

Manuelo para los



Quesadillas

Materials needed for Quesadillas



Tortillas (soft)

- Burrito-sized
- Wheat or corn

Fillings

- Meat-based
- Vegetarian protein
- Veggies



Toppings

- Veggies
- Salsas



Ravenousness

- Make plenty !

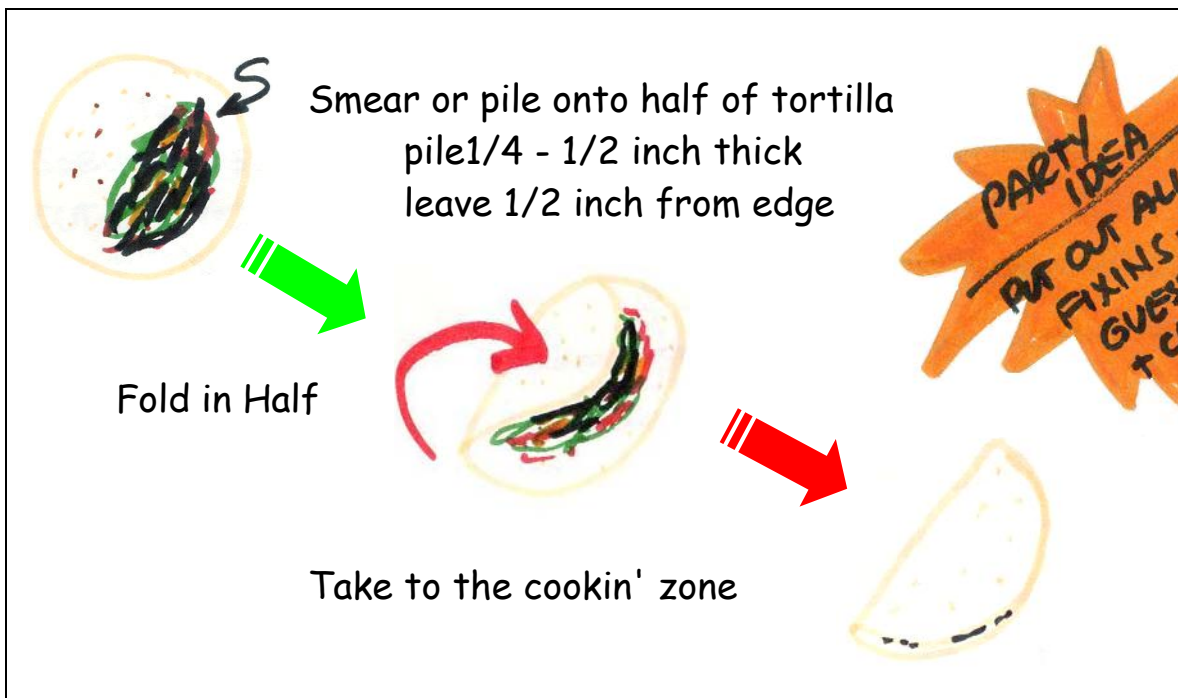
Cast-Iron Stomach

- Optional, depending on heat of salsas

La Cucino



2 Steps and 2 Cooking Methods



BBQ

- ◆ BBQ on medium heat
 - ◆ 1-2 minutes per side
 - ◆ if cheese inside, let it melt
- makes a crispy tortilla with some black grill marks*

GRIDDLE

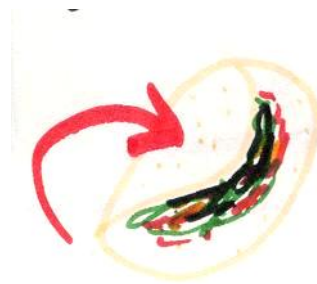
- ◆ Medium - medium-high heat
 - ◆ 1-2 minutes per side
 - ◆ until brown spots appear
- tortilla stays a bit softer than BBQ*

STEP 1: BUILD THE QUESADILLA



COVER HALF OF THE TORTILLA WITH PROTEIN TOPPING, LEAVING ½ INCH MARGIN; ADD SOME CHEESE TO ACT AS GLUE

FOLD UNUSED HALF OVER THE HALF WITH THE PROTEIN TOPPING



TAKE TO THE COOKIN' ZONE



COOK 1-2 MINUTES PER SIDE, UNTIL CHEESE MELTS

STEP 2: OPEN IT UP; ADD GOODIES; RE-CLOSE

<p>WIMPY THINGS TO ADD</p> 	<ul style="list-style-type: none">• SHREDDED LETTUCE• SOUTHWESTERN CORN• MORE CHEESE
<p>GOOD THINGS TO ADD</p>	<ul style="list-style-type: none">• SALSA• SALSA• MORE SALSA 
<p>GARNISHES FOR YOUR PLATE</p> 	<ul style="list-style-type: none">• SOUTHWESTERN CORN• SALSA• FIRE EXTINGUISHER 

Los Fillings

Black Bean Filling

Makes enough for 6-8

2 c cooked, drained black beans (approx. 1 can)
1 tsp ground cumin seeds
1/2 tsp ground coriander
pinch cayenne
1+ garlic clove, minced
2/3c chopped fresh cilantro
2 tsp fresh lemon juice

- salt to taste, if needed | Drain beans, rinse, mash
- Stir in all except salt
- Add salt only if needed

Optional additions

- Stir into mixture, or
 - Atop as a garnish
- 1/3 c chopped walnuts
2 tbsp minced Spanish olives

Nutrition information
For black bean filling,
per serving, based on 8 servings of
above with a pinch of salt added:
73 calories, 0.7 g fat,
0 cholesterol; 171 mg sodium

Meat Filling

Makes enough for 8-12

- 2 Tb cumin seeds
1 Tb olive oil
1 c minced onion
500 g lean beef or poultry
- Toast cumin seeds in dry fry pan until aromatic; remove from pan
 - Heat oil in same pan; add onion & fry until translucent; add cumin
 - Cook meat until done

Cheesy Chili Filling

Makes enough for 4

- 1 c shredded mozzarella
1 small can chopped green chiles
1/4 c chopped green onions
salsa of choice
- Sprinkle cheese, then chiles, then onions, then spoon salsa onto 4 tortillas (half of each)
Fold and cook; Eat !

Other fillings

- Peperonata
- Refritos
- Shredded zucchini
- Minced vidalia onion
- Chopped Spanish olives
- Chopped hardboiled egg



Toppings

WHEN COOKED:

- Slide onto plate
- Serve immediately
- Cut into wedges

USING TOPPINGS:

- Serve on the side, or atop
- or*
- Open Quesadillas, spoon atop filling, and re-close

CONSIDER THE FOLLOWING:

Top completed quesadilla with cheese; broil until melted

TOPPING IDEAS

- Anything on the "filling" list
- Guacamole
- Shredded lettuce or cilantro
- Diced cucumbers
- Minced peppers
- Fresh herbs (e.g. chives, basil, dill)
- Sour cream
- Yogourt cheese
- Homemade salse



ACCOMPANIMENTS

- Frijoles refritos (esp. if using meat or cheese filling without beans)
- Southwest corn (corn niblets tossed with diced sweet red pepper and -- if desired -- diced jalapeños)
- Ensaladas
- Pico de gallo
- Ejotes y papas (potatoes and green beans)

Salsa

EASY-TO-MAKE SALSA

- 1 - 28 oz can
diced tomatoes,
undrained
- 1 c
chopped sweet
pepper
- 1 - 4 oz can chopped chiles
- 1/4 c
minced scallions
- 1-2 Tbsp
chopped canned
jalapeños
- 1 Tbsp
fresh lime juice
- 1 clove
garlic, minced
- 1 tsp
sugar
- 1 tsp
chili powder

- Combine all in a non-reactive bowl; mix thoroughly
- Allow to sit 4-5 h then adjust seasonings if necessary
- Makes about 4c

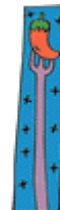
Can be frozen up to a month, but expect a loss of quality



Remove ribs from jalapeño or other hot peppers for a milder salsa.

BILLY'S MYSTERY SALSA CRUDA

- 1 c
minced something green &
hard, e.g. 1 or more of
cuke, green pepper, green
tomato, tomatillo
- 1/2 c
minced peppers, e.g.
sweet red, green, yellow,
and/or Jalapeño
depending on heat
desired
- 1/2 - 1 lime, juiced
- 1 tsp
dried herbs, e.g. 1 or 2 of dill,
basil, sage, parsley, cilantro,
oregano



- Same directions as opposite
- Can't be frozen well

MANGO-PAPAYA SALSA (Sweet)

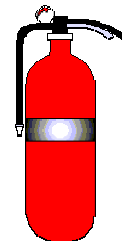
- 1 each
ripe mango, ripe papaya
- 1/4 c
each, diced red & yellow peppers
- 1 small
jalapeño pepper, minced
- 1/4 c
chopped fresh cilantro
- 1
Lime, juiced

- Peel and chop fruits; clean and dice peppers
- Combine with cilantro
- Toss with lime juice; used within 1-2 days

Alternate fruit: Peaches, in season

SALSA AZTECA (Chunky)

- 3 or 4
Jalapeño or Serrano chiles
- 3 kg
tomatoes, peeled, seeded, and
chopped
- 2
cloves garlic, minced
- 1
small white onion, minced
- 1 Tbsp
white vinegar
- 3 Tbsp
dried cilantro



- Mix together
- Use within 1-2 days