

Mexican Cooking

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Salsa Verde (Tomatillo)

Ingredients:

- 1 lb. tomatillos
- 1 med. Onion
- 1/2 green pepper
- Chili peppers (3 to 10 depending on hotness" desired)
- 1 tsp. ground cumin
- Cilantro to taste
- 1 lime
- 3 cloves garlic

Method:

1. Peel paper off of tomatillo and boil for 1-2 minutes.
2. In the blender, puree the tomatillos, onion, green pepper, chili peppers, cilantro and garlic. Mix chopped ingredients together
3. Add cumin and squeezed juice from the lime. Serve with chips or nachos.



Hot Mexican Bean Dip

Ingredients:

- 1 - 8 oz. pkg Philly Cream Cheese, softened
- 1 cup sour cream
- 1 can refried beans - 30 oz
- 1 tablespoon garlic, finely minced
- 1 tablespoon cilantro, chopped
- 2 tablespoon Lipton's onion soup mix
- 2 tablespoons chili powder
- 2 1/2 cups grated cheddar or Monterey Jack cheese
- 2 tablespoons chili powder
- pinch of salt
- 1 tablespoon Tabasco (green) pepper sauce



Method:

1. Soak the minced garlic in the hot pepper sauce for 10 minutes. If you don't have green pepper sauce, you can substitute red Tabasco.
2. Combine cream cheese, sour cream, beans, cilantro, onion soup mix and chili powder and a pinch of salt to taste. Stir in garlic and Tabasco sauce.
3. Top with cheese. Bake in 350° oven until hot.
4. Garnish with chopped cilantro and a sprinkle of chili powder, paprika, parsley, sliced olives or a dollop of sour cream.

Melina's Arroz Con Pollo

Ingredients:

- five large boneless chicken breasts
- 1 can tomato sauce
- 1/2 large onion
- 2 garlic cloves
- 1/2 large tomato
- 1/2 large bell pepper
- long grain rice
- cooking oil or butter
- 2 cups hot water
- salt

Method:

1. Cut chicken breast into cubes. Chop all vegetables into cubes. Sauté a cup of rice in oil until golden brown. Stir two cups of hot water into rice; add vegetables and chicken.
2. Pour in tomato sauce and a teaspoon of salt. Cover and let boil; reduce heat to a simmer. Cook until chicken is white.



Mexican Cornbread Casserole

Ingredients:

Cornbread Batter:

- 2 cups self rising cornmeal
- 1 can (10 oz) cream style corn
- 2 eggs well beaten
- 1/2 cup crisco oil
- 2 tsp sugar (if desired)
- 1 cup milk (may add more milk to make batter right)
- (not to thick or not to thin) about like cake batter

Filling:

- 1 1/2 lbs lean ground beef
- 1 large onion chopped
- 3 to 5 small banana peppers chopped
- 2 to 3 cups grated cheddar cheese (mild or med)



Method:

1. Mix together corn meal, eggs, milk, sugar, cream style corn and oil. set aside. This is your batter for the bread. In a large skillet, cook ground beef, onion and peppers until browned and then pour into strainer. Drain off any grease. Rinse with hot water and let drain.
2. Pour half of batter into large greased skillet. Then pour all of the hamburger mixture over this. Top this with all the cheese.
3. Next, pour the other half of your cornbread batter over the meat and cheese filling.
4. Bake in a 350* oven for about 45 to 50 min. or until brown. Let set a few minutes before cutting and serving.
5. This makes a wonderful main dish. Serve with soup beans and enjoy.

Enchiladas Beef & bean with Mexican Rice

Ingredients:

- 1 lb. ground beef
- 1 med. onion, diced
- 1 lg. can refried beans or pinto beans, soaked & cooked
- 1 pkg. corn tortillas (12)
- 1 pkg. taco seasoning
- 1 (12 oz.) pkg. Cheddar cheese
- 1 (8 oz.) can tomato sauce or paste
- 2 c. water
- 1 clove garlic, minced (powder, optional)
- 1/4 c. onion, diced (powder optional)
- Dash of salt
- 2 to 4 tbsp. chili pepper (chili powder optional)
- Cornstarch, enough to thicken slightly
- 1 c. long grain rice
- 2 tbsp. butter
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. cumin
- Dash of salt
- 1/2 to 1 c. tomato sauce
- 2 c. water

Method:

1. Fry 1 pound of hamburger until brown. Drain well. Add 1/2 to 1 package of taco seasoning and 1/4 cup water; simmer 15 minutes.
2. While simmering, dice 1 medium onion, heat 1 large can refried beans. Cook 12 corn tortillas in oil, just until soft. Dab excess oil with paper towel.
3. Place 2 to 3 tablespoons hamburger on the edge of each tortilla. Add 2 tablespoons or so beans on top of hamburger. Sprinkle with onions and Cheddar cheese. Fold over 1 edge and roll up. Place in oblong cake pan.
4. **SAUCE:** Place 2 cups water in small saucepan. Add 2 to 3 tablespoons red chili pepper or chili powder; bring to a boil. Add 1 clove garlic minced or powder and 1/4 cup onion or powder and dash of salt. Simmer 10 minutes.
5. Add 1 (8 ounce) can tomato sauce or paste to desired thickness. Pour over enchiladas. Sprinkle remaining cheese and onions over top. Bake at 350 degrees for 15 minutes or cheese is melted. Makes 12 enchiladas.



Mexican Rice:

Ingredients:

- 2 tbsp. butter
- 1 c. long grain rice
- 1 to 1 1/2 tsp. onion powder
- 1 to 1 1/2 tsp. garlic powder
- 1 to 1 1/2 tsp. cumin
- 2 c. water
- 1/2 to 1 c. tomato sauce



Method:

1. Melt butter in skillet. Add long grain rice, onion powder, garlic powder and cumin; fry over medium heat just until brown.
2. Add 2 cups water and tomato sauce; bring to a boil. Cover and simmer over low heat about 20 minutes.

Refried Bean Dip

Ingredients:

- 1 can (1 lb.) refried beans
- 1 c. (1/4 lb.) shredded Cheddar cheese
- 1/2 c. cheese green onion, including part of tops
- 1/4 tsp. salt
- 1/2 tsp. chili powder, to taste
- 4 oz. can taco sauce
- Crisp-fried corn tortilla chips

Method:

1. Mix together the refried beans, cheese, green onion, salt, chili powder and taco sauce. Place in a small pan.
2. Cook over low heat, stirring until heated. Keep warm; serve with tortilla chips for "dippers". Makes about 3 cups.



Chicken Burritos

Ingredients:

- 1 chicken (3 lbs.) cooked or roasted chicken
- 1 (7 1/2 oz.) can tomatoes and jalapeno peppers
- 1/4 c. sour cream
- 1 tbsp. chili powder
- 1 tsp. salt
- 1 (16 oz.) can refried beans
- 8 (8 inch) flour tortillas
- 1/2 lb. Monterey Jack cheese, shredded (2 cups)
- 1 c. loosely packed, sliced iceberg lettuce
- 1 tomato, diced



Method:

1. In bowl, stir shredded chicken, tomatoes and jalapeno peppers with their liquid, sour cream, chili powder, and salt until well mixed. Preheat oven to 425 degrees.
2. Spread 1/8 of refried beans evenly over each flour tortilla. Spoon 1/8 of chicken across the center of each tortilla. Reserve 1 cup shredded cheese; sprinkle the remaining cheese evenly over chicken; roll up and place burritos, seam side down, in 12 x 8 inch baking dish.
3. Cover dish with foil, bake 30 minutes or until heated through. Remove foil and sprinkle burritos with reserved cheese; bake 5 minutes longer or until cheese melts and begins to brown.
4. To serve, sprinkle lettuce and tomato over burritos. Makes 4 main dish servings.

Classic Mexican Flan

Ingredients:

- 1/2 c. granulated sugar
- 1 (14 oz.) can sweetened condensed milk
- 1 c. milk
- 3 lg. eggs
- Yolks of 3 lg. eggs
- 1/2 tsp. almond extract
- 1 tsp. vanilla extract



Method:

1. In a small saucepan melt sugar over moderate heat, stirring frequently, until sugar is a dark, caramel-colored liquid.
2. Remove from heat and pour into a 4-cup metal ring mold or 8 individual molds. Quickly turn mold to coat bottom and sides with the caramel. Let cool so caramel hardens. Heat oven to 325 degrees.
3. Put the condensed milk, milk, eggs, egg yolks and flavorings into an electric blender. Cover and blend to mix well. Pour mixture into mold; put mold in a larger pan filled with water to a depth of 1/2 inch. Bake for 1 hour.
4. Remove from oven and remove mold from water. Cool and then refrigerate up to 2 days.
5. Cover mold with an inverted serving platter. Hold mold and platter together and turn them over. Lift off mold. Caramel will fall as a liquid sauce over the custard. 8 servings.
6. This rich, caramel custard makes a delicious finale for any traditional Southwestern meal. Its do-ahead feature makes it great party fare too!

Fried Mexican Ice Cream

Ingredients:

- 1 pt. vanilla or other flavor ice cream
- 1/2 c. crushed corn flake or cookie crumbs
- 1 tsp. cinnamon
- 2 tsp. sugar
- 1 egg
- Oil for deep frying
- Honey
- Whipped cream



Method:

1. Scoop out 4-5 balls of ice cream. Return to freezer.
2. Mix corn flake crumbs, cinnamon, and sugar. Roll frozen ice cream balls in half the crumb mixture and freeze again.
3. Beat egg and dip coated balls in egg, then roll again in remaining crumbs. Freeze until ready to use. (For thicker coating, repeat dipping egg and rolling in crumbs.)
4. When ready to serve, heat oil to 350 degrees. Place a frozen ice cream ball in fryer basket or on a perforated spoon and lower into hot oil 1 minute. Immediately remove and place in dessert compote.
5. Drizzle with honey and top with dollop of whipped cream. Continue to fry balls one at a time. Balls will be crunchy outside and just beginning to melt inside. Makes 4-5 servings.

Mexican Wedding Cookies

Ingredients:

- 1/2 c. (1 stick) butter, softened
- 1 c. sifted flour
- 1 c. pecans
- 1/4 c. plus 2 tbsp. confectioners' sugar
- 1/2 tsp. orange extract



Method:

1. Combine butter and 1/4 cup confectioners' sugar in mixing bowl with mixer until light and fluffy. Stir in flour. Stir in pecans until well blended.
2. Using about 1 level measuring tablespoonful for each cookie, shape dough into balls and place 2 inches apart onto greased baking sheets.
3. Bake in preheated moderate oven (350 degrees) for 15 minutes or until firm.
4. Transfer cookies to a wire rack placed over sheet of waxed paper to cool completely. Dust with remaining 2 tablespoons confectioners' sugar. Store cookies in tightly sealed container at room temperature. These cookies can be placed in a freezer.

Aztec Oranges

Ingredients:

- 6 oranges
- 1 lime
- 2 T. tequila
- 2 tsp grand Marnier
- soft dark brown sugar



Method:

1. cut off rinds of oranges and deseed.
2. cut into slices.
3. Place in non metallic bowl and cover with lime, tequila, grand Marnier and sprinkle with brown sugar.
4. Cover and chill until ready to serve.

Tortillas

Ingredients:

- 4 cups flour
- 3 teaspoons baking powder
- dash salt
- 1 1/2 cups shortening
- hot water

Method:

1. Mix ingredients together. Knead until smooth. Let rest for at least half an hour.
2. Roll thinly and fry on a hot griddle.



Fish Veracruz

Ingredients:

- 2 lb. fillet fish (sole, flounder, etc.) your choice
- Lemon juice, to taste
- 4 fresh tomatoes (1 lb.), sliced
- 2 green chili peppers, sliced
- 1 onion, sliced
- Salt & pepper to taste
- Oregano, to taste
- 1 tbsp. vinegar
- 1 tbsp. olive oil
- 3 bay leaves
- 2 tbsp. melted butter

Method:

1. Cover baking pan or dish with a layer of fish. Sprinkle with lemon juice.
2. Add a layer of tomatoes, chilies, onion, salt, pepper and oregano.
3. Repeat layers.
4. Mix vinegar, oil, bay leaves and butter. Pour over fish. Bake at 350 degrees until fish is tender. Serves 4.

Optional Topping - sprinkle with grated cheese.



Chicken Flautas With Guacamole

Ingredients:

- 1/4 c. chopped onion
- 1 clove garlic, minced
- 1 tbsp. vegetable oil
- 1 1/2 tsp. cornstarch
- 1/4 c. chicken broth
- 1 c. cooked shredded chicken
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 2 tbsp. chopped green chiles
- 6 (6 inch) corn tortillas
- Vegetable oil
- Guacamole



Method:

1. Saute onion and garlic in 1 tablespoon oil in a skillet until tender. Set aside.
2. Combine cornstarch and chicken broth; add cornstarch mixture, chicken, and next 3 ingredients to onion mixture. Cook over medium heat, stirring constantly, until mixture thickens. Set aside.
3. Fry tortillas, one at a time, in 1/4 inch hot 375 degree oil about 5 seconds on each side or just until softened. Drain on paper towels. Spread about 2 tablespoons chicken mixture in center of each tortilla. Roll up each tortilla tightly, and secure with a wooden pick.
4. Heat oil in skillet. Add flautas, and brown on all sides over high heat, 375 degrees. Drain on paper towels. Serve with guacamole. Yield: 2 servings.

Churros

Ingredients:

- 1 c. water
- 1 tbsp. sugar
- 1 tsp. salt
- 1 c. all-purpose flour
- 2 eggs
- Peel of 1/2 lemon
- Fat for deep-fat frying
- Granulated sugar or powdered sugar



Method:

1. In saucepan, bring water, sugar, and salt to boiling. Remove from heat.
2. Stir in flour, all at once, and beat until smooth. Beat in eggs, one at a time, until mixture is smooth.
3. Spoon batter into pastry bag fitted with large star point. Pipe 3 inch strips onto waxed paper or floured surface. Add lemon peel to deep fat and heat to 375 degrees.
4. Fry churros, a few at a time, for 3 to 4 minutes or until golden brown, turning as necessary. Drain on paper toweling.
5. Roll in granulated sugar or powdered sugar. Makes 24.

Fajitas

Ingredients:

- 2 chicken breast fillets or strip steaks
- 3 tsp. chili powder
- 1/4 cup brown sugar
- 2 large red peppers, sliced
- 1 large spanish onion, sliced
- 1 tsp. oil
- 1/2 lemon or lime
- sour cream or plain yogurt
- guacamole (optional)
- 4-5 flour tortillas



Method:

1. Prepare the vegetables. Combine them in a large bowl and toss with oil.
2. Heat grill/broiler until good and hot.
3. Mix the chili powder and brown sugar. Just before putting the vegetables and meat on the grill/broiler, coat the meat with the chili powder mixture.
4. Spread the vegetables out on a perforated grilling sheet and put it all on the grill/broiler.
5. Grill about 7 minutes until blackened, and then flip both the meat and the vegetables. Cook another 7 min or until meat is done.
6. Arrange vegetables in a bowl or on a platter and squeeze the lemon over them.
7. Thinly slice the meat. Assemble fajitas and enjoy. If you like em hot, add your favorite hot sauce =)

Grilled Quesadillas

Ingredients:

for each quesadilla:

- 2 tortillas
- 1/4 c. sliced olives
- 1/4 c. chopped chicken, pork etc.
- 1/2 c. shredded cheese
- small amount chopped dry onion and green peppers, (hot peppers can be used if desired)
- spicy tomato sauce



Method:

1. multiply above ingredients to make more than one.
2. Chop and mix filling ingredients together.
3. Preheat grill.
4. Butter one side of each tortilla.
5. When grill is hot, lay one tortilla on grill, buttered side down. Spread filling across the tortilla and cover with the other pre-greased tortilla---buttered side up.
6. Cook until tortillas have browned and cheese has melted. About 5 minutes. Serve with tomato sauce.

Sincronizadas

Ingredients:

- 2 tbsp TABASCO brand Green Pepper Sauce
- 12 flour tortillas
- 2 cups shredded Monterey Jack cheese
- thin slices of ham, cut into 1/2 inch strips
- 2 ripe avocados, peeled, pitted and sliced
- 1/3 cup chopped tomato
- 4 cups canned whole peeled tomatoes, coarsely chopped and not drained
- 1/4 cup chopped cilantro



Method:

1. Place six tortillas on flat surface. Spread about 1/2 teaspoon of TABASCO® Green Pepper Sauce on each.
2. Distribute half of cheese over tortillas. Layer on ham strips, avocado slices, chopped tomato, cilantro and remaining cheese.
3. Spread one side of remaining six tortillas with remaining TABASCO® Green Pepper Sauce and place sauce side down on layered tortillas, forming sandwiches (sincronizadas).
4. On a griddle or in a medium sized skillet, cook sincronizadas one at a time over a medium heat, until tortillas are crisp and lightly browned on each side, and cheese is melted.
5. Remove to a platter, cut into wedges and serve with additional TABASCO® Green Pepper Sauce, if desired. Makes 6 servings

Chicken with Peanut Mole Sauce

Ingredients:

- 4 lbs. chicken thighs or breasts (skinned)
- 4 c. water
- 1 med. carrot
- 3 stalks celery
- 1 sm. onion
- Dash pepper
- 3 slices bread (white)
- 4 tbsp. peanut butter
- 3/4 tsp. chili powder
- 1/4 tsp. cumin
- 1 clove garlic



Method:

1. Place first six ingredients in a large saucepan. Bring to boiling. Cover and simmer over low heat for 1 hour.
2. Remove chicken. Remove bones from chicken and place chicken in a 2 quart casserole.
3. Strain and defat broth. Put 2 cups in blender container and add rest of ingredients. Blend until smooth.
4. Turn into a saucepan and simmer until thickened, about 10 minutes.
5. Pour over chicken in casserole and bake covered at 350 degrees 30 minutes or until heated through.
6. Use leftover broth to cook with rice. Serve mole over rice.

Tequila-Marinated Hot Chicken Wings (makes 42 to 44 pieces)

Ingredients:

- 3 pounds (1.4 kg) chicken wings, about 21 to 22 wings, separated at the joints, wing tips discarded
- ½ cup (120 ml) tequila
- ½ cup (32 g) chopped fresh cilantro
- ¼ cup (60 ml) fresh orange juice
- ¼ cup (60 ml) fresh lime juice
- 2 tablespoons (30 ml) olive oil
- ½ tablespoon (7.5 ml) cracked fresh pepper
- 3 large cloves garlic, minced
- 1 to 2 teaspoons (5 to 10 ml) Tabasco sauce, or to taste
- 1 teaspoon (5 ml) grated orange zest
- 1 teaspoon (5 ml) grated lime zest
- 2 long strips orange zest, curled into spirals for garnish
- 2 fresh limes, cut into wedges for garnish
- fresh cilantro sprigs for garnish



Method:

1. Rinse chicken wings and pat dry with paper towels. Lay in a single layer in a large glass baking dish.
2. In a bowl, combine remaining ingredients except orange zest spirals, lime wedges, and cilantro sprigs for garnish. Pour mixture over the chicken wings. Cover and refrigerate overnight, turning chicken wings several times.
3. Preheat oven to 350°F (180°C) or Gas Mark 4 on an outdoor grill.
4. Remove chicken wings from marinade and arrange in a large shallow roasting pan. Bake chicken wings for 30 minutes.
5. Meanwhile, pour marinade into a saucepan, place on the stove and bring to a full boil; reduce by half, stirring occasionally, about 6 minutes. Set aside.
6. Remove the wings from the oven and preheat the broiler.
7. Brush the wings with the reduced marinade and broil, 4 to 6 inches from source of heat, until wings are crisp and brown, turning wings 2 or 3 times and brushing with marinade. (Wings may be made ahead to this point and wrapped in aluminum foil. Rewarm in a 300°F (°C) oven, opening the foil packet to uncover the wings.)
8. To serve, arrange the wings on a heated serving platter. Garnish with spirals of orange zest, lime wedges, and cilantro sprigs. Serve warm.

Guacamole Dip

Ingredients:

- 4 very ripe avocados (preferably sm., dark skinned variety)
- 1 lg. ripe tomato
- 1 tbsp. lemon juice
- 1 sm. onion, chopped
- 1/4 tsp. garlic powder
- 1/2 - 1 tsp. Tabasco sauce
- 1 sm. can Old El Paso chopped green chile
- Salt & Pepper to taste



Method:

1. Scoop out avocados into a large bowl, reserving 2 of the pits. Mash avocado until semi smooth with a few chunks left.
2. Chop and add tomato and onion. Add remaining ingredients and stir. Taste and adjust seasonings as necessary.
3. Place reserved pits in guacamole and refrigerate until serving time. Remove pits and serve with salted tortilla chips (for dipping). The pits prevent the guacamole from turning dark.

Mexican ~ style Salmon with Lime

Ingredients:

- 1/2 c. chopped green onions
- 1/4 c. butter
- 1/2 lb. fresh tomatoes, diced
- 1/4 c. chopped green chilies
- 2 tbsp. chopped fresh parsley
- 1/8 tsp. salt
- 1/8 tsp. garlic salt
- 1/4 tsp. grated lime peel
- 1/8 tsp. ground black pepper
- 1 1/2 lb. fresh salmon fillets
- 12 lime wedges



Method:

1. In a large skillet, sauté green onions in butter until tender.
2. Add tomatoes, chilies, parsley, salt, garlic salt, lime peel and black pepper; mix well. Bring mixture to a boil, reduce heat and simmer 5 minutes.
3. Add salmon to skillet; spoon sauce over fillets. Cover and simmer 10 minutes, or until fish flakes easily when tested with a fork.
4. Serve garnished with lime wedges. This recipe works just as well with any firm - fleshed fish.