

The background features a white central area framed by a thin green border. Large, wavy, overlapping bands of green, white, and red, representing the Mexican flag, curve along the top-left and bottom-right corners. Scattered throughout the white area are small, irregular pieces of red and green, resembling confetti or paper scraps.

FLORES OF MEXICO: MY PÁ'S RECIPES FROM HOME TO HEART

Archiving My Dad's Story Through His Passion for Food

Women Grinding Maize, Diego Rivera

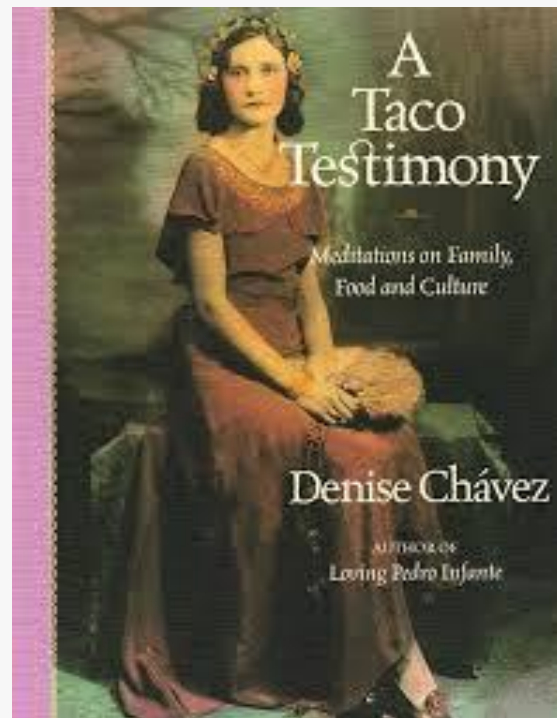
1924





Through the lens of food, this project explores the intersections of culture, family, and immigration, revealing how cooking bridges my father's past and present. Each recipe reflects stories from his childhood, lessons from my grandmother, and the challenges of adapting to a new country—all while preserving his Mexican heritage.

Flores Food Testimony



CHILAQUILES ROJOS



"The Wings Que Cocinan"

"There was no need for an alarm in Casa Flores; the aroma of the spices, the clank of the cazuelas, and the voice of Vicente Fernández mixed with Pá singing 'El Rey,' caused enough commotion to wake me from my dreams... Sure enough—papas, frijoles, huevito, and Chilaquiles Rojos crowded the stove."

INGREDIENTS:

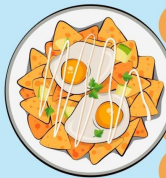
- QUAJILLO CHILES: 2
- CALIFORNIA CHILES: 2
- ANCHO CHILE: 1
- JALAPEÑO CHILE: 1
- GARLIC CLOVES: 3
- SMALL ONION: 1/4
- TOMATO: 1
- TORTILLAS: 8
- OIL: TO TOAST THE TORTILLAS
- SALT: TO TASTE
- FRESH CHEESE OR JACK CHEESE: TO TASTE

CHILAQUILES A LA RAMON!

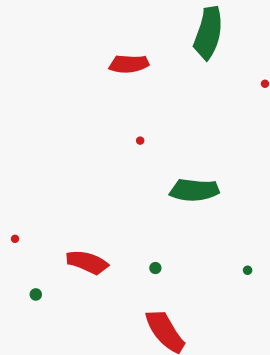


RECIPE:

- REMOVE THE SEEDS FROM THE DRIED CHILES AND COOK THEM WITH THE GARLIC, TOMATO, ONION, JALAPEÑO, AND SALT.
- WHILE THE CHILES ARE COOKING, CUT THE TORTILLAS INTO SMALL SQUARES AND FRY THEM IN SMALL BATCHES OF OIL UNTIL THEY ARE WELL CRISPED. SET THEM ASIDE IN A CONTAINER.
- BY THEN, THE CHILES SHOULD BE COOKED AND COOLED. BLEND THEM INTO A SAUCE.
- IN ANOTHER PAN, HEAT A LITTLE OIL, AND ONCE HOT, COOK THE CHILE SAUCE.
- ONCE THE SAUCE IS COOKED, ADD THE FRIED TORTILLAS AND SIMMER FOR ABOUT 5 MINUTES.
- THEN, ADD THE CHEESE TO MELT. CHOPPED ONION IS OPTIONAL FOR SERVING.



Guacamole!



"El Aguacate"

"That tree became his first friend in the United States. He jokingly called it 'Guaca,' after his favorite avocado-inspired dish, Guacamole. Under Guaca, he found comfort, rest—all hard things to find since he had left Mexico a couple of weeks before."

INGREDIENTS

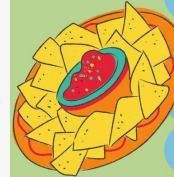
- AVOCADOS: 5
- JALAPEÑOS: 4
- ONION: 1/2
- TOMATOES: 2
- CILANTRO: 1 BUNCH
- SALT: TO TASTE
- LIME: 2

GUAC-A-MONCHO



RECIPE:

- DICE THE TOMATOES, ONION, CHILIES, AND CILANTRO AND MIX THE INGREDIENTS:
- COMBINE THE CHOPPED INGREDIENTS IN A BOWL.
- ADD SALT AND LIME JUICE TO TASTE.
- PREPARE THE AVOCADOS:
- CUT THE AVOCADOS IN HALF, REMOVE THE PITS, AND SCOOP OUT THE PULP.
- PLACE THE AVOCADO PULP IN A SEPARATE BOWL WHERE YOU'LL PREPARE THE GUACAMOLE.
- MASH THE AVOCADOS:
- USE A FORK OR MASHER TO MASH THE AVOCADO UNTIL SMOOTH.
- COMBINE EVERYTHING:
- ADD THE PREVIOUSLY CHOPPED AND MIXED INGREDIENTS TO THE MASHED AVOCADO.
- MIX AND TASTE:
- STIR EVERYTHING TOGETHER WELL.
- USE A CHIP TO TASTE AND ADJUST SALT AND LIME JUICE AS NEEDED.



Rice



Rooted Rice

“And now, every time I lift the lid halfway through, I hear Pá’s voice reminding me not to forget the one-step rule. I watch the steam rise, blooming with the scent of garlic, jalapeño, and tomato sauce—and I know I’m still getting it right, one stir at a time.”

RAMON'S ROOTED RICE



INGREDIENTES

- 2 TAZAS DE ARROZ
- 4 OZ DE TOMATO SAUCE
- ½ JALAPEÑO
- KNORR SUIZA AL GUSTO
- ¼ DE CEBOLLA
- 4 DIENTES DE AJO
- ACEITE AL GUSTO
- 4 TAZAS DE AGUA

RECETA:

- CALIENTA LAS 4 TAZAS DE AGUA EN UNA OLLA APARTE.
- AGREGA ACEITE EN UNA CAZUELA Y, CUANDO ESTÉ CALIENTE, AÑADE EL ARROZ PARA DORARLO.
- MIENTRAS SE DORA EL ARROZ, LICÚA EL JALAPEÑO, LA CEBOLLA, EL AJO Y UN POCO DE AGUA (NO INCLUYAS EL TOMATO SAUCE TODAVÍA).
- UNA VEZ DORADO EL ARROZ, AGREGA EL RECAUDO (MEZCLA LICUADA) Y FRÍELO JUNTO CON EL ARROZ.
- CUANDO EL RECAUDO ESTÉ FRITO, AGREGA EL TOMATO SAUCE Y FRÍE UN POCO MÁS.
- AÑADE EL AGUA CALIENTE Y EL KNORR SUIZA AL GUSTO.
- DEJA HERVIR POR 5 MINUTOS, LUEGO TAPA Y BAJA EL FUEGO A LENTO. COCINA POR 20 MINUTOS MÁS.
- ¡¡¡ESTO! ASÍ SE HACE EL ARROZ A LA RAMON



The image features a white background with a thin green rectangular border. In the top-right and bottom-left corners, there are decorative wavy lines in three colors: dark green, red, and light grey. The text "Gracias Por Todo Papá" is centered in the white area in a bold, red, sans-serif font.

**Gracias Por Todo
Papá**