



E–Cookbooks Recipe Sampler

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Mexican Recipe Sampler

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Arroz Blanco

3 tablespoons olive oil
1 ½ cups long grain rice
1/4 cup minced white onion
1 clove garlic, minced
3 cups chicken, turkey or pork broth, or water
1 teaspoon salt

Place the oil in a heavy pot or Dutch oven over medium heat, add the rice and cook, stirring frequently, for 3 – 4 minutes. The rice should not be allowed to brown. Add the onion and garlic and cook one minute more, stirring almost constantly. Stir the salt into the broth, add it to the rice, bring to a boil, cover the pot, turn the heat to very low, and cook for 15 minutes. Stir the rice, carefully, replace the top, turn off the heat and allow the rice to steam for 10 – 15 minutes.

Baked Tamales

2 Pound Ground beef
1 Can Tomatoes (14 oz)
2 Tablespoon Chili powder
1/4 Teaspoon Cinnamon
1 Garlic clove, crushed
1 Teaspoon Salt
1 Cup Black olives

CORN MEAL DOUGH:

4 Cup Corn meal
2 Teaspoon Salt
8 Cup Water
2 Eggs, well beaten
4 Tablespoon Butter

In skillet, sauté beef in pan until brown. Add tomatoes, chili powder, and cinnamon. garlic, salt and olives. Cook 15 minutes.

Grease 9x13" baking dish and line bottom with 1/2 Corn Meal Dough. Add meat mixture and cover with remaining 1/2 Corn Meal Dough. Bake 20 minutes at 325°F. or until browned.

CORN MEAL DOUGH:

Add corn meal and salt to water in pot. Bring to boil and cook over medium heat until thick, 5–10 minutes. Add eggs and butter. Stir well.

Carne Asada

- 1 20 Ounce top sirloin steak
- 2 Tablespoon Vegetable oil
- 1/2 Teaspoon Dried leaf oregano, crushed
- 1/2 Teaspoon Salt
- 1/4 Teaspoon Coarsely ground pepper
- 1/4 Cup Orange juice
- 1 Tablespoon Lime juice
- 2 Teaspoon Cider vinegar
- 2 Orange slices, 1/2" thick

Place steak in a shallow glass baking dish. Rub with oil on each side. Sprinkle with oregano, salt and pepper. Sprinkle orange juice, lime juice, and vinegar over the steak. Cover and refrigerate overnight for best flavor or several hours, turning occasionally. To cook, bring meat to room temperature. Prepare and preheat charcoal grill (or gas grill). Drain meat, reserving marinade. Place steak on grill. Top with orange slices. Occasionally spoon reserved marinade over steaks as they cook. Grill 3–4 minutes on each side, or until medium– rare. Cook longer if desired. Remove orange slices to turn steak. Replace orange slices on top of steak.

Chalupas

Vegetable oil
12 Corn tortillas (the thinner the better)
6 Cups Refried Beans (or less)
1/2 Pound Cheddar cheese (sharp), grated
1 Large Tomato, chopped
3 Cup Lettuce, shredded

In a small skillet, heat about 1/2 inch of vegetable oil. Test the oil for proper temperature by putting in a small piece of tortilla. When the oil reaches the temperature where it immediately begins to bubble frantically over the tortilla as soon as it is put in the oil and the tortilla piece becomes crisp quite quickly, you are ready to cook the chalupa shells. This is important because there is nothing worse than a soggy chalupa shell which results from the oil not being hot enough.

Fry tortillas completely flat on both sides until very crisp. Drain and keep warm on a newspaper covered cookie sheet in a warm oven.

Spread about 1/4 inch thick layer of refried beans on each fried tortilla. Top with a generous amount of grated sharp Cheddar cheese and about 1 T chopped onion.

Place assembled chalupas on a cookie sheet and brown under broiler until cheese melts. Watch them carefully under the broiler, they can burn quite quickly. Top with shredded lettuce and tomato and serve.

Chiles Rellenos

12 Large Mild, green chiles w/stems
1/2 Pound Jack cheese cut into long narrow, strips.

BATTER:

1 Cup All purpose flour
1 Teaspoon Baking powder
1/2 Teaspoon Salt
3/4 Cup Yellow or white cornmeal
1 Cup Buttermilk
2 Eggs, slightly beaten

Parch and peel chiles leaving stems on. Cut small slit below the stem, removing seeds if desired. Insert strips of Jack cheese being careful not to split chile.

Prepare batter: Sift flour with baking powder and salt, then add cornmeal. Blend buttermilk and slightly beaten eggs, then combine milk mixture with dry mixture and blend together. Slightly moisten each chile with water dip in plain flour, then in batter. Allow to drain slightly and drop in deep fat which has been heated to 375 F.

Fry until golden. Drain on paper towels. Keep warm on platter in 300 F. oven while completing frying and serve immediately.

Chipotle Sauce

2 Chipotle Chiles;
2 Bacon; Slices, Finely Cut Up
1/4 Cup Onion; Finely Chopped, 1 small
3 Cup Tomatoes; Finely Chopped
1 Cup Beef Broth
1/4 Cup Carrot; Finely Chopped
1/4 Cup Celery; Finely Chopped
1/4 Cup Fresh Cilantro; Snipped
1/2 Teaspoon Salt
1/4 Teaspoon Pepper

You can make this sauce as hot as you want by adding up to a total of 4 dried Chipotle chiles. Cover chilies with warm water. Let stand until softened, about 1 hour. Drain and finely chop. Cook and stir bacon and onion in a 2–quart saucepan until bacon is crisp; stir in chilies and remaining ingredients. Makes about 4 cups sauce.

Enchiladas

1 Tablespoon Shortening
1 pound Ground beef
3 Tablespoons Flour
1 8-oz. can Tomato sauce
Water
2 Tablespoons Chili powder
Salt, to taste
3/4 teaspoon Garlic powder
12 Corn Tortillas
1 pound Cheese, longhorn – coarsely grated
1 large Onion, chopped fine

Melt shortening in heavy skillet. Add the ground meat and brown. Sprinkle meat with flour; mix in skillet. Add tomato sauce and 1 cup water. Mix 1/2 cup water with the chili powder to form a smooth paste; add to the meat mixture. Add salt to taste and garlic powder. Cook over medium heat, uncovered, until it is of gravy consistency. Cover and simmer over very low heat. Add more water if the chili gravy becomes too thick.

Dip tortillas one at a time in the hot chili gravy with a wide metal spatula. The tortillas will become pliable almost immediately, which will make rolling the enchiladas easier. Soaking too long will cause the tortillas to fall apart.

Place a good sprinkling of grated cheese and minced onion and about a tablespoon of the meat mixture to one side of the center of the tortilla. Roll tortilla tightly around the filling and place loose side down in a glass casserole baking dish. For best results place the enchiladas in a row with sides touching.

When all enchiladas have been formed, pour the remaining hot chili gravy over all, and sprinkle generously with grated cheese, and top with chopped onion. Bake at 350 degrees. F until the cheese is melted. Serve immediately.

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