

# Authentic Mexican Cooking

*Jose Gutierrez, Wasatch County 4-H Leader*

*Twila Gutierrez, Wasatch County 4-H Leader*

State 4-H Leadermete April 2008

Project Skill: Make tamales, chili rellenos, chili verde, tortillas and churros

Life Skills: Learning to learn, diversity, caring for others

## Refried Beans

Cook desired amount of Pinto Beans until tender, reserving water.

Can use lard, oil, bacon fat, or ham trimming to fry beans In skillet, heat oil until very hot. Add beans, fry and mash, reduce heat and add reserved liquid, simmer until desired thickness.

Note: Beans will become thicker when cooled.

## Tortillas (flour)

2 cups all purpose flour

½ teaspoon salt

1/4 cup lard

About ½ cup warm water

Additional flour

1-1 ½ teaspoons baking powder

Combine flour, salt & baking powder in medium bowl. Cut in lard with fingers until evenly mixed. Gradually add water to make a soft dough. Knead until dough is smooth and elastic. Cover and let rest about 10 minutes. Divide dough into even portions. Roll out as for pie crust to desired thickness, bake on **HOT** griddle until slightly flecked with brown. Turn and cook other side.

## Enchiladas

12 corn tortillas

1 large can enchilada sauce

Filling Variations: Shredded Beef, Chicken, Pork, Cheese, or Beans or combination of above

Heat sauce in medium pan, Heat tortillas over flame until soft, approximately 30 seconds) turning constantly. Dip tortillas in sauce & place filling on tortilla. Roll placing seam on bottom of 13x9x2 or cookie sheet. Continue until tortillas are used. Pour remainder of sauce over enchiladas, top with cheese and bake at 350 degrees for approximately 15-20 minutes.

## Fresh Salsa (Great fresh from Garden)

5-6 medium tomatoes

2-3 green onions

6-7 jalapeno or serrano chiles

Salt to taste

Cilantro leaves if desired

Dice all ingredients and combine in medium bowl.

Better if chilled before serving.

## Tamales

### Meat Mixture

4-5 lbs. pork shoulder roast

4-6 cloves of garlic

1-2 onions

4 bouillon cubes chicken or beef

½ cup water

Tomatoes to fill blender

1 package dried chilies pasilla or ancho

Blend in blender and add to meat:

5-6 more tomatoes and water (just enough to blend)

Simmer 45-60 minutes

### Masa

4 ½ lbs. masa

6 tsp. baking powder

2 cups lard

9 ½ -10 cups warm water

½-¾ can enchilada sauce

Salt to taste

Blend masa and baking powder

Add water and lard blend until desired

Consistency add enchilada sauce and salt to taste

Soak corn husks (hojas) in warm water. Unfold husks and spread masa in husk, place 1-2 Tablespoons meat sauce in center of masa, roll in sides and tuck bottom up. Steam for 30-40 minutes or until done.

### Rice

1 cup white rice

1 chicken breast boiled & shredded

1 15 ½ oz. can tomatoes

1 medium onion

1 bag frozen peas

1 clove garlic

3 cubes chicken or beef bouillon

Salt to taste

Brown rice in skillet in hot oil (2 Tbsp.) In blender add tomatoes, onion, garlic, chicken broth and bouillon. Blend Add to rice in skillet, simmer 15-25 minutes until rice is done. (Can add water if rice dries out too fast). Add chicken & vegetables on top of rice. Serve hot!

## **Churros**

(Mexican Crullers)

Oil for frying

1 cup water

6 Tablespoons butter

1/8 teaspoon salt

1 cup all-purpose flour

3 eggs

1/4 teaspoon cinnamon or nutmeg

About 1 cup powdered sugar

Pour oil 1 inch deep into a 10-inch skillet. Heat to 370 degrees. Bring water to a boil in a 2-quart saucepan. Add butter and salt. Heat until butter is melted. Add flour all at once; remove from heat. Beat until mixture is smooth and is the consistency of mashed potatoes. Beat in one egg at a time. When smooth, beat in cinnamon or nutmeg. Turn mixture into a pastry bag fitted with a star tip. Squeeze directly into hot oil, making churros about 8 inches long. Cook 3-4 at a time until a deep golden brown; turn occasionally.

Drain over skillet, then on paper towels. Sift powdered sugar over churros. Serve immediately. Do not store. Makes 16 churros.

## **Chile Rellenos**

6 Anahiem or California Chiles, fresh or may use canned, peeled Ortega chiles

Using fresh chiles, roast over flame until skin is black, wrap in damp cloth towel

Continue until all chiles are roasted. Under running water peel off skin. Make incision in center of chile, clean out seeds, stuff with cheese (Jack or Cheddar).

### **Sauce:**

1 1/2 cups chicken broth (bouillon)

Whole canned tomatoes

Salt

Garlic

1/4 cup chopped onions

Combine all ingredients and set aside.

Separate 6 eggs. Beat egg whites until fluffy & stiff. Add beaten egg yolks and 3 Tablespoons flour. Dip stuffed chile in egg mixture and fry in hot oil. Remove from oil and set aside until all are done, drain oil. Replace chiles in pan. Cover with the sauce and simmer. Approximately 25-30 minutes or until chiles are tender.