
Ingredient tip: Masa harina, the ground corn flour used to thicken Champurrado, is used to make corn tortillas and *masa* (dough) for tamales, and can also be used to thicken soups, stews, and chilies.

Camotes Enmielados

CANDIED YAMS

PREP TIME: 5 minutes * **MANUAL:** 25 minutes on high pressure * **RELEASE:** Natural * **TOTAL TIME:** 55 minutes * **SERVES:** 6 to 8

DAIRY-FREE
GLUTEN-FREE
VEGAN

This is a Mexican delicacy similar to candied yams. The *camotes* (sweet potatoes) simmer in water topped with cinnamon sticks, while the piloncillo cones melt atop them into a rich, thick cinnamon-infused syrup. Unlike candied yams, Camotes Enmielados aren't just for the holidays. They can be enjoyed year-round, eaten for breakfast with a tall glass of milk or as an after-dinner dessert. My favorite way to enjoy Camotes Enmielados is in a bowl with lots of the sticky-sweet syrup and a splash (or two) of ice-cold milk poured right on top.

2¼ pounds sweet potatoes, cut into 2-inch slices
2 (3-inch) cinnamon sticks
2 piloncillo cones (see Ingredient tip)

1. In the Instant Pot[®], combine the sweet potatoes and 2 cups water. Top with the cinnamon sticks and piloncillo cones.
2. Lock the lid into place and set the steam release valve to sealed. Select Manual and set the timer for 25 minutes on high.
3. When cooking is complete, allow the pressure to release naturally. Unlock and remove the lid. Serve immediately.

Ingredient tip: Piloncillo is unrefined cane sugar that is shaped into cones. You can find it in the produce section of your local Hispanic supermarket.

Capirotada

MEXICAN BREAD PUDDING

PREP TIME: 10 minutes * **SAUTÉ:** 8 minutes * **MANUAL:** 10 minutes on high pressure *
RELEASE: Quick * **TOTAL TIME:** 30 minutes * **SERVES:** 6 to 8

VEGETARIAN

Another memorable sweet treat from my childhood is Capirotada, a sweet and simple Mexican bread pudding made with layers of golden-fried bolillo roll slices, raisins, and queso fresco in a piloncillo-and-cinnamon–infused syrup. Traditionally, Capirotada is served during the Catholic celebration of Cuaresma (Lent), as all of the ingredients are representative of the crucifixion. The bread symbolizes the body of Christ, the syrup His blood, the cloves are the nails of the cross, and the cheese is the shroud that covered Christ’s body. Capirotada is also popular during the holiday season, although I could eat this scrumptious dessert all year long.

2 piloncillo cones (see [Ingredient tip](#))
2 (3-inch) cinnamon sticks
4 whole cloves
4 tablespoons vegetable oil, divided
4 day-old bolillo rolls, cut into 1-inch slices
1 cup peanuts, divided
½ cup raisins, divided
1½ cups crumbled queso fresco, divided

1. In a medium saucepan, combine the piloncillo cones, cinnamon sticks, cloves, and 2 cups of water. Bring to a boil over high heat; cover and reduce the heat to low. Simmer, stirring occasionally, until the piloncillo cones dissolve completely. Remove from the heat.
2. Set the Instant Pot® to Sauté and adjust to More for high. Heat 2 tablespoons of vegetable oil in the pot. Working in two or three batches, fry the bolillo roll slices for 2 to 3 minutes, flipping once, until light golden brown on both sides. Repeat until all the bread slices are evenly

golden, adding the remaining 2 tablespoons of vegetable oil as needed.

3. In the Instant Pot[®], layer half of the toasted bolillo slices. Top with half each of the piloncillo syrup, peanuts, raisins, and queso fresco. Repeat the layering one more time.
4. Lock the lid into place and set the steam release valve to sealed. Select Manual and set the timer for 10 minutes on high.
5. When cooking is complete, quick release the pressure. Unlock and remove the lid. Serve immediately.

Option tip: With just a few additions to the layers of bolillo slices and raisins, you can create fun and tasty versions of Capirotada. For a banana-nut Capirotada, add 3 sliced bananas and 1 cup pecan halves; drizzle with Mexican *cajeta* (caramel sauce) before serving. Or, for an apple pie Capirotada, add in 3 thinly sliced Granny Smith apples and substitute Cheddar cheese for the queso fresco; drizzle with maple syrup before serving.

Capirotada de Leche

MEXICAN BREAD PUDDING WITH MILK

PREP TIME: 10 minutes * **RELEASE:** Natural * **MANUAL:** 15 minutes on high pressure * **TOTAL TIME:** 45 minutes * **SERVES:** 4 to 6

KID-FRIENDLY

VEGETARIAN

Another popular bread pudding in Mexico is Capirotada de Leche. This is a milk-based bread pudding made with Mexican pan dulce in a simple custard. Kids love it because it's made with *conchas*—soft, billowy Mexican pastries with a colorful sugar topping—then topped with brightly colored sprinkles and a drizzle of sweetened condensed milk for added sweetness. You'll love how quickly and easily this dessert comes together.

4 large eggs
3 cups whole milk
½ cup sugar
1 teaspoon vanilla extract
Nonstick cooking spray
4 Mexican *conchas* (1 pink, 1 yellow, 1 white, and 1 chocolate)
4 tablespoons colored sprinkles
Sweetened condensed milk, for serving (optional)

1. In a blender, purée the eggs, milk, sugar, and vanilla until smooth.
2. Spray the inside of the Instant Pot® with cooking spray. Layer in half each of the *conchas*, custard purée, and sprinkles. Repeat the layers one more time.
3. Lock the lid into place and set the steam release valve to sealed. Select Manual and set the timer for 15 minutes on high.
4. When cooking is complete, allow the pressure to release naturally. Unlock and remove the lid.
5. Serve immediately, drizzled with sweetened condensed milk (if

desired).

Option tip: Transform this dessert into a rich, buttery, chocolaty dream by substituting croissants for the *conchas*, omitting the colored sprinkles, and adding 1½ cups of dark chocolate chips to the layers.



GUACAMOLE

CHAPTER 9

Sides & Staples

TORTILLAS DE MAÍZ Corn Tortillas

MASA HARINA CORNBREAD

ROASTED POBLANO PEPPERS

PICO DE GALLO VERDE

NOPALES

GUACAMOLE

SALSA DE PEPINO Cucumber Salsa

PICKLED RED ONIONS

FRUITY AGUA FRESCA

Tortillas de Maíz

CORN TORTILLAS

PREP TIME: 5 minutes * **COOK TIME:** 25 minutes * **TOTAL TIME:** 30 minutes * **MAKES:** 12 tortillas

30 MINS OR LESS

DAIRY-FREE

GLUTEN-FREE

VEGAN

Like in my previous cookbook, many of the recipes included throughout this book can be served as fillings for tacos. But to make tacos, tortillas are a must. And what better way to host an authentic Mexican feast than with homemade corn tortillas? All you need is a little masa harina! Masa harina is a finely ground corn flour made from nixtamalized corn, and it's used to make dough for tortillas, tamales, *sopes*, and *gorditas*. Depending on how many tortillas you need, this recipe can be easily doubled or tripled.

2 cups masa harina (I use Maseca brand)

¼ teaspoon coarse salt

1¼ cups plus 2 tablespoons warm water or chicken broth

1. Heat a comal or griddle over medium heat. In a medium bowl, mix together the masa harina, salt, and 1¼ cups of warm water until the dough comes together and is smooth. If the dough is too dry or crumbly, stir in more water, 1 tablespoon at a time, until it is the desired consistency.
2. Divide the dough into 12 (1½-inch) balls. Using a tortilla press lined with plastic wrap or parchment paper, flatten each ball of dough into a 6-inch circle. If you do not own a tortilla press, place a ball of masa between two pieces of plastic wrap or parchment paper, then flatten with a large, heavy plate.
3. Cook each tortilla on the comal or griddle for 45 to 60 seconds per side,

or until cooked through and starting to fill with air. As each tortilla finishes cooking, remove from the heat, transfer to a plate, and keep warm by covering with a clean kitchen towel. Repeat with the remaining masa to make a total of 12 tortillas.

Option tip: Save a few minutes in the kitchen by using a 1-pound bag of ready-made tortilla masa from your local Hispanic supermarket. Store in a plastic zip-top bag, keep refrigerated, and use as needed.

Masa Harina Cornbread

PREP TIME: 5 minutes * **COOK TIME:** 25 minutes * **TOTAL TIME:** 30 minutes * **SERVES:** 8

30 MINS OR LESS
VEGETARIAN

I don't know about you, but whenever I think about the chili recipes in this cookbook, I get a craving for homemade cornbread. While living in Mexico, I did not have access to cornmeal, but sometimes I still craved the buttery goodness of cornbread, so I found a way to recreate a childhood favorite using ingredients I had in my pantry. And that is how this masa harina cornbread was born.

1 cup masa harina (I use Maseca brand)
1 cup all-purpose flour
2 tablespoons sugar
1 teaspoon coarse salt
1 teaspoon baking powder
½ teaspoon baking soda
1 cup buttermilk
2 large eggs
2 tablespoons vegetable oil
4 tablespoons (1 stick) butter, divided

1. Preheat the oven to 350°F.
2. In a mixing bowl, combine the masa harina, flour, sugar, salt, baking powder, and baking soda. Stir in the buttermilk, eggs, and vegetable oil until well combined; set aside.
3. Melt 3 tablespoons of butter in an 8-inch ovenproof or cast iron skillet over low heat. Remove from the heat and pour in the batter. (Do not stir!)
4. Bake the cornbread at 350°F for 20 to 25 minutes, or until light golden brown and a toothpick inserted in the center comes out clean. Remove from the oven and spread the remaining 1 tablespoon of butter on top of the cornbread. Enjoy!

Option tip: Add more flavor to your cornbread by stirring in any (or all) of the following ingredients: a small can of roasted green chiles; a small can of drained golden corn kernels; 1 cup finely chopped deli ham; and/or 1½ cups shredded Cheddar or Colby Jack cheese.

Roasted Poblano Peppers

PREP TIME: 5 minutes * **COOK TIME:** 15 minutes * **TOTAL TIME:** 20 minutes * **SERVES:** 6 to 8

30 MINS OR LESS

DAIRY-FREE

GLUTEN-FREE

VEGAN

These roasted peppers are the base of dishes like **Tacos de Rajas con Crema**, but they can also be stirred into various soups and stews for added flavor. Poblano peppers are large dark-green chiles not really known for packing a lot of heat, but sometimes you might encounter a spicy one. The easiest way to roast poblano peppers is over an open flame on the stove top, but if you have an electric stove, you can roast them on a comal or nonstick skillet.

8 poblano peppers

1. Roast the peppers, two at a time, over an open flame on high heat, turning occasionally, until completely charred all over.
2. Place the roasted peppers in a plastic bag and wrap tightly. Let sit for about 10 minutes. (This allows the chiles to sweat, making it much easier to remove the charred skin.)
3. Using a butter knife, scrape off and discard the charred skin. Remove the stems and seeds from the chiles. Cut the chiles into thin slices. Refrigerate in an airtight container until ready to use.

Technique tip: It's important to remember to wear plastic or latex gloves when working with raw chiles to prevent a burning sensation on your hands. Should your skin come in direct contact with the roasted chiles or seeds, simply wash your hands with a little dish soap and baking soda to form a paste. Let the paste dry for one minute before rinsing off.

Pico de Gallo Verde

PREP TIME: 15 minutes, plus 1 hour to chill * **MAKES:** 1½ cups

KID-FRIENDLY

DAIRY-FREE

GLUTEN-FREE

VEGAN

Everyone knows and loves pico de gallo, that delicious Mexican salsa made with fresh ingredients in the colors of the Mexican flag. But did you know that there is more than one way to enjoy it? One of my favorite versions of this Mexican classic is Pico de Gallo Verde, made with tomatillos, serrano chiles, red onion, cilantro, and lime juice. Serve this salsa with grilled meats, over nachos, or with a never-ending basket of tortilla chips for dipping.

1 pound tomatillos, husks removed, finely chopped
½ medium red onion, finely chopped
3 serrano chiles, finely chopped
¼ cup finely chopped fresh cilantro
Juice of 2 limes
Coarse salt

1. In a medium bowl, mix together the tomatillos, onion, chiles, and cilantro. Add the lime juice. Season with salt.
2. Cover with plastic wrap and refrigerate for at least 1 hour before serving.

Substitution tip: If spicy foods are not your friend, substitute 1 seeded Anaheim chile for the serrano chiles. You'll get the all the flavor of a green chile without the heat.

Nopales

PREP TIME: 5 minutes * **COOK TIME:** 15 minutes * **TOTAL TIME:** 20 minutes * **SERVES:** 4 to 6

30 MINS OR LESS

DAIRY-FREE

GLUTEN-FREE

VEGAN

Nopales, which are the leaves (a.k.a. cactus paddles) of the prickly pear cactus, are a staple ingredient in Mexican cuisine. Loaded with vitamins and minerals, nopales can be boiled, grilled, or even sautéed, which is my preferred method, as it eliminates the viscous liquid known in Spanish as *babas* (slime). Nopales can be enjoyed on their own, as part of a refreshing salad, or stirred into your favorite soups and stews.

1 pound nopales, thorns removed and thinly sliced
¼ medium white onion, thinly sliced
2 or 3 cilantro sprigs
Coarse salt

1. In a medium nonstick skillet, combine the nopales, onion, and cilantro. Season lightly with coarse salt. (Do not add water or oil.)
2. Sauté over medium heat until the nopales start to release their natural liquid.
3. Cover the skillet and reduce the heat to low. Let the nopales simmer, stirring occasionally, for 10 to 12 minutes, or until completely cooked through and all the liquid has evaporated.
4. Serve the nopales immediately or let cool slightly.

Ingredient tip: Fresh cactus paddles are easy to find at your local Hispanic supermarket and can be bought already cleaned (thorns removed), as well as sliced or chopped. When buying whole cactus paddles, search

for small to medium-size nopales, as the larger ones can be tougher and take longer to cook.

Guacamole

MAKES: 2 cups * PREP TIME: 15 minutes

30 MINS OR LESS

KID-FRIENDLY

GLUTEN-FREE

VEGETARIAN

Nobody can resist a bowlful of guacamole, especially if there are tortilla chips nearby for dipping! Sure, you can buy the store-bought stuff, but nothing else really compares to the flavor of homemade guacamole. And your friends or guests will be super impressed with your knowledge of Mexican cuisine when they see you making guacamole from scratch.

3 ripe avocados, halved and pitted
2 Roma tomatoes, seeded and finely chopped
¼ medium red onion, finely chopped
1 to 2 serrano chiles, finely chopped
¼ cup finely chopped fresh cilantro
¼ cup Mexican crema or sour cream (optional)
Coarse salt

1. Scoop out the flesh of the avocados into a medium bowl. Lightly mash with a potato masher or fork.
2. Stir in the tomatoes, onion, chiles, cilantro, and Mexican crema (if using). Season with salt.
3. Cover the guacamole tightly with plastic wrap. Refrigerate until ready to serve.

Ingredient tip: Exposure to air (oxygen) is what causes guacamole to brown. To prevent this from happening, always keep guacamole wrapped tightly with plastic. If the guacamole starts to brown, just scrape off the darkened part with a spoon.

Salsa de Pepino

CUCUMBER SALSA

PREP TIME: 10 minutes * **MAKES:** 2½ to 3 cups

30 MINS OR LESS

DAIRY-FREE

GLUTEN-FREE

VEGAN

This refreshing cucumber salsa was a new discovery for me upon moving to Mexico. It is often served as a garnish for traditional pork pozole. Made with finely chopped fresh cucumber, red onion, cilantro, and lime juice, the base of this recipe is made with my favorite [Classic Tomatillo and Árbol Chile Salsa](#). This salsa is good for more than just stirring into pozole. It's delicious served atop ceviche tostadas or grilled meats, or with tortillas chips.

1 medium cucumber, peeled, seeded, and finely chopped
½ medium red onion, finely chopped
¼ cup finely chopped fresh cilantro
Juice of 2 limes
Coarse salt
1½ cups [Classic Tomatillo and Árbol Chile Salsa](#)

1. In a medium bowl, combine the cucumber, red onion, and cilantro. Add the lime juice. Season with salt.
2. Stir in the salsa and mix well. Cover and refrigerate until ready to serve.

Option tip: A fun way to turn this salsa into a spicy appetizer is to stir in 1 pound of cooked and cooled shrimp that has already been peeled and deveined. Spoon onto tostada shells and garnish with slices of avocado.

Pickled Red Onions

PREP TIME: 5 minutes, plus 2 hours to rest * **MAKES:** 2 cups

DAIRY-FREE
GLUTEN-FREE
VEGAN

At the risk of repeating recipes from my taco cookbook, one recipe worth also including in this book are these pickled red onions. They are the perfect garnish to so many recipes, including the **Mole Pulled Pork Sliders**. This recipe couldn't be easier, and I'm sure you'll agree that it really was worthy of being repeated.

2 medium red onions, thinly sliced
2 to 3 serrano chiles, finely chopped
Coarse salt
Juice of 6 limes

1. In a medium bowl, combine the red onions and serrano chiles. Season with salt.
2. Add the lime juice and mix well. Cover tightly and refrigerate for at least 2 hours before serving. The onions will turn a bright-pink color when pickled.

Substitution tip: Increase the heat by substituting habaneros for the serrano chiles.

Fruity Agua Fresca

PREP TIME: 10 minutes * SERVES: 12 to 16

30 MINS OR LESS

KID-FRIENDLY

DAIRY-FREE

GLUTEN-FREE

VEGAN

No Mexican-inspired feast would be complete without a few pitchers of ice-cold Fruity Agua Fresca. Made with fresh fruit, water, and sugar, you can enjoy a refreshing glass of Agua Fresca with whatever fruit is in season. Some of my favorite fruits to use are strawberries, pineapple, watermelon, cantaloupe, bananas, papaya, mangos, and guavas, just to name a few.

6 cups fresh fruit, peeled if necessary
¾ to 1 cup sugar

1. In a blender, purée the fruit with 6 cups of water until smooth, working in batches if necessary.
2. Strain the fruit purée into a 4-quart (1-gallon) pitcher. Sweeten with the sugar to taste. Pour in enough water to fill the pitcher. Chill in the refrigerator until ready to serve.
3. Serve over ice.

Option tip: Transform your Agua Fresca into a fruity colada by omitting the sugar and stirring in a 14-ounce can of sweetened condensed milk. Your fruity coladas can be made into a quick and easy grown-up cocktail by adding a shot of tequila, rum, or vodka to each glass before serving.

“No Mexican-inspired feast
would be complete
without a few pitchers of
ice-cold Fruity Agua
Fresca.”



Instant Pot® Cooking Time Charts

Grains

To prevent foaming, it's best to rinse these grains thoroughly before cooking, or include a small amount of butter or oil with the cooking liquid.

	Liquid per 1 Cup of Grains	Minutes under Pressure	Pressure	Release
Arborio (or other medium-grain) rice	1½ cups	6	High	Quick
Barley, pearled	2½ cups	10	High	Natural
Brown rice, medium-grain	1½ cups	6–8	High	Natural
Brown rice, long-grain	1½ cups	13	High	Natural for 10 minutes, then quick
Buckwheat	1¾ cups	2–4	High	Natural
Farro, pearled	2 cups	6–8	High	Natural
Farro, whole-grain	3 cups	22–24	High	Natural
Oats, rolled	3 cups	3–4	High	Quick
Oats, steel-cut	4 cups	12	High	Natural
Quinoa	2 cups	2	High	Quick
Wheat berries	2 cups	30	High	Natural for 10 minutes, then quick
White rice, long-grain	1½ cups	3	High	Quick
Wild rice	2½ cups	18–20	High	Natural

Beans and Legumes

When cooking beans, if you have a pound or more, it's best to use low pressure and increase the cooking time by a minute or two (with larger amounts, there's more chance for foaming at high pressure). If you have less than a pound, high pressure is fine. A little oil in the cooking liquid will reduce foaming.

Unless a shorter release time is indicated, let the pressure release naturally for at least 15 minutes, after which any remaining pressure can be quick-

released.

	Minutes under Pressure (Unsoaked)	Minutes under Pressure (Soaked in salted water)	Pressure	Release
Black beans	22	10	High	Natural
	25	12	Low	
Black-eyed peas	12	5	High	Natural for 8 minutes, then quick
	15	7	Low	
Cannellini beans	25	8	High	Natural
	28	10	Low	
Chickpeas (garbanzo beans)	18	3	High	Natural for 3 minutes, then quick
	20	4	Low	
Kidney beans	25	8	High	Natural
	28	10	Low	
Lentils	10	not recommended	High	Quick
Lima beans	15	4	High	Natural for 5 minutes, then quick
	18	5	Low	
Navy beans	18	8	High	Natural
	20	10	Low	
Pinto beans	25	10	High	Natural
	28	12	Low	
Split peas (unsoaked)	5 (firm peas) to 8 (soft peas)	not recommended	High	Natural
Soy beans, fresh (edamame)	1	not recommended	High	Quick
Soybeans, dried	25	12	High	Natural
	28	14	Low	

Meat

Except when noted, these times are for braised meats—that is, meats that are seared before pressure cooking and partially submerged in liquid.

	Minutes under Pressure	Pressure	Release
Beef, bone-in short ribs	40	High	Natural
Beef, flat iron steak, cut into ½" strips	1	Low	Quick
Beef, sirloin steak, cut into ½" strips	1	Low	Quick
Beef, shoulder (chuck) roast (2 lb)	35	High	Natural
Beef, shoulder (chuck), 2" chunks	20	High	Natural for 10 minutes
Lamb, shanks	35–40	High	Natural
Lamb, shoulder, 2" chunks	15–20	High	Natural
Pork, shoulder roast (2 lb)	25	High	Natural
Pork, shoulder, 2" chunks	20	High	Natural
Pork, back ribs (steamed)	30	High	Quick
Pork, spare ribs (steamed)	20	High	Quick
Pork, smoked sausage, ½" slices	20	High	Quick
Pork, tenderloin	4	Low	Quick

Poultry

Except when noted, these times are for braised poultry—that is, partially submerged in liquid.

	Minutes under Pressure	Pressure	Release
Chicken breast, bone-in (steamed)	8	Low	Natural for 5 minutes
Chicken breast, boneless (steamed)	5	Low	Natural for 8 minutes
Chicken thigh, bone-in	15	High	Natural for 10 minutes
Chicken thigh, boneless	8	High	Natural for 10 minutes
Chicken thigh, boneless, 1"–2" pieces	5	High	Quick
Chicken, whole (seared on all sides)	12–14	Low	Natural for 8 minutes
Duck quarters, bone-in	35	High	Quick
Turkey breast, tenderloin (12 oz) (steamed)	5	Low	Natural for 8 minutes
Turkey thigh, bone-in	30	High	Natural

Fish and Seafood

All times are for steamed fish and shellfish.

	Minutes under Pressure	Pressure	Release
Clams	2	High	Quick
Halibut, fresh (1" thick)	3	High	Quick
Mussels	1	High	Quick
Salmon, fresh (1" thick)	5	Low	Quick
Shrimp, large, frozen	1	Low	Quick
Tilapia or cod, fresh	1	Low	Quick
Tilapia or cod, frozen	3	Low	Quick

Vegetables

The cooking method for all the following vegetables is steaming; if the vegetables are cooked in liquid, the times may vary. Green vegetables will be tender-crisp; root vegetables will be soft.

	Prep	Minutes under Pressure	Pressure	Release
Acorn squash	Halved	9	High	Quick
Artichokes, large	Whole	15	High	Quick
Beets	Quartered if large; halved if small	9	High	Natural
Broccoli	Cut into florets	1	Low	Quick
Brussels sprouts	Halved	2	High	Quick
Butternut squash	Peeled, ½" chunks	8	High	Quick
Cabbage	Sliced	5	High	Quick
Carrots	½"–1" slices	2	High	Quick
Cauliflower	Cut into florets	1	Low	Quick
Cauliflower	Whole	6	High	Quick
Green beans	Cut in half or thirds	1	Low	Quick
Potatoes, large, russet (for mashing)	Quartered	8	High	Natural for 8 minutes, then quick

Potatoes, red	Whole if less than 1½" across, halved if larger	4	High	Quick
Spaghetti squash	Halved lengthwise	7	High	Quick
Sweet potatoes	Halved lengthwise	8	High	Natural

Measurement Conversions

Volume Equivalents (Liquid)

Standard	US Standard (ounces)	Metric (approximate)
2 tablespoons	1 fl. oz.	30 mL
¼ cup	2 fl. oz.	60 mL
½ cup	4 fl. oz.	120 mL
1 cup	8 fl. oz.	240 mL
1½ cups	12 fl. oz.	355 mL
2 cups or 1 pint	16 fl. oz.	475 mL
4 cups or 1 quart	32 fl. oz.	1 L
1 gallon	128 fl. oz.	4 L

Volume Equivalents (Dry)

Standard	Metric (approximate)
$\frac{1}{8}$ teaspoon	0.5 mL
$\frac{1}{4}$ teaspoon	1 mL
$\frac{1}{2}$ teaspoon	2 mL
$\frac{3}{4}$ teaspoon	4 mL
1 teaspoon	5 mL
1 tablespoon	15 mL
$\frac{1}{4}$ cup	59 mL
$\frac{1}{3}$ cup	79 mL
$\frac{1}{2}$ cup	118 mL
$\frac{2}{3}$ cup	156 mL
$\frac{3}{4}$ cup	177 mL
1 cup	235 mL
2 cups or 1 pint	475 mL
3 cups	700 mL
4 cups or 1 quart	1 L

Oven Temperatures

Fahrenheit (F)	Celsius (C) (approximate)
250°F	120°C
300°F	150°C
325°F	165°C
350°F	180°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C

Weight Equivalents

Standard	Metric (approximate)
½ ounce	15 g
1 ounce	30 g
2 ounces	60 g
4 ounces	115 g
8 ounces	225 g
12 ounces	340 g
16 ounces or 1 pound	455 g

The Dirty Dozen and the Clean Fifteen™

A nonprofit environmental watchdog organization called Environmental Working Group (EWG) looks at data supplied by the U.S. Department of Agriculture (USDA) and the Food and Drug Administration (FDA) about pesticide residues. Each year it compiles a list of the best and worst pesticide loads found in commercial crops. You can use these lists to decide which fruits and vegetables to buy organic to minimize your exposure to pesticides and which produce is considered safe enough to buy conventionally. This does not mean they are pesticide-free, though, so wash these fruits and vegetables thoroughly.

Dirty Dozen

apples

celery

cherries

grapes

nectarines

peaches

pears

potatoes

spinach

strawberries

sweet bell peppers

tomatoes

*Additionally, nearly three-quarters of hot pepper samples contained pesticide residues

Clean Fifteen

asparagus

avocados

broccoli

cabbages
cantaloupes
cauliflower
eggplants
honeydew melons
kiwis
mangoes
onions
papayas
pineapples
sweet corn
sweet peas (frozen)

ABOUT THE AUTHOR

LESLIE HARRIS DE LIMÓN is the creator behind *La Cocina de Leslie* and author of *Taquería Tacos*. She was born and raised in Southern California, but lived in Mexico for 17 years. Having been raised around the foods her grandparents grew up eating in the Mexican states of Sonora and Chihuahua, she thought she knew just about everything there was to know about Mexican food. But it wasn't until she moved to Mexico that she learned that not all Mexican food is the same and that it varies from state to state and sometimes even region to region. Her blog is more than just about Mexican food, it's a celebration of the rich culture and traditions of Mexico and her way of sharing memorable moments spent in la cocina with family and friends.