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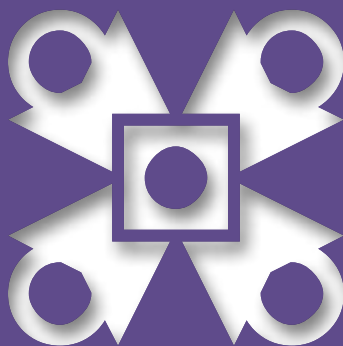


*Bebidas en los tiempos del coronavirus :
recetas de la colección de libros de cocina mexicana*

¡SALUD! UNA CELEBRACIÓN DE BEBIDAS MEXICANAS

UTSA Libraries Special Collections presents

Drinks in the Time of Coronavirus: Recipes from the Mexican Cookbook Collection ¡SALUD! A CELEBRATION OF MEXICAN DRINKS



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There are many inherent risks in the use of raw, prepared, and processed food ingredients during the cooking process. Additionally, some of the recipes in this book may include ingredients to which individuals may have a known or unknown allergy. Every effort has been made to present the best possible direction and advice with regard to the preparation of food recipes presented in this book. The publisher and authors assume no liability for any injury, allergic or other reaction, or damage incurred as a result of the information presented in this book.

Existen muchos riesgos inherentes en el uso de ingredientes alimenticios crudos, preparados y procesados durante el proceso de cocción. Además, algunas de las recetas en este libro pueden incluir ingredientes a los cuales las personas pueden tener una alergia conocida o desconocida. Se ha hecho todo lo posible para presentar la mejor dirección y asesoramiento posible con respecto a la preparación de recetas de alimentos presentadas en este libro. El editor y los autores no asumen ninguna responsabilidad por cualquier lesión, reacción alérgica u otra, o daño incurrido como resultado de la información presentada en este libro.

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FOREWORD

ADÁN MEDRANO

Chef & Food Writer

To all my relations! Let's celebrate the culturally rich relations that food and drink make possible.

That's the message that jumped out at me when I first paged through this specially curated collection of Mexican beverage recipes. These ten beverages reveal

that the Mexican gastronomy is deliciously cosmopolitan, linked to global countries and cultures. Over time, travel and trade brought new ingredients to Mexico. In the hands of Mexican culinarians, those ingredients from faraway lands took on a Mexican expression that is original and indigenous.

For example, Café De Olla recalls Ethiopia, birthplace of coffee, and becomes a classic hot comforting drink, laced with aromatics, that are central to Mexican traditions. Horchata, made with almonds, is a link to the place where almonds come from, Iran. More obvious relations are those with South America, including Brazil and Paraguay who gave pineapples to the world. When the pineapple traveled north to Mexico, locals fermented and sweetened the pineapple to create the pre-conquest drink, tepache. And last but not least, this list of recipes uncovers a relation to South Texas, the Rio Grande Valley, where horticulturalists transformed a pale, bitter fruit from Barbados into a special type of grapefruit we know today, making it sweet and beautifully red. Ruby Red is the grapefruit used in the Paloma recipe.

Beverages are about relations, and in the hands of brilliant cooks they are memorable. They take us beyond just feeding and hydration. They not only hydrate and nourish the body, but they become the artistic creations through which we remember important moments and places in our lives. I can imagine the bonding of friendships over one or another beverage in this cookbook. When we enjoy any of these to mark celebrations like weddings, birthdays, anniversaries and celebrations of personal or public accomplishments they help to define those memories.

Each of these beverages is an example of the art of cooking, that dimension of food and cooking that affects social relationships in tangible and powerful ways. Culinary artists create dishes and drinks to make people enjoy a moment of pleasure and connectedness. We don't drink these beverages just to be nourished, to survive. It's important, of course that we survive, but more important is *how* we do so, with flair, with delicious pleasures and with celebration of relationships. Drinks are meant to be shared. That's the gift of a true culinary artist, a well-balanced, delicious drink that builds memories and strengthens social cohesion.

The cosmopolitan society that is Mexico, however, is rooted in the many indigenous civilizations that give Mexican recipes their core taste and character. Recipes crop up from the experience of being in a certain landscape. Even the names of states are actually indigenous linguistic forms like Oaxaca, Chihuahua, Coahuila and, closer to home, Texas, the name ascribed to the indigenous Caddo people.

It's an indigenous creative ability to adapt new ingredients and, from differences, make something not just nutritious but delicious. There is a practice among the indigenous Coahuiltecan people of Texas to mark the end or beginning of a celebration with a saying, "to all my relations!" It is similar to the English raising a glass to toast, "to your health," or the Spanish, "salud." So as you enjoy these recipes, raise a glass or cup in honor of all the relations they express. We are all brothers and sisters of one planet. In Coahuiltecan, the indigenous phrase for "to all my relations" is: "Taguajayo nami tuchem naptu!"

Adán Medrano is a food writer and chef, specializing in the indigenous foods of Texas and the Americas. His book, "Truly Texas Mexican: A Native Culinary Heritage in Recipes," published by Texas Tech University Press, received the "Finalist, Book Of The Year" award from Foreword Reviews. In his most recent history and cookbook, "Don't Count the Tortillas: The Art of Texas Mexican Cooking," Medrano focuses on how this singular cuisine is showing the way towards a better understanding of what it means to be "American."

A NOTE ABOUT RECIPE TRANSCRIPTIONS

UTSA librarians and archivists transcribed recipes as they originally appeared in the cookbooks. Some recipes, especially those from manuscript cookbooks, occasionally use non-standard and variant spellings in Spanish. Common use of abbreviated instructions, along with the difficulty of reading handwriting and tears or scratched-out text, add an extra level of difficulty to the challenge of transcribing and interpreting historical recipes.

UNA NOTA SOBRE LAS TRANSCRIPCIONES DE LAS RECETAS

Los bibliotecarios y archivistas de la Universidad de Texas en San Antonio (UTSA) transcribieron las recetas tal y como aparecen en los libros de cocina. Algunas recetas, especialmente las de manuscritos, ocasionalmente utilizan grafías atípicas y variantes en español. El uso común de instrucciones abreviadas y la dificultad de leer textos escritos a mano añaden un nivel de dificultad al transcribir e interpretar recetas históricas.

HIBISCUS WATER

Makes 1 ½ quarts (6 cups)

INGREDIENTS

- ☞ 1 ounce (approximately) jamaica blossoms*
- ☞ 1 1/2 quarts (6 cups) water, divided
- ☞ Sugar to taste
- ☞ Lime juice, to taste
- ☞ Crushed ice

METHOD OF PREPARATION

- ☞ Put the jamaica blossoms in a bowl and pour 2 cups cold water over them. Let this steep for 1 hour or until the water takes on a deep burgundy color. Strain out the blossoms and discard. Add remaining water, sugar, and lime juice, to taste. Serve over crushed ice, garnish with a lime slice. Makes 1 ½ quarts (6 cups).

*Dried hibiscus flowers (called “jamaica” in Mexico) used for brewing a kind of tea.

AGUA DE JAMAICA

Rinde 1 ½ cuartos de agua

INGREDIENTES

- ☞ 1 onza [30 g] (aproximadamente) de flores de jamaica*
- ☞ 1 ½ cuartos [6 tazas] de agua
- ☞ Azúcar, al gusto
- ☞ Jugo de limón, al gusto
- ☞ Hielo picado

MANERA DE HACERSE

- ☞ Coloque las flores de jamaica en una olla y agregue 2 tazas de agua fría sobre ellas. Deje que reposen durante 1 hora o hasta que el agua adquiera un color rojo intenso. Cuele las flores y deséchelas. Agregue el resto del agua, el azúcar y el jugo de limón al gusto. Sirva el agua sobre hielo picado y adórmelo con una rodaja de limón. Rinde 1 ½ cuartos de agua..

* A las flores de hibisco secas se les llama jamaica en México y son utilizadas para preparar una especie de té.



SPICED COFFEE

- ☞ Preparation Time: 3 minutes
- ☞ Cooking Time: About 20 minutes
- ☞ Utensils: Clay pot and individual mugs

INGREDIENTS

- ☞ 6 cups of water
- ☞ 1 cinnamon stick, about 8 mm thick
- ☞ 6–8 thin slices of cinnamon stick, about 4mm thick
- ☞ 2 cloves
- ☞ 100 grams (about 1/2 cup) piloncillo sugar (Mexican brown sugar sold in cones)
- ☞ 50 grams (about 1/2 cup) of Mexican chocolate, often sold in tablets
- ☞ 100 grams (about 1 cup) ground coffee

METHOD OF PREPARATION

- ☞ Bring water to a boil and then add the thick cinnamon stick, cloves, piloncillo sugar, and chocolate. Lower the heat. When it returns to a boil, skim off the foam created by the chocolate.
- ☞ Once the liquid comes back to a boil, add the coffee and remove from heat. Leave near the heat to keep warm as the coffee brews, but the liquid should not be boiling at this point.
- ☞ Serve by taking the coffee from the top, thus avoiding agitating the sediment at the bottom of the pot.
- ☞ In each mug (half-filled), place a thin cinnamon stick slice in place of a spoon.

CAFÉ DE OLLA

- ☞ Tiempo de preparación: 3 minutos
- ☞ Tiempo de cocción: 20 minutos aproximadamente
- ☞ Utensilios: Olla honda de barro, jarritos individuales

INGREDIENTES

- ☞ 6 tazas de agua
- ☞ 1 rajita de canela gruesa de 8 milímetros, aproximadamente
- ☞ 6 a 8 rajas delgadas de canela de 4 milímetros, aproximadamente
- ☞ 2 clavos de olor
- ☞ 100 gramos de piloncillo
- ☞ 50 gramos de chocolate de metate
- ☞ 100 gramos de café molido

MANERA DE HACERSE

- ☞ Ponga el agua a calentar en la olla; cuando empiece a hervir, añada la raja de canela gruesa, los clavos, el piloncillo y el chocolate; baje la flama; cuando vuelva a hervir, quite la espuma al chocolate.
- ☞ En el momento que vuelva a soltar el hervor, incorpore el café y apague. Déjelo cerca de la lumbre para mantenerlo caliente y para que se asiente el café, pues éste nunca debe hervir.
- ☞ Sirva usando un jarrito a modo de cucharón. Tome el café de la parte más superficial, evite agitar el sedimento.
- ☞ En cada jarrito (servido solo hasta a la mitad) coloque una raja de canela delgada en lugar de cucharita.

HORCHATA

INGREDIENTS

- ☞ Lemon seeds
- ☞ Water
- ☞ Sugar to taste

METHOD OF PREPARATION

- ☞ Drink made with lemon seeds, washed, crushed, strained and dissolved in water, sweetened with sugar.

HORCHATA OF THE FOUR COLD SEEDS

INGREDIENTS

- ☞ Melon, watermelon, pumpkin & cucumber seeds
- ☞ Water
- ☞ Sugar to taste

METHOD OF PREPARATION

- ☞ Grind together the seeds of melon, watermelon, pumpkin and cucumbers. Strain, dilute with water, and sweeten with sugar.

Librarian's Note:

UTSA Special Collections' Mexican Cookbook Collection includes food and household-related texts as well as cookbooks. Ireneo Paz's *Diccionario del hogar* (*Dictionary of the home*), issued between 1901 and 1904, is one such work that chronicles household operations both within and outside the kitchen.

Although titled as a dictionary, Paz's two-volume work is really more like an encyclopedia. It includes not only recipes and tips on cooking, but also information about medicine, economics, the care of domestic animals, horticulture and gardening, fashion, and more.

A few entries seem a bit surprising at first glance like this one for horchata. Traditionally, horchata refers to a rice-based beverage, but in this instance, it is described as something quite different. We include it here as a snapshot of how information was disseminated in the early 20th century. When one considers that many readers probably had access to relatively few other books during this time (let alone Google or the internet), the insight into Mexico's culinary history provided by entries like this is impressive.



Spines of Diccionario del hogar by Ireneo Paz (1901-1904)

HORCHATA

INGREDIENTES

- ☞ Semillas de limón
- ☞ Agua
- ☞ Azúcar al gusto

MANERA DE HACERSE

- ☞ Bebida hecha con pepitas de limón, lavadas, molidas, coladas y desleídas en agua, que se endulza con azúcar.

HORCHATA DE LAS CUATRO SIMIENTES FRÍAS

INGREDIENTES

- ☞ Semillas de melón, sandía, calabaza y pepino
- ☞ Agua
- ☞ Azúcar al gusto

MANERA DE HACERSE

- ☞ Se muelen juntamente las pepitas de melón, de sandía, de calabaza y de pepino; se cuelean, se deslíen con agua y se endulzan con azúcar.

Una nota de la bibliotecaria:

La colección de libros de cocina mexicana de UTSA incluye textos relacionados con la comida y el hogar, así como libros de cocina. El *Diccionario del hogar* de Ireneo Paz, publicado entre 1901 y 1904, es una de esas obras que narra las operaciones domésticas tanto dentro como fuera de la cocina.

Aunque fue titulado como un diccionario, los escritos de Paz comprendidos en dos volúmenes se asemejan más a una enciclopedia. Incluyen no solo recetas y consejos de cocina, sino también información sobre medicina, economía, cuidado de los animales domésticos, horticultura, jardinería, moda y más.

Algunas entradas parecen un poco sorprendentes a primera vista como ésta para horchata. Tradicionalmente, la horchata se refiere a una bebida a base de arroz, pero en este caso, se describe como algo muy diferente. La incluimos aquí como una imagen de cómo se difundió la información a principios del siglo XX. Cuando se considera que muchos individuos probablemente tuvieron acceso a relativamente pocos libros durante este tiempo (y mucho menos a Google o internet), la información sobre el pasado culinario de México proporcionada en entradas como ésta es impresionante.

BANANA ATOLE

INGREDIENTS

- ☞ Bananas
- ☞ Milk
- ☞ Cinnamon stick
- ☞ Sugar to taste

METHOD OF PREPARATION

- ☞ Peel ten ripe bananas. Remove any threads and mash the fruit.
- ☞ Place over the fire two liters (about 33 ¾ ounces or 4 cups) of boiled milk, 400 to 450 grams (2 to 2 ¾ cups) of refined sugar to taste, and a cinnamon stick. When the mixture comes to a boil and begins to froth, add the mashed bananas and two tablespoons of honey. Simmer over low heat for half an hour. Remove from heat, strain, and return to low heat, adding a cup of cream and a little corn meal or nixtamalina dissolved in milk, to thicken the atole to taste.

Librarian's note:

Among the collection's most interesting holdings is a pair of railroad freight and passenger ledgers from Huamantla, Tlaxcala, Mexico dated 1919-1927. These ledgers were used from the 1920s to the 1940s to scrapbook recipes clipped from newspapers. The scrapbooks include recipes from throughout Mexico and from as far afield as Puerto Rico and South America. In most recipes, "plátano" commonly refers to plantains. However in this case, "plátano de Roatán" or "plátano de Costa Rica" refers to Cavendish bananas – the sweet yellow bananas commonly found in U.S. grocery stores.

ATOLE DE PLÁTANO

INGREDIENTES

- ☞ Plátanos maduros Roatán o Costa Rica
- ☞ Leche
- ☞ Canela en rama
- ☞ Azúcar al gusto

MANERA DE HACERSE

- ☞ Se mordan diez plátanos maduros Roatán o Costa Rica, se les quitan las hebras y se muelen.
- ☞ Se pone al fuego un cazo con dos litros de leche hervida, 400-450 gramos de azúcar refinada, según se quiera de dulce y un trocito de canela y cuando empiece a hervir se espuma y se ponen los plátanos molidos y dos cucharadas de miel de colmena, se deja hervir a fuego suave media hora, se retira, se cuele y se vuelve a poner a fuego suave, añadiendo una taza de crema y harina de maíz o nixtamalina disuelta en leche, en cantidad suficiente para que espese al gusto.

Una nota de la bibliotecaria:

Entre las posesiones más interesantes de la colección se encuentran un par de libros de contabilidad de carga y pasajeros de ferrocarriles de Huamantla, Tlaxcala, México, fechados entre 1919 y 1927. Estos libros se utilizaron desde 1920 hasta 1940 como álbumes de recortes con recetas de periódicos de México, Puerto Rico y Sudamérica. En esta receta, "plátano de Roatán" o "plátano de Costa Rica" se refiere a los plátanos Cavendish, los amarillos y dulces que se encuentran comúnmente en las tiendas estadounidenses.

TROPICAL PARADISE

Makes 12 servings

INGREDIENTS

- ☞ 2 spoons of ginger root, grated
- ☞ 7 cups of water
- ☞ 1 cup of sugar
- ☞ 2 ½ cups of concentrated pineapple juice
- ☞ 2 ½ cups of guava nectar
- ☞ 2 ½ cups of orange juice
- ☞ ½ cup of lemon juice
- ☞ Slices of guava
- ☞ Slices of lime
- ☞ Sprigs of spearmint
- ☞ Ice

METHOD OF PREPARATION

- ☞ Boil the grated ginger root in 3 cups of water for 30 minutes. Cool, and strain.
- ☞ Boil the sugar in the rest of the water until it becomes syrup. Cool.
- ☞ Combine these ingredients in a glass pitcher, stir, add-in the rest of the ingredients and serve in glasses garnished with fruit and a few sprigs of spearmint.



PARAÍSO TROPICAL

Rinde 12 porciones

INGREDIENTES

- ☞ 2 cucharas de jengibre rallado
- ☞ 7 tazas de agua
- ☞ 1 taza de azúcar, o al gusto
- ☞ 2 ½ tazas de jugo de piña concentrado
- ☞ 2 ½ tazas de nectar de guayaba
- ☞ 2 ½ tazas de jugo de naranja
- ☞ ½ taza de jugo de limón
- ☞ Rodajas de guayaba
- ☞ Rodajas de limón
- ☞ Ramitos de yerbabuena
- ☞ Hielo

MANERA DE HACERSE

- ☞ Hervir el jengibre en 3 tazas de agua por 30 minutos. Enfriar y colar.
- ☞ Hervir el azúcar en el resto de agua hasta obtener un almíbar. Enfriar.
- ☞ Colocar ambos ingredientes en un recipiente de vidrio, mezclar, incorporar los demás ingredientes y servir en vasos con hielo, adornados con rodajas de fruta y ramitos de yerbabuena.



PALOMA *CONTAINS ALCOHOL

INGREDIENTS

- ☞ 2 fluid ounces tequila
- ☞ 4 fluid ounces fresh grapefruit juice
- ☞ 1 fresh Mexican lime
- ☞ ½ teaspoon sugar
- ☞ 2 fluid ounces sparkling water
- ☞ Salt, to coat rim of the glass

METHOD OF PREPARATION

- ☞ Rim a tall glass with lime juice and coat it with salt. Set aside.
- ☞ In a shaker, add the tequila, grapefruit juice, sugar, and a squeeze of fresh lime. Stir or shake until the sugar is dissolved.
- ☞ Fill the salt-rimmed glass with ice and pour in the tequila mixture and sparkling water. Stir and serve.



PALOMA *CONTIENE ALCOHOL

INGREDIENTES

- ☞ 2 onzas de tequila
- ☞ 4 onzas de jugo de toronja
- ☞ 1 limón mexicano
- ☞ ½ cucharadita de azúcar
- ☞ 2 onzas de agua mineral
- ☞ Sal, para cubrir el borde del vaso

MANERA DE HACERSE

- ☞ Borde un vaso alto con jugo de limón y cúbralo con sal. Deje el vaso a un lado, mientras se prepara el resto.
- ☞ En una coctelera, agregue el tequila, el jugo de toronja, el azúcar y exprima el jugo de limón mexicano. Revuelva o agite hasta que el azúcar se disuelva.
- ☞ Llene el vaso de hielo y agregue la mezcla de tequila y el agua mineral. Revuelva y sirva.



TEPACHE *CONTAINS ALCOHOL

INGREDIENTS

- ✿ 1 large pineapple
- ✿ 400 grams (2 cups) barley (large)
- ✿ 1 ½ kilograms (6 cups) piloncillo
- ✿ 1 large quill cinnamon
- ✿ 8 cloves

METHOD OF PREPARATION

- ✿ Crush the pineapple and place, including the rind, in a large pot; add the cinnamon and cloves; cover well. After two days, add the barley (after having boiled it in 1 liter of water) and the piloncillo to the pot; let ferment for 1 or 2 days, however much necessary. Pass through a fine colander and serve on ice.



TEPACHE *CONTIENE ALCOHOL

INGREDIENTES

- ✿ Piña grande, 1
- ✿ Cebada grande, 400 gramos
- ✿ Piloncillo, 1 ½ kilos
- ✿ Canela, 1 raja grande
- ✿ Clavos de especial, 8

MANERA DE HACERSE

- ✿ La piña se muele y se pone en tres litros de agua, con su cascara, bien tapada, la canela y los clavos; en una olla de barro; a los dos días se agrega la cebada, que se habrá puesto a hervir hasta que reviente en un litro de agua y el piloncillo; se deja fermentar uno o dos días, según sea necesario, se pasa por una coladera fina y se sirve con hielo picado.



MEZCAL MARGARITA *CONTAINS ALCOHOL

*“For all of the bad, there’s mezcal.
And for all of the good, too.”*

Recipe from Noah Small, Empellón, New York City

INGREDIENTS

- ☞ 2 ounces Del Amigo mezcal (or any other brand of mezcal)
- ☞ 1 ounce fresh lime juice
- ☞ ¾ ounce diluted agave syrup

METHOD OF PREPARATION

- ☞ Rim a rocks glass with salt (Empellón uses smoked salt) and set aside. Combine all ingredients in a shaker tin with ice. Shake until chilled and strain into the prepared rocks glass over fresh ice cubes.

DILUTED AGAVE SYRUP

- ☞ For the diluted agave syrup, combine one part light agave nectar with one part hot water. Shake until both are combined. Let chill before using in a drink. Store in the refrigerator.

Note: For added complexity, use 1 ounce tequila and 1 ounce mezcal.



MEZCAL MARGARITA *CONTIENE ALCOHOL

*“Para todo mal, mezcal, y para
todo bien, también.”*

Receta de Noah Small, Empellón, Nueva York

INGREDIENTES

- ☞ 2 onzas de mezcal Del Amigo (o cualquier marca de mezcal)
- ☞ 1 onza de jugo de limón fresco
- ☞ ¾ onza jarabe de agave diluido

MANERA DE HACERSE

- ☞ Escarche un vaso bajo con sal (en Empellón se usa sal ahumada) y resérvelo a un lado. Combine todos los ingredientes en una coctelera de metal con hielo. Agite hasta que se enfríe y cuele en el vaso preparado sobre cubitos de hielo.

JARABE DE AGAVE DILUIDO

- ☞ Para el jarabe de agave diluido, combine una parte de néctar de agave poco azucarado con una parte de agua caliente. Agite hasta que ambos estén combinados. Déjelo enfriar antes de usarlo en la bebida. Guárdelo en el refrigerador.

Nota: Para mayor complejidad, utilice 1 onza de tequila y 1 onza de mezcal.



JAMAICÓN *CONTAINS ALCOHOL

Recipe from Alfredo Corro Enríquez, Sabina Sabe, Oaxaca City

INGREDIENTS

- ☞ 1 ounce Rey Campero Espadín mezcal (or any other brand of mezcal)
- ☞ 1 ounce Ancho Reyes ancho chili liqueur
- ☞ 1 ½ ounces spice-infused hibiscus syrup
- ☞ ¾ ounce fresh lime juice
- ☞ Orange twist, for garnish

METHOD OF PREPARATION

- ☞ Shake ingredients together in a shaker tin with ice. Double strain into a coupe glass, and garnish with orange twist.

For the spice-infused hibiscus syrup:

INGREDIENTS

- ☞ 200 grams (5 cups) dried hibiscus flowers
- ☞ 4 ancho chilies, seeded and stemmed
- ☞ 4 star anise pods
- ☞ 5 cinnamon sticks
- ☞ 3 cups sugar
- ☞ 4 cups water

METHOD OF PREPARATION

- ☞ Toast anchos in a saucepan over medium heat until fragrant. Do not burn. Set aside. Combine hibiscus and water in a saucepan and bring to a simmer. Add toasted chili peppers and spices and raise heat to a boil. Let ingredients simmer 5-10 minutes to taste, and then remove from heat. Add 3 cups of sugar and stir until dissolved. Strain spices and chilis out of the mixture into a container with a lid. Store in the fridge when not using.

JAMAICÓN *CONTIENE ALCOHOL

Receta de Alfredo Corro Enríquez, Sabina Sabe, Oaxaca de Juárez

INGREDIENTES

- ☞ 1 onza Rey Campero Espadín mezcal (o cualquier marca de mezcal)
- ☞ 1 onza de licor de chile ancho Ancho Reyes
- ☞ 1 ½ onzas de jarabe de hibisco con infusión de especias
- ☞ ¾ onza de jugo de lima fresco
- ☞ Cáscara de naranja, para decorar

MANERA DE HACERSE

- ☞ Agite los ingredientes en una coctelera de metal con hielo. Cuele dos veces en una copa de champán tipo Pompadour y decore con una cáscara de naranja.

Para el jarabe de hibisco con infusión de especias:

INGREDIENTES

- ☞ 200 gramos de flores de hibisco (jamaica) secas
- ☞ 4 chiles anchos, sin semillas y sin tallo
- ☞ 4 vainas de anís estrellado
- ☞ 5 ramas de canela
- ☞ 3 tazas de azúcar
- ☞ 4 tazas de agua

MANERA DE HACERSE

- ☞ Hay que poner a asar los chiles anchos en una cacerola a fuego medio hasta que estén fragantes. No se quemen. Haga a un lado. Combine el hibisco y el agua en una cacerola y cocine a fuego lento. Agregue los chiles tostados y las especias y eleve el fuego hasta que el agua hierva. Deje que los ingredientes hiervan a fuego lento durante 5-10 minutos al gusto y luego retírelos del fuego. Agregue 3 tazas al azúcar y revuelva hasta que se disuelva. Cuele las especias y los chiles de la mezcla en un contendor con tapa. Guárdelo en el refrigerador cuando no lo use.

CHRISTMAS PUNCH *CONTAINS ALCOHOL

Makes 20 portions

Recipe from Victoria E. Erossa de Gómez

INGREDIENTS

- ☞ 1 kilogram Mexican hawthorns (tejocotes) (2 ½ cups)
- ☞ ½ kilogram guava (about 3 cups)
- ☞ 250 grams prunes (about 1 cup)
- ☞ 100 grams raisins (2/3 cup)
- ☞ 1 kilogram sugarcane (or ½ cup refined sugar)
- ☞ ½ kilogram sugar (2.5 cups)
- ☞ 1 cinnamon stick
- ☞ Sufficient water
- ☞ Rum to taste

METHOD OF PREPARATION

- ☞ Boil the tejocotes (previously washed) for 10 minutes.
- ☞ Peel the tejocotes before they cool.
- ☞ In a large clay pot, boil the water with sugar and cinnamon.
- ☞ Peel the sugarcane, remove the coils, cut into small pieces and add to the boiling water.
- ☞ Cut the guavas into wedges.
- ☞ Add the sliced guavas, the prunes, and the raisins to the boiling water.
- ☞ Simmer for two hours at low heat, adding more water as needed.
- ☞ Serve hot and add rum as you serve it, if desired.
(Should be served in clay mugs containing some of the fruit from the punch.)

Note: Tejocotes are a stone fruit native to the mountains of Mexico, also known as the Mexican hawthorn. Although tejocotes are rarely available fresh, you can often find them bottled or canned.

PONCHE NAVIDEÑO *CONTIENE ALCOHOL

Rinde 20 porciones

Receta de Victoria E. Erossa de Gómez

INGREDIENTES

- ☞ 1 kg. tejocote
- ☞ ½ kg. de guayaba
- ☞ 250 g. de ciruela pasa
- ☞ 100 g. de pasitas
- ☞ 1 kg. de caña
- ☞ ½ kg. de azúcar
- ☞ 1 rama de canela
- ☞ Agua, la necesaria
- ☞ Ron al gusto



MANERA DE HACERSE

- ☞ Hervir los tejocotes, lavados, durante 10 minutos.
- ☞ Pelar los tejocotes, antes de que se enfríen.
- ☞ En un cazo grande de barro, hervir el agua con azúcar y canela.
- ☞ Pelar la caña, quitar rodetes, cortar en trozos pequeños y agregarlos al agua hirviendo.
- ☞ Cortar la guayaba en gajos.
- ☞ Agregar la guayaba cortada, las ciruelas pasas y las pasitas al agua hirviendo.
- ☞ Hervir dos horas a fuego lento, agregando más agua si se requiere.
- ☞ Servir caliente y agregar ron al server, si se desea
(Debe servirse en jarro de barro y llevar frutas).

Nota: Aunque los tejocotes rara vez están disponibles frescos, se pueden encontrar embotellados o enlatados.

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¡Salud!

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UTSA's Mexican Cookbook Collection includes over 2,000 titles in English and Spanish documenting the variety and history of Mexican cuisine from 1789 to the present, with most books dating from 1940-2000. In addition to broad general coverage, the collection includes concentrations in the areas of regional cooking, healthy and vegetarian recipes, corporate advertising cookbooks, and manuscript recipe books.

The core of the collection consists of more than 500 books donated by San Antonio resident Laurie Gruenbeck in 2001. Gruenbeck acquired the cookbooks during her travels in Texas and Mexico over 30 years. The collection continues to grow through purchases and gifts.

Some of the work presented in "Recetas: cocinando en los tiempos del coronavirus" includes work previously published in "La Cocina Histórica," a retired blog produced by rare books librarian Juli McLoone.

Sources worth consulting
LA COCINA HISTÓRICA BLOG
<https://lacocinahistorica.wordpress.com>

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