

Pineapple Vinegar

1 Cup of Honey or Sugar

1-2 quart mason jar

The skin of a pineapple

Water

Sugar

1 Coffee filter or paper doily or cheese cloth



Place the skin of a pineapple in the bell jar. Add the honey and fill the jar with water. Cover with the mason jar using the coffee filter. You can use the mason jar metal circle or a rubber band but **DO NOT CLOSE IT SO THAT IT IS SEALED**. It needs to breath in order to develop and if you close it, it can **EXPLODE!**

Place on the counter for one week. After one week take out the skins. Fill with more water and add one tablespoon of sugar. Cover again and put back on the counter for another week.

Every week for 2 months, add one tablespoon of sugar, cover with the coffee filter and place back on the shelf. After 2 months, you should have pineapple vinegar.

There should be some debris and a jelly like substance which is the “mother.” This is what makes vinegar work, making it tasty and good for you. Leave it in. Do not throw away.

“This tiny cooking school is a dream for any traveler.”
Vogue Magazine

“Top 10 Mouth-Watering Culinary Tour Around the World.”
Fodor’s Travel



LA VILLA BONITA®
MEXICAN CULINARY VACATION



One Pot Mustard Chicken

6 chicken thighs or chicken pieces of your choice

3 large potatoes cut into wedges

3 garlic cloves peeled

1 white onion cut into 8 wedges

2 tablespoons of olive oil

¼ cup yellow mustard

1 tablespoon ground black pepper

6 serrano or jalapeño chiles

1 tablespoon of salt

Place the olive oil in a large pot with a cover. Over medium high heat, cover the bottom of the pot chicken skin side down. Cook for 10 minutes, turn them over. Add the rest of the ingredients on low heat and cook for 30 minutes. Half way through give things a little toss. Once potatoes are soft and chicken is cooked, serve with salad.

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Simple Garden Salad

6 servings

- 1 Cucumber, peeled and sliced into rounds
- 10 Cherry Tomatoes cut in half
- ½ iceberg lettuce
- ¼ cup pepita or green squash seeds, roasted
- Salt and pepper to taste
- Juice of 1 Lime
- 3 tablespoons olive oil
- Toss together and serve!!

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