



MEXICO

DAY 1: SNACK

SOMETHING TO MAKE (SIMPLE)



Elote (AY-low-tay), Mexican Street Corn

Corn is native to the Americas and has been a staple food for millennia. Elote — grilled corn on the cob topped with butter, cheese and spices — is a delicious and easy way to enjoy this tasty staple.

INGREDIENTS:

Ear of corn (or half an ear for younger kids) for each person

Topping Ingredients (for six ears of corn):

1/4 cup mayonnaise

1/4 cup sour cream or Mexican crema

2 garlic cloves, minced

1/2 cup queso fresco or cojita cheese crumbles (if you cannot find these, parmesan or feta are good substitutes)

1 teaspoon chili powder

1/2 teaspoon cayenne pepper (optional; some kids are very sensitive to spice)

1/2 cup cilantro, finely chopped

1 teaspoon salt

lime wedges

DIRECTIONS:

- 1) Combine mayonnaise, sour cream and garlic in a small bowl.
- 2) Spread cheese on a plate.
- 3) Combine chili powder, cayenne (if using) and salt in a small bowl.
- 4) Grill corn over high heat directly on the grill for about 10 minutes, until cooked and lightly charred. (Note: You can boil the corn if that's easier.)
- 5) Brush reserved mayonnaise mixture, roll in the cheese crumbles and sprinkle with spice mixture and cilantro.
- 6) Squeeze lime over corn and enjoy immediately.

SOMETHING TO MAKE (COMPLICATED)



Green Pozole (po-ZOLE)

Pozole, a stew made from hominy (processed corn kernels) is a traditional dish across all of Mexico. Pozole can be made from many ingredients and corn in many colors. Green pozole, made with tomatillos and poblano peppers, is the traditional preparation in the state of Guerrero, where Marcelina and her daughters live.

Recipe makes about 10 one-cup servings

INGREDIENTS:

10 tomatillos (about 1 pound)

2 poblanos

2 medium onions

2 jalapeños (optional; even with the jalapeños this dish is not spicy, but some kids are very cautious about spice)

4 garlic cloves

1/2 bunch cilantro

1-2 cans hominy (28 ounces)

2 quarts stock

1 teaspoon oregano

1 teaspoon salt

black pepper (to taste)

DIRECTIONS:

- 1) Preheat oven to 400 F. Oil a 9x13" baking sheet.
- 2) Husk and rinse tomatillos. Split them in half and place cut side down on baking sheet.
- 3) Rinse, split and deseed poblanos. Place cut side down on baking sheet.
- 4) Roast tomatillos and poblanos for 30 minutes. Check after 15 minutes. If tomatillos are breaking down, remove and return poblanos to oven for remaining time.
- 5) Meanwhile, peel and dice onions, de-stem and dice jalapeños, peel and mince garlic, rinse cilantro. Add to a soup pot with the stock and bring to a simmer.
- 6) When tomatillos and poblanos are done, allow poblanos to cool briefly, then pull off as much of the skin as you can and add poblanos and tomatillos to pot.
- 7) Blend contents of pot using an immersible blender or in a blender in batches.
- 8) Return to pot and add oregano, salt and pepper.
- 9) Drain and rinse hominy and add to pot.
- 10) Bring to a simmer and cook 15 minutes or until hominy is heated through.
- 11) Serve with a squeeze of lime.

SOMETHING TO BUY

Torrejas (tor-RAY-has)

Torrejas is the Latin American cousin of French toast. Traditionally served during Holy Week, it is made of slices of bread soaked in sweetened milk and fried. French toast sticks from the freezer aisle are a close approximation.