



# "RECETAS DE MI FAMILIA"

A PUEENTE CHARTER SCHOOL  
VIRTUAL RECIPE BOOK



HISPANIC HERITAGE MONTH PROJECT 2020



We invite all PUENTE Charter School families of all grades to participate in our “Cook Book” project documenting our special family recipes and a collection of family memories. Sharing our recipes is a great way to pass those recipes on to the next generation. If we do not make an effort to preserve them, they could disappear, with time. Children will delight in recreating these recipes or hearing about the stories that are always tied to these dishes. Share the memories and traditions that are tied to these special culinary dishes with your children. Please enjoy the following recipes!

Invitamos a nuestras familias a participar en un Proyecto, “Libro de Recetas” para documentar nuestras recetas familiares especiales y nuestras colecciones de recuerdos familiares. Si no nos esforzamos por preservarlos, podrían desaparecer, con el tiempo. Los niños se deleitarán recreando estas recetas o escuchando las historias que siempre están ligadas a estos platos. Comparta los recuerdos y tradiciones conectados con estos platos culinarios especiales con sus hijos. Comenzaremos nuestro Libro de Recetas compartiendo una recetas o un recuerdo familiar con nuestros compañeros.

## Tacos de Carne Molida y Papa

### Ingredients

- 1 lb ground beef
- 1 Medium Potato - cut into extra small cubes
- 12 Corn tortillas
- 1 lb. Jack cheese - Grated
- 1 Iceberg Lettuce - chopped
- 3 Tomatos - sliced
- 2 Avocado - sliced
- Sour Cream

Chavira Family  
Recipe  

Seasoning - Garlic Salt

### Directions:

- 1.) - Pre heat pan on a low-medium flame & lightly grease pan
- 2.) Add potatoes & saute for 10 minutes.
- 3.) Add ground beef, season with garlic salt, then brown until done, turn off and set aside.
- 4.) Warm 12 corn tortillas then lay out to air.
- 5.) While tortillas are still warm, fill each tortilla half way with ground beef & potato then secure closed with a toothpick.
- 6.) Heat vegetable oil in a frying pan until hot, carefully place tacos into the grease until crisp, flip then crisp other side.
- 7.) Remove from grease, drain on parchment paper & remove toothpicks
- 8.) Open & fill each taco with your favorite filling like lettuce, tomato, avocado, cheese and sour cream.
- 9.) Enjoy!

♥ con/sin horno

Layla Sanchez.

Recipe:

Mole Poblano

Serving Size: 12

Ingredients:

2 Pollos en piezas 2 piezas de pimienta 4 hojas laurel  
8 cucharadas 5 dientes de ajo 1 1/2 Cebolla  
4 c. de Ajonjolí 4 chiles mulatos 1 raja de Canela  
8 chiles Anchos 3 Clavos 2 chocolates en barra.

Directions:

Pre-heat Temp: 1 hora

Remojar los chiles en agua caliente y molerlos con los ajos, laurel, ajonjolí, clavos, pimienta, canela, cebolla, chocolate.

Hervir el pollo hasta que este bien cocido.

Freír la mezcla con la manteca, sazonar con sal, y el caldo de pollo suficiente para que tengas un buen espesor.

Notes:

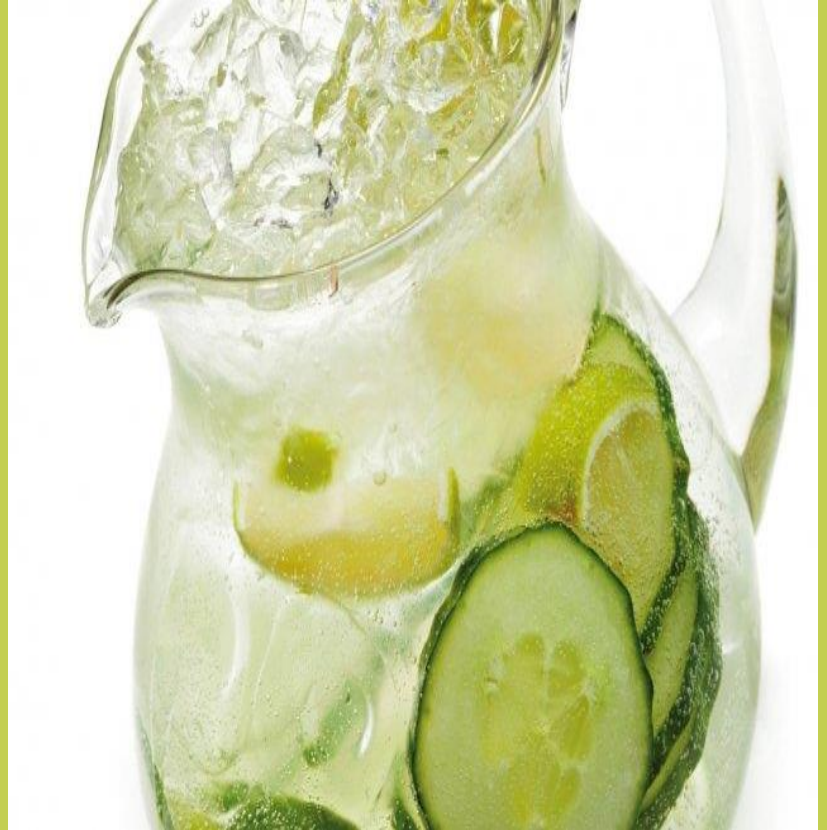
Acompañarlo con arroz rojo o blanco al gusto.



Mrs. Juarez ~

## Agua de Pepino

- 2 pepinos
- 4 limones o al gusto
- 8 tazas de agua natural (1 litro)
- Edulzante al gusto



### Instructions:

1. Si quieres quitarle las semillas al pepino, corta a a la mitad y con una cuchara, raspa las semillas. Corta en pedazos medianos y coloca en la licuadora junto con el agua, jugo de limon y edulzante, al gusto.
2. Licua la mezcla hasta que todo quede muy liquid y sirve en un vaso con hielos
3. Si prefieres una version muy fresca y acidita, no endulces el agua
4. Endulzante: Para una version mas natural y saludable usa stevia natural para endulzar.

# Mrs. Canas - Quesadilla Salvadoreña

Buen provecho! As a Mexican- American when I think of quesadillas I think tortilla and cheese, but in El Salvador where my husband is from quesadilla is a sweet bread, sort of like a poundcake. Here is a recipe I followed online but I prefer it with COTIJA CHEESE.





**Prep:**

20 mins

**Cook:**

38 mins

**Total:**

58 mins

**Servings:**

12

**Yield:**

1 9x13-inch baking dish

**Ingredients**

- 3 large eggs eggs, separated
- 1 cup white sugar
- ½ cup butter, melted
- 1 (4 ounce) package Parmesan cheese, finely grated Or COTIJA CHEESE
- ¾ cup sour cream
- 1 teaspoon baking powder
- 1 cup rice flour
- 1 tablespoon sesame seeds, or to taste

**Directions**

- **Step 1**  
Preheat oven to 350 degrees F (175 degrees C).
- **Step 2**  
Beat egg whites in a glass, metal, or ceramic bowl until firm, but not stiff.
- **Step 3**

Combine sugar and butter in a large bowl; beat with an electric mixer on high speed until creamy. Mix in egg yolks until well blended. Mix in Parmesan cheese gradually. Add sour cream and baking powder; beat until batter is smooth.

- **Step 4**

Sift rice flour over batter; fold in with a spatula. Fold in egg whites with the spatula.

- **Step 5**

Pour batter into a 9x13-inch glass baking dish. Sprinkle sesame seeds on top.

- **Step 6**

Bake in the preheated oven until golden brown on top and a toothpick inserted into the center comes out clean, about 38 minutes.

