



Culinary Arts Society of Ajijic

MONTHLY NEWSLETTER

May 2019

Volume 33 Issue 4

www.ajijiccasa.org



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CASA MISSION STATEMENT

In the wonderful world of food CASA, Culinary Arts Society of Ajijic, is committed to stimulating the exchange of gourmet culinary ideas and creativity in a friendly, social, Lakeside forum that rewards unique methods of presentation and the creation of delicious flavors.

PRESIDENTS MESSAGE

Hello All CASA members. This has been a productive month for CASA. Monica arranged a small private tour of the Abastos, the Veal and Cabrito market and the fish market all in one. After the tour they were taken to Alcalde, one of THE up and coming restaurants in South America. The chef came out and talked to the table for a few minutes, it was all wonderful. The very best part was when Monica deposited \$10,000.00 pesos into the account for our students tuition, from this trip.

This month we are also looking into having nice, heavy shopping bags made, with our beautiful CASA logo embroidered on one side. Since Mexico is doing away with plastic bags we hope this will be a money maker, to help us to continue to support our students. I will have the demo bag at the meeting for everyone to see and inspect.

This month the categories are Cold Soups/Salads and Cookies and Bars. I hope many of you are going to present again this month. These are fun categories this month. It was so nice having so many presentations last month, and they were all delicious. I hope we have the same kind of turnout this month too.

I'm looking forward to seeing all of you at the meeting and tasting all the wonderful dishes. See you all on the 20th. Thank you all for making CASA great.

Sincerely,

Carol Westbrook
President 2019

NEXT CASA MEETING

Please confirm your attendance at the next CASA meeting **Monday, May 20th, 2019.**

Note: Meeting begins promptly at 4:00 p.m. Presenters must be set up no later than 3:45 p.m.

Location: Montecarlo Hotel in Chapala, located in Chapala entrance before Farmacias Guadalajara.

May 20th categories

Category A - Cold soups/salads

Category B - Cookies and bars

Culinary Arts Society of Ajijic

Meet our April 2019 Judges

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JANELLE MCTERNAN

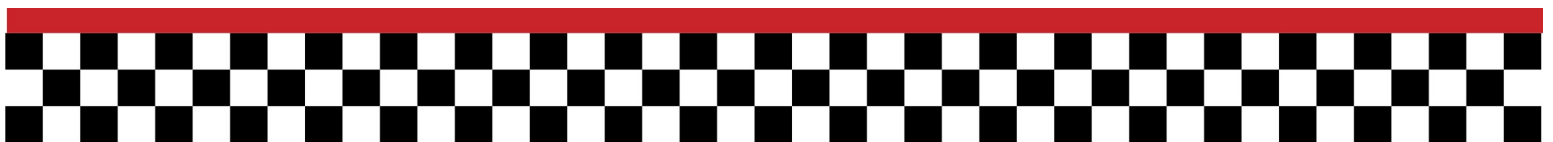
Janelle has been in the restaurant industry since her early 20's. She has done everything from hostessing and waitressing to kitchen prep and short order cook. She has always been a foodie. Her favorite thing to cook is desserts. Janelle is the co-owner of JANELLE'S GARDEN RESTAURANT AND BAR.

BOB MCTERNAN

Bob was a cafeteria manager in college. He took a long break from the food industry to make his career in Pharmaceuticals, although he has always loved to cook Italian food. Lucky for us he has returned to the restaurant business and is the co-owner of JANELLE'S GARDEN RESTAURANT AND BAR.

AVRIL STEPHENSON

Many thanks to our wonderful long time member Avril Stephenson for stepping in to be our third Judge this month. Avril is a wonderful cook and friend who along with her husband Maurice, enjoy traveling the world. We welcome Avril back as a member this year and look forward to trying her special dishes as well as enjoying her company at our monthly meetings.



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Meet our April 2019 Winners

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First Place taste & Best presentation

Monica Molloy

SHRIMP AND BACON GRITS
IN PUFF PASTRY CUPS



CATEGORY A

Brunch main course

Second Place

Sally Myers

GREEK AND SPINACH PIE



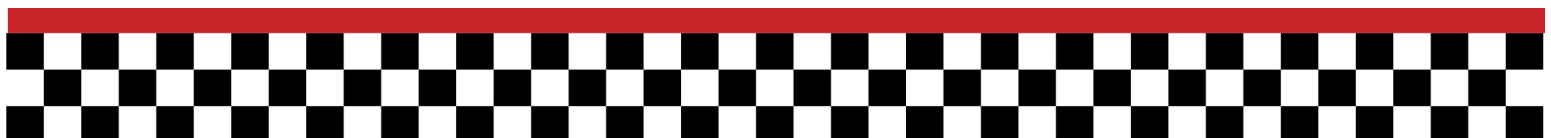
Third Place

Roberta Kalan

CHIC SALMON AND
CUCUMBER SANDWICHES



Winners: Monica Molloy , Sally
Myers & Roberta Kalan



Culinary Arts Society of Ajijic

Meet our April 2019 Winners

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First Place taste
Charlotte Donaldson
STRAWBERRY S'MORES
(EMPTY PICTURE)



CATEGORY B

Fruit dessert

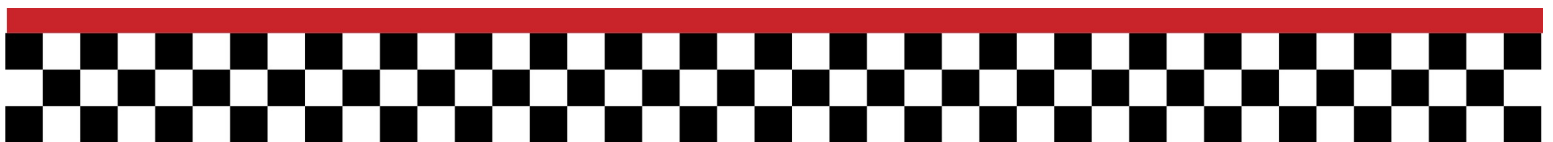
**Second Place, Best
Presentation & Peoples
Choice**

Steve Parker
HAND ROLLED TUILLES W/
CHOCOLATE ACCENTS
W/FRESH BERRIES AND
MERINGUE



Winners: Charlotte Donaldson, Steve
Parker & Paco Rincon Camara

Third Place
Paco Rincon Camara
MINI LEMON FRUIT TARTLETS
(EMPTY PICTURE)



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February 2019 Winning Recipe

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FIST PLACE CATEGORY A SSHRIMP AND BACON GRITS IN PUFF PASTRY CUPS

Monica Molloy

Grits

- 4 -5 cups shrimp stock (recipe to follow)
- Kosher salt & fresh ground pepper
- 1 cup stone-ground yellow cornmeal
- 1/4 pound white cheddar cheese grated (1 cup)
- 1/4 cup heavy cream
- 2 green onions, green part only, thinly sliced for garnish

Sauteed Shrimp

- 1/2 pound thick cut bacon, cut crosswise into 1/4 inch pieces
- 20 large (21 - 24 count) shrimp, peeled and deveined, and cut into small pieces (about 4 pieces per shrimp)
- Kosher salt & freshly ground black pepper
- 3 cloves fresh garlic, finely chopped
- 2 tsp. chopped fresh thyme

1. To make the grits bring 4 cups of shrimp stock and 1 -2 tsp. salt to a boil in a medium sauce pan over high heat.
2. Slowly whisk in the cornmeal and bring to a boil. Reduce heat to medium and continue whisking every few minutes
3. until the grits are soft and lost their gritty texture, 35 - 40 minutes. If the mixture becomes too thick add the remaining cup of shrimp stock and continue cooking until smooth. Add the cheese and cream slowly and whisk until smooth.
4. Season with salt & pepper. Keep

warm.

5. Cook the bacon in a medium pan over medium heat until golden brown and crisp and the fat has rendered, about 8 minutes.
6. transfer the bacon with a slotted spoon to a plate lined with paper towel.
7. Spoon off all but 3 Tbsp. bacon fat from the pan and return pan to stove over high heat. Season the cut up shrimp with salt and pepper. Working in batches add the shrimp, garlic and thyme to the pan and saute until shrimp are light golden brown and just cooked through 1 -2 minutes per side.
8. Transfer shrimp to a plate. Reserve garlic oil left in pan to drizzle over finished dish.
9. Mix shrimp & bacon into the grits. Top with left over bacon, thyme & thinly sliced fresh green onions and drizzle with any left over garlic oil.

Shrimp Stock

- 3 Tbsp. canola oil
- 5 cups raw shrimp shells
- 1 medium yellow onion, coarsely chopped
- 1 small carrot, coarsely chopped
- 1 stalk celery
- 1 cup dry white wine
- 2 plum tomatoes, coarsely chopped
- 10 sprigs fresh flat-leaf parsley
- 1 bay leaf
- 1/2 tsp. black peppercorns

10. In a large saucepan over high heat, heat the oil until almost smoking. Add the shrimp shells, onion, carrot and celery and saute, stirring occasionally for 5 minutes. Add the wine and boil until reduced by 1/2. Add 2 1/2 quarts cold water, the tomatoes parsley, bay leaf and peppercorns. Bring to a boil, reduce

the heat to medium-low and simmer, skimming the surface occasionally for 40 minutes.

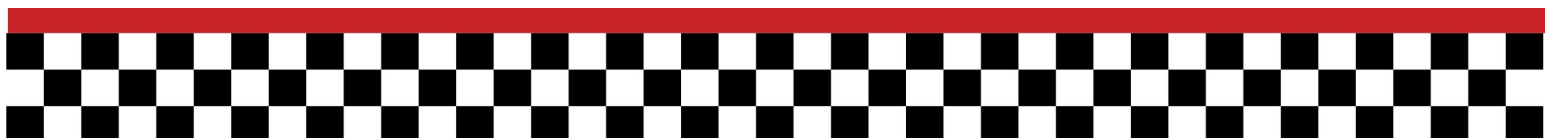
11. Strain the stock through a strainer lined with cheesecloth into a large bowl, pressing the solids to extract as much liquid as possible; discard solids.
12. Let the stock come to room temperature; cover and refrigerate for 2 days or freeze up to 3 months.

FIST PLACE CATEGORY B STRAWBERRY S'MORES

Charlotte Donaldson

- 2 large egg whites (eggs separate best when cool and whip best at room temp.)
- 1/2 c sugar
- 1 tsp vanilla
- 2 pounds strawberries, hulled with some of center cut out for stuffing in the marshmallow creme - I used my smallest paring knife, and then dried the berries with paper towels.
- 6 oz. quality dark or milk chocolate (traditional), chopped
- 1 Tbsp coconut oil (I imagine you can use butter)
- 3 Tbsp crushed graham crackers (I used more)

1. Combine egg whites, sugar and tartar in heat-proof bowl (preferably bowl of stand mixer)
2. Place over top of double boiler with simmer water, and whisk constantly for 3 to 4 mins until sugar is dissolved and mixture is warm but not hot. Immediately place on stand mix, using whisk attachment, beating slow at first and gradually increasing speed. Beat 6 to 7 mins (like 7-mins frosting), until glossy and thick.. Beat in vanilla for another



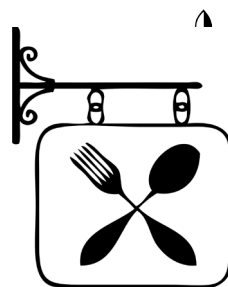
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March 2019 Winning Recipe

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minute.

3. Scoop mixture into a pastry bag or a baggie (place in a coffee cup for ease of transfer) and snip a small hole in one corner. Pipe mixture into strawberries and place on parchment paper.
4. Place chocolate in a bowl and micro at 50% power for 30 seconds. Stir well, and micro again for 30 seconds and stir again, repeating until chocolate is completely melted. Stir in oil until melted.
5. Gently dip dry strawberry bottoms into chocolate and place back on parchment paper.
6. Dip and/or sprinkle with graham crumbs. Refrigerate before serving. Do not make them too far ahead or cream may "wilt/run."
7. Recipe says you can use store-bought fluff, but don't. BE BOLD and make this great cream! Enjoy!



CATEGORY A
MAIN DISH

CATEGORY B
DESSERT

2019 PRESENTATIONS

May 20th

Category A - Cold soups/salads
Category B - Cookies and bars

June 17th

Category A - Picnic basket main
Category B - Tarts and pies

July 15th

Category A - Non traditional asian main
Category B - Non traditional asian dessert

**Indonesia, Bangladesh, Sri Lanka, Lebanese, Vietnamese, Philippine, Malaysia*

August 19th

Category A - Cajun/Creole main
Category B - Southern desserts

September 23th

Category A - Mexican main course
Category B - Mexican main dessert

October 21th

Category A - Non-traditional cuts of meat main dish

-i.e.- Beef-Beef Shin, Chuck Steak, Shoulder Tender. Pork -Pork Collar, Skirt Steak, Rib Chops. Lamb- Blade Chops, Rib Chops, Shank. Veal - Shoulder, Arm, Rib Chops, Blade Chops

Category B - Cakes

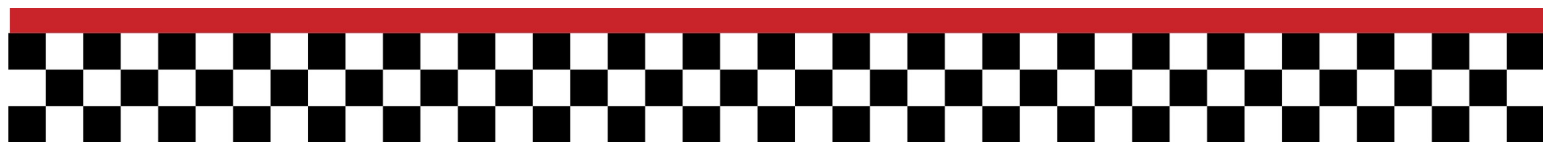
November 11th

Category A - Seafood/Shell fish main

Category B - Custard, flan, mousse

December 16th

Annual Holiday Party with botanas and desserts



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Abastos Tour 2019

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A private 10 passenger bus departed from Black Coffee at 8:30 a.m. sharp on Tuesday April 30 after offering a glass of chilled bubbly to our guests 30 minutes before departure.

En route we asked people what they were looking for in particular. Tom Gates spoke up and asked where we could purchase veal. Ironically we were passing right by a crude veal market on our way to the Mercado del Mar, so we asked how many others were interested and everyone said yes. Although not on the Tour, we stopped and most purchased veal scallopini, ground veal, fresh sweetbreads, lamb etc.

We then proceeded to the fish market where we were very fortunate to discover that our tour had coincided with the few days of the season that fresh water lobster or scampi were available. Many purchased these, fresh fish and shrimp as well.

Then off to Abastos Market where Carol and I each took 4 guests and gave them the Royal Tour and allowed plenty of time for everyone to purchase items in which they had an interest. As always La Ranchita is a big hit with all its imported and domestic cheeses such as Gruyere and Spanish aged Manchego cheese, Spanish Jamon Serrano sliced paper thin and fresh, extremely meaty bacon at a fraction of the prices at Lakeside! After all this shopping everyone was exhausted and hungry and we arrived only 30 minutes late at Alcalde Restaurant and much to our delight Chef/Owner Francisco ((Paco) Ruano was there to greet us. Paco is going to hold a cooking class for CASA late November (more details to come). Everyone tried something different and everyone raved about their meal! Much to our delight, Chef Paco sent 4 complimentary desserts to our table, and we all agreed that his take on a simple dish of rice pudding placed it Over the Top!

Paco has been singled out as "One to Watch" in the annual list of Latin American Top 50 Restaurants.

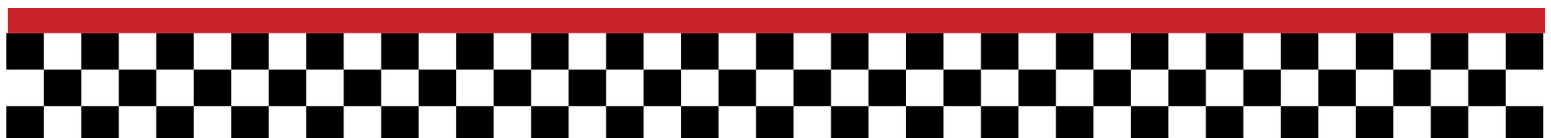
Now revitalized we stopped at Oh La La Pasteleria on the way home and many picked up fresh Brioche (divine) and croissants of every type.

An action packed day with a bunch of fun foodies, what else could one ask for!

CASA made a tidy profit from this Tour to help support our 5 Culinary Students and as well we revisited the possibility of hosting more Private Tours in the future.

Below are a few photos of the veal market, our 10 passenger bus and dishes at Alcalde.

Monica Molloy
CASA Tour Director



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Abastos Tour 2019

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Dear Monica,

The trip to Abastos was a really great day, full of good information about resources and having the opportunity to shop directly with excellent vendors and then bring everything home. Going with someone who knows exactly where to go saves a lot of time and allows you to get a lot of shopping done in a day.

Having lunch at Alcalde was a special treat. The food was excellent and the service was very very good. I don't think I would've ever gotten there by myself.

I really enjoyed our group of people on the trip. It was fun camaraderie with people I knew and fun to meet ones I had not met before.

Thank you for putting together such a great day for all. Please let me know when you do future culinary tours!

Margaret Ancira



To have knowledgeable and kind guides to the Abastos makes all the difference. They share their favorite spots, which become yours. They bring order to the overwhelming experience. BRAVA!!

Sandra



John and I enjoyed the trip to the abastos.

John says he was perfectly fine with the back of the van for a trip of an hour.

We thoroughly enjoyed the "edited best of" tour of the abastos. Learning optimal tiendas for most items.

Cheese and meat tasting sublime. Great tips such as where the shallots are kept and the advice if you don't see it "Ask".

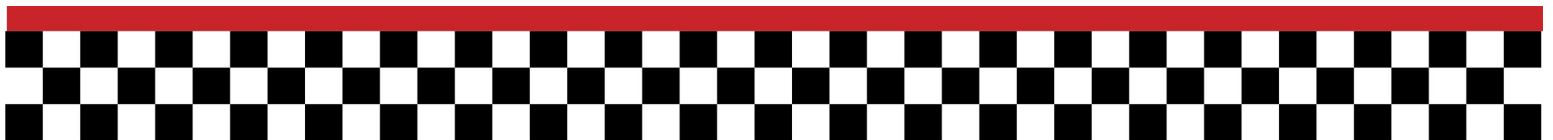
Great to know where the fish market is and we plan to return next week to solidify our directions.

Length of the trip was good, and I am amazed how much we did, including a fabulous meal at Alcalde.

Thank you to our wonderful hosts!

Sylvia & John

"I'm not young enough to know everything" Oscar Wilde



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Sale Service 2019

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A friend of mine has this incredible perfect, not 1 chip 10 person place setting with all the serving pieces.

This is German China called Johann Haviland.

The discounted price on E-Bay is 1317.00 U.S.

She is trying to clear out so much stuff she has

Selling price - \$ 600.00 U.S. or 11,500.00 pesos

If you're interested contact Monica Molloy

