





**La
Costeña[®]**

Mexican Recipes Booklet

 **chenab[®]**
enriching the flavor of life™

J-1A, Ansa Industrial Estate, Saki Vihar Road, Sakinaka, Andheri (E), Mumbai - 400 072, INDIA

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Sole Representatives for **Conservas La Costeña S.A. De C.V.**



La Costeña

COCINAR

ES UNA LATA



La Costeña, a 100% Mexican firm which, over the years, has striven to preserve the flavors of Mexico's cuisine in each of its products, which are then lovingly prepared in millions of households. That is why we have produced this book to provide you with delicious recipes that will help you prepare an assortment of mouth-watering dishes.

Our products reflect this desire to do the best for our families, by providing simple, flavorful food, with La Costeña's trademark enthusiasm, enabling you to create a wide range of varieties and flavors.

La Costeña is pleased to present this cookbook based on its products; with a compilation by the author; Laura B. de Caraza Campos, of the finest traditional recipes. These time-saving recipes will allow you to spend more unforgettable moments with your families and friends, nourishing body and soul.

Thank you for allowing us into your homes, it is an honor to be with you, and we are grateful for your support over the past 85 years, which has enabled us to create a firm based on commitment, quality and dreams, with a touch of flavor; Our efforts are reflected in our dishes, with the help of our closest ally, La Costeña, renowned for its flavor...

BEAN AND RED WINE SOUP

SOPA DE FRIJOL Y VINO TINTO



BEAN AND RED WINE SOUP

SOPA DE FRIJOL Y VINO TINTO

1/3 stick butter (1 oz/30g)
1 7 oz (210 g) package **La Costena Fried Tomato Sauce Seasoned**
2 20 oz (560 g) cans **La Costena Whole Black Beans**
1 cup water
1 teaspoon powdered chicken stock
1 cup red wine

• Serve with
4 oz (120 g) Panela or Farmer's cheese, diced
30 red grapes, halved



Melt the butter in a heavy saucepan, add the **Fried Tomato Sauce** and fry for 3 minutes, Blend the **Whole Black Beans** with the water and stock and add the fried tomato, Simmer the soup for 3 minutes. Add the red wine and simmer for another 4 minutes. Add the cheese and grapes and serve,



SPLIT ROLLS WITH BEANS AND MELTED CHEESE

MOLLETES MAGGIE



SPLIT ROLLS WITH BEANS AND MELTED CHEESE

MOLLETES MAGGIE

- 8 bread rolls, split lengthwise
- 16 tablespoons olive oil
- 1 20 oz (580 g) can **La Costena Refried Black Beans**
- 17 oz (475 g) can **La Costena Homestyle Mexican Sauce**
- 4 oz (100 g) Gouda or Panela cheese, finely grated



*Heat a griddle or large saucepan on the stove. Spread one tablespoon olive oil on each half roll, place face downwards on the griddle and heat for a while. Remove from the stove, spread with hot **Refried Black Beans** and add the cheese. Place under the grill or in the oven for a few seconds for the cheese to melt, add one or two tablespoons **Mexican Sauce** to each and serve immediately.*



TORTILLA BOATS IN GOAT CHEESE

CHALUPAS DE QUESO DE CABRA



TORTILLA BOATS IN GOAT CHEESE

CHALUPAS DE QUESO DE CABRA

1 lb 10 oz (750 g) tortilla dough
5 oz (150 g) crumbled goat cheese
Com oil for frying

• For the filling

4 tablespoons olive oil
1 chopped onion
3 cloves garlic, peeled and chopped
12 oz (350 g) package **La Costena Diced Tomato**
1/2 **20 oz (560 g) can La Costena Whole Pinto Beans**, blended to a thick puree
1 chicken breast, cooked and shredded
1 romaine lettuce, washed and finely shredded, for garnish
2 oz (50 g) crumbled goat's cheese
2 or 3 **La Costena Chipotle Peppers in Adobo**, cut into strips



*Blend the tortilla dough with the 2 oz (50 g) goat cheese and salt to taste. Shape the dough into several oval croquettes and fry in the hot oil until golden-brown. Remove and drain on kitchen paper. Make an opening on one side, fill with the sauce and close up again. Garnish with the lettuce and finally the remaining goat cheese and a strip of **Pepper in Adobo**.*

***Filling** : Fry the onion and garlic in the olive oil until translucent, add the **Diced Tomato** and season well; add the **Pinto Beans** and fry until the mixture acquires the consistency of a thick puree. Add the chicken and mix well.*



NORTHERN-STYLE TACOS

CHALUPAS DE QUESO DE CABRA



NORTHERN-STYLE TACOS

CHALUPAS DE QUESO DE CABRA

1 2 wheat tortillas

1/2 20 oz (580 g) can **La Costena Refried Pinto Beans with Chorizo**

Oil for frying.

• *For the sauce*

1 12 oz (350 g) package **La Costena Fried Tomato Sauce**

6 tablespoons **La Costena Chipotle Salsa**

3/4 cup cream

• *For the garnish*

4 oz (120 g) Anejo cheese, shredded

2 Spanish chorizos, fried and crumbled

1 sliced avocado



Pre-heat the oven to 325F (175°C). Heat the tortillas on a griddle, lay some Refried Pinto Beans across the center and roll them up to make tacos. Heat some oil in a saucepan and when it is hot, fry the tacos there. Cover the base of an oven proof dish with the sauce and place the tacos on top. Pour over the rest of the sauce and sprinkle with the cheese. Bake for 20 minutes or until the sauce is piping hot. Remove from the oven and garnish with the fried chorizo and avocado slices.

Sauce Mix all the ingredients.



XALAPA-STYLE SHRIMP

CAMARONES XALAPENOS



XALAPA-STYLE SHRIMP

CAMARONES XALAPENOS

- 4 tablespoons olive oil
- 1 large onion, quartered
- 1 clove garlic, chopped
- 1 12-oz (350 g) package **La Costena Diced Tomato**
- 2 bay leaves, 2 sprigs thyme, 2 sprigs oregano
- 10 **La Costena Whole Olives**
- 1 cup white wine
- 4 oz (100 g) can **La Costena Green Pickled Sliced Jalapeno Peppers**
- 1 lb (1/2 kilo) large, unpeeled shrimp, washed and dried
- French's Salt with Pepper**, to taste



• *Serve with*

White rice

La Costena Refried Pinto Beans

Tortillas

*Heat the oil in a thick-bottomed saucepan, add the onion and garlic and fry until transparent. Add the **Diced Tomato**, herbs and olives and simmer for 5 minutes. Add the wine and **Green Pickled Sliced Jalapeno Peppers** and reduce for 3 minutes. Add the shrimp and cook for 4 to 6 minutes, depending on their size. Serve with white rice and **Refried Pinto Beans**.*



CHEESE AND GUAVA PASTE MOUSSE

ESPUMA DE GUAYABA Y QUESO



CHEESE AND GUAVA PASTE MOUSSE

ESPUMA DE GUAYABA Y QUESO

6 oz (180 g) packet cream cheese

10 oz (300 g) can. **La Costena Guava Paste**

1 1/2 cups water

4 sachets plain gelatin, dissolved in a glass of water

2 drops red vegetable coloring

1 cup whipping cream

• For the coulis

2 cups strawberries or raspberries

Sugar to taste.



*Blend the **Guava Paste** with the water place in a saucepan and bring to the simmering point Then add the gelatin and mix until completely dissolved. Remove from the stove and add the drops of color until the mixture is the color of pink guavas, Beat the cream cheese and add to the gelatin mixture. Set aside to cool. Beat the cream until thick and gradually incorporate into the guava and cheese mixture, Pour into a mold and refrigerate until set. Remove from the mold and decorate with a rose or as you wish. Serve with the coulis. The coulis Blend all the ingredients with a little water until a medium thick sauce is obtained.*



FISH WITH PARSLEY

PESCADO AL PEREJIL



FISH WITH PARSLEY

PESCADO AL PEREJIL

8 fish fillets weighing 3 1/2 oz (90 g) each

1 carrot, chopped

1 stick of celery, chopped

1/2 onion, sliced

1/4 leek, thickly sliced

French's Salt with Pepper, to taste

• For the sauce

1 cup tightly packed fresh parsley, washed and disinfected

1 clove garlic

1/2 cup peeled almonds (peel by placing in boiling water for 1 minute)

1 1/2 cups **La Costena Green Mexican Salsa**

1/4 cup good quality olive oil

1 teaspoon sugar

1 teaspoon crumbled chicken stock

7 oz (200 g) elbow pasta, cooked al dente

6 tablespoons olive oil

3 tablespoons **La Costena Apple Cider Vinegar**

1/2 teaspoon sugar

Salt and freshly ground pepper to taste



• For the salad

*The fish arrange the fillets side by side in a shallow dish with the vegetables, salt and pepper and water to cover for 15 minutes or until the fish can be easily separated with a meat fork. Drain and allow to cool. Place on a serving dish, pour over the sauce, garnish with the parsley and serve with the pasta salad. The sauce Blend the parsley, garlic, almonds, **Green Mexican Salsa**, sugar and consommé. Then gradually add the olive oil, without turning the blender off. Blend for a few more minutes and then serve.*



QUINCE ICE-CREAM

HELADO DE MEMBRILLO



QUINCE ICE-CREAM

HELADO DE MEMBRILLO

2 Quarts (2Liters)

- 1 1/2 cups milk
- 9 oz (250 g) can **La Costena Quince Paste**
- 2 cups whipping cream
- 1/4 cup sugar
- 4 beaten yolks
- 1/4 teaspoon vanilla extract

For decoration
Small cubes of **La Costena Quince Paste**



*Blend the milk and **Quince Paste**. Put the milk cream, sugar and yolks into a thick saucepan, mix well and place over a low flame. Stir continuously with a wire whisk until it thickens and covers the spoon. Allow to cool at room temperature and add the vanilla extract. Pour into an ice-cream machine and follow the manufacturer's instructions.*

*Note : If you like, you can substitute
La Costena Guava Paste for the Quince Paste.*





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