



## Guacamole

### Ingredients (1-2 people)

(Note these ingredients are approximations. You should taste it until it suits you.)

- 2 big avocados
- 1 small tomato, peeled and chopped in little pieces
- 1/4 of an onion, finely chopped
- Juice of 1/2 lime
- A pinch of salt
- A small bunch of coriander leaves, chopped
- (Optional) Chilli peppers, seeded and chopped

### Method

Mash the avocados in a bowl and immediately add the lime juice to avoid oxidation. Mix the other ingredients together and stir until it looks homogenous. Taste and adjust lime and salt. Serve with tortilla chips. Some people recommend putting the avocados' seeds in the bowl to further prevent oxidation.

## Quesadillas

### Ingredients

- Fresh corn tortillas
- Cheese. (Gouda, edam, or Tesco's grated mozzarella, which is not real mozzarella)

### Method

Fill each tortilla with cheese and fold in half. These can be either fried with a little oil, or just grilled.

## Flautas

### Ingredients

- Fresh corn tortillas
- Boiled chicken OR potato mash (vegetarian option)
- Crème fraiche
- Chopped lettuce
- Crumbly Lancashire cheese

### Method

Fill the tortillas with either chicken or with potato mash. Roll it up and fix 2 or 3 tacos with toothpicks. Deep fry until the tortillas are crispy. Cover the tacos with the cream, the shredded lettuce and the the cheese crumbles.



# Chilaquiles

## Ingredients

- Sainsbury's Tortilla chips
- 2 shredded boiled chicken breasts
- Cheese. (Gouda, edam, or Tesco's grated mozzarella, which is not real mozzarella)
- ½ litre of chicken broth
- 6 medium tomatoes
- 2 to 6 red chillies, depending on how hot you want the salsa
- 1/2 of an onion, finely chopped
- Oil
- Dry peppermint (not mint) or coriander leaves
- Salt
- Garlic salt (or 2 cloves of ground fresh garlic)

Seed the chillies. Boil them with the tomatoes until the tomato peels begin to crack open. Separate the peels from the rest of the tomato and dispose. Put the tomatoes and the chillies in the blender. On a separate pot, add oil and fry the onion until it looks toasted (if you're using fresh garlic rather than garlic salt, add it now and fry it as well). Add the blended tomatoes and chillies, garlic salt, and the herbs, and stir for around 10 minutes. Do not add any salt if you're using ready-salted chips.

Mix this salsa with 1/2 litre of chicken broth and stir. Place tortilla chips in a pot, mix them with boiled chicken, cover them with grated cheese, and pour the salsa on top. Leave that on low heat until the liquid is fully absorbed and the cheese has melted.

# Home Veracruzán Salsa

## Ingredients

- 4 medium ripe tomatoes
- 5 cherry tomatoes
- 2 to 4 green/red (jalapeño) chillies, depending on how hot you want the salsa
- 1/2 small onion

- 2 garlic cloves
- A bunch of fresh coriander leaves
- Salt

## Method

First, heat up your frying pan on a high heat. Once it is very hot put the ripe tomatoes and the chillies (prick to stop bursting) into the pan (with no oil) until the skin burns. You will have to continuously rotate the tomatoes and the chillies in order to cook (burn) their entire surface. Once the tomatoes are burnt enough, take them out of the heat, cut them in half and put them in the blender. Follow the same process with the chillies but get rid of the stalk (you can also remove the seeds to reduce the amount of heat of your salsa, don't wimp out) before you put them in the blender. Chop the onion and the garlic cloves into small pieces (to help the blending process) and blend all the ingredients (don't forget to place the lid!). If you struggle blending all the ingredients you can add a little bit of water to avoid burning your blender. Once the main ingredients are blended, add the uncooked cherry tomatoes, the coriander (wash it and get rid of the stalks) and finally add the amount of salt you consider necessary (don't be shy, salt adds flavour and reduces chill heat). I usually add at least 1 tea spoon but I suggest you to add the salt gradually until you get the desired flavour.

This salsa can be used as a snack with crisps and tortilla chips or to add flavour to different dishes. Refrigerated , it may last for a week.