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**Fifty choice recipes for Spanish and Mex**



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**FIFTY**

**CHOICE**

**RECIPES**  
OF



**Mexican**

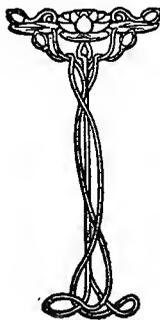
and

**Spanish**  
**Dishes**



FIFTY CHOICE  
RECIPES FOR  
SPANISH AND  
MEXICAN DISHES

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## Chicken Chili

**C**UT up two chickens, stew, and when nearly done add a little parsley and two onions. Take half pound dried chili peppers, remove seeds and pour on boiling water. Steam fifteen minutes; pour off water and rub through sieve; add this to the chicken; let cook half hour. Add butter size of an egg, salt and thicken with flour. This is delicious served with rice.

## Mexican Chili Stew

**F**OUR medium-sized potatoes, four large tomatoes, one good-sized onion. Cut all in small pieces; two pounds of lean beef cut in dice. Put beef in pot with two tablespoonfuls of heated butter and the onion, and stew half hour; then add rest of vegetables with one quart of hot water, one tablespoonful of chili powder and three of Worcestershire sauce; salt and pepper to taste with one clove of garlic; cook on slow fire until thoroughly done.

## Spanish Beef

**T**WO pounds of round steak cut into dice; put in saucepan and brown in its own fat; add butter if needed; two chopped onions browned, one can of tomatoes, strained; salt and pepper to taste. Mix all together; add water. Cook until meat is tender and thicken with a little flour.

## Chili con Carne—No. 1

**T**AKE a good-sized piece of soup meat (not a soup bone), boil until thoroughly tender; take out the water, mince very fine; have ready two good-sized onions, also minced fine. Put into a skillet a tablespoonful of butter, and after having coated the meat with flour, turn same with the onions into the skillet and brown. Add to it the water in which the meat was boiled, and one teacupful of bayou beans that have been previously boiled done; boil slowly for about three hours. Just before taking from the fire, add salt to taste and a heaping tablespoonful of chili powder or sufficient to make it hot; must be rich and hot with pepper to make it good.

## Chili con Carne—No. 2

**T**O ONE pound of chopped beef add two small onions, two potatoes and half can tomatoes. Cover with boiling water; season with salt and one tablespoonful chili powder. Cook slowly for one hour and thicken with flour and water.

## Chili con Carne—No. 3

**T**AKE two pounds chopped beef; cover with boiling water, add one can tomatoes, salt, butter size of egg, and tablespoonful chili powder; cook slowly for two hours; thicken with flour mixed with cold water.

## Chili con Carne—No. 4

**P**LACE in covered stew pan two pounds beef, one-quarter pound suet chopped fine; steam until tender. Remove seeds and veins from eight red chili peppers, boil soft and rub through sieve. Add to meat with also one teaspoonful lemon juice. Simmer for one hour in tightly covered kettle.

## Spanish Stew—No. 1

**R**EMOVE the seeds from one dozen large chili peppers; boil until tender; then scrape the chili, throwing away the skins; add three fried sliced onions, three tomatoes, a little water, and salt to taste, and teaspoonful of sugar. Rub through a sieve and then add two pounds of round steak, cut in small pieces, which has been stewed in very little water until tender; let all simmer slowly for twenty minutes. Thicken with flour and cream.

## Spanish Stew—No. 2

**B**ROWN two sliced onions and one and a half pounds chopped beef in two tablespoonfuls of butter; then add five tomatoes, two or three carrots, one or two seeded red peppers, cut fine; salt to taste one pint soup stock. Cook slowly and thicken with a little flour and butter rubbed together.

## Spanish Stew—No. 3

**C**OOK some nice young peas in plenty of water. Fry lamb chops a delicate brown; remove the chops and thicken the gravy with flour; pour the peas and the water in which they were boiled into the frying pan, and, when thickened, add the chops; cover and let simmer for ten minutes, adding salt, pepper and a little Worcestershire sauce.

## Spanish Stew—No. 4

**O**NE tablespoonful of washed rice; tablespoonful of butter; fry to a rich, golden brown, stirring constantly. Cut up one onion, two potatoes, four peeled tomatoes; boil three red peppers soft, scrape the pulp from the inside with a knife; add one teaspoonful salt; place all in a covered stew pan; cook one hour, slowly.

## Chicken Stew (Spanish Style)

**F**RY in deep saucepan in two tablespoonfuls of best olive oil, one onion, chopped fine, one clove garlic; season to taste and enough flour to brown; add one can tomatoes, with a little sugar to taste. Put in good-sized chicken, cut in pieces, and simmer until done.

## Mexican Meat Balls

**O**NE pound of pork, one pound of beef, chopped fine; a third as much bread as meat, one egg, one small onion, chopped fine; salt and pepper to taste; tablespoonful of chili powder. Put all into a pan with the beaten egg and mix thoroughly; roll into small balls. Cook in a sauce which has been made as follows: One quart of tomatoes, one chopped onion, one tablespoonful of chili powder; salt and pepper to taste. Place the meat balls in the sauce, boil gently for about an hour. Thicken the sauce with a little flour, and pour over meat.

## Spanish Meat Hash

**C**HOP fine cold meat—beef, lamb or veal—about one pint; chop one medium-sized onion; mix with meat; season with salt. Put in baking pan; put over top teacupful of stewed tomatoes; sprinkle with Spanish pepper and a dash of cayenne pepper. Bake until brown.

## Mexican Round Steak

**B**AKE in oven for half hour a two-pound slice of the tender side of round steak, in half-pint of water, basting often; season with salt and pepper; take from oven, cover top of meat with finely chopped onion; cook again for fifteen minutes, then add a covering of tomatoes, cut fine. Cook a quarter of an hour, then cover with grated cheese; put back in oven until cheese melts. This must be cooked in moderate oven. The meat will be very tender, and have a delicious gravy.

## Chicken Tamales

**T**HIS recipe will require a "Metata," which can be purchased at any Spanish store.

Boil in water with half cup of lime, two quarts of yellow, dried corn. When well cooked, wash thoroughly, then grind on the "Metata" three times, until very fine. Boil two medium-sized chickens until quite tender; cool and cut in small pieces. Mix with corn enough of the water in which the chickens were cooked to make a soft dough, and add two small cups of lard; season with salt and knead well. Then take three red chili peppers, remove seeds and roast in oven for a few minutes; take out, place in tepid water, then grind on the "Metata" several times, with two cloves of garlic. In a saucepan put tablespoonful of lard; when hot drop in one chopped onion and tablespoonful of flour; let cook a minute, then add the chili, then cut the chicken, one cupful each of seeded raisins and stoned olives, and salt and pepper to taste; let come to boil, take from stove and cool.

Have some dry corn husks, well soaked for several hours in cold water; shake them well and spread a thin layer of the dough on the half of each leaf; then put a spoonful of the stew on the prepared leaf, and cover with the prepared leaves; tie the ends with strings made of the leaves. When the tamales are finished, place them in a large pot with a little boiling water, and boil gently for one hour. Any other meat can be used.

## Beef Tamales

**B**OIL one pound of beef and pour over it some hot beef fat. Scald thoroughly one quart of corn meal, adding one teaspoonful of salt and a tablespoonful of lard. Cut off the upper end of corn shucks, and put to boil in cold water; let scalded meal and shucks cool off; chop the beef fine and season to taste with the salt and chili powder. Put a thin layer of meal on shucks (leaving shuck enough to turn ends and sides over), then put a small quantity of meat in center. Put a few shucks in the bottom of the pot to prevent scorching, and pack in the tamales, placing a weight on top. Cover with boiling water, adding one tablespoonful each of lard and chili powder.

## Enchiladas

**S**PLIT open and remove seeds and veins of two dozen chili peppers. Soak in cold water about two hours; throw off water, cover with fresh and simmer on back of stove for one hour; then boil rapidly for fifteen minutes. Remove from fire and with dull knife scrape the pulp from the skins, which should be about a quarter inch thick. Now chop a large onion very fine and fry a delicate brown in butter; then into same pan brown two spoonfuls of flour, and add the chili pulp, onion and cup each of strained tomato juice and the water in which the chilis were boiled; simmer until consistency of thick cream; season with salt. To prepare the tortillas or pancakes, take one quart flour, a large table-spoonful of lard; salt and moisten with water, as for biscuits. Take piece of dough size of egg and roll out the size of a breakfast plate. They can be baked on top of stove or by frying in deep fat, but not brown, and the fat must not be as hot as for doughnuts. This will make about a dozen tortillas. Have ready one pound grated cheese, one quart of stoned olives or pimolas, some finely chopped onion, fried lightly, one pound of stoned raisins, three hard-boiled eggs, chopped fine. Dip the tortillas in the chili sauce (which must be hot), one at a time; place on a hot plate in which it is to be served; on one-half put a little of the raisins, olives, cheese, egg, and pour a spoonful of the sauce over it and fold over the other half. Pour over remaining sauce and sprinkle grated cheese over all.

## Spanish Fish Stew

**F**RY in bottom of large granite saucepan one good-sized onion, cut in thin slices, in two tablespoonfuls olive oil, butter or bacon fat; fry a light brown; add one cup tomato and one cup water and cook twenty minutes. Have two pounds sea bass or rock cod skinned and cut in four pieces; put in saucepan and, if necessary, add boiling water until sauce nearly covers fish. Season with salt and pepper, one good pinch of saffron and one tablespoonful of origano. Let simmer twenty minutes or until fish is done. Thicken sauce with flour made smooth with water; sprinkle the fish with finely minced parsley, and serve on dish with small pieces of toast. The origano or Mexican wild marjoram can be purchased at groceries where Spanish people trade, and saffron can be bought at drug stores. Green peppers (two), cut fine and cooked with the tomato, is an improvement.

## Tenderloin of Sole (Spanish)

**F**OUR ripe tomatoes or one-half can, two onions, sliced and fried a light brown, two chili peppers, chopped fine, one-half pound of salt pork, cut in small pieces and fried, a pinch of salt; cook all together until tender, then thicken with a teaspoonful of cornstarch, and set aside to cool while preparing the fish. Put one and one-half table-spoonfuls of good olive oil into a frying pan; when hot, put in fish, which has been rolled in corn meal; fry a nice brown. Put fish in center of dish and pour sauce over it. Serve garnished with parsley and sliced lemons or limes.

## Shrimp (Creole)

**O**NE tablespoonful of butter in a sauce-pan; add a small onion, chopped fine; cook until onion is done; then add one-third of a can of tomatoes; cook this fifteen minutes; add a can of shrimps, a cup of sweet milk, thickened with flour, one teaspoonful of salt, one-fourth spoon of cayenne pepper, a dash of black pepper. Take off when boiled and turn over toasted bread. Serve on hot plates.

## Spanish Hamburg Soup

**P**UT one pound of round steak through a meat chopper; with the fingers form into balls the size of marbles; then fry one good-sized onion in suet, a golden brown; add teacupful of tomatoes, two green chili peppers (seeds removed), and about a quart of water; when boiling, add the meat balls; let simmer for one-half hour, then add two small potatoes, cut into dice; boil another half hour or until potatoes are done; season with salt and pepper. Serve with crackers.

## Spanish Eggs—No. 1

**P**LUNGE into hot fat, for two minutes, three large, green peppers; remove with a coarse, dry towel the skin of each; then cut into halves, lengthwise, and take out seeds. Have a frying pan on fire with two tablespoonfuls olive oil. Cut six very thin slices raw ham; place in pan, add the peppers and cook gently for fifteen minutes. Prepare six pieces of dry toast; put them on a hot platter; put a slice of ham on each piece of toast, then half a pepper over the ham; fry six eggs in clarified butter and gently place one on each pepper.

## Spanish Eggs—No. 2

**C**OOK to a smooth paste one-third cup of stale bread crumbs in a third cup of milk; mix with one cup of cooked ham chopped fine; add about one-half teaspoonful of mixed mustard, cayenne pepper and one raw egg; mix thoroughly. Remove shells from hard-boiled eggs, and cover with mixture; fry in hot fat two minutes; cut lengthwise and garnish with parsley. Can be served hot or cold.

## Baked Green Peppers—No. 1

**F**RY slowly in skillet with two small slices of bacon, butter, one onion, one red pepper and two green peppers, chopped very fine. When onion is tender, add three tomatoes or same quantity of canned tomatoes; cook five minutes. Wash and boil tender one cup of rice, and add to the above. Season with salt and red pepper. Remove seeds from half dozen bull-nosed green peppers, and stuff with mixture; put in baking dish, with a small piece of butter on each pepper; bake until tender.

## Stuffed Green Peppers—No. 2

**R**EMOVE seeds from six large green peppers; stew pound of steak with one small onion until thoroughly done, and about half cup of stock of the meat; put meat and stock in chopping bowl with one tomato, half onion, tablespoonful butter, half cup raisins, one hard-boiled egg; red pepper and salt to taste. Chop fine and stuff the peppers and fry in butter until brown on all sides. These can be eaten hot or cold.

## Stuffed Green Peppers—No. 3

**C**UT off stems and remove seeds from eight bull peppers; chop fine scraps of cold beef or pork, one good-sized onion; add some of the pepper seeds, and some bread previously moistened with hot water, butter, salt and pepper; fill peppers and bake in oven till tender.

## Stuffed Green Peppers—No. 4

**C**OOK tender one cup rice; put in skillet one slice raw bacon, chopped fine, one tablespoonful chopped onion, one teaspoonful butter; let fry, but not brown; add teaspoonful curry powder, one cup stock and heaping spoonful of the cooked rice for each pepper. Mix all together and stuff peppers, which have previously had the seeds removed, and plunged in boiling water for ten minutes. Bake in oven and serve with tomato sauce.

## Frijoles (Spanish Beans)

**P**UT one pint of pink beans to soak over night, then put them on to boil in salted water until tender. While they are cooking, fry two good-sized onions in bacon fat; add one-half can tomatoes, about six or eight red chili peppers that have been cleaned and part of the veins removed; unless one likes them very "hot," put them on in water and let boil a few minutes; then scrape off the red, jelly-like chili from the tough skin, and add with the onions and tomatoes to the beans. Let all boil several hours until very soft, stirring frequently to prevent burning.

## Spanish Beans

**W**ASH one pint of Spanish beans in several waters, place on the fire in cold water and allow them to cook half hour; drain off this water and cook them another half hour; add more fresh water, drain once more, then put them on again, adding fresh water, several slices of fat bacon, and salt to taste. After cooking one hour, add one-third of a pint of canned tomatoes, one large onion, sliced fine, and one red pepper, chopped, and let boil until well done.

## Spanish Baked Beans

**A**FTER thoroughly soaking over night one heaping pint of beans, fry one finely cut onion in butter or olive oil until brown; add one can of tomatoes, the soft insides of four large chili peppers or cayenne to taste; salt to taste; mix all with beans and bake four hours in moderate oven. Add small piece of salt pork or bacon if desired.

## Spanish String Beans

**C**HOP one medium-sized onion very fine. Fry in one tablespoonful lard; add one-half can of tomatoes; cook a little. Season with chili pepper, salt and a little sugar to counteract acidity of tomatoes. Prepare one and one-half pounds of string beans; put them with the tomatoes and onions; cook for fifteen minutes, then add enough water so the beans can boil. Cook until the beans are tender and the water is boiled down.

## Mexican String Beans

**C**UT fine one red pepper, one onion; fry in olive oil until brown; add four tomatoes, chopped, three teaspoonfuls of flour, salt and pepper to taste; cut in small pieces two pounds of string beans; mix all together with quart of cold water and cook until well done. Add water if needed.

## Spanish Spaghetti

**O**NE pound of round steak and two onions, chopped fine; cook with a good-sized piece of butter in skillet; add a half can of tomatoes; season with salt and chili pepper. Add one quarter pound of cheese, cut fine or grated. When thoroughly cooked, add half pound of spaghetti, which has been previously boiled; stir all together and serve.

## Spanish Asparagus

**D**IVIDE two bunches of asparagus into six bunches; wash thoroughly and cover with boiling water; cook half hour. For each bunch add one teaspoonful of salt and cook for a few minutes longer; place in a skillet two tablespoonfuls of butter, one finely-cut onion, five or six pepper corns, one bay leaf; cook until tender without browning; add two cups of chicken or veal broth, a little nutmeg, and two tablespoonfuls of flour; cook sauce slowly for quarter of an hour; after sauce is strained, add, slowly, the beaten yolk of two eggs, a little lemon juice and a tablespoonful of butter; put on stove where it will not boil. Serve asparagus on toast; sauce in separate dish.

## Spanish Stuffed Onions

**S**COOP out centers of six medium-sized onions; parboil them for three minutes, then place upside down on cloth to drain; stuff with forcemeat of sausage or bacon, mixed with heart of onions, minced fine, bread crumbs, pepper, salt, mace and tablespoonful of cream; simmer in oven for an hour, basting often with melted butter. When done, place carefully on platter without breaking; add to gravy in baking pan the juice of half lemon, four tablespoonfuls of cream, and a little browned flour; boil up and pour over onions.

## Spanish Onions

**P**UT two pounds Spanish onions in sufficient boiling water to cover them, with teaspoonful of salt, and boil until tender; remove from water, pull apart with two forks and put in buttered earthen baking dish in layers, with bread crumbs previously moistened with milk; add tablespoonful of butter, cut in small pieces. Place dish in oven and bake until onions are well browned.

## Onion Sauce

**A**N ONION sauce which is good with roast duck is made by peeling and chopping fine a small onion; put it in a saucepan over the fire, with a tablespoonful of butter, and when the butter begins to brown, stir in a tablespoonful of flour. When the flour is brown, add half a pint each of port wine and boiling water, a level teaspoonful of salt, a quarter of saltspoonful of pepper and a little grated nutmeg; stir the sauce until it boils, and then keep hot. When the ducks are done, pour the drippings from them into the sauce, mix them well with it, then serve hot.

## Spanish Sweet Potato Pone

**W**ASH, peel and grate the best quality of sweet potatoes; measure five cups into a large bowl; into this stir three cups of best West India molasses, two cups butter (melt the butter carefully, and do not let it get oily), one cup preserved ginger, one cup preserved orange peel (orange peel and ginger to be cut very fine), one teaspoonful salt, one tablespoonful pounded ginger, and two tablespoonfuls allspice, cloves, mace and cinnamon mixed. When all these ingredients are thoroughly mixed together, pour the pone into a well-greased pan, and bake in a moderately hot oven. Try it with a knife; when the blade comes out clean, take it out of the oven. Let it get cold before taking it from the pan. It should look dark, like a rich preserve, when properly baked.

## Spanish Fritter Puffs

**O**NE tablespoonful powdered sugar, two ounces butter, one teaspoonful salt, one cup water and yolks of four eggs; put the water into the saucepan, add the sugar, salt and butter, and while it is boiling stir in flour enough to have it leave the pan; then stir in, one by one, the yolks of the eggs; now drop a teaspoonful into boiling lard and fry to a light brown. If nicely done they will be very puffy.

## Alligator Pear Salad

**P**EEL and remove the stones from two large alligator pears; cut in small dice, add salt to taste, two or three tablespoonfuls of best olive oil, onion, cut very fine, to flavor. Surround with crisp lettuce leaves and add cayenne pepper if desired.

## Spanish Salad

**C**HOP, separately and very fine, four large cucumbers, four large tomatoes, one bunch of crisp celery, two heads fresh lettuce, and three green chili peppers. Mix all together, add one tablespoonful vinegar, two tablespoonfuls olive oil, juice of one lemon, salt and pepper to taste. Set in cool place until ready to serve.

## Spanish Luncheon Dish

**P**UT one-half cup of olive oil, with a clove of garlic and an onion, sliced fine, in a frying pan; fry brown, then add a pound of cold roast meat; fry brown, then add a can of tomatoes and a chili pepper. Boil sticks of macaroni in salted water twenty minutes, then add to meat with a cup of fresh mushrooms; pepper and salt to taste. When ready to serve, cover thickly with Parmesan cheese. Serve hot. Cut meat in inch-thick pieces before frying.

## Spanish Rice—No. 1

**F**RY for a few seconds in two tablespoonfuls of fresh lard one cupful of rice, add a little chopped onion and a clove of garlic; one cupful of chopped cold chicken, veal or ham; season with salt, pepper and a teaspoonful of sugar; cover all with boiling water and cook slowly, without stirring. When rice is nearly done, remove cover.

## Spanish Rice—No. 2

**P**UT two cups of rice in frying pan with two tablespoonfuls of lard and one small onion, sliced thin; let cook a short time, then add one can of tomatoes and two ounces grated cheese; season with salt and cayenne pepper; cook slowly until done, adding hot water or stock if too dry. This will be sufficient for twelve persons.

## Spanish Rice—No. 3

**W**ASH well two cupfuls of rice, put on to boil in one quart of water, one teaspoonful of salt. When it begins to get tender, add one small onion, chopped fine, one cupful of chopped ripe tomatoes (as much of the juice as is possible drained), two tablespoonfuls of butter, a dash of pepper, two teaspoonfuls of chili powder, mixed with a little cold water, and three heaping tablespoonfuls of sugar; let all cook slowly until well done. Delicious if served with mutton.

## Spanish Catsup

**O**NE-HALF gallon green cucumbers, one-half gallon cabbage, one quart tomatoes, one pint beans, one dozen onions, one dozen ears of green corn, two cups of white mustard seed, three tablespoonfuls of tumeric, two tablespoonfuls grated horseradish; three tablespoonfuls of celery seed, two tablespoonfuls olive oil, one tablespoonful mace, one tablespoonful cinnamon, one tablespoonful of cayenne pepper. Peel and slice the cucumbers, sprinkle with salt, and let them stand six hours; prepare the cabbage in the same way; chop the onions, let them stand in boiling water half hour; chop tomatoes, beans and corn, scald and drain; mix all and place in a jar and cover with boiling vinegar.

## Chili Sauce

**T**AKE two gallons tomatoes, boil one hour; add two quarts chopped onions, two cups brown sugar, one-half cup mustard seed; tie in cloth one tablespoonful each of whole black pepper, allspice and cinnamon bark and add to tomatoes; add, also, one teaspoonful cayenne pepper, salt to taste, and three green and three red peppers, chopped; boil four hours, then add two quarts of vinegar and boil one hour.

## Spanish Pickle

**T**HREE dozen large, ripe tomatoes, two dozen onions, eighteen red peppers; chop fine, add twelve tablespoonfuls of salt, twelve tablespoonfuls of brown sugar, seven cups of vinegar, six teaspoonfuls each of cloves, allspice and cinnamon; boil three hours, and put in glass jars.

## Spanish Cheese

**P**UT six large, green chili peppers in a hot oven and blister them, then rub off outer skin; wrap peppers around thin slices of cheese and fry in good lard. Make a Spanish gravy of six tomatoes, one red chili pepper, one clove of garlic, small onion, small piece of butter and salt and pepper. Cook all together, thoroughly strain and thicken with flour and water, and when ready to serve, pour over the fried peppers and cheese. Serve very hot.













