



# The OIE Cookbook of Nations

# Sincronizada mexicana



**From:** Fernanda Mejía-Salazar

**Makes:** 3 sincronizadas

**Cook Time:** 10 min

## Instructions

- 1:** Heat over a medium-low heat a frying pan that is large enough to hold the tortilla.
- 2:** Meanwhile, cut the cheese into thin slices (if not already pre-cut).
- 3:** Heat two tortillas in the frying pan: Place one tortilla and heat for 10 seconds on each side, remove from the frying pan, and do the same with the other tortilla.
- 4:** Place one of the warm tortillas in the pan and spread cheese on the surface of the tortilla.
- 5:** Place 1 slice of ham on top of the cheese.
- 6:** Place the other warm tortilla on top of the ham.
- 7:** This is already a sincronizada! Let the cheese melt and the tortillas brown. About 1.5 minutes on each side.
- 8:** Transfer to a plate.
- 9:** Repeat steps 3 to 8 for the remaining tortillas.
- 10:** Dare to eat it using your hands!

## Notes

The 'sincronizada' can be seen as the Mexican version of a "sandwich with tortillas" or the decorated cousins of the quesadillas. They consist of 2 flour tortillas that have between them a layer of melted cheese and a slice of ham (that's it!)

It's a very simple dish that all Mexicans consume from weaning to the grave. Its beauty lies in its versatility, as it can be served for breakfast, as a snack or as dinner, and can be accompanied by beans, a fried egg on top, salad, guacamole or sour cream.



## Ingredients

6 large flour tortillas  
(or the small ones if you can't find the large one, but will need less cheese and less ham)

About 120 g of cheese that melts well but that does not render a lot of fat

(in Paris, the big Baby Bell works great, but can also use Leerdammer in slides... just please, do not use yellow cheddar!)

About 3 large thin slices of ham  
(pork ham is the most Mexican, but can also use chicken, turkey or even soy hams)

### Salsa

A true 'sincronizada' should not lack a good salsa... but this depends of course on your resilience against chile. As we are in isolation in Paris, you are not likely to be able to make a good Mexican salsa... but, do not despair, either do not use any (that is how kids enjoy sincronizadas), or select one from this list:

- \* Salsa Tabasco – from the store. Few drops inside the sincronizada will provide a nice kick.
- \* Salsa Valentina – from the store.
- \* 'Chileless' pico de gallo: chop a tomato, half small yellow or white onion and some cilantro (optional), add salt and combine.
- \* Simple home-made red salsa: in a hot small pot, add few drops of oil and place a tomato until its skin burns, turn it around few times until most of its skin is black. In a blender put the charred tomato, salt to taste and as much chile as you like (I usually add dried red chiles pre-soaked in warm water that are very spicy). If you do not have a blender, simply chop everything as much as you can.

# Maple Butter Tarts



**From:** Madison Wimmers

**Serves:** 12 butter tarts

## Instructions

**1:** Combine the flour, sugar and salt . Add the oil and blend in using a fork, pastry cutter, electric beaters or a mixer fitted with the paddle attachment, until the flour looks evenly crumbly in texture.

**2:** Add the butter and cut in until rough and crumbly but small pieces of butter are still visible. Stir the water and vinegar (or lemon juice, if using) together and add all at once to the flour mixture, mixing just until the dough comes together. Shape the dough into 2 logs, wrap in plastic wrap and chill until firm, at least an hour.

**3:** Preheat the oven to 200°C and lightly grease a 12-cup muffin tin. Pull the chilled dough from the fridge 20 minutes before rolling. (Can also use a mini-muffin tin!)

**4:** Cut each of the logs of chilled pie dough into 6 pieces. Roll each piece out on a lightly floured work surface to about 5 mm thick and use a 12 cm round cookie cutter to cut each into a circle. Line each muffin cup with the pastry so that it comes about 1 cm higher than the muffin tin, and chill the lined tin while preparing the filling. (can throw out the excess dough, but it also keeps well in the fridge for about a week for more butter tarts or mini apple/fruit tarts)

**5:** Filling: Whisk sugar, maple syrup and butter in a bowl by hand until combined. Whisk in eggs, then vinegar and vanilla.

**6:** Sprinkle a few raisins, pecans or walnut pieces into each cup and then pour the filling into the shells and bake the tarts for 5 minutes, then reduce oven to 180°F and continue baking until butter tart filling starts to dome, about 20 more minutes. Cool tarts in the tin, and chill the tarts in the tin before removing.

## Notes

Butter tarts are a Canadian classic sweet treat. While this recipe uses pecans, feel free to use other additions in place of the pecans such as raisins, walnut pieces, chocolate chips or simply leave the butter tarts plain. Enjoy!

## Ingredients

### Pastry:

2 1/2 cups all-purpose flour (300g)

1 Tbsp granulated sugar (12.5g)

1 tsp salt (a few pinches)

3 Tbsp vegetable oil (45mL)

1 cup cool unsalted butter, cut into pieces (does not have to be ice cold) (227g) (Tip: freeze your butter then use a cheese grater to grate the butter in)

1/4 cup cool water (60mL)

2 tsp white vinegar or lemon juice (10mL)

### Filling:

3/4 cup dark brown sugar, packed (135g)

(Brown sugar isn't a European ingredient... but in France, Vergeoise or Cassonade should do the trick. The key is to find a sugar that's moist or sticks together if you pinch it)

3/4 cup maple syrup (180mL)  
(It's little pricey but definitely the best way to make them! Recipes without maple syrup tend to use corn syrup but that's very challenging to find)

1/2 cup unsalted butter, melted (113.5g)

2 large eggs, at room temperature

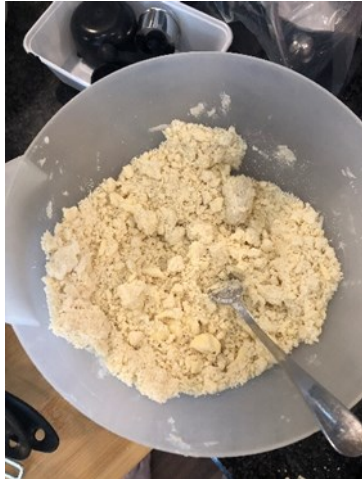
1 tsp white vinegar (5mL)

1 tsp vanilla extract (5mL)

1/2 cup raisins, pecans or walnuts  
(can just sprinkle some in each cup)



# Maple Butter Tarts



Butter cut in (can have even smaller pieces of butter but I got tired)



Water & vinegar mixed in until just incorporated. Over-mixing = unflaky dough



Dough logs ready to be chilled



Pre-oven. Important to have enough dough at the top and not overfill the tarts – if it bakes over it makes quite the mess



Baked, cooled, and ready to be enjoyed!