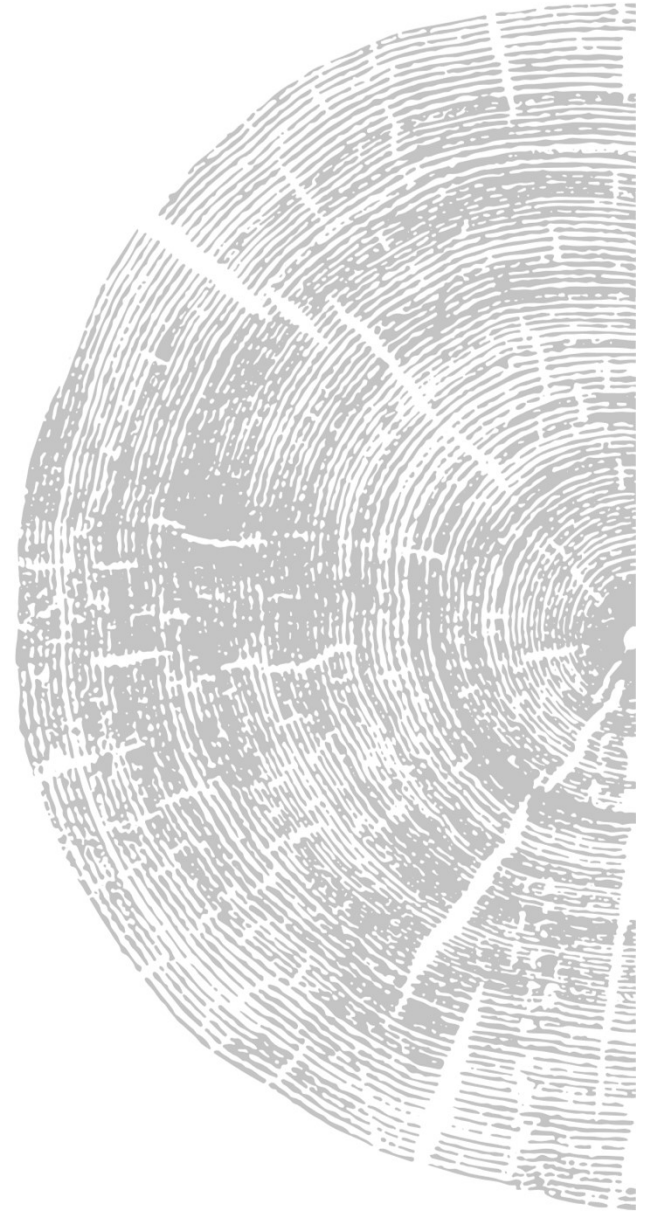


Cambia's HOLA ERG Cookbook

National Hispanic Heritage Month 2021



Picadillo (Cuban-style)

Ray Laurence, Project Management

PICADILLO Cuban

- ❖ Laurence (Cuban Style) Picadillo originated from Cuba
- ❖ Picadillo (Spanish pronunciation: [pika'ðiʎo], "mince") is a traditional dish in Spain and many Latin American countries and the Philippines (where it is known as giniling, and also Arroz a la Cubana) and is similar to hash. It is made with ground beef, tomatoes (tomato sauce may be used as a substitute), and other ingredients that vary by region
- ❖ It is often served with rice or used as a filling in dishes such as tacos, savory pastries or croquettes. The name comes from the Spanish word "picar," which means "to mince" or "to chop"
- ❖ This recipe has been handed down and modified for generations on my mom's side of the family, and each family has made it their own
- ❖ Picadillo to my family is a staple like spaghetti for Italian families
- ❖ This is my family's version that we enjoy regularly

PICADILLO Cuban

ORIGINATED FROM CUBA

- INGREDIENTS -

- ❖ 1 medium onion, chopped
- ❖ 1 clove garlic, chopped
- ❖ 1 medium red bell pepper, chopped
- ❖ 1 tablespoon canola oil
- ❖ 1 pound ground beef
- ❖ 1/4 cup of raisins
- ❖ Kosher salt and freshly ground black pepper
- ❖ 1 tablespoon cumin
- ❖ 1 (8-ounce) can tomato sauce
- ❖ 1 packet of Splenda
- ❖ Rice and black beans, for serving

- DIRECTIONS -

In a large skillet over medium heat, sauté onions, garlic, and pepper in oil until softened, about 5 minutes, stirring occasionally. Add ground beef and continue stirring to break up and brown the meat.

When beef has browned, add tomato sauce gradually while stirring. Season with salt, pepper, cumin and Splenda. Cook 1 to 2 minutes longer to incorporate sauce and raisins. Serve with rice and black beans.

CHEF'S NOTE: For a slightly healthier alternative, use ground turkey instead of beef.

Makes great leftovers!

Recipe courtesy of: Ray and Carrie Laurence



Authentic Cuban **PICADILLO**

1. *Cuban Style*

- ☐ Rice, then Picadillo, then Black beans on Top

2. *Americano*

- ☐ Picadillo with Rice and Beans on the Side

3. *Individuo (Your Way)*

- ☐ However, you want it

Chile Colorado (Northern Mexico)

Omar Amezquita, Network Management



Chile Colorado

- My recipe is for Chile Colorado which comes from Northern Mexico.
- This is one of my favorite Mexican dishes, though admittedly I have many. It's warm in temperature and spicy heat and goes great with rice, fresh radishes & cilantro, and, of course, tortillas.
- Chile Colorado is typical for a formal dinner meal, but, if you throw some eggs on top of leftovers the following morning, then it makes an excellent breakfast too!

Chile Colorado

Northern Mexico

Ingredients

Sauce:

Chiles...all good Mexican recipes should include a sub-recipe for chiles. I like my food hot but there are options. The bolded **chiles are required** as an ingredient. The rest are for additional flavor and warm fuzzy feelings in your belly.

Chiles	Mild	Hot
Dried Pasilla-Ancho	1-2	3-4
Dried Guajillo	2	4
Dried New Mexico	2	4
Dried Chile de Arbol	0-1	2-4

1 medium Sweet Yellow Onion, quartered
2 medium Tomatoes (of your liking)
Garlic (whole peeled cloves, amount to your liking)
1 tsp of dried Oregano
1 tbsp of Salt
2 tsp of Pepper
2 tsp of Cumin (powder)
4 cups of Beef stock

Meat:

This recipe is a slow cook so it works great with cuts of meat that may be tougher or have more connective tissue. Whatever roast or cut of meat you choose, it'll end up cubed/chunked like stew meat.
2 lbs of Beef or Pork or Deer/Elk roast
Salt & Pepper
Canola Oil or Manteca (Lard)

Recipe

Sauce Steps:

1. Boil 2 cups of broth in a pot
2. Once the broth is boiling, add the garlic, onion, and all chiles
3. Bring to a boil again and after boiling for 5 minutes, cover the pot and turn off burner for 20 minutes
4. After 20 minutes, carefully remove the chiles to remove the seeds and veins (might use gloves if you have sensitive skin)
5. As the chiles are cleaned move them to your blender along with the onion and garlic as well as 2 cups of the boiled broth and the remaining beef broth
6. Char-roast the tomatoes by placing them on a hot pan or the burner itself to blacken the outside, once charred, add them to the blender mix
7. Add salt, pepper and cumin to the blender and then blend the mix until finely blended (be careful when blending hot liquids)

Meat Steps:

1. Salt & pepper the cubes of meat to your taste
2. Heat oil/lard in a pan or dutch oven
3. Brown the meat in waves on high heat so you sear the outside but don't cook the inside
4. Once all meat is browned put it all in a dutch oven or roasting bowl/pot
5. Add the sauce and beef stock, mix it all together
6. Place it all in the oven at 320* for 2-3 hours or a slow cooker 7-8 hours of low or 4-5 on high

Margarita's Salsa Suave

Gorgy Gonzales, Network Management

Margarita's Salsa Suave

Hot Sauce

- Margarita's Salsa Suave is my sister's hot sauce recipe, and it comes from Arizona, our home state.
- My sister created this recipe in the mid nineties, and it's been a staple for our family gatherings ever since especially Taco Tuesday's!
- It's shared with family and friends who just love a reason to celebrate being together. This can be enjoyed with chips, tacos, tostadas, enchiladas, rice, beans, burros, eggs, etc., the list goes on.

Margarita's Salsa Suave

Hot Sauce

Ingredients:

- 12 oz. can of whole tomatoes
- 1 Tbs garlic
- 1 ½ Tsp pepper
- ½ Tsp Chile Tepin (reduce if too hot)
- 1 Tsp Oregano
- ½ cup water
- ½ or ¼ (your preference) cilantro
- ½ cup tomato sauce
- ½ Tsp of vinegar
- 2 avocados diced (if desired)

Directions:

1. Blend together
2. Add and mix in tomato sauce
3. Add and mix in vinegar
4. Mix in avocados

Traditional Guacamole (Mesoamerica – pre- colonial Mexico)

Veronica Seifner, Integrated Strategic Marketing & Insights



Traditional Guacamole

Mesoamerica (pre-colonial Mexico)

A traditional *molcajete y tejolote* (mortar and pestle) is extremely difficult to come across these days, as they used to be entirely hand-carved from a particular volcanic basalt.

I have spent years looking for a proper one but unfortunately, the market is full of low-quality versions. Recently, my mother bequeathed me with her molcajete that was given to her by my paternal grandfather. I now use this heirloom to create traditional salsas, guacamole, and Mexican spicy hot chocolate.



Traditional Guacamole

Mesoamerica (pre-colonial Mexico)

Ingredients:

- 1 garlic clove
- ¼ yellow onion
- Handful of cilantro
- Juice of one lime
- Chili peppers to taste (I prefer 1 large spicy serrano pepper)
- 2 tsp cumin seeds (substitute with 1 tsp cumin powder if you don't have the seeds")
- 1 large ripe avocado
- 3 Roma tomatoes
- Salt to taste

Directions:

1. Always begin with dry ingredients. Grind up any dried chilis, salt, and the cumin seeds into a nice powder
2. Add in the garlic clove and mash/grind with the dry ingredients until there are no large pieces
3. Repeat step two with each: cilantro, then onion, then chili peppers, then tomatoes, finally avocado
4. Mix in fresh lime, add any additional salt to taste
5. Rest your wrist and enjoy with anything, especially chips!

Chicken (or Beef) Tinga

Jeni Arbuckle, Customer Service



Chicken (or Beef) Tinga

Mexico

- I am not sure where this originates from outside our family. I am told Mexico.
- This is something I have grown to always remind me of family. Every time entering my Tia's there would be this smell. Some meat, whether chicken, goat, pheasants, beef, pork... Whatever is available would be cooked for anyone who is hungry. We would have a big pile of tortillas and this meat and homemade salsas with another big pot full of beans and whatever fruit was growing at the time.
- Family gatherings. The recipe I am listing is for 4 though.

Chicken (or Beef) Tinga

Mexico

Ingredients:

- 1 lb Chicken, Or other meat.
- 4 tomatoes
- 3 cloves Garlic
- 2 TBSP roasted Chipotle in adobo
- 1TSP Mexican Oregano (we don't measure *** see below)
- 1/2 TSP pepper (we don't measure***)
- Salt to taste
- 1 Cup chick stock for chicken, pork or pheasant, Beef Stock for beef and goat. (can use the stock from your boil too)
- 3 TBSP oil
- 2 onions (Walla Walla sweets are the best)

*** Add until your abuela whispers in the shadows behind you "Esa Buena Mija"

Directions:

- **SHREDDED CHICKEN**
- In a large saucepan cover the chicken with an inch of water.
- Bring water to a boil. Reduce heat to low and simmer for 20 minutes.
- Remove chicken from the cooking water. Save the broth.
- Allow chicken to cool to the touch.
- Finely shred the chicken. Cut the chicken into 1" pieces then pull apart with your fingers.
- **CHIPOTLE TOMATO SAUCE**
- Clean, seed and chop the tomatoes.
- Add tomatoes to you blender.
- Add 2 tablespoons canned chipotle to blender. Use 3 tablespoons of chipotle if you prefer it spicier.
- Add 1 clove of garlic, 1 teaspoon Mexican oregano to blender jar, ¼ teaspoon black pepper to blender.
- Then add 1 cup of the reserved chicken broth.
- Blend until smooth. About 1 minute.
- **PREPARATION**
- Thinly slice 1 large white onion. Yields approximately 1 ½ cups.
- Slice 2 cloves of garlic.
- Preheat a large frying pan over medium-low heat and add 3 tablespoons of cooking oil.
- Add the sliced onions to the pan. Cook until the onion starts to become clear about 4 minutes. Do not allow the onion to brown.
- Add the sliced garlic to the pan cook for 1 more minute.
- Turn the heat to medium and slowly pour the sauce into the pan with the onions and garlic.
- Cook for 5 minutes. The sauce will start to reduce.
- Turn the heat to low
- Add the shredded chicken to the pan and mix well with the sauce.
- Cover the pan and allow to simmer for 20 minutes. During this time the sauce will reduce even more and coat the chicken and onion.
- Salt to taste.
- Can keep warm in slow cooker on warm.
- **Serve as a taco or tostada filling.**

Tia's Chicken Chicano

Roxanne Nuñez, Clinical Applications and Data Analytics

Tia's Chicken Chicano

- This is called Tia's Chicken Chicano. It's inspired by my Tia who lived in East LA her whole life.
- When I was young, I would stay with my Tia during the summers in California. I always loved going because I loved the beach and we would go to Disneyland, Knots Berry Farm etc. She would make this at least once during my stay. I asked her what she was making, and she said, "Chicken Chicano." I loved it so much, I have been making it for my children for years and it has evolved into what it is today. She used to make her salsa from scratch, I generally don't if I am making it during the week. I pair it with Jamaican Rice and Beans (another family tradition).
- I make it probably twice a month; my children ask for it.



Tia's Chicken Chicano

[My Tia Lucy in Los Angeles California]

** Disclaimer: measurements are estimated generally I cook by sight, smell and (a feeling).

Ingredients:

- 1 to 2 pounds boneless chicken thighs – cut and cubed
- About a cup to 1 ½ cups Pace Picante Salsa (or homemade is best)
- ½ heavy cream
- ½ cup Velveeta cheese
- Cacique Queso Fresco
- Cumin
- Salt/Pepper
- Garlic (minced) about 1 tablespoon.
- Onion diced (half a yellow Onion)

Directions:

1. Cubed chicken thighs and place in a heated pan (1 ½ quart at least) with a drizzle of coconut oil (Tia used lard). Season with cumin, garlic, onion and salt/pepper. Cook until brown on all sides on medium heat.
2. Reduce heat to low. Add Salsa, heavy cream, Velveeta (cubed). Stir until well mixed.
3. Simmer 20/30 minutes with a lid; stirring occasionally.
4. Top with Queso Fresco. Eat with Jamaican Rice and Beans... yum! (or just Mexican rice).

Calabacitas (Mexico)

Guy Thompson, Legal Department

Guy Thompson

Assistant General Counsel, Legal Department

- I grew up in a big family with five siblings, my Nana, and my parents all under one roof in Tucson, Arizona. We often made large pots of food to feed everyone. One of my favorite dishes growing up was calabacitas (calabacita is Spanish for squash). We had calabacitas multiple times a month throughout my childhood, usually with a plate of beans, rice, and warm tortillas.
- I still make calabacitas often and now it fills me with a nostalgic feeling of home and family.

Calabacitas

Mexico

Ingredients:

- 2 tablespoons butter
- 2 tablespoons vegetable oil
- 2 mixed summer squashes, sliced into cubes
- 1 chopped onion
- 2 small tomatoes
- 2 cups corn kernels
- 2 chopped green chiles—preferably Hatch green chiles
- Salt to taste
- ½ cup milk
- 1 bag of shredded Monterey Jack or cheddar cheese

Directions:

1. Warm the butter and oil in a large skillet over medium heat. Add the squash, onion, and tomatoes. Cook for 10 to 15 minutes, until the squash is soft. Stir in the corn, chiles, and salt, and cook covered for another 10 minutes until all vegetables are tender. Pour in milk and cheese, cook until everything is melty
2. Serve hot with more cheese on top.