

Thursdays in the Kitchen: Delicious Latin Flavors - 5.2.13

Jalapeño Poppers

4 ounces cream cheese, room temperature
1/2 cup grated sharp cheddar
6 large jalapenos, halved and seeded
Coarse salt and ground pepper

Preheat oven to 450 degrees. In a small bowl, mix together cream cheese and cheddar. Season with salt and pepper. With a small spoon, fill each jalapeno half with about 1 tablespoon cheese mixture. Place peppers on a parchment-lined baking sheet and bake until cheese is browned and bubbling, about 10 minutes, rotating sheet halfway through.

Citrus-Cumin Vinaigrette

1 teaspoon cumin seeds
1/2 cup freshly squeezed orange juice
2 tablespoons freshly squeezed lemon juice
1 tablespoon extra-virgin olive oil
1 tablespoon honey
2 teaspoons Dijon mustard
Freshly ground pepper
Pinch of coarse salt

Toast cumin seeds in a small skillet over medium-high heat until fragrant, about 2 minutes. Remove from heat; cool slightly. Transfer to a spice grinder, and process until finely ground.

Combine all ingredients in the jar of a blender; blend until smooth. Store, covered, in the refrigerator up to 3 days.

Jicama and Orange Salad with Citrus-Cumin Vinaigrette

2 oranges
1 jicama (about 1 1/2 pounds), peeled and julienned
3 ounces baby spinach, rinsed
Citrus-Cumin Vinaigrette

Using a sharp knife, cut both ends off the oranges, and remove the peel and pith. Slice the peeled fruit crosswise into 1/2-inch rounds, and remove any seeds. Transfer slices to a large bowl, and combine with jicama and

Chicken Enchiladas Verdes

Roasted tomatillos and two types of chilies, packed with vitamin C, are blended into an intensely flavorful sauce.

Recipe adapted from Martha Stewart Living, May 2009

1 1/2 pounds bone-in chicken breast halves, skin removed
1/2 medium white onion, halved crosswise

1 whole garlic clove
1/2 teaspoon coarse salt
2 cups loosely packed fresh cilantro
1 1/2 pounds tomatillos, husked and rinsed
1 jalapeno chili
1 poblano chili
8 six-inch corn tortillas
2 ounces reduced-fat Monterey Jack cheese, grated (about 1 cup)
1/2 cup sour cream, thinned with 2 tablespoons water

Place chicken, 1/2 of the onion, the garlic, and 1/4 teaspoon salt in a medium saucepan. Add enough water to cover by at least 1 inch. Bring to a boil, and then reduce heat. Simmer until chicken is cooked through, 18 to 22 minutes. Reserve 3/4 cup of the cooking liquid; set aside.

Let chicken cool on a plate. When cool enough to handle, shred (discard bones). Coarsely chop 1/2 cup cilantro, and toss with chicken.

Preheat broiler, with the rack about 6 inches from heat source. Broil tomatillos and chilies on a rimmed baking sheet, rotating them as they blacken, 10 to 12 minutes. Let cool. Remove the blackened skins, stems, ribs, and seeds (optional) from chilies.

Reduce oven temperature to 375 degrees.

Coarsely puree tomatillos and chili flesh in a blender with remaining 1/4 teaspoon salt, remaining 1 1/2 cups cilantro, and reserved 3/4 cup cooking liquid. Transfer salsa to a large bowl.

Using tongs, toast tortillas over an open flame of a gas stove, 5 to 10 seconds per side. (Or heat the tortillas in a skillet over high heat.)

Dip 1 tortilla into salsa to coat lightly. Place 1/3 cup chicken on half of tortilla. Sprinkle 2 tablespoons cheese on top, and roll up. Place it seam side down in a 9-by-13-inch baking dish. Repeat to make more enchiladas, lining them up snugly in dish. Spoon remaining salsa on top, and bake until heated through, about 20 minutes.

Slice remaining onion, and scatter over top; drizzle with sour cream.

Red Beans with Cheese

2 cans (19 ounces each) kidney beans (about 4 cups), drained and rinsed
2 cans (14 1/2 ounces each) low-sodium chicken or vegetable stock (about 4 cups)
2 bay leaves
1 medium onion, quartered
1 fresh jalapeno chili with seeds, quartered
1/2 teaspoon ground cumin
Coarse salt
1/4 cup grated cotija cheese

Put beans, stock, bay leaves, onion, jalapeno, cumin, and 1/2 teaspoon salt into a medium saucepan. Bring to a boil. Reduce to a brisk simmer. Cook 15 minutes, stirring occasionally. Strain, reserving 1/2 cup cooking liquid; discard onion, jalapeno, and bay leaves.

Return beans and reserved cooking liquid to pan, and stir in 2 tablespoons cheese. Mash slightly with a potato masher until about half of the beans are broken down, leaving remaining beans whole. Season with salt, if desired. Cover with foil until ready to serve. Serve warm, sprinkled with remaining 2 tablespoons cheese.

Alicia's Cream Cheese Flan

8 oz. Cream Cheese

4 Eggs

12 oz. Condensed Milk

12 oz. Canned Milk

Combine cream cheese, eggs, condensed and canned milk in a blender and blend until smooth.

Pre-heat the oven to 350. Place 1 cup of sugar in a heavy bottomed saucepan over medium-high heat and stir with a wooden spoon until it starts to melt. Stir constantly until it turns amber in color. Immediately pour into a shallow ovenproof dish, such as a Pyrex pie plate. Don't forget to spray Pyrex plate with nonstick cooking spray. Working quickly, tilt the dish to evenly coat the sides and bottom with the caramel. Set aside.

Pour cream cheese mixture into prepared caramelized pan. Place the dish in a slightly larger pan, so that it doesn't touch the sides, for a water bath. Pour boiling water into the larger pan to about two-thirds of the way up the Pyrex dish. Cover loosely with a piece of aluminum foil.

Bake until a knife inserted near the edge comes out clean, about 1 hour. The custard should look set but jiggle slightly in the center when shaken. Remove the dish from the water bath and cool to room temperature on rack. Refrigerate covered over night.

To unmold the flan, place a large serving plate over the custard and quickly invert it onto the plate. Remove the dish and chill the flan until ready to serve.

Resources

The Fullerton Arboretum - Check out our upcoming programs and classes! Visit our Facebook page for updates and pictures! You can also find us on Pinterest and Instagram @FullArboretum.

www.fullertonarboretum.org

www.facebook.com/TheFullertonArboretum

Our Localtopia - A blog that explores local food resources.

www.ourlocaltopia.com

Edible Sunlight - Jonathan Duffy Davis's farm and food blog.

www.ediblesunlight.com



Thursdays in the Kitchen classes are now available for ONLINE registration! Woohoo! Check out the details on the following page...

Online Class Registration Now Available

Guess what, folks? Thursdays in the Kitchen classes are finally available for online registration! That means you can register for these classes, and many other classes offered at the Fullerton Arboretum, from any computer, anywhere, anytime of day! To access the online registration system visit:

<http://www.fullertonarboretum.com/>

Then, select the "Classes" option from the menu on the left, and then look through the list that pops up for Thursdays in the Kitchen. Click on it, and then select the date of the class you'd like to register for and follow the prompts to "check out."

This is a brand new system, so please excuse our dust as well fix it up and work on making it as efficient as possible. You are still welcome to call our main line with questions: 657.278.3407. Take a look at the list of upcoming Thursdays in the Kitchen classes right here!

May 9th, 2013 - Cooking with Melissa's Produce with Special Guests

Ida Rodriguez & Cathy Thomas

Guest chef and Melissa's Produce head cook Ida Rodriguez will guide us through a fresh, crisp menu crafted out of Melissa's produce. Cathy Thomas is a well know food writer and wrote the recently published book [50 Best Plants on the Planet: The Most Nutrient-Dense Fruits and Vegetables, in 150 Delicious Recipes](#). She will be part of the demonstrations, talk and sign the book for anyone interested. There will be some copies book available for purchase.

May 16th, 2013 - Hosting An Outdoor Garden Party

From appetizers to desserts, reinvent the way you throw your next summer soiree.

May 30th, 2013 - Sophisticated Summer BBQ

Bring a refined touch to your backyard barbeque with these creative dishes.

June 6th, 2013 - Vegetarian Cooking for Everyone

Vegetarian food can be decadent and delightful. Learn to make a meat-free meal that will please every guest at your table.

June 13th, 2013 - Southern Cooking

Southern cooking is all about comfort and tradition. Explore a variety of home-style recipes.

June 20th, 2013 - Your Summer Entertaining Menu Made Easy

Entertaining in the summer is all about keeping your cool. Don't break a sweat as you learn how to prepare this savory selection of summer classics.

June 27th, 2013 - 4th of July Backyard BBQ

Join Arboretum Farmer Jonathan Duffy Davis as he grills up the whole barnyard and all the fixins.

July 11th, 2013 - Cooking with Summer Tomatoes

Tomatoes are quintessential summer ingredients. Learn to incorporate these fine fruits into a variety of dishes.

July 18th 2013 - Vegan Cooking for Good Health with Guest Chef Ken Carlile

Explore the many health benefits of a plant-based diet with vegan chef Ken Carlyle.

July 25th, 2013 - Succulent Summer Fruit

Summer is a bountiful season for fruit. Savor the taste of figs, berries, stone fruit and more cooked alongside delectable dishes.