

# HOLIDAY DISHES FROM AROUND THE WORLD – “ITS ALL ABOUT THE FLAVOR!”

NOVEMBER 19, 2020

*TIME: 5:00 PM*

*If you love the holidays as much as so many others, join the Chicago Section IFT for a live cooking demonstration experience by Chef Charlie Baggs on a diverse set of holiday recipes!*

*Connect with Chef Charlie on the Zoom virtual platform straight from your kitchen to his and learn about how to achieve a global sensation for your holiday extravaganza!*

## MENU

### *Smoked Salmon Dip:*

A decadent and creamy salmon spread with a pop of savory herbs and lemon ideal for a moment of self-indulgence.

### *Tamales:*

A staple of Mexican cooking with Aztec and Mayan roots, tamales are traditionally a blend of meats and/or vegetables and dough steamed in a corn husk and served with a variety of sauces.

### *Eggnog:*

An indulgent holiday beverage that can be enjoyed as a sweet and creamy delight for the traditional experience or with a splash of alcohol for the adventurous.



## INGREDIENTS AND AMOUNTS

### *Smoked Salmon Dip Ingredients:*

- Smoked Salmon 4 oz.
- Cream Cheese softened 16 oz.
- Sour Cream ½ cup
- Lemon zest 1 tsp
- Lemon juice 1 tsp.
- Capers, chopped 1 Tbsp.
- Garlic, minced ½ tsp.
- Rosemary, chopped ½ tsp
- Black Pepper, freshly cracked ½ tsp.

### *Tamales Ingredients:*

#### **Tamale Dough**

- Lard or Vegetable Shortening 1 cup
- Masa Harina 4 cups
- Salt 2 tsp
- Baking Powder 1 tsp
- Vegetable or Chicken Stock 3 cups

#### **Chicken Filling**

- Rotisserie Chicken, shredded 3 cups
- Tomatillo Salsa 1 cup
- Monterey Jack or Oaxaca Cheese 1 cup
- Cilantro, chopped 2 Tbsp
- Salt ½ tsp

#### **Vegetarian Filling**

- Refried Beans 2-16 oz cans
- Tomatillo Salsa 1 cup
- Monterey Jack or Oaxaca Cheese 1 cup
- Cilantro, chopped 2 Tbsp

\*You can add additional vegetables such as mushrooms, onion, squash, carrot, cauliflower or beets

- Corn Husks 1 package

### **Eggnog Ingredients:**

- Egg Yolks 2 each
- Whole Eggs 3 each
- Granulated Sugar  $\frac{3}{4}$  cup
- Whipping Cream  $\frac{3}{4}$  cup
- Whole Milk 3  $\frac{1}{2}$  cup
- Nutmeg, ground  $\frac{1}{4}$  tsp
- Vanilla Extract  $\frac{1}{4}$  tsp
- Salt to taste
- Ground Cinnamon to taste
- Whipped Cream to taste

## **RECIPES**

### **Smoked Salmon Dip:**

1. Blend together the following ingredients and refrigerated for one hour to chill: 4 oz. smoked salmon, 16 oz. softened cream cheese,  $\frac{1}{2}$  cup sour cream, 1 tsp. lemon zest, 1 tsp. lemon juice, 1 Tbsp. chopped capers,  $\frac{1}{2}$  tsp. minced garlic,  $\frac{1}{2}$  tsp. chopped rosemary, and  $\frac{1}{2}$  tsp. freshly cracked black pepper.
2. Refrigerated for one hour.
3. Serve with favorite crackers, vegetables, or charcuterie

### **Tamales:**

#### **Tamale Dough**

1. In a stand mixer with paddle attachment, or by hand in mixing bowl, cream lard or vegetable shortening until light and fluffy, about 1  $\frac{1}{2}$  to 3 minutes. Scrape down sides with rubber spatula as needed.
2. In another bowl, mix dry ingredients; masa harina, baking powder, and kosher salt together until well combined.
3. Add dry ingredients to the lard and blend until a shaggy dough forms.
4. Add stock in increments, 1 cup at a time. Once all the liquid is added, mix until a light dough forms.
5. Test the masa dough by pressing a little into the palm of your hand to observe the texture. If dough holds its shape and doesn't crack and is easily removed from your palm without sticking, the dough is ready. If not, add more liquid and continue to mix.
6. Cover and chill the mixture.

*\*The mixture will mold better if chilled prior to making tamales*

## Assemble Tamales

1. In a large bowl soak corn husks in warm water, weigh down to cover with a plate, if needed.
2. Soak corn husks until softened, about 30 minutes or overnight
3. Drain and pat dry with a clean kitchen towel.
4. Add water to a large pot until it is about 2 inches high. Place a steamer basket in the pot.
5. Line the bottom steamer basket with extra corn husk, either large, small or ripped ones (this helps prevent water from touching the stuffed tamales).
6. Place a small ball of aluminum foil into the center of the steamer basket.
7. Time to fill the corn husk. Place the corn husk with wide part towards you. Place the smooth side of corn husk up. Place about 2 oz. of masa mixture in center of the corn husk. Spread out to 4" x 1" x 1/4 thick".
8. Place 2 oz. of filling down the middle of the corn husk right on the filling
9. Fold the right then left sides over the filling. Fold the bottom part of corn husk under to the back of tamale.
10. Place the tamales in the pot of the steam basket with open (folded over) side of tamale up. \*Note you can tie your tamales with a string if you prefer but it is not necessary.
11. Repeat with remaining tamales.
12. Steam over medium heat until masa feels firm and separates easily from husks, about 45 minutes to 1 hour.





### **Eggnog:**

1. Whisk the egg yolks, whole eggs and sugar together in a medium bowl.
2. Combine the cream, milk and salt, and heat over medium heat while stirring until it reaches a simmer, stirring constantly.
3. Slowly pour  $\frac{1}{2}$  cup of hot milk mixture into the egg mixture; this will temper the eggs.
4. Add the tempered eggs to warmed milk and stir to incorporate.
5. Whisk constantly until the mixture has thickened enough to coat the back of a spoon. This could take 10-15 minutes.
6. Remove from heat and drain through a fine mesh strainer into a bowl. Stir in the vanilla and nutmeg.
7. Refrigerate until chilled and thickened.
8. Serve with a sprinkle of cinnamon and whipped cream, if desired.

## SHOPPING LIST

Baking Powder

Bell Peppers

Black Pepper

Capers

Carrot Sticks

Chicken or Vegetable Stock

Cilantro

Corn Husks

Crackers

Cream Cheese

Cucumbers

Eggs

Granulated Sugar

Ground Cinnamon

Heavy Whipping Cream

Lard or Vegetable Shortening

Lemons

Masa Harina

Monterey Jack or Oaxaca Cheese

Nutmeg

Parsley

Refried Beans

Rotisserie Chicken

Salt

Smoked Salmon

Sour Cream

Tomatillo Salsa

Vegetables of Choice for Veggie Tamale  
(mushrooms, onions, beets, cauliflower, squash,  
carrots)

Whipped Cream

Whole Milk