

OMBR_1008

Menu:

BAKED FETA, MARINATED TOMATOES, AND CORN CHIPS

MARINATED TOMATO AND JICAMA SALAD WITH CILANTRO LIME DRESSING

CARNE MOLIDA TACOS

SOUS-VIDE CRÈME CARAMEL

Mise en Place, about 1.5 hours before dinner:

- **Start the Salsa Verde:**
- Preheat a broiler to high heat.
- In a medium bowl, combine tomatillos, onion, jalapeño, serrano, bell pepper, and Poblano peppers.
- Drizzle olive oil into the veggies, season with salt.
- Toss all to combine, transfer to a baking tray in an even layer.
- Broil the veggies for 10 minutes until well charred, tossing every 2 minutes.
- **Pickle the Red Onions:**
- In a saucepan over medium-high heat, combine the water, vinegar, salt, and sugar. Allow to come to a simmer.
- Place the onions in a mason jar.
- Once simmering, remove the mixture from the heat and pour over the onions. Allow to come to room temperature and reserve until needed.
- **Start the Crème Caramel:**
- Add the whole eggs and yolks to a heatproof bowl. Whisk in the sugar and vanilla extract.
- Combine the half and half and milk in a microwave-safe spouted cup and microwave on high until warmed, about 2 minutes.
- Whisk the dairy mixture into the eggs ¼ cup (60 ml) at a time to avoid scrambling the eggs.
- Meanwhile, make the caramel. Add the sugar and water to a saucepan over medium heat. Cook without stirring until the sugar melts and the liquid is clear, about 5 minutes.
- Cover the pan and cook until the syrup is colored, 4-5 minutes more.
- Divide the syrup into 6 small jars.
- **Marinate the Tomatoes:**
- In a bowl, combine the tomatoes, garlic, olive oil, and vinegar. Toss gently by hand to combine. Season the tomatoes with salt. Toss the herbs in gently by hand and allow the tomatoes to marinate for 15-20 minutes.
- Heat an immersion circulator to 176F (80 C)
- Divide the Crème between the 6 jars. Cover the jars loosely with lids. Place in the immersion circulator and cook for 1 ½ hours.

Get cookin'! - about an hour before dinner

- **Finish the Salsa Verde:**
- When the charred vegetables are cool, transfer to the bowl of a food processor.
- Add cilantro, add to the bowl.
- Add garlic and the juice and zest from ½ lime.
- Pulse to make a fairly smooth salsa, taste and adjust seasoning with salt.

- Transfer to a container and refrigerate until needed.
- **Bake the Feta:**
- Preheat the oven to 400 F (205 C)
- Line the bottom of a 6-inch (15 cm) baking dish with some of the Marinated Tomatoes. Place the block of feta on top of the tomatoes. Cover the block with more Marinated Tomatoes as well as the chili, oregano, and olive oil. Season with salt, cover the dish, and bake for 15 minutes.
- **Do the Knifework for the Salad:**
- Preheat the grill to high. Rub the corn with avocado oil.
- Grill the corn on all sides until blackened and blistered, 3-4 minutes per side.
- Allow the corn to cool slightly, then slice the kernels off the cobs into a large mixing bowl.
- Add the Serrano peppers, black beans, jicama, red onion, and avocado to the corn. Toss gently to combine.
- **Make the Salad Dressing:**
- In a mason jar, combine the cilantro, honey, lime juice, and cayenne pepper. Season with salt, add the avocado oil, screw the lid onto the jar, and shake well to combine.
- **Start the Taco Prep:**
- Place the ground beef in a pot and cover with cold water. Break the meat up into small crumbles using a wooden spoon. Set the pot over medium-high heat and bring to a boil, stirring often.
- Once boiling, lower the heat to medium-low, cover the pot and allow the meat to simmer until fully cooked, 12-15 minutes.
- Meanwhile, chop the onions, garlic, jalapeño, and tomatoes. Set aside
- Warm the corn tortillas.
- Allow the crème caramels to cool to room temperature, then refrigerate until chilled.
- Uncover the feta and bake 15 minutes more.
- Cut and fry the tortilla chips for the Baked Feta
- **Serve the Baked Feta:**
- Remove the Baked Feta from the oven and serve warm with tortilla chips for scooping.

Dinner time! – about 30 minutes before dinner

- **Finish the Carne Molida:**
- Pour the meat into a fine-mesh strainer, discarding the water. Place a large skillet over medium-low heat and add the oil.
- Once hot, add the onion and cook for 2 minutes.
- Add the garlic, jalapeño, tomato, and cilantro and cook 1 minute more.
- Add the drained ground beef to the skillet, along with the cumin, oregano, tomato paste, and beef stock. Season with salt and press down on the mixture with a spatula to submerge the solids as much as possible.
- Cover the pan and allow the mixture to simmer until the sauce is thickened.

Take a break, sit down and enjoy...

- **Serve the Salad:**
- Add the Marinated Tomatoes to the salad and toss.

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- Shake the Cilantro-Lime Dressing to re-combine and drizzle over the salad. Toss gently again and serve immediately.
- **Serve the Carne Molida Tacos:**
- Spoon the Carne Molida into warmed corn tortillas, top with Pickled Red Onions and Salsa Verde and serve immediately.

Sit down and enjoy – great work!

- **Serve the Crème Caramel:**
- Run a thin knife around the inside of the jars to loosen the crème caramels. Carefully invert onto serving plates and serve immediately.

You did it! Take a bow and make someone else do the dishes!