

# SHADE **DINNER MENU**

10 october 2013

## TAPAS

---

### **corn chips**

pico de gallo & guacamole

## DINNER

---

### **tacos**

carne asada or black beans with your choice of flour tortillas or lettuce wrap; garnishes include sauteed peppers and onions, cotija cheese, sour cream, pico de gallo, and spanish rice

## SIDES

---

### **nopales salad**

prickly pear cactus with lime juice and olive oil topped with a cojita cheese garnish

## DESSERT

---

### **sopapillas**

topped with honey and powdered sugar

## BEVERAGES

---

### **virgin margaritas flavored water**



# SHADE **DINNER MENU**

12 october 2013

## TAPAS

---

### **southwestern bruschetta**

with pica de gallo, black beans, white corn, avocado, and olive oil

## DINNER

---

### **mexican crepes**

with your choice of vegetable or chorizo sausage fillings

## SIDES

---

### **chilled corn salad**

bell peppers, jalapeno, red onion, cherry tomatoes, avocado, garlic, topped with queso fresco

## DESSERT

---

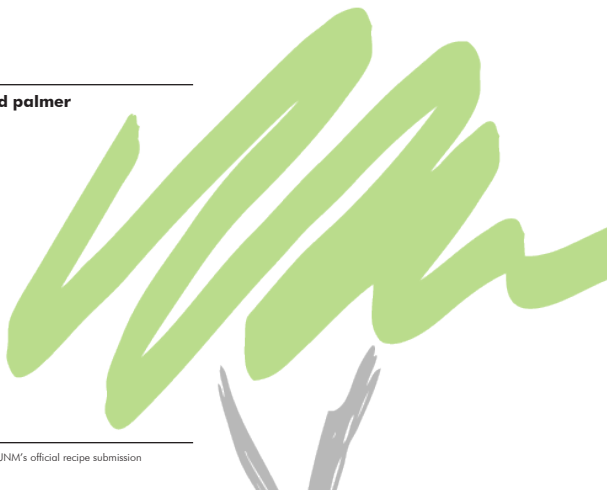
### **prickly pear granita**

with lemon juice

## BEVERAGES

---

### **prickly pear arnold palmer flavored water**



# SHADE

## MOVIE SNACKS

11 october 2013

### SNACKS

---

**popcorn**

homemade jalapeno honey

**lemon olive oil cookies**

olive oil based cookies

### BEVERAGES

---

**soda**

**flavored water**



# SHADE

DINNER OVERVIEW



## DINNER ONE

### TAPAS

Corn chips with pico de gallo & guacamole  
Contains: no major allergens

### MAIN COURSE

Taco bar with your choice of flour tortillas or lettuce wraps and select toppings of fajita style peppers and onions, carne asada, black beans, cotija cheese, sour cream, pico de gallo, and spanish rice  
Contains: milk, wheat

### SIDE DISH

Ensalada de Nopales  
Contains: dairy, wheat (depends on vinegar)

### DESSERT

Sopapillas  
Contains: milk, wheat

### BEVERAGES

Virgin Margaritas  
Contains: no major allergens

## DINNER TWO

### TAPAS

Southwestern bruschetta with pico de gallo, black beans, white corn, avocado, olive oil on a slice of toasted French bread  
Contains: wheat

### MAIN COURSE

Mexican crepes with zucchini, yellow squash, red bell peppers, asparagus, cilantro, ricotta cheese, and a mango salsa; or chorizo sausage, white onions, and apples with a mango salsa  
Contains: milk, eggs, wheat

### SIDE DISH

Chilled corn salad with bell peppers, jalapeno, red onion, cherry tomatoes, avocado, garlic, and basil topped with queso fresco.  
Contains: milk

### DESSERT

Prickly pear granita with lemon juice  
Contains: no major allergens

### BEVERAGES

Prickly Pear arnold palmer  
Contains: no major allergens

## MOVIE SNACKS

### POPCORN

Buttered honey jalapeno  
Contains: no common allergens

### LEMON OLIVE OIL COOKIES

Olive oil based cookies  
Contains: no major allergens



# GROCERY

**LIST**

DINNER ONE



## **PRODUCE**

- ☐ 7 Large Roma tomatoes
- ☐ 2 Sweet yellow onions
- ☐ 1 White onion
- ☐ 3 Small red onions
- ☐ 2 Large jalapenos
- ☐ 1 Large bundle of cilantro
- ☐ 2 Heads of garlic
- ☐ 7 Limes
- ☐ 3 Avocados
- ☐ 1 Head of iceberg lettuce
- ☐ 1 Red pepper
- ☐ 1 Orange pepper
- ☐ 14 oz. Raw nopales/cactus paddles with needles removed
- ☐ 3 Serrano chiles

## **CANNED**

- ☐ 1 12 OZ. can black beans
- ☐ 1 15 OZ. can diced tomatoes
- ☐ 2 14 OZ. can chicken broth
- ☐ 2 6 OZ. cans frozen limeade

## **PROTEIN**

- ☐ 2 pound flank or skirt steak

## **DAIRY**

- ☐ 1 small bag shredded cheddar cheese
- ☐ 1 12 oz. container of sour cream
- ☐ Qajita cheese

## **BAKING**

- ☐ 1 small bag of sugar
- ☐ 1 small can of shortening
- ☐ Baking powder
- ☐ One small bag all purpose flour
- ☐ Powdered sugar
- ☐ Honey

## **OILS + SEASONING**

- ☐ 1 Bottle of extra-virgin olive oil
- ☐ Salt and pepper
- ☐ Kosher Salt
- ☐ Cumin
- ☐ White Vinegar
- ☐ Vegetable oil

## **STARCH**

- ☐ 12 flour tortillas
- ☐ Long grain rice - 1.5 cups
- ☐ 1 bag of corn or blue corn tortilla chips

## **BEVERAGE**

- ☐ Orange juice
- ☐ Ice cubes
- ☐ Water



# GROCERY

**LIST**

DINNER TWO





## **PRODUCE**

- ☐ 1 Avocado
- ☐ 4 Large Roma tomatoes
- ☐ 2 Large zucchinis
- ☐ 2 Red bell peppers
- ☐ 2 Orange bell peppers
- ☐ 1 Green bell pepper
- ☐ 2 Large yellow squash
- ☐ 2 Bunches of cilantro
- ☐ 2 White onions
- ☐ 2 Large red onions
- ☐ 2 Small fuji or honey crisp apples
- ☐ 1 Large jalapeno
- ☐ 1 Small container of cherry tomatoes
- ☐ 1 Head of garlic
- ☐ 3 Limes
- ☐ 2 Lemons

## **CANNED**

- ☐ 1 can of black beans
- ☐ 1 can of corn

## **DAIRY**

- ☐ Qajita cheese
- ☐ 1 Small carton of whole milk
- ☐ 3 eggs
- ☐ Unsalted butter
- ☐ Mexican crema
- ☐ 1 Small container sour cream
- ☐ Queso Fresco

## **STARCH**

- ☐ Roll of french bread
- ☐ 1 small bag all purpose flour
- ☐ Yellow cornmeal

## **OIL AND SEASONINGS**

- ☐ Extra-virgin olive oil
- ☐ Garlic salt
- ☐ Cumin
- ☐ Salt and pepper
- ☐ Prickley pear syrup

## **PROTEIN**

- ☐ 2 Chorizo sausages

## **FROZEN**

- ☐ 2 16 oz. bags frozen corn

## **BEVERAGES**

- ☐ Unsweetened iced tea
- ☐ Lemonade
- ☐ Water
- ☐ Ice cubes

## **MOVIE NIGHT**

## **PRODUCE**

- ☐ 1 Jalapeno
- ☐ 3 Lemons

## **DAIRY**

- ☐ Butter

## **OIL AND SEASONING**

- ☐ Extra-virgin olive oil
- ☐ Canola oil
- ☐ Honey
- ☐ Salt

## **STARCH**

- ☐ Popcorn kernals

## **BAKING**

- ☐ Unbleached flour
- ☐ Sugar
- ☐ Baking Soda
- ☐ Vanilla extract



# RECIPES

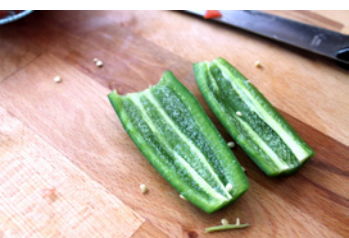
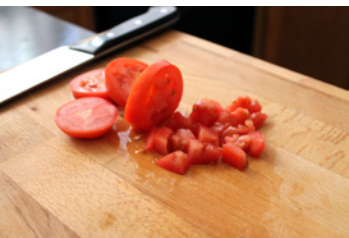
DINNER ONE





# TAPAS

## PICO DE GALLO



PREP TIME: 20 MINUTES

### INGREDIENTS

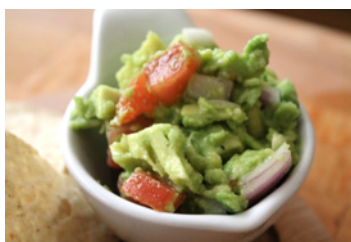
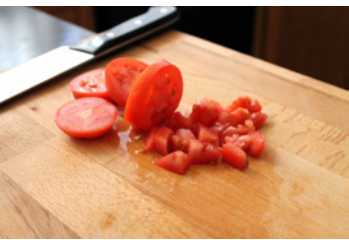
2 cups chopped tomatoes  
1/2 cup diced (small) red onion  
1/2 large seeded and finely diced jalapeño  
1/4 cup chopped, cilantro leaves  
1/2 table spoon chopped garlic  
3 tablespoons fresh lime juice  
1/2 tablespoon extra-virgin olive oil  
Salt and fresh ground pepper

### INSTRUCTIONS

- 1) Combine the first seven ingredients in a mixing bowl
- 2) Season with salt and pepper
- 3) Add the lime juice and olive oil. Mix well.

Serve with corn or blue corn chips & guacamole (recipe to follow).

# GUACAMOLE



PREP TIME: 15 MINUTES

## INGREDIENTS

- 2 ripe Haas avocados
- 1.5 tablespoons freshly squeezed lime juice (1/2 lime)
- 1/4 cup small-diced red onion (1/2 small onion)
- 1/2 large garlic clove, minced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 medium tomato, seeded, and diced

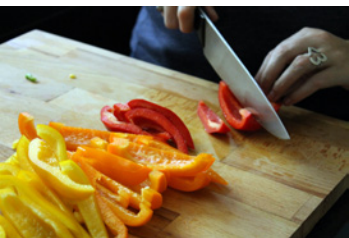
## INSTRUCTIONS

- 1) Cut the avocados in half, remove the pits, and scoop the flesh out of their shells into a large bowl.
- 2) Immediately add the lemon juice, onion, garlic, salt, and pepper and toss well.
- 3) Using a sharp knife, slice through the avocados in the bowl until they are finely diced.
- 4) Add the tomatoes.
- 5) Mix well and taste for salt and pepper.



# MAIN COURSE

## TACO BAR



### INGREDIENTS

12 flour tortillas - warmed  
12 large leaves of lettuce  
1 red pepper  
1 orange pepper  
1 large onion  
1 12 oz. can black beans - warmed  
2 cups shredded cheddar cheese  
1 12 oz. container sour cream  
Pico de gallo  
Carne asada (steak) - recipe to follow

### INSTRUCTIONS

- 1) Slice peppers and onions.
- 2) Saute in heated pan for about 3 minutes.
- 3) When veggies are toasted, remove from the pan and season with salt and pepper.
- 4) Lay out all ingredients for guests to assemble tacos to their liking.

# CARNE ASADA



## INGREDIENTS

2 pound flank or skirt steak  
Olive oil  
Kosher salt and freshly ground black pepper

## Marinade:

4 garlic cloves, minced  
1 jalapeño pepper, seeded and minced  
1 teaspoon ground cumin  
1 large handful fresh cilantro, finely chopped  
Kosher salt and freshly ground black pepper  
2 limes, juiced  
2 tablespoons white vinegar  
1/2 teaspoon sugar  
1/2 cup olive oil

## INSTRUCTIONS

- 1) Lay the flank steak in a large sealable storage bag.
- 2) Combine marinade ingredients and pour the marinade over the steak. Make sure each piece is well coated.
- 3) Remove air from bag and refrigerate for 1 hour.
- 4) Preheat your cast iron pan on high heat.
- 5) Oil the pan to prevent the meat from sticking.
- 6) Remove the steak from the marinade. Brush off excess marinade.
- 7) Season both sides of the steak pieces with salt and pepper.
- 8) Grill the pieces for a few minutes only, on each side, depending on how thin they are, until medium rare.
- 9) Remove the steak pieces to a cutting board and let rest for 5 minutes.
- 10) Thinly slice the steak across the grain on a diagonal.



## SPANISH RICE



PREP TIME: 30 MINUTES

### INGREDIENTS

- 1 tablespoon olive oil
- 1 1/2 cups long grain rice
- 1/4 large onion, finely chopped
- 2 or 3 cloves garlic, finely chopped
- 1 15 oz. can of diced tomatoes
- 1/4 cup liquid from canned tomatoes
- 2 14 oz. cans of chicken broth

### INSTRUCTIONS

- 1) Open cans of tomatoes and chicken broth. Keep ingredients next to work station.
- 2) Heat olive oil in a saucepan on medium-high.
- 4) Add rice, stirring constantly. When rice is brown, immediately add the onion and garlic and stir so it is evenly mixed.
- 5) Add canned tomatoes and 3/4 of the entire amount of chicken broth.
- 7) Bring to a full boil, cover and reduce heat to medium-low.
- 8) Let simmer until rice is tender and most of broth has evaporated, about 20 to 30 minutes. (The remaining broth can be added if rice is still a little hard)
- 9) Remove rice from heat and leave covered until ready to serve.

# SIDE DISH

## ENSALADA DE NOPALES



PREP TIME: 20 MINUTES to prep  
20 MINUTES to cook

### INGREDIENTS

- 14 oz raw nopales/cactus paddles, needles removed
- 2 Tablespoons olive oil, divided
- 2 roma tomatoes
- 2-3 fresh serrano chiles, stemmed and finely chopped (Go easy if you can't handle the heat.)
- 1 garlic clove, minced
- 3 Tablespoons cilantro, chopped
- 1/2 cup white onion, finely diced
- 1 teaspoon fresh lime juice
- 2 Tablespoons finely crumbled cotija or queso añejo
- Salt to taste



### INSTRUCTIONS

- 1) Preheat oven to 375°F.
- 2) Cut cactus paddles into 1/2 inch pieces. Drizzle 1 tablespoon of olive oil on a baking sheet and add the cactus pieces, stirring to coat. Sprinkle with salt and roast for about 20 minutes, stirring occasionally, until cactus is tender and most of the liquid has evaporated. Let cool.
3. Mix together tomatoes, serranos, garlic, cilantro and onion. (This part can be done a few hours ahead.)
4. Just before serving, mix together tomato salsa, cactus, lime juice and remaining tablespoon of olive oil. Add salt to taste. Garnish with cheese.





# DESSERT

## SOPAPILLAS

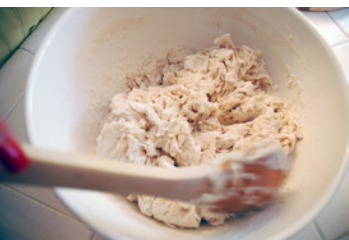


### INGREDIENTS

- 1 1/2 cups warm water
- 4 tablespoons butter or other shortening, softened
- 1 teaspoon salt
- 2 teaspoons baking powder
- 4 cups all-purpose flour
- 6 cups of vegetable oil for frying
- Powdered sugar and honey for serving



- 1) Using a large bowl, mix together the flour, salt, baking powder and shortening. Slowly mix in the warm water. Mix well until the dough stiffens slightly and is smooth.
- 2) Cover the bowl and set aside for about 20-30 minutes.
- 3) Roll the dough out on floured board until about 1/4 inch (6 mm thick). Cut into 3 inch (8 cm) squares.
- 4) Heat the oil in a large heavy frying pan or deep-fryer to 375 degrees F (190 degrees C). Fry until both sides are golden brown on both sides and the sopapillas are puffed out (about one minute per side). Drain on paper towels and serve hot with powdered sugar and honey.



# BEVERAGES

## VIRGIN MARGARITAS



PREP TIME: 8 MINUTES

### INGREDIENTS

- 2 tablespoons kosher salt
- 1 lime, cut into wedges
- 2 limes, juiced
- 2 cans (6 ounce size) frozen limeade concentrate, thawed
- 1/2 cup orange juice
- 4 cups ice cubes

### INSTRUCTIONS

- 1) If you like margaritas served in a glass with salt, rub the out side rims of six glasses with a cut lime and dip each glass lightly into a plate of kosher salt.
- 2) Combine the lime juice, limeade concentrate, orange juice, and ice in a blender and puree until completely blended.
- 3) Serve over ice. If you prefer frozen margaritas, halve each of the ingredients, double the ice, and blend in two batches.
- 4) Serve with a cut lime.



# RECIPES

DINNER TWO





# TAPAS

## SOUTHWESTERN BRUSCHETTA



### INGREDIENTS

Roll of your favorite French bread (or precut baguettes)  
Pico De Gallo  
Black Beans  
Corn  
Avocado  
Olive Oil  
Garlic Salt  
Cojita Cheese

### INSTRUCTIONS

- 1) Preheat your oven to 450 degrees.
- 2) Cut your roll into bite sized baguettes (if you didn't purchase precut) and brush olive oil on them.
- 3) Sprinkle a pinch of garlic salt on each one and place in your oven for 5-6 minutes until toasted and edges look golden brown.
- 4) While you're toasting your bread: mix your Pico de gallo, black beans and corn together in a bowl. Cut your avocado into thin slices.
- 5) Take your baguettes out of the oven, turn the temp down to 300 (you're going to need the oven again) and place your slices of avocado flat on the warm baguettes. Using a spoon, cover your avocado with your magic mix and sprinkle a small amount of your shredded cheddar cheese on top. Place the baguettes back in the oven for 1-2 minutes just to melt the cheese.



# MAIN COURSE

## MEXICAN CREPES



### INGREDIENTS FOR CREPES

- 1 1/4 cups all-purpose flour
- 3/4 cup yellow cornmeal
- 3/4 teaspoon ground cumin
- 3/4 teaspoon salt
- 2 cups whole milk
- 3 large eggs
- 2 tablespoons unsalted butter, melted
- Plus additional for brushing skillet



### INGREDIENTS FOR VEGGIE FILLING

- 2 large zucchini
- 1 yellow squash
- 2 red bell peppers
- 1 bunch of cilantro finely chopped
- 1/2 cup of mexican crema
- 1/2 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper
- Cholula hot sauce to taste



### INGREDIENTS FOR MEAT FILLING

- 2 chorizo sausages uncased
- 1/2 teaspoon coarsely ground black pepper
- 1 cup of finely chopped white onions
- 2 small fuji or honey crisp apples
- Sour cream

### PREPARATION

- 1) Blend flour, cornmeal, cumin, salt, milk, eggs, and 3 table spoons butter in a blender until smooth.
- 2) Let batter stand at room temperature 30 minutes.
- 3) Lightly brush a 10-inch nonstick skillet with butter and heat over moderately high heat until hot but not smoking.
- 4) Stir batter, then, holding skillet off heat, pour in 1/3 cup batter, immediately tilting and rotating skillet to coat bottom. (If batter sets before skillet is coated, reduce heat slightly for next crêpe.) Return skillet to heat and cook until just set and pale golden around edges, 10 to 15 seconds.
- 5) Loosen edge of crêpe with a heatproof silicone spatula, and then flip crêpe over carefully with your fingertips.
- 6) Cook until underside is set, about 20 seconds more, and transfer crêpe to a plate.
- 7) Make 11 more crêpes in same manner, brushing skillet lightly with butter for each and stacking crêpes on plate as cooked.





## FILLINGS

- 1) Preheat the oven to 350°F.
- 2) Slice and brush vegetables with olive oil and salt and pepper before baking.
- 3) Cook for 30 min while crepe batter is setting.
- 4) When veggies are toasted, take out of the oven and finely chop.
- 5) Also chop 1 bunch of washed and dried cilantro.
- 6) Add all vegetables and cilantro to a bowl. Add ½ cup of mexican crema and salt and pepper. Mix well and cover.
- 7) For the meat filling, chop 2 chorizo sausages and add to pan to sauté. Chop onions and apples and add to the pan with the chorizo. Cook for 15 min until onions and apples are soft. Add the black pepper and stir. Cook for 5 more minutes and remove from flame. Place mixture in bowl and cover.

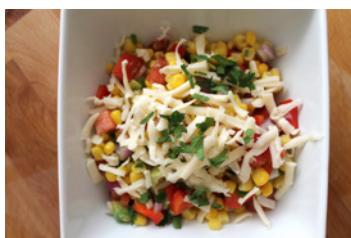
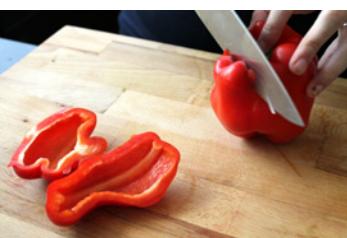
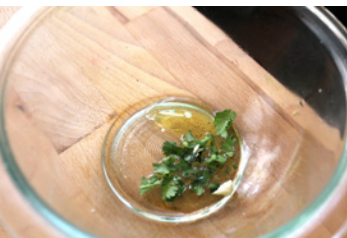
## SERVING

When ready to serve, add filling to crepes and fold side and then top and bottom (like an envelope). Serve with hot sauce.



# SIDE DISH

## CHILLED CORN SALAD



### INGREDIENTS

- 2 (16 oz) bags frozen corn, thawed or fresh when in season
- 1.5 bell peppers, red, orange and green, diced
- 1/2 jalapeño (optional)
- 1/2 red onion, diced
- 1/2 small container cherry tomatoes
- 1/2 avocado, cubed
- 1 garlic clove, minced
- 1/4 cup queso fresco cheese
- 1/4 cup fresh cilantro
- Salt and pepper
- 1/4 teaspoon cumin
- 1.5 tablespoons olive oil
- 2 limes, juiced

### INSTRUCTIONS

- 1) In a large bowl mix lime juice, olive oil, cumin, cilantro, salt and pepper.
- 2) Add first 7 ingredients.
- 3) Add queso fresco just before serving



# DESSERT

## PRICKLY PEAR GRANITA WITH LEMON JUICE



### INGREDIENTS

- 1 cup prickly pear syrup
- 2 cups water
- 1 lemon juiced

### INSTRUCTIONS

- 1) Stir ingredients together.
- 2) Pour into a large shallow pan (rimmed cookie sheet).
- 3) Place level in the freezer.
- 4) Rake the mixture every 20 minutes with a fork until you end up with a pile of fluffy crystals.
- 5) 20 minutes before serving place serving dishes in the freezer.
- 6) Scoop granita into dishes and serve immediately.

# BEVERAGE

## PRICKLY PEAR ARNOLD PALMER



### INGREDIENTS

2 cups unsweetened iced tea  
1 cup fresh lemonade  
1/2 cup prickly pear syrup  
Lemon slices, for garnish

### INSTRUCTIONS

- 1) Combine the iced tea, lemonade and prickly pear syrup in a pitcher with ice.
- 2) Pour into glasses filled with ice.
- 3) Garnish with lemon.

# MOVIE SNACKS

## BUTTERED HONEY JALAPENO POPCORN



### INGREDIENTS

- 1 jalapeno pepper
- 1/8 cup canola oil
- 1/2 cup popcorn kernels
- 3 tablespoons butter
- 4 teaspoons honey, salt

### INSTRUCTIONS

- 1) Heat canola oil in a medium size saucepan on medium heat and add 3-4 slices of jalapeno pepper according to your heat/spice tolerance.
- 2) After 1-2 minutes, remove slices of jalapeno from oil.
- 3) Add popcorn kernels to pan. Make sure all kernels have been covered with oil.
- 4) Cover the pan and turn heat to high. Once kernels begin to pop, shake pan over the heat in a forward/backwards motion (this allows kernels to move around and not stick or burn to the bottom of the pan). Once kernels begin to push the lid of the pot, pour popcorn into bowls and if there are remaining kernels, return to heat and continue cooking/shaking until you do not hear any more popping. Pour into bowls.
- 5) In the same pan on low heat, melt and stir butter and honey together. Pour over popcorn. Add salt to taste.





# LEMON OLIVE OIL COOKIES



## INGREDIENTS

- 2 cups unbleached flour
- 1 cup sugar
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 3/4 cup extra virgin olive oil
- 4 teaspoons grated lemon zest
- Juice of 1 1/2 lemons
- 1 tsp. vanilla extract
- Sugar, for rolling

## INSTRUCTIONS

- 1) Preheat oven to 350 degrees.
- 2) Whisk flour, sugar, salt and baking soda together in medium-sized bowl.
- 3) In another small bowl, stir together the olive oil, lemon zest, lemon juice and vanilla.
- 4) Add wet ingredients to the dry ingredients, then mix lightly until it resembles wet sand. (Use hands if needed)
- 5) Using your hands, roll dough into balls about the size of a walnut.
- 6) Roll in a little sugar and roll the cookie balls gently in your hands to distribute it. Put the cookies about 2 inches apart on cookie sheets and bake for about 10-12 minutes