

# Plant-Based Mexican Basics

with Zineb Hattab



Workbook with all recipes

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Zineb Hattab

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# Vegan, Mexican, Spicy!

Smoky chilis, fruity tomatoes, and fresh cilantro—Zineb Hattab shows you how to easily prepare Mexican classics at home. Authentic and vegan!

Do you know how many dough parcels are made from masa, the traditional corn dough from Latin America? Hundreds, if not thousands! Zineb explains the multifaceted world of tortillas, tostadas, and totopos and how to turn the different corn flatbreads into delicious Mexican dishes—for example, into chilaquiles divorciados.

In this course, you will learn how to make a perfect guacamole, which of the many chili varieties to use for salsa roja and salsa verde, and how to gently balance their heat with the help of sweet apple cinnamon tamales.

Here you will find all the recipes and information about the course. Enjoy!

Thanks!



# Zineb Hattab

From software engineer to top chef and vegan pioneer—Zineb Hattab has had an exciting culinary career.

Zineb “Zizzi” Hattab did not begin her professional career in the kitchen, but in front of a computer. Raised in Spain with Moroccan roots, Zineb originally worked as a software engineer. However, her passion for cooking was so great that she applied for an internship with top chef Andreas Caminada. This was followed by a stay in New York City at the Mexican restaurant *Cosme*, as well as many other stations in world-renowned restaurants.

In 2020, she opened her own restaurant *K/e* in Zurich. There, Zineb exclusively serves vegan cuisine, which was awarded a Michelin star for excellence and a Green Star for especially sustainable practices in 2022.

In addition to outstanding cuisine, Zineb is also committed to political goals: She advocates for better working conditions and against male-dominated stigmas in the gastronomy industry.



**Zineb Hattab**




[www.restaurantkle.com](http://www.restaurantkle.com)

Nothing beats the  
smell of a hot  
tortilla.

# Guacamole



## Ingredients & Infos

 Preparation 15 min	 Total time 15 min	 Portions 4	<div>½ oz   cilantro</div> <div>3 tbsp   lime juice</div> <div>3 ½ oz   onions</div> <div>salt</div> <div>1   serrano pepper</div>
4 servings yield approx. 900 g (2 lb)			
4   avocados			

## Recipe Steps

Step 1

### Desflemar

Finely dice the onions and place them in a bowl. Clean the serrano pepper, remove the seeds, cut into small pieces and add. Add lime juice and a little salt. Mix everything and let it sit. This process is called “desflemar.”

- 3 ½ oz onions
- 1 serrano pepper
- 3 tbsp lime juice
- salt

Step 2

### Avocado

Open the avocado and remove the skin and pit. Then put the avocado flesh into a bowl or a large mortar. Add the onions and peppers. Finely chop the cilantro and add it to the mixture.

- 4 avocados
- ½ oz cilantro

Step 3

### Finishing Touch \_\_\_\_\_

You can blend the guacamole smooth or leave it chunkier—depending on how creamy you want it. Traditionally, guacamole is mashed by hand. Finally, season again with salt and lime and garnish with some cilantro.

#### Advice

You can also serve the guacamole with other fresh herbs like basil, mint, or tarragon. Finely chopped tomatoes also go very well with it.



## **Workbook**

with recipes and information  
for the online cooking course  
with Zineb Hattab

## **Course**

Plant-Based Mexican Basics

## **Chef**

Zineb Hattab