

A FEMALE FAMILIAL GATHERING

April 18, 2015

Appetizers:

- *Guacamole*
- *Fresh Salsa*
- *Tortilla Chips*

Dinner:

- *Mexican Rice*
- *Female Familial Fajitas*

Dessert:

- *Chocoflan*

GUACAMOLE

2 Ripe Avocados
1/2 tsp. Kosher Salt
1 TBS Fresh Lime Juice
1/4 Cup Minced Red Onion
2 TBS Cilantro (leaves and tender stems) Chopped
A Dash of Black Pepper
1/2 Ripe Tomato, Seeds and Pulp Removed, Chopped

Served with Tortilla Chips

Cut avocados in half. Remove seed. Scoop out avocado from the peel. Put in a mixing bowl. (It is easy to score the inside of the avocado with a blunt knife and scoop out the flesh with a spoon.)

Using a fork, roughly mash the avocado. Don't overdo it. The guacamole should be a little chunky. Sprinkle with salt and lime juice. The acid in the lime juice will help delay the avocados from turning brown. Add the tomatoes, chopped onion, cilantro, black pepper.

Place plastic wrap on the surface of the guacamole, cover it and prevent air from reaching it. The oxygen in the air causes oxidation, which will turn the guacamole brown.

For a quick guacamole, just take ¼ cup of salsa and mix it in with your mashed avocados.

FRESH SALSA

4 Large Tomatoes
2/3 Cup Fresh Cilantro
1/2 Cup Chopped White Onion
2 TBS Fresh Squeezed Lime Juice
1/2 Tsp. Salt

Mix all ingredients in a bowl. Season to taste with extra lime juice and salt.

ARROZ MEXICANO (Mexican Rice)

- 2 Cups Chicken Broth
- 3 Vine Ripened Tomatoes
- 1 TBS Vegetable Oil
- 1 Large White Onion, Chopped
- 1 Large Carrot, Finely Diced
- 1 Large Garlic Clove
- 2 Cups Medium Grain Rice
- 2 tsp. Salt
- 1 Bay Leaf

Cut tomatoes in half. Add broth and puree in blender. Strain into bowl, reserving liquid. Add enough broth to make 4 cups of liquid.

Heat oil in large skillet. Add onions and carrots, and sauté 4 minutes until onions are translucent. Add garlic. Saute 1 minute. Add rice. Cook 3 minutes.

Add tomato broth mixture. Stir and bring to a boil. Reduce heat, cover, and simmer for 20 minutes. Remove pan from heat. Fluff with Fork.

FEMALE FAMILIAL FAJITAS

4 TBS Canola or Vegetable Oil, Divided
2 TBS Lemon Juice
1 1/2 Tsp. Salt
1 1/2 Tsp. Dried Oregano
1 1/2 Tsp. Ground Cumin
1 Tsp. Garlic Powder
1/2 Tsp. Chili Powder
1/2 Tsp. Paprika
1/2 Tsp. Crushed Red Pepper (optional)
1 1/2 Pounds Chicken Boneless Breast, Cut Into Strips
1 Flank Steak, Cut Into Strips
1 Medium Red Pepper, Thinly Sliced
1 Medium Green Pepper, Thinly Sliced
1 White Onion, Thinly Sliced
6 Flour Tortillas (8 inches), Warmed
Shredded Cheddar Cheese
Taco Sauce
Salsa
Guacamole
Sour Cream

In a large resealable plastic bag, combine 2 TBS oil, lemon juice and seasonings. Add the chicken. Seal and turn to coat. Refrigerate 1 - 4 hours.

In a large skillet, sauté peppers and onions in remaining oil until crisp-tender. Remove and keep warm.

Discard marinade. In same skillet, sauté chicken over medium heat 5 - 6 minutes or until no longer pink. Remove from heat.

In same skillet, sauté beef until desired doneness.

To enjoy:

- *Spoon Guacamole down middle of tortilla and over with chicken or beef*
- *Cover with peppers and onions*
- *Add sour cream, salsa and/or taco sauce and Cheddar Cheese*

CHOCOFLAN

CAKE

1 (18 1/4 ounce) Box Chocolate Cake Mix (prepare as indicated on package but do not bake)

3 Eggs

3/4 Vegetable Oil

1 1/3 Cups Water

FLAN

3 Eggs

1 (14 oz.) Can Sweetened Condensed Milk

1 (12 oz) Can Evaporated Milk

1 (8 oz.) Package Cream Cheese

2 Tsp. Vanilla

CARAMEL TOPPING

1/2 Cup Brown Sugar

Preheat oven to 350 degrees.

Prepare Flan. In a blender, mix eggs, condensed milk, cream cheese and vanilla until smooth.

In a small pan, cook brown sugar until it melts to make caramel topping.

In a greased Bundt pan, pour the caramel to cover the bottom of the pan. Pour the prepared cake batter. Add flan mixture. It might seem like everything is mixed together, but once baked, both will separate and it will be a beautiful presentation. Bake 45 minutes or until toothpick comes out clean. Remove and cool. Place on a serving dish - best when served cold.