Mexican Food

TACOS   GUACAMOLE   FRESH SALSA   BLACK BEAN CORN SALAD
Taco Meat

- 2 T. olive oil
- 1 C. onions diced
- 2 T. Garlic minced
- 3 T. cumin ground
- 2 T. Chili powder
- 2 # Ground Beef
- 1 Jalapeno minced
- 1 ½ t. salt
- 1 t. pepper
Start the onions in the olive oil cook about 5 minutes until translucent, Then add the garlic cook another minute.
Add the cumin, chili powder and the jalapeno's, cook another minute until fragrant. Add the ground beef, breaking up the pieces as it browns another 8-10 minutes.
Season with salt and pepper, tilt the skillet to drain excess fat off, remove with a slotted spoon.
Make a Taco with a corn or flour shell, or use a lettuce leaf for a low carb option. Top with cheddar cheese, guacamole, salsa, black olives and lettuce.
GUACAMOLE

2-3 ripe Avocados
1-2 cloves garlic minced
Juice of 1 lemon
2 T. sour cream
3 T. minced red onion or scallions
2 T. fresh cilantro finely chopped
1 tomato diced
1 t. ground cumin
2 T. minced jalapenos
Salt & Pepper to taste
Start with finding ripe avocados. They should be slightly firm but have a little give when pressed on. Take your knife and roll it around the pit, give a little twist and it should reveal the pit, take your knife and tap into the pit, give it a little twist and the pit should come right out. Scoop out the avocado with a spoon and place in a bowl.
Next finely mince the onion, garlic and jalapenos. Chop the cilantro fine and dice your tomato. Then add the remaining ingredients, cumin, sour cream, lemon and salt and pepper. Mash with a fork or potato masher to desired consistency.
To store place in a small container, squeeze a little juice on top to keep from browning, cover with saran wrap and refrigerate.
Chef Roberts
Salsa

28 oz. can crushed tomatoes
(Muir glen fire roasted tomatoes is what I like to use)
1 T. cumin ground
2 T. Jalapeno minced
1 T. minced garlic
1 T. red wine vinegar
¼ C. chopped cilantro
4 T. minced red onion or scallions
1t. Oregano
3 T. olive oil
Salt & pepper to taste
This is a really easy recipe to make at home I like to use the Muir Glen Fire Roasted tomatoes. Simply mince the onion garlic and jalapeños, chop the cilantro and add all other ingredients together, mix well. This can be done ahead of time to let the flavors come out.
These are some good brands if you don’t want to go to the trouble of making your own.
Black Bean and Corn Salad

FOR THE DRESSING:
1/4 cup olive oil
2 teaspoons honey
zest and juice of 2 limes
1/2 teaspoon kosher salt
1/4 teaspoon black pepper
1/8 teaspoon cayenne pepper

FOR THE SALAD:
3 cans black beans drained and rinsed
16 oz. (about 3 cups) frozen corn, thawed and patted dry
2 jalapeño peppers, de-seeded and diced
1 bell pepper, diced (I used 1/2 red and 1/2 orange for color)
1/2 cup roughly chopped fresh cilantro
1/2 cup chopped red onion
Whisk together olive oil, honey, lime juice, salt, pepper, and cayenne pepper in a large bowl.

Add remaining ingredients to bowl. Taste and adjust seasonings if necessary.

Mix and refrigerate for at least 30 minutes.

Serve cold.
Fish Taco with Creamy Cilantro Cabbage Slaw

1-2 pounds Tilapia or Mahi-Mahi
3-4 T. olive oil

Spice rub: chef Paul Prudhomme blacking seasoning or any other spice blend you like. Penzeys spices has some great rubs.

Cabbage Slaw:
1 # thinly sliced cabbage
½ t. Salt
¼ C. Red onion thinly sliced
½ C. chopped Cilantro
1 Jalapeno finely minced
¼ C lime juice
3-4 T. olive oil and or Mayonnaise for creamy texture
For the fish, rinse and pat dry with a paper towel, cut the fish into desired size. Season with salt and pepper and rub, add a little olive oil and mix well.
Once the fish is seasoned, heat a skillet on med-high heat, the fish should sizzle when it hits the pan. Cook on each side about 2-3 minutes try not to turn more then once.
Once the fish is done remove from pan, wipe the pan out with a paper towel, heat the Tortilla with a little butter or olive oil till it browns a little.
Cilantro Lime Cabbage Slaw
For the Slaw, place the lime juice, mayo and olive oil in a bowl whisk to incorporate, add all other ingredients and season to taste with salt and pepper.
To build your fish taco, it’s best to make the slaw first so you can make the tacos when the fish is still hot. I like to add fresh tomatoes and cheddar cheese with a little Avocado or Guacamole.