese food, the carrot soup, the precooked meat, the pozole and the food that has a lot of fat**

**NOTE this is what I understand you ask regarding the recipes of the food that I do not like not the necessary believe put them and with the prayers I do not understand in what time you want the prayers**