

Consejo Nacional para la Cultura y las Artes (México). *La cocina familiar en el estado de Oaxaca*. México, D. F.: Océano: Conaculta, 2000. [TX716 .M4 O289 2000]

Pastel de Sola de Vega (Oaxaca)

2 k. masa
1 k. lard
375 g. azúcar
15 yemas cocidas
1 cucharada de canela molida
sal, al gusto.

Relleno:

1 gallina, partida en piezas
2 k. jitomate
1 k. maciza de puerco, en retazos
100 g. almendras
100 g. pasas
2 cucharadas de azúcar
1 cucharada de azafrán
15 claras cocidas
10 pimientas
5 clavos
4 dientes de ajo picados
1 cebolla picada
1 raja de canela
aceite
cebolla y ajo
sal, al gusto

- Mezclar la masa con manteca, yemas cocidas, canela, azúcar y sal; batir hasta que esponje
- Cocer las carnes con ajo, sal y cebolla; limpiar y quitar los huesos y picar finamente.
- Freír la cebolla y los ajos picados, agregar las carnes, luego el jitomate, las claras cocidas, las pasas y almendras, todo picado finamente.
- Cuando el guiso esté sazonado, agregar las pimientas, clavos y canela molidos con un poco de agua; añadir , al final, el azafrán molido, azúcar y sal; si es necesario, se puede agregar más azúcar pues debe quedar un poco dulce. Retirar y enfriar
- Forrar con la masa una cazuela honda; colocar encima una capa de relleno, luego una de masa y seguir alternando hasta terminar con una capa de masa
- Cubrir con papel aluminio y cocer en horno precalentado, a temperatura regular, una hora aproximadamente.
- Introducir un pallillo en el pastel, si sale seco, retirar del horno y servir.
- Rinde 20 raciones.

Pastel de Sola de Vega (Oaxaca)

2 k. masa harina (4 pounds)
1 k. lard (2 pounds)
375 g. sugar (just over ¾ cup)
15 cooked yolks
1 tablespoon ground cinnamon
salt to taste.

Filling:

1 chicken, split into pieces
2 k. tomato (4 pounds)
1 k. pork in pieces (2 pounds)
100 g. almonds (2/3 cup)
100 g. raisins (just over ½ cup)
2 teaspoons sugar
1 teaspoon saffron
15 eggwhites cooked
10 pepper corns
5 cloves
4 cloves garlic, minced
1 onion, chopped
1 cinnamon stick
oil
onion and garlic
salt, to taste

- Place the eggs in a saucepan, cover them with water, and bring to a boil. Boil for 10 minutes. Allow to cool slightly; then remove shells and separate the yolks and whites. Chop both up, separately.
- Mix the masa harina with the lard, cooked egg yolks, cinnamon, sugar and salt. Beat until fluffy, slowly adding enough water to make a thick batter (like cake batter).
- Cook the chicken according to the Diana Kennedy shredded chicken recipe below (boiling it in pieces about 25 minutes). Strain and chop finely.
- Rinse the chicken and cut into serving pieces (or buy cut-up chicken). As with the pork, place it in a pan with garlic, onion, and salt, just barely cover with water, bring to a simmer and cook till tender (about 30 minutes). Strain and remove the meat from the bones and chop finely.
- Finely chop the tomatoes, onion, garlic, almonds, and raisins.
- Fry the onion, then add the meat, tomato, boiled egg whites, raisins and almonds. Cook for 5-15 minutes, until the flavors begin to blend.
- Add peppers cloves and cinnamon with a little water. At the end, add sugar, salt, and saffron (if available). If necessary, add extra sugar as the dish should be a little sweet. Remove and let cool. Remove the cinnamon stick and whole spices before the next step.
- Cover the bottom of a deep pan with dough. Add a layer of filling, then a layer of dough. Continue, alternating layers until you end with a layer of dough.
- Cover the pan with foil and bake in preheated oven at 375* for about one hour.
- Poke a toothpick into the cake. If it comes out dry, remove from oven and serve. Makes 20 servings.