



# Taco Plates

*Keep 'em Upright Tonight*

## Mexican Recipes Booklet

Mexican Recipes Booklet brought to you by [TacoPlate.com](http://TacoPlate.com).



Have you ever been frustrated while preparing your Tacos? Trying to keep your Tacos upright and balanced in one hand while using the other hand to stuff your Taco with meat, lettuce, tomatoes, cheese and what ever else you find to your liken. Sit at the table and find the items you stuffed into the Taco shells have already found themselves on the outside of the Taco shells, causing you the agony of re-stuffing your Taco shells repeatedly as you eat your meal.

Don't agonize over this process anymore, we at [TacoPlate.com](http://TacoPlate.com) have been in this position many times ourselves, motivating us to brainstorm and create a solution. Through a few years of research and development, we at [TacoPlate.com](http://TacoPlate.com) have tested and tried different designs and materials that would be best suited for **Maximum Taco Enjoyment**.

- **TacoPlates Provide Maximum Taco Enjoyment**
- **No More Soggy Tacos**
- **Children Handle Tacos With Greater Ease**
- **Made of Styrofoam and Disposable**
- **Great For Parties**
- **Patent Pending**



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## Chicken Stock

- 1 medium-sized yellow onion
  - 2 celery ribs
  - 2 large carrots
  - 2-3 pounds chicken bones (leftovers are great)
  - 2 teaspoons salt
  - 1 teaspoon ground black pepper
  - 1 tablespoon dried parsley
  - 1 gallon water
1. Remove the skin from the onion and chop into 1-inch pieces. Clean the carrots and chop into 1/2 -inch rounds. Chop the celery into 1-inch pieces.
  2. Add all the ingredients to a large stockpot; bring to a boil. Reduce heat, cover, and let simmer for 3 hours.
  3. Strain the broth and discard the vegetables.

## Tomato Salsa

- 4 medium tomatoes
  - 1 medium-sized yellow onion
  - 1 (4-ounce) can green chilies or 2 fresh green chilies
  - 1/4 cup fresh cilantro
  - 1/2 cup canned or frozen corn
  - 1 small green or red bell pepper
1. Dice the tomatoes into 1/4-inch pieces.
  2. Remove the skin from the onion and cut into 1/4-inch pieces.
  3. If using fresh chilies remove the stem and seeds and cut into 1/4-inch pieces.
  4. Chop the cilantro into 1/4-inch pieces.
  5. Remove the stem and seeds from the bell pepper and chop the pepper into 1/4-inch pieces.
  6. Combine all the ingredients and let sit overnight in a covered container in the refrigerator.
- Serves 8

## Red Chili Sauce

- 12 dried red ancho chilies
- 1 small white onion
- 3 garlic cloves
- 3 large red tomatoes

- 4 cups water
  - ¼ teaspoon salt
  - 1 teaspoon granulated sugar
1. Preheat oven to 250°. Toast chilies on a baking sheet in the oven for 8 minutes. Transfer the chilies to a bowl filled with cold water. Remove the stems and seeds.
  2. Peel the onion and chop into ¼-inch pieces. Peel the garlic cloves. Chop the tomatoes into ¼-inch pieces.
  3. Combine all the ingredients in a medium pot. Cover and simmer on medium heat for 30 minutes. Every 5 minutes, remove the cover and push the chilies back down into the liquid.
  4. All mixture to blender, puree. Strain to remove the skins.
  5. Heat the sauce on medium in a frying pan. Then simmer for 5 minutes.
- Yields 2 ½ cups

### **Green Chili Sauce**

- 1 cup fresh green chilies (the type of your choice), roasted
  - 1 cup canned tomatillos with juice
  - ¼ cup fresh parsley
  - ¼ cup onion
  - 1 garlic clove
  - ¼ cup canned jalapeno peppers, drained
  - 1 teaspoon salt
  - ½ teaspoon ground black pepper
  - ¼ cup olive oil
1. Remove the skin, stems, and seeds from the green chilies.
  2. Combine the chilies, tomatillos with their juice, parsley, onion, garlic, jalapenos, salt, and pepper in a blender or food processor; puree.
  3. Heat the oil in a medium-sized frying pan over medium heat. Add the sauce and cook for about 5 minutes, stirring constantly.
- Yields 2 cups

### **Flour Tortillas**

- 2 cups flour
  - 1 teaspoon salt
  - 1 teaspoon baking soda
  - 1 tablespoon lard or margarine
  - ½ cup cold water
1. Preheat oven to 350°.
  2. Mix together all the ingredients well. If the dough sticks to your hands, all more flour, 1 teaspoon at a time, until it doesn't stick.
  3. Divide the dough and roll into balls about the size of golf balls.
  4. Flatten the balls between 2 sheets of wax paper. If they stick, scrape them off, add more flour, and start over. Flatten to about ¼-inch thick.

5. Place the tortillas on an ungreased baking sheet and bake in the oven for about 2 minutes. Flip and bake for 2 more minutes, or until lightly browned.  
Makes 8-20 depending on size

## **Chili con Carne**

Whether wrapped in a tortilla or served on a plate with rice and beans, chili con carne is a favorite Mexican dish.

- 1 ½ lbs. round steak (cut in bite-size cubes)
  - 2 tbsp. shortening
  - 2 to 3 tbsp. oil
  - 3 tbsp. flour
  - 2 cups water (warm)
  - 6 tbsp. chili powder (with cumin)
  - 1 tsp. salt
  - ¼ tsp. garlic powder
1. In a large skillet, brown meat cubes in shortening until well cooked. Push meat to one side of skillet and add oil and flour to make a quick gravy. Allow flour to cook for a few minutes, then mix with meat cubes. Stir and heat for five minutes. (Add 1/8 cup of water if meat becomes dry.) Leave covered, off heat, set aside.
  2. To warm water, add chili powder and dissolve. (Make sure your chili powder has the seasoning cumin. This gives an added flavorful taste to chili con carne.) Add salt and garlic powder to chili mixture and stir. Then add chili to meat and mix thoroughly over medium heat. Heat to a boil, then reduce heat and let simmer, stirring frequently from 5 to 8 minutes. Remove from heat and leave covered until ready to serve. You should have a rich, gravy-like chili and meat.

Serves 6

To serve: roll up chili con carne in a hot flour tortilla and serve with pinto beans or serve as a main dish.

## **Shrimp Casserole**

- 3 to 4 quarts water
- 2 tsp. olive oil
- 1 tbsp. salt
- 12 oz. egg noodles
- 2 tbsp. butter
- ¼ tsp. pepper
- 3 tbsp. parsley flakes
- 1 can condensed cheddar cheese soup (15 oz.)
- 1 cup half & half
- ½ cup water
- 1 cup cooked, sliced mushrooms
- 2 cups soft bread crumbs
- 1 cup cooked peas (fresh, frozen or canned)
- 1 cup sliced black olives

- 2 cups cooked, shelled, deveined shrimp
1. In a cooking pot, bring water to a fast boil. Add olive oil, salt and noodles. Cook noodles until tender. Drain and place in large mixing bowl. Add butter evenly to noodles. Add pepper and parsley flakes and mix in well.
  2. In a saucepan heat cheddar cheese soup. Add half & half and water. Blend until creamy and smooth. Add mushrooms and mix thoroughly. Cover and simmer for 10 minutes.
  3. Add bread crumbs, peas, and olives to soup mixture. Combine soup mixture with noodles. Add shrimp and blend evenly.  
Preheat oven to 375°. Butter large casserole dish and pour mixture in. Add cheese sauce over casserole and bake for 20-25 minutes until cheese sauce is bubbly.
- Serves 6 to 8

### **Mexican Shrimp Creole**

- 1 cup white long-grain rice
  - 1 tbsp. olive oil
  - 2 tbsp. diced red onion
  - ½ cup chopped green pepper
  - 2 tbsp. flour
  - 1 tbsp. parsley
  - 1 tsp. salt
  - ¼ tsp. pepper
  - 2 tsp. chili powder
  - 2 cups water
  - 4 stewed tomatoes, chopped
  - 1 cup canned peas, drained
  - 1 ½ tbsp. white vinegar
  - ½ cup raising
  - 3 cups cooked, shelled, deveined shrimp
1. Cook rice until tender. Drain and set aside. In a skillet, heat olive oil and sauté onion. Add green pepper and flour. Cook until flour is browned. Add seasoning, parsley and chili powder, then add water slowly to avoid spattering.
  2. Simmer, covered, 15 minutes. Add remaining ingredients. Cook 15 minutes more, covered, until shrimp is fully heated.
- Serves 6

### **Mexican Pepper Steak and Noodles**

- 1 ½ lb. round steak, tenderized
- ¼ cup meat juices
- 3 tbsp. oil
- 2 tbsp. flour
- ½ small onion, diced
- 2 cooked green chilies, chopped

- Salt/pepper/garlic powder
  - Dash oregano
  - 6 oz. egg noodles
1. Cut steak into cubes, brown in skillet. Save meat juices. Place meat aside. Heat oil and brown flour. Cook onion. Add chilies and cook for a few minutes. Blend in meat juices and 2/3 cup water, mix well. Add meat cubes and seasoning, cover, simmer over reduced heat for 20 minutes.
  2. Cook noodles in 3 quarts water with 2 tsp. salt and ½ tsp. oil. Drain noodles and butter lightly. Combine noodles with steak mixture, simmer 10 minutes. Serve hot.
- Makes 4 to 5 servings

## Smothered Shrimp

- 2 pounds medium-sized fresh shrimp
  - 1 small white onion
  - 4 garlic cloves
  - 3 medium-sized red tomatoes
  - 1 cup canned, stewed green tomatoes, with juice
  - ½ cup canned or fresh jalapeno peppers
  - ½ cup olive oil
  - ¼ cup dry cooking sherry
1. Boil the shrimp for 10 minutes in 1 gallon of water. Rinse with cold water. Remove the shell and use a fork tine to remove the back vein.
  2. Peel and mince the onion and garlic. Chop the tomatoes into ¼-inch pieces, reserving the juice the green tomatoes. Remove the stem and seeds from the jalapenos and mince.
  3. Heat the olive oil in a medium-sized frying pan. Add the onion, garlic, and jalapenos; sauté on medium heat until the onion and limp but not brown. Add the red and green tomatoes, including the juice from the green tomatoes. Continue cooking at medium heat, stirring constantly, for 15 minutes. Stir in the cooking sherry.
  4. Preheat oven to 300°.
  5. Arrange the shrimp in a large baking pan. Pour the sauce over the shrimp. Place the pan in the oven for 15 minutes.
- Serves 4

## Chimichagas

Chimichangas are flour tortillas stuffed with meat, beans, cheese, etc., deep-fried to a golden brown and garnished with lettuce, tomato, cheese or hot salsa.

- ¼ cup oil
- 8 tbsp. flour
- 1 medium onion, diced
- 5 large chopped stewed tomatoes

- 2 lbs. cooked chuck roast (cut into bite-size)
  - 2 cups beef stock (saved from pot-cooked meat)
  - 8 medium diced Anaheim chilies (canned or roasted)
  - Salt/pepper to taste
  - 1 tsp. garlic powder
  - 5 to 7 cups water
  - 8 to 10 large flour tortillas
1. In cooking pot, heat oil and brown flour. Add onion and stewed tomatoes and cook 2 minutes. Add meat, then add 2 cups beef stock. Heat over medium heat, stirring frequently. Add diced chilies, salt, pepper, garlic powder. Add water and mix. Heat at high heat, uncovered, for 15 minutes, stirring frequently until mixture is thickened. Remove to low heat. Simmer until ready to use.
  2. Add ½ cup meat mixture to a heated flour tortillas. Place filling at one end of tortilla, then fold tortilla as follows: fold bottom edge over filling, then fold both sides to the center. Roll the side with the meat filling all the way over and form a burrito. Deep fry chimichanga to a golden brown but do not over-fry. Make 2 to 3 chimichangas at a time. Use tongs to place and remove chimichangas from hot oil. Place chimichangas on their “seam” to seal. This makes them easier to turn. Makes 8 to 10

## **Fajitas**

- 1 pound beef, deboned and skinned chicken, and/or shrimp
  - 1 garlic clove
  - 1 medium-sized yellow onion
  - 1 green or red bell pepper
  - 1 tablespoon vegetable oil
  - ¼ cup soy sauce
  - 1 teaspoon ground black pepper
  - 1 tbsp. Worscestershire sauce
  - ½ tbsp. lemon juice
  - 8 flour tortillas
1. If using beef or chicken, cut the meat into ½-inch wide strips. If using shrimp, boil for 10 minutes, let cook, and remove the shells and veins. Peel and mince the garlic.
  2. Combine the garlic, vegetable oil, soy sauce, black pepper, Worscestershire sauce, and lemon juice. Place the meat in a medium-sized mixing bowl. Pour the sauce on top. Cover and refrigerate for 4 to 8 hours.
  3. Drain the meat. Peel the onion and cut into 1-inch pieces. Remove the seeds and stem from the bell pepper and cut into 1-inch pieces. Add the onion and bell pepper to the bowl with the meat; mix well.
  4. Saute the mixture on medium heat in a large frying pan until the meat is thoroughly cooked. Serve with flour tortillas.  
Serves 2

## **Mexican Potato Salad**

- 1 pound small red potatoes
- 1 quart water
- 1 large tomato
- ½ cup ripe olives
- 6 green onions
- 1 tbsp. fresh cilantro
- ¼ cup tomato salsa
- 1 tbsp. olive oil
- 2 tbsp. lime juice
- ½ tsp. salt
- ½ tsp. ground black pepper

1. Clean and quarter the potatoes. Boil in 1 quart of water until tender but not mushy. (They may also be cooked in the microwave.) Drain and set aside.
2. Cut the tomato into ½-inch cubes. Remove the pits from the olives and slice into ¼-inch pieces. Remove the skins from the onions and slice into ¼-inch pieces. Remove the stems from the cilantro.
3. Combine all the ingredients except the tomatoes and cook uncovered on low heat for 5 minutes.
4. Pour the sauce over the potatoes and store in a covered bowl in the refrigerator for 8 to 12 hours before serving.

Serves 8

### **Black Bean and Corn Salad**

- 1 red bell pepper
- 1 fresh habanero pepper
- 1 medium Vidalia onion
- 1 celery rib
- ¼ cup sour cream
- ¼ cup mayonnaise
- 2 (15-oz.) cans black beans, drained
- 2 (15-oz.) cans kernel corn, drained

1. Remove the stem and seeds from the red bell pepper and cut into 1/2 -inch pieces. Remove the stem and seeds from the habanero pepper and cut into ¼-inch pieces. Remove the skin from the Vidalia onion and cut into ½-inch pieces. Cut the celery into ¼-inch pieces.
2. Combine the sour cream and mayonnaise until well blended.
3. Combine the beans, corn, red pepper, habanero, onion, and celery in a large mixing bowl. Stir in the dressing until well coated.
4. Cover and refrigerate overnight. Serve chilled.

Serves 6

### **Crab Salad**

- 2 cups precooked crabmeat
- 1 medium jicama\*

- 1 celery rib
  - 1 cup cucumber
  - ½ cup pitted black olives
  - 1 small white onion
  - 1 fresh jalapeno pepper
  - 1/3 cup mayonnaise
  - 1/3 cup sour cream
  - 1 tsp. salt
  - 1 tsp. cayenne pepper
1. Shred the crabmeat. Peel the jicama and cut into ½-inch pieces. Cut the celery into ¼-inch pieces. Peel the cucumber and cut into ½-inch pieces. Cut the black olives in half. Remove the skin from the onion and cut into ¼-inch pieces. Remove the stem and seeds from the jalapeno and cut into ¼-inch pieces.
  2. Mix together the mayonnaise and sour cream.
  3. Combine the crabmeat, jicama, celery, cucumber, black olives, onion, jalapeno, salt, and cayenne pepper in a large mixing bowl. Add the mayonnaise and sour cream mixture. Mix until well blended.
  4. Serve chilled.  
Serves 4

### **\* Jicama**

Jicama is a root vegetable with a crisp, white flesh. It has a very mild flavor that will pick up the flavor of dressings or spices. It's an excellent addition to salads because it looks so beautiful nestled among all the other colored foods!

### **Mexican Onion Soup**

- 3 large yellow onion
  - 2 cloves garlic
  - ¼ cup butter
  - 2 cups tomato juice
  - 2 cups beef broth (canned or homemade)
  - 1 cup water
  - ½ cup tomato salsa
  - 1 cup grated Monterey Jack cheese
1. Remove the skins from the onions and slice into thin rings. Remove the skin from the garlic cloves and mince.
  2. Melt the butter over medium-low heat in a large frying pan. Add the onions and cook for about 20 minutes, stirring frequently. Onions should be tender and light brown.
  3. Stir in the tomato juice, broth, water, and salsa. Bring to a boil Reduce heat to low.
  4. Simmer uncovered for 20 minutes. Top with grated cheese before serving.  
Serves 6

## Jalapeno and Potato Soup

- 5 pounds red potatoes
- ¼ cup fresh or 1/8 cup canned jalapeno peppers
- 1 medium-sized yellow onion
- ¼ cup butter
- 8 cups chicken stock
- 1 tsp. ground cumin
- ¼ tsp. baking soda
- 4 cups evaporated milk

1. Clean the potatoes and cut into quarters (do not peel). Remove the stem and seeds from the jalapeno and cut into 1/8-inch pieces. Remove the skin from the onion and cut into ¼-inch pieces.
2. Saute the onions in butter until the onions are clear but not brown.
3. Combine the potatoes, onions, stock, and cumin in a large stockpot. Cook uncovered for about 30 minutes, until the potatoes are tender.
4. Coarsely mash the potatoes with a potato masher. Stir in the jalapenos, soda, and evaporated milk; stir well.
5. Simmer on low heat for 15 minutes, stirring constantly.

Serves 8

## Mexican Roll-Ups

- 2 fresh jalapeno chili peppers
- 1 bunch green onion
- ½ cup pitted black olives
- 16 oz. cream cheese
- ½ tsp. garlic salt
- ½ tsp. medium-hot red chili powder
- 6 flour tortillas

1. Remove the stems and seeds from the jalapeno peppers and chop the peppers into ¼-inch pieces. Remove the roots from the green onions and chop the onions and stems into ¼-inch pieces. Chop the olives into ¼-inch pieces.
2. Combine all the ingredients and mix until well blended.
3. Spread on tortillas. Roll up and serve.

Serves 6

## Spicy Vegetable Soup

- 2 large carrots
- 1 large yellow onion
- 2 celery ribs
- 2 medium zucchini (8-10 inches long)
- 2 cups fresh or frozen green beans
- 1 pound fresh spinach
- 4 medium-sized red tomatoes

- ½ red bell pepper
  - 2 medium potatoes
  - 3 hot chili peppers (type of your choosing)
  - 8 cups chicken stock
  - 1 cup fresh or frozen peas
  - 1 cup fresh or frozen corn
  - 1 tsp. salt
  - ½ tsp. ground red pepper
  - ½ tsp. medium-hot red chili powder
  - 4 tbsp. vegetable oil
1. Peel the carrots and cut into ¼-inch rounds. Remove the skin from the onion and cut into ¼-inch pieces. Cut the celery into ¼-inch pieces. Cut the zucchini into 1-inch pieces. Remove the stems from the green beans and cut into ½-inch pieces. Remove the stems from the spinach. Cut the tomatoes into quarters. Remove the stem and seeds from the red bell pepper and cut half the pepper into ¼-inch pieces. Remove the skin from the garlic cloves and slice thinly. Peel the potatoes and cut into 1-inch pieces. Remove the stem and seeds from the hot peppers and cut into ¼-inch pieces.
  2. Put the chicken stock in a large stockpot on high heat. Add the carrots, onion, celery, green beans, garlic, peas, corn, potatoes, salt, ground red pepper, and chili powder; stir well. Bring to a boil, cover, and reduce heat to medium.
  3. Heat the vegetable oil to medium temperature in a medium-sized frying pan. Add the bell pepper, spinach, tomatoes, and zucchini; sauté for 5 minutes. Drain off the oil and add the sautéed vegetables to the stockpot.
  4. Simmer for 2 to 3 hours.
- Serves 8

## **Mexican Chicken Chowder**

- 1 ½ pounds boneless, skinless chicken breasts
  - 2 medium-sized white onions
  - 2 garlic cloves
  - 2 celery ribs
  - ½ cup canned, chopped jalapeno peppers, or 3 fresh jalapenos
  - ½ pound Monterey jack cheese
  - 1 tbsp. olive oil
  - 4 cups chicken stock
  - 1 package dry chicken gravy mix
  - 2 cups whole milk
  - 2 cups tomato salsa
  - 1 (32 oz.) bag frozen hash brown potatoes
1. Preheat oven to 300°.
  2. Cut the chicken into ½-inch cubes. Peel the onion and cut into ¼-inch pieces. Peel and mince the garlic. Cut the celery into ¼-inch pieces. Drain the chilies and cut into 1/8-inch pieces. Cut the cheese into ½-inch cubes.
  3. Combine the chicken, onions, garlic, celery, oil, and stock in a large mixing bowl; stir until well blended. Pour into a casserole dish, cover, and bake in oven for 1

hour.

4. Dissolve the gravy mix in the milk in a medium-sized mixing bowl. Stir into the cooked chicken mixture. Add the salsa, potatoes, chilies, and cheese; mix well. Cover and cook for an additional hour.

Serves 4

### **Chicken Tortilla Soup**

- 1 whole chicken (precooked)
  - 1 cup dry black beans
  - 1 medium-sized white onion
  - 4 garlic cloves
  - 1 red bell pepper
  - 3 medium-sized tomatoes
  - 2 tbsp. chili powder
  - 2 tbsp. ground cumin
  - ½ tsp. ground red pepper
  - 1 tsp. granulated sugar
  - 2 cups canned (and drained) or frozen corn
  - 6 cups chicken stock
  - ¼ cup lime juice
  - 4 tortillas
  - 1 bunch fresh cilantro leaves
1. If necessary, roast the chicken for 3 hours in 350° oven.
  2. Soak the beans overnight in 3 cups water.
  3. Remove the skin from the onion and garlic. Chop the onion into ¼-inch pieces. Mince the garlic. Remove the stem and core from the red bell pepper and chop into ¼-inch pieces. Chop the tomatoes into 1-inch pieces.
  4. Remove the skin from the chicken and cut into 1-inch cubes, discarding the bones.
  5. Combine all the ingredients except the lime juice, tostadas, and cilantro in a large stockpot. Bring to a boil and cook for 20 minutes. Reduce heat to low, cover, and simmer for 2 hours. Stir in the lime juice right before serving.
  6. Break the tostadas into small pieces. Cut the stems from the cilantro. Sprinkle the tostada pieces and cilantro leaves on the soup before serving.

Serves 8

### **Creamy Corn Soup**

- 1 large white onion
- 3 medium-sized red tomatoes
- 3 cups canned (and drained) or frozen whole-kernel corn
- 4 cups chicken stock
- 1 tsp. salt
- ½ tsp. ground black pepper
- 1 cup heavy whipping cream

1. Remove the skin from the onion and cut into quarters. Remove the skin from the tomatoes and cut into quarters.
  2. Put the corn, tomatoes, and 1 cup of the stock in a food processor or blender. Blend on medium setting for 3 minutes or until all the ingredients are melded. They do not have to be liquefied – small pieces of corn, onion, and tomato are fine.
  3. Place the remaining stock in a large saucepan on medium-low heat. Stir in the blended mixture. Add the salt and pepper. Heat thoroughly, but do not boil.
  4. Stir in the whipping cream and cook on low heat, stirring constantly, for 5 minutes.
- Serves 8

## **Jalapeno Corn Bread**

- 1 small yellow onion
- 2 garlic cloves
- 2 tbsp. coned chopped jalapenos
- 1 ½ cups bread flour
- ¾ cup masa harina or corn-meal
- ½ cup granulated sugar
- 4 ½ tsp. baking powder
- 1 tsp. salt
- 1 egg
- 1 cup whole milk
- ½ tsp. vegetable oil
- ½ cup canned cream-style corn
- ½ cup grated Cheddar cheese

1. Preheat oven to 350°.
  2. Remove the skin from the onion and chop into ¼-inch pieces. Remove the skin from the garlic and mince. Drain off the water from the jalapenos.
  3. Mix all the ingredients together in a medium-sized mixing bowl.
  4. Pour the mixture into a greased bread pan.
  5. Bake for 30 to 45 minutes or until lightly brown on top.
- Serves 4

## **Easy Mexican Sweet Rolls**

- 2 eggs
- 2/3 cup flour
- ½ cup white granulated sugar
- ¼ cup softened butter
- 1 (10 oz.) can refrigerator flaky biscuits
- 1 tbsp. whole milk
- ½ tsp. shortening

1. Preheat oven to 375°.
2. Separate the egg yolks from the egg whites.

3. Combine the flour and sugar in a bowl. Cut in the butter until the mixture resembles coarse crumbs. Add the egg yolks and mix until well blended. Set aside  $\frac{1}{4}$  cup of this mixture.
4. Separate the canned biscuits into 10 pieces. Press or roll each to a  $\frac{3}{5}$ -inch oval. Crumble 1 to 2 tbsp. of the sugar and flour mixture over each oval to  $\frac{1}{4}$  inch from the edge.
5. Roll the biscuit, starting at the shorter side, wrapping the dough around the filling and rolling to the opposite side.
6. Place the seam side down on a baking sheet lightly greased with shortening.
7. Beat the egg whites with the milk. Brush over the rolls with a pastry brush. Sprinkle evenly with the reserved  $\frac{1}{4}$  cup of sugar and flour mixture. Press lightly into the rolls.
8. Bake for 13 to 17 minutes or until medium brown.

### **Mexican Chicken Casserole**

- 4 boneless, skinless chicken breasts
- 1 small onion
- 12 flour tortillas
- 1  $\frac{1}{2}$  cups grated cheddar cheese
- 1 (10  $\frac{3}{4}$  oz.) can cream of mushroom condensed soup
- 1 (10  $\frac{3}{4}$  oz.) can cream of chicken condensed soup
- 1 cup sour cream
- $\frac{1}{2}$  cup canned chopped jalapeno peppers, drained (or 4 fresh jalapenos)
- 1 cup tomato salsa

1. Preheat oven to 300°.
2. Cut the chicken into 1-inch cubes. Peel the onion and grate using the fine side of a vegetable grater. Tear the tortillas into eighths.
3. Combine the onion, cheese, soups, sour cream, and jalapenos in a medium-sized bowl. Make layers in a casserole dish using  $\frac{1}{3}$  of the corn tortillas, soup mixture, chicken, then salsa. Repeat twice, in that order.
4. Cover and bake for 2 hours.  
Serves 4

### **Chorizo (Mexican Sausage)**

- 2 pound ground pork
- 2 tbsp. paprika
- 1 tsp. ground black pepper
- 1 tsp. dried oregano
- 1 tsp. ground cumin
- $\frac{1}{4}$  tsp. ground coriander seeds
- $\frac{2}{3}$  cup vinegar
- 1 tsp. garlic powder
- 2 tbsp. salt
- 2 tbsp. cayenne pepper

1. Place all the ingredients in a large mixing bowl. Mix with your hands until all the ingredients are well blended.
2. Place in an airtight container. Refrigerate for at least 2 days.
3. Form into patties for frying.  
Makes 2 pounds

### **Barbecued Pork Ribs**

- 1 small red onion
  - 12 garlic cloves
  - 8 fresh chipotle chilies
  - ½ cup water
  - ¼ cup red wine vinegar
  - 1 cup honey
  - ½ cup Dijon mustard
  - 1 tbsp. dried oregano
  - 1 tsp. salt
  - 1 tsp. ground black pepper
  - 4 pounds pork ribs
1. Preheat grill to medium setting.
  2. Peel the onion and cut into ¼-inch pieces. Peel and mince the garlic. Remove the stems from the chilies.
  3. Place the chilies in a small saucepan with the water; cover and simmer on low setting for 10 minutes or until the chilies are plump. Drain off the water. Cut the chilies into ¼-inch pieces.
  4. Combine all the ingredients except the ribs in a medium-sized saucepan; stir well. Bring the mixture to a boil. Cover and simmer for 10 minutes.
  5. Use as a basting sauce while grilling the ribs. Reserve ½ cup to be served as a dipping sauce with the meal.  
Serves 4

### **Chicken Tacos**

- 6 cups water
  - 1 medium-sized yellow onion
  - 4 garlic cloves
  - 1 carrot
  - 1 green bell pepper
  - 1 celery rib
  - 4 chicken breasts (with skin and bones)
  - 1 tsp. salt
  - 1 tsp. black pepper
  - 12 flour tortillas
1. Place the water in a large stockpot and bring to a boil.
  2. Remove the skin from the onion and cut into 1-inch pieces. Remove the skin from the garlic cloves and cut into thin slices. Peel the carrot and cut into ½-inch

rounds. Remove the core and seeds from the green pepper and cut into 1-inch pieces. Cut the celery into 1-inch pieces.

3. Place the chicken breasts, onion, garlic, carrot, green pepper, salt, black pepper, and celery in the boiling water; boil for 20 minutes. Skim the foam from the top, reduce heat to medium, and continue cooking until the meat falls off the bones when picked up with a fork.
4. Pour the contents of the stockpot into a strainer. Pull out the chicken breasts. Remove the bones and skin. Discard all the vegetables, chicken bones, and skin.
5. Shred the meat. Use as a filling for the tacos.

Serves 6

### **Rice with Sautéed Pork**

- 1 ½ cups dry white rice
- 1-pound pork loin
- 1 medium-sized yellow onion
- 2 cups canned pinto beans
- 2 tbsp. oliveoil
- ¼ tsp. garlic powder
- ¾ canned tomato paste
- 2 tsp. salt
- ½ tsp. dried oregano
- ½ tsp. ground cumin
- 1 ½ tsp. medium-hot red chili powder

1. Bring 3 cups of water to a boil in a medium-sized pot. Add the rice; boil for 5 minutes. Reduce temperature to medium-low and simmer for 20 minutes. Drain off excess water.
2. Cut the pork into thin slices. Peel the onion and cut into ¼-inch pieces. Rinse and drain the pinto beans.
3. Heat the oil to medium temperature in a large frying pan. Add the pork and cook until browned. Add the onions, garlic powder, salt, oregano, cumin and chili powder; sauté lightly until the onion are soft and clear but not brown. Stir in the tomato paste and 1 cup of water.
4. Turn heat to low. Cover and skimmer for 30 minutes.
5. Add the beans and stir lightly. Cover and simmer for 15 minutes longer.
6. Stir in the rice. Cook, uncovered, for 10 minutes.

Serves 4

### **Jalapeno Rice**

- 1 ½ cups uncooked white rice
- ½ pound Monterey jack cheese
- ¼ cup fresh green chili or 1/8 cup canned green chilies
- 2 cups sour cream
- ½ tsp. salt
- ¼ cup butter

1. Preheat oven to 350°. Grease a 9-inch-square baking pan.
  2. Bring 6 cups of water to a boil. Add the rice and salt. Cover and boil for 5 minutes. Reduce heat to medium-low and cook for 20 minutes or until the rice is tender.
  3. Grate the cheese. If using fresh chilies, remove the stem and seeds. Chop the chilies into ¼-inch pieces.
  4. Layer the rice, sour cream, cheese, and chilies in pan in that order. Dot with butter on top. Bake for about 30 minutes.
- Serves 6

## **Pork Picadillo**

- 1 ½ pound roast
  - 1 large white onion
  - 2 garlic cloves
  - ¼ cup canned jalapeno chilies, or 2 fresh jalapenos
  - 1 cup frozen or canned peas
  - 1 cup frozen or canned carrots
  - 1 bay leaf
  - ¼ cup vegetable oil
  - 1 cup Green Chili Sauce
  - ½ cup chicken stock
  - ¼ tsp. dried ginger
  - 1 tsp. salt
  - ¼ tsp. ground black pepper
1. Place the pork roast in a large stew pot and add just enough water to cover. Cook the meat on medium temperature for 1 to 3 hours or until tender. Shred the meat by pulling it apart into strips.
  2. Peel the onion and chop into ¼-inch pieces. Peel the garlic and chop into ¼-inch pieces. Stem, seed, and chop the jalapenos. If using frozen vegetable, thaw and warm to room temperature. If using canned vegetables, drain off the water. Crumble the bay leaf but discard stem.
  3. Heat the vegetable oil to medium-high temperature in a large frying pan. Add the onions and garlic. Saute until the onion is limp but not brown.
  4. Add all the ingredients to the frying pan; stir well. Reduce heat to low, cover, and cook for 30 minutes.
- Serves 6

## **Black Bean Soup**

- 2 cups dried black beans
- 2 ½ quarts water
- 2 garlic cloves
- 2 medium-sized yellow onions
- ½ cup vegetable oil
- ½ tsp. salt
- ½ tsp. ground black pepper
- ¼ tsp. whole fennel seeds
- ¼ tsp. dried basil

- 1 tsp. granulated sugar
- 1 tsp. dried mustard
- 1 tsp. grated lemon rind
- ¼ tsp. ground allspice
- 1 tsp. dried cilantro
- 1 cup canned condensed tomato sauce
- 3 tbsp. lemon juice

1. Soak the beans overnight in ½ quart of the water.
2. Remove the skin from the garlic and mince. Remove skin from the onions and cut into ¼-inch pieces. Put oil, onions, and garlic in a medium frying pan on medium heat. Saute until the onions are limp, not brown. Drain the oil.
3. Combine all the ingredients except the lemon juice in a large soup pot. Stir until well blended. Bring to a boil, then lower temperature to medium-low. Simmer, uncovered, for 2 hours or until the beans are soft.
4. Add the lemon juice and stir right before serving.

Serves 4

### **Cinnamon Fried Chicken**

- 4 skin-on chicken breasts
- 1 cup milk
- 1 cup flour
- 2 tbsp. ground cinnamon
- 1 tsp. cayenne pepper
- 1 tbsp. salt
- 1 tsp. ground nutmeg
- 1 tsp. ground cloves
- 4 tbsp. vegetable oil

1. Preheat oven to 300°.
2. Wash the chicken thoroughly. Pour the milk into a soup bowl and dunk the chicken breasts in milk until completely coated. Discard the remaining milk.
3. In another soup bowl, mix together the flour, cinnamon, cayenne pepper, salt, nutmeg, and cloves. Roll each breast in the flour mixture until well coated.
4. Put the vegetable oil in a roasting pan. Place the chicken breasts skin-side down in the roasting pan and bake for 30 minutes.
5. Flip the chicken so that the skin side is up and put back in the oven for 1 hour.

Serves 6

### **Salsa Picante**

To peel a tomato, immerse it in boiling water for several seconds. Make a slit in the skin with a sharp knife and it will slip off easily.

- 4 medium tomatoes, peeled and seeded
- 8 green onions, thinly sliced
- 5 pickled jalapeno chilies, minced

- 4 cloves garlic, minced
- 2 tbsp. olive oil
- ¼ cup chopped fresh cilantro
- ½ tsp. salt

Coarsely chop all ingredients by hand or with a food processor. Cover and chill.  
Makes 1 ½ cups

### **Pico De Gallo**

Pico De Gallo means “break of the rooster” in Spanish. The “bits” of ingredients resemble the way the rooster pecks his food.

- 3 tomatoes, seeded and coarsely chopped
- 1 cup chopped white onion
- 1 can (4 oz.) chopped green chilies
- 1/3 cup chopped fresh cilantro
- 2 jalapeno chilies, seeded and minced
- 3 tbsp. fresh lime juice
- ¾ tsp. salt

Combine all ingredients. Cover and chill.  
Makes 2 ½ cups

### **Salsa Verde**

This is an all-purpose green salsa. It’s excellent with chicken enchiladas, grilled fish or just served with chips.

- 10 tomatillos, husks removed
- 2 serrano chilies, finely chopped, including seeds
- 1 clove garlic, minced
- ¼ cup chopped white onion
- ¼ cup chopped fresh cilantro salt
- Water to thin mixture to desired consistency

Place tomatillos in a saucepan and cover with water. Simmer until tender, drain and cool. Combine ingredients. You may wish to chop using a food processor. Add salt to taste and enough water to thin to desired consistency. Serve at room temperature or cover and chill.

Makes 2 ½ cups

### **Roasted Garlic Salsa**

Baking the garlic softens and mellows the flavor. Try this with blue corn nachos – sprinkle blue corn chips with cheddar and Monterey jack cheese. Top with sliced green onions, black olives, chopped tomatoes and pickled jalapeno slices. Wow!

- 3 large heads garlic
- 3 tbsp. olive oil
- 2 cups chopped tomatoes
- ½ cup chopped onion
- 1 jalapeno chili, seeded and minced
- 2 tbsp. chopped fresh cilantro
- 1 tsp. salt
- ½ tsp. Tabasco Sauce

Remove most of papery skin from garlic. Slice off tops, place in a shallow baking dish and drizzle with olive oil. Heat oven to 300° and roast garlic for 1 hour or until softened. Cook. Squeeze garlic cloves from skin and chop finely. Combine with remaining ingredients. Cover and chill.

Makes 2 cups

### **Tomato and Avocado Salsa**

Avocados are rich in vitamins and their creamy flavor is wonderful with spice salsas. Several varieties are available, but the most flavorful is the pebbly dark-skinned Haas. To prevent avocados from turning black when exposed to air, sprinkle with lemon or lime juice. Wrap cut surfaces tightly with plastic wrap to seal.

- 3 cups chopped tomatoes
- 1 cup finely diced avocado
- ¼ cup chopped red onion
- 1 jalapeno chili, seeded and minced
- ¼ cup lime juice
- 1 tbsp. chopped fresh cilantro
- 1 clove garlic, minced
- ¼ tsp. salt

Combine all ingredients. Cover and chill.

Makes 4 cups

### **Kiwi Salsa**

If you can't find fresh tomatillos, they are available canned in the Mexican foods section of your grocery store. Fresh kiwi will keep for weeks in the refrigerator.

- 1 cup peeled chopped kiwis (about 5-6)
- 1/3 cup sliced green onions
- 1/3 cup chopped tomatillos
- 1 jalapeno chili, seeded and minced
- 1 tbsp. chopped fresh cilantro
- ¼ cup rice wine vinegar
- 1 tbsp. unsweetened pineapple juice
- 1 tsp. sugar

Combine all ingredients. Cover and chill.  
Makes 2 cups

### **Spicy Tropical Salsa**

This fruity, spicy salsa is excellent with grilled fish or chicken.

- 1 cup diced mango
- 1 cup diced papaya
- 1 cup diced pineapple
- 2 kiwis, peeled and diced
- 1 tsp. crushed red pepper flakes
- ¼ cup seasoned rice wine vinegar
- 3 tbsp. chopped fresh cilantro

Combine all ingredients. Cover and chill.  
Makes 4 cups

### **Summer Salsa**

Serve with colorful, tasty salsa with roasted Cornish game hens or grilled chicken for a change of pace.

- 2 cups diced strawberries
- ½ cup chopped red onion
- ½ cup chopped fresh cilantro
- 1 jalapeno chili, finely chopped
- ¼ cup finely chopped fresh mint
- 2 tbsp. olive oil
- ¼ cup balsamic vinegar
- Salt and white pepper

Combine all ingredients. Cover and chill.  
Makes 2 ½ cups

### **Three Berry Salsa**

Serve this salsa on a bed of bright green spinach leaves topped with grilled chicken breast for a colorful presentation. Try it with chops or Jack cheese quesadillas.

- 1 cup blueberries
- 1 cup stemmed, quartered strawberries
- 1 cup raspberries
- 1 cup diced tomatoes
- ¼ cup chopped red onion
- ¼ cup chopped fresh cilantro

- Grated zest (colored peel without white membrane) and juice of 1 orange
- Grated zest and juice of 1 lime
- 2 tsp. sugar
- ½ tsp. salt

Combine all ingredients. Cover and chill.

### **Aunt Carmen's Capirotada Bread Pudding**

Aunt Carmen always served French bread or rolls at meals. Whenever she had some leftover bread, she prepared her own version of Capirotada.

- 1 cup BROWN SUGAR, firmly packed
- 1 cup RAISINS
- ½ cup PINE NUTS (or 1 cup diced walnuts)
- 1 tsp. CINNAMON
- ¾ cup sharp CHEDDAR CHEESE, cubed
- 1 cup WATER
- 2 ½ cups FRENCH BREAD (cut into ½ inch cubes)
- 2 tsp. BUTTER

Preheat oven to 375 F. Butter a 1 ½ quart casserole. Combine sugar, cinnamon and water in small saucepan. Boil until Sugar is dissolved. Pour syrup over bread cubes and toss to cover completely. Add raisins, nuts and cheese, and toss with bread and syrup mixture. Place in greased casserole and bake 15 minutes in a 375 F. oven, or until heated through. Serve warm with whipped cream or a scoop of vanilla ice cream.

(6 servings)

### **Arroz con Leche Rice Pudding**

This old-fashioned dessert was originally created and prepared by the convent nuns in Mexico several centuries ago.

½ cup long-grain white RICE  
 1 ¼ cups SUGAR  
 2 EGG YOLKS, slightly beaten  
 2 cups WATER  
 1 CINNAMON STICK  
 2 strips LEMON PEEL  
 ½ cup RAISINS  
 2 cups milk  
 CINNAMON POWDER

Soak rice in hot water for 15 minutes. Drain and rinse well with cold water. In a large

saucepan combine rice, water cinnamon stick and lemon peel and bring to a boil. Lower heat and simmer until mixture has thickened and most of water has been absorbed. Add milk and sugar and continue to simmer until rice is tender. Add beaten egg yolks and bring to boiling point. Remove from heat and pour into serving dish. Remove cinnamon stick and lemon peel. Stir in raisins. Cool completely; then sprinkle Cinnamon powder over rice and refrigerate.  
(6 servings)

### **Pan De Naranja** **Orange Bread**

This is a variation of Pan Dulce with candied orange peel and nuts.

- 4 cups FLOUR
- 1 cup BUTTER, room temperature
- 1 pkg. ACTIVE DRY YEAST
- 1 cup GROUND ALMONDS
- 1 cup WARM MILK
- ½ cup finely-chopped CANDIED ORANGE PEEL
- 4 EGGS

Grease two 5 x 9 inch loaf pans.

Sift flour and sugar in a large mixing bowl. In a separate container, stir the yeast into warm milk and let stand for five minutes to dissolve. Add the dissolved yeast to the flour and sugar. Add the eggs and beat vigorously with a large wooden spoon. Add the softened butter and mix well. Turn out dough onto a lightly-floured board. Knead dough for several minutes until it is smooth and elastic. Place dough in a greased bowl, cover, and let rise until almost double in bulk.

Bake bread in a preheated 350 F. oven for 50 to 60 minutes.

(2 loaves, 12 servings)

### **Pasteles de Boda** **Mexican Wedding Tea Cakes**

Mexican tea cakes are actually very rich cookies traditionally served at weddings.

- 1 cup BUTTER (or margarine)
- 2 cups FLOUR, sifted
- ½ cup POWDERED SUGAR, sifted
- ¼ cup SALT
- 1 cup PECANS, finely chopped
- 1 tsp. VANILLA EXTRACT
- POWDERED SUGAR
- Preheat oven to 350 F.

Cream butter, powdered sugar and vanilla until well blended. Add flour, salt and nuts gradually to creamed mixture. Mix thoroughly. Shape into 2 long rolls about 1 ¼ inches in diameter. Wrap in waxed paper and refrigerate several hours. Cut into ¼ inch slices

and place close together on ungreased baking sheet. Bake at 350 F. for 15 to 20 min. or until lightly browned on top. Remove from baking sheet and roll in powdered sugar immediately . Place on a rack to cool.

(48 cookies)

Variation: Cakes may be rolled in small balls and baked in a 350 F. oven for 15 min. Remove from oven and roll in powdered sugar while still warm.

### **Flan Traditional** **Old-Fashioned Flan**

- 1 cup SUGAR
- 1 cup WHIPPING CREAM
- 1 can (14 oz) SWEETENED CONDENSED MILK
- 4 WHOLE EGGS
- 2 EGG YOLKS
- 1 can (5 oz) EVAPORATED MILK
- 1 CINNAMON STICK

Preheat oven to 325 F.

Heat sugar in a small skillet over medium-high heat. When sugar begins to melt, reduce heat to medium. Continue to cook sugar, stirring occasionally. When sugar is melted, immediately pour into a 2-quart baking dish, tilting to coat bottom and sides completely. Combine condensed milk, evaporated milk, cream and eggs in blender. Process until thoroughly mixed. Pour into baking dish lined with caramelized sugar. Drop cinnamon stick into middle of mixture up sides of baking dish. Bake about 1 ½ hours or until a knife inserted near center comes out clean. Cover flan loosely with foil if necessary to prevent excessive burning. Remove baking dish from hot water and place on a rack to cool.

Refrigerate several hours. To serve, run a knife around top edge. Place a serving plate with rim over flan and invert. Scrape all of the sauce from dish and spoon over flan.

(8 servings)

### **Flan de Manzana** **Apple Flan**

- 1 ½ cups SUGAR
- 1 can (12 oz.) EVAPORATED MILK
- 1/3 cup BUTTER
- 6 medium APPLES, peeled and sliced thinly
- 6 EGGS
- 1 can (14 oz) SWEETENED CONDENSED MILK
- 1 CINNAMON STICK

Preheat oven to 325 F.

Over medium-high heat, cook sugar in a small skillet, stirring occasionally until melted and golden in color. Pour into a two-quart baking dish, tilting to coat bottom and sides completely.

In a large saucepan melt butter. Add apples and sauté lightly for a few minutes until all

fruit is buttered. Remove from heat.

Combine remaining ingredients (except cinnamon stick) in a large mixing bowl and beat until smooth using an electric mixer or blender. Add apples and cinnamon stick to flan mix and pour into caramelized dish.

Place flan inside a larger baking pan and fill with hot water halfway up the dish. Bake for one hour at 325 F. or until a knife inserted near the center comes out clean. Remove from hot water and place on a rack to cool.

Chill thoroughly. Refrigerate several hours or overnight. Loosen outer edges of flan with a thin knife before unmolding. Place a serving plate with rim over flan and invert. Scrape additional sauce from dish and spoon over flan. Garnish with whipped cream and toasted slivered almonds.

(8 to 10 servings)

## **Flan de Platano**

### **Banana Flan**

- 1 cup SUGAR
- 1 cup MILK
- 1 can (14 oz) SWEETENED CONDENSED MILK
- 1 can (12 oz) EVAPORATED MILK
- 5 EGGS
- 2 ripe BANANAS
- 1 tsp. VANILLA EXTRACT

Preheat oven to 325 F.

Over medium-high heat, cook sugar in a small skillet, stirring occasionally until melted and golden in color. Pour into 2-quart baking dish, tilting to coat bottom and side completely.

Combine all ingredients in a large mixing bowl and beat until smooth using an electric mixer or blender. Pour mixture into caramelized dish.

Place flan inside a larger baking pan and fill with hot water halfway up the dish. Bake approximately 1 ¼ hours at 325 F. or until a knife inserted near the center comes out clean. Remove from Hot water and place on a rack to cool.

Chill thoroughly. Refrigerate several hours or overnight. Loosen outer edges of flan with a thin knife before unmolding. Place a serving plate with rim over flan and invert. Scrape additional sauce from dish and spoon over flan. Garnish with whipped cream and banana slices.

(8 to 10 servings)

## **Kahlua Fantasy**

### **Chocolate Cheesecake**

- 1 ½ cups semi-sweet CHOCOLATE pieces
- ¼ cup Kahlua
- 2 Tbsp. BUTTER
- 2 large EGGS, beaten
- 1/3 cup SUGAR
- ¼ tsp. SALT
- 1 cup SOUR CREAM

- 2 pkgs. (8 oz. ) CREAM CHEESE, softened, cut in pieces
- WHIPPED CREAM

Preheat oven to 350 F. Prepare 9-inch springform pan with chocolate crumb crust. In a small saucepan, over medium heat, melt chocolate with Kahlua and butter; stir until smooth. Set aside.

In medium bowl, combine eggs, sugar and salt. Add sour cream; blend well. Add cream cheese to egg mixture; beat until smooth. Gradually blend in chocolate mixture. Turn into prepared crust. Bake 40 minutes at 350 F. or until filling is barely set in center. Remove from oven and let stand at room temperature for one hour. Refrigerate several hours or overnight. Garnish with whipped cream. (12 to 14 servings.)

### **Chocolate Crumb Crust:**

- 1 1/3 cups CHOCOLATE WAFER CRUMBS
- 1/4 cup softened BUTTER
- 1 Tbsp. SUGAR

Combine crumbs, butter and sugar. Press firmly in bottom of springform pan.

### **Pastel de Pina Pineapple Cake**

- 2 cups SUGAR
- 2 cups FLOUR
- 2 tsp. BAKING SODA
- 2 EGGS
- 1 can (20-oz.) CRUSHED PINEAPPLE, undrained
- 1/2 cup PECANS, chopped
- 1 tsp. VANILLA EXTRACT

Preheat oven to 325 F. Grease 9x13-inch Pyrex dish. Combine all ingredients in mixing bowl and stir thoroughly. Pour mix into baking dish. Bake at 325 F. for 35-40 minutes or until tester comes out clean. (12 servings)

### **Icing**

- 2 cups sifted POWDERED SUGAR
- 1 pkg. (8-oz.) CREAM CHEESE, room temperature
- 1/2 cup BUTTER(or margarine), room temperature

Mix all ingredients until smooth. Spread on cake while hot.

### **Pastel de Chocolate Mexicano Mexican Chocolate Pie**

- 2 cups GRAHAM CRACKERS, crushed
- 1 cup PECANS, finely chopped
- ½ cup BUTTER (or margarine), melted
- 2 cups MILK
- 1 pkg. (3 5/8 oz) CHOCOLATE PUDDING
- 1 (3 oz.) circular tablet MEXICAN CHOCOLATE (or 3 Oz. semi-sweet chocolate plus 2 Tbsp. sugar)
- 1 pkg. (8oz.) CREAM CHEESE, room temperature
- WHOLE PECANS for garnish

Combine graham crackers and nuts. Set one cup of mixture aside. To remaining mix, add melted butter and press into 9-inch pie pan.

Heat milk and chocolate over low heat. Add pudding and stir occasionally until thickened. Add softened cream cheese to pudding and stir until melted. Pour contents into pie pan. Cool.

Refrigerate several hours before serving. Garnish with reserved nuts and crumbs around edge of pie. Decorate with pecans.

(6 servings)

### **Volteado de Durazno** **Peach Upside-Down Cake**

- ¾ cup BUTTER, softened
- ½ cup BROWN SUGAR, firmly packed
- 1 can (1 lb., 13 oz.) SLICED PEACHES
- 1 cup SUGAR
- 3 EGGS
- ½ cup EVAPORATED MILK
- 2 cups all-purpose FLOUR
- 2 ½ tsp. BAKING POWDER
- ¼ tsp. SALT

Preheat oven to 350 F.

Coat bottom and sides of a 10-inch round baking pan using three tablespoons butter. Sprinkle with brown sugar. Drain peaches, reserving one-half cup syrup. Arrange peach slices in an attractive pattern to cover bottom of pan. Set aside.

Place remaining butter and sugar in a large bowl and beat until mixture is light and creamy. Add eggs and beat until fluffy. Add milk and reserved syrup. Beat until well-blended.

Sift flour, baking powder and salt, and add gradually to creamed mixture until blended. Beat at high speed one minute longer. Pour batter over peaches in prepared pan, spreading evenly. Bake approximately 45 minutes. Test for doneness with toothpick. Cool in pan on rack for 20 minutes. With thin knife loosen edges of cake. Place serving plate over pan and invert.

(8 servings)

### **Bunuelos** **Mexican Fritters**

These light, crispy fritters are always prepared during the Christmas season, as well as other fiestas. They can also be served as dessert by topping each bunuelo with a scoop of vanilla ice cream and a cherry.

- 3 cups FLOUR, sifted twice
- 1 tsp. BAKING POWDER
- 1 tsp. SALT
- 1 Tbsp. SUGAR
- 2 eggs
- $\frac{3}{4}$  cup MILK
- $\frac{1}{2}$  cup BUTTER(or margarine), room temperature
- OIL for frying
- TOPPING
- 1 cup SUGAR
- 1 tsp. CINNAMON

In a large bowl, mix flour, baking powder and salt.

In a small bowl, beat one tablespoon sugar, eggs, and butter. Stir in milk. Add milk mixture to flour. If dough is too dry, add a few more drops of milk. Knead dough until it is very smooth . Shape into 20 balls. Cover and let stand for 30 min.

Heat oil one-inch deep n large skillet to 360 F.

Roll each ball out on a lightly-floured board into very thin six-inch circles. Fry bunuelos until golden brown, turning once. Drain on absorbent towels. Sprinkle with sugar-cinnamon topping while warm, or drizzle with syrup. These can be frozen. Wrap separately in freezer bags. Defrost and place in a 350 F. oven for a few minutes to crisp. (20 fritters)

### **Polvorones de Canela** **Cinnamon Cookies**

- 1 cup BUTTER (or margarine)
- $\frac{1}{2}$  cup POWDERED SUGAR
- 1 tsp. VANILLA EXTRACT
- 2  $\frac{1}{2}$  cups sifted FLOUR
- 1 tsp. CINNAMON
- $\frac{1}{4}$  tsp. SALT
- 2 cups POWDERED SUGAR and 1 tsp.CINNAMON for rolling

Preheat oven to 350 F. Grease baking sheet

Cream butter with sugar and vanilla. Add flour, cinnamon and salt. Chill several hours.

Roll into one-inch balls and place on baking sheet. Bake in 350 F. oven 15 minutes.

Remove and cool on wire rack. Roll in sugar and cinnamon mixture.

(48 cookies)

### **Sopaipillas Sonora** **Puffy Fried Bread**

A friend from Sonora, Mexico, shared this special recipe for sopaipillas. These freeze well

and can be reheated. While the puffiness disappears, the flavor remains.

- 4 cups FLOUR
- 1 ¼ tsp. SALT
- 3 tsp. BAKING POWDER
- 3 Tbsp. SUGAR
- 2 Tbsp. SHORTENING
- MILK
- OIL for frying

Sift flour, salt, baking powder and sugar. Cut in shortening and add just enough milk to make a soft dough, just firm enough to roll. Cover bowl and let dough rest 30 to 60 minutes. Roll 1/4 -inch thick on lightly floured board and cut in diamond-shaped pieces. Heat one-inch of oil in a frying pan to approximately 370 to 380 F. Add a few pieces at a time. Turn at once so they will puff evenly on both sides; then turn back to brown on both sides. Drain on paper towels. Sprinkle with powdered sugar or cinnamon-sugar mixture.

(50 to 60 sopaipillas)

### **CINNAMON-SUGAR MIXTURE**

1 cup sugar + 2 Tbsp. cinnamon

### **Galletas de Chocolate Chocolate Cookies**

- 1 cup BUTTER (or margarine) room temperature
- 1 ¼ cups POWDERED SUGAR, sifted
- 1 tsp. VANILLA
- 1 ¼ cups FLOUR, sifted
- ¼ tsp. SALT
- ¾ cup chopped PECANS
- 3 (3oz.) circular tablets MEXICAN CHOCOLATE ( or 9 oz. SEMI-SWEET CHOCOLATE plus 6 Tbsp. SUGAR)
- ¾ cup finely-chopped PECANS

Preheat oven to 250 F.

Cream butter. Add Powdered sugar and vanilla and blend well. Stir in flour, salt and ¾ cup chopped pecans. Melt chocolate in double boiler and add to batter. Shape into one-inch balls and roll in remaining ¾ cup finely-chopped nuts. Place on ungreased baking sheet, one inch apart. Cookies will spread slightly during baking. Bake at 250 F. for 40 minutes. Allow to cool before removing from baking sheet.

(72 cookies)

### **Recipes Courtesy of**

- [Mexican-Recipes.info](http://Mexican-Recipes.info)

- **Best 50 Salsas**
- **Mexican Deserts and Drinks**
- **Everything Mexican Cookbook**

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