



## Ramses Bravo Recipes

### McDougall Advanced Study Weekend - February 2014

#### Picante Salsa

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Yield: 1 quart (4 servings)

*This is a very easy salsa to make. The dried chiles can be found at any Latin market and in the ethnic section of many large supermarkets.*

10 roma tomatoes, halved  
 1/2 cup sliced red onion  
 1 tablespoon chopped garlic  
 1/2 fresh ancho chile, seeded (see note)  
 2 dried red chiles, soaked in water for 5 minutes, drained, and seeded (see note)  
 15 sprigs cilantro, with stems

Preheat the oven to 350 degrees F. Line a rimmed baking sheet with parchment paper.

Put the tomatoes skin-side down on the lined baking sheet. Sprinkle the onion and garlic over the tomatoes and bake for 15 minutes. Let cool.

Put the tomatoes, including the onion and garlic, ancho and red chiles, and cilantro in a blender and process on high speed until smooth. Stored in a sealed container in the refrigerator, Picante Salsa will keep for 5 days.

#### Tamale Dough

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Yield: 8 cups

*Masa harina, a type of finely ground corn flour used in traditional Mexican cooking, can be purchased at any Latin market. If you find two varieties, choose the regular kind (which is what I prefer) over the type that is specifically intended for making tamales.*

4 1/2 cups vegetable broth  
 1 teaspoon granulated garlic  
 1 teaspoon granulated onion  
 1 1/2 cups sunflower seeds, soaked in cold water for 3 hours  
 4 cups masa harina  
 2 1/2 teaspoons baking powder

Put the broth, granulated garlic, and granulated onion in a medium saucepan and bring to a simmer over medium-high heat. Simmer until the liquid is reduced by half, about 15 minutes. Let cool until lukewarm.



Drain the sunflower seeds, saving about 1/2 cup of the soaking water. Put the seeds in a food processor and process into a smooth paste, adding the soaking water, 1 tablespoon at a time, as needed. (All the soaking water may not be needed.) Put the masa harina and baking powder in a large bowl. Using an electric mixer, mix on low speed for 30 seconds. Add the broth mixture and continue mixing on low speed until thoroughly combined. Increase the mixer speed to medium and mix for 5 minutes. Add the sunflower seed paste and mix on medium speed until all the ingredients are well combined. Increase the mixer speed to high and mix for 5 minutes. Stored in a sealed container in the refrigerator, Tamale Dough will keep for 3 days.

#### Notes

- To avoid splashing, cover the mixing bowl with plastic wrap before increasing the mixer speed.
- A hand mixer is not recommended for this recipe, as the tamale dough is too thick for that piece of equipment.

### Tamale Filling

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1 pound sliced mushrooms  
 1 bunch kale, chopped up  
 1 red bell pepper, julianed  
 1 yellow bell pepper, julianed  
 1 red onion, julianed  
 2 cups picante salsa

In a large pot dry sauté all the vegetables over medium heat for 5 minutes. Add the salsa and cook for 2 more minutes. Turn the heat off and allow the filling to cool for a few minutes before using it in the tamales.

### Vanilla and Pineapple Poached pears

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Yield: 4 servings

4 ripe pears-bartlett or D'anjou, seem to work the best  
 2 quarts unsweetened pineapple juice  
 2 oranges, zested and juiced  
 1 vanilla bean, sliced in half lengthwise, or 1 teaspoon alcohol-free vanilla extract

Put the pears, pineapple juice, orange zest, orange juice and vanilla bean in a medium saucepan over medium-high heat and bring to a boil. Decrease the heat down to a very slow simmer and cook the pears until they are soft without falling apart. About 5-10 minutes depending on how ripe the pears were at the beginning. Remove the pears from the liquid and set them aside. Remove the vanilla bean, scrape the



seeds back into the saucepan, and discard the bean. Continue to simmer the pineapple and vanilla liquid and reduce it down to a syrup consistency. Once the pears and syrup have cooled down to the touch, place them in the refrigerator and chill them for at least 2 hours before serving. To plate: cut a small slice off of each pear so they will sit flat on the plate. Drizzle the vanilla syrup over the pears and enjoy.

### Hawaiian Salad

Yield: 4 servings

*Where I lived on the island of Oahu, all the ingredients in this recipe were used in local restaurants. Although they are not all native to Hawaii (not even macadamias), the ingredients complement each other perfectly.*

2 small jicamas, peeled and cut into matchsticks  
 2 ruby grapefruits, segmented  
 1/2 head green cabbage, finely shredded  
 1 mango, diced  
 10 sprigs cilantro, stemmed  
 1 tablespoon sesame seeds, toasted  
 1 cup *Mango-Ginger Dressing*  
 1/2 cup whole macadamia nuts, toasted (optional)

Put the jicamas, grapefruits, cabbage, mango, cilantro, and sesame seeds in a large bowl. Cover and refrigerate for up to 1 day. Just before serving, add the dressing and toss until evenly distributed.

### Mango-Ginger Dressing

Yield: 2 cups (8 servings)

*A mango is ripe when you can smell its sweet fragrance.*

2 ripe mangoes, coarsely chopped  
 1 cup unsweetened apple juice  
 2 tablespoons peeled and chopped fresh ginger  
 1 teaspoon brown rice vinegar  
 1 tablespoon sesame seeds, toasted

Put the mangoes, apple juice, ginger, and vinegar in a blender and process on high speed until smooth. Stir in the sesame seeds until evenly distributed. Stored in a sealed container in the refrigerator, *Mango-Ginger Dressing* will keep for 4 days.