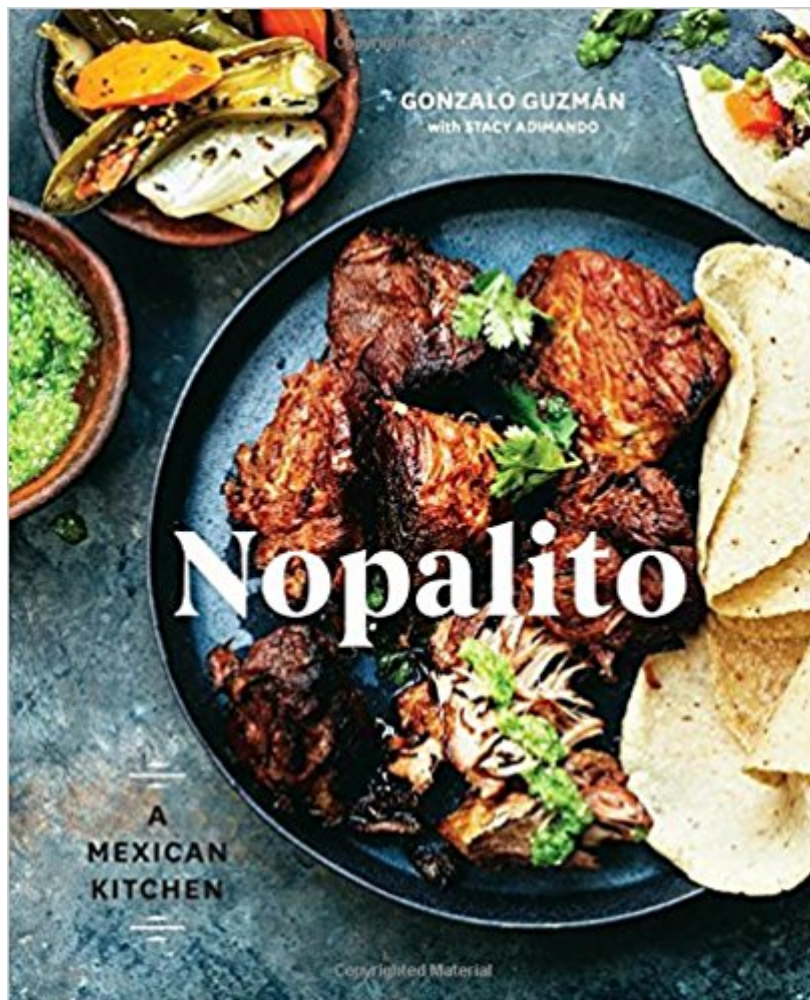


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Nopalito: A Mexican Kitchen



Synopsis

A collection of 100 recipes for regional Mexican food from the popular San Francisco restaurant. The true spirit, roots, and flavors of regional Mexican cooking—•from Puebla, Mexico City, Michoacán, the Yucatán, and beyond—come alive in this cookbook from Gonzalo Guzman, head chef at San Francisco restaurant Nopalito. Inspired by food straight from the sea and the land, Guzman transforms simple ingredients, such as masa and chiles, into bright and flavor-packed dishes. The book includes fundamental techniques of Mexican cuisine, insights into Mexican food and culture, and favorite recipes from Nopalito such as Crispy Red Quesadillas with Braised Pork and Pork Rinds; Toasted Corn with Crema, Ground Chile, and Queso Fresco; Tamales with Red Spiced Sunflower Seed Mole; and Salsa-Dipped Griddled Chorizo and Potato Sandwiches. Capped off by recipes for cocktails, aqua frescas, paletas, churros, and flan—•Nopalito is your gateway to Mexico by way of California. This is a cookbook to be read, savored, and cooked from every night.

Book Information

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Customer Reviews

View larger Tostadas De Tinga Poblana Chicken Tinga Tostadas Makes 8 Tinga is a comforting chipotle-and-tomato-stewed chicken recipe from Puebla that usually has a tangy, lightly smoky flavor. Because of the saturated smokiness, sweetness, and kick of spice from the chipotle peppers, and the toastiness of the corn tostada, you get a lot of flavor in this dish from very few ingredients. If you like dark chicken meat, feel free to substitute a couple of thighs for one or both

of the breasts. In a small pot, cover the chile with enough water just to cover; bring to a boil, then turn off the heat and let sit until the chile is softened, about 20 minutes. Meanwhile, put the chicken breasts in a medium pot and add enough water just to cover; season generously with salt and add the whole 1 *ÃfÂçÃ Â•Ã â* 2 of the onion, the whole garlic cloves, and the bay leaf. Bring the water to a boil, then reduce to a steady simmer and cook until the meat is just cooked through, about 30 minutes. Remove the chicken, reserving the liquid for another use if desired, and let cool slightly, then shred the meat from the bones (discard the skin). (You should have about 3 cups.) Remove the chile from its soaking water and finely chop. In a small pot, heat the oil over medium heat. Add the sliced onion, season with salt, and cook, stirring occasionally, until well softened, about 10 minutes. Stir in the chopped garlic and cook for 1 minute more. Add 1 *ÃfÂçÃ Â•Ã â* 2 of the chopped chile to the pot with the onion and garlic (you can add more later to taste). Add the tomatoes and increase the heat to bring the tomatoes to a boil. Lower to a simmer and let cook until the liquid has reduced slightly, about 20 minutes. Stir in the epazote and the shredded chicken, and heat until the chicken is warmed through. Taste and adjust the salt or the amount of chile. (This mixture can be stored up to overnight, then reheated in a pot just before proceeding.) When ready to serve the tostadas, quickly warm up the refried beans in a small pot, thinning them as needed with water to achieve a spreadable consistency. Carefully spread some of the beans onto each warm tostata shell. Top with some of the chicken mixture. Garnish with crema and queso fresco and serve immediately.

How to Make Your Own Tostada Shells You can make tostadas *ÃfÂçÃ â -Ã â* •the crispy tortilla base for this dish*ÃfÂçÃ â -Ã â* •one of two ways: by baking day-old, homemade corn tortillas (or store-bought tortillas right from the package) at low heat in the oven to dry them out, or frying them in oil at high heat. Alternatively, you can buy tostadas in stores and reheat according to the package directions.

To Bake: Preheat the oven to 300 *ÃfÂ Ã Â F*. Place the tortillas in a single layer on a rimmed baking sheet. Bake until crispy, 20 to 30 minutes.

To Fry: To a medium frying pan, add enough rice bran oil or canola oil to reach 1 *ÃfÂçÃ Â•Ã â* 2 inch up the sides of the pan. Set a paper towel *ÃfÂçÃ â -Ã â* œlined plate next to the stove. Heat the oil to high heat (but not to the point where it *ÃfÂçÃ â -Ã â* „cs smoking) and add the tortillas 2 or 3 at a time as space allows. Fry, flipping occasionally, until golden and crisp on both sides. Transfer to the prepared plate to drain.

Ingredients 1 large or 2 small dried chipotle chiles 2 raw bone-in, skin-on chicken breasts (about 1 pound) or 3 cups cooked shredded rotisserie chicken Salt 1 medium white onion, 1 *ÃfÂçÃ Â•Ã â* 2 whole, 1 *ÃfÂçÃ Â•Ã â* 2 thinly sliced 3 cloves garlic, whole, plus 2 cloves garlic, chopped 1 bay leaf 2 tablespoons rice bran oil or canola oil 1 (15-ounce) can diced tomatoes and their juices 3

tablespoons chopped fresh epazote or cilantro For serving 1 cup (8 ounces) Frijoles Pintos
Refritos or good-quality store-bought refried pinto beans 8 homemade tostadas or warmed
store-bought tostadas Crema or sour cream Crumbled queso fresco

"The many followers of Nopalito will be overjoyed to have this comprehensive cookbook that chronicles their story through classic Mexican recipes, gorgeous photographs, and practical step-by-step instructions. May this work inspire you and bring you closer to some of the most delicious flavors out there. Salud!"
—Gabriela Cárdenas, restaurateur and chef of Contramar and Cala
—“What a thoughtful, inviting book! Page after page of beautiful, soul-satisfying dishes propelled me toward the kitchen to bring alive these honest flavors. These recipes were born from the real food of Mexico, then coaxed into a San Francisco existence at Nopalito under the guiding hand of Gonzalo Guzmán. As you read through the jam-packed salsas chapter, you’ll find your heart beating faster and faster: so many flavors and textures, so much joy to be had!”
—Rick Bayless, chef-owner of Chicago’s Frontera Grill, Topolobampo, and Leña Brava, and host of public television’s Mexico: One Plate at a Time
—“More than just a snapshot of a restaurant, Nopalito is an inspiring, enticing portrait of a cuisine. I want to eat this whole book. And with Guzmán’s pantry-stocking tips, stories, and hands-on guidance, I’m ready to start making masa and working my way up to platillos fuertes (big plates) projects.”
—Adam Sachs, Editor in Chief, Saveur Magazine

GONZALO GUZMÁN was born in Veracruz, Mexico, and came to the United States as a young child. He began working at Kokkari restaurant in San Francisco as a dishwasher, but was soon promoted and went on to work his way up through the ranks at Boulevard, Chez Nous, and Nopa. In 2009, he partnered with Laurence and Allyson Jossel and Jeff Hanak to open Nopalito on Broderick Street. Guzmán is now the chef of both the original Nopalito as well as a second location on Ninth Avenue, just outside Golden Gate Park. STACY ADIMANDO is a food and travel journalist, and the test kitchen director at Saveur magazine. Her work has been published by NPR, Bon Appétit, Condé Nast Traveler, Food & Wine, Forbes, and many more. She lives in Brooklyn, New York.

Great cookbook..I have made two recipes so far..and both turned out great..I am even inspired to start grinding and making my own masa from this book.. fantastic!

Book has great photos and recipes and information on products.

This book is pretty good, it met my expectations

I love this cookbook! It is very detailed in the beginning about the spices and techniques in traditional Mexican cooking. The pictures are beautiful and there is one for almost all recipes. I love the detail on working with corn to make all kinds of things. This is now one of my favorite cookbooks in my collection.

Arrived on time, as advertised.

Ten Speed Press and NetGalley provided me with an electronic copy of Nopalito. This is my honest opinion of the book. Nopalito is a window into the world of Gonzalo Guzmán, a chef with clear passion for cooking food steeped in the Mexican traditions of his upbringing. Nopalito restaurants are a labor of love for co-authors Guzman and Stacy Adimando, and this cookbook is evidence of where it all began. Homestyle Mexican recipes give the cookbook its authenticity, bringing regional cuisine to the home kitchen. Nopalito starts at the foundation: building the Mexican pantry. From a description of masa, in the choosing of the ingredients and the making of, to the preparation of homemade tortillas and tamales, the cookbook breaks down the basic ingredients from the beginning. The section on the different seasonings used is very helpful, as well as the one on nopales and nopalitos. With so much time spent on educating and instructing readers as to the essentials, however, Nopalito is almost one quarter in before the real recipes begin. Here you see the recipes that you would expect: Guacamole, Crema, Adobo, and Pico de Gallo, but it is when the unexpected recipes are uncovered that readers will come back for more. Fish tacos marinated in adobo, Sweet potato tamales with mole amarillo, and Smashed shrimp with eggs and salsa are just a few recipes that make their appearance. Nopalito is more than just a cookbook; it is a conversation about Mexican cuisine and its techniques. The instructions are easy to follow and the explanations enhance the cookbook. I do wish that more photos would accompany the recipes, as the colorful food would provide a beautiful backdrop. Readers who are looking for a good Mexican cookbook with recipes that can help to provide an authentic dining experience will enjoy Nopalito.

I work in a bakery and most of my coworkers are Abuleas. I brought this in and show it to several of

them and they were telling me that many of the recipes are the same style they made in Tijuana and elsewhere in Baja. So that made me happy that now I have a Mexican cookbook that is Mexican mom/grandmother approved! Now, time to cook!

So far we have made the fish tacos with an adobo sauce, (I think the sauce would be even better on chicken), the frijoles olla, the pickled onions, and the red chilaquiles and everything has turned out beautifully. I made a salad with the leftover onions, arugula, grapefruit supremes, avocado, and a drizzle of oil and the onions were what pulled the whole thing together. It has been awhile since I've had a cookbook that is this reliable and delicious.

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