

# FOOD FORUM \*

Dorothy Johnson

Recently, I was a guest at a Mexican dinner. It not only tasted good but was superbly cooked. It raised a question in my mind that my hostess might have a little Mexican in her, but not the way perhaps many of her friends think, but according to her culinary art.

Mexican food is a fascinating combination of both Spanish and Indian influences, making much use of such native American staples as corn, beans, and tomatoes and spanish favorites like rice, olives and almonds.

The sauce my hostess prepared was out of this world. I asked several times how it was prepared, but received no answer, which made me come to the conclusion she did have a little "Mex" in her veins. However, I have the marvelous Woman's Day Encyclopedia of Cookery from which I'll pass on a few delectable recipes.

## SAUCES

### SALSA DE CHILE VERDE (Green Chili Sauce)

2 cans (4 oz. ea.) peeled green chilies or 8 fresh green chilies, 1 lb. green tomatoes, 1 garlic clove, 1 c. minced onion, 2c. chicken bouillon, 1/2 tsp. salt.

If canned chilies are used, rinse off seeds and shop. Toast fresh ones over gas flame or under broiler until blistered all over, then wrap in a cloth and in several layers of newspaper to steam. Scrape off skins, discard stem and seeds, and chop fine. Peel and chop tomatoes and mash garlic. Simmer all ingredients for 10 minutes.

### SALSA DE CHILE COLORADO (Red Chili Sauce)

6 dried red chili peppers (Chiles Colorados), 2 c. water, 1 lb. ripe tomatoes, or 2 c. canned tomatoes, 2 lge. garlic cloves, 3 tbsp. olive oil, 1/4 tsp. ground cumin seed, 1/2 tsp. dried oregano.

Using tongs, hold chilies over gas flame or put under broiler. Do not burn. Remove stems, shake out seeds, cover with water, and bring to a boil. Let stand for 20 minutes. Put in a blender with the water and whirl until smooth. Whirl tomatoes in blender. Mash garlic and combine all ingredients. Simmer for 15 or 20 minutes. This sauce may be thickened with 1-1/2 tbsp. each of butter and flour.

### SALSA CRUDA

2 lbs. ripe tomatoes, 1 lge. onion, 1 can (4 oz.) peeled green chilies, 1 tsp. cilantro (fresh coriander), 1 garlic minced, 1 can tomatillos, 1 tsp. dried oregano, 2 tbsp. olive oil, 2 tbsp. wine vinegar, salt and pepper to taste.

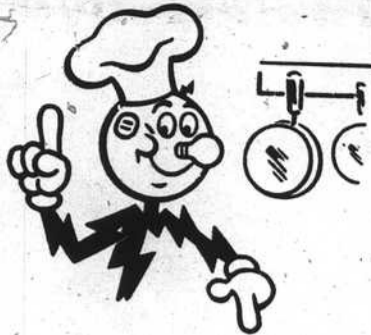
Peel and chop tomatoes and onion; rinse chilies of seeds and chop, mince cilantro; mash undrained tomatillos; combine all ingredients. "Tomatillos" are small green Mexican tomatoes, with a distinctive flavor.

### CHILES RELLENOS CON QUESO (Chilies Stuffed with Cheese)

2 cans (4 oz. ea.) peeled green chilies, 1/2 lb. shredded Jack Cheese, 2 eggs, 1 tbsp. all purpose flour, 1/8 tsp. salt, cooking oil for frying.

Rinse seeks from chilies, divide large chilies into thirds, smaller ones into halves, and drain on paper towels. Press cheese into little "sausages" using 2 tablespoons for each one, then wrap in a chile strip. Beat eggs until thick and light; fold in flour and salt. Have ready about 2 inches of hot oil in a deep skillet. Put stuffed chilies one at a time, in the batter, spoon some over them, and take up in a spoon so that some of the batter is included. Slip into hot oil and turn almost at once, so both sides are covered with hot oil. Add another chili until the pan is full but not crowded. Cook until golden on both sides and serve at once.

### ENCHILADAS (Stuffed Tortillas)



## REDDY KILOWATT'S

### HELPFUL HINTS FOR HOMEMAKERS

Speed-easy main dishes can be delectable and fun. With convenience foods you can make light work of meal planning and preparation. Here's one idea to tuck away for a day when dinner has to be ready in a hurry.

### QUICK 'N EASY CASSEROLE

1 can tuna, drained (If desired, add 1/4 to 1 cup of any or all of the following chopped vegetables: green pepper, celery, parsley.)  
1 can chicken soup  
1 can mushroom soup  
1 (6-oz.) pkg. Rice Krispies

Combine all ingredients in a large mixing bowl and mix thoroughly. Spoon into buttered casserole. Bake in 350 degree oven for 35 minutes.

Reheat leftover casserole food on the top of the range. The food won't stick nor will it need extra cooking liquid if the covered casserole is set in a pan partly filled with water.

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There are many different enchiladas. In fact, tortillas can be filled with any leftover meat, poultry, seafood, or cheese. They are usually rolled and sometimes folded.

Lard or shortening, Tortillas, Enchilada sauce or Salsa Rapida de Chile, cooked Chorizo, sauteed chopped onion, salt and pepper, grated cheddar cheese.

Heat lard, dip tortillas into it to make them hot and pliable, then dip into heated sauce. Put about 1/2 cup sausage mixed with some onion and salt and pepper to taste in a strip on the tortilla, and roll. Pour on more sauce, sprinkle with grated cheese. May be reheated in oven or under broiler to melt the cheese.

### TACOS DE JOCOQUI (Sour Cream Tacos)

12 tortillas, hot lard or oil, 1 lb. shredded Jack cheese, 1 can (4 oz.) peeled green chilies, salt and pepper to taste, 1-1/2 c. tomato sauce or Salsa Rapida de Chile, 1/2 c. cream sauce, 2-1/2 c. dairy sour cream.

Dip tortillas into hot lard. On each one put about 1/4 cup cheese, 1/3 chili in a strip, salt and pepper and 2 tablespoons tomato sauce. Roll and put in a baking dish, seam side down. Mix cream sauce and sour cream, pour over all, and bake in preheated moderate oven (350 deg.) for 30 minutes.

## FASHIONS AT A GLANCE

By Mattie Smith Colin (NPI)

For 1968, the basic black dress returns to the fashion scene. The "little black dress," usually billed as economical, changes in character with a switch in accessories...but accessories can be expensive items!

Jewelry always has been expensive--when it is the real thing--now some fake jewelry has soared in price. The mini-skirted who have revolutionized fashion, also have brought about mini-priced jewelry... and in such great variety that one may pick and dismiss at random for mini-basic black dresses. ---Designers are experimenting with cheaper but beautiful simulated stones to see what can be created that is both fun and tasteful.

Some of the results: two and three dollar pins and bracelets, chandelier-like earrings and glittering choker necklaces for under \$50. Would have cost much more, if made of real gems!

The big switch: The "price-dropper" who couldn't wait to astound everyone with how "much" she had paid for something she was wearing...now, "she" is the one who can't keep from telling everyone how "little" she paid. This kind of jewelry buying, of course, can stretch the little black dress--even the little black mini-dress--and the budget!

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Brides of 1968 will middle-aisle it in shirts!...Glorified shirt bridal gowns are varied...romantic, ruffled, classic, victorian and midi... Philippa's "romantic" is tucked silk organza trimmed in cotton lace.

Cahill takes satin - striped white voile, buttons it from head to toe and sashes it in pale blue satin... Tiers of Belgian lace falling to midi - length with lacy spats to match is Bianchi.

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## DECLINE IN NEGRO DENTISTS

CHICAGO - (NPI)-- "Wanted: More Negro dentists." That's the sign put up by the American Dental Association, which noted that only one out of 50 of the nation's dentists is black.

Expressing concern over the lack of Negroes entering the profession, the Association's monthly also noted the number of Negro dentists is declining.

Spring footwear remains patent... but what patent! Colors are almost neon, with electric pink the real dazzler... heels still are horribly chunky, but slightly higher!

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Flower signatures run the gamut from fabrics to jewelry to scarves and onto shoes.