

# CINCO DE APOMA



The Advocates for the Pennsylvania Osteopathic Medical Association invite you to join us on May 5, 2021 at 6pm on Zoom for our food demo.

Please click on this link

<https://us02web.zoom.us/j/88575329565?pwd=V2hha2UzQW5yVW1ndXpFUGVLNUxDQT09>.

Menu:

Margaritas  
Enchiladas  
Guacamole and Chips

Ingredients needed:

Margaritas:

- 1.5 oz tequila
  - .5 oz triple sec
  - .5 oz fresh lime juice, plus one notched slice of lime
  - Splash orange juice
  - squeeze of agave
  - kosher salt
  - ice
1. Fill a glass with ice and add tequila and triple sec. Add .5 oz fresh lime juice, a splash of orange juice, and a squeeze of agave.
  2. Pour back and forth using a second glass to mix it up.
  3. Make your salt rim: put a slice of lime on your margarita glass and run it around the rim to make it sticky. Pour salt into a small plate. Dip the rim of the glass in salt until it has created a crust all around.
  4. Carefully pour margarita into glass.

Enchiladas:

## **Ingredients**

- 20-25 white corn tortillas
- Cotija cheese, crumbled or grated
- Vegetable oil

### **Tomatillo Salsa Verde**

- 1 1/2 lb tomatillos
- 1 chopped white onion
- 1/2 cup cilantro leaves
- 1 tablespoon fresh lime juice
- 2 jalapeño peppers, stemmed, seeded and chopped
- 2 -7 serrano peppers, stemmed and chopped (depending on how hot you like it)
- ½ teaspoon of salt, or to taste

### **Enchilada Filling**

- 1 tablespoon vegetable oil
- 1 can of black beans, drained and rinsed
- 2 garlic cloves
- 3 cups cooked rice
- 1 broccoli crown, chopped into small bite-sized florets
- 1 tomato, diced
- 1 teaspoons cumin
- 1 ½ teaspoons chili powder
- ½ teaspoon of salt

### **Make Tomatillo Salsa Verde**

1. Remove husk from tomatillos and rinse sticky film off as best you can.
2. Slice tomatillos in half and place face down on a baking sheet lined with parchment paper.
3. Broil for 7-10 minutes or until tomatillos are soft and slightly blackened. Some liquid may have been released.

4. Pulse all ingredients in a blender or food processor.

#### **Make Enchilada Filling**

5. Place raw broccoli florets in microwave-safe dish with half a cup of water. Microwave on high for 3 ½ minutes or until florets are tender, then drain.
6. Heat oil in a large pan or wok. Saute garlic for a minute or until fragrant, careful not to burn it. Add broccoli florets and saute for 1 minute. Add diced tomatoes and saute for 2 minutes.
7. Add chili powder, cumin and salt. Mix in cooked rice and saute for 3 more minutes.
8. Stir in black beans. Cook for 1 minute. Then Remove from heat.

#### **Fry the Tortillas**

9. In a flat frying pan, heat 1.5 teaspoons vegetable oil until hot.
10. Fry one or two tortillas at a time for about 1 minute on each side until slightly browned.

#### **Compose and Bake the Casserole**

11. Heat oven to 350°.
12. Spread about ¾ cup of tomatillo salsa verde in the bottom of a large casserole pan.
13. Roll tortillas one by one: Sprinkle a stripe of cotija cheese down the middle of the tortilla. Add a spoonful of filling and fold right side over left. Place seam down in the casserole dish.
14. Line up the rolled tortillas in tight rows.
15. Pour the rest of the tomatillo salsa verde over top of the rolled tortillas. Sprinkle cotija cheese overtop until coated.
16. Bake uncovered for 30 minutes or until cheese slightly browned.

#### **Guacamole:**

- 2 ripe avocados
- 1/4 teaspoon of salt, more to taste
- 1 tablespoon fresh lime juice or lemon juice
- 2 tablespoons to 1/4 cup of minced red onion or thinly sliced green onion
- 1-2 serrano chiles, stems and seeds removed, minced
- 2 tablespoons cilantro (leaves and tender stems), finely chopped
- A dash of freshly grated black pepper
- 1/2 ripe tomato, seeds and pulp removed, chopped
- Red radishes or jicama, to garnish
- Tortilla chips, to serve

We look forward to seeing you on Zoom!

If you have any questions, please feel free to contact APOMA at [advocatesforpoma@gmail.com](mailto:advocatesforpoma@gmail.com).