



"Getting kids excited about wholesome, healthy food"

Habitual Chocolate Foam

Ingredients

300 g whip cream, 35%
50 g organic cane sugar
100 g shaved chocolate, 70% or higher
2 tsp liquor

Instructions

Heat up cream and sugar, when bubbling take off stove and add to shaved chocolate add liquor.

Fill in whip cream dispenser and let cool for about 30 to 45 minutes.
Pipe chocolate foam into cups, serve or keep in fridge until needed. Enjoy!

Momos

Ingredients

- ½ kg ground pork or ground chicken
- ¼ cup soy sauce (braggs)
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 tbsp minced ginger
- 1 tsp turmeric
- ½ tbsp ground cumin
- ½ tbsp ground coriander
- 1 tsp. meat masala
- ¼ cup cilantro, chopped

For the dough

- 3 cups flour
- 1 cup water

Sikil Pak

INGREDIENTS

15 ounces raw pepitas (pumpkin seeds; about 3 cups)
6 tablespoons canola oil
1 1/2 cup finely chopped shallots
3 large jalapeño—stemmed, seeded and finely chopped
10 garlic cloves, minced
Kosher salt
1 cup lightly packed parsley
1 cup lightly packed cilantro
6 tablespoons fresh lime juice
3 tablespoon extra-virgin olive oil
1 teaspoon finely grated orange zest

INSTRUCTIONS

In a large skillet, toast the pumpkin seeds over moderate heat, tossing occasionally, until lightly golden, about 5 minutes. Transfer to a food processor.

In the skillet, heat the canola oil until shimmering. Add the shallots, jalapeño, garlic and a generous pinch of salt and cook over moderate heat, stirring occasionally, until softened, about 5 minutes. Transfer the mixture to the food processor and let cool.

Add the parsley, cilantro, lime juice, olive oil, orange zest and 1/4 cup of water to the food processor and puree until nearly smooth. Season with salt.

Mojo de Ajo Mushrooms with Epazote

Ingredients

1kg assorted mushrooms (brushed & sliced)
4 tbsp Mojo de Ajo (mostly the oil part with a few bits, you can add more bits later if you like)
1 large green thick fleshed chilli, finely chopped (or 1 tsp of Chile de Árbol Diced)
2 tsp dried Epazote (or 4 sprigs of fresh epazote)
1/2 tsp salt (or to taste)

Directions

Heat the the mojo in a pan
Add the sliced mushrooms, toss, then add chilli and epazote, cook covered until the juices run, then uncover and cook until the juices evaporate, season with salt.

Chorizo Con Papas

INGREDIENTS

3 medium red-skin boiling or Yukon gold potatoes (about 1 1/2 pounds),
peeled and cut into 1/2-inch cubes (about 2 cups)
Coarse salt
1 pound Mexican chorizo sausage, casing removed
1 small white onion, finely chopped
3 medium tomatillos (about 4 ounces), husked, rinsed, and coarsely chopped
1 clove garlic
1 jalapeno, stemmed
1 large ripe avocado, peeled and pitted

DIRECTIONS

- 1 In a medium saucepan, bring 1 quart of salted water to a boil. Add potatoes, and simmer until tender, about 10 minutes. Drain, and set aside.
- 2 In a large skillet over medium heat, combine chorizo and onion. Cook, stirring often, until sausage is cooked through and onion is soft, about 10 minutes. If sausage has rendered more than a light coating of fat over bottom of skillet, pour off extra. Add potatoes, and continue to cook over medium heat, stirring often, until potatoes begin to brown, about 8 minutes. As mixture cooks, mash everything together a little with back of a spoon or a spatula, scraping up any crusty bits of potato, so that it roughly holds together. Cover, and keep warm over very low heat.

Meanwhile, in a food processor fitted with the steel blade, combine tomatillos, garlic, and jalapeno. Pulse until fine. Add avocado, and pulse until combined. Season with salt.

Salsa Verde

INGREDIENTS

6 tablespoons finely chopped scallion (white and light green parts only)
Juice of 6 limes
1 tablespoon capers, finely chopped
4 1/2 cups cilantro leaves, finely chopped
3/4 cup tarragon leaves, finely chopped
1 1/2 medium jalapeño, seeded and finely chopped
1 cup extra-virgin olive oil
3/4 teaspoon kosher Salt

PREPARATION

In a medium bowl, mix the scallion with the lime juice and let stand for 10 minutes. Add the capers and mash slightly with a fork. Stir in the cilantro, tarragon, jalapeño and olive oil. Season with salt and serve. The salsa verde can be refrigerated overnight.