

# Cookbook

## Mexican food more popular than ever before

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Over the past few years, Mexican food has become popular throughout the United States. Once only available in the southwest, such dishes as tacos and enchiladas are now available in many areas.

Mexican food, known for its hot, spicy flavor, originated with the Aztec and Inca Indians. Sweet potatoes, peanuts, cocoa beans, avocados and peppers were frequently used in their meals. Spanish explorers brought citrus fruits, melons, bananas and chickens, cattle, goats and sheep. Plus these two cultures blended their ethnic cooking into the Mexican cooking of today.

Tortillas, a pancake made from masa harina, a special ground corn flour, is the basis for many dishes like Eggs Ranchero's and Chicken Enchiladas. Tortillas are also fried and used to make tacos, a very popular dish.

Chicken Enchiladas are made by combining chicken, tomato puree, chopped onion and chopped green chiles, placing filling on tortilla dipped in cream. The tortillas are rolled up and placed seam side down in a shallow baking dish, then topped with Red Chili Sauce before baking.

Eggs Ranchero is an interesting combination of hot tomato sauce, and fried eggs placed on a tortilla. The hot sauce is spooned around the egg, then the ranchero is sprinkled with grated sharp Cheddar cheese. Green pepper slices, thinly cut, make a nice garnish.

Avocado lovers are familiar with Guacamole, a dip served with fresh vegetable sticks. Guacamole-Tomato Salad is even more delicious. Guacamole is used to fill tomato cups. Bacon bits crumbled over the guacamole filled tomato is a delicious garnish.

In every culture, dessert ends the meal. Dessert Turnovers are very rich. The pastry is made by combining flour with butter and cream cheese. The filling has a distinctive Aztec influence, sweet potatoes, combined with crushed pineapple, sugar and coconut. A sprinkle of confectioners sugar completes this unusual dessert. This recipe makes about 20, which would be plenty for a group because these little turnovers are so rich.

Although Mexican foods are available in many supermarkets, you can make your own easily just by following the recipes below.

### CHICKEN ENCHILADAS

Salad oil  
Red chili sauce  
1-11 oz. can tortillas  
1 c. lt. cream  
2 chicken bouillon cubes

#### FILLING

Salad oil  
1 onion, finely chopped  
2 canned green chiles, finely



### Mexican dish

Mexican food has become more popular in American now than ever before. Mexican food is fun to make and even more fun to eat.

chopped  
1 clove garlic, crushed  
1 can, 1-lb., tomato puree  
2 c. chopped cooked chicken  
1/2 t. salt  
Dash pepper  
1/2 lb. cheddar cheese, grated  
red chili sauce (recipe below)

Prepare red chili sauce. Keep warm. Heat 1/2 inch salad oil in small skillet until very hot. Use 1 dozen tortillas from can. Fry, one at a time, 15 seconds on each side. (Do not let them become crisp). Drain.

In a saucepan, heat cream with bouillon cubes, to dissolve. Prepare filling by sauteing onion in 2 tablespoons of hot oil until tender, about 5 minutes. Add remaining ingredients, except cheese; simmer, uncovered, 10 minutes.

Heat oven to 350 degrees. Dip each tortilla in cream. Top each with filling; roll up. Place, seam side down, in greased, 3 quart shallow baking dish. Pour Red Chile Sauce over tortillas; sprinkle with cheese. Bake, uncovered, 15 minutes.

### EGGS RANCHERO SAUCE

2 T. salad oil or olive oil  
1 c. finely chopped green pepper  
1/4 c. finely chopped onion  
1 c. chili sauce  
1-8 oz. can tomato sauce  
2 T. lemon juice  
1 T. Worcestershire sauce  
1/4 t. chili powder  
Salad oil  
6 tortillas  
2 T. butter or margarine  
6 eggs  
1/4 c. grated sharp cheddar cheese

To make sauce, in 2 tablespoons hot oil in medium saucepan saute green pepper and onion just until tender. Add chili sauce, tomato sauce, lemon juice, Worcestershire sauce and chili powder. Bring to boiling, then reduce heat and simmer, covered and stirring occasionally, 15 minutes.

Meanwhile, heat 1/2 inch salad oil in small skillet until very hot. Fry

tortillas, one at a time, 15 seconds on each side. (Not till crisp). Drain on paper towels. Place tortillas in single layer in heated shallow serving dish.

In hot butter in large skillet, fry eggs 3 to 4 minutes, to desired doneness.

To serve: Top each tortilla with a little sauce, then with a fried egg. Spoon remaining sauce around eggs. Sprinkle with cheese. If desired garnish with thin slices of green pepper. Serve immediately. Serves 6.

### RED CHILI SAUCE

2 T. shortening  
3 to 4 T. chili powder  
2 T. flour  
3/4 t. salt  
1/2 t. garlic salt  
Pinch oregano  
Pinch cumin

Melt shortening in medium skillet. Add rest of ingredients. Stir until

blended. Gradually stir in 2 cups water. Bring to boiling, stirring constantly. Reduce heat; simmer 10 minutes.

### GUACAMOLE-TOMATO SALAD

3 lg. tomatoes (2 lb.)  
Salt  
1/4 c. finely chopped onion  
2 canned green hot chiles, finely chopped  
1 t. lemon juice  
1 very ripe med. avocado  
2 slices bacon, crisply cooked and crumbled  
Crisp lettuce

Cut tomatoes in half. Scoop out centers and chop finely. Sprinkle insides of tomatoes lightly with salt. Turn upside down on paper towels to drain. Refrigerate.

Stir onion, chiles, lemon juice and 1/4 teaspoon salt into chopped drained tomato. Refrigerate, covered.

Just before serving, peel and pit avocado; mash. Stir into tomato mixture. Spoon Guacamole into tomato cups; top with crumbled bacon. Arrange on lettuce leaves on serving platter. Serves 6.

### DESSERT TURNOVERS

1 pkg. 3 oz. cream cheese  
1/4 lb. butter or margarine  
1 c. sifted all-purpose flour

#### FILLING

1/2 c. mashed sweet potatoes  
1/4 c. crushed pineapple  
1/4 c. sugar  
1/4 t. salt  
1/4 c. flaked coconut  
1 egg yolk  
Confectioner's sugar

To make pastry: mix all ingredients for pastry together with pastry blender or fingertips, until mixture forms ball. Divide dough in half. Wrap each separately and chill about 30 minutes.

To make filling combine sweet potatoes, pineapple, sugar, salt and coconut.

Preheat oven to 375 degrees. Roll one portion of dough at a time on a lightly floured board or pastry cloth, to thickness of 1/8 inch. With cookie cutter, cut pastry into circles, 3 inches in diameter.

Put a heaping teaspoonful of filling on one side of each pastry circle. Fold pastry over filling and press edges together with tines of

fork. Place on cookie sheets.

Beat egg yolk slightly with 1 teaspoon water. Brush turnovers with egg yolk mixture. Bake about 15 minutes or until golden brown. Cool on wire rack. Sprinkle with confectioner's sugar. Makes about 20.

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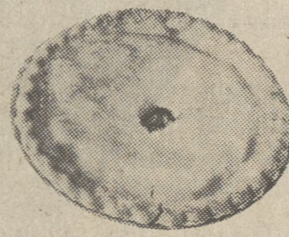
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