Menu for cooking at the Millie’s. June 29

Tilapia tacos with mango cabbage slaw. Served with jalapeño guacamole sauce.

Chilaquiles supremos. Served with top sirloin steak, pickled onions, queso fresco crema and creamy pasilla sauce.

Strawberry Mexican roll served with blackberry syrup.

**crispy and Tangy Southern-Mexican fusion Cabbage slaw is nicely balanced with just enough tang from the vinegar and a sprinkling of sweetness from the sorghum and mango.**

For the Cabbage slaw ingredients serves 4

**Ingredients**

½ cup of julienne mango

2 tablespoons Dijon mustard

2 tablespoons white vinegar

2 tablespoons sorghum molasses

3/4 teaspoon kosher salt

1 tbsp. of green onions finely chop

1 tbsp. cilantro finely chop.

1 8 ounces of green cabbage.

**Instructions**

1. In a large bowl, stir together the mango, mustard, vinegar, sorghum, salt, green onions, and cilantro. Add the shredded cabbage and toss until well coated. Refrigerate for an hour before serving and up to 2 days. Toss again right before serving. Enjoy!

**Notes**

This coleslaw can be made in advance. However, it will release more liquid the longer it is stored in the refrigerator. You'll want to drain off some of the excess liquid prior to tossing again and serving.

For the guacamole serves 4 people

4 avocados

2 roma tomatoes small dice

1 tbsp. of red onions small dice

1 tbsp. of cilantro finely chop

1 tsp of jalapeno finely chop

Salt and lime to taste

***Directions:***

Cut the avocado in half and remove the avocado pulp. Place the avocado pulp in a medium bowl. Then use a hand whisk to pure the pulp. Add tomatoes, onions, cilantro, and jalapeno. Mix well the ingredients. Add salt to taste.

for the tacos serves two tacos

6 oz fresh tilapia

4 corn tortillas (el Milagro brand)

2 tsp. mayonnaise

1 tsp canola oil

½ lime

Salt and black pepper taste

### Cut tilapia in portions of 3 oz. Then dry the tilapia with a paper towel, then season the tilapia generously with salt and black pepper, and make sure you get both sides! Then preheat a thin layer of oil in a stainless steel, cast iron over medium- high heat and wait until starts to shimmer. (this is the most important step. If the tilapia enters a pan that is cold, it can actually form a chemical bond with the metal, making it impossible to flip). Once the oil is ready, lower the heat to a medium-low heat. Carefully add the fish to the pan, using your hands and lowering it away from you so that you don’t heat yourself with hot oil. Around 2 minutes if your heat control was on point, this should make it easy to flip. I like to use a fish spatula to flip and use a second spatula or a fork to help get leverage. Be gentle when flipping so you don’t damage the fish or splash oil. Then cook for around 1 more minute or so. Rest the tilapia over a paper towel to drain the excess oil. Heat up the tortillas over a medium-high heat. Then stack two tortillas for each taco and spread one tsp of mayonnaise on each of them. Next place the tilapia on top of the taco and garnish with guacamole and cabbage slow on top. Enjoy it!!!

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### Chilaquiles supremos

### For the pasilla sauce

Now, you might have seen dried peppers at the store. Pasilla peppers aren't too spicy and have a delicious smoky aroma. These will also give this salsa its distinctive color.

Serves 4

3 Medium Tomatoes

1 onion small dice

4 mice garlic cloves

6 Pasilla Peppers

1 cup heavy cream

3/4 Cup Chicken Broth

½ cup black beans

1 tbsp. canola oil

Salt to taste

For the pasilla sauce

Take the tails and seeds off of the pasilla. In a small stock pot preheat the oil. About 1-2 minutes high heat. Add onions and garlic and fry them for two minutes or until golden brown. Then add the rest of the ingredients and reduce for five minutes. Process the sauce in the blender until smooth. Bring back the sauce to the stock pot and add salt to taste.

For the pickle onions serves 4

1 red onion (Julianne)

4 tbsp. white vinegar.

5 tbsp. Lime juice.

1 tsp. salt

Use a small bowl and place, the onions, white vinegar, lime, salt. Mix all the ingredients. cover with plastic wrap and let it rest for 5 minutes before using.

For the Top Sirloin Steak. Serves 1

3oz. Top sirloin steak, cut into small dice.

1 Tablespoon, oil

1 teaspoon, lime juice

Salt, to taste

Cut sirloin into a small dice and set aside. Combine oil, lime juice and salt into a small bowl, then add steak to marinate. Let set for 5 minutes. On a flat hot surface cook steak until desired temperature. Well done will take about 5 minutes.

Strawberry Cream Roll and Blackberry Syrup

For the Blackberry Syrup makes ½ cup

1 pound Blackberries

¼ cup plus 2 tablespoons sugar, plus more to taste

¼ cup water

Juice from one lemon

In a medium saucepan, bring the blackberries, sugar, water, and lemon juice to a boil. Reduce heat and simmer until berries are falling apart and sauce has thickened just a bit, 20 to 25 minutes.

Strain the sauce through a fine mesh sieve, pushing to extract all of the liquid from the berries. Transfer to the refrigerator; sauce will thicken as it chills. Store in an airtight container in the refrigerator for up to two weeks.

For the Strawberry Cream Roll

Ingredients:

¾ cup sugar for batter, plus ½ cup for the whipping cream

6 eggs separated, whites from yolks

2 teaspoons vanilla divided

½ cup flour

3 teaspoons baking powder

1 stick butter, melted and cooled

1 pound of strawberries, washed and cut into small dice, leave a few whole for decoration

2 ½ cups heavy cream

½ cup of powdered sugar

Instructions

First line an 11 by 16 cookie sheet with parchment paper or buttered and floured waxed paper. Set aside. I am very generous with the buttering part to avoid any accidents with the batter. Combine the sugar, one teaspoon of vanilla and the yolks in a bowl and beat until it changes to a lighter color. Mix the flour and the baking powder in a separated container. All this is in preparation for the assembly of the batter. Beat the egg whites until they hold firm and form peaks. Now with a wire whisk add the egg yolk mixture and beat into the batter. Then using a rubber spatula place the flour-baking powder blend, in a folding manner. Go as fast as you can to avoid a grainy texture. Finally, fold in the melted butter. Pour into the prepared pan smoothing the batter evenly so that it touches all sides. Bake in a preheated 400 oven for 12 to 15 minutes, or until the batter begins to shrink from the sides of the pan. When done, cover with a wet kitchen towel. Carefully invert the cookie sheet over a flat surface (the towel is under the cake) remove the pan and lift the parchment paper. Slowly start rolling the sponge cake without pressing it. Let it cool for about 30 minutes rolled in the wet kitchen towel. While the cake is cooling, whip the cream until it begins to hold shape, add the confectioner’s sugar and the remaining teaspoon of vanilla, and continue to whip until the cream is stiff. Keep refrigerated. Once the cake is cooled unroll and spread it with some of the whipped cream and place the fruit in an even layer throughout the roll. Roll up tightly with the help of the towel leaving the cake seam side down. With a spatula spread the rest of the whipped cream over the top and sides of the roll and garnish with the whole strawberries and blackberry syrup.