

Mr. Natural Mexican Thanksgiving
ATX Vegans + Wheatsville Cooking Class

Buñuelos:

120 grams all purpose flour (1 cup)
pinch of salt
pinch of orange zest
2 oz coconut oil
2 oz of water (or until needed to form a dough)
oil for frying
pinch of fresh ground cinnamon
pinch of nutmeg
1/2 cup of raw sugar

in a bowl, mix flour, salt, orange zest and coconut oil to reach a texture of wet sand. gradually add water little by little until a dough forms. be careful to watch if your mix needs more or less water during this process. Once dough is created, kneed for approximately 5-10 minutes. form into small 1 oz balls. in a lightly dusted area, start to stretch dough in circles. think very thin tortillas. set aside and let air dry.

on a plate, mix sugar, cinnamon and nutmeg for coating of buñuelos

In a pan, heat oil to 350 degrees and begin to fry dough until golden brown on each side.

While still warm, sprinkle sugar mix over buñuelos on both sides. Enjoy with hot chocolate or by its self.

Ponche:

1 gallon of water
2 cups of tejocotes
2 cups of guava
2 cups of sugar cane sticks
2 golden apples
1/4 cup of raisins
2 tamarinds (or 2 oz hibiscus)
2 oz of cinnamon sticks
5-6 cloves
piloncillo to taste

In a large pot, pour water, quartered tejocotes, quartered guava, cane sticks, diced apples, raisins, peeled tamarinds (or hibiscus flower), cinnamon sticks, cloves and piloncillo. Place on heat and boil. Once boiling, simmer for another 30-45 min. serve with or without fruit in a mug.

Espagueti Verde:

3 poblano peppers
1/2 cup of fresh spinach leaves
1 cup raw almonds (soaked overnight)

2 oz almond milk (unsweetened)
2 oz. canola oil
1 garlic clove
1 Tbsp cilantro
1 Tbsp lemon juice
1 cup h2o
salt to taste
peper to taste
1 lb. spaghetti

Roast poblano peppers, sweat and peel. cut and remove seeds from poblano pepper. In a blender, add soaked almonds, almond milk, oil, clove, cilantro, lemon juice, and water. Add salt and pepper to taste.
In a large sauce pan, heat poblano verde sauce until it thickens.
In a large pot, boil water and add salt to cook spaghetti. Once water is boiling, add pasta and cook until al dente. drain pasta when done and add to the sauce pan with poblano verde sauce.
top with desired vegan cheese or cashew parmesan