

# COOKING CLASSES



METATE

#jardinurbano

Recipes & Sub-Recipes



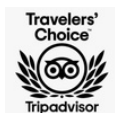
MICHELIN  
2024



## A culinary journey through Mexico.

Metate Cabo: where tradition meets innovation, Our Bib Gourmand recognition is a testament to our commitment to culinary excellence. Using ancestral techniques and the finest local ingredients, we create dishes that are both a celebration of Mexico's rich history and an expression of our passion for cooking. Every bite is designed to make you experience the magic of Cabo San Lucas.

Therefore, we proudly proclaim ourselves the best Mexican restaurant in Cabo San Lucas



# ABOUT US



# DRINK'S



# Flor Silvestre/Wild Flower

Portion: glass 6-8oz



## INGREDIENTS

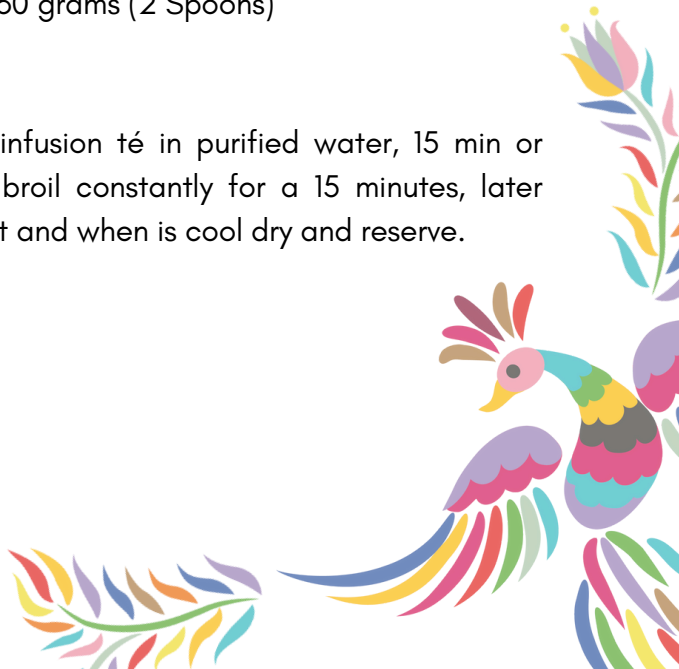
- Welcome Drink-
- Infusion Hibiscus 1.5oz
- Pineapple Juice 1oz
- Lemon Juice 1oz
- Mezcal 2oz
- Ice in Cubes 4oz

### 1.1 Infusion Hibiscus Portion: 1Lt

- Hibiscus deshidrated flowers 200 grs
- Cinnamon 7 grams
- Brown Sugar 30 grams (2 Spoons)

## INSTRUCTIONS

Broil all this like infusion té in purified water, 15 min or when the water broil constantly for a 15 minutes, later take off to the hot and when is cool dry and reserve.



# Mula Metatera

Portion: glass 6-8oz



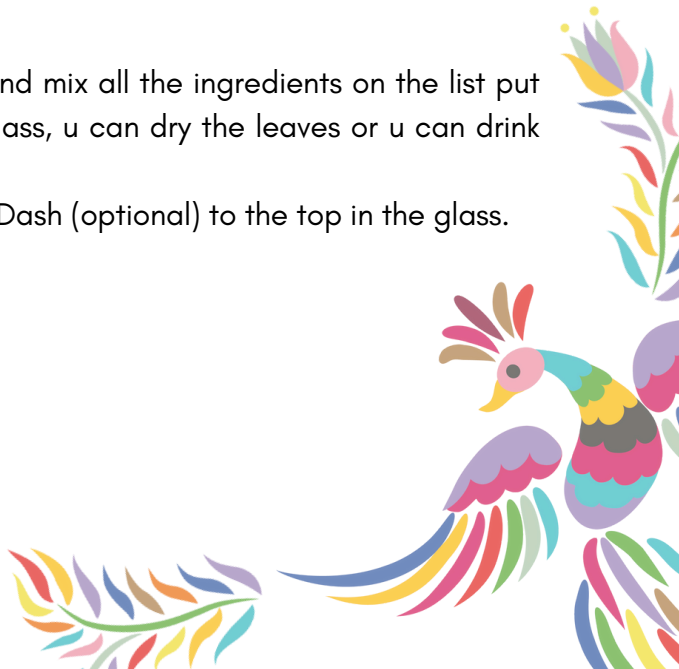
## INGREDIENTS

- Cocktail Preparation Class-
- Basil Leaf 15 grs
- Mint Leaf 15 grs. Macerate this principal -Ginger Fresh 6 grs 3 ingredients first.
- Mezcal 2oz
- Lemon Juice 1/2oz
- Natural Syrup 1/2oz
- Ice in Cubes 4oz for Shake and coolest

## INSTRUCTIONS

When u Shaked and mix all the ingredients on the list put in your cocktail glass, u can dry the leaves or u can drink exactly like that.

-Mineral Water a Dash (optional) to the top in the glass.



# Mula Metatera

Portion: glass 6-8oz



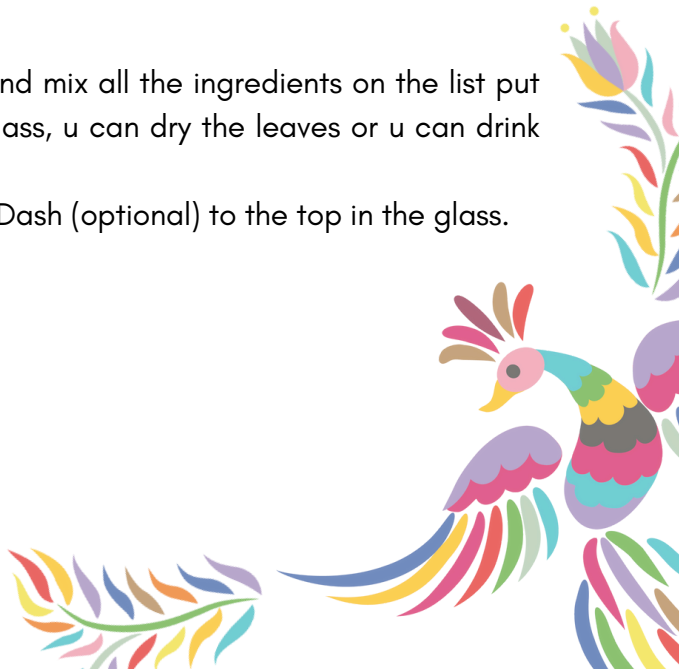
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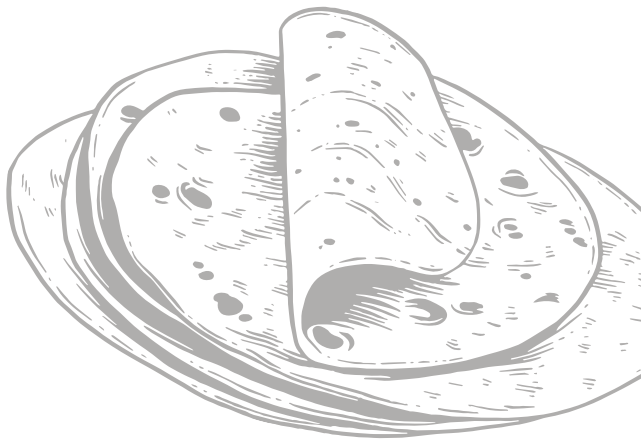
When u Shaked and mix all the ingredients on the list put in your cocktail glass, u can dry the leaves or u can drink exactly like that.

-Mineral Water a Dash (optional) to the top in the glass.





# FOOD





# Ceviche Preparation

Portion: 2/4 tostadas

## A few history for the Ceviche.

Ceviche/ Cebiche/ Sebiche/ Seviche

Peruvian Gastronomy • Cultural Patrimony of the Nation  
(Coast Latin America Countries of the Pacific Ocean)

Significant Word Quechua: Fresh Fish, Raw Fish cook in a citrus dressing

## INGREDIENTS

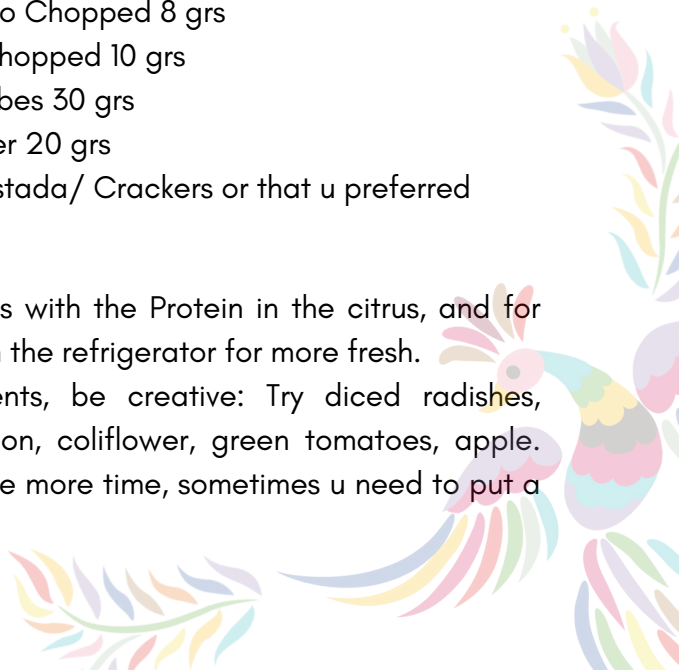
- Raw Fish/Shrimp cut in cubes 80 grs
- Fresh Lime Juice 40 ml
- Cook the protein in the lemon directly approximately 8-10 min
- Red Onion Chopped 10 grs
- Cucumber Chopped without seeds 15 grs
- Red Tomato Chopped without seeds 30 grs
- Serrano Pepper Chopped fine 8 grs
- -Fresh Cilantro Chopped 8 grs
- -Fresh Mint Chopped 10 grs
- -Avocado Cubes 30 grs
- -Salt & Pepper 20 grs
- -Totopos/ Tostada/ Crackers or that u preferred

## INSTRUCTIONS

Mix all ingredients with the Protein in the citrus, and for last if u can put in the refrigerator for more fresh.

Replace ingredients, be creative: Try diced radishes, jicama, watermelon, coliflower, green tomatoes, apple.

For last tasted one more time, sometimes u need to put a little more salt.





# Homemade Corn Tortillas

Portion: 1 tortilla

## A few history Corn tortillas Masa

Nixtamalization: is the process by which corn is cooked with water and quicklime, to obtain nixtamal which, after grinding, gives rise to the nixtamalized dough used for making tortillas.

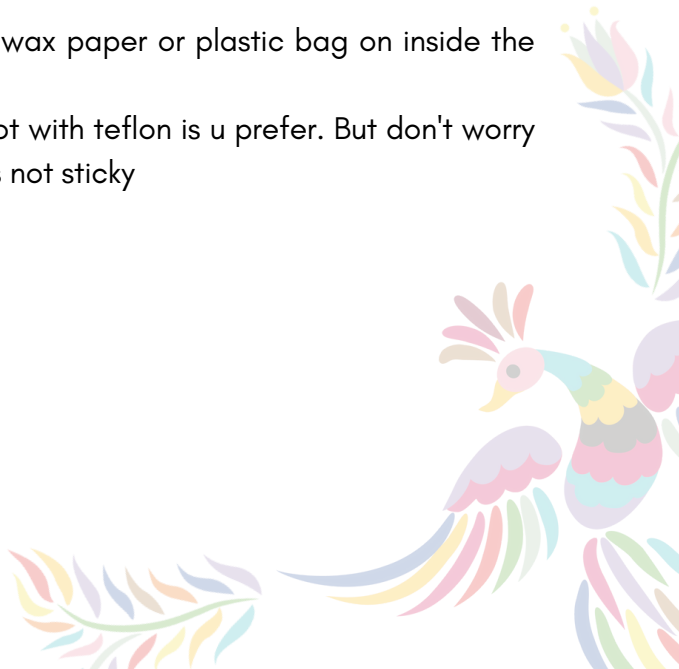
## INGREDIENTS

- Metate: Volcanic Stone that was used in the past for granulated the cooking corn later of the Nixtamalización process.

## INSTRUCTIONS

Tortilla Press with wax paper or plastic bag on inside the press.

Mexican Comal hot with teflon is u prefer. But don't worry the corn tortillas is not sticky





# Fried Corn Quesadilla

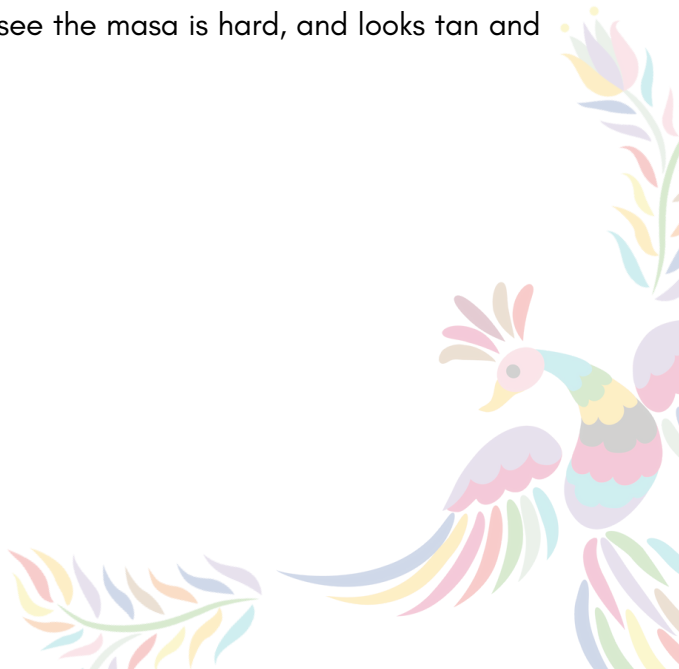
with Mexican stuffed Portion: 1 Quesadilla

## INGREDIENTS

- Masa Tortillas Blue/ Yellow use the one you like 30 grs or the golf size ball.
- Tortilla Press with wax paper or plastic bag for don't stick
- Mexican Stuffed mixed with Oaxaca Cheese 5grs and 1 small Epazote leave 30 grs for 1 portion
- Canola Oil in a cooking pot with a temperature 250°C

## INSTRUCTIONS

Put the quesadilla with the oil at the temperature approx 5 min, or when u see the masa is hard, and looks tan and crispy.





# Mexican Stuffed Huitlacoche

Portion: 2-4 portions for quesadillas  
(empanadas only corn)

## INGREDIENTS

U can use mushrooms, squash blossom, pork press, huitlacoche or only cheese

- Can or Natural Huitlacoche 110grs
- White Onion Chopped bronoise 30grs
- Garlic Chopped bronoise 10grs
- Canola Oil 2 Spoon
- Salt & Pepper 10 grs





# Mexican Traditional Flan

Portion: 6-8 portions of 150 ml aprox  
individuals or container x 22 cm



40-45 minutes in oven at 200°C

## INGREDIENTS

### Caramel

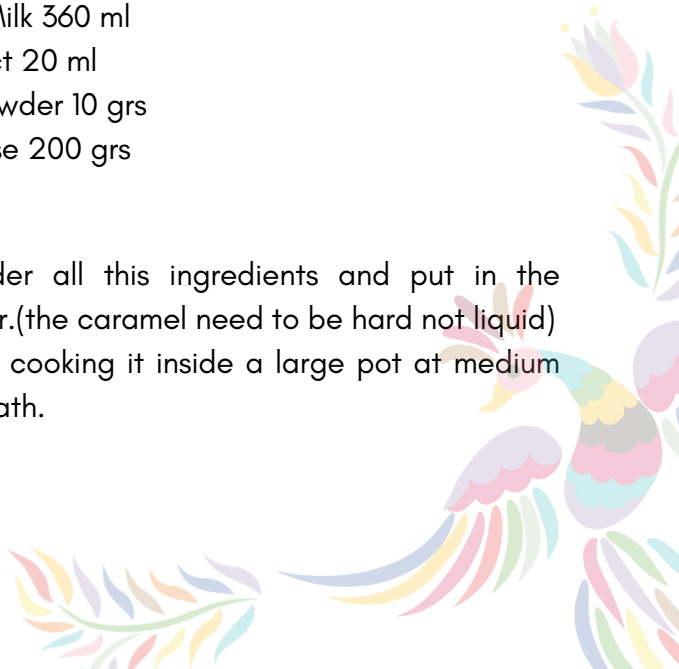
- 150 grs refined sugar
- Directly on a pot down temperature approx 10 minutes or when the color be brown caramel and cristalized (transparent without grums). Turn off and be fast and careful.

### Flan

- Whole Eggs 6 pieces
- Condensed Milk 387 ml
- Evaporated Milk 360 ml
- Vanilla Extract 20 ml
- Cinnamon Powder 10 grs
- Cream Cheese 200 grs

## INSTRUCTIONS

Put in the blender all this ingredients and put in the caramel container.(the caramel need to be hard not liquid)  
Make this flan by cooking it inside a large pot at medium heat in a water bath.





# EXTRAS RECIPES



# Habanero Salsa

Metate Portion: 250 grs

## INGREDIENTS

- Habanero peppers 150 grs (with seeds)
- White onion 25 grs
- Garlic 15 grs
- Cilantro stamps 8 grs
- Potable Water 1 1/2 cup
- Salt 1tsp
- Pepper black ground 1/2 tsp

## INSTRUCTIONS

Wash all the ingredients and cut in a small pieces (aprox cubes 0.5 inch), boil all together in a pot for aprox 30-40 min. When is ready cooking turn off the hot and waiting for be cool. Blender all together.. conserve in the fridge.

## This is the recipe... Per person.

Green Tomatillo Roasted Salsa, aprox this recipe be per person, in a pan on high temperature:

- 2 spoons canola oil
- 1 big tomatillo
- Iserrano pepper
- 2 garlics
- 2 oz withe onion in cubes
- Salt & pepper as u like.

U can add cilantro chopped, and avocado if is too much spice/hot.





**METATECABOMX**