

# Recipes From South of the Border

## ACAPULCO CHICKEN (EN ESCABECHE)

2	cups	Unsalted chicken broth -- defatted
1	tablespoon	Olive oil
2	teaspoons	Ground cumin
2	tablespoons	Pickling spice
1/2		Red bell pepper -- sliced
1	pound	Boneless chicken breast -- halves
1/2		Yellow bell pepper -- sliced
2	tablespoons	Minced jalapeno chili with -- seeds
1		Onion, halved -- thinly sliced
1/3	cup	Rice wine vinegar
1/4	cup	Fresh cilantro leaves
3	large	Garlic cloves -- minced
		baked (no oil) tortilla chips

Boil broth and pickling spice in heavy large saucepan ten minutes. Strain and return liquid to saucepan. Add chicken, onion, vinegar, garlic, oil and cumin to pan. Simmer over very low heat until chicken is just cooked through, about ten minutes. Transfer chicken and onions to shallow dish. Top with bell peppers and minced chilli. Boil cooking liquid until reduced to 2/3 c, about ten minutes. Pour liquid over chicken and let cool 30 minutes. Add cilantro to chicken mixture. Cover and refrigerate until well chilled, turning chicken occasionally, about 4 hours (can be prepared one day ahead). Slice chicken and transfer to plates. Top with marinated vegetables and some of the juices. Pass tortilla chips to use as "pushers." .

Makes 6 servings

## Almond Red Sauce

1/2	cup	Slivered Almonds -- Toasted
1	cup	Onion -- Finely Chopped
1	each	Clove Garlic -- Crushed
2	tablespoons	Vegetable Oil
8	ounces	Tomato Sauce -- 1 cn
2	teaspoons	Paprika
1	teaspoon	Red Chiles -- Ground
1/4	teaspoon	Red Pepper -- Ground

Place almonds in food processor work bowl fitted with steel blade or in blender container; cover and process until finely ground. Cook onion and garlic in oil over medium heat, stirring frequently, until onion is tender. Stir in remaining ingredients except almonds. Heat to boiling; reduce heat. Simmer 1 minute stirring constantly; stir in almonds. Serve hot. Makes about 1 3/4 cups of sauce.

## ANDY'S SKILLET SUPPER

1	pound	Chicken breasts
2	tablespoons	Canola oil
1	medium	Onion -- chopped
2	teaspoons	Chili powder
1/2	teaspoon	Cumin
1/2	teaspoon	Oregano leaves -- crushed
1/2	cup	Chicken broth
1 1/2	cups	V8 juice
19	ounces	Canned kidney beans

Preparation time = 30 minutes Chicken breasts should be skinned and boned.

Any suitable oil can be substituted for canola oil. Chicken broth may be purchased as instant and mixed with water. V8 juice is a brand name vegetable juice.

1. Cut the chicken into 1/2-inch pieces.

2. In hot oil, cook chicken, onion, chili powder, cumin and oregano until the chicken turns white.

3. Stir in broth and juice, heat until boiling, then reduce heat to low. Simmer 10 minutes.

4. Dump in beans, liquid and all, stir, cover and simmer for another 10 minutes. Stir occasionally. Serve over rice.

## ANTICUCHOS

1	large	Sirloin Steak
2	large	Garlic Cloves
4		To 6 Medium Jalapeno Peppers
1	cup	Red Wine Vinegar
1 1/2	cups	Water
2	teaspoons	Salt
1/2	teaspoon	Pepper
1	teaspoon	Oregano
1	teaspoon	Cumin
1	teaspoon	Ground Red Chile

In a blender or food processor, grind the jalapenos and peeled garlic to a pulp. Add all the other ingredients, except the meat, and blend well. Cut the meat into 1-inch cubes and place in a large bowl, and cover with the marinade. Marinate overnight or all day. Place the meat on skewers and cook on the grill over mesquite wood, basting frequently with the sauce. Serve with warm flour tortillas and plenty of Mexican beer with lime slices.

## Apricot Basting Sauce

1/2	cup	Apricot Jam
1/4	cup	Apricots; Dried -- Fine Chop
1/4	cup	Dry White Wine
1	tablespoon	Honey
1	teaspoon	Worcestershire Sauce

Heat all ingredients over low heat, stirring occasionally, until jam is melted. Makes about 1 cup of sauce.

## Arroz con Pollo

1/2	cup	Olive oil
1/4	cup	Tomato sauce
1	each	Frying chicken cut up
1/8	teaspoon	Saffron (powdered)
1	each	Small onion chopped
2 1/2	cups	Chicken broth
1	each	Clove garlic minced
1	cup	Uncooked rice
		Salt and pepper to taste

Heat oil, brown chicken on both sides. Add onion and garlic, fry a few minutes, then add tomato sauce, saffron dissolved in chicken broth, salt and pepper.

Cover and cook for 20 minutes. Add rice, stir well, cover again and simmer for 30 minutes longer, or until all liquid has been absorbed and chicken is tender.

## Arroz Verde (Green Rice)

4		Poblano chilies -- or 4 green ;peppers -- each 4 inches in -- diameter
4	cups	Chicken stock -- fresh or can
1	cup	Parsley, fresh -- coarsely -- chopped
	1/2 cup	Onion -- coarsely chopped
	1/4 teaspoon	Garlic -- finely chopped
1	teaspoon	Salt
	1/8 teaspoon	Black pepper -- freshly ground
	1/4 cup	Olive oil
2	cups	Long grain rice -- raw

Roast the chilies or peppers, remove their skins, stems, seeds and thick white membranes and discard.

Chop the chilies into chunks. Combine 1 cup of the chunks and 1/2 cup of stock in the jar of a blender and blend at high speed for 15 seconds. Then gradually add the remaining chilies and the parsley, onions, garlic, salt and pepper, blending until the mixture is reduced to a smooth puree. (To make the sauce by hand, puree the chilies, parsley, onions and garlic, a cup or so at a time, in a food mill set over a bowl. Discard any pulp left in the mill. Stir in 1/2 cup of stock and the salt and pepper.) Pour the oil into a 2 to 3 quart casserole and set it over moderate heat. When the oil is hot but not smoking, add the rice and stir constantly for 2 to 3 minutes until the grains are coated with oil. Do not let them brown. Now add the pureed chili mixture and simmer, stirring occasionally, for 5 minutes.

Meanwhile, bring the remaining 3 1/2 cups of stock to a boil in a small saucepan and pour it over the rice. Return to a boil, cover the casserole and reduce the heat to its lowest point. Simmer undisturbed for 18 to 20 minutes, or until the rice is tender and has absorbed all the liquid. Before serving, fluff the rice with a fork. If the rice must wait, remove the cover and drape the pan loosely with a towel. Place in a preheated 250 degree (F) oven to keep warm.



## Avocado And Raisin Dip

2	each	Avocados -- Peeled & Chopped
1/2	cup	Raisins
1/2	cup	Vegetable Oil
1/4	cup	Lime Juice
1	teaspoon	Sugar
1	teaspoon	Salt
1/4	teaspoon	Freshly Ground Pepper

Place all ingredients in blender container. Cover and blend on high speed until smooth, about 45 seconds.  
Serve with raw vegetables, assorted crackers or fried tortillas.  
Makes 1 2/3 cups of dip.

## Basic Green Sauce

1	cup	Onions; Chopped -- 2 Med.
1/2	cup	Vegetable Oil
10	ounces	Fresh Spinach -- Chopped
1/2	pound	Tomatillos -- Coarsely Chopped
4	ounces	Green Chiles; Chopped -- 1 cn
2	each	Cloves Garlic -- Crushed
1	tablespoon	Oregano Leaves -- Dried
1	cup	Chicken Broth
2	cups	Dairy Sour Cream

Cook and stir onions in oil in a 3-quart saucepan until tender. Stir in remaining ingredients except broth and sour cream. Cover and cook over medium heat for 5 minutes, stirring occasionally. Place mixture in food processor work bowl fitted with steel blade or in a blender container; cover and process until smooth, about 1 minute. Return mixture to saucepan; stir in broth. Heat to boiling; reduce heat. Simmer uncovered for 10 minutes. Stir in sour cream. Cover and refrigerate any remaining sauce. Makes about 4 cups of sauce.

## Basic Red Sauce

8	each	Ancho Chilies
3 1/2	cups	Warm Water
1/2	cup	Onion -- Chopped
2	each	Garlic; Cloves -- chopped
1/4	cup	Vegetable Oil
8	ounces	Tomato Sauce -- 1 cn
1	tablespoon	Oregano Leaves -- Dried
1	tablespoon	Cumin Seed
1	teaspoon	Salt

Cover chiles with warm water. Let stand until softened, about 30 minutes; drain. Strain liquid; reserve. Remove stems, seeds and membranes from chilies. Cook and stir onion and garlic in oil in a 2-quart saucepan until onion is tender. Stir in chilies, 2 cups of the reserved liquid and the remaining ingredients. Heat to boiling, reduce heat.

Simmer, uncovered, 20 minutes; cool. Pour into a food processor work bowl fitted with steel blade or into a blender container; cover and process until smooth. Cover and refrigerate up to 10 days. Makes about 2 1/2 cups sauce.

## Bean and Garlic Dip

2	cups	Pinto Beans -- *
1/4	cup	Mayonnaise Or Salad Dressing
1	each	Clove Garlic -- Finely Chopped
1 1/2	teaspoons	Red Chiles -- Ground
1/4	teaspoon	Salt
		Pepper -- Dash of

\* Pinto beans can be home cooked or canned.

Mix all ingredients. Cover and refrigerate 1 hour.  
Serve with tortilla chips. Makes 2 cups of dip.

## BEANS COOKED IN A POT (FRIJOLES DE OLLA)

1	pound	Beans - black, turtle, pink -- or pinto
		An earthenware bean pot (I -- used my crock pot)
10	cups	Hot water
1/4	cup	White onion -- roughly sliced
2	tablespoons	Lard
1	tablespoon	Salt -- or to taste
2	large	Sprigs epazote (only if -- black beans are used

\*Pinto or pink beans will need 12 to 14 cups water

Rinse the beans and run them through your hands to make sure that there are no small stones or bits of earth among them.

Put the beans into the pot and cover them with the hot water. Add the onion and lard and bring to a boil.

As soon as the beans come to a boil, lower the flame and let them barely simmer, covered, for about 3 hours for black beans and 2-1/2 hours for the other varieties, or until they are tender, but not soft. Do not stir during this time.

Add the salt and epazote, if you are using it, and simmer for another 30 minutes. Set aside, preferably until the next day. There should be plenty of soupy liquid.

## Beef And Tequila Stew

2	pounds	Meat -- *
1/4	cup	Unbleached Flour
1/4	cup	Vegetable Oil
1/2	cup	Onion; Chopped -- 1 Medium
2	each	Bacon; Slices -- Cut Up
1/4	cup	Carrot -- Chopped
1/4	cup	Celery -- Chopped
1/4	cup	Tequila
3/4	cup	Tomato Juice
2	tablespoons	Cilantro; Fresh -- Snipped
1 1/2	teaspoons	Salt
15	ounces	Garbanzo Beans -- 1 Can
4	cups	Tomatoes; Chopped -- 4 Medium
2	each	Cloves Garlic -- Finely Chopped

\* Meat should be beef boneless chuck, tip or round, cut into 1-inch

Coat beef with flour. Heat oil in 10-inch skillet until hot. Cook and stir beef in oil over medium heat until brown. Remove beef with slotted spoon and drain. Cook and stir onion and bacon in same skillet until bacon is crisp. Stir in beef and remaining ingredients. heat to boiling; reduce heat. Cover and simmer until beef is tender, about 1 hour.

## Beef Tacos

1	pound	Ground beef
1	each	Chopped onion
		Salt to taste
1	each	Clove garlic (optional)
1	package	Taco shells
1	cup	Green chili or taco sauce

Saute' the beef and onion until brown. Salt to taste. Add garlic if desired. Place a heaping tablespoon of meat mixture in each shell and stuff with lettuce, tomato and cheese. Serve with the chili or taco sauce and top with sour cream or guacamole for an added treat.

## Bell Pepper Rajas

1/2	each	Green Bell Pepper -- *
1/2	each	Red Bell Pepper -- *
1/2	each	Yellow Bell Pepper -- *
3/4	cup	Montery Jack Cheese -- Shredded
2	tablespoons	Chopped Ripe Olives
1/4	teaspoon	Red Pepper -- Crushed

\* Peppers should be seeded and cut into 6 strips each.

Cut bell pepper strips crosswise into halves.  
Arrange in ungreased broilerproof pie pan, 9 X 1 1/4-inches or round pan 9 X 2-inches. Sprinkle with cheese, olives and red pepper. Set oven control to broil. Broil peppers with tops 3 to 4 inches from heat until cheese is melted, about 3 minutes.



## BLACK BEAN & SALMON APPETIZER

8		Corn tortillas
16	ounces	(1 cn) Corn black beans -- rinsed and drained
7	ounces	(1 cn) pink salmon; w bones -- drained
2	tablespoons	Safflower oil
1/4	cup	Fresh lime juice
1/4	cup	Fresh parsley -- chopped
1/2	teaspoon	Onion powder
1/2	teaspoon	Celery salt
3/4	teaspoon	Ground cumin
3/4	teaspoon	Garlic -- minced
1/2	teaspoon	Lime zest -- grated
1/4	teaspoon	Red pepper flakes -- dried
1/4	teaspoon	Chili pepper

Preheat oven to 350 degrees. Cut tortillas in triangles and toast oven until crisp, about 5 minutes. Combine the beans and salmon, flaking the salmon with a fork. Mix remaining ingredients; chill to blend flavors. Serve with tortilla chips.

## Black Bean and Cheese Enchiladas

1	tablespoon	Vegetable oil
1/2	cup	Green onions -- sliced
1	teaspoon	Garlic -- minced
12	ounces	Canned tomatillos
4	ounces	Canned green chilies -- chopped
1/2	cup	Fresh cilantro -- chopped
1	tablespoon	Dried oregano
1	cup	Low-sodium chicken broth
12		Whole wheat tortillas -- 8"
15	ounces	Canned black beans
8	ounces	Fat-free Monterey Jack -- cheese, shredded, He

Heat oven to 350 F. To make sauce, cook green onions and garlic in oil until tender. Add tomatillos, green chilies, cilantro and oregano. Continue cooking until sauce comes to a boil; reduce heat to low and continue cooking about 10 minutes. Pour sauce into blender container. Cover and blend on high speed until smooth.

Return to saucepan and stir in chicken broth. Cook over medium heat about 15 minutes. Dip each tortilla into sauce. Spoon about 1 1/2 tb. black beans and 2 tb. cheese onto each tortilla. Roll tortilla around filling. Place seam side down in 13" x 9" baking dish sprayed with non-stick cooking spray. Pour remaining sauce over tortillas; sprinkle with remaining cheese.

Bake at 350 F for 20 to 25 minutes until cheese is melted and filling is hot. 12 Servings

## BLACK BEAN BURRITOS

8	ounces	Black Beans; Dry* -- OR
30	ounces	Black Beans -- Canned
1	medium	Onion -- Finely Chopped
2		Garlic Cloves -- Minced
1		Jalapeno Pepper -- Seeded And Chopped -- Up To Two
	Be	Used Or To Taste
1	teaspoon	Chili Powder
1	teaspoon	Ground Cumin
5	tablespoons	Olive Or Vegetable Oil
16	ounces	Tomatoes; Cut Up -- 1 Can
1		1/4-Inch Thick Lemon Slice
1	teaspoon	Dried Oregano -- Crushed
1/4	teaspoon	Salt
1	dash	Hot Pepper Sauce -- (Optional)
6		Flour Tortillas
		-----GARNISHES-----
		Salsa
		Guacamole
		Chopped Tomato -- (Optional)
		Snipped Cilantro

Cook the dry beans\*. Rinse and drain the cooked or canned beans and set aside. In a 4 1/2-quart Dutch oven, cook the onion, garlic, peppers, chili powder and cumin in hot oil, until tender, stirring occasionally. Stir in the drained beans, the UNDRAINED tomatoes, lemon, oregano, salt (omit if using the canned beans), and pepper sauce, if desired. Bring to boiling, reduce the heat, and simmer, uncovered, about 15 minutes or until thick.

Remove the lemon. In a blender container or food processor bowl, place one third of the mixture, cover, and blend until smooth. Repeat with the remaining beans. Return to the pan and heat through. In the meantime, wrap the tortillas in foil and warm in a 350 Degree F. oven for about 10 minutes. Place about 1/2 Cup of the bean mixture onto each tortilla. and fold the edges over to form a packet. Serve with salsa and guacamole If desired, top with chopped tomato and snipped cilantro.

### \* TO COOK THE DRY BEANS:

To cook the dry beans in a 4 1/2-quart Dutch oven, combine the beans and enough water to cover. Bring to boiling then reduce the heat and simmer, uncovered, for 2 minutes. Remove from the heat, cover, and let stand for 1 hour. (Or without cooking, soak the beans overnight.) Drain the beans and rinse. In the same Dutch oven combine the beans and 5 cups of water or vegetable broth. Bring to boiling, reduce the heat, cover and simmer for 1 to 1 1/2 hours or until tender.

## BLACK BEAN NACHOS

		FOR NACHOS:
		Corn oil
2		Flour tortillas (8")
2		Chorizo or spicy sausage
1	cup	Black bean pesto
1	cup	Monterey jack cheese -- shred
2	tablespoons	Chopped cilantro (coriander)
		FOR BLACK BEAN PESTO:
8	ounces	Dried black beans
1	quart	Water
1		Bay leaf
1		Ham hock
2		Jalapenos -- seeded
20	milliliters	Garlic
		Stems from 2 bunches of Cilantro (fresh coriander)
		Salt/fresh ground pepper

### For Black Bean Pesto:

Rinse and drain beans thoroughly. Place them in a large saucepan or soup kettle and add all remaining ingredients. Bring to a boil, reduce heat, simmer, uncovered, for 1 1/2 hours. Remove and discard ham hock and bay leaf. Using slotted spoon, transfer bean mixture, in batches, to the bowl of a food processor. Process, adding cooking liquid as necessary to form a smooth, thick paste. You will use a total of about 1 cup liquid.

Transfer the pesto to a bowl and stir in the salt and pepper if needed. Refrigerate, covered, until ready to use. Will keep in fridge for 2-3 days. Yield: 3 cups.

### Nachos:

Preheat oven to 375F. Fill a heavy skillet with 1/2" corn oil. Heat it until oil just starts to move. Then fry the tortillas, one at a time, until light golden brown, about 15 seconds on each side. Drain on paper towels.

Slice chorizo into 1/4" thick rounds and saute them in a small skillet until crisp, about 5 minutes. Remove sausage from skillet and drain on paper towel.

Place tortillas on baking sheet, and spread pesto evenly over them. Arrange sausage over pesto and sprinkle with cheese. Top with chopped cilantro.

Bake until brown, 20 minutes. Remove from oven and cut each tortilla into eight pieces. Serve immediately. Makes 4 servings or 16 appetizers

## BLACK BEAN QUESADILLAS

15	ounces	Can black beans -- drained
1/4	cup	Chopped tomato
3	tablespoons	Chopped cilantro
12	each	Black olives, pitted -- sliced
8	each	6" wholewheat tortillas
4	ounces	Soy cheese/jalapeno jack -- - shredded
32	each	Spinach leaves -- shredded
4	tablespoons	Hot salsa

Mash beans. Stir in tomato, cilantro & olives. Spread evenly onto 4 tortillas. Sprinkle with cheese, spinach & salsa. Top with remaining tortillas.

Preheat oven to 350F. Bake tortillas on ungreased cookie sheet for 12 minutes. Cut into wedges & serve.

## Black Bean Relish

15	ounces	Black Beans; Canned -- *
3/4	cup	Tomato; Finely Chopped -- 1 med
1	each	Serrano Chile -- **
1/2	cup	Red Bell Pepper -- Chopped
1/4	cup	Red Onion -- Finely Chopped
2	tablespoons	White Wine Vinegar
1	tablespoon	Vegetable Oil
1/4	teaspoon	Salt

\* Black beans should be canned and they should be rinsed and drained.

\*\* Serrano chile should be seeded and finely chopped.

Mix all ingredients. Cover and refrigerate until chilled, about 1 hour. Makes about 2 1/2 cups relish.

## BLACK BEAN TORTILLA MELT

1		(15 oz) can black beans -- rinsed and drained
1/2	teaspoon	Chili powder
6		(6-inch) corn tortillas
1/4	cup	Minced fresh cilantro
1		Lime -- cut into six wedges
2		(4 oz) can chopped green -- chiles, undrained
3/4	cup	(3 oz) shredded cheddar -- cheese fresh or commercial salsa

Mash beans; add chili powder, stirring well. Spread about three tablespoons bean mixture on each tortilla. Sprinkle with cilantro, and squeeze 1 lime wedge over each. Top each tortilla with 2 tablespoons green chiles and 2 tablespoons cheese. Bake tortillas at 450~ for 3 to 5 minutes or until cheese melts. Serve with fresh salsa.

## Burrito Filling

4	tablespoons	Oil
12	ounces	Vegetable juice -- can
14 1/2	ounces	Beef broth -- can
3	each	Garlic clove -- minced
3 1/2	pounds	Beef stew meat
		Cheddar -- shredded
4	ounces	Chilies, green -- can

Brown meat in oil and drain. Add remaining ingredients except cheese. Simmer over low heat 2 to 3 hours. Shred meat with fork, drain excess liquid. Serve on tortillas with cheese.



## Burritos Con Huevos

1 1/2	pounds	flank steak -- * see note
1/2	teaspoon	black pepper
1/2	teaspoon	seasoned salt
2	cups	hot water
3		yellow onions
1		large bell pepper
1		jalapeno pepper -- chopped
2		tomatoes -- peeled and chopped
10		large eggs
2	cups	cheddar cheese -- shredded
8		flour tortillas

\* Use another cut of meat if flank steak is unavailable.

1. To prepare steak, cut into 3-4 pieces and sprinkle with the salt and pepper. Heat a very heavy pan with tight fitting lid. Add 1 tablespoon oil and brown the meat on each side.

2. Add hot water and cover tightly. Simmer on low heat for 2 to 2-1/2 hours or until meat shreds easily. Add more water during cooking if necessary. When meat is tender, shred into small bite-sized pieces.

3. Cut the onions into thin slices and separate the slices into individual rings. Julienne the green pepper. Mince the jalapeno pepper (use a canned one if necessary).

4. In a large heavy skillet, heat 2 tablespoons oil; add the onions and green peppers. Saute until onions are translucent and limp. Add the chopped fresh tomato and the minced jalapeno and continue cooking for 3 minutes more.

5. Add the shredded meat, 10 eggs which have been lightly beaten, and the shredded cheese. Proceed as though you were scrambling eggs.

6. Warm the flour tortillas while cooking the filling, or quickly run each tortilla over the flame on a gas stove, just to soften. Fill each tortilla with 1/8th of the mixture. Roll the tortillas by turning one side up and folding the edges inward. Wrap the lower third in foil or waxed paper and serve immediately.

Serving Ideas : Serve with sour cream and avocado.

## CABRITO AL PASTOR (BROILED KID)

2		Kids [baby goats] -- 6 1/2 to -8 1/2 lbs each
3	tablespoons	Salt
1	cup	Mild vinegar
		For the garnish:
2	cups	Guacamole (recipe -separately)
3	tablespoons	White onion -- chopped
1	cup	Tomato -- finely chopped
3	tablespoons	Cilantro -- finely chopped
3	tablespoons	Chiles serranos -- finely -chopped
1		Recipe Frijoles de Olla -mashed (recipe separately)
1 1/2	cups	Mozzarella OR Monterey Jack -cheese -- freshly grated
16		Totopos (crisply fried -tortilla wedges)

For the kid:

Put kids in a large stockpot, and cover with water. Add salt and vinegar.

Set aside for 2 hours. Meanwhile, build a pile of mesquite wood on the ground, and burn down to white coals. Remove kids from water and thread on spits. Arrange over the hot coals, and roast for 2 to 3 hours, depending on the kids' weight, basting occasionally with a little salted water. Turn spits continuously so that the meat cooks evenly, or use a rotisserie. Add more white coals if necessary.

To serve, cut kid in pieces, and place on plates. Garnish with guacamole, onion, tomato, cilantro, and chiles. Serve with Frijoles de Olla sprinkled with cheese, totopos, and Pico de Gallo sauce. The kid may be shredded and used in fried tacos.

## Calabacitas

4	each	Zucchini or yellow squash
1	each	Sliced
1	each	Large onion -- chopped
3	tablespoons	Oil
1/4	teaspoon	Garlic salt or
2	each	Cloves garlic minced
4	ounces	Can chopped green chili
16	ounces	Can whole kernel corn
1	cup	Grated cheddar cheese

Saute' squash and onion in oil until barely tender. Add garlic salt (or fresh garlic), chilies, corn and cheese; mix well. Put in buttered 1-quart casserole and bake at 400 for 20 minutes.

## California Chilled Salsa

2	cups	tomatoes -- peeled, chopped
1		celery stalk
1		onion -- diced
1		green pepper -- diced
1 1/2	teaspoons	salt
1	tablespoon	cider vinegar
1	tablespoon	sugar
1		green chili peppers -- chopped

\* Also delicious made with red sweet peppers or a combination of red and green for nice color.

Combine all ingredients; if finer texture is desired may be put through food grinder using fine blade. Cover tightly and chill overnight.

Serving Ideas : Serve cold as a relish with meat.

## Caramelized Carnitas

1 1/2	pounds	Pork Shoulder; Boneless -- *
2	tablespoons	Brown Sugar -- Packed
1	tablespoon	Tequila
1	tablespoon	Molasses
1/2	teaspoon	Salt
1/4	teaspoon	Pepper
2	each	Clove Garlic -- Finely Chopped
1/3	cup	Water
1	each	Green Onion w/top -- Sliced

\* Pork should be cut up into 1-inch cubes.

Place pork cubes in single layer in 10-inch skillet.

Top with remaining ingredients except green onion. Heat to boiling; reduce heat.

Simmer uncovered, stirring occasionally until the water has evaporated and the pork is slightly caramelized, about 35 minutes.

Sprinkle with green onion and serve with wooden picks.

## Carne Adovada (Marinated Pork)

4	pounds	Pork(ribs -- chops or other)
2	teaspoons	Salt
3	each	Garlic cloves -- crushed
2	teaspoons	Whole leaf oregano
1	quart	Blended red chili sauce

Sprinkle meat with salt. Add garlic and oregano to blended chili.  
Pour over meat and marinate in refrigerator 6-8 hours or overnight.  
Cook slowly on top of stove or in 350 oven until meat is done, about 1  
hour. Thick slices of potatoes may be marinated with the meat.

## CARNE ASADA

1 1/2	pounds	Top Round Steak Or Boneless Chuck Steak,
		-----MARINADE-----
1/4	cup	Red Wine Vinegar
2	tablespoons	Oil
1	teaspoon	Sage Leaves
1	teaspoon	Summer Savory
1/2	teaspoon	Salt
1/2	teaspoon	Dry Mustard
1/2	teaspoon	Paprika
		-----BASTING SAUCE-----
2	tablespoons	Steak Sauce
12		Flour Tortillas -- 5 to 8 Inches In Diameter
2	medium	Onions -- Sliced Paper Thin Or Chopped
4	ounces	Whole Green Chilies -- Cut Into Strips
		Softened Butter Or Margarine
		Salsa
		Guacamole

Place steak in plastic bag or non-metal baking dish. In small bowl, combine marinade ingredients. Pour over steak, turning to coat. Seal bag or cover dish; marinate at least 6 hours or overnight in refrigerator, turning once or twice.

When ready to barbecue, drain meat, reserving marinade by placing in small saucepan. Add steak sauce to marinade; blend well. Heat on grill.

Place steak 4 to 6 inches from medium-hot coals. Cook 30 to 40 minutes, turning once, or until desired doneness, brushing occasionally with marinade.

Meanwhile, heat foil-wrapped tortillas on grill until thoroughly heated and steaming, wrap in cloth napkin or towel to keep warm.

To serve, cut steak across grain into thin slices. Spoon any remaining marinade over slices. Arrange steak, warmed tortillas, onions, chilies, butter, salsa and guacamole on a large platter. Spread butter on tortilla; top with meat and any combination of vegetables or sauce. Roll up to eat.

Note: Be sure to heat basting sauce thoroughly to ensure safety for use as a sauce at the table.

## CARNE ASADO (MEXICAN STYLE BEEF TIPS & GRAVY)

1	pound	Beef stew meat
4		Cloves garlic -- chopped
1		Onion -- grated
1	teaspoon	Cumin -- ground
1	teaspoon	Black pepper -- ground
2	cans	Tomato sauce (or 1 large)
		Granule style beef bouillon
		Flour

Sort through stew meat trimming excess fat, gristle. Cut into 1" pcs. if necessary. In med. size, heavy bottom pot, place enough bacon drippings or melted lard to cover bottom. Place stew meat, garlic and onion in pot and saute until meat is lightly browned. Add water to cover and two or three tbs. beef bouillon, cumin, pepper and tomato sauce. Cover. Simmer on low heat until meat is tender. Toward end of cooking time (abt. 1 hr.) add flour to thicken and continue simmering, stirring from time to time, additional 10 min. Remove from heat and serve with spanish rice (Sopa de Arroz) and refried beans. Salsa cruda, Pico de Gallo are good garnishes. Coarsely chopped lettuce and tomatoes and shredded cheddar cheese. Serve with warm flour tortillas, or make soft tacos.



## Carne Gisada Con Papas (Meat & Potatoes)

3	pounds	Round Steak -- 1/2" Thick
2	pounds	Potatoes
8	ounces	Tomato Sauce
1 1/2	teaspoons	Salt
1/2	teaspoon	Ground Pepper
1/2	teaspoon	Ground Cumin
1	each	Large Clove Garlic -- Smashed
		Water

Cut round steak into cubes and brown in shortening in heavy skillet or Dutch oven. Peel and cube potatoes (approximately in 1/2-inch cubes). Once meat is slight browned add potatoes and continue to brown. (Don't worry if it sticks to the bottom of the skillet. Add tomato sauce, salt, pepper, cumin powder and garlic. Add Approximately ONE cup of water and simmer until meat and potatoes are tender. Potatoes will thicken sauce.

## Carne Guisada

3	pounds	round steak, trimmed -- cubed
2	tbsps	vegetable oil
1	tbsp	flour
2	tbsps	chopped
2	tbsps	chopped green pepper
2	tbsps	chopped tomato
1	to 2	cloves garlic -- minced
10	ounce can	tomatoes and green chiles -- undrained
8	ounce can	tomato sauce
1/4	cup	water
1	1 1/2 tsps	ground cumin
		Salt and pepper -- to taste

Cook steak in oil in a heavy skillet over medium-high heat, stirring constantly, until browned. Sprinkle with flour and stir well. Add onion and remaining ingredients. Bring to a boil over medium heat; reduce heat and simmer, uncovered, 40 minutes or until meat is tender and sauce is thick.

Serve in flour tortillas or over hot cooked rice.

## Casera Sauce

1 1/2	cups	Tomatoes -- Finely Chopped
1/2	cup	Onion -- Chopped
1	each	Clove Garlic -- Finely Chopped
1	each	Jalapeno Chile; Canned -- *
1/2	teaspoon	Jalepeno Chile Liquid
1	tablespoon	Cilantro; Fresh -- Snipped Fine
1	tablespoon	Lemon Juice
1/2	teaspoon	Oregano Leaves -- Dried
1 1/2	teaspoons	Vegetable Oil

\* Jalapeno Chile should be seeded and finely chopped.

Mix all ingredients in glass or plastic bowl.

Cover and refrigerate up to 7 days. Makes about 2 cups of sauce.

## CHALUPA

1	pound	Pinto beans
3	pounds	Pork roast
7	cups	Water
1/2	cup	Onion -- chopped
2		Garlic cloves -- minced
1	tablespoon	Salt
2	tablespoons	Chili powder
1	tablespoon	Cumin
1	teaspoon	Oregano
4	ounces	Green chili peppers -- chopped (one can)

Put all ingredients in a dutch oven, an electric crockery cooker, or a heavy kettle. Cover and simmer about 5 hours, or until the roast falls apart and the beans are done. Uncover and cook about 1/2 hour, until the desired thickness is achieved.

## Cheesy Chilanda Casserole

1	pound	Ground Beef
1	each	Med. Bell Pepper -- chopped
1	each	Clove Garlic -- minced
16	ounces	Pinto Beans -- drained
15	ounces	Tomato Sauce
1	cup	Picante Sauce -- med. hot
1	teaspoon	Ground Cumin
1/2	teaspoon	Salt
12	each	Corn Tortillas
2	cups	Shredded Cheese
		Lettuce -- shredded
		Sour Cream
		Fresh Tomato -- chopped

\* Cheese may be Monterey Jack or Cheddar Brown meat with pepper, onion and garlic; drain. Add beans, tomato sauce, picante sauce, cumin and salt.

Simmer 15 minutes. Spoon small amount of meat mixture in 13x9 baking dish.

Top with 6 tortillas. Top with half the remaining meat mixture; sprinkle

with cheese, repeat (except for cheese). Cover tightly with aluminum foil.

Bake at 350" for 20 minutes. Remove foil and top with remaining cheese. Bake uncovered for 5 minutes. Top with lettuce, tomato, sour cream and additional picante sauce.

## HEESY ONION ROLL-UPS

1	cup	(8 oz.) sour cream
8	ounces	Pkg. cream cheese -- softened
1/2	cup	Finely shredded cheddar -- cheese
3/4	cup	Sliced green onions
1	tablespoon	Lime juice
1	tablespoon	Minced seeded jalapeno -- pepper
10	ounces	Pkg. flour tortillas (6" -- size)

"These roll-ups are very fast to fix and you can make them ahead and keep them wrapped in the refrigerator until you're ready to serve." -

### Picante sauce

Combine the first six ingredients in a bowl; mix well.

Spread on one side of tortillas and roll up tightly.

Wrap and refrigerate for at least 1 hour. Slice into 1" pieces. Serve with picante sauce.

Yields: About 5 dozen

## CHICKEN ACAPULCO WITH CREAMY SHRIMP SAUCE

4	large	Poblano peppers
1/4	cup	Onion -- chopped
1/2	pound	Medium shrimp -- lightly Cooked, peeled -- and chopped
1/4	cup	Cilantro -- chopped
1/4	pound	Monterey jack cheese Shredded
2		8 ozs chicken breasts Halved, deboned -- and Pounded flat
2	teaspoons	White pepper
		Salt -- to taste
12		6-in long strings
		Oil -- for frying
		-----CREAMY SHRIMP SAUCE-----
3		Shallots -- diced
1	cup	White wine
1/2	cup	Fish stock or chicken broth
1	pound	Small shrimp
2	cups	Whipping cream
3/4	pound	Butter

ROAST PEPPERS: Place poblano peppers under the broiler and char on all sides. Put in plastic bag and freeze 10 minutes. Remove from freezer, rub off peel, then slit to remove seeds under running water.

Preheat oven to 400 degrees F. In a medium saute pan, saute onion, shrimp, and cilantro until the shrimp are almost cooked, about 5 minutes. Place in mixture in a bowl, add the cheese and set aside.

TO ASSEMBLE: Lay the four prepared chicken breasts flat, skin-side down. Season with salt and white pepper. Layer each breast with one pepper and 2 to 3 tablespoons shrimp/cheese mixture over pepper. Roll each breast tightly to form a cylinder. Tie each cylinder in 3 places, both ends and in the middle.

In a skillet, heat about 1/4-inch of oil. Lightly brown chicken breasts, one at a time, on all sides. Remove from heat, transfer to a oven-proof dish and bake for 10 minutes until golden brown.

Remove from oven. Cut strings and slice chicken into 1-inch roulades (rounds). Drizzle a few tablespoons of Creamy Shrimp Sauce onto a plate and arrange the roulades on top of the sauce. Serve warm. Makes 4 servings.

TO MAKE CREAMY SHRIMP SAUCE: In a saucepan over medium-high heat, combine shallots and wine. Cook until reduced by three-fourths. Add stock/broth and shrimp and cook until reduced by half. Add the cream and reduce again by half. Whisk in the butter by tablespoons. Cook until butter melts and sauce is well-blended. Remove from heat. Recipe:

## CHICKEN ALEJANDRO

1/2	cup	Onions -- thinnly sliced
1		Garlic clove -- minced
1	tablespoon	Margarine or butter
1	cup	Medium salsa
1/2	teaspoon	Sugar
1/4	teaspoon	Cinnamon
1/8	teaspoon	Cloves -- ground
1/2		Bay leaf
4		Chicken breast halves -- boneless
2	teaspoons	Cornstarch
8	ounces	Tomato sauce
1	small	Orange; peeled -- sections
		Rice

In a large skillet, over medium heat, cook onion and garlic in margarine until tender. Stir in salsa, sugar, cinnamon, cloves, and bay leaf; add chicken. Cover and simmer for 30 minutes. Remove chicken to heated platter; keep warm. In a small bowl, dissolve cornstarch in tomato sauce; stir into skillet. Cook, stirring constantly until the mix thickens and begins to boil. Add orange sections; heat through. Discard bay leaf. Serve chicken over rice with the sauce over all.



## CHICKEN ALMENDRADO

1/2	cup	Onion; Chopped -- 1 Medium
2	tablespoons	Margarine Or Butter
1	tablespoon	Vegetable Oil
1	cup	Chicken Broth
1/4	cup	Almonds -- Slivered
1	tablespoon	Red Chiles -- Ground
1	teaspoon	Vinegar
1/2	teaspoon	Sugar
1/2	teaspoon	Cinnamon -- Ground
4	each	Chicken Breast Halves -- *
		Almonds -- Slivered

Chicken Breasts Halves should be boneless. Cook and stir onion in margarine and oil in a 10-inch skillet, until tender. Stir in broth, 1/4 cup of almonds, the ground red chiles, vinegar, sugar and cinnamon. Heat to boiling; reduce the heat and simmer, uncovered, for 10 minutes. Spoon mixture into a blender container, cover and blend on low speed until smooth, about 1 minute. Return sauce to skillet. Dip chicken breasts into the sauce to coat both sides. Place skin sides up in a single layer in the skillet. Heat to boiling and then reduce the heat, cover and simmer until done, about 45 minutes. Serve sauce over chicken and sprinkle with the remaining slivered almonds.

## CHICKEN BREASTS OLE'

3		Whole chicken breasts -- boneless & split
4	ounces	Green chilies -- diced
	3/4 cup	Cheddar cheese -- shredded
	3/4 cup	Monterey Jack cheese -- shredded
3	tablespoons	Onion -- finely chopped
	1/3 cup	Butter -- melted
	1/4 teaspoon	Chili powder
	1/4 teaspoon	Cumin -- ground
1	cup	Tortilla chips -- crushed
		Wooden toothpicks

Remove skin from chicken. Between sheets of waxed paper, pound each until 1/4" thick. Drain chilies and combine with the cheeses and onion. Divide into 6 equal portions. Sprinkle one portion down center of each breast.

Roll chicken around filling, folding in ends and securing with wooden toothpicks. Combine the butter, chili powder and cumin. Coat rolls with butter mixture and roll in chips.

Arrange chicken, seam side down, in a shallow greased casserole. Bake at 375 degrees for 45 minutes. Serve with sour cream and taco sauce. Goes great with Mexican rice.

## CHICKEN BREASTS SOUTHWESTERN

2/3	cup	Vegetable oil
1/3	cup	Lime juice
2	tablespoons	Green chilies -- chopped
1	teaspoon	Fresh garlic -- minced
4		Chicken breasts halves -- Skinned
8	slices	Cheddar cheese
		Salsa

In 9" square baking pan stir together all marinade ingredients. Add chicken breasts; marinate, turning once, in refrigerator at least 45 minutes. Meanwhile, prepare grill placing coals to one side; heat until coals are ash white. Make aluminum foil drip pan; place opposite coals. Remove chicken from marinade; drain. Grill chicken 7 minutes; turn. Continue grilling until fork tender, 6 to 8 minutes. Top each chicken breast with 2 slices cheese. Continue grilling until cheese begins to melt. Serve with salsa.

## CHICKEN BREASTS WITH CHILIES AND ARROZ BLANCO

8		Chicken breast halves -- skinned and boned
		Salt and freshly ground -- black pepper
4	tablespoons	Butter or margarine -- divided
2	tablespoons	Vegetable oil
1	large	Onion -- thinly sliced and into rings
2	pounds	Anaheim chilies -- peeled and divided or 4
		Cans (4 oz each) green -- chilies, drained
1	cup	Milk -- divided
2	tablespoons	Flour
2	cups	Sour cream
1		4 oz cup grated Cheddar -- cheese

Season chicken with salt and pepper. In large skillet, heat 2 Tbsp butter and oil. Add chicken and cook over medium high heat until light brown on both sides. Remove from pan and set aside. Cook onion in skillet until soft, but not brown. Cut all but 3 chilies into strips. Add strips to onion and cook over medium heat 5 minutes. Remove from heat and set aside. Place 3 whole chilies, 1/4 cup milk and 1/2 tsp salt in blender or food processor. Process until smooth. Add sour cream and blend a few seconds more. Set aside. Melt remaining 2 Tbsp butter in small saucepan. Blend in flour. Add 3/4 cup milk and cook, stirring until smooth and thickened. Remove from heat. Stir in sour cream mixture. Arrange half the chicken breasts in a casserole. Top with half the onion chilies mixture. Spread with half the sauce. Repeat layers. Bake, covered, @ 375 degrees for 25 minutes. Remove from oven. Sprinkle with cheese. Bake 3 to 4 minutes. Serve over beds of fluffy Arroz Blanco. Makes 6 servings.

ARROZ BLANCO: Melt 2 Tbsp butter or margarine in 2 to 3 quart saucepan. Add 1 cup uncooked rice and cook over moderate heat until golden, stirring often. Add 1/2 cup chopped onions and 2 cloves minced garlic; cook until onions are soft but not brown. Add 2 cups chicken broth and 1 tsp cumin seed. Bring to a boil; stir once or twice. Reduce heat, cover, and simmer 15 minutes or until rice is tender and liquid is adsorbed. Salt to taste.

## Chicken Chilaquiles

4		Chicken Breast Halves Without Skin -- boned
1/2	Tsp	Cumin
		Salt And Pepper -- to taste
8	Oz	Tortilla Chips -- Lightly Salted
28	Oz	Green Enchilada Sauce
8	Oz	Monterey Jack Cheese -- shredded
1/2	Cup	Cilantro -- chopped
4		Green Onions -- chopped
8	Tbsp	Light Sour Cream -- or real sour cream
1/2	Cup	Salsa Fresca -- fresh or storebought

Sprinkle breasts with cumin, salt and pepper. Broil until just done. I do this in a toaster oven for about 5 minutes per side. Slice or shred chicken.

Evenly cover four microwave safe dinner plates with tortilla chips. Sprinkle with chicken. Pour enchilada sauce over the chicken and then microwave each plate for 1 to 1-1/2 minutes. Top with cheese and microwave each plate for 45-60 seconds or until cheese melts in the center of plate.

Meanwhile, chop and combine cilantro and green onions. Spinkle a 1/4 cup mixture over each of the heated plates. Put a dollop of sour cream in the center of each plate and surround with salsa fresca.

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## Chicken Enchiladas -- Lowfat

10	ounces	Cooked chicken -- shredded 2 cups
2 1/2	cups	Scallions -- finely chopped Enchilada sauce -- see recipe
1 1/2	ounces	6-inch prepared corn -- tortillas; Part-skim mozzarella cheese -- grated

Preheat oven to 400F, unless you have a microwave. In a bowl, combine the chicken, half the scallions, and 1/2 cup of the enchilada sauce. Soften the corn tortillas, two at a time, by steaming them for 10 seconds, or cook in a microwave for 10 second on high. Spoon 1 cup of the enchilada sauce on the bottom of a 9x11-inch pan. Fill each tortilla with about 1/4 cup of the chicken mixture. Roll each tortilla and place seam side down on the sauce in the pan. Top with the remaining cup of enchilada sauce, sprinkle with the cheese and the remaining scallions. Bake for 10 minutes or microwave on high for 5 minutes. YIELD: Serves 8

## CHICKEN ENCHILADAS WITH PASILLA CHILI SAUCE

2	tablespoons	Peanut oil
1		2-oz. package dried pasilla Chilies, stemmed, seeded Torn into 1-inch pieces
1/2	cup	Whole blanched almonds Chopped
4		Chicken breast halves
6	cups	Chicken stock or canned Low-salt broth
1/2	teaspoon	Cumin seeds
4		Plum tomatoes, cored Quartered
1/2		Onion -- quartered
4		Cloves garlic -- peeled
2	tablespoons	Firmly packed golden brown Sugar
1	teaspoon	Coarse salt
		Peanut oil (for deep frying)
16		Corn tortillas
2 1/2	cups	Grated Monterey Jack Cheese
1	cup	Crema fraiche or sour cream
1		Avocado, peeled, seeded Sliced Fresh cilantro sprigs

Heat 2 tablespoons oil in large pot over high heat. Add chilies and almonds. Saute until chilies darken and almonds are golden, about 2 minutes. Using slotted spoon, transfer chilies and almonds to bowl. Reduce heat to medium. Season chicken with salt and pepper. Add to same pot and brown on all sides, about 5 minutes. Add stock; simmer until chicken is cooked through, about 20 minutes. Transfer chicken to another bowl using slotted spoon; cool. Reserve stock in pot.

Toast cumin seeds in heavy small skillet over medium-low heat until aromatic, about 1 minute. Mince cumin seeds. Add cumin, chili mixture, tomatoes, quartered onion, garlic, sugar and salt to stock. Simmer until all ingredients are very soft, about 45 minutes.

Working in batches, puree stock mixture in blender. Return to pot. Boil until reduced to 4 cups, stirring occasionally, about 20 minutes. Season with salt and pepper. (Can be made 1 day ahead. Chill chicken and sauce separately.)

Remove skin from chicken and discard. Cut meat from bones and shred. Transfer to bowl and combine with 1/2 cup sauce. Set filling aside.

Oil two 13X9-inch glass baking dishes. Pour oil into deep skillet to depth of 1/2 inch and heat to 375-degree F. Fry tortillas 1 at a time until softened, about 5 seconds per side. Using metal sapatula, transfer to paper towels. Spread 1 tablespoon sauce over each tortilla. Sprinkle each with 2 tablespoons cheese and 1 tablespoon chopped onion. Place 1/3 cup chicken down center of each tortilla; roll up. Place seam side down in baking dishes. (Can be made 1 hour ahead. Cover.)

Preheat oven to 350-degree F. Pour remaining sauce over enchiladas. Sprinkle with remaining cheese. Bake until heated through, about 20 minutes. Top with crema fraiche, avocado and cilantro.

## Chicken Fajitas

		6" Flour Tortillas
		Sm Onion -- sliced into rings
		Cloves Garlic -- minced
		Med Green /Sweet Red Pepper*
1	tablespoon	Cooking Oil
9	ounces	Chicken Breast halves **
1/3	cup	Salsa
2	cups	Shredded Lettuce
1/4	cup	Plain low-fat Yogurt
		Green Onion -- thinly sliced

\* cut into bite-size strips \*\* 9 oz boned skinless chicken breast halves, cut into bite-sized strips Wrap tortillas in foil. Place in 300 deg F. oven for 10-12 minutes or till heated through. Meanwhile, spray a large skillet with Pam. Add onion and garlic; stir-fry for 2 minutes. Add red or green pepper; stir-fry for 1-2 minutes more or until veggies are tender crisp. Remove from skillet. Add oil to skillet. Add chicken; stir-fry 3-5 minutes or till chicken is tender and no longer pink. Return veggies to skillet. Add salsa. Cook and stir till heated through. To serve, divide chicken mixture evenly among tortillas. Top with shredded lettuce. Dollop with yogurt and sprinkle with green onion. Roll up tortillas and serve.



## CHICKEN IN SPICY BROWN SAUCE

3		Whole chicken breasts -- split and skinned
2	tablespoons	Vegetable oil
1		15 oz can tomato sauce
1/2	cup	Picante sauce
4	teaspoons	Unsweetened cocoa powder
1	teaspoon	Ground cumin
1	teaspoon	Oregano
1/2	teaspoon	Garlic salt

Dash EACH: cloves, nutmeg, ground allspice

Pound chicken to 1/2" thick. Lightly brown in oil in large skillet, about 2 minutes on each side; drain off fat. Combine remaining ingredients; mix well. Pour over chicken in skillet. Bring to boil. Reduce heat; cover and simmer, gently, 10 minutes. Remove chicken to serving platter; keep warm. Cook and stir sauce until slightly thickened, about 3 to 5 minutes. Spoon sauce over chicken.

Makes 6 servings.

## CHICKEN OR BEEF FAJITAS

1/2	cup	Vegetable oil
1/2	cup	Lime juice
1	cup	Tequila
1/4	cup	Tomato paste
2		Garlic cloves -- minced
1		Whole jalapeno pepper
	1/2	teaspoon Salt
	1/2	teaspoon Chili powder
	1/2	teaspoon Cumin
1	1/2	pounds Chicken breast*
10		Flour tortillas for fajitas
3	tablespoons	Vegetable oil
1		Large bell pepper -- cut into
1		Large onion -- cut into strips
1		Large tomato -- cut into chunks

\*Boneless, skinless breast, cut into strips; or skirt steak.

In a glass bowl or baking dish, combine 1/2 cup oil, lime juice, tequila, tomato paste, garlic, jalapeno, salt, chili powder, and cumin. Blend well.

Add chicken, cover, and marinate in refrigerator at least 6 hours or overnight. Wrap tortillas in aluminum foil. Bake 15 minutes while preparing fajitas. Remove chicken from marinade. In a large, heavy skillet over medium-high heat, heat 3 Tbl oil. Add chicken and cook, stirring constantly, 5 to 7 minutes or until chicken is done. Add bell pepper and onion and cook 3 minutes more along with tomatoes, just until vegetables are crisp-tender. Serve with tortillas, guacamole, sour cream, salsa, and grated cheese.

## Chicken Sopopilla (incl. tortillas)

2	cups	all purpose flour
1/2	teaspoon	salt
2	teaspoons	baking powder
1	tablespoon	shortening -- (lard is best)
3/4	cup	warm water
		oil for deep frying
		cooked, cut up or shredded chicken
		(Pork is to die for!)
		salsa

1. Mix the flour, salt and baking powder together. Cut in the shortening. Mix until it resembles cornmeal.
2. Stir in the water until all the dough is moist.
3. Turn onto a floured surface and knead about 5 minutes. Cover with plastic wrap or towel and let rest for 30 minutes.
4. Cut the batch in half and roll out about 1/4" thick. (These are thicker than ordinary flour tortillas).
5. Cut into 4 to 5" squares or rounds. ( I like round so use a coffee can to cut)
6. Heat oil in a deep fryer or skillet to 400 degrees. (I just use a deep iron skillet with about 3" of oil.) and drop, \*one at a time in the hot oil until puffed and golden brown (If they don't puff up, the oil's not hot enough)
7. Take out of skillet and lay on paper towels. Continue until you have as many as you want. Let cool a little.
8. Take chicken or pork and mix with salsa. Heat chicken in salsa over stove before you stuff.
9. Carefully slit one side of the Sopapilla and put in about 3 tablespoons of the chicken.

Serve on a platter with each Sopapilla on a leaf of Romaine Lettuce and Salsa Fresca on the side to put over/or in them. This is a last minute, labor intensive procedure but they are simply wonderful

## CHICKEN TACO CASSEROLE

1	large	Chopped onion
3	tablespoons	Margarine
1	can	Chopped chilies (small)
2	cups	Tomato juice
1	can	Cheddar cheese soup
1	teaspoon	Chili powder
1/4	teaspoon	Garlic powder
2	cups	Chopped chicken breast -- cooked
1		Dozen tortillas
1	cup	Grated cheese

Saute onion in butter. Add chilies, tomato juice, cheddar cheese soup, chili powder and garlic powder. Add chopped chicken. Break tortillas into about 6 pieces each. Put a layer of tortillas, layer of chicken mixture, and layer of grated cheese. Repeat until all is used. Bake at 350 degrees for about 30 minutes in 2 quart casserole, covered, and then uncover and add more grated cheese and cook until cheese is melted. This serves about 8.

## Chicken Tacos

1/4	cup	Green onion -- chopped
1	tablespoon	Shortening
2	cups	Cooked chicken -- shredded
1	each	8 oz can taco sauce or
8	ounces	Green chili salsa
1	each	Salt to taste
1	package	Taco shells
1	cup	Grated cheddar cheese
		-----OPTIONAL TOPPINGS-----
1	each	Chopped lettuce
1	each	Chopped tomato
1	each	Sour cream
1	each	Guacamole

Saute' the onion in the shortening until transparent. Add the chicken, green chili salsa or taco sauce and salt to taste. Heat to boiling. Prepare shells according to package directions. Put two tablespoons of the chicken mixture and one tablespoon of grated cheese in each shell. Serve with option of lettuce, tomato, sour cream or guacamole and extra chili sauce as desired.

## CHICKEN TEQUILA

1	cup	Strong chicken stock
9	ounces	Whole tomatoes -- undrained
3		Cloves garlic -- minced
2		Chicken breasts -- boneless
1/2	cup	Tequila
2		Juice from two limes
		Heavy dash cayenne pepper
1	teaspoon	Chili powder
1	teaspoon	Cumin
1/2	teaspoon	Coriander
		Salt to taste
		Olive oil

Simmer the chicken breasts in the stock, until tender. Remove and cube. Set aside, reserving stock. Saute' the garlic in olive oil. Add tomatoes (breaking up) and the remaining ingredients; simmer, covered 1/2 hour. Add chicken and re-heat. Toss with cooked noodles. If sauce becomes too thick, add the chicken stock. Sprinkle with Parmesan cheese and garnish with fresh basil or parsley leaves.

## CHICKEN TORTILLA CASSEROLE

6		Corn tortillas
	1/2 cup	Milk
	1/2 pound	Cheddar cheese -- shredded
1	can	Green chili salsa
1	can	Cream of mushroom soup
1	can	Cream of chicken soup
3		Chicken breasts; cooked -- cut up

Cut or tear the tortillas in 1/2" squares. Put half of them on the bottom of a baking dish and cover with 1/2 of the cheese. Mix salsa, both soups and chicken together. Add half of this mixture to the baking dish. Repeat the layers and top with cheese. Cover and put in the fridge for 24 hours. Bake at 350~F for 45 min. Uncover for the last 15 minutes to brown.

## CHICKEN WITH AVOCADO SALSA

1	pound	Boneless chicken breast -- halves
		Chili powder -- salt and pepper
1		Ripe avocado
1	tablespoon	Fresh lime juice
1/2	cup	Chunky salsa
1		Tomato -- chopped
2		Green onions with -- tops, thinly sliced
4		Heated corn tortillas or -- lettuce leaves

Arrange chicken around the edges of a 9" pie plate or baking dish. Sprinkle with chili powder, salt and pepper. Cover with vented plastic wrap.

Rotating dish midway through cooking, microwave on high 5 to 6 minutes; set aside. Peel, seed and chop avocado. Combine with lime juice in a small bowl. Add salsa, tomato and green onions; toss gently. Slice cooked chicken, lengthwise, into 1 to 2" strips and arrange on tortillas, making 4 servings. Top with salsa. Microwave on 50 % (medium) 2 minutes or until heated.

Makes 4 servings.



## Chilaquiles (A Casserole Of Tortillas In Chili)

1/2	pound	Queso fresco, crumbled -- or mild cheddar -- grated 1-1/3 cups)
18		Stale tortillas -- cut into triangles
1	or cup	Thin sour cream
2		Chorizos -- crumbled and
1	medium	Onion -- thinly sliced into
2		Limes -- cut into wedges

Ready: A flameproof dish at 3 Inches deep and about 10 inches across

### The Sauce

Heat the griddle and toast the chilies lightly on both sides. Be careful-- they burn very quickly. When they are cool enough to handle, remove the seeds and veins. Cover the chiles with hot water to cover and leave them to soak for about 20 minutes, then transfer with a slotted spoon to the blender jar. Add the rest of the ingredients and blend to a smooth sauce.

### The Chilaquiles:

In small frying pan add 2 Tbsp. peanut or safflower oil, 1/2 cup chicken broth. Heat the oil and cook the sauce until it darkens in color and is well seasoned--about 3 minutes. Add the broth and let the sauce cook over a high flame for a few minutes longer. Set aside.

Heat the oil and fry the tortilla strips until they are a pale gold, but not too crisp. Remove and drain on the toweling.

Cover the bottom of the dish with one third of the tortilla pieces. Cover them with a layer of one third of the cheese and a layer of one third of the sauce. Repeat the layers twice more.

Add the 3 to 3-1/2 cups chicken broth and bring to a boil. Lower the flame and continue cooking the chilaquiles at a brisk simmer, until most of the broth has been absorbed -- about 15 minutes. Add the epazote a minute or so before the chilaquiles have finished cooking. (2 large sprigs.)

Pour the sour cream around the edge of the dish, then garnish with the chorizos and the onion rings. Serve in small deep bowls with lime wedges on the side.

## Chile con Queso

1	cup	Cheese -- Shredded *
4	ounces	Green Chiles -- **
1/4	cup	Half & Half
2	tablespoons	Onion -- Finely Chopped
2	teaspoons	Cumin -- Ground
1/2	teaspoon	Salt

Use either Cheddar or Monterey Jack Cheese (4 oz) \*\* Use 1 4-oz can of chopped green chiles, drained.

Heat all ingredients over low heat, stirring constantly, until the cheese is melted.

Serve warm with tortilla chips. Makes 1 1/4 cups dip.

## Chile Piquin Sauce

1	ounce	Dried chile Piquin
1/4	teaspoon	Cumin
1/4	cup	Oil
8	ounces	Tomato sauce
1/2	teaspoon	Chopped fresh garlic

Heat oil until hot and remove from heat, pour chile to fry about 2 min in hot oil, then drain on paper towels. Put chile, tomato sauce, cumin, and garlic in blender and mix, add salt to your taste

## CHILES RELLENOS (FRIED STUFFED CHILES)

12	large	Mild -- green chiles w/stems
		<<<OR>>>
3	cans	Green chiles (4 oz.cns)
1/2	pound	Jack cheese cut into long>>>
		Narrow -- strips.
		-----BATTER-----
1	cup	All purpose flour
1	teaspoon	Baking powder
1/2	teaspoon	Salt
3/4	cup	Yellow or white cornmeal
1	cup	Milk
2		Eggs -- slightly beaten

Parch and peel chiles leaving stems on. Cut small slit below the stem, removing seeds if desired.

Insert strips of Jack cheese being careful not to split chile.

Prepare batter: Sift flour with baking powder and salt, then add cornmeal. Blend milk and slightly beaten eggs, then combine milk mixture with dry mixture and blend together. slightly moisten each chile with water--dip in plain flour, then in batter. Allow to drain slightly and drop in deep fat which has been heated to 375 F.

Fry until golden. Drain on paper towels. Keep warm on platter in 300 F. oven while completing frying and serve immediately.

Variations: For thicker crust "double-dip" (repeat dipping sequence). For crunchy crust use buttermilk instead of sweet milk in batter.

Hint: Keep one hand for "dry", the other for "wet".

## Chiles Rellenos Casserole

2	cans	Whole green chili peppers*
3	cups	Sharp Cheddar cheese**
4	each	Green onions -- sliced
3	cups	Shredded mozzarella cheese
6	each	Eggs
4	cups	Milk
	3/4 cup	All-purpose flour
	1/4 teaspoon	Salt
2	cans	Green chili salsa

\* 7 oz. cans \*\*shredded (approx. 12 oz.) Split chili peppers lengthwise and remove seeds and pith. Spread chilies in a single layer in a greased 9x13-inch baking dish.

Sprinkle Cheddar cheese, green onions, and 1-1/2 cups of the mozzarella cheese over chilies. In a bowl, beat eggs, milk, flour, and salt together until smooth. Pour over chilies and cheese. Bake in a 325 degrees oven for 50 minutes or until a knife inserted in custard comes out clean.

Meanwhile, mix salsa with the remaining 1-1/2 cups mozzarella cheese. Sprinkle over casserole and return to oven for 10 minutes or until cheese melts. Let stand for 5 minutes before serving.

## Chiles Rellenos Casserole W/Marinara

4	pounds	Jack cheese -- cut in strips
1	can	4 oz green chiles -- seeded
4		Eggs
1/3	cup	Milk
1/2	cup	Flour
1/2	teaspoon	Baking powder
1	cup	Grated sharp cheddar cheese
1	can	Marinara sauce
		Pitted ripe olives (garnish)

Stuff chilies w/jack cheese. Arrange chilies side-by-side in greased shallow 1 1/2 qt. baking dish.

Beat eggs until thick and foamy, add milk, flour and baking powder - blend.

Pour egg batter over chiles - cover all chiles with batter. Sprinkle with cheddar cheese. Bake uncovered @ 375 30 minutes or until set. Serve with heated marinara sauce and olives.

## Chiles Rellenos Con Quesos

8		Fresh -- frozen or 2 (4 oz) green chilies
1	pound	Monterey jack cheese
4		Eggs
4	tablespoons	Butter -- margarine or lard (garnish)

Peel fresh peppers by placing on an open flame until browned. Wrap chilies in a damp cloth to steam for five minutes. Pull peeling off.

Slit green chiles. Cut cheese into slices that will fit into the green chile slits. (Be sure to remove seeds and membrane) Prepare a batter by using one egg for every two chiles and one tsp of hot water to each egg, plus enough flour (1 tbsp per egg) to make a thin batter. Beat egg whites until they form soft peaks. Fold in beaten egg yolks and flour.

Drop the batter (the size of a 6-in.x4-in. oval) onto a greased fry pan. Place a stuffed chile on it and cover with batter. Cook over low heat until golden. Turn with spatula and brown on other side. Drain on paper towels. Place in baking dish, cover with sauce, and top with grated cheese.

Heat in 325 F oven til cheese melts (about 15 mins)

## Chiles Rellenos de Queso 2

2		Chiles, calif. -- roast & peel
1 1/3	ounces	Cheese -- monterey jack
		Oil -- for frying
1		Eggs -- separated
1/8	cup	Flour -- all purpose
		-----TOMATO SAUCE-----
1 1/3	small	Tomatoes -- peeled
1/3	small	Onion
1/3		Garlic clove
1/3	tablespoon	Oil -- vegetable
1/8	cup	Chicken broth
1/8	teaspoon	Salt
2/3	small	Chiles -- calif.
	pn	Cinnamon, ground
	pn	Cloves, ground

Prepare tomato sauce; keep warm.

Cut as small a slit as possible in one side of each chile to remove seeds. Leave stems on. Pat chiles dry with paper towels.

Cut cheese into long thin sticks, one for each chile. Place one stick in each chile, using more if chiles are large. If chiles are loose and open, wrap around cheese and fasten with wooden picks.

Pour oil 1/4" deep into large skillet. Heat oil to 365° F. Beat egg whites in a medium bowl until stiff. Beat egg yolks lightly in a small bowl and add all at once to beaten egg whites. Fold lightly but thoroughly. Roll chiles in flour, then dip in egg mixture to coat. Fry in hot oil until golden brown, turning with a spatula. Drain on paper towels. Serve immediately topped with tomato sauce.

Tomato Sauce: Combine tomatoes, onion and garlic in blender or food processor; puree. Heat oil in a medium saucepan, add tomato mixture. Cook 10 minutes, stirring occasionally. Add broth, salt, chiles, cloves and cinnamon. Simmer gently 15 minutes.



## Chiles Rellenos de San Diego

1	package	taco seasoning mix
16	ounces	tomatoes
7	ounces	green chiles -- canned
1/4	pound	Monterey jack cheese -- *see note
		salt -- optional
1/4	cup	flour
2		eggs
1/4	teaspoon	cream of tartar
1	cup	Canola oil

\*Cut the cheese into 6 strips.

1. For the spicy tomato sauce which goes on top, combine the taco seasoning mix and tomatoes in a saucepan. Bring to a boil, reduce heat and simmer for 15 minutes.

2. If fresh chiles are used, cut off the stem ends and rinse with cold water to remove seeds. Broil the chiles until the skin browns and blisters. Peel the chiles immediately, while they are still warm. If canned chiles are used, gently rinse with cold water to remove seeds; pat dry. Stuff each chile with a strip of cheese.

3. Combine the flour and salt.

4. Separate the eggs. Beat yolks until lemon yellow and slightly thickened. Beat the whites until they are foamy. Add the cream of tartar and continue beating until the whites hold a stiff peak. Carefully fold yolks into whites.

5. Heat the oil in a skillet.

6. Roll the stuffed chiles in the flour. Dip into egg batter. Fry in hot oil on each side until golden. Drain and serve with spicy tomato sauce.

Yield: 6 rellenos.

## Chiles Rellenos Meatballs

12		small potatoes, or 2 large baking potatoes
2	tablespoons	vegetable oil
1	pound	ground beef
1/2	pound	Anaheim chili peppers
1/2	cup	yellow onions -- minced
4		eggs
1/2	teaspoon	salt
		black pepper -- to taste
		garlic salt -- to taste

\*Anaheim chilies, roasted, peeled and diced.

1. Peel and boil potatoes until just tender. Let potatoes cool. In a large bowl break up potatoes to make a lumpy mixture, do not mash.

2. Saute ground beef in 2 tablespoons vegetable oil until browned, drain well.

3. Add beef to potatoes, then add chiles, chopped onion and egg yolks. Add seasonings (salt, pepper, and garlic salt). Mix and form into egg-shaped balls about 1-1/2 inches long.

4. Dip each ball in egg whites (beaten slightly) then roll in flour. At medium heat, cook in vegetable oil about 1/4-inch deep. Brown well, then drain on paper towels. Serve hot, at room temperature, or refrigerate and reheat at serving time.

## Chili Beef Tacos

1/4	cup	Chili powder
6		Garlic cloves -- crushed
5	tablespoons	Strained fresh lime juice
3	tablespoons	Olive oil
1	tablespoon	Cumin
2 1/2	pounds	Stewing beef cut into 1/2 in
28	ounces	Italian plum tomatoes Drained and crushed
2	cups	Beef broth
12	ounces	Bottle dark beer
1		Large onion chopped
2		Jalapeno chilies -- minced
10	ounces	Pkg. frozen corn -- thawed and
25		Pimento stuffed green olives
1/2	cup	Pimentos -- drained chopped
		Salt and pepper
20		Taco shells
12	ounces	Sharp cheddar cheese -- shredd
1/2		Bunch romaine lettuce -- chopp
4		Chopped seeded tomatoes
		Hot or mild salsa
1	cup	Sour cream

Mix chili powder, garlic, lime juice, 3 Tbs. olive oil and cumin in a large bowl to form a paste. Add the beef and mix till coated. Refrigerate 24 hours, stirring occasionally. Position rack in lower third of oven and preheat to 350 F. Combine marinated beef, canned tomatoes, broth and beer in a Dutch oven.

Bring to boil over high heat. Cover, transfer to oven and bake for 45 mins. Uncover and continue baking until beef is tender, about 45 minutes more. Cool, shred beef and return to cooking liquid. Cover and refrigerate overnight.

Heat 3 Tbs. oil in heavy skillet over medium-low heat. Add onion and jalapenos then cover and cook until onion is tender and lightly browned, stirring occasionally, about 15 mins. Strain beef cooking liquid into skillet, Bring to a boil. Reduce heat and simmer uncovered until sauce is thickened and reduced to 1/2 cup, stirring occasionally, about 50 mins.

Mix in beef. (Can be prepared 1 day in advance and refrigerated). Add corn, olives, and pimentos and stir over medium heat until just heated through, about 5 minutes. Season with salt and pepper to taste. To assemble: Half fill taco shells with beef mixture.

Top with cheese, lettuce and chopped tomatoes. Serve immediately, passing salsa and sour cream separately.

Note: The same filling also works in chimichangas and enchiladas, and is delicious spooned over toasted hamburger rolls. It can also be frozen.

## CHILI POBLANO PIE

12	each	Poblano chilies -- large fresh
		Chihuahua cheese -- cubed
1	each	Garlic clove, large -- halved
	3/4	teaspoon Salt
1	1/2	cups Whipping cream
	1/2	pound Monterey jack or
		Onion, sm yel -- coarse chop
6	each	Eggs
		Crema fresca: -- -----
3	tablespoons	Sour cream

Make the Crema Fresca ahead of time: mix Cream and Sour Cream together. Cover and let stand at room temp. until thickened, 8 hours or overnight. Chill until ready to use. Char the Chili Peppers over a gas flame until blackened on all sides. Wrap them in a plastic bag and let stand for 10 minutes to steam. Peel and core the Chilies. Remove seeds, rinse and pat dry. Preheat oven to 350 F. Generously Butter a 9" pie pan (preferably porcelain or stoneware with 2" sides). Open up Chili Peppers and arrange around sides of pan skin side down, point toward center of pan, extending about 1/2" above rim. Cover bottom of pan with Chilies. Finely grate cheese with Onion and garlic in a processor using on/off pulses, about 30 seconds. Add Eggs and Salt. Process until smooth, stopping to scrape down the sides, about 15 seconds. Mix in the Crema Fresca (the Mexican equivalent of creme fraiche). Pour this filling over the Chilies. Curl the edges of the Chilies over the filling. Bake until golden brown and a knife inserted in the center comes out clean, 45 to 50 minutes. Cover Chili edges with fOil to prevent burning, if necessary. Cool for 5 minutes before cutting. Serve hot or at room temperature.

## Chili Relleno's Fast and Easy

4	large	fresh pasilla chilis
3	cups	grated cheese -- used cheddar
		SAUCE
1	sm. can	tomato sauce -- or
5		fresh tomatoes -- chopped
1	cup	finely chopped scallions -- (green onions)
1	large clove	garlic -- finely chopped
1 1/2	cups	finest chopped fresh cilantro
2	teaspoons	Charlie's seasoning -- heaping
3		eggs
		flour -- to dip

1. (this is the new and easy part) I found out you don't have to peel pasilla chilis! Just put them into boiling water for about 15 min.. Take out, slit open one side, take out the seeds. Don't bother about the membranes, they are not that hot. Rinse under cold water and set aside. (no need to peel)
2. In skillet, saute the onions and garlic until almost brown. Add the cilantro, chopped tomatoes or canned tomato sauce, and Charlie's seasoning. Cook on med. heat until flavors are blended. Set aside.
3. Grate the cheese and stuff into the chilis.
4. Beat the egg white until stiff.....add the yolks to the whites, fold in with about 5 tablespoons of flour.
5. Holding the chilis together, dip into the batter and then place chilis into a skillet with about a full quarter inch of hot oil. (I used Canola). You don't need the oil deep. Turn down the stove a little and brown on both sides. Cook until browned and lay the chilis over the heated sauce.
6. Serve with sliced avacados over the chilis.....Mexican cheese sprinkled over the top and sliced radishes.

## CHILIES RELLENOS WITH CHEESE

6		Poblano chilies
1	cup	Monterey Jack cheese -- cubed
1/2	cup	Flour
3		Eggs
1	tablespoon	Water
1/4	teaspoon	Salt
2	cups	Lard or vegetable oil for frying (more if needed)

Toast chilies on hot griddle on all sides until skins begins to blister. Place in plastic bag, seal bag, and allow chilies to steam for 20 minutes.

Peel chilies, and discard skins. Slit chilies lengthwise 1/4 inch from stem to 1/4 inch from tip.

Remove seeds and piths; leave stem intact.

Place equal amounts of cheese in chilies. Roll stuffed chilies in flour. Set aside.

Separate eggs; beat whites until stiff. Beat yolks with water and salt; fold into whites Heat lard or oil in skillet over medium heat. Dip chilies into egg mixture. Fry until light golden brown. Drain.

## Chimichangas De Papas

1 lb potatoes, mashed -- coarsely (4 large)  
5 oz queso fresco  
2/3 cup sour cream  
5 green onions -- sliced  
1 or 2 jalapeno peppers, roasted -- peel, seed & chop  
salt and pepper to taste  
flour tortillas  
oil to fry  
sour cream, green onions, black olives, -- and

salsa to garnish

Mix coarsely mashed potatoes, cheese, sour cream, green onions, jalapenos to taste, and salt and pepper to taste.

Fill tortillas fold into a package. Fry in hot oil (one inch in a skillet.) Drain, garnish and serve hot.

This can be a main course, or made small and served as an appetizer or a side dish.

This dish can also be made with corn tortillas, and baked in an enchilda sauce inside of frying.

## CHIMICHANGAS SUPREME PART 1

1	pound	Lean beef
1	teaspoon	Salt
1/4	teaspoon	Pepper
1/4	teaspoon	Garlic powder
4		Tomatoes
1 1/2	teaspoons	Shortening
1/2		Onion -- chopped
1/2		Bell pepper -- chopped
1 1/2	teaspoons	Flour
1/2	cup	Canned whole green Chiles
4	fluid ounces	Tortillas
		Oil for deep frying
		Red chile sauce (see index)

1. Cut the beef into 4 pieces. Place in a 5 to 6-quart pan and add water to cover. Bring to a boil; skim the foam from the surface. Add the salt, pepper, and garlic. Simmer until tender, approximately 1-1/2 to 2 hours.

2. Drain the beef, reserving 1/2 cup of the broth.

When the meat is cool, shred. Chop 2 of the tomatoes.

3. Melt the shortening in a pan over medium heat. Add the onion and bell pepper and saute until tender. Add the flour, whisking until no lumps remain, and cook 2 minutes. Add the shredded beef, reserved broth, chopped tomatoes, and whole chiles. Simmer 15 minutes.

4. Place about 1/2 cup of the meat mixture in a line down the center of each tortilla. Fold both ends over 1 inch to 2 inch; fold one side over the other and roll up in a neat package. Secure with a toothpick.

5. Deep fry in very hot oil (400F) until (See Part 2 for more)

## CHIMICHANGAS SUPREME PART 2

		(cont. from part 1)
1	cup	Shredded wisconsin Cheddar cheese
1	cup	Sour cream
4		Black olives
1/4	cup	Chopped green onions
1	tablespoon	Whipping cream
		Guacamole (see index)
2	cups	Shredded lettuce
4		Black olives

Crisp and well browned. Drain on paper toweling. 6. Preheat the broiler. Place the chimichangas on an ovenproof platter or in a baking pan. Spoon Red Chile Sauce over liberally. Sprinkle with grated cheese and green onion. Place under broiler until the cheese melts. 7. Combine the sour cream and whipping cream. Slice the remaining 2 tomatoes. Top the chimichangas with the sour cream mixture and Guacamole. Garnish with shredded lettuce, sliced tomato, and olives.



## Chipotle Chiles

1 pound ripe jalapenos

Americans who love the smoky taste and fiery bite of chipotles have recently been hit with high prices and a scarcity of product. With prices for these smoked jalapenos reaching \$15 a pound wholesale, home growers yearn to smoke their own. But the Mexicans have been fairly secretive about their techniques, and none of the books on chiles describe home smoking. After a trip to Delicos Mexico, I think I have solved this mystery -- but the process takes some dedication. First, let's look at how the Mexicans do it.

They use a large pit with a rack to smoke-dry the jalapenos. The pit containing the source of heat is underground, with a tunnel leading to the rack. The pods are placed on top of the rack where drafts of air pull the smoke up and over the pods. The jalapenos can be whole pods or pods without seeds. The latter are more expensive and are called "capones", or castrated ones.

It is possible to make chipotle in the back yard with a meat smoker or Weber-type barbecue with a lid. The grill should be washed to remove any meat particles because any odor in the barbecue will give the chile an undesirable flavor. Ideally, the smoker or barbecue should be new and dedicated only to smoking chiles.

The quality of homemade chipotle will depend on the maturity and quality of the pods, the moisture in the pods, the temperature of the smoke drying the pods, and the amount of time the peppers are exposed to the smoke and heat. The aroma of wood smoke will flavor the jalapenos, so carefully choose what is burned. Branches from fruit trees, or other hardwoods such as hickory, oak, and pecan, work superbly. Pecan is used extensively in parts of Mexico and in southern New Mexico to flavor chipotle. Do not be afraid to experiment with different woods.

The difference between the fresh weight of the fruits and the finished product is about ten to one, so it takes ten pounds of fresh jalapenos to produce approximately one pound of chipotles. A pound of chipotles goes a long way, as a single pod is usually enough to flavor a dish.

First, wash all the pods and discard any that have insect damage, bruises, or are soft. Remove the stems from the pods before placing the peppers in a single layer on the grill rack. Start two small fires on each side of the grill with charcoal briquets. Keep the fires small and never directly expose the pods to the fire so they won't dry unevenly or burn. The intention is to dry the pods slowly while flavoring them with smoke. Soak the wood in water before placing it on the coals so the wood will burn slower and create more smoke. The barbecue vents should be opened only partially to allow a small amount of air to enter the barbecue, thus preventing the fires from burning too fast and creating too much heat.

Check the pods and the fires hourly and move the pods around, always keeping them away from the fires. It may take up to forty-eight hours to dry the pods completely. The pods will be hard, light in weight, and brown in color when dried. If necessary, let the fires burn through the night. After the pods have dried, remove them from the grill and let them cool. To preserve their flavor, place them in a zip-lock bag. It is best to store them in a cool and dry location. If humidity is kept out of the bags, the chipotles will last for twelve to twenty-four months.

Buen apetito!

## Chipotle Mayonnaise

1/2	cup	Mayonnaise
1/2	cup	Dairy Sour Cream
1/8	teaspoon	Oregano Leaves; Dried -- (Opt.)
2	each	Chipotle Chiles -- *

\* Chipotle Chiles should be the ones that are canned in adobo sauce and should be finely chopped.  
Mix all ingredients. Cover and refrigerate until chilled, about 1 hour.  
Makes about 1 cup Mayonnaise

## Chipotle Sauce

2	each	Chipotle Chiles -- *
2	each	Bacon; Slices -- Finely Cut Up
1/4	cup	Onion; Finely Chopped -- 1 Sm
3	cups	Tomatoes -- Finely Chopped
1	cup	Beef Broth
1/4	cup	Carrot -- Finely Chopped
1/4	cup	Celery -- Finely Chopped
1/4	cup	Fresh Cilantro -- Snipped
1/2	teaspoon	Salt
1/4	teaspoon	Pepper

\* You can make this sauce as hot as you want by adding up to a total of 4 dried Chipotle chiles. Cover chilies with warm water. Let stand until softened, about 1 hour. Drain and finely chop. Cook and stir bacon and onion in a 2-quart saucepan until bacon is crisp; stir in chilies and remaining ingredients. Makes about 4 cups sauce.

## Chorizo

2	pounds	Ground beef
2	pounds	Ground pork
3	tablespoons	Salt
2	tablespoons	Oregano
2	teaspoons	Pepper
3	teaspoons	Garlic
1 3/4	cups	Vinegar
2	cups	Chile Powder
2	teaspoons	Cumin seed

A very greasy Mexican sausage. This is a leaner version that is good with scrambled eggs, tortilla and salsa to create Huevos Rancheros.

Pour some water in chile powder and mix to make a paste; add garlic.

Crush oregano and cumin seed together. Combine meats in a large bowl and add the oregano-cumin seed mixture, salt and pepper mixing well.

Add the vinegar and mix. Add chili-garlic mixture and mix well. I have not made this but my husband has and it is very good. I doubt that the method of putting it together is very critical as long as you get it mixed well. When you have it mixed well fry a small patty of it too see if it is what you want and then you can correct the seasonings to your own taste so far as garlic, chile and such. This is what they did when we went to a sausage making party several years back. A fun type party!

## Churros de Platano (Fried Plantains)

3		plantains -- peeled, * see note
		lemon juice
4		eggs
1/4	cup	flour
1/2	teaspoon	salt
		oil -- ** see note

\* If plantains (fat, red-skinned cooking bananas) are not available, use large, green-tipped bananas. DO NOT use overripe bananas.

\*\* For frying, use part olive oil, part Canola oil.

Peel and split the bananas lengthwise. Cut each piece in half and dip in lemon juice.

To make batter, beat the egg yolks until thick and light. Add flour and salt. Beat egg whites until stiff, not dry, and fold into yolks.

Drop the drained bananas pieces into the batter, one at a time. Pick up with slotted spoon and slide gently into hot oil in heavy skillet (oil about 1 inch deep). Cook over medium heat, turning almost immediately. Cook until browned on both sides. Drain on paper toweling.

Serving Ideas : Served with meat and poultry in Mexico.

## Cilantro Pesto

1 1/2	cups	Fresh Cilantro -- Firm Packed
1/2	cup	Parsley -- Firmly Packed
1/2	cup	Parmesan Cheese
1/2	cup	Vegetable Oil
1/4	teaspoon	Salt
3	each	Cloves Garlic
1/4	cup	Pine Nuts -- 1 oz

Place all ingredients in food processor work bowl fitted with steel blade or in a blender container; cover and process until well blended. Makes about 1 1/4 cups Pesto

## Cinco De Mayo Casserole

1 1/2	cups	Yellow cornmeal
1		(8 oz) container sour cream
1	teaspoon	Salt
2	cups	Shredded romaine or iceberg
4	cups	Cold water -- lettuce
2	tablespoons	Butter/margarine
1	cup	Shredded sharp cheddar
1	cup	Shredded sharp cheddar -- cheese
2		Plum tomatoes -- diced
5	cups	Double-header chili (recipe
2		Green onions -- sliced
		heated
1/2		Ripe avocado -- diced
		Toppings:
1/2	cup	Pitted sliced ripe olives

This dish is a hearty chili turned into a party dish by adding a cornmeal layer and a garnish of cut-up veggies.

Prep time: 30 minutes plus cooling Cooking time: 25 minutes  
Cornmeal layer: whisk cornmeal, salt and water together in large saucepan. Bring to boil over medium-high heat, whisking constantly. Cook until thickened, 1-2 minutes. Remove from heat and stir in butter and cheese until melted.

Immediately pour cornmeal mixture into shallow 3-quart casserole. cool until firm, 30 minutes. (Can be made ahead. Cover and refrigerate chili and cornmeal layers separately. Assemble casserole, cover and bake in preheated 375~ oven 1 hour or until heated through.) Preheat oven to 375~. Spread top of casserole with chili. Cover and bake 25 minutes or until heated through. Garnish with toppings.

Makes 8 servings.

## Double-Header Chili

A no-fuss feast that makes 2 meals, with or without beans.

Prep time: 10 minutes Cooking time 2 to 2-1/2 hours 4 lbs. boneless lean beef chuck, cut into 1-inch cubes 6 cups chopped onions 1 bottle (12 oz) beer 1/2 cup chili powder 6 Tbsp tomato paste 2 Tbsp seeded, minced jalapeno chile 2 Tbsp minced garlic 2 1/2 tsp salt 1 tsp ground pepper Preheat oven to 325~. Combine all ingredients in heavy Dutch oven. Cover tightly and cook 2 to 2-1/2 hours, until meat is very tender. (Can be made ahead. Cover and refrigerate up to 3 days. Or freeze up to 1 month) Makes 11 cups.

**CHILI with BEANS:** Combine 5-1/2 cups chili with 1 can (19 oz) red kidney beans, drained and rinsed, in large saucepan. cook over medium heat until heated through, 10 minutes. Makes 7 cups.



## Citrus Barbecue Sauce

1	each	Onion; Large -- Finely Chopped
1	tablespoon	Ground Red Chiles
1/4	teaspoon	Ground Red Pepper
1	each	Ancho Chile -- *
1	tablespoon	Vegetable Oil
1	cup	Orange Juice
1/2	cup	Lime Juice
2	tablespoons	Sugar
2	tablespoons	Lemon Juice
1	tablespoon	Fresh Cilantro -- Snipped
1	teaspoon	Salt

\* Ancho chile should be seeded and finely chopped.

Cook onion, ground red chiles, red pepper and ancho chile in oil, stirring frequently, until onion is tender, about 5 minutes. Stir in remaining ingredients. Heat to boiling, reduce heat to low. Simmer uncovered, about 10 minutes, stirring occasionally. Makes about 2 1/3 cups of sauce.

## Corn And Walnut Dip

16	ounces	Cream Cheese; Softened -- 2 pk
	1/4 cup	Vegetable Oil
	1/4 cup	Lime Juice
	1 tablespoon	Red Chiles -- Ground
	1 tablespoon	Cumin -- Ground
	1/2 teaspoon	Salt
		Pepper -- Dash Of
8 3/4	ounces	Corn; Whole Kernel -- Drained
1	cup	Walnuts -- Chopped
	1/4 cup	Onion; Chopped -- 1 small

Beat all ingredients except corn, walnuts and onion in a large bowl, with an electric mixer on medium speed, until smooth. Stir in corn, walnuts, and onion.

Serve with tortilla chips. Makes 4 cups of dip.

## Corn Salsa

16	ounces	Corn; Canned -- Drained (1 cn)
4	ounces	Green Chilies; Canned -- Drain
1	each	Jalapeno Chile -- *
1/4	cup	Green Bell Pepper -- Chopped
1/4	cup	Green Onions w/tops -- Sliced
2	tablespoons	White Wine Vinegar
1	tablespoon	Vegetable Oil
1/4	teaspoon	Salt

\* Jalapeno chile should be seeded and finely chopped.

Mix all ingredients. Cover and refrigerate until chilled, about 1 hour. Makes about 2 1/3 cups Salsa.

## Corn Tortillas

2 cups masa harina  
1 1/3 cups warm water

Stir masa harina and water together until dough holds together in a ball. Turn onto a working surface that has been dusted with masa harina. Knead quickly into a smooth ball. Divide dough into twelve pieces. Roll one piece into a ball. Place between two sheets of wax paper and flatten slightly. Press tortillas (still in wax paper) in a tortilla press until tortilla measures about 6 inches in diameter. Repeat with remaining pieces of dough, stacking tortillas, still sandwiched in wax paper, under a damp tea towel until ready for use.

When you're ready to cook the tortillas, preheat a seasoned cast iron griddle over medium-high heat. Remove wax paper from tortilla and heat on griddle, turning frequently until it looks dry and has a golden color, about 1 to 2 minutes. Repeat with remaining tortillas.

## Corn-Salsa Pita Sandwiches

		--- Sandwiches: ---
4		ears of corn
1 1/2	cups	shredded red cabbage
1		green bell pepper -- chopped
1		tomato -- chopped
6		bacon slices -- cooked
6		pitas
1 1/2	cups	cheddar cheese -- shredded
		--- Salsa: ---
1	cup	sour cream
3	tablespoons	lime juice
2	tablespoons	chopped onions
1		garlic clove -- minced
1	teaspoon	chili powder
1	teaspoon	ground cumin
1/2	teaspoon	sugar
1/4	teaspoon	salt
1/4	teaspoon	cayenne pepper

\* Only fresh corn will make this sandwich taste its very best, but use well-drained canned corn if necessary.

SALSA: Mix all the salsa ingredients well and chill.

### SANDWICHES:

1. Remove husks from corn, remove corn silk and snap off ends of stalks. Have a pot of salted water boiling rapidly. Drop in corn ears, cover, and cook for 5-7 minutes.
2. Remove corn from water, drain, and cut corn from cob.
3. Combine finely shredded cabbage, green pepper, tomato and cooked crumbled bacon in a large bowl. Stir in 3/4 cup of the salsa mix, blending well.
4. Cover and chill mixture. When ready to serve, fill pita bread with corn mixture, top with remaining salsa and shredded cheese.

## Cowboy Caviar

15	ounces	Black Beans -- Rinse & Drain *
4	ounces	Ripe Olives -- Chop & Drained *
1/4	cup	Onion; Finely Chopped -- 1 Sm.
1	each	Clove Garlic -- Finely Chopped
2	tablespoons	Vegetable Oil
2	tablespoons	Lime Juice
1/4	teaspoon	Salt
1/4	teaspoon	Red Pepper -- Crushed
1/4	teaspoon	Cumin -- Ground
1/8	teaspoon	Pepper
8	ounces	Cream Cheese; Softened -- 1 pk
2	each	Eggs; Large Hard Cooked -- **
1	each	Green Onion w/Top -- Sliced

\* 1 can of each black beans and ripe olives. Drain and rinse the beans, Drain the chopped ripe olives. \*\* Eggs should be peeled and chopped.

Mix all ingredients except cream cheese, eggs, and green onion. Cover and refrigerate at least 2 hours. Spread cream cheese on serving plate. Spoon bean mixture evenly over cream cheese. Arrange eggs on bean mixture in ring around the edge of the plate; sprinkle with green onion.

## CROCKPOT CHILE STEW

1		Whole chicken -- cut up
4	cups	Water
10		Oz can cream of mushroom Or cream of chicken soup
12		Corn tortillas
1	teaspoon	Garlic salt
1	package	Chicken gravy mix
1/2	cup	Chopped green chile

Cook chicken in crockpot with water to cover, about 4 hours. Add remaining ingredients the last half hour of cooking. Allow to boil until tortillas are tender. Serve over rice. Makes 5 - 6 servings.

## Cucumber Salsa

1	cup	Dairy Sour Cream
1	cup	Yogurt -- Plain
1/4	cup	Parsley -- Snipped
1/4	cup	Cilantro; Fresh -- Snipped
1	teaspoon	Cumin -- Ground
1/2	teaspoon	Salt
2	each	Cucumbers -- Medium *

\* Cucumbers should be pared, seeded and coarsely shredded.  
Mix all ingredients. Cover and refrigerate until chilled, about 2 hours. Makes about 3 cups salsa.



## Deluxe Nachos

		-----REFRIED BEANS-----
2	cups	Dry pinto beans
1	large	Onion
1		Ham hock -- Water
1/2	cup	Lard
		Salt
		-----NACHOS-----
12		Corn tortillas
		Lard for deep frying
		Salt
1	cup	Shredded Jack cheese
1	cup	Shredded cheddar cheese
2		Jalapeno chiles (or more) -- finely chopped
1	cup	Finely diced tomatoes
1	cup	Finely chopped cilantro

Place beans, whole onion and ham hock in saucepan. Add water to cover. Bring to boil, cover and simmer 1 1/2 hours, or until beans are tender. Remove onion and ham hock. Drain beans. Heat lard until very hot. Add to beans and mash with potato masher. Season to taste with salt. Set aside. To make nachos, cut tortillas in quarters and fry in deep hot lard until crisp. Drain and season lightly with salt. Arrange tortillas in single layer on large ovenproof platter. Sprinkle half each of Jack and cheddar cheeses over tortilla chips. Sprinkle chiles over cheeses. Top with dollops of refried beans and gently spread over mixture. (Reserve any extra beans for another use.) Sprinkle with half of remaining cheeses. Top with tomatoes and cilantro, then with remaining cheeses. Bake at 375F until cheeses are melted and bubbly, about 15 minutes. Serve at once.

## Diablo Jalapeno Jelly

1		green bell pepper
5		jalapeno peppers
3	cups	sugar
3/4	cup	cider vinegar
3	ounces	pectin
2	drops	green food coloring

1. Sterilize jelly jars and lids according to manufacturer's instructions.

2. Remove seeds from green pepper and chilies (Be very careful with chiles -- don't touch your eyes.) Fit the steel knife blade into the bowl. Chop green pepper into 1/4-inch pieces. Measure 1/2 cup. Reserve rest for another purpose. Chop jalapenos into 1/4 inch pieces. Measure 1/4 cup for jelly.

3. Place the 1/2 cup green pepper and 1/4 cup jalapenos, sugar and vinegar in a large saucepan. Bring to a boil. Continue to boil 1 minute. Remove from heat; let cool 5 minutes. Stir in pectin and food coloring.

4. Strain mixture through a fine strainer to remove pieces of peppers. Pour strained liquid into sterilized jars. Cover tightly and store in a cool place up to 6 months.

Makes 2 cups.

Serving Ideas : Serve with scrambled eggs and meats.

## Easy Nachos

8	ounces	Tortilla chips
8	ounces	Velveeta Shredded Process -- Cheese food
8	ounces	Pace Thick & Chunky Salsa
		-----OPTIONAL GARNISHES-----
		Ripe olives -- sliced
		Guacamole
		Jalapeno peppers -- sliced
		Sour cream

Place tortilla chips on baking sheet; sprinkle with cheese food. Bake at 350~ until cheese food melts, 3-4 minutes. Pour Pace Thick & Chunky Salsa over chips.

Garnish as desired.

MICROWAVE OVEN DIRECTIONS: Microwave a 9" plateful of cheese food-topped chips at HIGH 1 minute or until cheese food melts.

## Egg Tacos

1/2	medium	onion
1		jalapeno pepper -- seeded
1/2		sweet red pepper -- seeded
5	tablespoons	olive oil
6		eggs -- separated
2	tablespoons	milk
1	tablespoon	chili powder
4		flour tortillas
1	large	tomato -- chopped
4	ounces	Monterey jack cheese -- shredded
		picante sauce -- to taste
		salt and pepper

Chop onions and peppers and saute in two tablespoons olive oil until limp. Beat egg yolks with milk, chili powder, and salt and pepper to taste. Stir in cooked onions and peppers. Beat egg whites separately until stiff. Fold into egg yolk mixture. Heat remaining olive oil in large, oven-safe skillet. Spread egg mixture in skillet and cook until eggs are set on bottom. Place pan under broiler until top is brown. Heat tortillas. To serve, divide egg mixture into four parts. Place a piece of egg in center of tortilla. Top with cheese, tomato, and picante sauce to taste. Fold tortilla over egg.

## EGGS MOTUL STYLE

1 1/2	cups	Black Beans; Dry -- 8 oz
3	cups	Water
1/4	cup	Onion; Chopped -- 1 Sm.
1	each	Clove Garlic -- Minced
1	teaspoon	Salt
8	ounces	Tomatoes; Finely Chopped -- 1Cn
2	tablespoons	Onion -- Finely Chopped
1/2	teaspoon	Salt
1/8	teaspoon	Cayenne Pepper
		Vegetable Oil
10	ounces	Peas; Frozen -- 1 Pk
1 1/2	cups	Ham -- Chopped
8	each	Corn Tortillas -- 8" Diameter
8	each	Eggs -- Large
2	ounces	Monterey Jack Cheese -- *

\* There should be about 1/2 cup of the shredded cheese. In a large saucepan, soak the beans overnight in the water. (Or bring to boiling, simmer for 2 minutes, cover and let stand for 1 hour.) Do not drain. Add the 1/4 cup of onion, garlic, and the 1 tsp of salt. Then cook for another 2 hours or until very tender. Combine the UNDRAINED tomatoes, the 2 tbls of chopped onion, 1/2 tsp of salt and cayenne. Set aside. Heat the 2 tbls of vegetable oil in a large heavy skillet. Add the beans with the liquid, mash the beans in the skillet. Cook, uncovered, over medium heat 3 to 5 minutes or until very thick. Cook peas according to the directions on the package and drain. Toss with the ham; cover and keep warm. Heat 1/4 inch of vegetable oil in a another heavy skillet. Fry tortillas 20 to 40 seconds per side or until crisp and golden. Drain on paper toweling. Spread about 1/3 cup of the bean mixture on each tortilla and keep them warm in a 300 degree F oven. In the same oil fry the eggs until they are set. Season with the salt and pepper. Place an egg on the top of each bean covered tortilla. Sprinkle each with about 1/2 cup of the ham mixture. Spoon some of the tomato sauce on top and sprinkle with the cheese. Serve hot.

## El Charro Chile Con Carne (Red Chile and Beef Stew)

3	pounds	beef roast (eye of round or brisket)
1	cup	flour
1	tablespoon	salt -- or to taste
1	teaspoon	pepper
1/2	cup	oil
3	cups	Salsa De Chile Colorado
1	tablespoon	garlic puree -- *
1	teaspoon	oregano

\* Garlic Puree - peel 8 whole heads of garlic by smashing the cloves with the side of a wide knife; the peel will slip off easily then. Put the peeled garlic in a blender with about 2 cups of water, and puree. Drain, if necessary, and store in a tightly closed glass jar in the refrigerator.

This is the basic meat preparation that we serve in bowls along with tortillas, on combination plates or as filling for Burros, Chimis, Chalupas, Enchiladas and Tamales.

Cut meat into 1-inch pieces and place, a handful at a time, into a paper bag containing flour, salt and pepper. Shake well. Repeat with remaining beef.

In a large skillet, heat oil. Add beef, a batch at a time so that the skillet is not crowded, and brown slowly. Add Salsa De Chile Colorado, garlic and oregano. Cook over low heat 1 hour or longer, until meat is tender, stirring frequently to prevent scorching. Add a little hot water if necessary.

## El Charro Chiles Rellenos (Stuffed Green Chiles)

8		fresh green chiles (stems intact) -- roast and peel
1	pound	cheddar or jack cheese -- shredded
		---Batter---
3		eggs
3	tablespoons	flour
1	teaspoon	salt
1	teaspoon	pepper
1/4	cup	oil
		---Garnish---
4	cups	El Charro Taco Sauce -- warmed
2	cups	shredded combination cheese -- *

\*\* Combination Cheese - To come as close as possible to the taste of the cheese of Mexico (which is not readily available in the United States), we devised what I call "combination cheese". It is equal parts shredded yellow cheddar, provolone and jack cheeses. Stuff each chile with cheese, and set aside. Separate eggs and beat the whites until stiff. Beat yolks and fold into whites, along with flour, salt and pepper. Meanwhile, heat oil in a large skillet. Dip stuffed chiles, one at a time, into egg batter, then remove with a large spoon. Carefully lower coated chiles into hot oil, 3 or 4 at a time. Fry until golden brown on both sides. The chiles may be made ahead to this point.

To serve immediately, arrange on platter or individual plates and pour warm Taco Sauce over each chile. Garnish with more cheese and run under broiler to melt cheese, if desired.

May be held up to the point of topping with cheese and reheated in a 400-degree oven about 10 minutes.

Note: Chicken or tuna may be used to stuff the chiles, but cheese is always a garnish.

## El Charro Chorizo (Mexican Sausage)

6	pounds	lean ground beef
2	cups	white wine
1	cup	wine vinegar
3	teaspoons	salt
4	tablespoons	oregano
1/2	cup	garlic puree -- *
8	ounces	ground red chile -- not chili powder
2	quarts	red chile paste -- **

\* Garlic Puree - peel 8 whole heads of garlic by smashing the cloves with the side of a wide knife; the peel will slip off easily then. Put the peeled garlic in a blender with about 2 cups of water, and puree. Drain, if necessary, and store in a tightly closed glass jar in the refrigerator.

\*\* See Salsa De Chile Colorado recipe

This recipe is from my husband Ray's mother, Maria Flores. We adapted it for the restaurant. Although she had a perfectly fine kitchen, Dona Flores had Ray's dad build for her a wood stove in a back room where she would be content turning out not only chorizo, but tamales, and tortillas so large and fine they would drape the entire length of her arm.

Chorizo is usually not stuffed into sausage casings, but is used like ground beef. We like to saute it and then scramble eggs into it and roll the mixture in flour tortillas for breakfast burritos.

Combine ground meat, wine and vinegar thoroughly. Add salt, oregano and garlic puree. Add ground red chile gradually, kneading it in with our hands. Gradually knead in the chile paste. Place in large ceramic bowl, cover with plastic and refrigerate overnight. Drain any liquid. Use in a day or two, or divide into individual portions and freeze.

Yield: 6 pounds



## El Charro Frijoles Refritos (Refried Beans)

4	cups	pinto beans -- cooked & mashed
12	ounces	evaporated milk
2	tablespoons	shortening -- melted
1/2	pound	cheddar cheese -- shredded
		Salsa De Chile Colorado

Mash beans in skillet and add hot oil. Mix well. Stir in evaporated milk. Cook over very low heat, stirring frequently.

Before serving, refry beans by adding 2 tablespoons smoking hot fat, shredded cheese to taste and some Salsa and stir briskly over high heat.

## El Charro Machaca (Carne Seca)

3	quarts	water
1/4	cup	garlic puree -- *
6	pounds	beef roast (eye of round, brisket, chuck) --
cut into chunks		
---To brown and dry meat---		
		juice of 2 limes
1/4	cup	garlic puree -- *
---To fry meat---		
1/3	cup	oil
		shredded and roasted meat from above
1	cup	green chiles -- roast, peel, chop
1/2	teaspoon	salt -- or to taste
1/2	teaspoon	pepper
1/2	white	onion -- sliced into rings
2		tomatoes -- chopped
1/4	cup	garlic puree -- *

\* Garlic Puree - peel 8 whole heads of garlic by smashing the cloves with the side of a wide knife; the peel will slip off easily then. Put the peeled garlic in a blender with about 2 cups of water, and puree. Drain, if necessary, and store in a tightly closed glass jar in the refrigerator.

The way we make carne seca at El Charro requires special equipment - and Tucson's sun - and is impossible to duplicate at home. But a similar product is obtained using the following recipe. Meat prepared this way has endless uses as fillings for burritos, chimichangas, enchiladas, chalupas

In an 8-quart stock pot, bring water to the boil. Add 1/4 cup garlic puree and meat and bring back to the boil. Skim off scum, reduce heat and simmer about 2 hours, or until meat is tender, removing scum frequently. Remove meat and set aside until cool enough to handle. With fingers, shred meat along the grain into 1/2-inch wide strips.

Preheat oven to 325 degrees. Spread shredded meat in a single layer on a large cookie sheet and sprinkle with lime juice mixed with garlic puree. Roast meat until brown, about 15 minutes, stirring occasionally. Drain juices and reserve.

NOTE: At this point, the meat can be covered and refrigerated for later use.

Heat oil in a large skillet. Saute chile with salt and pepper. Add onion and tomatoes and saute briefly, then add garlic puree. Add meat, stirring over medium heat to brown. If too dry, add some of the reserved juices from above.

## Salsa De Chile Colorado (Basic Red Chile Sauce)

12		dried red chiles
2	quarts	water -- boiling
3	tablespoons	oil
1/4	cup	garlic puree -- *
1/2	teaspoon	salt -- or to taste
3	tablespoons	flour

\* Garlic Puree - peel 8 whole heads of garlic by smashing the cloves with the side of a wide knife; the peel will slip off easily then. Put the peeled garlic in a blender with about 2 cups of water, and puree. Drain, if necessary, and store in a tightly closed glass jar in the refrigerator.

Salsa De Chile Colorado is used in countless Mexican dishes. It is available canned and is usually called enchilada sauce. But nothing commercial is as good as the sauce you make yourself from dried red chile peppers.

To prepare a sauce, the peppers are softened in boiling water, then ground into a rich red paste. The paste is thinned with the cooking liquid for use as a sauce for enchiladas, et cetera. Left unthinned and spiced with oregano and vinegar it becomes adobada and is used as a marinade for carne (beef) adobada or puerco (pork) adobada.

Wash chiles in cold water and remove stems. Cook in boiling water until tender. Remove chiles and reserve the cooking liquid.

Place a few of the chiles in a blender, along with 1/2 cup reserved liquid, and blend to a paste. Remove to bowl. Repeat with remaining chiles. (It is now unseasoned red chile paste).

Heat oil in a large skillet. Add garlic puree and flour, stirring until four browns. Add the chile paste, stirring constantly until it boils and thickens. Season with salt. Thin slightly with cooking liquid.

Yield: 2 quarts

## Salsa De Chile Verde I (Basic Green Chile Sauce)

2	tablespoons	oil
1/2		white onion -- chopped
2	tablespoons	flour
2	cups	green chiles -- roast, peel, chop
1/4	cup	garlic puree -- *
2	cups	chicken stock
3/4	teaspoon	salt -- or to taste

\* Garlic Puree - peel 8 whole heads of garlic by smashing the cloves with the side of a wide knife; the peel will slip off easily then. Put the peeled garlic in a blender with about 2 cups of water, and puree. Drain, if necessary, and store in a tightly closed glass jar in the refrigerator.

In a medium skillet, saute onion in oil until translucent. Add the flour and mix well. Stir in the chiles, garlic puree, stock and salt and simmer 20 minutes. Puree in blender. Use immediately as a warm sauce for enchiladas. Or refrigerate or freeze.

Yield: 1 quart

## Salsa De Chile Verde II (Chunky Green Sauce)

2	cloves	garlic
6		ripe tomatoes -- chopped
6		green chiles -- roast, peel, chop
1	medium	white onion -- chopped
1	teaspoon	salt -- or to taste
1	teaspoon	pepper
1	teaspoon	vinegar
1	teaspoon	oil
1	bunch	cilantro -- chopped

Mash garlic in a wooden salad bowl. Add remaining ingredients, including cilantro, if desired, and toss. Chill before serving.

Yield: 2 cups

## El Charro Salsa Para Tacos (Taco Sauce)

16	oz can	crushed tomatoes
1	cup	tomato puree
1	cup	water
1/2	medium	white onion -- chopped
1/4	cup	garlic puree -- *
1/2	cup	oil
1/4	cup	vinegar
4	tablespoons	dried oregano
1	teaspoon	salt -- or to taste
4		Japanese chiles -- crushed

\* Garlic Puree - peel 8 whole heads of garlic by smashing the cloves with the side of a wide knife; the peel will slip off easily then. Put the peeled garlic in a blender with about 2 cups of water, and puree. Drain, if necessary, and store in a tightly closed glass jar in the refrigerator.

Mix all ingredients. Taste and adjust seasoning. Can be served cold or hot.

## EL CHICO SALSA VERDE

2	tablespoons	Pumpkin seeds -- pureed
2	tablespoons	Green chiles -- minced
1/4	cup	Parsley -- chopped
2	cups	Chicken stock
1/4	cup	Cooking oil
		Salt and pepper to taste
1	tablespoon	Roux (1 part cooking oil To 2 parts flour)

Toast pumpkin seeds until brown, or use pumpkin seeds called Pepitas (This I'd prefer. I think you can get these at the spice rack in the store). Grind, with the chiles and parsley, very fine. In a skillet, with 1/4 C cooking oil, add a little of the chicken stock. Add the green chile mixture and stir well, then add the remaining chicken stock. Salt and pepper, to taste, and cook for a few minutes on medium heat. Add roux, and stir, cooking until it thickens then remove from fire. If not to be used immediately, then store in 'fridge. Heat only when you need to use it.

## EL PASO CHICKEN

16	ounces	Salsa -- Old El Paso chunky
3	ounces	Cream cheese -- softened
10	ounces	Enchilada sauce -- Las Palmas
4		Chicken breast halves -- boneless
2 1/4	cups	Rice -- instant

Measure 1/2 cup salsa and drain. Beat together with cream cheese and set aside. In a 11x7" baking dish, combine remaining salsa and enchilada sauce; reserve 1/2 cup sauce. Stir in the rice and set aside. Pound the chicken breast halves to about 1/2 inch thickness. Spoon 1/4 of the cream cheese mix into the center of a chicken breast half. Roll up and place seam side down on rice. Repeat with all the breast halves. Pour reserved sauce over chicken. Bake in a preheated 350~ oven for 45-60 minutes or until chicken is done.



## Empanaditas

1/2	pound	Ground Beef
1/4	cup	Onion; Finely Chopped -- 1 Md
2	tablespoons	Raisins -- Finely Chopped
2	tablespoons	Chopped Green Olives
1/4	teaspoon	Salt
1/8	teaspoon	Pepper
1/4	cup	Cottage Cheese; Sm Curd -- Cream
1	each	Egg; Large Hard Cooked -- *
1	each	Egg; Large -- Separated
1	teaspoon	Water
		10-Inch Pastry Recipe -- 2 crust
2	teaspoons	Milk

\* Hard boiled egg should be peeled and chopped.

Cook and stir ground beef in 10-inch skillet, breaking up into small pieces, until brown; drain reserving 1 T of fat and the beef in the skillet. Stir in onion, raisins, olives, salt and pepper. Cover and cook over low heat for 5 minutes.

Stir in cottage cheese and hard cooked egg. Heat oven to 400 degrees F. Mix egg white and water until slightly foamy; reserve. Prepare pastry dough; gather into a ball. Divide into halves. Shape into 2 flattened rounds on lightly floured cloth covered surface. Roll 1 round of pastry into circle, about 14 inches in diameter. Cut into 11 or 12 circles, 3 1/2-inches in diameter. Spoon on 2 t of the beef mixture at the center of each circle; brush edge of pastry with egg white mixture. Fold pastry circle up over filling; press edge with fork to seal. place empanaditas on ungreased cookie sheet. Repeat with remaining pastry circles. Gather any remaining pastry; shape into another round. Repeat rolling cutting and filling. Beat egg yolk and milk until well blended; brush over tops of empanaditas.

Bake until golden brown, 15 to 20 minutes. Serve warm.

## Enchilada Torte

1	pound	ground turkey, thawed if frozen
1	medium	onion -- chopped
1/4	teaspoon	chopped green bell pepper
1	teaspoon	minced garlic
1	8 ounce can	tomato sauce
1/2	cup	mild enchilada sauce
2	teaspoons	chili powder
1/2	teaspoon	cumin
1/2	4 oz. can	mild chopped green chilies
		chopped jalapenos (opt.)
4		flour or corn tortillas (6")
2	cups	grated Cheddar & Monterey Jack cheese -- mixed
		sour cream
		lettuce
		black olives

Crumble thawed ground turkey in 1 1/2-2 qt. casserole or bowl. Add chopped onion and green pepper and minced garlic. Cover with wax paper. Microwave on High for 4-6 mins., stirring twice to break up chunks, until not pink. Stir in tomato sauce, enchilada sauce, chili powder, cumin and chopped green chilies. Cover with wax paper. Microwave on high for 4 to 6 minutes.

Stir once or twice until sauce is slightly thick and hot. To Assemble: Put 1 of tortillas in bottom of deep 1 1/2 qt. Microwave casserole. Top with 1/4 of sauce and 1/4 of cheese. Cover with wax paper. Microwave on High for 3-5 minutes. Cut into wedges. Serve with sour cream, lettuce and black olives.

## Enchiladas

2	cups	Ricotta
1	cup	Green onion
1	teaspoon	Cumin
8	each	Tortillas
2	cups	Cheddar
1	each	Egg
2	tablespoons	Chilies -- chopped
1	cup	Cheese -- jack
10	ounces	Enchilada sauce

Stir first six ingredients together and fill tortillas. Put in greased 8 x 12 glass pan. Pour sauce over. Microwave on high for 11 to 13 minutes, rotating once. Cover with cheddar cheese and cook on high 1 to 2 minutes.

## **Enchiladas (Red Chili)**

1	quart	Red chili sauce
1	pound	Grated cheddar
1	each	Large onion chopped
		Fried eggs (optional)

Fry corn tortillas in deep fat to soften. Immerse in chili sauce and place on a warm oven-proof plate. Sprinkle with grated cheese and chopped onion. Cover with red chili sauce and place another tortilla on top. Repeat the process then pour enough chili sauce over them to cover tortillas. Three tortillas make one serving. A fried egg is traditional on top of each enchilada.

## ENCHILADAS BANDERAS

4		Chicken breast
2	cups	Tomato, canned -- mashed
1/2	cup	Onion -- chopped
1	teaspoon	Salt
1	teaspoon	Garlic powder
		Salsa verde
		Salsa roja
		Sour cream
		Tortillas -- corn
		Oil
		-----SALSA COLORADO-----
24		Chiles, red, mild -- dried
4	tablespoons	Oil
10		Garlic clove -- minced
		Salt to taste
6	tablespoons	Flour
		-----SALSA VERDE-----
4	pounds	Tomatillos -- peeled
1/2	cup	Onion -- finely chopped
1/4	cup	Oil
1	teaspoon	Salt
1	teaspoon	Garlic -- chopped

In large pot, boil chicken in water to cover until tender; reserve 2 cups broth. Debone and dice chicken. Add chicken, tomatoes, onion, salt and garlic to reserved broth; boil 10 minutes or until reduced enough for enchilada filling. Strain. Heat a bit of oil in a small skillet; press each tortillas into the hot oil a few seconds to soften them and make them more pliable to roll. Stuff with chicken filling. Roll filled tortillas and place in baking dish. Cover one-third of the enchiladas (longways) with salsa verde, the center third with the sour cream, and the final third with salsa colorado. The result should resemble the Mexican flag. Bake at 375 degrees until thoroughly heated, about 25 minutes.

Salsa colorado: Wash chiles, stem and seed. Cook in boiling water to cover well 10 mins. or until soft. Remove and drain. Reserve liquid. Place chiles in blender with reserved water, and whirl until you achieve a pasty consistency. Heat oil in large skillet. Add garlic and flour and cook, stirring until flour browns. Add chile paste slowly to mix well with flour to a smooth paste. When all the chile paste is added, bring to a boil, stirring constantly. Cook until it thickens, 3-4 minutes. Thin with water to a thick, saucy consistency.

Salsa verde: Boil tomatillos in small amount of water until tender; blend in food processor. In skillet, saute onions in oil. Add pureed tomatillos, salt and garlic.

## Enchiladas de Pollo y Queso

5	tablespoons	butter
1	cup	chopped onions
1/2	cup	large bell peppers -- chopped
2	cups	cooked chicken -- chopped
4	ounces	green chili peppers -- chopped
1/4	cup	all-purpose flour
1	tablespoon	chili powder
1/2	teaspoon	coriander seed -- ground
1/2	teaspoon	cumin seed -- ground
2 1/2	cups	chicken broth
1	cup	sour cream
1 1/2	cups	Monterey jack cheese -- shredded
12	6-inch	tortillas

Melt two tablespoons butter and cook onions and green pepper in it until softened. Remove to a bowl. Stir chopped chicken and green chilis into onion-pepper mixture. Melt remaining 3 tablespoons of butter. Blend in flour and seasonings. Whisk in chicken broth. Cook, stirring, until sauce boils. Remove from heat; stir in sour cream and 1/2 cup cheese. Stir 1/2 cup sauce into chicken mixture.

Dip each tortilla in remaining hot sauce to soften and spoon chicken mixture into center of tortilla. Roll up and arrange in 13 x 9 x 2 inch pan; repeat with all tortillas. Pour remaining sauce over tortillas. Sprinkle with remaining cheese. Bake uncovered at 350 degrees for about 25 minutes.

## Enchiladas Verdes (Green Enchiladas)

12	each	Corn tortillas
4	tablespoons	Oil or lard
1	each	Clove garlic
1	tablespoon	Flour
4	cups	Green chili sauce
1	each	Salt to taste
2	cups	Grated cheddar or jack cheese
1/4	cup	Minced onion

Fry tortillas in fat to soften. Heat garlic in oil then discard garlic. Blend flour into oil. Stir in green chili sauce and heat thoroughly. If mixture is too thick, add water. Add salt to taste.

Layer tortillas with sauce, minced onion and cheese on oven-proof plates.

Sprinkle cheese on top. Use 3 tortillas for each serving. Place in oven to allow cheese to melt.

NOTE: For a real New Mexican touch place a poached or fried egg on top. The egg seems to help meld the flavors.

## **Enchiladas with "Refried" Beans and Two Sauce**

1 T Olive oil 1 md Onion, finely chopped 1 md Green bell pepper, cored, Seeded, finely chopped 3 lg Cloves garlic, crushed 1 ts Chili powder 1 ts Cumin, ground 1 ts Oregano 2 cn (15oz) pinto beans, drained And rinsed 3/4 c Corn kernels 1/2 c Vegetable broth 3 T Cilantro, finely chopped, Or substitute parsley 1/4 ts Black pepper 1/4 ts Salt Non stick cooking spray 12 x 6 inch corn tortillas Heated according to package Directions Enchilada sauce (see recipe) Salsa Verde (see recipe) 1/4 c Nonfat or light sour cream Optional

In 12 inch nonstick skillet over medium heat, heat oil, add onion, green pepper, garlic, and cook 3 to 4 minutes until softened. Add chili powder cumin, oregano, cook and stir one minute. To mixture in skillet add beans, corn, broth, cilantro, salt, pepper, bring to boil, stirring. Reduce heat to medium low, cook 5 to 10 minutes, stirring occasionally until most of liquid has been absorbed. Meanwhile, heat oven to 350 degrees, spray 12X8X2 inch baking dish with non stick cooking spray. Remove skillet from heat, using back of spoon mash half of all the beans, depending on texture desired. Place one warm tortilla flat on work surface, spoon 3 to 4 tablespoons bean mixture down center, roll up. Repeat procedure with remaining tortillas and bean mixture, placing each enchilada as it is rolled up in baking dish. Spoon salsa verde and red enchilada sauce over enchiladas and bake for 15 to 20 minutes to heat thru. Serve immediately, accompanied by sour cream, if desired, and any remaining sauce.



## Fajitas

1 1/2	pounds	Boneless chicken breast
		Garlic cloves
		Jalapeno peppers
1/2	cup	Olive Oil
1/3	cup	Dry Sherry
1	tablespoon	Chili Powder
2	teaspoons	Ground cumin

Slice the chicken breast into long 1/2 inch wide strips. To make a marinade, drop the garlic cloves and jalapeno peppers through the feed tube of a food processor with the chopping blade in place and the motor running until chopped finely (10 seconds or so).

Add the remaining ingredients and process until smooth (about another 10 seconds.) Pour the marinade over the chicken and let marinate for 2 hours at room temperature or overnight in the refrigerator, turning occasionally. Preheat the oven broiler. Drain the chicken, reserving the marinade. Arrange the chicken on a rack on a broiler tray and broil 3 inches from the heat source for 5 minutes; turn, baste with marinade, and broil for another five minutes. Serve with warmed tortillas, shredded lettuce, shredded cheese, chopped tomatoes and salsa verde.

## Family Secret Salsa

		tomatoes -- quarterd
2	cloves	garlic
1/4	medium	yellow onion -- coarse chop
3	tablespoons	lime juice
1	teaspoon	cumin
		salt -- to taste
1	cup	cilantro -- chopped
6	whole	jalapeno peppers, fresh -- to taste
4	whole	habaneros peppers, fresh -- optinal

Fill blender with tomatoes, run at lowest setting until no large chunks are left. Add remainder of ingredients and repeat running blender until no large chunks are left. Sample and add items to taste as necessary. If you're not sure how something will affect you in the quantity given, use the smallest unit of it at first, then progressively add more until you are satisfied. This is really important with the habaneros. The salsa will be at its hottest right after you make it, but will cool down the longer it sets.

## FILETE ALBANIL

5		Mulato peppers
3		Tomatoes -- coarsely chopped
2		Cl Garlic
1	teaspoon	Oregano
	1/2 teaspoon	White pepper
1 1/2	pounds	Beef tenderloin -- sliced
	1/4	in. thick
	1/2 pound	Fresh mushrooms -- sliced
	1/2 cup	Red wine
1	tablespoon	Chopped parsley
2	tablespoons	Butter -- melted
1	teaspoon	Olive oil

1. Remove the stem and core from the peppers. Split open and remove the veins and seeds. Wash in cold running water.
2. Chop the peppers. Soak in hot water for 20 minutes.
3. Combine the peppers, soaking water, tomatoes, garlic, oregano, and white pepper in an electric blender and puree.
4. Simmer the tenderloin, mushrooms, pepper puree, wine, and parsley in the butter and oil for 20 minutes. NOTE: The seeds of peppers provide the fire. You may prefer to leave a few in.

## Flour Tortillas

4	cups	All purpose flour
1 1/2	teaspoons	Salt
1 1/2	teaspoons	Baking powder
4	tablespoons	Lard or shortening
1 1/2	cups	Warm Water

Combine dry ingredients in a mixing bowl. Cut in shortening. Make a well in the center and add water, a small amount at a time, to form a dough. Knead dough in bowl until smooth and elastic. Cover and wet aside for ten minutes. Form dough into egg-sized balls and flatter between palms. With rolling pin, roll each ball into a 6 inch circle, about 1/8 inch thick. Cook on preheated ungreased skillet over medium high heat, apprx. two min. per side, until tortilla looks slightly speckled. Cover with a clean towel to keep warm and soft until served. The tortillas may be cooled and stored in plastic bags in the freezer for later use.

## Fresh Tomato Salsa

3	each	Tomatoes; Medium -- *
1/2	cup	Green Onions w/tops -- Sliced
1/2	cup	Green Bell Pepper -- Chopped
2	tablespoons	Lime Juice -- Or To Taste
2	tablespoons	Cilantro; Fresh -- Snipped
1	tablespoon	Jalapeno Chile -- Finely Chop
1	teaspoon	Garlic -- Finely Chopped
1/2	teaspoon	Salt

\* Tomatoes should be seeded and chopped (about 3 cups total)  
Mix all ingredients. Makes about 3 1/2 cups Salsa.

## **Fried Tortilla Chips**

8            each            Corn tortillas  
   Salad oil

Arrange 8 corn tortillas in a stack and cut into 6 equal wedges. Pour about 1/2 inch salad oil in a deep 2 or 3-quart pan and set on medium-high to high heat.

When oil is hot enough to make a piece of tortilla sizzle, add tortilla pieces, a handful at a time, and stir to separate. Cook until crisp (1 to 1-1/2 minutes); lift from oil with slotted spoon and drain on paper towels.

## FRIJOLES DE OLLA (BEANS COOKED IN A POT)

1 1/3	pounds	Dried black beans -- washed soaked overnight
2		White onions -- halved
3		Heads garlic, halved -- OR 10 garlic -- whole
		Salt to taste
30		Epazote OR cilantro leaves

Bring water to a boil in a large saucepan or clay pot. Add beans, onion, and garlic. Cook at a slow boil for 1 1/2 hours or until beans are done. Add salt after 1 hour of cooking.

Blend 1 cup beans in a blender or food processor with a little cooking water. Add bean mixture to remaining beans. Stir in epazote.

Serve beans with chopped green onion, chile serrano, chopped cilantro, and tomato or with fresh cream and grated cheese.

Makes 8 servings.

## FRIJOLES NEGROS

1/2	pound	Salt pork
1	large	Onion -- chopped
2		Cloves garlic -- minced
	or	pressed
2 1/2	cups	Dried black beans -- about 1 pound
1	teaspoon	Crumbled dry epazote leaves
5	cups	Water
4	cups	Beef or chicken broth
		Salt

Cook pork over medium high heat in a 4 or 5 qt. pan until fat begins to melt. Add onion and garlic and cook, stirring often, until onion is soft (about 5 min.).

Sort beans and discard debris; rinse well. Add beans and epazote to pan and pour in broth and water. Raise heat to high and bring to boil. Reduce heat, cover and simmer for 2 to 2 1/2 hours (or until beans are tender). If beans are too soupy, boil over medium high heat, stirring often until thick enough. Season with salt. 6 to 8 servings.



## Frijoles Negros a la Oaxaca

2	pounds	black beans -- * see note
12	cups	water
2		garlic cloves -- chopped
1		onion -- chopped
1 1/2	teaspoons	cumin seed
1	teaspoon	salt
1/4	teaspoon	black pepper
1 1/2	pounds	ham hocks -- ** see note

This dish takes about 10 hours to prepare, so plan ahead.

\* Dried pinto beans can be used, but the recipe will lose its authenticity.

\*\* Use about 1-2 pounds of meaty ham hocks.

Pick over beans, wash thoroughly and drain. Place in very large casserole. Cover with the water; add garlic, cumin, onion, salt, pepper and ham hocks. Cover tightly and bake at 275 degrees for about 10 hours, or until beans are tender. Check and stir a few times, keeping beans from drying out. Skim off fat before serving. Season to taste.

NOTES : A popular, delicious dish native to Oaxaca, Mexico.

## **Frijoles Refritos (Refried Beans)**

3           tablespoons   Lard or bacon drippings  
1/2   cup                    Grated longhorn cheese

Heat lard or bacon drippings in frying pan or saucepan. Add beans, mash and simmer for 5 minutes. Top with cheese and serve when melted.

NOTE: this along with green chili and/or salsa is a great burrito filling.

## Green Chile Sauce

2	tablespoons	Oil or lard
1	each	Clove garlic (optional)
1/2	cup	Minced onion (optional)
1	tablespoon	Flour
1	cup	Water
1	cup	Diced green chili
1	each	Salt to taste

In oil in a heavy saucepan, saute' garlic and onion. Blend in flour with wooden spoon. Add water and green chili. Bring to a boil and simmer, stirring frequently, for 5 minutes.

## Green Chile Stew

3	pounds	Lamb -- Boneless Shoulder
1	cup	Onion; Chopped -- 1 Large
3	each	Cloves Garlic -- Finely Chopped
1/4	cup	Vegetable Oil
2	cups	Chicken Broth
1	teaspoon	Salt
1	teaspoon	Juniper Berries;Crushed -- Dry
3/4	teaspoon	Pepper
1	tablespoon	Unbleached Flour
1/4	cup	Water
4	each	Poblano Chiles; Medium -- *
2	tablespoons	Lemon Peel -- Finely Shredded

Trim excess fat from lamb shoulder; cut lamb into 1-inch cubes. Cook and stir lamb, onion and garlic in oil in 4-quart Dutch oven until lamb is no longer pink; drain. Stir in broth, salt, juniper berries and pepper. Heat to boiling; reduce heat. Cover and simmer, stirring occasionally, until lamb is tender, about 1 hour. Shake flour and water in a tightly covered container; stir into lamb mixture. Boil and stir 1 minute. Stir in chiles. Sprinkle each serving with lemon peel.

## Green Chili-Cheese Souffle

1	pound	Monterey Jack cheese
3		eggs
4	ounces	green chili peppers -- chopped
1	cup	buttermilk baking mix
3	cups	milk
1	tablespoon	black olives -- * chopped
1	tablespoon	sun-dried tomatoes -- ** see note

\* Optional but highly recommended

\*\* If using oil-packed sun-dried tomatoes, drain, pat dry, and chop. If using the dry ones, rehydrate in a little hot water for a few minutes, drain, pat dry and chop.

The directions specify use of a food processor; a blender will work but processing times must be increased.

1. Preheat oven to 350 degrees. Butter a 1-1/2 quart souffle dish or baking dish.

2. Fit the shredding disk into the work bowl. Shred cheese. Remove from the bowl and set aside. Fit the steel knife blade into the bowl. Combine eggs, chiles, baking mix and milk in bowl. Process until mixed well, 6-8 seconds. If chiles are whole, process mixture until chiles are chopped into 1/4-inch pieces, about 15 seconds.

3. Pour mixture into prepared dish. Add shredded cheese and stir gently to mix well. Bake about 1 hour or until souffle is puffed and dry on top.

## Green Chilies Rellenos (Stuffed Green Chili)

10	each	Green chilies roast&peel
10	ounces	Longhorn or Jack cheese
		-----BATTER-----
1	cup	All-purpose flour
1	teaspoon	Baking powder
	1/2 teaspoon	Salt
	3/4 cup	Cornmeal
1	cup	Milk
2	each	Eggs -- slightly beaten

Cut cheese into slices 1/2" thick and the length of the chili. Make a small slit in chili just big enough to insert cheese (you can also poke in some slivers of onion at this point). Dip in batter and fry in hot oil or lard until golden brown. Drain and serve. May be garnished with green chili sauce if desired. To make batter, combine flour, baking powder, salt and cornmeal. Blend milk with egg; then combine milk and egg mixture with dry ingredients. Add more milk if necessary for smooth batter. Using a spoon, dip stuffed chilies in batter.

## Green Rice

1	cup	rice
2	tablespoons	lard
1/2	small	onion -- finely chopped
3		poblano chiles
1 3/4	cups	chicken broth
1/4	cup	cilantro leaves -- chopped
		juice of 1/2 lime
		salt -- to taste

De-vein poblano chiles, puree with 1/4 cup water, and strain.

Soak the rice in very hot water for 15 minutes. Drain it; rinse it in cold water; then drain very well. Saute' the rice in hot lard for a minute or so. Add the onion. When the rice sounds like sand as it is stirred, add the pureed chiles and continue to cook until thickened. Add the broth, cilantro, lime juice, and salt to taste. When the liquid comes to a boil, cover, lower heat, and simmer until tender, about 20 minutes.

## GRILLED CHICKEN ADOBO

10	each	Chicken Breast Halves -- *
1/4	cup	Achiote Sauce Base -- Below
1	cup	Orange Juice
2	tablespoons	Vegetable Oil
1	teaspoon	Basil Leaves -- Dried
1	teaspoon	Cinnamon -- Ground
1/2	teaspoon	Salt
		-----ACHIOTE SAUCE BASE-----
1/3	cup	Achiote Seeds -- (AnnottoSeeds)
1/3	cup	Orange Juice
1/3	cup	Vinegar -- White
1	teaspoon	Red Chiles -- Ground
1/2	teaspoon	Pepper
1	each	Clove Garlic

\* There should be 10 breast halves (about 3 1/2 lbs) which should be boneless and skinless. Place chicken breasts in shallow glass or plastic dish. Mix remaining ingredients and pour over the chicken. Cover and refrigerate for at least 2 hours. Remove chicken from marinade and set the marinade aside. Cover and grill the chicken to 6 inches from medium coals for 10 to 20 minutes. Turn the chicken; cover and grill, turning and brushing with the marinade 2 to 3 times, until done, about 10 to 20 minutes longer. Heat remaining marinade to boiling; boil uncovered until thickened, 8 to 10 minutes. Serve with the chicken.

### ACHIOTE SAUCE BASE:

Cover the achiote seeds with boiling water. Cover and let stand at least 8 hours. Drain seeds. Place seeds and remaining ingredients in food processor workbowl fitted with steel blade. Cover and process until the seeds are coarsely ground. Store in refrigerator up to 1 week; in the freezer up to 2 months. BROILED CHICKEN ADOBO:

Set oven control to broil. Remove chicken from the marinade; reserve marinade. Place chicken in greased rectangular baking dish 13 x 9 x 2-inches; pour half of the marinade over chicken and broil with tops about 4 inches from the heat, until light brown, about 10 minutes. Turn chicken; pour the remaining marinade over the chicken and broil until done, about 6 minutes longer.



## GRILLED CHICKEN QUESADILLAS

1		Whole chicken breast -- boneless & skinless
2	tablespoons	Vegetable oil
1/4	teaspoon	Salt
		Chili powder (4 pinches)
1/4	teaspoon	Cumin
1/4	teaspoon	Black pepper
1		Clove of Garlic -- minced
1		Problano Chili
8		6-inch Flour Tortillas
2	cups	Grated cheddar cheese (mild -- or sharp)
1	cup	Grated chihuahua cheese or -- Monterey Jack
cheese		
1	cup	Salsa or guacamole -optional

[Note: the serving size (24) is the number of pieces you will get -- not necessarily how many people it will feed.]

1. Heat grill or broiler and cook chicken until done (approx. 5 minutes on each side). Cool to room temperature and shred into 1/4-inch pieces.

2. Over gas burner or under broiler, place poblano pepper and char skin until black all over, rotate as necessary. Place pepper in a bag and close. After about 15 minutes remove pepper from bag and remove charred skin, seeds, and stem. Cut pepper into 1/2-inch strips.

3. Place 4 tortillas on table and top each with 3/4 cup of cheese, a pinch of chili powder, 1/2 cup of shredded chicken and divided poblano strips. Top with remaining tortillas.

4. Heat an 8-inch or larger skillet -- dry, no oil -- over medium high heat. Place quesadilla, one at a time in skillet and cook until golden brown (about 1 minute) Turn over and cook another minute.

5. Let cool slightly before cutting into 6 whedges. Serve with salsa or guacamole if desired.

## Homemade Taco Sauce

12	each	Canning tomatoes
1	cup	Chopped green chili
1	teaspoon	Cumino
1	each	Sm onion
1	teaspoon	Salt
1	teaspoon	Oregano

Dip tomatoes in boiling water, peel and chop. Chop small onions. Put tomato, onion and chili in 6 quart pan. Add seasonings and simmer for 1 1/2 hours. Put in canning jars. Bath in hot water bath for 30 min.

## HOT & SPICY CHICKEN QUESADILLAS

2	teaspoons	Olive oil
2		Boneless chicken breasts -- cut into strips
2	tablespoons	Chili sauce
1		Jalapeno pepper -- seeded and
4		Eight inch flour tortillas
1	cup	Shredded Cheddar cheese
4	teaspoons	Canola oil or plain -- vegetable oil

Preheat the Calphalon Solo Griddle on medium heat on top of the stove. Add the olive oil to the hot pan. Place the chicken strips, chili sauce and jalapeno pepper in the pan and saute until cooked through, approx. 3-5 minutes. Remove and reserve.

Wipe the pan clean.

Place the chicken mixture on one half of each of the 4 flour tortillas. Sprinkle with cheese and fold over to form a half circle.

Again, preheat the Calphalon Solo Griddle on medium. Oil the cooking surface with one tsp. Canola oil. Place a filled tortilla on the cooking surface. Cook until light brown. Turn. Repeat with the other three tortillas. Slice each tortilla into three wedges and serve with salsa and black beans.

Serves 4

## Hot Chile Sauce

2	cups	Water
		Chilies -- *
1/4	cup	Red Wine Vinegar
1	teaspoon	Dry Mustard
1	each	Clove Garlic
1/4	cup	Olive Oil

\* You should use 6 to 8 dried Cascabel chilies in this recipe. If they can't be found, then use a 1/2 of a medium Ancho Chile. But the result will not be as hot.

Heat water to boiling; stir in chilies. Boil uncovered 5 minutes; drain. Remove stems. Place chilies, vinegar, mustard and garlic in a blender container; cover and blend until the chilies are finely chopped. Gradually pour in oil, blending until smooth. Makes about 1/2 cup of sauce.

## Hot Pickled Vegetables

4	ounces	Green Beans -- Whole
3	each	Celery; Stalks -- *
1	cup	Carrots; 2 med -- **
1 1/2	cups	Cauliflowerets
1	cup	Broccoli Flowerets
1	cup	Pearl Onions
1/2	cup	Peppers -- ***
1/2	cup	Coarse Salt
2	cups	Cider Vinegar
2	cups	Water
2	tablespoons	Black Peppercorns
1/4	teaspoon	Cloves -- Ground

\* Celery should be cut into 2 X 1/4-inch strips (about 1 1/2 Cups)

\*\*

Carrots should be cut diagonally into thin slices. \*\*\* Peppers can be canned or fresh. Use Serrano or Jalapeno Chiles

Mix all ingredients in a large glass or plastic container. Cover and refrigerate at least 48 hours but no longer than 2 weeks. Makes about 10 cups of vegetable relish.

## Huevos Rancheros

3	tablespoons	butter
2	tablespoons	onion -- finely chopped
1	clove	garlic -- minced
2	tablespoons	green pepper -- finely chopped
6		eggs
1	tablespoon	picante sauce
2	tablespoons	mild salsa

Melt butter in large frying pan. Saute onions, garlic, and pepper until soft. Beat eggs until light and pour into frying pan. Cook over very low heat, stirring constantly. When eggs begin to harden, add picante sauce and salsa, continuing to cook and stir until eggs are set. Serve immediately.

Serving Ideas : Serve with flour tortillas, grated cheese, and salsa.

NOTES : A great, easy brunch dish, especially with Grapefruit-Avocado Salad, and Tequila Sunrises.

## JALAPENO CHICKEN FAJITAS

8	ounces	Boneless chicken breasts
1/4	cup	Lime juice
2	tablespoons	Water
1		Clove garlic
		Jalapeno Flavor Process -- Cheese Product
		Lettuce
		Green onions
		Tomatoes
		Ripe olives
		Flour tortillas

Marinate chicken breasts in lime juice, water and garlic. Broil or grill chicken; slice thinly and serve in flour tortillas with other ingredients.

Makes 8 fajitas.

## Jalapeno Cream Sauce

1	each	Jalapeno Peppers -- *
1	each	Clove Garlic -- Finely Chopped
2	teaspoons	Vegetable Oil
1/8	teaspoon	Salt
		Pepper -- Dash Of
		-----QUICK CREME FRAICHE-----
1/3	cup	Whipping Cream
2/3	cup	Dairy Sour Cream

\* Jalapeno peppers should be seeded and finely chopped. You should use no more than 2 depending on how hot you want it.

Cook chile(s) and garlic in oil over low heat, stirring frequently, until tender, about 4 minutes. Remove from heat; stir in remaining ingredients including the creme fraiche. Makes about 1 1/4 cups of sauce. QUICK CREME FRAICHE: Gradually stir whipping cream into sour cream. Cover and refrigerate up to 48 hours.



## SUPPER NACHOS

1	pound	Ground beef
1/2	cup	Onion -- chopped
1	teaspoon	Seasoned salt -- optional
1/2	teaspoon	Cumin
2	cans	Refried beans
1	package	Taco seasoning mix
2	cups	Monterey Jack Cheese -- grated
1/4	cup	Green chiles -- diced
1	cup	Cheddar cheese -- grated
2/3	cup	Salsa
		Tortilla chips
1	cup	Guacamole seasoning -- optional
1/2	cup	Sour cream -- optional
1/4	cup	Chopped green onions -- optional
1	cup	Sliced olives -- optional

1. Heat skillet at med-hi temperature; brown meat and onions.
2. Drain well in colander removing all grease.
3. Return meat and onions to skillet add cumin and mix well.
4. In a large mixing bowl, combine refried beans and taco seasoning mix; blend well.
5. Add grated M. Jack cheese to bean mixture; mix together.
6. Spread refried beans in shallow rectangular 9 x 13 pan.
7. cover bean mixture with browned meat and onions.
8. Sprinkle chiles evenly over meat. Top with grated cheddar cheese.
9. Pour salsa over cheese. (May be made ahead and refrigerated at this point~DO NOT FREEZE!)
10. Bake uncovered in 400 degrees oven for 20 to 25 minutes or until thoroughly heated.
11. Place tortilla chips around edge of meat/beans dish and garnish as desired.

## LA FOGATA'S GREEN CHICKEN ENCHILADAS

1/4	pound	Tomatillos -- quartered
1/2	cup	Water
1		Clove garlic -- whole
2		Serrano chiles
1/4	teaspoon	Salt
1/4	teaspoon	Pepper
1/3	cup	Cilantro leaves -- loosely
		Chicken stock -- if needed
2		Whole chicken breasts
		Lightly salted water
1	cup	Chicken stock
1	cup	Peanut oil
8		Corn tortillas
1	cup	Sour cream
1	pound	Mozzarella cheese -- grated

Boil tomatillos in water with garlic, chiles, salt and pepper until soft, about 15-20 minutes. puree cooked sauce in blender to liquefy. While blending, add washed cilantro leaves. Set aside. the sauce yield is about 2 and 1/2 cups. It will thicken upon standing and you may need to thin with chicken stock. simmer chicken in lightly salted water until tender about 10-15 minutes. Cool chicken will be slightly undercooked. Shred cooked chicken and then, just prior to serving, heat in 1 cup chicken stock. This will heat chicken without overcooking. In medium skillet, heat oil to 300 degrees. Pass tortillas into hot oil for a few seconds to soften and seal. Remove carefully and set aside between paper towels. Do this just prior to assembly fill softened tortillas with shredded chicken and 1-2 tablespoons sauce. Roll up and place seam-side-down in casserole. Pour green sauce over top and garnish with sour cream and cheese. place in 375-degree oven 5-8 minutes or just long enough to melt cheese.

Note: Sauce may be made a day in advance, but the dish is best when chicken is freshly prepared.

## LAZY ENCHILADAS

1	medium	Onion chopped
1/2	medium	Red/green pepper chopped
2		Cloves garlic minced
9		10 med mushrooms sliced -- thinly
1		15oz can stewed tomatoes -- with juice
1/2	cup	Frozen corn kernels
1		15-oz can black beans -- rinsed
1/2	teaspoon	Cinnamon
1/2		-1 tsp. oregano
1	tablespoon	Chili powder(maybe more)
1		2tsp cumin(maybe more start -- with one)
	or	more of cayenne
4		Flour tortillas(not the huge -- size, more if you do

1. Water saute onion,pepper garlic, until onion translucent.
2. Add spices and let them coat the onion mixture.
3. Add mushrooms and let cook briefly for 1-2 minutes.
4. Add can of stewed tomatoes and bring to simmer.
5. Reduce heat and simmer for 10 minutes.
6. Add corn and simmer for 10 more minutes.
7. Add beans and simmer for 5 minutes.
8. Warm tortillas so they are pliable, and with a slotted spoon scoop mixture in tortilla, roll, and place on dinner plate. With tablespoon, take liquid and pour over tortillas. Repeat until done.

Serves 2 -3 people, depending on side dishes and hunger:)

NOTE: Simmering times are approximate, but you essentially want to let it cook so the flavors have combined, but not to reduce to a true stew. It should look a soupy stew, so that you have liquid to put on tortillas.

## Lentils with Chilies, Pork, and Fruit

1/2	pound	(1 heaped cup) lentils -- brown if available
1/2	small	White onion
		Sea salt to taste
		The pork:
1	pound	Boneless stewing pork -- cut 1-inch cubes
		Sea salt to taste
		The seasoning and final -- cooking:
5	small	Chilies anchos -- cleaned of and seeds and Lightly toasted
1/4	pound	Tomatoes -- broiled
1		Garlic clove -- peeled and chopped
1/4	teaspoon	Dried oregano -- Mexican if
1		Whole clove
1 1/2		Inch cinnamon stick
1	tablespoon	Melted lard or safflower oil
1	medium	Plantain (about 8-oz) -- peeled and cut into 1/4 Inch cubes
2		Thick pineapple slices -- peeled, cored, and c Small triangular wedges

The lentils: Run the lentils through your hands to make sure there are no stones or other foreign bodies in them. Rinse them in two changes of water and put into a pan. Add onion, salt to taste, and enough water to come about 2 inches above the surface of the lentils. Set over medium heat and bring to a fast simmer. Continue simmering until the lentils are quite soft ~ about 3 hours, depending on their age. Keep a pan of near-boiling water on the side, ready to add if necessary.

Put the pork pieces into a pan; add salt to taste and water to cover. Bring to a fast simmer and continue simmering until the pork is tender but not soft - about 25 minutes. Strain, reserving the broth, and set broth and meat aside.

Cover the dried chilies with boiling water and leave to soak for about 15 minutes, until the chilies have softened and become fleshy. Drain and put into a blender with 1 cup of the reserved pork broth, the broiled tomatoes, garlic, oregano, clove, and cinnamon; blend until smooth, adding more broth only if needed to release the blades of the blender.

Heat the lard in a small frying pan, add the blended ingredients, and fry over medium heat, stirring and scraping the bottom of the pan, until reduced and well seasoned - about 4 minutes. Add to the lentils and add the pork, remaining broth, plantain, and pineapple; simmer together for about 30 minutes. Adjust salt and add water if necessary. The mixture should be like a thick soup.

## Lime Butter Sauce

2	each	Egg Yolks -- Large
1	tablespoon	Lime Juice
1/2	cup	Butter -- NOT Margarine
1/2	teaspoon	Lime Peel -- Grated

Stir egg yolks and lime juice vigorously in a 1 1/2-quart saucepan. Add 1/4 cup of the butter. Heat over very low heat, stirring constantly, until butter is melted. Add remaining butter. Continue heating, stirring vigorously, until butter is melted and sauce is thickening. (Be sure butter melts slowly so that sauce will thicken without curdling.) Stir in lime peel. Serve hot or at room temperature. Cover and refrigerate any remaining sauce. Makes about 3/4 cup of Lime Hollandaise sauce.

## LOW-FAT CHIMICHANGAS

1	can	(16-ounce) black beans -- rinsed and drained
1	can	(8-ounce) stewed tomatoes
2	teaspoons	Chili powder -- to 3
1	teaspoon	Dried oregano or Italian her
22		(6-inch) corn tortillas -- to
1	cup	Finely chopped green onion -- including tops
1 1/2	cups	Shredded Jarlsberg Lite chee

Procedure: Mix beans, tomatoes, chili powder and oregano in saucepan. Cover and simmer 5 minutes. Uncover and simmer, stirring and crushing some of the beans against side of pot, 5 minutes longer. Set aside. Warm tortillas per package directions and keep warm under a hot, damp cloth. Place 1 tablespoon of bean mixture on center of each tortilla. Sprinkle with a rounded teaspoon of onion, then a tablespoon of cheese. Fold opposite sides of tortillas on top of mixture twice, forming square packets. Place fold sides down on non-stick pan. Repeat until all ingredients are used. Cook over low heat, covered, 3 to 5 minutes until heated through and bottoms are crispy. Presentation: Serve at once or keep warm on a covered warming tray.  
Yield: Makes 6 to 8 servings (22 to 24 pieces).

## Meatballs con Queso

1 1/2	pounds	ground beef
1 1/2	cups	bread crumbs
1/3	cup	onion -- chopped
1/3	cup	milk
3	tablespoons	parsley -- chopped
1/4	teaspoon	pepper
1		egg
3	tablespoons	salad oil
16	ounces	velveeta cheese
4	ounces	green chiles -- chopped
1	package	taco seasoning mix
		cornbread

Mix first 7 ingredients and shape into 1" balls. Fry in oil. Remove cooked meatballs from skillet; in same skillet, on low heat, stir in chilies, cheese, taco seasoning and 3/4 cup water. Simmer till cheese is melted, stirring constantly.

Return meatballs to mixture in skillet cover and simmer until completely heated throughout. Serve immediately with hot corn bread.

## Meatballs In Chipotle Sauce

1	pound	ground pork
1	pound	ground beef
1/2	teaspoon	ground cumin
2	cloves	garlic -- chopped
3		eggs
1/4	cup	bread crumbs
		salt and pepper -- to taste
		CHIPOTLE SAUCE
6		chipotle chiles -- pickled or en adobo
6	medium	tomatoes -- roasted & peeled
1	cup	chicken broth
2	cloves	garlic
3		cumin seeds
1	tablespoon	dried oregano
2	tablespoons	lard
		salt and pepper -- to taste

Combine the pork, beef, ground cumin, garlic, eggs, bread crumbs, and salt and pepper to taste. Mix well. shape the mixture into medium-size meatballs. Cook the meatballs in the Chipotle Sauce for about 25 minutes.

To make the Chipotle Sauce, puree the chiles, tomatoes, broth, garlic, cumin seeds, and oregano. Strain. Saute' the puree in light lard and season with salt and pepper to taste. Bring sauce to a boil.



## MEXICALI CHICKEN BREASTS

4		Chicken breasts -- split
4		Eggs
1/4	cup	Bottled taco sauce
1/2	teaspoon	Salt
2	cups	Fine dry bread crumbs
2	teaspoons	Chili powder
2	teaspoons	Ground cumin
1	teaspoon	Garlic powder
1	teaspoon	Dried whole oregano -- crumbled
1/4	cup	Butter or margarine -- melted
		Shredded Iceburg lettuce
		Shredded Longhorn or Cheddar -- cheese
		Tomato wedges
		Dairy sour cream

Remove skin from chicken breasts and wipe with damp paper towels. Beat eggs in a pie plate or shallow bowl with a fork; beat in taco sauce and salt.

Combine bread crumbs, chili powder, cumin, garlic powder and oregano in second pie plate or dish. Dip chicken breasts in egg mixture, then into crumb mixture to coat well. Arrange in a single layer in a large jelly-roll pan; drizzle with melted butter. Bake in a 375 F oven for 35 minutes until crisp and tender. To serve, pile shredded lettuce on a large serving platter. Arrange the baked chicken on top. Garnish with shredded cheese, tomato wedges and sour cream. Serve hot, warm, or at room temperature.

Makes 8 servings.

## MEXICAN CHICKEN & RICE

8	ounces	Tomato sauce
1	teaspoon	Ground cumin
1/4	teaspoon	Onion powder
1/8	teaspoon	Garlic powder
1/4	teaspoon	Cocoa
1/8	teaspoon	Salt
1	tablespoon	Chili powder
2		Chicken breasts; boneless -- cooked, chopped
1	cup	Rice
1	cup	Cheddar cheese -- shredded
		Sour cream
		Picante sauce
		Tomato -- chopped (opt)

Prepare sauce in small saucepan by mixing 2/3 can tomato sauce and spices. Add chopped, cooked chicken. Put sauce on low heat and stir occasionally. Prepare rice. When rice is done, and remaining 1/3 can tomato sauce to rice and stir. To serve, place rice on plates, topped with chicken-sauce and then shredded cheese. Serve with sour cream, picante sauce, and chopped tomato if desired.

## MEXICAN CHICKEN (POLLO MEXICANO)

1	teaspoon	Chili powder
2	tablespoons	Soft brown sugar
2	tablespoons	Worcestershire sauce
150	milliliters	Chicken stock
4		Skinless chicken breasts
1	teaspoon	Celery salt
2	tablespoons	Red wine vinegar
3	tablespoons	Tomato ketchup
3		Drops tabasco sauce
150	milliliters	Natural yogurt

Mix the chili powder with the celery salt, brown sugar, red wine vinegar, worcestershire sauce, tomato ketchup, chicken stock and tabasco sauce.

Deeply score the chicken and arrange in a flameproof dish. Pour over the chili mixture, heat the grill to high and cook the chicken for 5 minutes.

Reduce the heat and cook for 10 minutes on each side. Baste the chicken thoroughly with the chili sauce and grill for a further 10 minutes or until the meat is tender and the juices run clear.

Transfer the chicken to a warmed serving dish and spoon over any sauce from the grill pan. Top each portion with a generous dollop of natural yogurt.

Garnish with coriander or parsley sprigs and serve with a salad.

## MEXICAN CHICKEN AND RICE

1	tablespoon	Oil
1	pound	Chicken breasts -- cubed skinless
1	small	Onion -- chopped
1	small	Green pepper -- chopped
1	package	Frozen sweet corn -- thawed
-10	ounce	package
1	cup	Chicken broth
1	cup	Mild salsa
1 1/2	cups	Minute original instant rice
1/2	cup	Shredded Cheddar cheese

Heat oil in large skillet on medium-high heat. Add chicken, onion and pepper; cook and stir until chicken is cooked through. Add corn, broth and salsa; bring to boil.

Stir in rice; cover. Remove from heat. Let stand 5 minutes. Fluff with fork. Sprinkle with cheese; cover. Let stand 2 minutes, or until cheese melts. 25 minutes; makes 4 servings.

## Mexican Chicken Rolls

2		chicken breasts
1	can	green chiles
2	tablespoons	black olives -- chopped
1/2	cup	Monterey jack cheese -- shredded
1		large egg -- beaten
1	cup	tortilla chips -- crushed
1/4	cup	vegetable oil -- not olive oil
1/2	cup	enchilada sauce -- canned
16	ounces	tomatoes -- canned
1/2	cup	cheddar cheese

1. Chicken breasts: split, skin, bone and pound to flatten.
2. Crush the tortilla chips finely.
3. Chop enough black olives for 4-6 teaspoons.
4. On each chicken breast place 1 chili, 1 teaspoon or more of chopped olives, and 2 tablespoons jack cheese. Roll breasts tightly and fasten with wooden picks.
5. Dip each roll into the beaten egg, then into crushed chips.
6. Use heavy skillet to heat oil; brown rolls lightly. Place rolls in a shallow baking dish.
7. Chop the tomatoes but do not drain. Mix with the enchilada sauce and pour over chicken rolls.
8. Bake in preheated 350-degree oven for 35-40 minutes. Sprinkle with cheddar cheese and bake 5-7 minutes longer until cheese is bubbling.

Serving Ideas : Serve with chilled jicama slices and avocado halves.

## Mexican Churros

2	cups	Canola oil
1	cup	water
1/2	cup	margarine
1/4	teaspoon	salt
1	cup	all-purpose flour
3		eggs
1/4	cup	sugar
1/4	teaspoon	ground cinnamon

1. Heat water, margarine and salt to rolling boil in 3-quart saucepan. Stir in flour. Stir vigorously over low heat until mixture forms a ball, about 1 minute.

2. Remove from heat. Beat in eggs all at once and continue beating until smooth.

3. Heat oil to 1-1/2 inch depth in heavy skillet to 360 degrees.

4. Spoon the dough into a decorator's tube with large star tip for authentic looking churros. Squeeze 4-inch strips of dough into hot oil. Fry 3 or 4 strips at a time until golden brown, turning once; about 2 minutes on each side.

5. Drain. Mix sugar and cinnamon in brown paper bag. Shake the churros in the sugar mixture.

NOTES : Churros, or Crullers, are to the Spanish and Mexicans what doughnuts are to Americans for coffee breaks.

## Mexican Corn Bread

1	cup	cornmeal
1	cup	flour
2	tablespoons	sugar
4	teaspoons	baking powder
1/2	teaspoon	chili powder
2		eggs -- beaten
1/2	cup	milk
1/2	cup	butter -- melted
1	tablespoon	jalapeno pepper -- chopped
1/2	cup	sweet red peppers -- chopped
1/2	cup	onion -- chopped
1	can	creamed corn
1	cup	Monterey jack cheese -- shredded

Sift dry ingredients together. Beat together milk and eggs. Beat in melted butter. Add to dry ingredients. Stir in remaining ingredients. Mix thoroughly. Pour into a greased 8" or 9" square pan. Bake 30 minutes at 400 degrees.

## MEXICAN DIP IN CROCKPOT

1	pound	Hamburger
1		Small onion -- chopped
8	ounces	Velveeta
8	ounces	Monterey jack w/jalapenos
15	ounces	Can stewed tomatoes
10 1/2	ounces	Can mushroom soup

Brown hamburger and onion in skillet. Place in crockpot, on high heat, add cubed cheeses and stir occasionally until melted. Add tomatoes and soup. Heat through. Reduce heat to low to keep dip warm.



## Mexican Fiesta

2	tablespoons	Margarine
13		buttermilk biscuits -- refrigerated
16	ounces	Salsa -- Thick & Chunky
12	ounces	Monterey jack cheese -- shredded
	1/2 cup	Green bell pepper -- chopped
	1/2 cup	green onion -- sliced
2 1/4	ounces	black olives -- sliced/drained

### OPTIONAL

1	cup	Salsa
---	-----	-------

Heat oven to 375 degrees. Melt margarine in oven in 13" X 9" glass baking dish or non-aluminum pan. Tilt to evenly coat dish. Separate the biscuits; the cut each biscuit into 8 pieces. Place biscuit pieces in large bowl, toss with salsa. Spoon evenly into margarine coated dish.

Sprinkle with cheese, bell pepper, onions and ripe olives. Bake at 375 deg. for 35 to 45 minutes or until edges are deep golden brown and center is set. Let stand 15 min, Cut into squares; serve with 1 cup salsa if desired.

## MEXICAN GREEN CHILI QUICHE

		Vegetable cooking spray	
1/2	pound	Freshly ground raw chicken	
1/2	cup	Chopped onion	
1	1/2	teaspoons	Ground cumin
	1/4	teaspoon	Crushed red pepper
	1/8	teaspoon	Salt
1	can	(4-oz) chopped green chilies	
		Drained	
5		(6-inch) corn tortillas --	
		Halved	
	1/2	cup	(2 oz) shredded sharp --
		Cheddar cheese	
1	cup	Evaporated skimmed milk	
1	1/2	teaspoons	Cornstarch
	1/8	teaspoon	Salt
2		Eggs	
1		Egg white	

Coat a large nonstick skillet with cooking spray, and place over medium-high heat until hot. Add chicken and onion, and cook until chicken is browned, stirring to crumble. Remove from heat. Add cumin and next 3 ingredients; stir well, and set aside. Coat a 9-inch pie plate with cooking spray. Arrange remaining tortilla halves, overlapping slightly, around edge of pie plate. Spoon chicken mixture into prepared crust, and sprinkle with cheese. Combine milk and next 4 ingredients in container of an electric blender; cover and process until smooth. Pour over cheese. Bake at 350 degrees for 45 minutes or until a knife inserted 1 inch from center comes out clean; let stand 10 minutes.

Yield: 6 servings

## Mexican Lasagna

2	Lb	Ground Beef
1 1/2	Tsp	Ground Cumin
1	Tbsp	Chili Powder
1	Can	(16 Oz) Tomatoes -- chopped
2	C	Small Curd Cottage Cheese
1	Egg	
2	C	Lettuce -- shredded
10		Corn Tortillas
1/4	Tsp	Garlic Powder
1/4	Tsp	Red Pepper
1/2	Tsp	Black Pepper
1/2	C	Cheddar Cheese -- grated
1/2	C	Tomatoes -- chopped
1/4	C	Black Olives -- sliced
3		Green Onions -- chopped

Brown ground beef and drain. Add cumin, chili powder, garlic powder, red pepper, pepper, and tomatoes. Heat through. Cover bottom and sides of 9 x 13 inch baking dish with tortillas. Pour beef mixture over tortillas. Place a layer of tortillas over beef mixture. Combine cottage cheese, cheddar, and egg. Pour over tortillas. Bake at 350 degrees F for 30 minutes. remove from oven and sprinkle with lettuce, tomatoes, green onion, and olives in diagonal rows over the top.

## Mexican Potatoes

1	lb	potatoes, mashed -- coarsely (4 large)
1/4	cup	onion, diced
1	cup	tomatoes -- diced
1/2	tsp	fresh ground black pepper -- To taste
1/2	tsp.	hot chili pepper -- to taste (1/2 to 1)
		salt to taste
1	clove	garlic -- pressed or minced

Fry all ingredients, except potatoes, together for 5 minutes or until they are clear and tender. You may add oil or butter to your taste. Add potatoes, fry until heated through. Garnish with shredded cheese.

## Mexican Quiche 1

4	ounces	Chilies, green -- chopped
1	cup	Cheese, swiss -- shredded
2	cups	Cream -- light
		Cayenne pepper
6	each	Bacon slices, cooked -- crumbl
5	each	Egg
1/4	teaspoon	Salt
4	each	Tostaco shells

Put cheese into shells. Mix bacon with drained chilies and put into shells. Beat eggs, cream and salt. Pour into shells. Sprinkle cayenne over top. Bake at 350 degrees for 25 to 30 minutes. Cool 5 minutes.

## Mexican Quiche 2

1	each	Tortilla -- 6" flour
3	ounces	Sausage
1	each	Egg
1/8	teaspoon	Salt
2	ounces	Cheese -- jack
1	tablespoon	Green pepper -- chopped
1/4	cup	Milk

Heat tortilla and place in small greased dish. Top with half of the cheese. Cook sausage and pepper and add to dish. Mix together remaining ingredients and pour over dish. Top with rest of cheese. Bake at 350 degrees for 30 to 35 minutes.

## MEXICAN RICE TART

		-----CRUST-----
1 1/4	cups	Rice -- long-grain
2		Egg whites
2	tablespoons	Olives,black,ripe -- sliced
2	tablespoons	Green onion -- sliced
		-----FILLING-----
1/3	cup	Monterey Jack -- shredded
1	cup	Chicken breast -- shredded
2	tablespoons	Green chilies -- chopped
2	tablespoons	Green onion -- sliced
2	tablespoons	Black olives,sliced -- ripe
		-----OPTIONAL TOPPINGS-----
		Dairy sour cream
		Green chilies -- chopped
		Black olives -- sliced
		Picante sauce

1. Prepare Crust: Cook rice following package directions, salt optional. Drain to remove any excess liquid. Cool slightly, Lightly beat egg whites in small bowl; stir in olives and green onion. Stir egg-white mixture into rice. Coat inside of 10" tart pan with removable bottom with nonstick vegetable-oil cooking spray. Spoon the rice into the pan to cover the bottom evenly and make a high rim.
2. Prepare the Filling: Scatter half the cheese over the crust. Combine the chicken, chilies, green onion, olives and picante sauce in a medium-size bowl. Spread in the crust.
3. Bake in preheated moderate oven (350°F) for 20 minutes. Scatter the remaining cheese over top. Bake for another 10-15 minutes or until the cheese is melted. Let stand for 10 minutes. Remove the pan sides; place the tart on a serving plate. Garnish with dairy sour cream, chopped green chilies and black olives, if you wish, and serve with additional picante sauce.

## Mexican Salsa

1	each	8 oz. can tomato sauce
2	tablespoons	Crushed red chili
1/2	teaspoon	Cumin powder
1/2	teaspoon	Oregano
1	teaspoon	Salt
2	each	Garlic cloves -- minced (or
1/4	teaspoon	Garlic powder)
2	teaspoons	Vinegar
1	each	Juice of half a lemon

Combine all ingredients and mix well. Let stand for 3 hours.  
Excellent with tacos or as a dip for tortilla chips.



## Mexican Steak

1	pound	round steak
2	tablespoons	lard
2		potatoes -- sliced
8		green chiles -- roasted & peeled
2	small	onion -- sliced
1	cup	tomatoes -- cooked
1	clove	garlic -- finely chopped
1	tablespoon	vinegar
1	teaspoon	salt
1/8	teaspoon	pepper
1	tablespoon	flour

Rub vinegar on both sides of the meat. Pound in garlic, salt, pepper, and flour. Cut into small pieces. Brown in hot lard. Cook until meat is tender. Add vegetables; season to taste. Cover. Simmer until vegetables are tender.

## MEXICAN STUFFED CHICKEN

2		Chicken breasts -- skinned and
1	tablespoon	Dried bread crumbs
1	tablespoon	Grated Parmesan cheese
2	tablespoons	Mild green chilis -- chopped
1/2	teaspoon	Chili powder
1		Egg -- beaten
1	ounce	Moneterey Jack cheese -- cut two slices -- 3 x 1 in.

### MEXICAN STUFFED CHICKEN

Preheat oven to 375. With kitchen hammer, pound out breasts to 1/4 in thick. On each one, place a Tbsp. of chilis and slice of Jack cheese.

Roll up an place seam side down in baking dish. Brush with beaten egg. Mix together bread crumbs, Parmesan cheese and chili powder and sprinkle over the chicken rolls, patting into place to form a crust. Bake for about 20 min- cheese inside will be melted and the crust nicely browned. Serves 2.

## Mexican Succotash

1/2	pound	ground beef
1/4	cup	chopped onion
1/2	teaspoon	chili powder -- (1/2 to 1)
1/8	teaspoon	garlic powder
1	dash	red or black pepper
1	can	corn -- (7 oz) drained
1	can	tomato sauce -- (8 oz)
1	cup	corn chips -- slightly crushed
2	ounces	shredded cheddar

In 1qt micro safe casserole crumble beef; add onion. Micro 3min on high or until no longer pink; drain. Stir in chili powder, garlic, pepper, corn & tomato sauce. Micro 5min on high; stir. Sprinkle w/ chips; top w/ cheese.

Microwave 2 min on high or til cheese melts. 2 servings.

## MICROWAVE BLACK BEAN BURRITOS

2	teaspoons	Vegetable oil
1	small	Onion -- finely diced
1	small	Jalapeno pepper, seeded -- finely diced
1		Clove garlic -- minced
1/4	teaspoon	Ground cumin
1/4	teaspoon	Dried oregano
1/4	teaspoon	Chili powder
1	pinch	Ground coriander seeds
16	ounces	Black beans, rinsed -- drained
3	tablespoons	Water
		Salt
		Freshly ground pepper to -- taste
1/2		Avocado, pitted, peeled -- diced
1		Plum tomato -- diced
1		Scallion -- minced
1	tablespoon	Minced fresh coriander -- (cilantro)
2	teaspoons	Fresh lime juice
1	pinch	Grated lime zest
4		Flour tortillas -- warmed

Garnishes: shredded romaine lettuce, sliced red onion, grated Monterey Jack cheese, and sour cream.

1. Stir oil, onion, jalapeno, and garlic together in 9-inch glass pie plate. Cover with plastic wrap, leaving one corner open for vent. Microcook on HICH power 1 minute. Stir in cumin, oregano, chili powder, and ground coriander; microcook, covered and vented, 1 minute. Stir in beans and water; microcook, covered and vented, 2 minutes. Transfer 1/2 cup bean mixture to blender or food processor and puree. Stir back into remaining beans. Season to taste with salt and pepper.

2. Combine avocado, tomato, scallion, fresh coriander, lime juice, and zest in small bowl. Season salsa to taste with salt and pepper.

3. When ready to serve, microcook beans, covered and vented, until very hot, 1-3 minutes. Serve beans with tortillas, salsa, and garnishes.

## Modern Version of Hardtack

2	cups	White Flour
1/2	cup	Wheat Germ
1	tablespoon	Sugar
2	cups	Masa Harina
1/2	cup	Quick-cooking Oats
1	tablespoon	Salt
		Sesame Seeds (optional)
		Seasoned Salt (optional)
		Caraway Seeds (optional)
		Onion Flakes (optional)
1 3/4	cups	Water

Mix all dry ingredients thoroughly. Add water. Mix with hands until well- moistened but not sticky.

Divide into 4 parts, roll out each quarter until 1/4 inch thick, place on cookie sheet (each part should cover half a cookie sheet). Bake at 350 for 30 minutes. Score with a knife before baking, if desired. Break into pieces as needed. Keeps indefinitely in air-tight, moisture-proof containers.

Zip-lock bags are good for carrying hard-tack in a backpack.

## SPANISH RICE

2	tablespoons	Salad oil
1 1/3	cups	Rice
2	tablespoons	Minced onion
1	pound	Ground beef/chuck/hamburger
1/2	teaspoon	Salt
2		8 oz cans tomato sauce
1		Beef bouillon cube
1	cup	Hot water
1	teaspoon	Soy sauce
1	teaspoon	Salt

In hot fat in skillet, cook rice with onion and beef till golden brown. Add salt and rest of ingredients; simmer, covered until rice is tender. Makes 4 servings.

## TACO CASSEROLE

1	pound	Hamburger
1		Envelope taco seasoning mix -- like French's
1	can	Tomato sauce
1 1/2	cups	Water
1	cup	Grated cheese
12	ounces	Bag baked tortilla chips

Saute meat in skillet. Add taco seasoning mix, tomato sauce, and water. Bring to a boil, reduce heat and simmer uncovered 15 minutes. Add tortilla chips, mix, being careful not to break chips. Pour into a 2 inch deep by 8-inch round or square baking disk. Bake in 400 F oven for 10-15 minutes.

Top with cheese, bake a little longer if desired.

## Monterey Jack Cheese Bread

4	ounces	Monterey jack cheese -- cut in 1-inch cubes
3		eggs
1/2	cup	milk
1/2	teaspoon	dried rosemary
1/2	teaspoon	dried basil
1 1/2	cups	buttermilk baking mix
1	tablespoon	black olives -- chopped
1	tablespoon	green chiles -- chopped
1	tablespoon	dried tomatoes -- optional

\* Substitute either cheddar or Swiss cheese for the Monterey Jack.

1. Preheat oven to 400 degrees. Grease an 8-inch pie plate.
2. Cut cheese into 1-inch cubes. Fit the steel knife blade into the work bowl. Process cheese until chopped into 1/4 inch pieces. Remove 1/2 cup cheese from bowl and set aside for topping.
3. Add eggs, milk, rosemary, basil and biscuit mix to cheese in bowl. Process until batter is smooth, 10-15 seconds, stopping machine once to scrape down sides of bowl with rubber spatula.
4. Pour into prepared pie plate. Sprinkle top of batter with remaining cheese. Bake until bread is light golden brown, about 20 minutes. Cut into wedges to serve. Makes 4-6 servings.



## Chicken Fiesta

2	cups	cooked chicken -- (boneless); chopped
6		scallions -- sliced
1	teaspoon	ground cumin
1	cup	picante sauce -- divided
12		taco shells
		warmed according to the package directions
1/2	head	iceberg lettuce -- shredded
1/2	cup	monterey jack cheese -- (2 oz.); shredded

In a medium-sized saucepan, combine the chicken, scallions, cumin, and 3/4 cup picante sauce over low heat. Cook for 5 to 6 minutes, then spoon evenly into the taco shells. Top with the lettuce, cheese, and remaining picante sauce. Serve immediately.

NOTES : "You can use these same ingredients to make an easy version of chicken fajitas. Just roll the mixture in 12 flour tortillas instead of the taco shells."

## Quick Quesadillas

1 1/2		jalapeno cheese -- (spread) softened
12	flour	tortillas
1 1/2	teaspoons	vegetable oil -- plus extra if needed
		Shredded lettuce for topping, optional
		Salsa for topping, optional
		Guacamole for topping, optional

Spread the 1/2 cup of the softened cheese spread on each of 6 tortillas; tops with the remaining 6 tortillas. In a large skillet, heat the oil over medium heat and fry the quesadillas for 1 - 2 minutes per side, or until golden brown. Remove from the skillet and cut into quarters. Serve the quesadillas topped with shredded lettuce, salsa, and guacamole, if desired.

NOTES : "If you'd like, you can use pita bread instead of flour tortillas. Just cut 6 pitas in half horizontally, forming 12 circles, then continue as above.

## Nachos

6	ounces	Cheddar Cheese; Shredded -- *
6	each	Jalepeno Chilies -- **
		Tortilla Chips

\* There should be 1 1/2 cups of cheese. \*\* Jalapenos should be seeded and each cut into 6 slices.

Sprinkle each with 1/4 of the cheese and 1/4 of the Jalapeno slices. Set oven control to broil. Broil tortilla chips with the tops only 3 to 4 inches from the heat until the cheese is melted and serve hot.

## Nadine's Fiesta Flautas

Avocado mashed  
cottage cheese, can smooth in a blender -- if  
desired  
lemon juice  
removed/chop green chiles/roasted/skinned/stems/seeds --  
(or use frozen)  
oregano leaves -- crushed  
onion powder  
garlic powder  
corn tortillas

Sprinkle avocado with lemon juice to preserve color. Mix three parts avocado to one part cottage cheese and blend. Add green chiles, oregano, onion powder, and garlic powder to taste. Fry tortillas in shallow hot shortening till softened and drain on paper towels. On heated griddle, roll up tortillas with a few tablespoons of avocado filling. Heat through. Serve immediately.

## New Mexico Pinto Beans

3	cups	Dry pinto beans (1-1/2 lb)
2 1/2	quarts	Water
1	each	Meaty hambone or
1/4	pound	Salt pork or cubed bacon
1	teaspoon	Salt -- or more to taste

Wash and pick over the beans, removing loose skins or shriveled beans. Put in a large covered pot and cover with hot water. Soak over night if you want to cut down on cooking time. When beans start to simmer add ham bone, salt pork or bacon. Add more water as needed but only hot or boiling water. Never add cold water the beans will turn dark. If you cook without a lid the beans will also turn a dark color. When the skins are almost as tender as the inside of the beans, they are done. They should not be broken. Add salt and allow to stand before serving.

## NINFA'S GREEN SAUCE

3		Med. green tomatoes
		Coarsely chopped
4		Tomatillos (small Mexican
		Green tomatoes) -- coarsely
		Chopped
2		Jalapeno peppers (or more)
		Stems removed and coarsely
		Chopped
3		Small cloves garlic
3		Medium ripe avacados
4		Sprigs cilantro -- *
1	teaspoon	Salt or to taste
1 1/2	cups	Imitation sour cream

\* Also called Chinese Parsley or Fresh Coriander.

Place green tomatoes, tomatillos, jalapeno peppers and garlic in a saucepan, bring to a boil, lower heat, simmer 15 minutes or until tomatoes are soft. Remove from heat, cool slightly. Peel, seed and slice avacados, set aside. In food processor, place part of the green tomato mixture with part of the avacados, cilantro and salt, cover. Process until smooth, turn into large bowl. Repeat with remaining green tomato mixture and avocado. Add to mixture in bowl, stir in sour cream, cover with plastic wrap. Chill. Makes 5-6 cups. Note: Real sour cream can be used instead of imitation.

## Oaxacan Nuts

2	tablespoons	Olive oil
2	teaspoons	Garlic salt
2	pounds	Canned mixed nuts
1	package	Chili seasoning mix (5/8-oz)
2	teaspoons	Extra-hot chili powder

Heat oil with garlic salt. Add nuts, reduce heat and toss, using 2 spoons, until nuts are well coated.

Transfer to large bowl. Blend chili seasoning and chili powder and add to nuts. Toss mixture until nuts are well coated. Store in airtight container and refrigerate for at least 2 days to blend flavors. Nuts may be frozen. If frozen, reheat at 350F 5 minutes.  
Makes 2 pounds

## Pan Dulce (Sweet Bread)

3 1/2	c	Flour
1/2	c	Powdered milk
2	pkg	Active dry yeast
2	tbsp	Shortening
1	tsp	Salt
1		Egg
1/2	c	Sugar
1 1/4	c	Warm tap water
		-----TOPPING-----
1/2	c	Butter
1	tsp	Ground cinnamon or vanilla
1/2	c	Sugar
2/3	c	Flour
1		Egg yolk

Stir together 1 C of the flour, the yeast, salt, sugar and powdered milk.

Add shortening, egg and hot water. Beat at medium speed for 2 minutes. Add another cup of flour and beat at high speed for 2 minutes. Stir in remaining flour and mix well.

Turn onto lightly floured board. Dough will be soft and sticky. Do not knead but gently turn dough several times with a spatula to lightly coat with flour. Cover loosely with plastic wrap and allow to rest 20 minutes. Meanwhile grease 2 baking sheets and make topping.

TOPPING: Cream butter and sugar. Add egg yolk and cinnamon and blend. Add flour and mix well. Mixture will be crumbly.

With floured hands, divide dough into 12 pieces and shape into round flat buns. Place on greased baking sheets. Sprinkle equal amounts of topping over each bun and press lightly into dough.

Loosely cover rolls with plastic wrap and refrigerate 4-24 hours. Remove from refrigerator, uncover and let stand while preheating oven to 400 F. Bake 15 minutes.



## Papaya Relish

1/2	cup	Red Onion -- Chopped
1/2	cup	Red Bell Pepper -- Chopped
1	each	Red Chile; Small -- *
1	tablespoon	Vegetable Oil
1/4	cup	Fresh Mint Leaves -- Snipped
2	tablespoons	Lime Juice
1	each	Papaya -- **

\* Chile should be seeded and finely chopped. \*\* Papaya should be pared, seeded and cut into 1/2 inch cubes.

Cook onion, bell pepper and chile in oil over medium heat, stirring frequently, until tender. Stir in remaining ingredients. Cover and refrigerate until chilled, about 2 hours.

Makes 3 cups of relish.

## PICKLED HOT PEPPERS

4	quarts	Fresh hot peppers
2	tablespoons	Prepared horseradish
2		Cloves garlic -- whole
10	cups	White vinegar
1 1/2	cups	Pickling salt
1/4	cup	Honey
4	quarts	Plus 2 cups water

Cut two small slits in each pepper. You may want to wear gloves to prevent burning hands. Dissolve salt in 4 quarts water. Pour over peppers and let stand 12 to 18 hours in a cool place. Drain, rinse and drain thoroughly. Combine 2 cups water and all remaining ingredients except honey; simmer 15 minutes, then add honey. Remove garlic. Pack peppers into hot jars, leaving 1/4-inch head space. Pour boiling hot pickling liquid over peppers, leaving 1/4-inch head space. Adjust caps. Process half-pints and pints 10 minutes in a boiling water bath. Yield: 16 half-pints or 8 pints.

## **Pina al Horno Con Natillas (Baked Pineapple w/ Sauce)**

1		pineapple
1/4	cup	sugar
3	tablespoons	rum -- * see note
1/4	cup	butter or margarine
		--- Natillas sauce: ----
1	pint	light cream
1/4	teaspoon	salt
1/4	cup	sugar
3		eggs -- ** see note
1	teaspoon	cornstarch
1	teaspoon	vanilla extract

\* Use 1 teaspoon rum flavoring instead of rum if desired.

\*\* Use 1 whole egg and 2 egg yolks.

Lay pineapple on side and cut a thick slice off one side, being careful not to cut into the leaves. Carefully scoop out the insides and cut into bite-sized pieces. Sweeten the pieces to taste with the sugar. Mix in the rum or rum flavoring. Put mixture back into shell and dot with butter. Wrap the pineapple, including leaves, with foil. Bake for 20 minutes at 350 degrees. Replace the top, serve warm on pretty platter with the chilled sauce.

SAUCE: Scald the light cream (or half-and half); cool slightly. Add the salt, sugar beaten with 1 whole egg and 2 egg yolks, cornstarch and vanilla. Cook in double boiler over simmering water, stirring constantly, until smooth and slightly thickened. Chill.

## PINTO BEANS

4	cups	Water
2	cups	Pinto Or Black Beans -- 1 lb
1/2	cup	Onion; Chopped -- 1 Md
1/4	cup	Vegetable Oil
1	teaspoon	Salt
1	teaspoon	Cumin Seed
2	each	Cloves Garlic -- Crushed
1	each	Bacon -- Slice

Mix the water, beans, and onion in a 4-quart Dutch oven. Cover and heat to boiling. Boil 2 minutes and remove from the heat; let stand for 1 hour.

Add just enough water to the beans to cover. Stir in the remaining ingredients and heat to boiling. Cover and reduce the heat. Boil gently, stirring occasionally, until the beans are very tender, about 2 hours, (add water during the cooking time if necessary); drain the beans. Beans can be covered and refrigerated up to 10 days.

## Plum Barbecue Sauce

1/4	cup	Onion; Chopped -- 1 small
1/4	cup	Butter Or Margarine
1/4	cup	Chile Sauce
2	teaspoons	Mustard -- Dijon-style
16 1/2	ounces	Purple Plums; 1 cn -- *
6	ounces	Frozen Lemonade; Thawed -- 1 cn

\* Plums should be drained, pitted and finely chopped.

Cook onion in margarine in 2-quart saucepan stirring occasionally, until tender, about 2 minutes. Stir in remaining ingredients. Heat to boiling; reduce heat to low. Simmer, uncovered, 15 minutes, stirring occasionally. Makes about 2 cups of sauce.

## Pollo En Escabeche (Shredded Chicken Yucatan)

10		peppercorns
	1/4	teaspoon ground oregano
	1/2	teaspoon salt
	2	cloves garlic -- crushed
	1	tablespoon vinegar
	2	large red onions
	2	heads garlic
		juice of 3 bitter oranges *
	3	pounds chicken legs and thighs
		water
	1	teaspoon salt
	1/2	teaspoon ground oregano
	1	xcatic chile **
	1	habanero chile -- seeds removed
	2	serrano chiles -- seeds removed
		flour tortillas

\* or mix 1 cup lime juice with 1/2 cup orange juice

\*\* or substitute yellow wax hot

Place the peppercorns, oregano, and salt in a spice or coffee grinder and grind to a powder. Combine this powder with the garlic and vinegar and make a paste. Set aside.

Roast one of the onions and both heads of garlic in a 350-degree oven for 20 minutes. Let cool.

Peel the remaining onion, slice it into rings, and marinate it in the bitter orange juice.

Place the chicken in a stockpot with water to cover, salt and oregano, and simmer until the chicken is tender, about 30 minutes.

Drain the chicken, reserving the broth, and transfer it to an oven-proof dish. Add the peppercorn paste and 2 tablespoons of the bitter orange juice, and bake uncovered at 350 degrees until golden brown, about 30 minutes.

Peel the roasted onions and garlic and combine them with the reserved chicken stock. Add the chiles and simmer for 5 minutes. Add the marinated onion, bring to a boil, and remove from the heat immediately.

Drain the broth and reserve both the broth and the chiles and onions. Separate the chiles from the onion and coarsely chop them.

Skin the chicken and shred the meat from the bones. Add the chopped chiles and the onion to the chicken and mix well. Reduce the stock by boiling to 1 1/2 cups and add it to the chicken mixture until the mixture is moist but not soupy.

Serve the chicken with Salsa Xcatic and Salsa de Aguacate (see recipes) on the side.

## **POLLO LOCO MARINADE**

1		Lemon -- juiced
1		Orange -- juiced
2	tablespoons	White vinegar
2		Worchestershire sauce
1/2	cup	Chili sauce
2	teaspoons	Sugar
2	teaspoons	Garlic powder
		Tabasco to taste
2	tablespoons	Oil

Just marinate chicken in this mixture for 4-24 hours.  
Grill 20 minutes on each side. Serve with flour tortillas and fresh salsa.

## POLLO RAPHAEL

1		8 oz can tomato sauce
1/2	cup	Picante sauce
1	teaspoon	Ground cumin
1/2	teaspoon	Garlic salt
1/2	teaspoon	Oregano -- crushed
2		Whole chicken breasts -- boned, skinned and s
		Salt and pepper as desired
2	medium	Onions -- cut into 1/2" wedges
2	tablespoons	Vegetable oil
2	cups	Zucchini -- cut into 1/2"
		1 medium -- zucchini)

Source: MAINPOUL.ZIP

Combine tomato sauce, picante sauce, cumin, garlic salt and oregano; mix well. Cut chicken into 1" pieces; sprinkle with salt and pepper. Cook chicken and onions in oil in large skillet over medium heat, stirring frequently, until chicken is lightly browned and almost cooked through, about 5 to 7 minutes. Stir tomato sauce mixture into skillet; mix well. Stir in zucchini. Cover and simmer 5 minutes.

Uncover; cook and stir about 1 minute to thicken sauce, if necessary. Serve with additional picante sauce. Serves 4.



## Pork Stew With Corn Bread Topping

1	each	Red Bell Pepper -- Small	
1	each	Yellow Bell Pepper -- Small	
1	pound	Pork; Boneless Loin -- *	
1/2	pound	Chorizo Sausage -- Bulk	
1	cup	Onion; Chopped -- 1 Large	
2	each	Cloves Garlic -- Finely Chopped	
1	cup	Beef Broth	
1	tablespoon	Basil Leaves -- Dried	
1	tablespoon	Cilantro Leaves -- Dried	
2	teaspoons	Red Chiles -- Ground	
1	cup	Corn -- Whole Kernel	
1	cup	Tomato; Chopped -- 1 Medium	
1	each	Squash; Small -- **	
2 1/4	ounces	Sliced Ripe Olives -- Drained	
-----CORN BREAD TOPPING-----			
1 1/2	cups	Cornmeal -- Yellow	
1/2	cup	Unbleached Flour	
1	cup	Dairy Sour Cream	
2/3	cup	Milk	
1/4	cup	Vegetable Oil	
2	teaspoons	Baking Powder	
1/2	teaspoon	Baking Soda	
1/2	teaspoon	Salt	
1	each	Egg -- Large	
-----GARNISH-----			
Fresh Tomato Salsa -- ***			

\* Meat should be cut into 1-inch cubes. \*\* Use 1 small butternut or acorn squash, pared and cut into 1/2-inch

Seed peppers and cut 5 thin slices from each pepper and reserve. Chop remaining bell peppers (about 1/2 cup each).

Cook pork, sausage, onion and garlic in 4-quart Dutch oven over medium heat, stirring occasionally, until pork is no longer pink; drain. Stir in chopped bell peppers, broth, basil, cilantro and ground red chiles. Heat to boiling; reduce heat. Cover and simmer 30 minutes, stirring occasionally. Stir corn, tomato, squash and olives into meat mixture; cook another 15 minutes.

Heat oven to 425 degrees F. Prepare Cornbread Topping. Pour meat mixture into ungreased rectangular baking dish, 13 X 9 X 2-inches, or 3-quart shallow casserole. Pour Corn Bread Topping over meat mixture; carefully spread to cover, sealing to edge of dish.

Arrange reserved bell pepper slices on top. Bake until topping is golden brown, 15 to 20 minutes.

Serve with Fresh Tomato Salsa. CORN BREAD TOPPING: Mix all ingredients; beat vigorously for 30 seconds.

## Pumpkin Seed Sauce

1	cup	Pumpkin Seeds -- Shelled
1/4	cup	Onion; Chopped -- 1 sm
1	each	Bread; White -- Slice *
1	each	Clove Garlic -- Crushed
2	tablespoons	Vegetable Oil
2	tablespoons	Green Chiles; Chopped -- Canned
14	ounces	Chicken Broth -- Canned
1/2	cup	Whipping Cream
		Dash Salt

\* Slice of white bread should be torn into small pieces.

Cook pumpkin seeds, onion, bread, and garlic in oil, stirring frequently, until bread is golden brown. Stir in chiles. Place mixture in food processor workbowl fitted with steel blad; cover and process until smooth. Stir in broth, whipping cream and salt. Makes about 3 cups of sauce. BLENDER METHOD: Place pumpkin seed mixture and about half the broth in blender container; cover and blend until smooth. Stir in remaining broth, the whipping cream and salt.

### **Quelites (Spinach with Beans)**

3	tablespoons	Onion -- chopped
1	tablespoon	Bacon drippings
1 1/2	cups	Prepared pinto beans
1	tablespoon	Chili seeds
1/4	teaspoon	Salt
1 1/2	pounds	Cooked fresh spinach
1	each	Boiled egg -- sliced

Saute' onion in fat and add beans, chili, salt and spinach. Simmer for 10 minutes. Add egg slices as garnish and serve. NOTE: Frozen or canned spinach may be substituted for the fresh. Quelites is the name for wild spinach but since this difficult to find, fresh spinach has been substituted.

## Quick and Easy Tacos

1	cup	Velveeta salsa Dip
1/2	pound	Ground beef -- cooked drained
10		Taco shells
1	cup	Lettuce
3/4	cup	Tomato

Stir Velveeta cheese spread salsa dip into cooked meat. Fill taco shells with meat mixture, Top with lettuce and tomato

## QUICK CHICKEN MOLE

2	teaspoons	Cocoa powder -- unsweetened
1 1/2	teaspoons	Chili powder
1/2	teaspoon	Cumin -- ground
1/2	teaspoon	Oregano -- dried crushed
1/4	teaspoon	Salt
1	can	Tomato sauce -- 8-oz can
1/4	cup	Onion -- finely chopped
3		Garlic cloves -- minced
1	pound	Chicken breast halves Boneless, skinless -- cut into Bite-sized strips
1	can	Green chili peppers, 4 oz Diced -- drained
		Almonds -- toasted sliced (opt)
		Flour tortillas or hot -- cooked rice
		Tomato -- chopped (opt1)
		Lettuce -- shredded (opt1)
		Avocado -- sliced (opt1)

In a 1-1/2 quart microwave-safe casserole, combine cocoa powder, chili powder, cumin, oregano and salt. Stir in tomato sauce, onion and garlic.

Micro-cook, covered, on 100% power (high) for 2 to 3 minutes or until mixture is bubbly around edges, stirring once. Stir in chicken and chili peppers. Cover; cook on high for 8 to 10 minutes (10 to 12 minutes for low-wattage ovens) or until chicken is tender and no longer pink inside, stirring every 3 minutes. Garnish with almonds, if desired.

Serve with warm tortillas or hot cooked rice, tomato, lettuce and avocado, if desired.

## Radish And Cilantro Relish

2	cups	Radishes -- Thinly Sliced
1/2	cup	Onion; Chopped -- 1 Med
3	tablespoons	Orange Juice
2	tablespoons	Lime Juice
2	tablespoons	Fresh Cilantro -- Fine Snipped
2	tablespoons	Vegetable Oil
1/4	teaspoon	Salt
1/8	teaspoon	Pepper -- Freshly Ground

Mix all ingredients in glass or plastic bowl. Cover and refrigerate at least 1 hour. Makes 3 cups of relish.

## Red Chili Sauce

16	each	Dried red chili pods
1	each	Hot Water
2	each	Cloves garlic
1	each	Salt to taste

Open each dried red chili pod. Wash well inside and out and remove blemishes. Remove stems, seeds and veins from the pods. For hotter chili leave some veins. Rinse with cold water and soak in hot water for one hour or until soft. Place the pods in an electric blender (or food processor) and add enough water to almost cover them, leaving about two inches head space. Blend until smooth and skins disappear, about 2-3 minutes. If sauce seems to be too thick, add more water and blend for another 1 minute or until skins disappear. Add 2 cloves garlic and process until well blended. Salt to taste.

## Red Enchilada Sauce

10	each	Large red chile pods
1 1/2	teaspoons	Flour
4	each	Garlic cloves
1/4	teaspoon	Cumino
1	teaspoon	Cilantro (optional)
1 1/2	teaspoons	Bacon drippings
1	each	Small onion chopped
1	each	Salt and pepper to taste
1	tablespoon	Oregano

Boil chile pods in small sauce pan with 8-12 oz of water until soft. Place chiles, oregano, onions, garlic and salt and pepper in blender. Liquefy mixture.

In a 2 qt. sauce pan heat bacon drippings and brown flour. Add the chile mixture and simmer for 30-45 minutes.



## Red Pepper-Sour Cream Sauce

3	each	Red Bell Peppers -- *
1	each	Red Jalapeno Pepper -- *
1/2	cup	Dairy Sour Cream
1	teaspoon	Sugar

\* Peppers should be roasted and peeled.

Place bell peppers and chile in food processor workbowl fitted with steel blade or in a blender container; cover and process until well blended. Stir in sour cream and sugar. Makes about 2 cups of sauce

## Refried Bean Bake 2

1	can	refried beans -- 16-oz
1		onion -- finely chopped
1		green bell pepper -- finely chopped
4	large	eggs
1 1/2	cups	cheddar cheese, shredded -- 6-oz
1	teaspoon	chili powder
1/8	teaspoon	garlic powder
1	jar	salsa -- 12-oz

Mix beans, onion, green pepper, eggs, 3/4 cup of the cheese, chili powder and garlic powder. Blend well. Pour into ungreased 9x9x2-inch pan. Sprinkle with remaining cheese. Bake, uncovered, in 350 degree oven about 30 minutes or until hot and firm. Heat salsa, stirring occasionally; serve with beans. Try this dish for breakfast or brunch. Serve with warmed tortillas and fresh orange slices. For brunch or supper, add some chopped green chilies (canned) sliced black olives and maybe some marinated canned red peppers before baking. Serve with avocado slices sprinkled with lime or lemon juice and some jicama slices dipped lightly in paprika.

## REFRIED BLACK BEANS

1/4	cup	Onion; Chopped -- 1 Sm
2	each	Jalapeno Chiles -- *
2	each	Cloves Garlic -- Finely Chopped
2	tablespoons	Vegetable Oil
30	ounces	Black Beans; Undrained -- 2 Cn
1	each	Chipotle Chile -- **
1	teaspoon	Red Chiles -- Ground
1/2	teaspoon	Salt

\* The Jalapeno peppers should be seeded, with care, and finely chopped.

\*\* The Chipotle Chile should be one that has been canned in Adobo Sauce and it should be chopped.

Cook and stir the onion, jalapeno peppers, and the garlic in the oil in a 10-inch skillet over medium heat until the onion is tender. Stir in the remaining ingredients and mash the beans. Cook, uncovered, stirring occasionally, until thick, about 15 minutes. Serve.

## RICE CON QUESO

3	cups	Cooked brown rice (1 1/2 -- cups uncooked), cook Salt and pepper
1 1/3	cups	Cooked black beans or -- blackeyed peas, pint
		Etc. (about 1/2 cup -- uncooked)
3		Cloves garlic -- minced
1	large	Onion -- chopped
1	small	Can chiles -- chopped
1/2	pound	Ricotta cheese -- thinned with little low fat milk or Yogurt until spreadable
3/4	pound	Shredded Monterrey Jack -- cheese
1/2	cup	Shredded cheddar cheese

Garnishes (optional): chopped black olives, onions, fresh parsley

Preheat oven to 350 degree F. Mix together rice, beans, garlic, onion, and chilies. In a casserole, spread alternating layers of the rice-beans mixture, ricotta cheese, and jack cheese, ending with a layer of rice and beans. Bake for 30 minutes. During the last few minutes of baking, sprinkle cheddar cheese over the top. Garnish before serving.

## Roasted Tomato Sauce

1/2	cup	Onion; Chopped -- 1 Medium
1/4	cup	Carrot -- Finely Chopped
1	tablespoon	Vegetable Oil
2	pounds	Tomatoes -- Roasted & Peeled
1	tablespoon	Basil Leaves; Fresh -- Snipped
2	teaspoons	Sugar
1/4	teaspoon	Salt
1/4	teaspoon	Ground Red Pepper

Cook onion and carrot in oil over medium heat, stirring occasionally, until tender. Cut tomatoes into fourths; drain. Place onion, carrot, tomatoes and remaining ingredients in food processor work bowl fitted with steel blade or in blender container; cover and process until well blended. Serve warm or cold. Makes about 3 1/2 cups sauce.

## **Salsa De Aguacate (Avocado Salsa)**

3		tomatillos -- husks removed
2	cups	water
2	large	avocados -- peeled and chopped
2		habanero chile -- chopped
3	cloves	garlic
1	small	onion -- chopped

Combine the tomatillos and water and boil until they are soft, about 10 - 12 minutes. Drain and discard the water.

Puree all the ingredients in a blender or food processor, adding a little water if needed to make the salsa smooth and creamy.

Serve with tostadas or on a bed of greens for a salad.

## Salsa De Jitomate Cocida (Cooked Tomato Sauce)

3	Medium	Tomatoes -- broiled
1/4		Onion -- roughly chopped
1	Small Clove	Garlic -- peel & roughly chop
2	Tablespoons	Peanut Oil
1/4	Teaspoon	Salt -- or to taste

To broil tomatoes:

Many Mexican recipes call for tomatoes to be asodos (roasted). Traditionally they are put onto a hot comal and cooked until the skin is wrinkled and brown and the flesh is soft right through -- this takes about 20 to 25 minutes for an 8-ounce tomato. However, since this method is very messy, it is best to line a shallow metal pan with foil and put the tomatoes in it. Place them under a hot broiler -- do not have the flame too high or the tomato will burn without cooking through -- and turn them from time to time so that they cook through evenly -- the skin will be blistered and charred. A medium tomato will take about 20 minutes. Blend the tomato, skin, core, and seeds to a fairly smooth sauce. The skin and core give both body and flavor to the sauce. And never mind if the skin is charred: that adds character, too. If the skin is very badly blackened and hard in places, then remove a little of it. This method of cooking tomatoes makes for a very rich-flavored sauce. Heat the oil, add the blended tomatoes and salt, and cook over a medium flame for about 8 minutes until it has thickened and is well seasoned.

## Salsa Suprema

1	each	Large tomato -- chopped
1	each	Medium onion -- chopped
2	each	Fresh green chilies -- chopped
1	each	Or 4 oz can green chili
	1/2 teaspoon	Garlic salt
	1/2 teaspoon	Monosodium glutamate(option)
		Salt to taste

Combine all ingredients and chill, covered, in refrigerator at least one hour.



## Salsa Verde

		Garlic cloves
		Scallions
1/2	cup	Parsley leaves
1/4	cup	Cilantro
		Pickled jalapeno pepper
13	ounces	Tomatillos (fresh or canned)
4	ounces	Mild green peppers (chopped)
1/4	teaspoon	Hot pepper sauce
1	teaspoon	Salt (or to taste)

Drop the garlic through the feed tube of a food processor with the metal blade in place and motor running to chop finely (about 10 seconds.) Add the scallions, parsley, cilantro, and jalapeno and chop finely (about 6 pulses of the motor). Add the tomatillos and process until pureed, about 5 seconds. Add the remaining ingredients and pulse 2 times to mix. Refrigerate, covered.

## SALSA VERDE 2

1	can	Mexican green tomatoes (10oz) -- drained
1/4	cup	Onions -- finely chopped
1	tablespoon	Cilantro; coarsely chopped -- *
1	teaspoon	Canned Serrano chilis Drained, rinsed -- and Finely chopped
1/4	teaspoon	Garlic -- finely chopped
1/2	teaspoon	Salt
1/8	teaspoon	Freshly ground black pepper

\* Also called Chinese Parsley or Fresh Coriander. In a small bowl, combine the tomatoes, onions, coriander, chili, garlic, salt and pepper to taste. Mix gently, but thoroughly together. Taste for seasoning. Refrigerate if not to be used immediately. It will only keep for a couple of days. Yield: 1 cup.

## Salsa Xcatic

9		xcatic chiles * -- finely chopped
1	medium	white onions -- finely chopped
1/4	cup	vegetable oil
1/2	teaspoon	salt
2	tablespoons	white vinegar
		freshly ground black pepper -- to taste

\* or substitute yellow wax hot or guero chiles.

Yucatan is identified with its native fiery chile, the Habanero, and the lesser known chile xcatic, (pronounced sch-KA-tik). Similar to a chile guero, it is pale green, much hotter, and resembles the New Mexican chile in shape and size.

Saute the chiles and onion in the oil for 20 minutes at low heat. Place in a blender with the remaining ingredients and puree until smooth.

Serve over grilled meats, poultry, or seafood.

### San Antonio Style Chicken Wings

12		Chicken wings
1	cup	Pace picante sauce
1/3	cup	Catsup
1/4	cup	Honey
1/4	teaspoon	Cumin -- ground
2/3	cup	Sour cream -- dairy

Cut wings in half at joints; discard wing tips.

Combine 1/3 cup of the picante sauce, catsup, honey and cumin; pour over chicken. Place in refrigerator; marinate at least 1 hour, turning once. Drain chicken, reserving marinade. Place on rack of foil-lined broiler pan.

Bake at 375F. for 30 minutes. Brush chicken with reserved marinade; turn and bake, brushing generously with marinade every 10 minutes, until tender, about 30 minutes.\* Place 6 inches from heat in preheated broiler; broil 2 to 3 minutes or until sauce looks dry. Turn; broil 2 to 3 minutes or until sauce looks dry. Spoon sour cream into small clear glass bowl; top with remaining 2/3 cup picante sauce. Serve with chicken.

Makes 24 appetizers.\*At this point, chicken may be refrigerated up to 24 hours. To serve, place 6 inches from heat in preheated broiler; broil 4 to 5 minutes. Turn; broil 4 to 5 minutes or until heated through.

## Santa Fe Sauce

2		garlic cloves
1		hot chili peppers -- small size
1	teaspoon	red pepper flakes
3		tomatoes -- * see note
	1/2 cup	chopped onions
	1/4 cup	green peppers -- minced
4	tablespoons	peanut oil
	1/2 teaspoon	salt -- to taste

\* Use drained canned tomatoes if fresh are not available. When preparing the hot chili, it is advised that you wear rubber gloves and be careful to avoid getting the juice of the pepper near your eyes.

1. Split the chiles, remove seeds, finely chop; set aside. Peel the garlic cloves and mince finely. Mince the green sweet bell pepper. Seed the tomatoes by cutting in half and gently squeeze to release some of the seeds. Chop the tomatoes into small chunks, or drain canned tomatoes thoroughly and chop.

2. Combine the tomatoes, garlic, chili peppers, green bell peppers, salt and red pepper flakes in small saucepan. Add 2 cups hot water; cover pan and simmer for about 10-14 minutes.

3. Heat the oil in a heavy skillet over medium heat; add the chopped onions. Saute just until tender, about 3-4 minutes, stirring occasionally.

4. Place the tomato mixture into a blender and puree. Add the pureed mixture to onions in skillet. Simmer over low heat, uncovered, for about 10-12 minutes or until sauce has thickened. Make this sauce and use for any purpose such as over scrambled eggs, roast chicken, cheese or chicken enchiladas.

Serving Ideas : With scrambled eggs, enchiladas, chicken, cheese souffle.

## SAVORY CHICKEN

3

Or 4 half chicken breasts -- boned and skinned,  
Cut into pieces

Savory Chicken is so fast and so good you will just want to stand and eat it out of the pan.

(Home Spice Blend: use approximately the measurements below for spices. For the spice blend, combine cumin, cayenne pepper, thyme, garlic and onion powders, salt and flour. Increase the spice amounts if you are cooking more than 2 1/2 pounds of chicken.)

1 tsp cumin powder 1/4 tsp cayenne pepper 1 tsp crushed thyme 1/2 tsp garlic powder 1/2 tsp onion powder 1/2 tsp salt 1 Tbs flour 2 Tbs butter 1 or 2 cloves garlic, chopped 1 or 2 jalapeno chiles, seeded, minced 1/2 cup to 3/4 cup light beer This recipe doubles easily but don't try to saute the chicken all at once. After the chicken is skinned and boned, rub it with your home spice blend. If you get inspired, add another spice. Let the spiced chicken sit at room temperature for about 20 minutes.

Using a heavy 12-inch skillet, heat the butter and oil and add 1 cup of the chicken pieces at a time. Saute over medium heat until golden. Remove to a plate. Saute the rest of the chicken, adding more oil if necessary. When all the chicken is sauteed, drain off any excess oil. Put all the chicken pieces back in the pan, along with the chiles and garlic and add the beer. A great head of steam will rise up to the most wonderful aroma. Quickly now, clamp on the lid and turn the heat to low. Check every 5 minutes and turn the chicken in the reducing broth. Cook for about 15 to 18 minutes.

If the broth cooks away toward the end of the cooking, just add a tablespoon more beer. At the end you should be left with a nice thick glaze. Push the chicken around the beer glaze so it all gets coated. This is about the best taco meat you will ever encounter. Since tacos are filled with other things, the recipe above will serve 4 people unless you ate too much out of the pan.

## SIZZLING STEAKS AND SALSA

1	pound	Boneless Beef Sirloin Steak -- Cut 3/4-inch
Thick		
3/4	cup	Chopped And Seeded Tomatoes
1/2	cup	Salsa
2	medium	Green Onions With Tops -- Chopped
1/4	teaspoon	Ground Cumin
1/2	cup	Cheddar Cheese -- Finely
		Cilantro Sprigs

Combine the tomatoes, salsa, onions and cumin and set aside. Trim the exterior fat and cut the boneless beef top sirloin steak into 4 serving sized pieces. Place each on a flat surface, cover with waxed paper and flatten with the bottom of a heavy saucepan, mallet, or cleaver to 1/4-inch thick. Heat a nonstick frying pan over medium high heat for 2 minutes. Quickly pan broil the steaks for 1 minute.

Turn the steaks and top each with an equal amount of cheese. Cook 1 to 2 minutes, DO NOT overcook. Serve the steaks over the reserved salsa. Garnish with cilantro.

## Skinny Mexican-style Nachos

4	oz	low fat tortilla chips
3/4	c	chopped onion
3	cloves	garlic -- finely chopped
2	tsp	chili powder
1		jalapeno pepper -- finely chopped
1/2	tsp	ground cumin
1	6 oz	boneless skinless chicken breast -- cooked/chopped
1	14 1/2 oz. c	Mexican-style diced tomatoes -- drained
1	c	shredded reduced fat Monterey Jack cheese -- 4 oz
2	tbsp	black olives

Preheat oven to 350 degrees. Lay chips in a 13 x 9 baking pan. Spray large nonstick skillet with cooking spray. Heat over medium heat until hot. Add onion, pepper, garlic, chili powder and cumin. Cook 5 minutes or until vegetables are tender, stirring occasionally. Stir in chicken and tomatoes. Spoon chicken-tomato mixture, cheese, and olives over chips.

Bake 5 minutes until cheese melts. Serve immediately.



## SMALL CHICKEN FAJITAS

1	pound	Chicken Breast -- boneless skinless *****Sauce*****
1/2	cup	Soy Sauce
1	cup	Orange Juice
1	tablespoon	Lemon Juice
1	teaspoon	Sugar
2		Cloves Garlic -- crushed
1/2	teaspoon	Ginger *****
1	tablespoon	Oil
1	medium	Onion -- sliced
1		Green pepper -- sliced
1		Red Pepper -- sliced
12		Flour Tortillas (6-8 inch)

Cut chicken breasts into strips 1/4" thick. Combine all sauce ingredients and pour over chicken strips. Cover and refrigerate overnight. Drain meat well and stir fry in oil along with onion and peppers until all pink color is gone from chicken pieces and vegetables are crisp-tender. Preheat sandwich maker . Trim sides from tortillas to form squares 5 X 5 or 6 X 6 inches. Brush outside of each with oil. Lay 4 tortillas on pocket grid oiled side down. Spoon chicken mixture into the triangle shaped pockets.

Top with tortillas, oiled side up. Close lid and cook 3 minutes or until tortillas are heated through and sealed. Repeat with remaining ingredients.

Makes 12 pockets.

## Sopaipillas

4	cups	Flour
1	tablespoon	Baking powder
2	teaspoons	Sugar
1 1/2	teaspoons	Salt
1/4	cup	Shortening or lard
1 1/4	cups	Water or more if needed

Sift dry ingredients together. Cut in shortening until crumbly. Add water and mix until holds together. Knead 10-15 times until dough forms a smooth ball. Cover and let set for 20 minutes. Divide dough into two parts. Roll dough to 1/8" thickness on lightly floured board. Cut into 3" squares or triangles. Do not allow to dry; cover those waiting to fry. When ready to fry, turn upside down so that surface on bottom while resting is on top when frying. Fry in 3" hot oil until golden brown, turning once. Add only a few at a time to maintain proper temperature. Drain on paper towels.

## Sopaipillas 2

1	package	Active dry yeast
1/4	cup	Warm water (110)
1 1/2	cups	Milk
3	tablespoons	Lard or shortening
1 1/2	teaspoons	Salt
2	tablespoons	Sugar
4	cups	All purpose flour
1	cup	Whole wheat flour
1	each	OIL

In a large mixing bowl, dissolve yeast in warm water. In another bowl combine milk, lard, salt and sugar. Heat to 110 degrees and add to dissolved yeast. Beat in 3 cups of the all purpose flour and all of the whole wheat flour. Add about 1/2 c all purpose flour and mix until a stiff sticky dough forms. Place dough on a floured board and knead, adding more flour as needed, until dough is smooth and nonsticky. Place dough in a greased bowl turning over to grease top. Cover and let stand at room temp. 1 hour. Punch dough down. The dough may be covered and chilled as long as overnight. Knead dough on a lightly floured board to expel air. Roll dough out, a portion at a time, to slightly less than 1/8" thick. Cut in 2"X 5" rectangles or 3" squares for appetizers. Place on lightly floured pans and lightly cover. If you work quickly you can let cut sopaipillas stay at room temp up to 5 min; otherwise, refrigerate them until all are ready to fry. In a deep wide frying pan or kettle heat 1 1/2 - 2 inches oil to 350 on a deep fat frying thermometer. Fry 2 or 3 at a time. When the bread begins to puff, gently push the bread into the hot oil several times to help it puff more evenly. Turn several times and cook just until pale gold on both sides, 1-2 minutes total. Drain on paper towels.

Serve immediately or place in a warm oven until all are fried. Or if made ahead, cool, cover and chill or freeze. To reheat, bake uncovered in a 300 oven, turning once, just until warm, 5-8 min. Do not overheat or they will become hard. Makes 2 dozen large sopaipillas or about 4 dozen small ones.

## SOUTH OF THE BORDER STEW

1/4	cup	Butter
2	pounds	Boneless round steak -- cubed
5		Zucchini -- sliced thin
3	cups	Corn
1	can	(4 oz) grn chilies -- chopped
2		Cloves garlic -- minced
1	teaspoon	Salt
1/4	teaspoon	Oregano
1/4	teaspoon	Cumin
1	cup	Cheddar cheese -- shredded
1/4	cup	Chopped cilantro

In a large skillet, melt butter. Brown meat, a few pieces at a time. Remove from skillet as they brown. Saute zucchini in skillet 7-10 minutes.

Return meat and add corn, chilies, garlic, salt, oregano and cumin. Simmer, stirring occasionally, about 12-15 minutes or until meat is tender. Stir in cheese until melted. Garnish with chopped cilantro and serve.

## SOUTHWEST BEEF FAJITAS

		Cucumber Salsa
		Southwest Relish
		Southwest Guacamole
1	pound	Top Round Steak -- Boneless *
1/4	cup	Lime Juice
2	tablespoons	Vegetable Oil
2	teaspoons	Red Chiles -- Ground
2		Cloves Garlic -- Chopped
8		Flour Tortillas **

\* Round Steak should be cut about 1/2 inch thick. \*\* Flour Tortillas should be 10 inches in Diameter and be warmed.

Prepare Cucumber Salsa, Southwest Relish, and Southwest Guacamole; set aside. Cut beef steak diagonally across the grain into thin slices, each 2 X 1/8-inch. Mix remaining ingredients except tortillas in a glass or plastic bowl; stir in beef until well coated. Cover and refrigerate for at least 1 hour. Set oven control to broil. Place beef slices on rack in broiler pan. Broil with tops 2 to 3 inches from heat until brown, about 5 minutes. Place 1/8 of the beef, some Cucumber Salsa, Southwest Relish, and Southwest Guacamole in the center of each tortilla. Fold one end of the tortilla up about 1 inch over the beef mixture; fold right and left sides over the folded end overlapping. Fold down the remaining end. Serve with remaining salsa, relish and guacamole.

## Southwest Guacamole

5	each	Avocados; Ripe -- Peel & Pit
4	each	Cloves Garlic -- Finely Chopped
1	cup	Tomato; Chopped -- 1 Medium
1/4	cup	Lime Juice
1/2	teaspoon	Salt

Mash avocados in a medium bowl until slightly lumpy.  
Stir in remaining ingredients. Cover and refrigerate 1 hour. Makes 3 cups of dip.

## Southwest Riblets

1/2	cup	Onion; Chopped -- 1 medium
2	tablespoons	Vegetable Oil
1	tablespoon	Red Chiles -- Ground
6	each	Juniper Berries; Dried -- Crush
3	each	Cloves Garlic -- Finely Chopped
1/2	teaspoon	Salt
1/2	ounce	Baking Chocolate -- Grated
1	cup	Water
2	tablespoons	Cider Vinegar
6	ounces	Tomato Paste -- 1 cn.
2	tablespoons	Sugar
3	pounds	Pork Back Ribs; Fresh -- *

\* Rack Of ribs should be cut lengthwise across the bones. Have the butcher do this with his meat saw.

Cook and stir onion in oil in 2-quart saucepan 2 minutes. Stir in ground red chiles, juniper berries, garlic and salt.

Cover and cook 5 minutes, stirring occasionally. Stir in chocolate until melted. Pour water, vinegar and tomato paste into food processor work bowl fitted with steel blade or into a blender container. Add onion mixture and sugar; cover and process until well blended. Heat oven to 375 Degrees F. Cut between pork back ribs to separate. Place in a single layer in roasting pan, pour sauce evenly over pork. Bake uncovered 30 minutes; turn pork. Bake until done, about 30 minutes longer.

## Southwest Scrambled Eggs with Jalapeno Jelly

1/2		onion
3	tablespoons	margarine
6		eggs
2	tablespoons	jalapeno jelly -- * see note
3	ounces	cream cheese

\* See recipe in this cookbook to make your own Jalapeno Jelly, or you can use a store-bought one for this recipe. A food processor is not necessary for the preparation of this recipe, but it will take longer without.

Fit the steel knife blade into the work bowl of the food processor. Process onion until chopped in 1/4-inch pieces. Melt margarine in a medium skillet. Saute onion in skillet until tender. With steel knife blade still attached, process eggs, jelly and cream cheese until smooth, about 30 seconds. Pour mixture into skillet with onions and scramble until eggs are dry.

Serving Ideas : A special breakfast or brunch dish.

NOTES : Serve with plenty of fresh fruit, homemade muffins, sausage or ham and coffee.



## Southwestern Beef Hash

1	Lb	Lean Ground Beef
1	Sm	Onion -- chopped
3	C	Frozen Potatoes Obrien
	1/2 Tsp	Salt
	1/4 Tsp	Pepper
1	C	Salsa
		Sliced Green Onions -- optional
		Sliced Black Olives -- optional

Brown ground beef and onion in large skillet over medium heat until no longer pink. Drain. Stir in potatoes, salt, and pepper. Increase heat to medium-high and cook 5 minutes, stirring occasionally. Stir in salsa. Cook 8 to 10 minutes more until potatoes are lightly browned, stirring occasionally. Garnish with green onions and black olives, if desired.

Yield: 4 servings.

## Spanish Rice

3	tablespoons	Shortening
1 1/2	cups	Rice
1/2	cup	Onion -- sliced
1/2	cup	Bell pepper -- sliced
1	each	14 oz can whole tomatoes
1	each	Medium clove garlic -- minced
1	teaspoon	Black pepper
2	teaspoons	Salt
3	cups	Water

Melt shortening in large skillet. Add rice and brown. When rice is a golden brown, reduce heat and add onion, bell pepper, tomatoes, garlic and pepper. Mix well and add 1 1/2 cups warm water or enough to just cover the rice. Add salt. Cover and let simmer until almost dry. Add remaining water, cold, a little at a time, cooking over low heat until fluffy. Note: You may substitute peeled seeded green chili for the bell pepper.

## Spanish Rice 2

1	cup	Uncooked long grain rice
4	tablespoons	Oil
2	tablespoons	Diced bell pepper
3	tablespoons	Diced onion
1	teaspoon	Dried parsley flakes
3	ounces	Tomato paste
2	each	Cloves garlic -- minced
2 1/2	cups	Cold water
3/4	teaspoon	Salt

Lightly brown rice in oil over medium heat, stirring constantly. Add bell pepper and onion and saute' five minutes more, stirring often. Remove from heat; add parsley, tomato paste and garlic. Stir well and then add water and salt. Heat mixture to boiling, cover tightly and simmer 20 to 30 minutes or until liquid is absorbed. Remove from heat and let steam 10 minutes before serving.

## SPICY MEXICAN TORTILLA STACKS

1	can	Pinto Beans (15oz), drained -- rinsed
1	can	Black Beans (15oz), drained -- rinsed
1	can	Corn (16oz)
1	can	Chopped Green Chilies (4oz)
1	large	Onion -- chopped
1	large	Green Pepper -- chopped
5		Flour Tortillas
1	cup	Monterey Cheese -- pre-shredded
1	cup	Cheddar Cheese -- pre-shredded
1	large	Jar Salsa

Preheat oven 425". Combine beans and corn in large bowl. Stir in chilies, onion and green pepper. Lay one tortilla at the bottom of a greased two-quart souffle or casserole dish. Spoon a small amount of bean mixture over tortilla. Top with equal amounts of Monterey Jack and cheddar cheese. Continue alternating layers of tortilla, bean mixture and cheese mixture until you end with cheese layer. Bake covered at 425" for 10 minutes. Serve with salsa.

## Spicy Nachos Supreme

8	ounces	Tomato Sauce
4	ounces	Diced Green Chiles
1/2	cup	Chopped Green Bell Pepper
1		Green Onion -- Sliced
1/4	teaspoon	Hot Pepper Sauce
10	ounces	Tortilla Chips
2	cups	Shredded Cheddar Cheese
1		Avocado
1	teaspoon	Lemon Juice
1/2	cup	Sour Cream
		Jalapeno Slices -- Optional

Combine tomato sauce, chiles, green pepper, green onion and hot pepper sauce in a bowl; let stand for 15 minutes. Place tortilla chips in a shallow 8" X 10" baking dish. Pour sauce over chips; sprinkle grated cheese over all. Broil nachos for 3 minutes or until cheese melts. Just before serving, seed, peel and mash avocado. Stir in lemon juice. Spoon avocado mixture and sour cream on hot nachos and top with jalapeno slices. Serve immediately.

## STEPHANIE'S CARNE ASADA

1		20 oz top sirloin steak
2	tablespoons	Vegetable oil
1/2	teaspoon	Dried leaf oregano -- crushed
1/2	teaspoon	Salt
1/4	teaspoon	Coarsely ground pepper
1/4	cup	Orange juice
1	tablespoon	Lime juice
2	teaspoons	Cider vinegar
2		Orange slices -- 1/2" thick

Place steak in a shallow glass baking dish. Rub with oil on each side. Sprinkle with oregano, salt and pepper. Sprinkle orange juice, lime juice, and vinegar over the steak. Cover and refrigerate overnight for best flavor or several hours, turning occasionally.

To cook, bring meat to room temperature. Prepare and preheat charcoal grill (or gas grill). Drain meat, reserving marinade. Place steak on grill. Top with orange slices. Occasionally spoon reserved marinade over steaks as they cook. Grill 3-4 minutes on each side, or until medium-rare. Cook longer if desired. Remove orange slices to turn steak. Replace orange slices on top of steak.

## STUFFED JALAPENOS

24		Jalapenos -- halved & de-veined
6 1/2	Ounces	Tuna, water pack -- drained
1/2	Cup	Pecans -- finely chopped
		Mayonnaise
		Mrs. Tom Dudley
		Comanche (TX) Garden Club Cookbook
		1967

Halve and de-vein jalapenos. In a bowl, mix tuna and pecans with enough mayonnaise to moisten. Stuff jalapeno halves.

## Stuffed Mushrooms

24	each	Mushrooms -- Medium
2	tablespoons	Margarine Or Butter
1/4	cup	Onion; Chopped -- 1 Medium
2	tablespoons	White Wine -- Dry
1/4	cup	Bread Crumbs -- Dry
1/4	cup	Cooked Smoked Ham -- Fine Chop
2	tablespoons	Parsley -- Snipped
1	tablespoon	Lime Juice
1	each	Clove Garlic -- Finely Chopped
1	teaspoon	Oregano Leaves -- Dried
		Dash Of Pepper
1/2	cup	Cheese; Finely Shredded -- *

\* Use Monterey Jack Cheese in this recipe.

Cut stems from mushrooms; finely chop enough stems to measure 1/4 cup. Heat margarine in 10-inch skillet just until bubbly. Place mushroom caps, topsides down, in margarine. Cook uncovered until mushrooms are light brown; remove mushrooms with slotted spoon. Cook and stir onion in same skillet until tender; stir in wine. Simmer uncovered 2 minutes. Mix in chopped mushroom stems and remaining ingredients except cheese and mushroom caps; cool slightly. Shape mixture into 24 small balls; place 1 in each mushroom cap. Sprinkle with cheese. Set oven control to broil. Place mushroom caps on rack in broiler pan. Broil with tops 3 to 4 inches from heat until cheese is melted, about 3 minutes.



## Super Nachos

1	can	refried beans
1	can	green chilis
2	cups	monterey jack cheese
2	cups	cheddar cheese -- (velveta best)
	3/4 cup	taco sauce
	1/2 cup	sliced black olives -- or to taste
1	tsp	lemon juice
1	cup	sour cream
		tortilla or nacho chips

Brown ground beef, add onion and cook until tender. Drain fat, add salt and pepper to taste. Spread refried beans in a 10"x13" baking dish. Top with meat. Place green chilis on top. Mix monterey jack and cheddar cheese together and sprinkle on top. Drizzle taco sauce over evenly and bake uncovered 20-25 minutes 400 degrees. Remove from oven. Mix black olive with lemon juice and spread them on top. Cover with sour cream and serve at once with chips.

## TACO CASSEROLE

1	pound	Hamburger
1		Envelope taco seasoning mix
1	can	Tomato sauce
1 1/2	cups	Water
1	cup	Grated cheese (more if you -- want it)

bag baked tortilla chips

Saute meat in skillet. Add taco seasoning mix, tomato sauce, and water. Bring to a boil, reduce heat, and simmer uncovered 15 min. Add tortilla chips; mix, being careful not to break the chips. Pour into a 2-inch-deep by 8 inch round or square baking dish. Bake in 400 oven 10-15 minutes. Top with cheese.

## Taco Chicken Wings

2 1/2	pounds	Chicken Wings
1		Envelope Taco Seasoning Mix *
2	cups	Dry Bread Crumbs
1		Jar (16oz) Taco Sauce **

\* 1-1/4 oz Old El Paso \*\* Old El Paso Remove wing tips and discard. Cut wings at joint. Combine bread crumbs and taco seasoning mix; mix well. Preheat oven to 375. Dip each chicken piece in taco sauce then roll in bread crumbs; coat thoroughly. Place on lightly greased baking sheet. Bake for 30-35 mins.

## Taco Meatballs

1	pound	Beef -- ground
1	cup	Green pepper
1	cup	Rice -- cooked
2	teaspoons	Garlic salt
11	ounces	Cheddar cheese soup
1	cup	Onion
1	cup	Celery
2	each	Egg -- beaten
8	ounces	Taco sauce

Mix all but last two ingredients. (I puree vegetables in blender rather than chopping.) Form meat balls and place in 2- 1/2 qt. dish. Bake at 350 degrees for 30 minutes. While baking, heat taco sauce and soup on stove. Pour over meatballs and bake another 30 minutes.

## Taco Pie

1	package	Crescent rolls
1	package	Taco mix
2	cups	Corn chips -- crushed
1	cup	Cheddar -- shredded
1	pound	Hamburger
1/2	cup	Water
1	cup	Sour cream

Cook hamburger, taco mix and water according to package directions. Place unrolled crescent dough in ungreased pie plate to form crust. Sprinkle with half of the corn chips and top with hamburger mixture. Spread sour cream on top and cover with cheese and remaining chips. Bake at 375 degrees for 20 minutes or until heated through.

## TEX-MEX BEANS WITH CORNMEAL DUMPLINGS

1/3	cup	Flour
1	teaspoon	Baking powder
		Beaten Egg White
2	tablespoons	Cooking Oil
1	cup	Chopped Onion
15	ounces	Can Garbanzo Beans -- drained
15	ounces	Can Tomato Sauce
2	teaspoons	Chili powder
1 1/2	teaspoons	Cornstarch
1/3	cup	Yellow Cornmeal
1/4	teaspoon	Salt
1/4	cup	Skim Milk
3/4	cup	Water
		Clove Garlic -- minced
15	ounces	Can Red Kidney Beans -- drained
4	ounces	Can diced green chili pepper
1/4	teaspoon	Salt

In a med mixing bowl, stir together flour, cornmeal, baking powder, and 1/4 t salt; set aside. In a small bowl combine egg white, milk, and oil; set aside.

In a 10" skillet combine the water, onion, and garlic. Bring to boiling; reduce heat. Cover and simmer 5 minutes or till tender. Stir in garbanzo beans, kidney beans, tomato sauce, drained green chili peppers, chili powder, and 1/4 t salt.

In a small bowl stir together cornstarch and 1 T water. Stir into bean mixture. Cook and stir till slightly thickened and bubbly. Reduce heat. For dumplings, add milk mixture to cornmeal mixture; stir just until combined. Drop dumpling mixture from a Tablespoon to make 5 mounds atop bean mixture.

Cover and simmer for 10-12 minutes or till a toothpick inserted in the center of a dumpling comes out clean.

## Tex-Mex Chili Meatballs with Zesty Tomato Salsa

3	tablespoons	Vegetable oil
1	small	Onion,diced -- about 1/2 cup
1/2	teaspoon	Chili powder
1	pound	Lean ground beef
1	large	Egg
1	can	(4 oz) mild green chilies Drained and chopped
1 3/4	cups	Fresh bread crumbs -- about 4 Slices bread
1/3	cup	Shredded Monterey Jack Cheese
1/3	cup	Shredded mild Cheddar Cheese
3/4	teaspoon	Salt
6		Corn tortillas -- half 10 oz. Pkg. -- cut into wedges
1		Zesty Tomato Salsa Lettuce leaves -- optional Tomato wedges -- optional -----ZESTY TOMATO SALSA-----
1	tablespoon	Vegetable oil
1		Red pepper, cored -- seeded And diced (about 2 cups)
1		Green bell pepper, cored Seeded and diced (about 2 Cups)
1	medium	Onion -- diced (about 3/4 cup)
1	large	Clove garlic -- crushed
2	large	Ripe tomatoes -- diced (about cups)
2		
1/2	teaspoon	Hot red pepper sauce

Heat the oven to 400 degrees. In 12" skillet,over medium high heat, heat 1 tbsp. vegetable oil;add onion and chili powder;cook about 10 minutes,stirring frequently,until onion is tender and coated with chili powder. Remove onion to large bowl;wipe skillet clean. To bowl with onion,add beef,egg,chilies,bread crumbs,1 tbsp. of each of cheeses and salt;using hands or wooden spoon,blend well. Shape mixture into 1 1/4" balls. In skillet over medium-high heat,heat remaining 2 tbsp. oil;add meat mixture;cook 15 minutes,turning frequently,until well browned on all sides and cooked through. Meanwhile,place tortilla chips in single layer on jelly-roll pan;bake 10 minutes until crisp and golden. Prepare Zesty Tomato Salsa. To serve:Spoon meatballs into center of large serving platter;sprinkle with remaining Monterey Jack and Cheddar cheese. Arrange tomato wedges and lettuce around meatballs if desired. Serve with tortilla chips and salsa. Makes 4 servings. ZESTY TOMATO SALSA: In a 2 qt. saucepan over medium high heat,heat 1 tbsp. vegetable oil; add 1 each red and green bell pepper,cored,seeded and diced (about 2 cups),1 medium size onion,diced (about 3/4 cup) and 1 large clove garlic,crushed. Cook about 10 minutes,stirring frequently,until tender. Stir in 2 large fresh, ripe tomatoes, diced (about 2 cups) and 1/4 to 1/2 tsp. hot red pepper sauce;cook 1 minute longer until heated through. Makes about 1 1/2 cups.

### **TEX-MEX Hash**

1	pound	Ground beef
1	each	Green pepper -- chopped
1/2	cup	Rice -- uncooked
2	teaspoons	Salt
3	each	Onion -- sliced
1	can	Tomato -- whole (medium can)
1	teaspoon	Chili powder
		Pepper -- dash

Preheat oven to 350 degrees. Pan fry ground beef until light brown in skillet. Drain fat. Add onions & peppers and cook until onion is tender. Stir in rest of ingredients and heat until warm. Pour in a casserole dish, cover, bake for 1 hour.



## TEX-MEX RICE

3/4	cup	Onion -- chopped
2	tablespoons	Olive Oil
1	cup	Rice -- raw
1/4	teaspoon	Black Pepper
2		Garlic Cloves
2 1/2	cups	Vegetable Broth
1 1/2	teaspoons	Ground Cumin
1		Red Bell Pepper

Mince garlic. Remove seeds and dice bell pepper.

In dutch oven, cook onion, garlic and raw rice in oil until onion is tender and rice is lightly browned.

Add chicken broth and bring to a boil. Stir in cumin and black pepper. Cover tightly and simmer 20 minutes. Remove from heat. Stir in bell pepper. Let stand covered until all liquid is absorbed, about 5 minutes.

## TEX-MEX ROASTED CHICKEN

1	teaspoon	Ground Cumin
1	teaspoon	Chili Powder
1/2	teaspoon	Basil
1/4	teaspoon	Salt
1	tablespoon	White Wine Vinegar
1		(3 Lb.) Broiler -- Skinned
2	cups	Coarsley Chopped Zucchini
1 1/4	cups	Unpeeled -- Seeded & Coarsely Chopped Tomatoes.

Combine First 6 Ingredients; Stir Well & Set Aside.

Remove Giblets & Neck From Chicken & Discard. Rinse Chicken & Pat Dry. Rub Outside Of Chicken With Spice Mixture. Place Chicken, Breast Side Down in A Deep 3 Qt. Casserole. Cover With Wax Paper & Microwave At High 8 To 9 Min. Turn Chicken, Breast Side Up & Microwave Covered With Wax Paper At High 8 To 9 Min.

Remove Chicken To Serving Platter. Reserve Drippings in Casserole. Let Chicken Stand Covered 15 Min. Add Vegetables To Drippings; Toss To Coat. Microwave At High 3 To 4 Min. OR Until Crisp-Tender, Stirring Halfway Through Cooking Process. Arrange Vegetables Around Chicken.

## TEX-MEX STEAK AND TORTILLAS

1 1/2	pounds	Boneless sirloin each about thick
1/2	cup	Corn oil
3	teaspoons	Garlic -- chopped
4	tablespoons	Red wine vinegar
1	pound	Ripe tomatoes
1/2	cup	Onion -- chopped fine
1/4	cup	Red chilies -- chopped fine
1/4	cup	Coriander -- chopped fine
12		Flour tortillas

1. Prepare a very hot charcoal fire.
2. There should be about 6 individual steaks. Cut each of these in half. Blend the oil, 2 tsp garlic and 3 tbsp vinegar in a flat dish. Add the steaks, turning to coat the pieces well. Set aside.
3. Core the tomatoes but do not peel them. Cut them into 1/4-in. cubes and put them in a mixing bowl. Add the onion, chilies, coriander, remaining garlic and vinegar. Blend well. Set this sauce aside.
4. Put about 4 slices of steak at a time on the hot grill and cook for 1 min. or less to a side, depending on the desired degree of doneness. Simultaneously, add a similar number of tortillas and cook them for a few sec. to a side just to heat through. Do not heat for for long or they will dry out.
5. Place one piece of steak in the center of a warm tortilla, spoon a little sauce over the meat and fold the side of the tortilla over the ends up to enclose the meat. Eat like a sandwich.

## TEX-MEX STRATA

1/2	pound	Hot Italian sausage
6	ounces	Red peppers; roasted -- drain and chopped
6	ounces	Green peppers -- fried
6		Firm white bread -- quartered
1 1/2	cups	Monterey Jack cheese
1 1/2	cups	Milk
1	teaspoon	Chili powder
1/2	teaspoon	Salt
6		Eggs -- beaten

In medium skillet; saute sausage 10 minutes or until lightly browned. Cool slightly; cut crosswise into thin slices. Place in bowl. Add peppers; toss to combine. Preheat oven to 350~. Generously grease 2 qt. shallow baking dish. Reserve 6 bread quarters; place remainder in prepared dish. Sprinkle with cheese and the sausage mixture; arrange reserved bread on top.

Set aside. In medium bowl, beat eggs with milk, chili powder and salt until mixed; pour over bread in dish.

Bake 1 hour or until center is set. Let stand 10 minutes before serving. Makes 6 servings.

## TEX-MEX TORTILLA STACK

1		9-oz. pkg. (2 cups) frozen
		Chopped cooked chicken
1	cup	Finely chopped -- peeled
		Jicama
	1/2 cup	Taco sauce
8		10-inch flour tortillas
1		6-oz. container frozen
		Avocado dip -- thawed
2	cups	Chopped lettuce
1		16-oz. can refried beans
		With green chili peppers or
		Mexican-style beans -- drained
		And mashed
1		8-oz. carton reduced-fat or
		Regular dairy sour cream
	1/2 cup	Chopped red sweet pepper
	1/3 cup	Sliced green onion
1	cup	Shredded lower-fat or
		Regular cheddar cheese -- or
		Monterey Jack cheese with
		Jalapeno peppers
	1/4 cup	Sliced pitted ripe olives
		Taco sauce (optional)

THAW CHICKEN: In a medium mixing bowl combine chicken, jicama, and the 1/2 cup taco sauce; set aside.

PLACE ONE OF THE FLOUR TORTILLAS on a platter. Spread with half of the chicken mixture. Spread half of the avocado dip onto a second tortilla; place, avocado side up, atop chicken. Sprinkle with half of the lettuce. Top with a third tortilla; spread with half of the beans. Top with another tortilla; add half each of the sour cream, red pepper, green onion and cheese.

REPEAT LAYERS, ending with remaining sour cream, red pepper, green onion, and cheese. Sprinkle with olives. Serve right away or cover and chill for up to 3 hours.

TO SERVE, cut into wedges. Pass taco sauce.

Makes 8 main-dish servings.

## TEX-MEX TUNA SALAD

2 cans Solid white tuna in water -- drained and flaked  
(  
1/2 cup Sliced ripe olives  
1/2 cup Sliced green onions w/tops  
1/2 cup Thinly sliced celery  
2/3 cup Pace Picante Sauce  
1/2 cup Dairy sour cream  
1 teaspoon Ground cumin  
Lettuce leaves -- OR  
Shredded lettuce  
12 Taco shells -- OR  
3 cups Tortilla chips

Combine tuna, olives, green onions and celery in medium bowl. Combine Pace Picante Sauce, sour cream and cumin; mix well. Pour over tuna mixture; toss lightly. To serve, line taco shells with lettuce leaves; spoon tuna mixture into shells. Or, line individual serving plates with shredded lettuce; top with tuna mixture and surround with tortilla chips.

Drizzle with additional Pace Picante Sauce; top with additional sour cream, if desired.

## TEX-MEX WITH SPINACH BAKE

2	cups	Bisquick baking mix
1/2	cup	Water -- cold
1	pound	Ground beef
1	package	Taco seasoning mix
1	cup	Water
10	ounces	Spinach *
1	cup	Cheese -- ricotta
1/3	cup	Green onions -- chopped
1 1/2	cups	Cheddar cheese -- shredded
1	cup	Sour cream
1		Egg -- lightly beaten

\* frozen, thawed, chopped and squeezed dry.

Heat oven to 350~F. Combine baking mix and 1/2 c cold water; stir until soft dough forms.

Press dough into bottom of greased 13x9" baking dish.

Cook ground beef in large nonstick skillet until brown. Stir in taco seasoning mix (dry) and 1 c water.

Bring to a boil; reduce heat and simmer 15 minutes, stirring occasionally.

Spoon mixture over dough.

Combine spinach, ricotta cheese and onions; spread over ground beef mixture. Combine Cheddar cheese, sour cream and egg; spoon evenly over spinach mixture. Bake 30 minutes or until set. Let stand 5 minutes before serving.

## TEXMEX RED SNAPPER

2	tablespoons	Olive or salad oil
1		Large onion -- chopped
2		Cloves garlic -- minced
4	teaspoons	Sugar
1	teaspoon	Salt
1/4	teaspoon	Cinnamon -- ground
1/4	teaspoon	Cloves -- ground
5	cups	Peeled, seeded -- chopped tomato
1 1/2	teaspoons	Each: water & lemon juice
1	tablespoon	Cornstarch
2		Jalapenos, seeded -- chopped
2	tablespoons	Capers
5 1/2	pounds	Red Snapper, cleaned, scaled Head removed
1/3	cup	Pimento stuffed green olives Sliced thin.
3	tablespoons	Chopped fresh cilantro

Heat oil in wide frying pan over med heat; add onion and garlic and cook, stirring often, until onion is soft. Stir in sugar, salt, cinnamon, cloves, and tomatoes. Cook, stirring, over high heat until a thick sauce forms (abt. 8 min.).

Blend together lemon juice, water, and cornstarch; stir into tomato mixture. Cook until mixture boils and turns clear; remove from heat. Stir in chiles and capers. Rinse fish, pat dry. Place a 24 inch sheet of foil crosswise in a large roasting pan. Grease foil lightly (spray with Pam), then place fish on foil; pour hot tomato sauce over fish. Bake, uncovered, in a 400 F. oven until fish flakes when prodded with fork in thickest part (abt. 45 min). Baste frequently with sauce during last 15 min. of baking.

Skim watery juices off sauce with a spoon; then stir sauce to blend. Lift foil, fish, and clinging sauce and slide onto a platter; drizzle with remaining sauce in pan. Garnish with olives and cilantro.

To serve, cut fish to bone, then lift off each serving.



### THREE BEAN BAKE

16	ounces	Can Great Northern Beans -- undrained
16	ounces	Can Chili beans -- undrained
	in	Mexican section -- of store)
16	ounces	Can Kidney Beans -- drained
	1/3 cup	Ketchup
	1/3 cup	Firmly packed brown sugar
	1/2 teaspoon	Powered ginger

In 2 quart microwave safe casserole or dish, combine all ingredients. Mix well. Cover with Waxed Paper. Microwave on HIGH for 8 - 11 minutes, stirring twice during cooking. If thicker juice is wanted, Micro in two min increments on 80% power. Stir often.

CROCK POT Directions. Combine all ingredients, mix well. Cover - cook on High setting for 2 hours. If thicker juice is wanted, remove cover, cook 1 hour longer, stirring occasionally.

## Tomatillo Sauce

1/4	cup	Red Onion -- chopped
1/4	cup	Fresh Cilantro -- Snipped
1/4	teaspoon	Salt
1/2	pound	Tomatillos -- Cut Into Halves
2	each	Serrano Chiles -- Canned *

\* Use 2 canned serrano chiles, rinsed and seeded or 1 fresh serrano chile, seeded. Place all ingredients in food processor workbowl fitted with steel blade or in blender container, cover, and process until well blended. Makes about 1 1/4 cups sauce.

## TOSTADAS DE POLLO Y FRIJOLES

2		Tortillas
2	cups	Cooked -- mashed black beans (or refried beans)
2	cups	Chicken -- shredded
1		Tomato -- wedged
1	cup	String beans -- cook & cool
1		Head lettuce -- shredded
1		Green bell pepper -- sliced
2		Green onions -- diced
1	can	Plain green olives -- chopped
1	cup	Cheddar cheese -- grated
2	tablespoons	Hot sauce

Lay a tortilla on each plate; spread with a layer of beans. Lay chicken on beans. Toss together vegetables and cheese; and mound on top of chicken. Sprinkle hot sauce on top.

## Traditional Calabacitas Con Leche

4	each	Medium summer squash -- sliced
1/4	cup	Butter or margarine
1	each	15 oz can corn -- drained
1/2	cup	Onion -- thinly sliced
1/2	teaspoon	Salt
1	each	Dash pepper
1	each	4 oz can chopped green chili
1	cup	Milk
1/2	cup	Grated cheddar cheese

Saute' squash in butter until soft. Reduce heat and add corn, onions, salt, pepper and green chili. Mix well and add milk. Simmer until well blended. Add cheese and cover until cheese is melted.

## TURKEY RANCHERO

4		Turkey thighs
1	package	Enchilada sauce mix
6	ounces	Tomato paste
1/4	cup	Water
4	ounces	Monterey Jack -- grated
1/3	cup	Lowfat yogurt or sour cream
1/4	cup	Green onions -- sliced
1 1/2	cups	Corn chips -- crushed

With sharp knife, cut each thigh in half; remove bone and skin. Place in crockpot. Combine enchilada sauce mix with tomato paste and water. Mixture will be thick. Spread on thighs. Cover; cook on LOW 7 to 8 hours or until tender. Turn pot on HIGH. Add cheese; stir until melted. Spoon into an au gratin dish or shallow casserole. Spoon yogurt over turkey. Sprinkle with onions. Top with corn chips.

## Zucchini Relish

2	cups	Zucchini -- Shredded
1/4	cup	Fresh Cilantro -- Snipped
2	tablespoons	Lime Juice
2	tablespoons	Vegetable Or Olive Oil
1	teaspoon	Salt
1/4	teaspoon	Sugar
1/4	teaspoon	Pepper

Mix all ingredients in glass or plastic bowl. Cover and refrigerate at least 1 hour. Makes about 1 1/4 cups relish.

## Zuni Vegetable Stew

3/4	cup	Onion -- Chopped
1	each	Clove Garlic -- Finely Chopped
2	tablespoons	Vegetable Oil
1	each	Red Bell Pepper; Large -- *
2	each	Chiles; Medium Size -- **
1	each	Jalapeno Chile -- Seed & Chop
1	cup	Squash -- Cubed ***
29	ounces	Chicken Broth -- 2 cans
1/2	teaspoon	Salt
1/2	teaspoon	Pepper
1/2	teaspoon	Coriander -- Ground
1	cup	Zucchini -- Thinly Sliced
1	cup	Yellow Squash -- Thinly Sliced
17	ounces	Whole Kernel Corn -- Drained
16	ounces	Pinto Beans; Drained -- 1 can

\* Bell pepper should be seeded and cut into 2 X 1/4-inch strips. \*\* Chiles should be either poblano or Anaheim and should be seeded and \*\*\* Use either hubbard or acorn squash. (about 1/2 pound)

Cook and stir onion and garlic in oil in 4-quart Dutch oven over medium heat until onion is tender. Stir in bell pepper, poblano and jalapeno chiles. Cook for 15 minutes. Stir in Hubbard squash, broth, salt, pepper and coriander. Heat to boiling; reduce heat. Cover and simmer until squash is tender, about 15 minutes. Stir in remaining ingredients. Cook uncovered, stirring occasionally, until zucchini is tender, about 10 minutes.