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# Recetas

**VOL. 1**



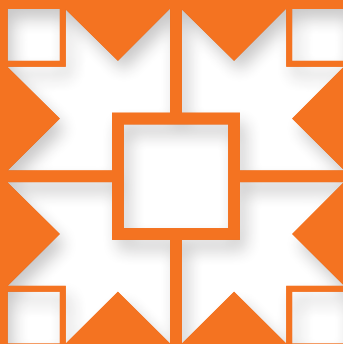
*Cocinando en los tiempos del coronavirus:  
recetas de la colección de libros de cocina mexicana*

**POSTRES: GUARDANDO LO MEJOR PARA EL PRINCIPIO**

UTSA Libraries Special Collections presents

*Cooking in the Time of Coronavirus :  
Recipes from the  
Mexican Cookbook Collection*

DESSERTS: SAVING THE BEST FOR FIRST



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There are many inherent risks in the use of raw, prepared, and processed food ingredients during the cooking process. Additionally, some of the recipes in this book may include ingredients to which individuals may have a known or unknown allergy. Every effort has been made to present the best possible direction and advice with regard to the preparation of food recipes presented in this book. The publisher and authors assume no liability for any injury, allergic or other reaction, or damage incurred as a result of the information presented in this book.

Existen muchos riesgos inherentes en el uso de ingredientes alimenticios crudos, preparados y procesados durante el proceso de cocción. Además, algunas de las recetas en este libro pueden incluir ingredientes a los cuales las personas pueden tener una alergia conocida o desconocida. Se ha hecho todo lo posible para presentar la mejor dirección y asesoramiento posible con respecto a la preparación de recetas de alimentos presentadas en este libro. El editor y los autores no asumen ninguna responsabilidad por cualquier lesión, reacción alérgica u otra, o daño incurrido como resultado de la información presentada en este libro.

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## PREFACE

The Mexican Cookbook Collection, the largest in the nation, is housed in the UTSA Libraries' Special Collections and includes over 2,000 titles dating as far back as 1789 documenting the variety and history of Mexican cuisine.

While access to some of the handwritten manuscripts is available online in digital form, the UTSA Libraries is sharing some of these unique recipes today in a new way during this unique time in history.

Through a series of mini-cookbooks we're calling "Recetas: Cocinando en los Tiempos del Coronavirus," archivists and librarians have put together a selection of recipes to inspire home cooks. Because many in our communities have found themselves in the kitchen during the COVID-19 pandemic during stay-at-home orders, we hope to share the collection and make it even more accessible to those looking to explore Mexican cuisine.

The first edition will focus on desserts, and subsequent versions will highlight soups, sauces, sides, salsas, drinks, moles and main dishes.

Many of the manuscript cookbooks of the early 19th century assume readers to be experienced cooks, therefore, are often light on details. Accustomed to ingredient lists and step-by-step instructions, 21st century cooks may find phrases like "add some egg yolks and cook until done" a bit frustrating. We encourage you to view these instructions as opportunities to acquire an intuitive feel for your food. With a little experimentation, you'll have your very own secret specialty.

In the regarded Mexican novel "Like Water for Chocolate," author Laura Esquivel paints a narrative of family and tradition using Mexico's deep connection to cuisine. We recommend doing the same with these recipes. Most can be interpreted and re-imagined in new ways by home cooks. We encourage you to explore and experiment with ingredients, flavors and aromas—all while calling on the spirit of Mexican chefs who left their inspirational marks on the pages of these captivating cookbooks.

*Note: UTSA Librarians and archivists transcribed recipes as they originally appeared in manuscript cookbooks which occasionally use non-standard and variant spellings in Spanish. Common use of abbreviated instructions along with the difficulty of reading handwriting and tears or scratched-out text add an extra level of difficulty to the challenge of transcribing and interpreting historical recipes.*



## RICO TORRES

### Chef/Co-Owner, Mixtli

**W**e always knew 2020 would be an unforgettable year, and it has not let us down. As the world feels turned upside down, we are forced to question everything that is important to us, including time, relationships, family, and our own values as a nation. As we look back at how we got here,

we also look forward to where we wish to go.

In the culinary world, restaurants everywhere have been deconstructed and rebuilt to stay afloat in this new wave of uncertainty. We have gone from full dining rooms to limited capacity to shutting doors altogether. Some of the world's best restaurants have gone from fine dining to curbside pickups. At home, a renewed sense of self-reliance has led to a resurgence of the home cook.

These changes have challenged all of us to reimagine and reinvent the ways in which we interact with our communities, and for those of us in the business of food, we have taken this challenge head on. We have continued our promise to deliver delicious and exciting meals to establish a sense of normalcy for ourselves, our team members, and our neighbors.

At Mixtli, as per our founding mission, part of that promise includes continuing to rescue, preserve, and promote the recipes, ingredients, and stories that define our heritage. In the pages of "Recetas: Cocinando en los Tiempos del Coronavirus," the UTSA Libraries Special Collections has given new life to the recipes that are preserved in the Mexican Cookbook Collection, which represents more than 200 years of Mexican culinary history.

This new series of mini cookbooks preserves those recipes for a new generation. Library archivists have compiled some of the most interesting recipes and have displayed them in a new way, making them more accessible and more convenient for the 21st century.

I hope, that as you adjust to your new way of life, you will use these recipes to continue the tradition and magic of Mexican cooking. These recipes tell the story of families only few generations removed from the transition and genesis of a new country—one made up of ancient indigenous culture and an enterprising new world that would cement and honor Mexico as an agricultural cradle of the world. My hope is that you will create new traditions with your families using these pages as windows to the past and doorways to the future.

# BAKED BANANAS OR PLANTAINS

Recipe from Amalia Avilés Orozco

Serves 6

## INGREDIENTS

- 5 bananas
- 1/2 cup butter
- 1 cup sugar

## METHOD OF PREPARATION

- Peel the bananas and cut into thin strips.
- Layer the strips in a baking dish, adding bits of butter and sprinkling sugar over each layer as you go.
- Bake at 390° for 15 minutes.





# PLÁTANOS AL HORNO

Receta de Amalia Avilés Orozco

Rinde 6 raciones

## INGREDIENTES

- 5 plátanos machos
- 100 g. mantequilla
- 1 taza de azúcar

## MANERA DE HACERSE

- Pelar los plátanos y cortarlos en rebanadas finas.
- Colocarlas en capas en un recipiente refractario.
- Añadir trocitos de mantequilla y espolvorear azúcar sobre cada capa.
- Hornear a 200°C durante quince minutos.



# ORANGE AND LIME ICE

## METHOD OF PREPARATION

- ✂ Dissolve 2 ½ cups of white sugar in 8 cups of water.
- ✂ Select 8-9 oranges and 2 limes.
- ✂ Clean them with a napkin and scratch the peel of the most fragrant and least bitter oranges.
- ✂ Split them in two and place the peels between your thumb and forefinger to break the vesicles containing the juice.
- ✂ Placing the peels between two palms, squeeze in the opposite direction to break the cells that contain the essential oil globules, which reside in the yellow rind.
- ✂ Strain the liquid through a sieve and store in a cool place.





# HELADO DE NARANJA CON LIMA

## MANERA DE HACERSE

- Se disuelven veintidos onzas de azúcar blanca en dos cuartillos de agua clara.
- Se eligen ocho ó nueve naranjas y dos limones, se limpian con una servilleta.
- Se raspan las cortezas de las naranjas más olorosas y menos amargas.
- Se parten por en medio, y puestas entre el pulgar y el índice.
- Se exprimen una después de otra con la otra mano, para romperlas vejiguillas donde se encierra el jugo, y se ponen entre las dos palmas de las manos, exprimiendo las cortezas en sentido contrario y con fuerza para romper las celdillas que encierran los globules del aceite esencial, que reside en la corteza amarilla.
- Se cuele el liquid por un tamiz de cerda tupido, y se guarda en un lugar fresco.



# RICE PUDDING

## METHOD OF PREPARATION

- ☞ Combine 6 quarts of milk with a pound of rice (cleaned, soaked overnight in water and rinsed.)
- ☞ Sweeten to taste and bring to a boil, stirring constantly with wooden spoon or paddle so that it does not stick or burn.
- ☞ Add cinnamon sticks and boil until thick.

## ANOTHER METHOD

*The preceding recipe provides the base for this variation.*

- ☞ When the pudding is half-done, sprinkle in ground cloves, cinnamon, and saffron.
- ☞ Separate a little of the rice pudding and let cool.
- ☞ Add some egg yolks and beat until well combined with the rice.
- ☞ Return to the heat with the rest of the pudding and simmer until well cooked.
- ☞ Remove the pudding from the heat and sprinkle with chopped almonds, raisins, pine nuts, and pecans.
- ☞ Before turning off the heat, melt a little butter and use it to grease a deep tart or cakepan.
- ☞ In the bottom of it, place a layer of rice, then add a layer of dry or stale sponge cake crumbs.
- ☞ On top of this, pour a layer of heavy cream and sprinkle it with powdered sugar and cinnamon.
- ☞ Repeat until you reach the last layer, which should be a layer of rice.
- ☞ Spread a little butter on top so that it will lightly brown.
- ☞ If you wish to cover this final layer, mix some well-beaten egg yolks with a little milk, ground almonds, and sugar.
- ☞ Cover the final layer with this mixture and place a heated comal or griddle (with fire or embers) on top of the cake pan until the top layer sets.
- ☞ Then, decorate it with toasted sesame seeds, raisins, almonds and pine nuts.

# ARROZ DE LECHE

## MANERA DE HACERSE

- ✘ A seis cuartillos de leche se les echa una libra de arroz limpio y remojado desde la noche anterior.
- ✘ El dulce será al gusto, y se pondrá á cocer meneándolo con una palita sin cesar, para que no se pegue ni se queme,
- ✘ Y echándole unas rajitas de canela se dejará hervir hasta que esté espeso.

## OTRO GUIDÍ

*El arroz anterior en leche, es el principio de este guisado,*

- ✘ Cuidando de que estando á medio cocer, se le echará clavo, canela y azafrán, todo molido.
- ✘ Separando antes un poco de arroz en leche, que se pondrá á enfriar, para echarle unas yemas de huevos, que se revolverán muy bien, para unirlo con el otro arroz, y que asi hierva hasta que esté bien cocido, sin que se deshaga el arroz: quitado de la lumbre, se le echarán almendras limpias despedazadas, pasas, piñones y nueces.
- ✘ Pero antes de quitarlo del fuego, se le echará una poca de mantequilla bien lavada: con la misma se untará una tortera y en ella se echará una capa del arroz, y encima otra de bizcocho duro molido
- ✘ Sobre esta otra capa de natas de leche; sobre esta unos polvos de azucar y canela, y asi se continuará hasta la última capa, que ha de ser de arroz, á la que se le pondrá una poca de mantequilla, tambien lavada, para que con ella se dore entre dos fuegos mansos: si se quiere que esta última capa sea cubrerta, se tomarán unas yemas de huevos batiéndolas bien y echándoles una poca de leche, almendras molidas y azucar
- ✘ Con esta pasta se cubrirá, y poniéndole un comal con lumbre ó rescoldo encima hasta que se cuaje, adornándola despues con un zpoco de ajonjolí tostado, pasas, almendras y piñones, todo limpio.

# MANGO CHANTILLY

Serves 8

## INGREDIENTS

- 4 fresh or canned mangoes
- $\frac{3}{4}$  cup + 1 teaspoon powdered sugar
- 16 oz. whipping cream
- 2 oranges
- 1 cup pecans

## METHOD OF PREPARATION

- Peel and crush mangoes.
- Whip in the powdered sugar.
- Whip the cream with 1 teaspoon sugar until stiff.
- Chop the oranges finely.
- Mix mangoes, sugar, and oranges.
- Fold in the whipped cream and pecans.
- Pour into individual serving dishes and chill.



## CHANTILLY MANGO

Rinde 8 porciones

### INGREDIENTES

- 4 mangos frescos o en conserva
- $\frac{3}{4}$  de taza + 1 cucharadita de azúcar en polvo
- 1 pinta de crema de leche
- 2 naranjas
- 1 taza de nueces

### MANERA DE HACERSE

- Pelar y aplaste a los mangos.
- Después agregue el azúcar en polvo.
- Bate la crema con 1 cucharadita de azúcar a punto de nieve.
- Picar finamente las naranjas.
- Mezclar el mango, azúcar y naranjas.
- Incorpore la crema batida y nueces.
- Eche en platos individuales y refrigerar.





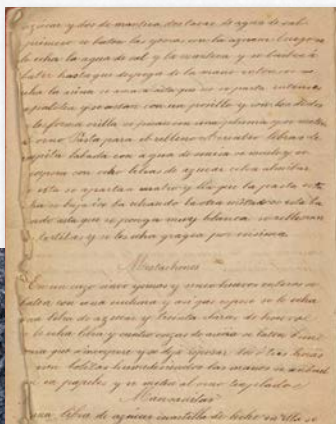
# MACAROONS

## METHOD OF PREPARATION

- ✂ Beat 5 egg yolks with 5 whole eggs until fluffy.
- ✂ Separately, beat 30 egg whites with 1 pound (2 cups) sugar.
- ✂ Fold the egg white mixture into the egg yolk mixture.
- ✂ Add 1 1/4 pounds (4 1/2 cups) flour and mix well.
- ✂ Allow to rest for 2–3 hours.
- ✂ Form moist balls with both hands.
- ✂ Place on paper and bake in a moderate oven (~325–350°F)

## MANUSCRIPT COOKBOOKS

Many writers of manuscript cookbooks frequently used non-standard spellings. For example, in this macaroon recipe, Guadalupe Perez writes “sincro” for “cinco” (five), “arina” for “harina” (flour), and “orno” for “horno” (oven). Variant spellings like these, along with the common use of abbreviated instructions, the difficulty of reading handwriting, and occasional tears or scratched-out text, add an extra level of difficulty to the challenge of transcribing and interpreting historical recipes.





# MOSTACHONES

## MANERA DE HACERSE

- ✘ En un cazo cinco yemas y cinco huevos enteros se batan con una cuchara.
- ✘ Y así que espese se le echa una libra de azúcar y treinta claras de huevos.
- ✘ Se le echa una libra y cuatro onzas de arina se batan bien para que se incorpore y se deja reposar dos ó tres horas.
- ✘ Asen bolitas húmedas in dos las manos.
- ✘ Se enbuelen en papeles y se meten al orno templadoe.

## ✘ RECETARIOS MANUSCRITOS

Muchos escritores(as) de los recetarios frecuentemente usaban lenguaje y gramática alternativa al lenguaje formal. Por ejemplo, en esta receta de mostachones, Guadalupe Pérez escribe “cinco” en lugar de “cinco”, “arina” en lugar de “harina” y “orno” en lugar de “horno”. Ortografía y variantes como estas, junto con el uso común de instrucciones abreviadas, agregan un nivel de dificultad adicional a la transcripción e interpretación de estas recetas históricas.

# PETRA'S COOKIES

## INGREDIENTS

- 20 oz. (4 ½ cups) flour
- ½ pound (1 cup) butter
- ½ pound (1 cup) sugar
- 4 eggs
- 1 cup not quite full of milk
- 1 cup raisins
- 2 tablespoons baking powder

## METHOD OF PREPARATION

- Melt and beat the butter.
- Add the sugar, eggs and everything else and bake spoonfulls in the oven.
- Soak the raisins in hot water and cut in half.

## MANUSCRIPT NOTES

Explore more digitized manuscript cookbooks online [digital.utsa.edu](http://digital.utsa.edu)

A page from “Libro de Cocina” shows a recipe for Petra’s Cookies. The book is the second volume in a set of six ink manuscript cookbooks written by a family of related women in Durango, Mexico, from just before until shortly after the Mexican Revolution.

1/2 molar y raspadura de cacao,  
has claras de los centros por encima.  
Galletas de Petra  
20 onzas de harina, 1/2 libras de mantega,  
1/2 de azucar, 4 huevos, 1 taza  
no llena de leche, 1 taza de  
panes y cucharadas de papel  
de diente y todo bien en man-  
tequilla, se le ceba al horno, los  
huevos y todo lo demás y en  
cucharadas se ponen en las  
cucharas y se meten al horno.  
Los panes se lavan en agua  
caliente y se cortan por la  
mitad.  
Galletas  
a una libra de harina, una 1/4 libras de  
manteguilla, 1/2 de azucar, con  
poco de carbonato y de crema.

## GALLETAS DE PETRA

### INGREDIENTES

- ✂ 20 oz. de harina
- ✂ ½ libras de mantequilla
- ✂ ½ de azúcar
- ✂ 4 huevos
- ✂ 1 taza no llena de leche
- ✂ 1 taza de pasas
- ✂ 2 cucharadas de royal

### MANERA DE HACERSE

- ✂ Se derrita y bata bien la mantequilla.
- ✂ Se le echa el azúcar, los huevos y todo lo demás y en cucharadas se ponen en las carteras y se meten al horno.
- ✂ Las pasas se laran(?) en agua caliente y se cortan por la mitad.





# CHURROS

## INGREDIENTS

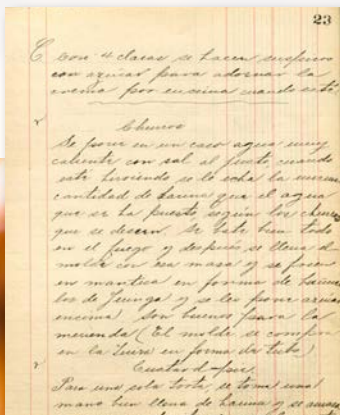
- 🍴 1 part flour
- 🍴 1 part water
- 🍴 1 teaspoon salt
- 🍴 2 tablespoons of sugar or powdered sugar
- 🍴 Lard for frying

## METHOD OF PREPARATION

- 🍴 Heat a glass of salted water very hot.
- 🍴 When it boils, add an equal quantity of flour to the amount of water you used (according to how many churros you want).
- 🍴 Beat the mixture over the heat very well, and then use a mold to squeeze out the dough and fry in lard, and then sprinkle with sugar.

## MANUSCRIPT NOTES

This recipe for churros comes from the same manuscript as Petra's cookies. The description recommends the dessert be enjoyed as an afternoon snack. The "mold" in question appears to function like a pastry bag, squeezing dough out in the shape of tubes.



# CHURROS

## INGREDIENTES

- ✂ 1 harina
- ✂ 1 agua
- ✂ 1 cucharilla sal
- ✂ 2 cuchara azúcar o azúcar en polvo
- ✂ Manteca para freír

## MANERA DE HACERSE

- ✂ Se poner en un vaso agua muy caliente con sal al justo.
- ✂ Cuando está hirviendo se le echa la misma cantidad de harina que el agua que se ha puesto, según los churros que se desan.
- ✂ Se bate bien todo en el fuego y después se lleva el molda con esa masa y se frien en manteca en forma de haieer (?) los de Teringa (?) y se les pone azucar encima.



# CHESTNUT FLAN

## QUANTITIES

- 24 oz. (3 cups) milk
- 2  $\frac{3}{4}$  cups chestnuts, peeled and cooked
- 2  $\frac{1}{2}$  cups sugar
- 8 egg yolks
- 1 cup sugar for caramel
- 1 vanilla bean

## METHOD OF PREPARATION

- Heat the milk with the sugar and vanilla until it has reduced by half.
- Then, remove from the heat and, once cool, add the eggs, yolks, and cooked chestnuts (mashed).
- Pour into a ring mold that has been covered with the caramel, and cook in the oven in a bain-marie (water bath).

*Note: To bake in a water bath, place the smaller container inside of a larger dish that is filled about halfway with water. Once cooking is complete, it's wise to carefully remove the small dishes from the water bath in the oven, and then leave the water bath itself in the oven until it cools, so that you don't risk spilling boiling water everywhere.*

- When set, remove from the mold and, once cool, fill the middle of the ring with Chantilly cream mixed with finely chopped cherries.

## QUANTITIES FOR CHANTILLY CREAM

- 4  $\frac{3}{4}$  oz. (1/2 cup) of fresh cream
- 1 cup powdered sugar
- $\frac{1}{2}$  cup cherries in syrup

## METHOD OF PREPARATION FOR THE CREAM

- Put the cream over ice.
- Beat with a wire whisk, when thick, remove with a wooden spatula, and add the egg whites (beaten until stiff with the sifted sugar), and finally, add the finely chopped cherries.
- Once cooking is complete, it's wise to carefully remove the small dishes from the water bath in the oven, and then leave the water bath itself in the oven until it cools, so that you don't risk spilling boiling water everywhere.



# FLAN DE CASTAÑA

## CANTIDADES

- Un litro y medio de leche
- 400 grs. de castañas mondadas y cocidas
- 500 grs. de azúcar
- 8 yemas
- 4 huevos
- 200 grs. de azúcar para el caramelo
- 1 ejote de vainilla

## MANERA DE HACERSE

- Se pone al fuego la leche con el azúcar y la vainilla.
- Cuando se ha reducido a la mitad, se retira.
- Cuando enfria se le agregan los huevos, las yemas y las castañas ya cocidas hechas pure, se vacían a un molde de corona que estará cubierto con el caramelo, se pone al horno en baño maría; cuando está bien cuajado, se vacía al platón y cuando enfría se le pone en el centro la crema Chantilly mezclada con las cerezas finamente picadas.

## CANTIDADES PARA LA CREMA CHANTILLY

- ¼ litro de crema del día
- 200 grs de azúcar pulverizada
- 75 grs. de cerezas en almíbar

## MANERA DE HACER LA CREMA

- Se pone la crema sobre hielo.
- Se bate con batidor de globo.
- Cuando espesa se retira el batidor y con una spatula de madera, se le ponen las claras batidas a punto de turrón, que tendrán mezclada el azúcar cernida y por último.
- Se le agregan las cerezas finamente picadas.

# MILK BUÑUELOS

## QUANTITIES

- ☞ 3 1/3 cups (1 lb.) flour
- ☞ 1 cup milk
- ☞ 8 eggs
- ☞ 2 egg whites
- ☞ 1 cup melted butter
- ☞ Ground anise
- ☞ Salt

## MANNER OF PREPARATION

- ☞ To a pound of flour, add a cup of milk, eight eggs, two egg whites, a cup of melted butter, a little ground anise, and a little salt.
- ☞ Make the dough and fry the buñuelos.
- ☞ Pour syrup on top.



## BUÑUELOS DE LECHE

### CANTIDADES

- Una libra de harina
- Una taza de leche
- 8 huevos
- Solo dos con claras
- Una taza de mantequilla derretida
- Un poco de anís molido
- Una poquita de sal

### MANERA DE HACERSE

- A una libra de harina una taza de leche, ocho huevos, solo dos con claras, una taza de mantequilla derretida, un poco de anís molido y una poquita de sal.
- Se amasa y se frien los buñuelos.
- Su miel por encima.



# ALMOND CROWN

## INGREDIENTS

- 2/3 cup butter
- 3/4 cup sugar
- 1 1/2 to 1 2/3 cup flour
- 1 teaspoon baking powder
- 6 eggs (separated)
- 1/2 cup almonds
- Zest of 1/2 lemon

## METHOD OF PREPARATION

- Finely chop the almonds.
- Generously grease a tube pan with butter, and coat the bottom and sides with almonds.
- In a mixing bowl, beat the butter and sugar together until fluffy.
- Add the egg yolks, one by one.
- Sift the flour and baking powder together; then, add to the butter mixture.
- In a separate bowl, beat the egg whites until stiff
- Gently fold the egg whites into the cake batter with a rubber spatula.
- Pour the batter into the tube pan.
- Bake at 325°F for 40-45 minutes.





# CORONA ALMENDRADA

## CANTIDADES

- ✂ Mantequilla 150 gms.
- ✂ Azúcar, 150 gms.
- ✂ Harina Oro, 200 gms.
- ✂ Levadura Oro, 1 cucharadita, Huevo, 6
- ✂ Almendra, 75 gms.
- ✂ Raspadura de ½ limón.

## MANERA DE HACERSE

- ✂ Se bate la mantequilla con el azúcar.
- ✂ Cuando ya esponjó se agregan las yemas una a una, la harina cernida con la levadura y por ultimo las claras batidas a punto de turrón.
- ✂ Se vacía a un molde de corona.
- ✂ Juntado con bastante mantequilla y espovoreado con la almendra pelada y finamente picada.
- ✂ Se cuece a horno de calor regular.



# QUINCEAÑERA CAKE

## INGREDIENTS

### CAKE BATTER

- ✂ 14 cups butter
- ✂ 18 cups sugar
- ✂ 22 cups flour
- ✂ 10 tablespoons baking powder
- ✂ 20 oz. (2 ¼ cups) milk
- ✂ 12 oranges
- ✂ 105 eggs

### FILLING AND ORNAMENTS

- ✂ 14 small cans apricot jam
- ✂ 12 cups fondant to cover cakes
- ✂ 2 ½ cups sugar for pastillaje
- ✂ A round board with 7 waves around the edge of 65 cm. (25 1/2”), and 7 columns 20 cm. (7 7/8”) tall and 3 wide on a round base 6 cm. (2 1/3”) wide and 2 cm. (3/4”) high.
- ✂ Another round board 32 cm. (12 1/2”) in diameter, with 4 wooden columns 30 cm. (11 3/4”) tall and 4 cm. (1 1/2”) wide.
- ✂ Large bouquets of pink roses with pink wires
- ✂ 3 leaves
- ✂ 15 decorative sprays of blue forget-me-nots.
- ✂ 16 small bouquets of 3 small roses, 3 leaves, and 8 decorative sprays of blue forget-me-nots
- ✂ 110 small roses without wires
- ✂ 225 small green leaves
- ✂ 56 rococo roses
- ✂ 100 small green leaves
- ✂ 6 egg whites
- ✂ 6 cups powdered sugar
- ✂ 1 large pastillaje ornament
- ✂ 1 medium fountain and 1 small fountain of pastillaje filled with roses, forget-me-nots, and leaves
- ✂ 1 large round mirror of 75 cm. (29 1/2”) diameter
- ✂ 1 large doll of pastillaje and tulle
- ✂ 14 small dolls



## METHOD OF PREPARATION

- ✘ Beat the butter and sugar together.
- ✘ Add the yolks, one by one.
- ✘ Sift the flour with the baking powder.
- ✘ Combine the milk and orange juice.
- ✘ Add the flour mixture and milk mixture alternately to the butter mixture.
- ✘ Beat the egg whites until stiff and add.
- ✘ Grease and flour a cake pan of 44 cm. (17 1/2”) in diameter and a 32 cm (12 1/2 “) diameter cake pan and 7 cake pans.
- ✘ Fill each pan with batter and bake in a slow oven.
- ✘ Once cooked, slice each cake into 3 layers and fill with jam.
- ✘ Place the 44 cm. (17 1/2”) cake in the center of the large board, supported by the columns (which should already be covered with white pastillaje).
- ✘ The half moon cakes should be placed around the round cake, over the waves of the board.
- ✘ Cover the entire cake with jam and pink fondant.
- ✘ Decorate the side of the cake with roses and leaves, following a guide of icing in pale green.
- ✘ At the junction of the cake and board, place a thick bead of icing using decorating tip 17 (star piping tip).
- ✘ In the center of the large cake, place the small board, supported by its columns. Place the small cake on top of this board, decorating it with groups of rococo roses and small leaves, decorations of white icing and bouquets of small roses.
- ✘ On top of the small cake, put the large pastillaje ornament and the large doll.
- ✘ On each wave of the large cake, place a small doll and place the other 7 dolls around the mirror on the bottom layer.
- ✘ Between each doll, put a large bouquet, both around the mirror layer and around the cake layer.
- ✘ On the cake layer, put the small fountain, and on the mirror, the large one.

## METHOD TO COVER THE COLUMNS

- ✘ With Gold-brand sugar, make pastillaje and roll as thin as possible.
- ✘ Cut in strips to cover the columns that have been dampened slightly with cold water.
- ✘ *Note: Pastillaje is a sugar paste used to create decorations, but is not quite the same as gum paste or fondant.*

# PASTEL PROPIO PARA FIESTA DE QUINCE AÑOS

## INGREDIENTES

### PASTA

- ✂ Mantequilla, tres y medio kilos
- ✂ Azúcar 4 y medio kilos; Harina “Oro”, 5 y medio kilos
- ✂ Levadura Oro, 10 cucharadas; Leche, 1 litro
- ✂ Naranjas, 12; Huevos, 105

### RELLENO Y ADORNO

- ✂ Mermelada de chavacano, 14 latas chicas
- ✂ Pasta “Oro” para cubrir pastels, 3 kilos
- ✂ Azúcar “Oro” para pastillaje, 500 gms.
- ✂ Una table redonda con 7 ondas de 65 ctms. de diámetro con 7 columnas clavadas de 20 ctms. de altura y 3 de grueso a una base redonda de 6 ctms. de diámetro y 2 de altura
- ✂ Table redonda de 32 ctms. de diámetro con 4 columnas clavadas de madera de 30 centímetros de altura por 4 de grueso
- ✂ ramos de 2 rosas grandes color de rosa alambradas
- ✂ 3 hojas y 15 varas de no me olvides azules
- ✂ ramos chicos compuestos de 3 rositas chicas
- ✂ 3 hojas y 8 varas de no me olvides
- ✂ 16; Rositas chicas sin alambrear
- ✂ 110; Hojitas verdes
- ✂ 225; Rositas rococo
- ✂ 56; Hojitas verdes chicas
- ✂ 100; Claras
- ✂ 6; Azúcar pulverizada, 1 y ½ kilo
- ✂ 1 fantasía grande de pastillaje
- ✂ 1 fuente mediana y 1 chica de pastillaje llenas de rositas, no me olvides y hojitas
- ✂ espejo grande Redondo de 75 ctms. de diámetro
- ✂ 1 muñeca grande de pastillaje y tul
- ✂ muñecas chicas, 14

## MANERA DE HACERSE

- ✘ Se bate la mantequilla con el azúcar,
- ✘ Se agregan las yemas una a una,
- ✘ La harina cernida con la levadura alternándose con la leche,
- ✘ El jugo de las naranjas y un poco de raspadura y por ultimo las claras batidas a punto de turrón,
- ✘ Se vacía a un molde Redondo de 44 ctms. de diámetro,
- ✘ Fig. no. 98 en la Sección de Moldes a uno de 32 ctms. de diámetro, Fig. No. 95 y a 7 moldes en forma de media luna,
- ✘ Fig. 70, engrasados y enharinados, se cuecen a horno suave,
- ✘ Ya cocidos se parten en 3 partes,
- ✘ Se rellenan de mermelada,
- ✘ El de 44 ctms. de diámetro se coloca en el centro de la table grand que ya tendrá las columnas forradas de pastillaje blanco,
- ✘ Alrededor se colocan las medias lunas procurando queden en las ondas de la table,
- ✘ Se cubre todo el pastel de mermelada y pasta “Oro” pintada de rosa,
- ✘ Se decora el costado con una guía de glass verde muy pálido con rositas y hojitas,
- ✘ En la union con la table se pone un cordon grueso de glass sacado por la duya No. 17.
- ✘ En el centro del pastel se coloca la table chica que ya tendrá las columnas forradas, éstas tienen que entrar hasta la table del pastel grande pegándose con glass;
- ✘ Sobre esta table se pone el pastel chico decorado con grupos de rositas rococo y de hojitas chicas;
- ✘ Adornos de glass blanco y los ramitos de flores chicas;
- ✘ Sobre este pastel se coloca la fantasia con la muñeca grande,
- ✘ En cada onda se coloca una muñeca chica y las otras 7 sobre el espejo,
- ✘ Entre cada muñeca se pone un ramo grande tanto en el espejo como en el pastel,
- ✘ Sobre el pastel se coloca la fuente chica y sobre el espejo la grande.

## MANERA DE FORRAR LAS COLUMNAS

- ✘ Con el azúcar “Oro”, se hace pastillaje,
- ✘ Se extiende lo más Delgado possible,
- ✘ Se cortan, tiras con ellas se forran las columnas que estarán ligeramente humedecidas con agua fría.

## Please consider a gift to support the Mexican Cookbook Collection

### Your Contribution helps:

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***¡Buen Provecho!***

## ACKNOWLEDGMENTS

UTSA's Mexican Cookbook Collection includes over 2,000 titles in English and Spanish documenting the variety and history of Mexican cuisine from 1789 to the present, with most books dating from 1940-2000. In addition to broad general coverage, the collection includes concentrations in the areas of regional cooking, healthy and vegetarian recipes, corporate advertising cookbooks, and manuscript recipe books.

The core of the collection consists of more than 500 books donated by San Antonio resident Laurie Gruenbeck in 2001. Gruenbeck acquired the cookbooks during her travels in Texas and Mexico over 30 years. The collection continues to grow through purchases and gifts.

Some of the work presented in “Recetas: Cocinando en los Tiempos del Coronavirus” includes work previously published in “La Cocina Histórica,” a retired blog produced by Rare Books Librarian Juli McLoone.

## SOURCES WORTH CONSULTING

La Cocina Histórica Blog

<https://lacocinahistorica.wordpress.com>

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