

## Mar vs. Tierra Recipes

### SQUASH BLOSSOM AND PLANTAIN BISQUE

#### Ingredients:

1 plantain  
1/2lb of squash blossom  
5oz heavy cream  
3 garlic cloves  
1/2 onion  
Salt  
Pepper

#### Instructions:

Steam or roast the plantain for 10-15min.  
Saute the onions, garlic, squash blossom, and steamed/roasted plantain with some butter and add the heavy cream. Stir around 5min and add mixture to the blender with the seasonings and blend until you get a homogeneous mix.  
Bring back to a simmer and serve in bowls.

### CEVICHE

#### Ingredients:

Sea Scallops  
Young Coconut Flesh  
Red Onions  
Hominy Corn  
Cilantro  
Habanero  
Heavy Cream  
Sugar  
Limes  
Sugar

#### Instructions:

Thin slice the red onions and add to a bowl with the whole scallops and half of the coconut flesh and hominy corn. Set to marinate with fresh squeezed lime, salt, freshly cracked black pepper.

Blend a bunch of cilantro and a habanero pepper with heavy cream and sugar, then strain. Add remaining liquid In a syphon with a cartridge of N02, refrigerate for at least 15min.

Rinse blender and add fresh squeezed lime juice, sugar, the rest of the coconut flesh and coconut cream. Strain and pour over the bowl where you marinated the scallops and vegetables. Top with the cilantro-habanero heavy cream you have in the syphon

\*Optional: You can add some "Aji Amarillo" even though it's hard to get but you can sprinkle red chili flakes before serving if desired.

## **INVERTED MEATBALL**

Inside out cheese-beef single extra large meatball with chicken broth gravy, sun dried tomato, almond and olive shavings.

Ingredients:

Hard Cured Cheese Slices (Provolone, Smoked Gouda, Parmigiano Reggiano)  
Lean Ground Beef (90/10 - 95/5)  
Chicken Breast  
Eggs  
Bread Crumbs  
Bay Leaves  
Spices  
Corn Starch  
Sun Dried Tomatoes  
Shaved Almonds  
Manzanilla Olives

Instructions:

Season the ground beef with the spices of your liking (Taco seasoning is FORBIDDEN), add an egg every lb. and add breadcrumbs until you get a moldable paste. Make meatballs the size of the palm of your hand.

In aluminum foil, layer 4 slices of cheese making a "square and place the meatball in the center. Wrap and set on a baking pan. Bake at 350F for 30-45min until internal temperature is at least 170F.

Aside, cook the chicken breast in water, bay leaves, and spices. Set aside the breast and take out a cup of broth. In that cup you took out, add 1 tablespoons of cornstarch, dilute and add back to the broth and stir until it thickens.

Once the meatballs are done, let them cool some and unwrap them. Serve some gravy on a soup bowl, add a one or more meatballs and sprinkle the sundried tomatoes, shaved almonds and sliced olives.

## **MACKEREL WELLINGTON**

Ingredients:

Mackerel Filet  
Puff Pastry Sheets  
Hoja Santa (2 per filet)  
Salt  
Pepper  
Garlic  
Mushrooms  
Dion Mustard  
Beaten/Whisked Eggs  
Pesto Sauce (You can make your own or buy it)  
Bitter Orange Juice  
Olive Oil  
Capellini Pasta

Instructions:

Grind the mushrooms in a food processor and add to a pan in medium heat without adding oil. Cook for 5-7 minutes and reserve.

Season the mackerel on both sides and wrap with hoja santa, cut a piece of puff pastry and brush it with mustard, add a layer of mushrooms and the mackerel covered in hoja santa. Wrap and brush with the egg wash and bake at 390F for 20min or until the exterior is golden brown.

While the filets are in the oven, in a sauce pan heat some olive oil and sear some garlic. When it starts browning add 3oz of bitter orange juice, salt and pepper. Let it simmer and turn off. Add the pesto and mix.

In the meantime, boil water with some salt in a pot. Once it breaks to a boil, add the pasta and cook for 5min. Strain and add to the pesto-mojo de ajo mix.

To serve, put a base of pasta on a plate and a filet on top.

## FLAMINGO BEACH

Blueberry-pineapple gelée, sweet celery-sea salt shaved ice, cacao-coconut custard on top of salted watermelon.

### Ingredients:

Fresh Blueberries  
Frozen Pineapple Chunks/Slices  
Unflavored Gelatin  
Sugar  
Lime Juice  
Celery  
Ice  
Cacao Paste  
Coconut Flesh/Dried Coconut  
Milk  
Corn Starch  
Vanilla Extract  
Eggs (At Room Temperature)  
Watermelon  
Himalayan Sea Salt

### Instructions:

For the gelee, put the pineapple, blueberries and an equal amount of sugar on a sauce pan at medium heat. Stir until the sugar melts and the fruit starts dissolving. Be careful to not let it boil, instead, you want it to get to a simmer with only small bubbles around. Right before turning it off, add the juice of a lime or lemon and turn off.

While that's cooking, grab a teaspoon of unflavored gelatin and put it in a container with enough milk to cover it. Let it absorb it for about 5min and it will form a sponge. Melt it in the microwave in lapses of 5 seconds until it's liquid and add to the mix you have of fruit and sugar. Stir well and then transfer to a cookie sheet lined with wax or parchment paper lightly greased with butter or oil. Let cool down to room temperature and put it in the fridge.

For the custard, beat the eggs and let sit for a minute. Bring some milk to a simmer with sugar, vanilla, coconut and cacao paste. Once everything is well integrated, dilute 2 tablespoons of corn starch in 2oz of milk and add to the mixture. Stir occasionally until it thickens. Turn off and add the eggs immediately. Mix until you get a smooth texture and transfer to a container to let cool down to room temperature and then put in the fridge.

For the Sweet celery shaved ice, cook the leaves of a celery with 2 sticks of cinnamon and equal parts of water and sugar. Let it reduce until it has the consistency of a syrup and let cool. Shave some ice in your blender or food processor and put immediately on top of the watermelon. Drizzle the syrup and sprinkle a pinch of sea salt

For the salted watermelon you will cut a watermelon in 5in x 2in rectangles and about 1in thick. Rub Himalayan sea salt all around and remove excess with a napkin.

To mount, set your watermelon on the bottom of the place, add some custard, cut a "slice" of gelee and top with the shaved ice. ENJOY!

A message to everyone:

Thank you for supporting this collaboration and attending to the dinner. Please don't hate me if you feel stuck in one of the recipes, feel free to reach out and I will gladly walk you through. If you still feel stuck, I can always come to your house and make them with you! In Makech - Fine Dining Society, we love coming to you and your guests dinner and give you a stress free fine dining experience at the comfort of your home or office.

Have fun!

-Chef Gabriela  
Makech - Fine Dining Society

