



# Recipe Corner

by Dorothy Johnson

## South of the Border

Mexicans don't eat as many "Cosas enchilosas" as we think. "Cosas enchilosas" are, literally, things made with chiles. And while the average American tourist thinks that enchiladas and other such dishes are daily fare in homes in Mexico, it isn't true.

There may be a hot chile salsa or hot pickled chiles on the table, but otherwise the meals in middle and upper class homes aren't much different from ours. Pork chops or broiled fish would be typical main dishes, while enchiladas and similar snacks are eaten occasionally, just as they are here.

The universal dessert in Mexico is flaw. It appears on almost every restaurant menu from the posh tourist places to little cafes. Flaw is generally a custard of milk, sugar and eggs baked in a caramelized mold and turned out so that the melted caramel runs over the surface like a sauce. However, there are varieties of flaw that a tourist never faste-flaw made with squash, beans, corn or carrots.

From the text kitchen of Quaker Oats comes a delightful dish called "Mexican Mad Caps." This is turely a American-Mexican dish because it has an authentic "make from scratch" corn bread. Whether you call it American or Mexican, Mexican Madcaps are delicious.

### MEXICAN MADCAPS

#### Corn Bread:

1 cup milk 1/3 cup vegetable oil  
1 egg  
1 cup all-purpose flour  
1 cup Quaker or Aunt Jemia Enriched Corn Meal

2 tablespoons sugar  
4 teaspoons baking powder  
1 teaspoon salt

One 7-oz. can whole kernel corn, drained

#### Bean Topping:

Two 16-oz. cans pork and beans  
1 tablespoon chili powder  
One 4-oz. can chopped green chilies  
4 cups shredded lettuce  
2 medium-sized tomatoes, chopped  
2 cups (8 oz.) shredded sharp Cheddar cheese  
1/2 cup ripe olive slices  
1 avocado, peeled, sliced

For corn bread, add milk, oil and egg to combined dry ingredients. Beat about 1 minute; stir in corn. Bake in greased 15-1/x10-1/2-inch jelly roll pan in preheated hot oven (400 degrees) about 15 minutes or until light golden brown. Cut into 12 squares.

For bean topping, combine beans and chili powder in small mixing bowl or blender container. Beat at high speed on electric mixer or blend until smooth; stir in green chilies. Cook over medium heat, stirring occasionally until heated through. For each serving, spoon about 1/4 cup hot bean mixture over 1 square corn bread. Top with lettuce, tomatoes, cheese, olives and avocado slices, as desired. Makes 12 tostadas.

### SOPA SECA DE TORTILLAS

1 dozen corn tortillas  
Lard or shortening  
1 cup minced onion  
2 (7 oz.) cans diced chiles  
1 cup whipping cream  
1 cup tomato puree salt  
1/2 lb jack cheese  
2 tbsp. butter or margarine.  
Cut tortillas into 1/2 inch strips. Melt 1/3 cup shortening in skillet, add tortilla strips and fry until crisp but not brown. Drain on paper towels. Saute onion in 2



Merry Mexican fun! When golden squares of corn bread are covered with a bountiful bean sauce and an array of south-of-the-border ingredients, you have none other than Mexican Madcaps.

tbsp. shortening until tender. Add chiles, cream tomato puree and simmer 10 minutes. Salt to taste. Grease an 11x7x2 inch baking dish and cover bottom with tortillas then half the sauce and sprinkle half the cheese over sauce. Repeat with tortillas then sauce and cheese. Dot with butter and bake at 350 degrees for 30 minutes.

### MEXICAN WON TONS

1/2 inch cubes jack cheese  
Canned diced green chiles  
1 pkg wonton skins  
Oil  
Guacamole or other dip.

Place a cube of cheese and 1/2 tsp. diced chiles in center of each wonton skin. Moisten edges and fold over to form a triangle. Press to seal. Heat oil to 375 degrees. Fry wontons in deep fat until golden brown. Serve immediately with guacamole.

### CALABACITAS RELLENA

6 zucchini  
1 cup grated jack cheese  
1 cup grated cheddar cheese  
4 eggs separated  
flour  
6 tomatoes peeled  
2 cloves garlic  
Salt

Cook zucchini in boiling salted water until tender but slightly firm. Drain, cut in half and scoop out centers. Fill each half with mixture of cheeses. Beat egg whites until stiff, add egg yolks, one at a time and beat. Dust squash with flour, then coat with egg mixture and fry in deep hot oil until browned. Drain on paper towels. Place tomatoes, garlic and salt to taste in blender and grind. Heat 1 tbsp. oil in skillet large enough to hold squash add sauce and simmer until cooked. Add fried squash and cook until heated through.

### CHEESE AND TORTILLA PIE

1/2 lb jack cheese, grated  
1/2 lb. cheddar cheese grated  
1 (2-1) f oz. can sliced black olives  
4 green onions, chopped  
1 1/2 cups cottage cheese  
3 hard-cooked eggs, chopped  
1/2 cup sour cream  
8 corn tortillas  
1 (8 oz.) can tomato sauce  
1 (8 oz.) can green chili salsa

Combine the grated cheeses, olives, green onions and eggs, reserving 1/2 cup cheese for topping. Combine cottage cheese and sour cream. In a greased 3 quart casserole start layering one tortilla, cottage cheese mixture and grated cheese mixture. Repeat until tortillas and cheese mixtures are used. Combine tomato and green chili sauces and pour over the top of the layered tortillas and cheese. Top with grated cheese. Bake covered at 350 degrees for 40 minutes.

### MEXICAN CASSEROLE

3 cups cooked pinto or kidney beans  
1 cup canned tomatoes  
2 tbsp. chili powder  
4 slices of bacon  
Salt  
Garlic salt to taste.

Turn into a greased 1 1/2 quart casserole. Push cheese cubes into beans. Place bacon on top. Bake at 350 deg. 1 to 1 1/2 hr. Makes 4 servings.

### ORANGE PICO DE GALLAS SALAD

4 to 6 oranges peeled and thinly sliced cut into chunks or left in segments  
1 cucumber, thinly sliced  
1 onion chopped  
1/2 green pepper, cut into chunks  
1 (1 oz.) package frozen green beans, cooked  
1 cup oil  
1 cup wine vinegar  
1 tsp. garlic salt  
1 tsp. California chile powder  
1 tsp. sugar

2 quarts crisp, broken romaine (about 2 heads)  
Combine oranges, cucumber, onion, green pepper and green beans. Mix oil, vinegar garlic salt, chili powder and sugar and toss with salad. Chill 12 hours or overnight. Place romaine in salad bowl or on individual salad plates and add orange mixture. Makes 8 servings.

### CHICKEN TORTILLA CASSEROLE

1 chicken, cooked and boned  
12 tortillas, each cut into 6 wedges  
3/4 cup chopped celery  
1 small onion, chopped  
1/2 (4 oz.) can diced jalapeno chiles  
1 (6 oz.) can pitted ripe olives, sliced  
1 (1-lb) can cream style corn  
1 can cream of celery soup  
1 cup shredded jack cheese

Salt  
Pepper  
Sour cream or guacamole optional  
Sliced green pepper  
Tomato for garnish

Shred chicken. Butter a 9 inch square baking dish. Place a layer of one-third the tortilla wedges in baking dish. Stand some around edge of dish. Do not overlap. Make a layer of one-third the chicken, celery, onion, chiles, olives, corn, soup and cheese. Repeat layers twice, sprinkling each layer with salt and pepper to taste. Cover and refrigerate for 25 hours. Bake at 350 degrees until cheese is melted and casserole very bubbly, about 45 minutes. Top with guacamole or sour cream if and tomato. More jalapeno chile may be added for a spicier dish.