

## Diana Kennedy Mexican Recipes



### **Authentic Guacamole** *from My Mexican Kitchen*

*The word “guacamole” comes from the Nahuatl words for “avocado” (ahucatl) and “mixture” or “concoction” (molli).*

“I first came across this recipe in Mexico in 1957, and it seems to be a classic. The perfect guacamole has to be made in a molcajete, a volcanic-rock mortar and pestle, because the flavors intensify when the ingredients are crushed. If you don’t have one, blend the onion, chile, cilantro, and salt, then mash in the avocados just to a rough texture.”

*Makes about 2 1/2 cups*

2 tablespoons white onion, finely chopped  
4 serrano chiles, finely chopped (seeds and all), or to taste  
3 tablespoons cilantro, chopped  
Sea salt to taste  
3 avocados (about 1 pound)  
1/2 cup unskinned tomatoes, finely chopped

#### **Toppings:**

1/4 cup tomatoes, finely chopped  
1 tablespoon white onion, finely chopped  
2 tablespoons cilantro, chopped

Put the onion, chiles, cilantro, and salt into a molcajete and crush to a paste. Cut the avocados in half and, without peeling, remove the pit and squeeze out the flesh. Mash them roughly into the base and mix well. Stir in the tomatoes and sprinkle the surface of the guacamole with the toppings. Serve immediately.



## **Camarones Verdes (shrimp in green sauce)**

*From My Mexico*

“This has become one of my favorite shrimp dishes,” says Kennedy. The shrimp are swathed in a sauce of tomatillos, jalapeño, the avocado leaves and hoja santa leaves, and traditionally served in a big dish, family style.

Avocado leaves are a controversial ingredient in her this dish.

“Some, she says, are poisonous, and you have to know the difference.” You can also substitute a little anise seed for the avocado leaves.

*Makes about 3 Servings*

1¼ pounds unpeeled large shrimp

5 cloves garlic; roughly chopped

Salt; to taste

2 tablespoons water

4 ounces tomatillos; husked, rinsed and quartered

1 large jalapeño chile; cut in half lengthwise

3 hoja santa leaves; stems and thick veins removed, torn into pieces

1 large avocado leaf; stem removed and torn into pieces OR 1/2 teaspoon anise seed

¼ cup fruity olive oil; plus a little extra, for garnish

Clean the shrimp by removing the legs and cutting along the back, through the shell, to devein. Set aside.

Crush the garlic, ideally in a molcajete, with the salt; mix to a paste with the water.

Put the tomatillos, chile, leaves, anise seed, if using, and water to barely cover into a small pan over a low flame. Cook for 5 minutes. Drain off all but ½ cup water. Transfer to blender and blend to a fairly rough consistency, being careful if the mixture is still hot to leave room at the top of the blender and to cover with a towel.

Heat the oil in a heavy skillet large enough to hold the shrimp in a single layer. Add shrimp and stir-fry over very high heat for 1 minute. Add the garlic mixture, and fry another minute. Add the blended ingredients and continue to cook over a very high flame, turning the shrimp constantly, for about 2 more minutes.

Set aside to cool slightly and for the shrimp to absorb the flavors.

Drizzle with olive oil just before serving in large bowl, family-style.



## **Shrimp in Pumpkin Seed Sauce**

*From Nothing Fancy: Recipes and Recollection of Soul-Satisfying Food*

*Makes 4 to 6 servings*

1½ pounds medium shrimp, unpeeled

2½ cups cold water

Sea salt, to taste

4 ounces hulled, unroasted, unsalted pumpkin seeds

3 fresh chiles serranos, or any fresh green hot chile

¼ medium white onion

8 sprigs of fresh cilantro, or more to taste

2 tablespoons unsalted butter

2/3 cup creme fraiche or crema mexicana (optional)

Peel and devein the shrimp, reserving the shells. Put the shells in a saucepan together with the water and salt and cook over medium heat for about 15 minutes. Strain, discard the shells, and reserve the broth. Put the cleaned shrimp into the broth and cook for about 1 minute after they come to a simmer; they should just run opaque. Strain the shrimp, setting them aside and reserving the broth.

In an ungreased heavy pan, lightly toast the pumpkin seeds, which should puff up a little but not brown.

Put the broth, pumpkin seeds, chiles, onion and the leaves and tender stalks of the cilantro into the blender jar and blend until smooth.

Melt the butter in a heavy saucepan over low heat, stir in the sauce and cook for about 10 minutes over low heat, stirring it from time to time so that it does not stick to the bottom the pan. If the sauce becomes lumpy, then put the sauce back in the blender and blend until smooth. Stir in the cream and the shrimp and merely heat through, adjust the salt to taste.



**Papas Guisadas** (potatoes in tomato sauce)  
*From The Art of Mexican Cooking*

*Makes 3 to 4 servings*

- 1/2 pound tomatoes (about 1 large), broiled
- 2 chiles serranos, broiled and chopped
- 1 garlic clove, peeled
- 2 tablespoons water
- 1/3 cup safflower oil

- 1 pound (about 6 medium) red bliss potatoes, cooked al dente and cut into 1-inch cubes
- 1/4 cup finely chopped white onion
- Salt, to taste
- 2 ounces queso añejo or Romano cheese, finely grated

In a blender, blend the unpeeled tomatoes with chiles, garlic and water to make a textured sauce. Set aside.

Heat oil in a heavy frying pan. Add cubed potatoes and fry gently, turning them over from time to time, until they are beginning to turn golden, about 5 minutes. Add onion and sprinkle with salt. Continue frying and turning them over so that onion turns golden but does not burn — about 3 minutes. Pour blended ingredients over potatoes and mix carefully, turning potatoes over so they do not fall apart and become mushy. Cook over low heat until some of the sauce is absorbed but the texture is still moist — about 8 minutes. Sprinkle with cheese and serve.



## **Flan**

*From The Art of Mexican Cooking*

*Makes 8 servings*

½ cup sugar

1 quart whole milk

½ cup sugar

1 vanilla bean

4 whole eggs

6 egg yolks

Dump half a cup of sugar into a heavy-bottomed saucepan and turn on the heat to medium-high. When the bottom layer of sugar has melted and started to color, turn the heat up to high and stir continuously with a wooden spoon until all of the sugar is melted and a bit frothy and is a uniform medium brown. Pour the syrup into a mold -- I used 9" Pyrex pie pans -- and swirl around so that the caramel completely covers the bottom and comes partway up the sides. Set aside and let cool completely.

Pour a quart of whole milk into a saucepan, add half a cup of sugar and a vanilla bean, and turn the heat to medium. Bring the milk to a simmer and cook gently for around 15 minutes. You should boil the milk down by around a cup. Set aside and let cool completely.

Put four whole eggs and six egg yolks into a large bowl and mix with a fork. Add the cooled milk and mix thoroughly, then strain through cheesecloth or a fine-mesh strainer into a bowl. (Retrieve the vanilla bean, rinse with cold water, and dry on paper towels if you'd like to reuse it for something else.) Pour the eggs 'n' milk into the prepared mold.

Place the mold into a larger pan and fill with boiling water to about halfway up the sides of the mold. Place into a preheated 350F oven and cook for two hours or until a toothpick stuck in the center comes out clean.

Take out of the oven and place on a rack and cool. When at room temperature, wrap with plastic wrap and refrigerate overnight.

To serve, bring the flan back to room temperature. When the caramel has become completely liquid again, place a large plate over the flan and invert. Slice into eight slices.



## **Flambéed Mangoes**

*From Nothing Fancy: Recipes and Recollection of Soul-Satisfying Food*

*Makes 4 servings*

1½ tablespoons unsalted butter

1½ tablespoons sugar

Thinly julienned rind of ½ orange

Juice of ½ lime

Thinly julienned rind of ½ lime

2 tablespoons Triple Sec or Cointreau

Juice of ½ orange

1 large mango, peeled, pitted and cut into strips

2 tablespoons tequila

Melt the butter in a chafing dish or heavy frying pan. Stir in the sugar and continue stirring until it has dissolved. Add the orange and lime rinds and the Triple Sec and flame. When the flames have died down, add the fruit juice and boil until reduced and thickened, about 3 minutes. Add the mango, heat through and when the syrup begins to bubble, add the tequila and flame again. Serve immediately.