

# Mexico



## Tacos

### Ingredients:

8 taco shells  
1 lb. hamburger  
3/4 c. water  
1 med. onion, chopped (about 1/2 c.)  
2 tbsp. chili powder  
1 tsp. salt  
1/2 tsp. ground cumin  
1 clove garlic, crushed  
1 c. lettuce, shredded  
1 med. onion, chopped (about 1/2 c.)  
1 c. shredded Cheddar cheese (about 4 oz.)  
1 lg. tomato, chopped (about 1 c.)  
1/2 c. dairy sour cream

### Preparation:

Cook and stir hamburger in 10-inch skillet until light brown; drain.  
Stir in water, 1/2 cup onion, chili powder, salt, cumin and garlic.  
Heat to boiling; reduce heat.  
Simmer uncovered, stirring occasionally, until thickened, about 10 minutes.  
Spoon about 1/4 cup hamburger mixture into each shell.  
Top with shredded lettuce, chopped onion, shredded cheese, chopped tomato and sour cream.

Makes 8 tacos

# Taco Seasoning Mix

## Ingredients:

- 1 tbsp. chili powder
- 2 tsp. onion powder
- 1 tsp. ground cumin
- 1 tsp. garlic powder
- 1 tsp. paprika
- 1 tsp. powdered oregano
- 1 tsp. sugar
- 1/2 tsp. salt

## Preparation:

Mix all ingredients together in a small bowl.  
Makes 3 tablespoons of seasoning mix,  
which is equal in strength to a 1/4 ounce package of commercial seasoning mix.

# Burritos

## Ingredients:

1 lb. ground beef  
1 can refried beans  
1 (diced) med. onion  
1 (diced) med. green pepper  
1 brick Monterey Jack cheese with jalapeno peppers  
2 tsp. chili powder  
Dash curry powder  
Flour tortillas  
Black olives (optional)  
Sour cream (optional)

## Preparation:

Fry ground beef until 1/2 done.  
Drain and add onion and green pepper.  
Finish browning.  
Add spices.  
Stir and cook another minute.  
Add beans.  
Stir just enough to blend.  
Add diced cheese and stir gently until melted (or slice the cheese, lay it on top turning down the simmer and cover until cheese melts).  
Black olives can be added with beans or just used as a garnish with sour cream.  
Fill burrito shells and serve.  
Add salsa on top if desired.

# Tostadas

## Ingredients:

4 corn tortillas  
Sm. amount cooking oil  
2 lg. tomatoes, chopped  
1 reg. can refried beans  
1 lb. hamburger  
1 lg. onion, chopped  
1 c. shredded lettuce  
1 c. grated cheddar cheese  
1/2 pt. sour cream  
1 sm. jar taco sauce  
Salt and pepper to taste

## Preparation:

Fry tortillas for 1 minute on each side in hot pan with cooking oil.  
Keep warm in oven or re-warm in microwave.  
Fry onion and hamburger together.  
Add beans.  
Cook until warm.  
Put hamburger-bean mixture on each tortilla.  
Put lettuce, tomatoes, cheese, and sour cream on top of hamburger-bean mixture.  
Top with a small amount of taco sauce.

Serves 4

# Chimichangas

## Ingredients:

1 lb. ground beef  
1 med. onion, chopped  
1 clove garlic, minced  
1 (8 oz.) can stewed tomatoes  
1/2 tsp. salt  
1/4 tsp. pepper  
1 tsp. oregano  
12 lg. flour tortillas  
Vegetable oil for frying

## --CONDIMENT CHOICES:--

Salsa  
Sour cream  
Chopped lettuce  
Grated Cheddar cheese  
Chopped tomato  
Guacamole

## Preparation:

In skillet brown beef, onion and garlic. Drain liquid.  
Add tomatoes, salt, pepper, oregano and chilies.  
Simmer 20 minutes or until most of liquid evaporates.  
Place 3 tablespoons meat mixture on each tortilla.  
Fold in sides, roll to make cylinder.  
Secure with wooden toothpick.  
Deep fry chimichangas in 375 degrees fat until golden brown.  
Drain on paper towels.  
Keep warm in 350 degree oven.  
Serve with condiments.

# Chalupas

## Ingredients:

3 lbs. pork loin roast  
1 lb. dry pinto beans  
2 garlic cloves, chopped  
2 tbsp. chili powder  
1 tbsp. ground cumin  
1 tsp. oregano  
1 can green chilies, chopped  
1 tbsp. salt

## --TOPPING:--

Grated cheese  
Chopped onions  
Tomatoes  
Lettuce  
Sour cream  
Crushed corn chips

## Preparation:

Place all ingredients in crockpot.  
Cover with water.  
Cook 6-8 hours.  
Remove bones and stir.  
Mix meat and beans together.  
Top with above toppings.

# Quesadillas

## Ingredients:

6 oz. Monterey Jack cheese  
1 (4 oz.) can green chili peppers, rinsed and seeded  
3/4 c. Frijoles Refritos or can refried beans  
12 (6 inch) tortillas  
2 tbsp. cooking oil

## Preparation:

Cut cheese into 12 (3 x 1 x 1/4 inch) strips.  
Quarter chili peppers lengthwise.  
Spread 1 tablespoon of beans on each tortilla.  
Top each with a piece of cheese and a piece of chili peppers.  
Fold tortillas in half; secure each with a wooden pick.  
In skillet, heat oil.  
Cook quesadillas, a few at a time, in the hot oil about 2 minutes per side or until lightly browned and cheese is melted.

Makes 12

# Tamales

## Ingredients:

28 dried corn husks (3 to 4 oz.) or fourteen 9-inch pieces of foil  
1 cup chicken broth  
2/3 cup canned cream-style corn  
1/3 cup milk  
2 cups masa harina  
3 medium poblano chiles  
1 large red bell pepper  
1 tablespoon olive oil  
1 cup finely chopped onions  
1 tablespoon finely chopped garlic  
1/2 pound peeled and deveined uncooked shrimp, chopped  
1/2 cup lard, butter or shortening  
1-1/2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 teaspoon sugar  
1 cup coarsely grated Chihuahua, Muenster or Monterey Jack cheese  
1/2 cup coarsely grated Queso Fresco or crumbled mild feta cheese  
Kitchen twine

## Directions:

1. Cover corn husks with hot tap water in a shallow baking dish. Bring chicken broth, creamed corn and milk just to a boil in a small saucepan over medium heat.
2. Gradually add broth mixture to masa harina in a medium bowl, stirring with a wooden spoon, until well blended; cool.
3. Heat broiler. Line a broiler pan with foil. Arrange poblanos and bell pepper on prepared pan and broil 4 inches from heat 10 to 15 minutes, turning until skins are evenly charred. Wrap in foil or place in a paper bag and let stand 15 minutes. Peel, seed and dice chile and bell pepper; transfer to a medium bowl.
4. Heat oil in a large skillet over medium-high heat. Add onions and cook 2 to 3 minutes. Add garlic, reduce heat to medium and cook 1 minute more. Cool, then combine with chile, bell pepper and uncooked shrimp.
5. Beat lard, baking powder, salt and sugar together in a large mixer bowl, until smooth.
6. Gradually beat in masa harina mixture by spoonfuls, beating well after each addition. Continue to beat 5 to 8 minutes more, until mixture is light and fluffy.
7. Stir in shrimp mixture and cheese (mixture will be stiff).



8. Drain and rinse corn husks; keep covered with a damp towel (or follow foil directions below).  
Flatten one husk on work surface (overlapping two husks if small).  
Spoon  $\frac{1}{4}$  cup filling in center of husk.  
Spread into a 3-inch long log.  
Roll up lengthwise.  
Secure each end with string.  
Repeat with remaining husks and filling.
  
9. To prepare tamales with foil:  
Cut each foil piece in half to make two 6x9-inch rectangles.  
Spread  $\frac{1}{4}$  cup filling in center of each rectangle.  
Fold all sides in to form 2x3- $\frac{1}{2}$ -inch packets.  
(Can be made ahead. Place tamales in resealable plastic storage bags and freeze up to 1 month.)
  
10. Place steamer rack in Dutch oven over 1 inch of water.  
Arrange tamales (unthawed if frozen) in rack.  
Cover, bring to a boil. Reduce heat to low and steam 30 minutes.

Makes 28 tamales

# Enchiladas

Green Enchiladas

Red Enchiladas

Enchiladas of Mole Poblano

You have three different types of enchiladas but the method is the same. First of all choose your preference, you can use a cup of Mexican Green Sauce (salsa verde), red sauce or mole Poblano for making enchiladas.

## Ingredients:

1 whole chicken breast, boiled and finely shredded

12 corn tortillas

oil for frying

½ cup of sour cream

½ cup of crumbled feta cheese

½ cup of sesame seeds (for enchiladas with mole Poblano)

salad onion cut in onion rings

## Directions:

1. Heat in separate saucepans your sauce of choice and the shredded chicken.
2. Heat oil to boiling point in a frying pan and dip one tortilla at a time for two seconds each side.
3. Dip the tortilla in the sauce and fill with chicken, roll it up and place on a serving dish.
4. Pour the remaining sauce over the tortillas once they are filled and rolled up.
5. Sprinkle onion rings and the feta cheese over the tortillas, cover with sour cream and heat in an oven until it melts and becomes golden.
6. For the Mole Poblano recipe decorate with sesame seeds.

# Cacerolade Enchiladas (Enchilada Casserole)

Yield: 4 servings

Baking Time: 25-30 minutes

Temperature: Medium-High

Freezes well

Medium, Low, 350°F

## Ingredients

1 pound processed cheese, cubed

Shortening

13 ounces evaporated milk

12 Corn Tortillas

1 pound lean ground beef

1/4 cup chopped green chile\*\*

1 teaspoon salt

1/2 cup chopped onion

1 teaspoon garlic salt

## Directions

1. Melt cheese in evaporated milk in a heavy saucepan at low heat.
2. Fry beef in a medium-sized skillet at medium heat until browned. Drain. Season with salt and garlic salt.
3. Heat 1/2 inch of shortening in a heavy pan at medium-high heat.
4. Quickly dip each tortilla into the shortening to soften. Drain on absorbent towels.
5. Layer all ingredients except cheese sauce in a greased, 2-quart casserole dish, beginning with a tortilla.
6. Pour cheese sauce over layered ingredients and cover.
7. Bake in 350°F oven for 25-30 minutes.

NOTE: Two cups of pinto beans may be included.

\*\*Varied amounts may be used.

# Enchiladas de Queso (Flat or Rolled Cheese Tortillas)

Yield: 4 servings

Heating Time: Approximately 15 minutes

Temperature: Medium-High 350°F

Freezes Well

## Ingredients

12 corn tortillas

2 onions chopped

Shortening

2 cups coarsely chopped

4 cups Red or Green Chile sauce

lettuce (optional)

3 cups grated sharp cheddar cheese

## Directions

1. Heat 1/2 inch of shortening in a heavy pan at medium-high heat.
2. Quickly dip each tortilla into the shortening to soften. Drain on absorbent towels.
3. Assemble the enchiladas by placing 1/4 cup sauce on each dinner plate, followed by a tortilla (tortilla can be rolled after filling is placed on it), 1/4 cup sauce, 1/4 cup cheese, and onion. Repeat twice. Top with remaining sauce.
4. Place in 350°F oven for 15 minutes, or until the cheese melts. Garnish with lettuce.

NOTE: Traditionally, enchiladas are topped with a fried or poached egg before serving.

# Corn Tortillas

## Ingredients:

2 c. masa harina  
1 1/4 c. warm water

## Preparation:

Mix masa flour with enough warm water to make dough hold together well.

Using your hands, shape dough into a smooth ball.

Divide dough into 12 equal pieces, then roll each into a ball.

Use 2 cloths which have been dipped in water and wrung dry.

Flatten a ball of dough slightly and place between the cloths.

Roll with rolling pin until cake is about 6 inches in diameter.

Carefully pull back cloths, trim tortilla to a round shape, and sandwich it between 2 squares of waxed paper.

Peel off top piece of waxed paper carefully.

Turn over tortilla, paper side up, onto a preheated, ungreased medium-hot griddle, or into a heavy frying pan over medium heat.

As tortilla becomes warm, you will be able to peel off remaining paper.

Bake for about 1 1/2 to 2 minutes, turning frequently, until tortilla looks dry.

Makes 1 dozen

# Flour Tortillas

## Ingredients:

4 c. white flour  
2 tsp. baking powder  
4 tbsp. shortening  
1 1/2 tsp. salt  
1 1/2 c. water  
1/2 tsp. garlic powder  
1/2 tsp. oregano

## Preparation:

Mix the ingredients together and make into a medium stiff dough.  
Break off enough to make a ball 3 inches in diameter.  
Roll out into a round shaped cake, 1/8 inch thick.  
Cook on a dry hot skillet until browned.  
Cook on both sides and serve hot.

# Frijoles

## Ingredients:

- 2-1/2 teaspoons salt
- 1 pound dry pinto beans
- 1 tablespoon olive oil
- 1/4 pound salt pork, rind removed, or sliced bacon, finely chopped
- 1 cup chopped onions
- 1 serrano or jalapeno chile, seeded and finely chopped
- 1 tablespoon finely chopped garlic
- 6 cups water
- 1/4 teaspoon cumin seed

## Directions:

1. Soak beans according to package directions; drain.
2. Heat oil in a Dutch oven over medium-high heat.  
Add salt pork; cook 2 minutes, until browned.  
Reduce heat to medium; add onions and chile and cook 4 minutes.  
Add garlic and cook 1 minute.
3. Add drained beans, water and cumin seed.  
Bring to a boil, reduce heat to medium-low, cover and simmer 30 minutes.  
Add salt and continue to cook 25 to 35 minutes more, until tender.  
(Can be made ahead. Cool. Transfer to large microwave-proof container.  
Cover and refrigerate overnight. To reheat: Microwave on High 10 minutes, stirring once after 5 minutes, until heated through.)

Makes 7 cups

## Refried Beans (Frijoles Refritos)

### Ingredients:

- 1 tablespoon olive oil or lard
- 1/2 cup finely chopped onion
- 2 teaspoons finely chopped garlic
- 2 cups Frijoles (plus 3/4 cup liquid)

### Directions:

1. Heat 1 tablespoon olive oil or lard in large skillet over medium-high heat.  
Add 1/2 cup finely chopped onion and cook 2 to 3 minutes, until browned.
2. Add 2 teaspoons finely chopped garlic and cook 30 seconds.  
Add 2 cups cooked beans and 1/3 to 1/2 cup bean liquid to skillet.  
(Or, microwave 2 cups refrigerated beans and 1/2 cup bean liquid on High, 2-3 minutes, until room temperature, and add to skillet.)
3. Mash beans and liquid coarsely with back of wooden spoon or potato masher.  
Cook 1 to 2 minutes more, until heated through, adding more bean liquid or water if needed.  
Transfer beans to a food processor.  
Process just until smooth.

Makes 4 servings



# Carne Adovada (Marinated Pork)

Yield: 10 servings

Roasting Time: 40-60 minutes

Temperature: 350°F

## Ingredients

4 cloves garlic

2 teaspoons (or more!) dried chillies, torn/cut into small pieces

5 pounds lean pork steaks

1 tablespoon salt

1 tablespoon oregano

## Directions

1. Add garlic, salt, and oregano to chile caribe.
2. Place pork steaks in large, glass baking dish and pour chile caribe mixture over steaks. Cover and refrigerate for 8-24 hours.
3. Place drained, marinated steaks in a 350°F oven and roast for 40-60 minutes. Serve with heated remaining chile caribe.

# Posole (Hominy Stew)

Yield: 8-12 servings

Cooking Time: 6-7 hours\*

Temperature: High, Medium. Low

Freezes Well

## Ingredients

- 1 pound prepared posole corn\*\*, rinsed well
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 10 cups water
- 1/4 teaspoon oregano
- 1 pound pork or beef roast
- 1 teaspoon ground comino
- 5 cups water, approximately
- 3-6 dried red chile pods, rinsed and crumbled
- 2 tablespoons salt

## Directions

1. Place posole and 10 cups water in large stewing pot. Bring mixture to a boil at high heat.
2. Reduce heat to low and simmer posole for 5 hours.
3. Approximately 1 hour before the completion of the simmering time, brown the pork in a large, heavy skillet on medium heat.
4. Add the pork to the stewing pot with 5 cups of water and continue to cook on low heat until tender.
5. Add the remaining ingredients to posole and simmer for an additional 1-2 hours. Adjust seasonings to suit taste.

\* Posole may be cooked in a pressure cooker for 45 minutes at 15 pounds pressure.

\*\* Posole corn is marketed dry or prepared.

\*\* Varied amounts may be used.

# Guisado de Chile Verde (Green Chile Stew)

Yield: 6 servings

Cooking Time: Approximately 1 hour

Temperature: Medium, Low

Freezes well

## Ingredients

2 pounds pork or beef, cubed

3 cups tomatoes

1/4 cup flour

2 cups water

2 tablespoons shortening

1/2 teaspoon garlic powder

2 large onions, chopped

2 teaspoons salt

3 cups chopped green chile\*

## Directions

1. Dredge the meat in flour.

Place the shortening in a heavy skillet and brown meat at medium heat.

Place meat in a large stewing pot.

2. Sauté the onions in the remaining shortening and add to stewing pot.

3. Add all remaining ingredients to stewing pot and simmer at low heat for 1 hour.

\* Varied amounts may be used.

# Huevos Rancheros (Ranch-style Eggs)

Yield: 3-6 servings

Cooking Time: 10 minutes

Temperature: Medium-High, Medium, Low

## Ingredients

1 tablespoon margarine  
1 1/2 cups chicken broth  
1 tablespoon flour  
Shortening  
1 medium onion, thinly sliced  
6 Corn Tortillas  
1/2 cup chopped green chile\*  
1 1/2 cups grated sharp cheddar cheese  
2 medium tomatoes, chopped  
1/2 teaspoon garlic salt  
Shredded lettuce  
1/4 teaspoon salt  
eggs  
Tomato wedges (optional)

## Directions

1. Combine margarine and flour in a medium-sized skillet and cook at medium heat.
2. Add the onion, chile, and tomatoes and cook until the onion is tender.
3. Stir in seasonings and the broth and simmer for 10 minutes at low heat. Set aside.
4. Heat 1/2 inch shortening in a heavy pan at medium-high heat.
5. Quickly dip each tortilla into the shortening to soften. Drain on absorbent towels.
6. To assemble huevos rancheros, place 1 or 2 warm corn tortillas on each dinner plate. Top with a generous amount of sauce and cheese.
7. Top with poached or fried eggs. Garnish with lettuce and tomato wedges.

\* Varied amounts may be used.

# Chiles Rellenos

## Peppers:

8-10 7 inch green chiles (Anaheims, Poblanos, or Big Jims)  
1 pound monterey jack cheese, mild cheddar cheese,  
sharp cheddar cheese, or swiss cheese - grated  
1/2 cup all-purpose flour  
2 1/2 tsp salt  
1/2 tsp black pepper  
4 large egg yolks, beaten  
4 large egg whites, beaten until foamy  
oil (for frying)

## Sauce:

1 large can (29 oz.) canned tomatoes (cut up) with juice  
1 small onion (diced)  
4 cloves garlic  
2 TBL oil  
2 cups chicken broth  
1/2 tsp salt  
1/4 tsp black pepper  
1/4 tsp oregano  
1/8 tsp cinnamon  
1 tsp sugar

Simmer sauce ingredients until thickened somewhat.

## Directions for Frying Peppers:

1. Roast peppers if desired (roast, peel, seeds intact, stems attached).
2. Cut a lengthwise slit in each pepper, and stuff with some cheese.
3. Fold egg yolks into egg whites in a bowl.
4. Fold flour, salt and pepper into the egg mixture.
5. In a large saucepan, heat 1 1/2 inches of oil to moderately hot (around 375 F).
6. Using a slotted spoon, dip chiles into the batter, and slide into oil.
7. Turn occasionally until golden, no more than a couple of minutes.
8. With slotted spoon, transfer chiles to paper towels to drain.

## Directions for Baking Peppers with Sauce (after Frying):

1. Put peppers in dish (after frying).
2. Put sauce on each pepper.
3. Put grated cheese on each pepper.
4. Heat in 350 F oven (covered) till cheese melts (1/4 to 1/2 hour).

## Roasting:

### Method 1:

Using a long-handled fork, char peppers over an open flame or on a rack set over an electric burner, turning until skins are blackened, 4 to 6 minutes.

### Method 2:

Broil peppers on a rack of a broiler pan under a preheated broiler about 2 inches from the heat, turning every 5 minutes. Do this for 15 to 20 minutes, or until skins are blistered and charred.

### After Roasting:

Transfer peppers to a bowl and let stand covered, until cool enough to handle. Keeping peppers whole, peel them starting at the blossom end.

# Chicken Mole

## Ingredients:

1 2 1/2- to 3-pound ready-to-cook broiler-fryer chicken, cut up  
1/4 cup butter or margarine  
1/4 cup finely chopped onion  
1/4 cup finely chopped green pepper  
1 small clove garlic, minced  
1 7 1/2-ounce can tomatoes, cut up  
1/2 cup beef broth  
2 teaspoons sugar  
1/2 teaspoon chili powder  
1/8 teaspoon ground cinnamon  
1/8 teaspoon ground nutmeg  
Dash ground cloves  
Dash bottled hot pepper sauce  
1/4 of a 1-ounce square unsweetened chocolate  
2 tablespoons cold water  
1 tablespoon cornstarch

## Directions:

In large skillet brown chicken slowly in butter.  
Season lightly with salt and pepper. Set chicken aside; cover.  
In same skillet cook onion, green pepper, and garlic in butter remaining in pan till vegetables are tender.  
Add tomatoes, beef broth, sugar, chili powder, cinnamon, nutmeg, cloves, hot pep-per sauce, and chocolate.  
Add chicken.  
Cover and reduce heat; cook till meat is tender, about 45 minutes.  
Remove chicken to a serving platter; keep warm.  
Slowly blend cold water into cornstarch; stir into sauce.  
Cook and stir till thickened and bubbly.  
Pour sauce over chicken.

Serves 4