

This Is Atlanta Cooking

Tierra Recipes

Tierra Crab Tostada with Spicy Achiote Sauce

Ingredients:

6 corn tortillas
corn oil
1 pound lump crabmeat

Sauce:

3 Tbs. olive oil
2 pickled Jalapenos, seeded and chopped
1 Tsp. dry thyme
1 Tsp. dry oregano
1 medium onion chopped
2 bay leaves
salt and pepper

Artichoke Vinaigrette:

2 Tbs. oregano
1½ Tbs. cumin
1 Tbs. achiote powder
2 Tbs. kosher salt
1 Tbs. freshly ground black pepper
1 cup red wine vinegar
1½ cup pure olive oil
1 Tbs. agiamarillo puree
½ Tbs. rocoto pepper puree
½ Tsp. pauca pepper puree

Crema- Use sour cream or Mexican or Central American cream.

Directions:

Fry corn tortillas in corn oil in a skillet until golden brown. Transfer to a paper towel and sprinkle with kosher salt.

In a large skillet, saute' onion in olive oil until translucent. Add bay leaves, oregano, thyme, capers, jalapenos and caper juice; cook for three minutes. Add tomatoes and cook another three minutes. Season with salt and pepper; remove from skillet and chill.

Clean 1 pound crabmeat by removing pieces of shell. Keep cold. When ready to assemble, bring sauce to room temperature. Fold crab into sauce. Top each tortilla with about ½ cup of mixture and then top mixture with **achiote vinaigrette** and **crema**.

Tierra Mussels in Pasilla Pepper Broth with Corn, Jicama and Cilantro

The broth can be created two days ahead of time and refrigerated. The rest can be done earlier during the day you plan to serve.

Ingredients:

- 3½ cup good quality chicken broth
- 12 dry pasilla peppers rinsed and torn in half

- 1 small onion, julienned
- 3 garlic cloves, chopped
- 2 ears of corn, kernels removed
- 1 cup loosely packed cilantro leaves – thoroughly washed
- 2 Tbs. butter
- 2 limes – cut in quarters
- 4 dz. mussels – washed and scrubbed
- 2 Tbs. vegetable oil
- Salt
- 1 cup jicama, julienned

Simmer broth and pasilla peppers for about 20 minutes. Taste for heat. (*Spice peppers vary in degree of heat*). It is okay for broth to be a bit spicier than you would like. It will tone down.

In a large skillet or pot heat the vegetable oil; add onions, garlic, and corn. Add mussels, butter, and squeeze two lime quarters, 2 tsp. salt and the pasilla broth. Cover and let steam on high heat for about 2 minutes. Immediately after mussels open take off heat and add the jicama and cilantro. Toss and serve either in large bowl or individual bowls. Set the rest of the limes in a small plate for each person to squeeze on their bowl. Serve with lots of warm crusty bread and soup spoons since your guest will want to enjoy every last drop.

Tierra Onion and Jalapeno Cream with Beef and Plantains

Ingredients:

- 1 large onion, cut in half and cut in ¼ inch slices
- 5 jalapeno peppers seeded and cut in julienne about 1/8 inch
- 1½ cups heavy cream

salt (preferably kosher)
fresh cracked pepper, about 15 grinds

Directions for cream:

In a 12 inch skillet, heat 1 Tbs. Canola oil on medium high heat and add onions. Do not let brown, add jalapenos and stir well for about 1 minute. Add heavy cream and raise heat. Bring to simmer and reduce. Season with salt and pepper.

Directions for Tournedos:

8 4 oz. beef filets (two per person)

Season with salt and pepper. Heat skillet on high. Add 1 Tbs. canola oil and put steaks on skillet. Reduce heat to med-med/high. Cook approximately 2 minutes per side or until done to your preference.

This dish is usually served with plantains.

Directions for Plantains:

Two very ripe plantains (skin almost black) peeled. SAVE THE SKINS. Slice plantains on a bias. Heat a 12 inch skillet on high heat with 3 Tbs. canola oil. Carefully add plantains to the pan and adjust heat. They should cook on medium heat. Turn when nice and golden brown. Cook the other side the same way. Place plantains on a plate covered with a paper towel on it to absorb excess oil. As you set plantains on the plate, sprinkle them with sugar. You may layer them if necessary. When finished, cover with the skin of the plantains. The skin keeps the plantains warm and softens the sugar.

Presentation:

Set tournedos on plate, overlapping. Top with the sauce and arrange 3 slices of plantains on the plate.

Tierra Salvadoran Fig Pie

½ of pie dough
13 oz. dry figs, quartered and squirted with lime juice
2 cups sour cream
½ cup half and half
2 Tbs. cornstarch
½ cup of sugar
1 Tsp. vanilla
1 egg beaten with 1 Tbs. of water

Preheat oven to 350 degrees. Use a 10 inch tart pan. If using a 9 inch pan, reduce the amount of sour cream to ½ and the half and half to ¼. Use 1½ Tbs. Cornstarch. Roll pie dough and bake with parchment paper and beans until edges are brown and middle starts to look baked. Take out parchment and beans and brush with beaten egg. Put back in oven until light brown all over. Pour figs and distribute evenly. Whisk all other ingredients and

pour over figs spreading with spatula. Bake for about 20-25 minutes until top has light dots and feels set.

Tierra Pie Crust

1½ bars of chilled or frozen unsalted butter

2 cups flour

¹/₈ tsp. Salt

3 Tbs. Sugar

4 Tbs. Chilled orange juice or white wine

Directions:

Using a food processor with a steel blade, add flour, salt, and sugar in the bowl of the food processor. Chop butter into small pieces and add to processor. Pulse until butter is mixed thoroughly and resembles cornmeal. Add the juice or wine one tablespoon at a time while pulsing. Empty bowl onto work surface and knead until dough comes together.

The dough can be used immediately, refrigerated for up to 3 days or frozen.