

Enrichment Activity Enhances Fulbright-García Robles Grantees' Culinary Skills

By Jessica Mendiola

An important component of any U.S. Fulbright-García Robles grantee's experience is not only academic, but also cultural. Therefore, a priority of the Commission is to include additional opportunities for cultural enrichment by planning a variety of activities for grantees to partake in.

This past March 15th, 2009, the Commission held its second enrichment activity of the year at Chef Dulce Maria Escobar's Escuela Gastronómica. Twelve grantees from Mexico City and the surrounding metropolitan area spent the day learning to create traditional and modern Mexican dishes in Chef Dulce's acclaimed culinary school.

The vast menu consisted of an assortment of flavors, textures, and colors, and included: shrimp empanadas accompanied by a mango and red chili salsa, white fish wrapped in banana leaf, Mexican rice with achiote, and stuffed guayaba fruits for dessert. The culinary highlight and group favorite, however, was easily the delicious chicken "chilapitas," dressed in

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Haz clic aquí para ver la papeleta de donación.



"Preparing the Main Course" – left to right, Colleen Kinder, Abi Ridgway, Angela Herren, Tricia Olsen, and Kinga Novak prepare the white fish before they wrap it in banana leaves.



"Chilapitas"—The favorite dish of the day.



"A Lesson from Chef Dulce" – Michael Hanowsky learns how to make "masa" for the shrimp empanadas.

a unique and savory tamarind mole sauce, and topped with cream and shredded cheese.

Chef Dulce Maria gave a historical and informative review on the variety of Mexican chili's, and grantees learned important techniques and methods in Mexican cooking. Grantees left with a belly full of delicious Mexican cuisine, lots of leftovers, and most importantly, with all of the recipes to recreate these incredible Mexican dishes!



"Natural Ingredients" – Giorgio Sotiriou and Mauricio Pantoja place banana leaves over open flame to make them more