

COWBOYS - VAQUEROS

Origins Of The first American Cowboys

Chapter 9A

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COCINA DE ELENA GILBERT DE CHAVEZ recetas de casa

Traditional Mexican Food recepes from mother's old recipe book:

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1. **Arroz Con Chile Verde (Green Chile Rice)**

Baking Time: 20 minutes, Temperature: High, 350°F

Ingredients:

1 cup water 1 cup Monterey Jack cheese cubed

1 cup instant rice 1/4 teaspoon garlic powder

2 cups sour cream 1 teaspoon salt

1 cup chopped green chile

Directions:

1. Boil water in a medium-sized saucepan at high heat.
2. Add rice to water and stir to moisten. Remove saucepan from heat, cover, and let stand for 3 minutes.
3. Add all remaining ingredients to rice and place in a 2-quart, greased, casserole dish.
4. Bake in a 350°F oven for 20 minutes.

2. **Arroz Español (Spanish Rice)**

Cooking Time: Approximately 1 1/2 hours Temperature: Medium-High, Medium-low

Ingredients:

1/4 cup chopped onion 1/8 teaspoon oregano

2 tablespoons shortening 1/4 teaspoon garlic salt

6 ounces Spanish-style tomato sauce 2 teaspoons shortening

1 cup raw rice, rinsed until water is clear 1 cup chicken broth

1 1/2 teaspoons salt 3 cups chicken broth

Directions:

1. Place onion and 2 tablespoons of shortening in a medium-sized saucepan. Sauté onion at medium heat until transparent.
2. Add tomato sauce, 1 cup chicken broth, salt, oregano, and garlic salt to onion and simmer mixture at low heat for 1 hour. Set aside.
3. Add 3 cups chicken broth to rice and bring to a boil using medium-high heat.
4. Reduce heat to low, cover and simmer for 20 minutes, or until the broth is absorbed.

5. Place shortening and rice in a large skillet. Stir-fry rice at low heat until the rice is browned, approximately 15 minutes.

6. Combine sauce and rice and serve warm.

3.) Atole (Blue Corn Gruel)

Cooking Time: Approximately 5 minutes Temperature: Medium

Ingredients:

1/4 cup blue corn, atole flour 2 cups milk, approximately

1/2 cup water 1/2 teaspoon salt

2 cups boiling, salted water Sugar

1/2 teaspoon baking soda

Directions:

1. Dissolve atole flour in water in a medium-sized saucepan. Add to boiling, salted water and cook for 3 minutes at medium heat. Add baking soda and stir briskly.

2. Place milk and salt in a small saucepan and scald, but do not boil.

3. Serve thickened mixture with hot milk sugar, or both.

4.) Batido para Chile Rellenos (Batter for Stuffed Green Chiles)

Enough for 12 chiles

Ingredients:

1 cup flour 3/4 cup cornmeal

1 teaspoon baking powder 1 cup milk, approximately, more may be added

1/2 teaspoon salt 2 eggs, slightly beaten batter

Directions:

1. Combine flour, baking powder, salt, and cornmeal in a medium-sized bowl.

2. Blend milk with eggs and add to dry ingredients. Mix well.

3. Proceed with step 4 of Chiles Rellenos recipe.

5.) Biscochitos (Cookies)

Makes: 5 dozen Baking Time: 10-12 minutes Temperature: 350°F

Ingredients:

1 pound lard 3 teaspoons baking powder

1 1/2 cups sugar 1 teaspoon salt

2 teaspoons anise seed 1/2 cup brandy*

2 eggs, beaten 1/4 cup sugar

6 cups flour 1 tablespoon cinnamon

Directions:

1. Cream lard, sugar, and anise seed in a large mixing bowl. Add eggs and beat well.
2. Combine flour, baking powder, and salt in a large mixing bowl.
3. Alternately add flour and brandy to creamed mixture until stiff dough has been formed.
4. Knead dough slightly and pat or roll to a 1/4 inch to a 1/2 inch thickness. Cut dough into desired shapes.
5. Combine sugar and cinnamon in a small mixing bowl. Dust the top of each cookie with a small amount of mixture.
6. Bake in a 350°F oven for 10 minutes, or until cookies are lightly browned.

6.) Bocadoitos De Miel De Abeja (Honey Drops)

Baking Time: 10-12 minutes Temperature: Medium, 425°F

Ingredients:

2/3 cup honey 4 cups flour

1 cup sugar 1 teaspoon soda

1/2 cup margarine 1 teaspoon cinnamon

1 egg 1 teaspoon cloves

1/3 cup water 2/3 cup chopped nuts

1/2 teaspoon salt 1/3 cup candied orange peel

Directions:

1. Combine honey, sugar, and margarine in a small saucepan and cook mixture for 5 minutes at medium heat.
2. Remove mixture from heat and set aside.
3. Beat the egg until foamy in a large mixing bowl. Gradually add all remaining ingredients, beating well after each addition.
4. Add the honey mixture and mix well. Cover dough and chill.
5. Roll dough on a lightly floured board to a 1/8 inch thickness. Cut dough into desired shapes.
6. Place cookies on a greased baking sheet and bake in a 425°F oven for 10-12 minutes.

7.) Bread corn -Pan De Maiz Con Jalapeño (Jalapeño Cornbread)

Baking Time: 35-40 minutes Temperature: 425°F

Ingredients:

- 1 cup flour 2 eggs
- 1/4 cup sugar 1 cup milk
- 1 tablespoon baking powder 1/4 cup shortening
- 1 teaspoon salt 8 ounces cream-style corn
- 1/4 teaspoon garlic powder 2 tablespoons chopped
- 1 cup yellow cornmeal jalapeño chile*

Directions:

1. Combine first six ingredients in a medium-sized mixing bowl.
2. Add eggs, milk, and shortening to flour mixture and beat until smooth. Add corn and pepper and blend well.
3. Pour mixture into a greased, 8-inch baking pan and bake in a 425°F oven for 35-40 minutes, or until cornbread is golden brown.

8.) Bread - Pan Navajo (Navajo Fry Bread)

Total Frying Time: 20-25 minutes Temperature: Medium-High

Ingredients:

- 2 cups flour Cornmeal or flour

4 teaspoons baking powder Shortening

2/3 cup warm water, approximately

Directions:

1. Combine flour, baking powder, and salt in a large mixing bowl.
2. Add warm water to flour mixture and work into a smooth and elastic dough.
3. Divide dough into balls of desired size.* On a board lightly dusted with cornmeal or flour, roll out each ball of dough into a 1/4-inch thick circle. Cut a hole in the center of each circle.
4. Heat 2 inches of shortening in a heavy pan at medium-high heat.
5. Fry the dough, one circle at a time, until golden on both sides, turning once. Drain on absorbent towels.

9.) Bread Indian -Pan Isleta (Isleta Bread)

Makes: 2 loaves Baking Time: 1 hour, Temperature: 350°F

Ingredients:

1 package active dry yeast 1/4 teaspoon salt

1/4 cup warm water (105°-115°F) 1 cup hot water

1/2 teaspoon shortening 5 cups flour, approximately

1/4 teaspoon honey

Directions:

1. Dissolve yeast in warm water in a small mixing bowl. Set aside.
2. Place shortening, honey, and salt in a large mixing bowl and add hot water. Stir to dissolve shortening and cool to room temperature.
3. When shortening mixture has cooled to room temperature, add yeast mixture.
4. Gradually add flour to mixture until a moderately firm dough has been formed. Knead dough on a lightly floured board until it is smooth and elastic.
5. Place dough in a greased bowl, cover, and allow to rise until it is double in size.*
6. Punch dough down, knead, and allow doubling in size again.
7. Divide dough into two equal parts and shape each into a flat circle approximately 8 inches in diameter. Fold the circle almost in half, allowing the bottom half to extend beyond the top half by about 1 inch.

8. Using a sharp knife, slash the dough twice, dividing the loaf partially into thirds.

9. Place the dough into two greased, 9-inch pie plates, arranging the loaf so that the slashes are separated, giving a crescent effect to the loaf. Cover and allow dough to rise again until it is doubled in size.

10 Place a shallow pan of water on bottom rack of oven. Place the loaves in the oven so that neither is directly above the water. Bake loaves in a 350°F oven for 1 hour.

10.) Bread Rolls -Molletes (Anise Seed Rolls)

Makes: 3-3 1/2 dozen Baking Time: 20-25 minutes, Temperature: 375°F

Ingredients:

1 package active dry yeast 2 eggs

2 tablespoons sugar 1 teaspoon salt

2 cups warm water (105°-115°F) 1 teaspoon anise seed

1/2 cup shortening 6-7 cups flour

1 1/2 cups sugar Margarine

Directions:

1. Dissolve yeast and sugar in warm water in a large mixing bowl. Set aside.

2. In a medium-sized mixing bowl, cream shortening with sugar. Beat in eggs and add salt and anise seed.

3. Add creamed mixture to yeast and thoroughly combine. Gradually add flour to mixture until a moderately firm dough is formed. Knead dough on a lightly floured board until it is smooth and elastic.

4. Place dough in a greased bowl, cover, and allow to rise until it is double in size.*

5. Punch dough down, knead, and allow to double in size again.

6. Knead dough and shape into round balls the size of an egg. Place in a well-greased pan, cover, and allow to double in size again.

7. Lightly brush with margarine and bake in a 375°F oven for 20-25 minutes.

11.) Burritos de Frijol (Pinto-bean-filled Tortillas)

Makes: 6 burritos Temperature: Medium, 350°F

Ingredients:

1 teaspoon shortening 2 cups grated sharp cheddar cheese

2 cups cooked, mashed, pinto beans 2 green onions, finely chopped

2-4 cups Red or Green Chile sauce 1/4 teaspoon garlic powder

6 Flour Tortillas** Shredded lettuce (optional)

1. Place shortening/vegetable oil in a medium-sized skillet. Add beans and seasonings and heat at medium heat.
2. Place one third cup of bean mixture on bottom third of each tortilla. Top with onions and one quarter cup cheese and fold tortilla into thirds. Place burritos in a greased one and a half quart casserole dish.
3. Pour red or green chile sauce over burritos and garnish with remaining cheese.
4. Place in a 350°F oven for fifteen minutes, or until the cheese melts. Garnish with lettuce.

Burritos de res (ground beef-filled Tortillas)

makes 6 servings

Ingredients

1 pound lean ground beef 1/2 cup chopped onion
1 clove garlic, minced 1/2 teaspoon salt
2 teaspoons chili powder 1/4 teaspoon pepper
1 teaspoon dried whole oregano 1/2 teaspoon ground cumin
1 can (16 ounces) refried beans 6 flour tortillas
1 can (10 ounces) enchilada sauce, divided shredded lettuce
chopped tomatoes sour cream shredded cheese

sliced black olives salsa

Directions

1. In a large skillet cook ground beef, onion, and garlic until ground beef well done, stirring to break up meat. Drain well.
2. Add chili, oregano, cumin, salt, and pepper; simmer for five minutes. Add refried beans and one half cup of the enchilada sauce. Cook until heated through.
3. Wrap tortillas in foil; bake at 350 degrees F for ten minutes, or until thoroughly heated. Spoon about a half cup ground beef mixture on each warm tortilla.
4. Roll and place seam-side down on a serving platter. Garnish with toppings.

12.) Calabazitas (Squash)

Cooking Time: 20-25 minutes Temperature: Medium

Ingredients:

2 cups whole kernel corn 1 teaspoon salt
4 tablespoons shortening 1/4 teaspoon pepper
1/2 chopped onion 1/2 cup water
2 cups chopped green chile* 3/4 cup grated Monterey Jack cheese
1 clove garlic, minced 4 medium zucchini squash, diced

Directions:

1. Combine all ingredients, except cheese, in a large saucepan. Cook at medium heat until squash is tender.
2. Garnish with cheese before serving.

13.) Calabazitas Con Carne (Squash with Meat)

Cooking Time: Approximately 1 1/2 hours Temperature: Medium-High Medium, Low

Ingredients:

1 1/2 pounds beef steak, cubed 2 cups whole kernel corn
2 tablespoons shortening 1/2 cup chopped green chile
1/2 cup water, approximately 2 teaspoons garlic salt
5 medium zucchini squash, diced 1 teaspoon salt
1 medium onion, sliced 1 cup grated Monterey Jack cheese & separated into rings
2 tablespoons shortening

Directions:

1. Brown beef in shortening in a large skillet at medium-high heat. Reduce heat and add water to beef. Cover and simmer at low heat until tender. Add more water if necessary.
2. Add remaining ingredients, except cheese, to beef and cook at medium heat until squash is tender. Garnish with cheese before serving.

14.) Caldo de Chile Nuevo Mexicano (New Mexico Chile Soup)

Ingredients:

1/2 teaspoon onion salt

1/2 cup chopped green chile* 1/2 teaspoon garlic salt

1/2 cup sharp cheddar cheese cubed 1 1/2 teaspoon salt

Directions:

1. Combine all ingredients in a blender container and process at high speed until pureed.
2. Pour ingredients into a large saucepan and heat at medium heat, stirring constantly until mixture is steaming hot and cheese is melted. Serve hot.

15.) Carne Adovada (Marinated Pork)

Roasting Time: 40-60 minutes Temperature: 350°F

Ingredients:

4 cloves garlic or one tablespoon garlic powder 1/2 cup red chili powder

1 tablespoon salt 5 pounds lean pork steaks

1 tablespoon oregano 1 cup olive oil or vegetable oil

2 teaspoons ground cumin Worcestershire sauce

Place the pork medallions in a shallow pan. Add olive oil (or vegetable oil), red chili powder, salt, garlic powder, cumin, and a dash of Worcestershire sauce. Cover and refrigerate for at least 1 hour, up to 24 hours.

Directions:

1. Place pork steaks in large, glass baking dish and add olive oil (or vegetable oil), red chili powder, salt, garlic powder, cumin, and a dash of Worcestershire sauce.
2. Cover and refrigerate for 2-24 hours.
3. Place drained, marinated steaks in a 350°F oven and roast for 40-60 minutes.

16.) Caldillo (Northern New Mexico-style Soup)

Cooking Time: Approximately 35 minutes

Ingredients:

1 pound lean ground beef 1 teaspoon salt

2 cups diced potatoes 1/4 teaspoon celery salt

1/2 cup finely chopped onions 1/2 teaspoon pepper

4 cups water 1/4 cup chopped green chile*

Directions:

1. Fry beef in a medium-sized saucepan at medium heat until browned. Add potatoes and continue to fry until potatoes are golden brown.
2. Add onions, water, seasonings, and chile.
3. Cover and simmer at low heat until potatoes are tender. Serve hot.

17.) Caldo de Chile Nuevo Mexicano (New Mexico Chile Soup)

Ingredients:

1/2 teaspoon onion salt

1/2 cup chopped green chile* 1/2 teaspoon garlic salt

1/2 cup sharp cheddar cheese cubed 1 1/2 teaspoon salt

Directions:

1. Combine all ingredients in a blender container and process at high speed until pureed.
2. Pour ingredients into a large saucepan and heat at medium heat, stirring constantly until mixture is steaming hot and cheese is melted.

18.) Chilaquiles (Tortilla Casserole)

Cooking Time: 20-25 minutes Temperature: Medium-High, Medium-Low

Ingredients:

Shortening 1 recipe Basic Red Chile Sauce*

6 Corn Tortillas* 1/2 pound Monterey Jack cheese cubed.

1/4 cup shortening 3/4 cup sliced Mexican chorizos

1/2 cup chopped onion

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. Set aside.
3. Heat 1/4 cup shortening in a medium-sized skillet. Add onion to the shortening and sauté at medium heat. Drain.
4. Add chile sauce, cheese, chorizos, and tortillas to sautéed onion. Cook mixture at low heat until cheese is melted and tortillas are tender.

19.) Chauquehue (Thick Corn Gruel)

Cooking Time: Depending on altitude approximately 5 minutes

Ingredients:

- 1 1/2 cups blue corn flour 1 1/2 teaspoons salt
3/4 cup water 1/2 teaspoon baking soda
5 cups boiling water 1 tablespoon lard

Directions:

1. Dissolve blue corn flour in water in a medium-sized saucepan. Add boiling, salted water to mixture and cook for 3 minutes at medium heat, stirring briskly.
2. Add lard and baking soda and cook, while stirring, until thick.

20.) Chalupas (Filled Tortilla Boats)

Makes: 12 chalupas

Heating Time depending on altitude approximately 10 minutes. Temperature: 350°F Medium-High

Ingredients:

- Shortening 2 cups grated sharp cheddar cheese
12 Corn Tortillas 1 1/2 cups Guacamole
Salt 1 1/2 cups shredded lettuce
3 cups Frijoles Refritos 2 tomatoes, chopped
2 cups Red or Green Salsa

Directions:

1. Heat 4 inches of shortening in a heavy pan at medium-high heat.
2. Fry each tortilla in hot shortening, submerging it with a round, wooden roller, ladle, or similar object. (Tortilla will form into a cup shape.) Drain on absorbent towels and sprinkle lightly with salt.
3. Fill chalupa with 1/4 cup of beans, 2 tablespoons of salsa, and 2 tablespoons of cheese.
4. Place chalupas on a baking sheet and heat in a 375°F oven for approximately 10 minutes, or until cheese melts.
5. Garnish chalupas with lettuce, tomato, and guacamole before serving.

21.) Chicharrones (Cracklings)

Temperature: Medium

Ingredients:

1 pound pork steak, cubed 1/4 teaspoon garlic salt

1/2 teaspoon salt

1. Fry pork in a heavy skillet at medium heat until crisp. Drain on absorbent towels.
2. Season cracklings with salt and garlic salt.

22.) Chile Con Carne Para Tamales (Chile-Meat Filling)

Cooking Time: Approximately 45 minutes

Temperature: Medium

Ingredients:

1 1/2 pounds beef or pork, stewed & shredded 2 cups meat broth

1/2 teaspoon salt 1/2 teaspoon garlic salt

2 tablespoons lard 1/8 teaspoon oregano

1 tablespoon flour 1/4 teaspoon comino

1/2 cup red chile powder

Directions:

1. Combine meat and lard in a large skillet and fry meat at medium heat until browned.
2. Add the flour to meat and cook for 1 minute, stirring constantly.
3. Add the chile powder, broth, and seasonings to the meat. Cook at medium heat for approximately 30 minutes, stirring constantly until the mixture has thickened.

23.) Chile Con Carne (Chile with Meat)

Cooking Time: Approximately 30 minutes, Temperature: Medium, Low

Ingredients:

- 1/2 cup chopped onion 1/2 teaspoon garlic salt
1 pound ground beef 1/2 teaspoon salt
2 cups tomato sauce* 1/4 cup Red Chile Powder**
2 cups pinto beans 2 cups water, approximately

Directions:

1. Fry onion and beef in a medium-sized skillet at medium heat until beef is browned. Drain.
2. Add remaining ingredients and simmer at low heat for approximately 30 minutes.

24.) Chile Con Queso (Chile-cheese Dip)

Warming Time: Approximately 10-15 minutes.

Ingredients:

- 1 cup grated American cheese 1 medium tomato, chopped
1/2 cup grated sharp cheddar cheese Chopped green chile*
1/8 teaspoon garlic powder 1/4 cup cream, approximately

Directions:

1. In medium-weight pan melt cheese on low heat. Add cream and stir constantly to prevent scorching.
2. Stir in tomato, chile, and garlic powder. Add more cream if needed to reach dipping consistency.
3. Serve warm with tostados

25.) Chiles Rellenos (Stuffed Green Chiles)

Frying Time: Approximately 5-10 minutes, Temperature: Medium-High

Ingredients:

Shortening Batter for Stuffed Green

12 large, peeled, whole green chiles with stems. Chile

Red or Green Chile Sauce* 1 pound sharp cheddar cheese, cut into strips

Directions:

1. Heat 4 inches of shortening in a heavy pan on medium-high heat.
2. Slit chiles open crosswise below stems.
3. Insert strips of cheese into chiles.
4. Dip stuffed chile into batter and fry in hot shortening until golden brown. Drain on absorbent towels.
5. Serve with red or green chile sauce.

26.) Chiles Rellenos Norte Nuevo Mexicanos (Northern New Mexico-style Stuffed Green Chiles)

Cooking Time: 20 minutes

Ingredients:

1/2 pound lean ground beef 1/4 teaspoon cumin

1/4 cup finely chopped onion 1 cup chopped green chile

2 tablespoons flour 4 eggs

1 1/2 cups beef bouillon 4 whole green chiles, stems removed

3/4 teaspoon salt 1/4 teaspoon oregano

1/4 teaspoon garlic powder 1/4 pound sharp cheddar cheese

Directions:

1. Fry ground beef and onion in a medium-sized skillet at medium heat until beef is browned. Drain.
2. Stir in flour and add bouillon and seasonings. Stir and cook until sauce begins to thicken. Add chopped green chile and simmer at low heat for 15 minutes.
3. Prepare eggs as for scrambled eggs.

4. To assemble each relleno, place one-fourth of scrambled egg mixture on each plate. Top with 1 whole chile split in half, prepared sauce, and cheese. Before serving, place in a 325°F oven until the cheese is melted.

27.) Chimichangas de Pollo (Chicken-filled, Fried Tortillas)

Total Cooking Time: Approximately 1 hour, Temperature: Medium-High, Medium, Low 45 minutes.

Ingredients:

1 3 1/2 pound whole chicken 1/4 teaspoon crushed leaf oregano

6 cups water 1/8 teaspoon black pepper

1 medium onion, studded with 1/4 teaspoon crushed leaf basil

2 whole cloves 1/8 teaspoon cinnamon

2 stalks celery 8 Four Tortillas, warmed**

2 large whole garlic cloves, peeled Shortening

1 jalapeño chile 2 cups sour cream (optional)

1 bay leaf 1 cup Guacamole (optional)

2 tablespoons shortening 2 cups grated cheddar cheese

1 large onion, thinly sliced (optional) Shredded lettuce (optional)

1 garlic clove, minced Tomato sedges (optional)

1 large tomato, cored and diced 1 teaspoon salt

Directions:

1. Place the chicken, water, onion, celery, 2 garlic cloves, and bay leaf in a medium-sized stewing pot. Cook chicken at medium heat for approximately 1 1/2 hours, or until the chicken is tender. Allow chicken to cool, remove meat from bones, and chop. (Broth from chicken may be reserved for future use).

2. Place shortening, sliced onion, and 1 minced garlic clove in a medium-sized skillet and sauté mixture at medium heat until onion is tender. Add the chopped chicken, tomato, jalapeño chile, and remaining seasonings and simmer at low heat for 10-15 minutes.

3. Place approximately 1/2 cup of chicken mixture horizontally across the bottom half of each tortilla. Do not extend the mixture beyond 1 1/2 inches at the sides and bottom. Fold the sides in over the filling and roll the tortilla jelly-roll style. Secure each roll with a toothpick.

4. Heat 2-inches of shortening in a heavy pan at medium-high heat.

5. Fry each rolled tortilla in hot shortening until crisp and lightly browned. Drain on absorbent towels.

6. Assemble the chimichangas by placing each rolled tortilla on a plate and garnish with 1/4 cup of sour cream, 2 tablespoons of guacamole, 1/3 cup of cheddar cheese, lettuce, and tomato wedges.

28.) Chipotle Grilled Corn

Ingredients:

6 ears of fresh corn 1/4 tsp. salt

2 Tablespoons frozen orange juice concentrate 1 Tablespoons plain yogurt

1 chipotle chile in adobo sauce, seeds removed, minced 4 Tablespoons unsalted butter

2 Tablespoons real maple syrup 1 to 2 cloves of garlic, minced

Directions:

1. Preheat your BBQ to medium high or prepare coals. Remove the silk tassel from the top of each ear of corn and remove the outer layer of husks. Grill corn for 10 to 15 minutes, turning every couple of minutes. It is normal if the corn husks will become charred with grill marks. 2. Add milk to mixture and scald, but do not boil. Remove saucepan from heat and add vanilla.

Prepare the Chipotle Sauce

1. Keep in mind you can adjust the "heat" in the sauce by varying the amount of chipotle chile you add.
2. Break open the chile and remove the seeds with a knife.
3. Add all the ingredients except the yogurt to a sauce pan over very low heat and stir well.
4. Cook for 5 minutes and remove from heat. Add the yogurt and stir well. Keep warm until ready to serve.
5. Remove the corn from the grill and let it sit for 5 minutes to cool. Remove the husks and place on serving platter.
6. Brush corn with chipotle sauce and serve immediately.

29.) Chocolate Nuevo Mexicano (New Mexico Chocolate)

Cooking Time: Approximately 15 minutes, Temperature: Medium-High

Ingredients:

1/2 cup sugar 1 teaspoon cinnamon

2 tablespoons flour 3/4 teaspoon cloves

1/4 cup cocoa 6 cups milk

1 1/2 cups water 1 tablespoon vanilla

1/4 teaspoon salt

Directions:

1. Combine sugar, flour, cocoa, water, and spices in a large saucepan. Cook mixture at medium-high for approximately 4 minutes, stirring occasionally.
2. Add milk to mixture and scald, but do not boil. Remove saucepan from heat and add vanilla.

30.) Chorizo Empanaditas (Sausage Turnovers)

Makes 2 1/2 dozen; baking time: 10-12 minutes, Temperature: Medium, 450°ree;F

Ingredients:

Pastry for 9-inch, double crust pie 3 tablespoons sour cream

5-6 ounces chorizo (Mexican Sausage) 2 tablespoons chopped green chile

Directions:

1. Roll pastry to a 1/8 inch thickness on a lightly floured board. Cut pastry into circles that are 3 inches in diameter. Set aside.
2. Remove casings from chorizo. Fry chorizo in a small skillet at medium heat. Drain.
3. Combine chorizo, sour cream, and chile in a small mixing bowl.
4. Place a spoonful of mixture, off center, on each pastry circle. Fold pastry in half over filling, and pinch edges together to seal. Pierce top of turnovers with tines of a fork.
5. Place empanaditas on an ungreased baking sheet and bake in a 450°ree;F oven for 10-12 minutes or until golden.

31.) Costillas Del Sudoeste (Southwest Spareribs)

Roasting Time: Approximately 1 hour; Temperature: 350°F

Ingredients:

2 pounds lean pork spareribs 1/4 cup red wine vinegar

4 cloves garlic, minced 8 ounces tomato sauce

2 teaspoons salt 1/4 cup minced onion

1/4 teaspoon oregano 1 cup Red Chile Sauce*

1/8 teaspoon black pepper 1 cup water, approximately

3 tablespoons olive oil

Directions:

1. Separate the ribs into servings and place them in an oblong baking pan.
2. Season ribs with seasonings, oil, and vinegar.
3. Allow ribs to stand at room temperature for 1 to 2 hours.
4. Combine remaining ingredients in a large measuring cup and pour over the ribs. Bake in a 350°F oven for approximately 1 hour, or until done.

32.) Enchiladas de Pollo en Cacerola (Chicken Enchilada Casserole)

Baking Time: 25-30 minutes; Temperature: Medium-High 350°F

Ingredients:

10 ounces mushroom soup 1/4 cup chopped green chile

1/3 cup milk 1/2 cup chopped onion

1 1/2 cups shredded chicken* Shortening

1/2 teaspoon salt 12 corn tortillas

1/2 teaspoon garlic salt

Directions:

1. Combine first seven ingredients in a medium-sized mixing bowl.
2. Heat 1/2 inch of shortening in a heavy pan at medium-high heat.
3. Quickly dip each tortilla into the shortening to soften. Drain on absorbent towels.
4. Alternate ingredients in a greased, 2-quart casserole dish, beginning with a tortilla.
5. Cover casserole dish and bake in a 350°F oven for 25-30 minutes.

33.) Enchiladas Verdes de Jocoque (Green Chile, Sour Cream Enchiladas)

Heating time: Approximately 15 minutes, Temperature: Medium-high- Medium, 350°F

Ingredients:

3 cups chicken broth 9 Corn Tortillas**
3 tablespoons flour 2 cups grated sharp cheddar cheese
1 cup cooked chicken Shortening
1 cup chopped green chile* 1 medium onion, chopped
1/2 teaspoon garlic salt 2 cups sour cream

Directions:

1. Combine 1 cup of broth with the flour in a medium-sized saucepan. Add the remaining broth and cook on medium heat until thickened.
2. Stir the chicken, chile, and garlic salt into broth and set aside.
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. Combine 1 cup cheese, onion, and sour cream in a medium-sized mixing bowl.
6. Assemble the enchiladas by placing 1/4 cup of sauce on each dinner plate, followed by a tortilla, 1/4 cup of sauce, and 1/3 cup of sour cream mixture. Top with remaining sauce and cheese.
7. Place in a 350°F oven for 15 minutes, or until cheese melts.

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

34.) Enchiladas Cacerolade (Enchilada Casserole)

Baking Time: 25-30 minutes; Temperature: Medium-High, - 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.

Two cups of pinto beans may be included.

35.) Enchiladas de Queso (Flat or Rolled Cheese Tortillas)

Heating Time: Approximately 15 minutes, Temperature: Medium-High 350°F

Ingredients:

12 corn tortillas* 2 onions chopped

Shortening 2 cups coarsely chopped lettuce (optional)

4 cups Red or Green Chile sauce* 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.

36.) Ensalada (Salad)**Ingredients:**

1 head lettuce 3/4 cup corn chips, crushed

2 cups cooked pinto beans 1/2 cup Italian salad dressing

1/4 pound sharp cheddar cheese grated 1 avocado sliced + pitted black olives

2 tomatoes cut in wedges Chopped green chile

Directions:

1. Tear crisp lettuce into a large bowl. Toss with beans, cheese, chile, and chips.
2. Add dressing and toss lightly
3. Garnish with avocado, tomato, and olives. Chill and serve as a main course.

37.) Ensalada de Frijol (Pinto, Patio Salad)

Ingredients:

2 1/2 cups cooked pinto beans 1 tablespoon chile sauce

4 hard-cooked eggs, chopped 1 teaspoon mustard

1 cup sharp cheddar cheese, cut into 1/2 inch cubes 1/4 teaspoon salt

1 small onion, thinly sliced 1/4 cup bacon bits

1/4 teaspoon pepper 2 tablespoons Italian salad dressing

Directions:

1. Combine beans, eggs, cheese, and onion in a large bowl. Chill.
2. Combine remaining ingredients and pour over the bean mixture. Top with bacon bits and serve on lettuce cups.

38.) Fajitas

Ingredients:

1/4 cup beer 1/2 teaspoon ground cumin salt to taste

1 tablespoon chopped cilantro 1 tablespoon Worcestershire sauce

1/3 cup fresh lime juice 1 tablespoon brown sugar

1 tablespoon olive oil 2 cloves garlic, minced

Directions: prepare the marinade, stir together beer, lime juice, olive oil, garlic, brown sugar, Worcestershire sauce, cilantro, cumin, and salt; mix well. To use marinade, pour into a re-sealable plastic bag, add up to 1 1/2 pounds of chicken breast, and mix until chicken is well coated. Marinate for 1 to 3 hours in the refrigerator.

39.) Flan De Maiz Mezclado (Blender Corn Custard)

Baking Time: Approximately 1 hour, Temperature: 325°F

Ingredients:

2 tablespoons margarine 1 tablespoon sugar

3 eggs 1 teaspoon salt

2 cups light cream 1/2 teaspoon white pepper

2 cups whole kernel corn 1/2 cup chopped green chile*

1/4 cup flour 1/8 teaspoon garlic powder

1. Add ingredients to blender container in order given and process on low speed. Pour into a greased 1 1/2-quart casserole dish.

2. Place casserole in a shallow pan of water and bake in a 325°F oven for approximately 1 hour, or until custard is set.

40.) Guacamole (Avocado-chile Dip)

Ingredients:

2 large, ripe avocados peeled and pitted Chopped green chile*

1 1/2 teaspoons lime juice 1/2 teaspoon salt

1 tomato, minced 1/4 teaspoon garlic powder

1-2 green onions, minced

Directions:

Mash avocados and mix with remaining ingredients. Serve with tostados.

41.) Gazpacho (Vegetable Soup)

Ingredients:

1 cup tomato juice 4 large tomatoes, peeled and finely chopped

2 tablespoons wine vinegar Black pepper

3 tablespoons olive oil 1 large cucumber, finely chopped

1/4 teaspoon garlic salt 1 medium onion, finely chopped

1/2 teaspoon salt 2-3 tablespoons finely chopped green chile

Directions:

Combine all ingredients in a medium-sized mixing bowl. Chill at least 1 hour before serving. To serve, pour into small lettuce-lined bowls.

42.) Guisado de Chile Verde (Green Chile Stew)

Cooking Time: Approximately 1 hour; Temperature: Medium, Low

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.

43.) Guisado de Chicos (Dried-corn Stew)

Cooking Time: 3-3 1/2 hours; Temperature: Medium, Low

Ingredients:

2 cups chicos (dried corn) 1 clove garlic

10 cups water 1/2 teaspoon oregano

1 pound pork, cubed 1 teaspoons salt

1 small onion, finely chopped 4-5 red chile pods, crushed

Directions:

1. Rinse chicos thoroughly.
2. Place 5 cups of water and chicos in a large, heavy pan. Allow to stand overnight.
3. Fry pork in a medium-sized skillet at medium heat until browned. Drain. Sauté onion in the remaining shortening.
4. Add pork, onion, seasonings, chile pods, and remaining water to chicos and simmer at low heat for 3-3 1/2 hours.

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

44.) Huevos Rancheros (Ranch-style Eggs)

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 Shredded lettuce(optional)
- 1/2 teaspoon garlic salt Tomato wedges (optional)
- 1/4 teaspoon salt eggs

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.

45.) Jalea De Cacto (Cactus Jelly)

Processing Time: 5 minutes, Temperature: High, Medium-high

Ingredients:

Prickly pears* 3 cups sugar

Boiling water 1/2 cup lemon juice

Cheesecloth 6 ounces liquid fruit pectin

Directions:

1. Place prickly pears in a large saucepan or kettle. Cover prickly pears with boiling water; allow standing for 2-3 minutes, and pouring off water. (This aids in softening stickers of prickly pears.)
2. Peel prickly pears, cut into pieces, and place in a medium-sized saucepan. Cover prickly pears with water and boil at high heat for 5 minutes.
3. Pour boiled mixture through cheesecloth. Drain as much juice as possible. Discard seeds.
4. Measure juice. Combine 3 cups of cactus juice, sugar, and lemon juice in a large saucepan or kettle.
5. Bring mixture to a rolling boil. Reduce heat to medium-high, add liquid pectin, and cook mixture for 8-12 minutes, or until the mixture begins to thicken. Skim off any foam that may have formed.
6. Pour mixture into hot, sterilized, half-pint canning jars. Seal jars according to manufacturer's directions.
7. Process jars in a Boiling Water Bath for five minutes. Test seal when cooled.

46.) Jicama (Jicama Appetizer)**Ingredients:**

1 tablespoon salt 1-2 pounds jicama, peeled and thinly sliced

1/4 teaspoon Red Chile Powder 1 lime cut in wedges

Directions:

1. Combine salt and chile powder in a small serving bowl
2. Arrange jicama on a serving tray with the bowl of seasonings and lime wedges.
3. To eat, rub lime over jicama and dip it into seasoning.

47.) Masa (Cornmeal Mixture)

Filling for 5-6 dozen tamales

Ingredients:

6 cups masa harina 2 cups lard

3 1/2 cups warm water, approximately 2 teaspoons salt

Directions:

1. Combine the Masa Harina and water in a large mixing bowl to make masa. Set aside.
2. Cream the lard and salt in a medium-sized mixing bowl using a mixer at medium speed.
3. Add the creamed lard to the masa and mix well.

48.) Menudo (Tripe Stew)

Cooking Time: Approximately 1 1/2 hours, Temperature: Medium, Low

Ingredients:

2 pounds tripe 2 tablespoons chopped onions

Water 2 tablespoons flour

2 tablespoons shortening 1/8 teaspoon garlic salt

2 eggs, separated

Directions:

1. Place tripe in a large saucepan and cover it with water. Simmer at low heat until tripe is tender.
2. Drain tripe and reserve liquid. Remove and discard fatty portions of tripe and cut tripe into 1-inch pieces. Set aside.
3. Sauté onion in shortening in a medium-sized saucepan at medium heat. Set aside.
4. Beat egg whites until stiff in a small mixing bowl. Add egg yolks and continue to beat until mixture is lemon colored. Add flour and salt and mix well.
5. Fold cooked tripe into egg mixture. Add tripe mixture to saucepan containing sautéed onions. Cook at medium heat until eggs are set.
6. Add reserved liquid from tripe and garlic salt to egg mixture and simmer at low heat for 5-10 minutes.

49.) Nachos (Cheese-topped Tortilla Chips)

Heating Time: 2-3 minutes, Temperature: 450°

Ingredients:

Tostados 1/2 cup sour cream

6 ounces jalapeño cheese cut into 1-inch squares 50 pieces jalapeño chile

Directions:

1. Place tostados on baking sheets. Top each tostado with a square of cheese.
2. Spoon 1/2 teaspoon of sour cream on top of each piece of cheese. Top with a piece of chile and sprinkle with chile powder.
3. Heat in a 450° oven for 2-3 minutes, or until the cheese melts. Serve warm.

50.) Pan de Maiz (Corn Bread)

Ingredients:

1 cup butter 1/2 tsp salt

1 cup white sugar 4 tsp baking powder

4 eggs 1 cup yellow corn meal

1 fifteen ounce can cream style corn 1 cup all purpose flour

1 4 oz. can of chopped green chili peppers 1/2 cup shredded cheddar cheese

1/2 cup shredded Monterey Jack cheese

Directions: Preheat oven to 300 degrees and grease a 9 x 13 baking pan. In a large bowl beat together butter and sugar. Beat in eggs. Blend in cream style corn, chilies, and both cheeses.

In separate bowl mix together flour, corn meal, baking powder and salt. Add flour mixture to corn mixture and stir until mixed. Pour into prepared pan and bake 1 hour.

51.) Panocha (Wheat Flour Pudding)

Baking Time: Approximately one and a half hours, Temperature: High, 400°F, Medium-High, Low

Makes seven servings

Ingredients:

Three cups boiling water, approximately 2 tablespoons butter

1/3 pound brown sugar 1/2 cups brown sugar (optional)

1/3 pound sprouted wheat flour (panocha flour) 1/4 teaspoon cloves (optional)

2/3 cups whole wheat flour 1/4 teaspoon cinnamon (optional)

1/4 cup shelled nuts (nutmeats) one tsp vanilla

¾ cup milk one tablespoons corn syrup

Directions: 1. Combine half the boiling water, pancha flour, syrup salt, milk, butter and wheat flour in a large mixing bowl and mix until smooth. Cover bowl and set aside. Let stand for 15 minutes; then add the rest of the water.

2. If sugar is used, caramelize the sugar, add 1 cup boiling water, and when sugar is dissolved, add to flour mixture.

Place sugar in a heavy pan. Stir sugar at low heat until it is liquid and light, golden brown. Add remaining water to sugar and bring mixture to a boil at high heat.

3. Add butter, brown sugar, cloves, vanilla, and cinnamon to sugar mixture and stir until sugar is dissolved.

4. Combine sugar and flour mixtures in a large, greased, oven-proof container. Boil mixture at medium-high heat for 15 minutes, stirring constantly.

5. Cover and bake pancha in a 400°F oven for approximately 1/2 hours, or until a pudding consistency has been reached. Add nuts, and spread in greased pan. Serve cold with cream or ice cream or cool whip.

52.) Papas Con Chile Colorado (Red Chile Potatoes)

Cooking Time: 20-30 minutes, Temperature: Medium, Low

Ingredients:

2 cups potatoes, peeled and thinly sliced 1/2 teaspoon Red Chile powder

2 tablespoons shortening 1 clove garlic, minced

2 tablespoons flour 1/2 teaspoon salt

3 1/2 cups water

Directions: 1. Brown potatoes in shortening in a medium-sized skillet at medium heat.

2. Remove potatoes from skillet. Add flour and brown slightly.

3. Mix chile, garlic, and salt with flour and add potatoes and water. Simmer for 10-15 minutes at low heat.

53.) Papas Con Chile Verde (Green Chile Potatoes)

Cooking Time: 20-30 minutes, Temperature: Medium, Low

Ingredients:

2 cups potatoes, peeled and thinly sliced 1/2 teaspoon garlic salt

2 cups water 1/2 teaspoon salt

2 tablespoons shortening 1/2 cup chopped green chile

1/4 cup chopped onions

Directions: 1. Brown potatoes in shortening in a medium-sized skillet at medium heat. Add onions and seasonings and cook until onions are tender.

2. Add green chile and water and simmer for 15-20 minutes at low heat.

54.) Pastel de Chile Verde (Green Chile Pie)

Baking Time: Approximately 30 minutes, Temperature: 325°F

Ingredients:

8 whole green chiles 2 tablespoons cream

1/4 pound sharp cheddar cheese cubed 3/4 teaspoon salt

1/8 teaspoon black pepper 5 eggs

Directions:

1. Grease 10-inch pie plate.

2. Slit chiles open lengthwise and shape chile in pie plate to form bottom crust.

3. Place all remaining ingredients in a blender container and blend at low speed.

4. Pour egg mixture over chiles and bake in a 325°F oven for 30 minutes, or until pie is set.

May be served in wedges as a main dish, or in bite-sized pieces as hors d'oeuvres.

55.) Posole (Hominy Stew)

Cooking Time: 6-7 hours, Temperature: High, Medium, Low

Ingredients:

1 pound prepared posole corn, rinsed 1 medium onion, chopped

2 tablespoons salt 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

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.

56.) Puerco Asado Del Rio Grande (Rio Grande Pork Roast)

Roasting Time: 35-40 minutes per pound, Temperature: Low, 325°F

Ingredients:

- 3/4 pound boneless pork roast 1 cup catsup
- 1/2 teaspoon chile powder 2 teaspoons chile powder
- 1/2 teaspoon garlic powder 1 tablespoon vinegar
- 1/2 teaspoon salt 1 1/2 cups crushed corn chips
- 1 cup apple jelly

Directions:

1. Season roast.
2. Roast pork in an uncovered roasting pan in a 325°F oven for 1 hour.
3. Combine apple jelly, catsup, chile powder, and vinegar in a small saucepan and simmer at low heat for 15 minutes.
4. Baste roast with half of baste and top with half of the corn chips. Complete roasting. (Allow 35-40 minutes roasting time for each pound of roast.)
5. Serve with remaining baste and corn chips.

57.) Queso Nuevo Mexicano

Heating Time: 10-15 minutes; Temperature: Low

Ingredients:

16 cups milk 4 tablespoons water

2 rennet tablets Cheesecloth

Directions:

1. Warm the milk to 90°F in a large kettle, using low heat.
2. Dissolve the rennet tablets in water in a small mixing bowl. Add dissolved tablets to warm milk and set mixture aside for 30 minutes. (The mixture will develop into a curd.)
3. Pour curd into a cloth bag or cheesecloth and allow the whey (liquid) to completely drain.
4. Open a 1-pound can at both ends and pierce the can around the sides. Pack cheese into the can and allow it to drain for 3-4 hours before serving.

58.) Quelites (Spinach)

Cooking Time: Approximately 15 minutes, Temperature: Medium

Ingredients:

1 1/2 pounds fresh spinach* 1/4 teaspoon crushed chile pequin

1 tablespoon shortening 1 teaspoon salt

3 tablespoons chopped onion

Directions:

1. Wash spinach and remove stem ends.
2. Place spinach in a medium-sized saucepan and steam for 10 minutes at medium heat.
3. Drain and chop spinach. Set aside.
4. Sauté onion in shortening in a medium-sized saucepan at medium heat.
5. Add spinach and remaining ingredients to onion and cook for an additional 5 minutes.

59.) Quesadillas

Heating Time: 3-4 minutes, Temperature: Medium-High Medium

Ingredients:

Shortening/vegetable oil 1 pound Monterey Jack cheese, sliced into 12 slices

12 Corn Tortillas 3/4 cup Green Chile Salsa

Directions:

1. Heat 1/2 inch of shortening in a heavy pan at medium-high heat.
2. Quickly dip each tortilla into the shortening/vegetable oil to soften. Drain on absorbent towels.
3. Place a slice of cheese and 1 tablespoon of relish on half of each tortilla. fold tortilla in center as for a turnover.
4. Place filled tortilla in an ungreased skillet and heat at medium heat, turning once, for 3-4 minutes or until the cheese is melted and tortilla turns crisp.

60.) Sopaipillas De Levadura (Yeast Puffed Bread)

Makes 4 dozen medium sopaipillas, Total Frying Time: 15-20 minutes; Temperature: Medium-High

Ingredients:

1 package active dry yeast 1 1/2 teaspoons salt

1/4 cup warm water (105°-115°F) 1 teaspoon baking powder

1 tablespoon sugar 4 cups flour

1 1/4 cups scalded milk, cooled 1 tablespoon Shortening/vegetable oil

Directions:

1. Dissolve yeast in water and add to milk.
2. Combine dry ingredients in a medium-sized mixing bowl and cut in shortening/vegetable oil.
3. Make a well in center of dry ingredients. Add liquid to dry ingredients and work into a dough.
4. Knead dough for 10 minutes, or until smooth; cover, and set aside.
5. Heat 2 inches of shortening in a heavy pan at medium-high heat.
6. Roll dough to a 1/8 inch thickness on a lightly floured board. Cut dough into 4-inch squares and fry until golden on both sides, turning once. (If the shortening is sufficiently hot, the sopaipillas will puff and become hollow shortly after being placed in the shortening.)

7. Drain sopaipillas on absorbent towels.

61.) Sopaipillas De Levadura Quimica (Baking Powder Puffed Bread)

Makes 4 dozen Total Frying Time:15-20 minutes, Temperature: Medium High

Ingredients:

4 cups flour 4 tablespoons shortening

2 teaspoons baking powder 1 1/2 cups warm water

1 teaspoon salt Shortening

Directions:

1. Combine dry ingredients in a medium-sized mixing bowl and cut in shortening.
2. Make a well in center of dry ingredients. Add water to dry ingredients and work into dough.
3. Knead dough until smooth, cover, and set aside for 20 minutes.
4. Heat 2 inches of shortening in a heavy pan at medium-high heat.
5. Roll dough to a 1/8-inch thickness on a lightly floured board. Cut dough into 4-inch squares and fry until golden on both sides, turning once. (If shortening is sufficiently hot, the sopaipillas will puff and become hollow shortly after being placed in the shortening.) Drain sopaipillas on absorbent towels.

62.) Sopaipillas Rellenas (Stuffed Sopaipillas)

Heating Time: 15 minutes, Temperature: 350°F

Ingredients:

6 4-inch square sopaipillas* 2 cups Red or Green Chile

1 1/2 cups Frijoles Refritos and/or cooked ground beef Sauce

Shredded lettuce 1 1/2 cup grated sharp cheddar cheese

1 medium onion, chopped Tomato wedges

Directions:

Cut a slit along one side of each sopaipilla with a sharp knife. Fill sopaipillas with Frijoles Refritos and/or ground beef, onion, and cheese. Place sopaipillas in individual dinner plates and top with chile sauce.

Place in 350°F oven for 15 minutes, or until cheese is melted. Garnish with lettuce and tomato wedges.

63.) Tacos (Filled, Fried Tortillas)

Total Frying Time: Approximately 45 minutes, Temperature: Medium-High Medium

Ingredients:

12 Corn Tortillas 2 tomatoes, chopped

Shortening 3 cups grated sharp cheddar cheese

1 pound ground beef 3/4 teaspoon garlic salt

1 medium onion, chopped Red or Green Chile Salsa

2 cups shredded lettuce

Directions:

1. Heat 2 inches of shortening in a heavy skillet on medium-high heat. 2. Holding a tortilla slightly open with tongs, immerse in the hot shortening and fry the bottom portion until crisp to form a shell. Fry each side of the shell until crisp. Drain on absorbent towels. 3. Fry beef in a medium-sized skillet at medium heat until browned. Drain. Season with garlic salt. 4. Layer the meat and remaining ingredients in the taco shells. Serve with red or green chile salsa.

64.) Tamal filling -Chile Con Carne Para Tamales (Chile-Meat Filling)

Cooking Time: Approximately 45 minutes; Temperature: Medium

Ingredients:

1 1/2 pounds beef or pork 2 cups meat broth stewed and shredded

1/2 teaspoon salt 1/2 teaspoon garlic salt

2 tablespoons lard 1/8 teaspoon oregano

1 tablespoon flour 1/4 teaspoon comino

1/2 cup red chile powder

1. Combine meat and lard in a large skillet and fry meat at medium heat until browned.
2. Add the flour to meat and cook for 1 minute, stirring constantly.
3. Add the chile powder, broth, and seasonings to the meat. Cook at medium heat for approximately 30 minutes, stirring constantly until the mixture has thickened.

65.) Tamales (Chile, Meat, Cornmeal-filled Corn Husks)

Makes: 5-6 dozen Steaming Time: 45 minutes

Ingredients:

Corn Husks Masa

Water Chile con Carne para Tamales

Making Tamales

1. Rinse corn husks and soak in warm water until pliable.
2. Spread the center portion of each husk with 2 tablespoons of masa mixture. Top with 1 tablespoon of chile-meat filling.
3. Fold the sides of the husk toward the center, the bottom of the husk up, and the top down. Tie each tamale with a corn husk strip.
4. Pour 2 inches of water into a large steamer. Arrange tamales on a rack in steamer above the water level.
5. Steam tamales for 45 minutes (Longer at high altitudes. May also be steamed in a pressure cooker for 20 minutes at 15 pounds pressure.)

66.) Tamale Casserole; Cacerola de Tamales (Chile, Meat, Cornmeal Casserole)

Baking Time: 20 minutes, Temperature: Medium, 350°F

Ingredients:

1 pound ground beef 1 teaspoon salt

1/4 pound ground pork 1/8 teaspoon pepper

1/2 cup chopped onion 1 3/4 cups grated sharp cheddar cheese

1 clove garlic, minced chile

2 cups canned tomatoes 1 cup plus 2 tablespoons

1/2 cup chopped ripe olives cornmeal

2 tablespoons chopped green 3 cups water

Directions:

1. Fry ground beef and pork in a medium-sized skillet at medium heat until beef is browned.
2. Add onion and garlic to meat mixture and cook until onion is tender. Drain.
3. Add tomatoes, olives, green chile, salt, and pepper to mixture and cook for approximately 20 minutes. (Water may be added to the mixture if a thinner consistency is desired.)
4. Add 1/4 cup of cheese and 2 tablespoons of cornmeal to mixture, cook for 2-3 minutes, and set mixture aside.

5. Place remaining cornmeal and water in a medium-sized saucepan. Cook cornmeal mixture, stirring occasionally, until cornmeal is thick.

6. Spread half of cornmeal mixture in bottom of a greased 9x13 inch baking pan. Place meat mixture over top of cornmeal and spread remaining half of cornmeal over top of filling. Top with remaining cheese.

7. Bake in a 350°F oven for 20 minutes.

67.) Tortillas De Harina (White Flour Tortillas)

Total Cooking Time: 20-25 minutes, Temperature: Medium-low to medium

Ingredients:

4 cups flour 4 tablespoons to ¼ cup shortening/vegetable oil

2 teaspoons salt 1 1/2 cups warm milk, approximately

1 tablespoons baking powder

Directions:

1. Mix all of the ingredients together and cut in shortening/vegetable oil.

2. Add milk, a small amount at a time, and work mixture into a dough.

3. Knead dough until smooth, cover, and set aside for 10 minutes.

4. Form dough into balls the size of an egg. Roll each ball of dough into a circle 6 inches in diameter. 5. Heat a griddle or skillet on medium-high heat. Place on a dry, hot (medium-low) griddle and cook until brown on both sides, about 1 minute per side.

68.) Tortillas De Maiz (Corn Tortillas)

Total Cooking Time: 25-30 minutes, Temperature: Medium-High

Ingredients:

2 cups blue or yellow corn 1 teaspoon salt

Masa Harina 1 2/3 cups boiling water

Directions:

1. Combine Masa Harina and salt in a medium-sized mixing bowl.

2. Add boiling water and stir until dough resembles thick, cooked cereal.

3. Wet hands and form dough into balls the size of an egg.
4. Place each ball of dough between two lightly moistened pieces of press, rolling pin, or pressure from the hands. If necessary use wax paper to prevent tortilla from sticking. Roll and remove tortilla from waxed paper.
5. Heat griddle or skillet on medium-high heat. Place each tortilla on the griddle and cook for approximately 1 minute on each side.

69.) Tostadas Compuestas (Chile, Meat-filled Tortilla Boats)

Total Frying Time: Approximately 5-10 minutes; Temperature: Medium-High

Ingredients:

Shortening/vegetable oil 2 cups shredded lettuce

6 corn tortillas 2 tomatoes, chopped

3 cups Chile Con Carne* 1 1/2 cups grated sharp cheddar cheese

1/2 cup chopped green onions

Directions:

1. Heat 4 inches of shortening in a heavy pan on medium-high heat.
2. Fry tortillas in hot shortening until crisp, holding down in the center with round wooden roller ladle or similar object. (Tortilla will form into a cup shape.) Drain on absorbent towels.
3. Fill each tostada with chile con carne and top with onions, lettuce, tomatoes, and cheese.

70.) Tostados (Tortilla Chips)

Total Frying Time: Approx. 15 minutes, Temperature: Medium-High

Ingredients:

Shortening/vegetable oil Garlic Salt

12 Corn Tortillas* Red Chile Powder* (optional)

Salt to taste

Directions:

1. Heat 2-inches of shortening in a heavy pan at medium-high heat.
2. Cut tortillas into quarters to within 1/2 inch from center of tortilla.

3. Fry tortillas until crisp and drain well on absorbent towels.

Separate each tortilla into four tostados. Tostados may be sprinkled with salt, garlic salt, or chile powder.

71.) Verdolagas (Purslane)

Cooking Time: Approximately 20 minutes, Temperature: Medium

Ingredients:

4 slices bacon 1/2 teaspoon salt

6 tablespoons chopped onion 1/2 teaspoon garlic salt

2 cups purslane, chopped

Directions:

1. Fry bacon in a medium-sized skillet at medium heat until almost crisp. Remove bacon from skillet, crumble, and set aside.
2. Sauté onion in skillet in remaining bacon grease.
3. Add remaining ingredients to onion and cook for 10-15 minutes.

72.) Yemas De Nueces (Nut Drops)

Makes: Approximately 5 dozen Baking Time: 8-10 minutes; Temperature: 325°F

Ingredients:

2 cups softened margarine 2 or more tablespoons brandy

1 cup sugar 2 cups chopped nuts

2 1/4 cups flour powdered sugar

2 tablespoons water

Directions:

Grease a cookie sheet. 1. Cream margarine and sugar until light and fluffy..

2. Add all remaining ingredients and mix well. Drop mixture by teaspoonful onto a greased cookie sheet.
3. Bake in 325°F oven for 8-10 minutes.
4. Roll cookies in powdered sugar while still warm.