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Beat eggs until light. Add sugar and continue to beat until mixture is thick. Fold flour and baking powder into the egg mixture. Add lemon rind. Spread batter in a 10 inch square baking pan lined with wax paper. Bake 10 minutes at 400 degrees. Remove pan and turn the cake out on a damp cloth. Roll up in the cloth and cool thoroughly. Unroll and spread with butter cream or jelly or sweet milk pudding. Roll up again and sprinkle with powdered sugar. For fancy decoration, spread with chocolate cream. Pass the tines of a fork through the cream, from end to end.

Josefina Arance de Baird

* SWEET MILK PUDDING (DULCE DE LECHE)

(Argentina)

1 (10 oz.) can sweetened condensed milk

1 tbsp. butter, melted
2-tbsp. wine or 2 tsp. vanilla

In pan of rapidly boiling water, submerge (unopened) can of condensed milk. Simmer 3 hours (in pressure cooker, 1 1/2 hours). Cool. To use, open can and mix with butter and wine. Refrigerate the rest. Use in cake, cookies, etc.

Josefina Arance de Baird

* ALFRJORES (FILLED COOKIES)

(Argentina)

1 box vanilla wafers
1 c. coconut

1/2 c. powdered sugar
1 can sweetened milk*

*Dulce de Leche recipe appears above.
Make a sandwich with 2 wafers and Dulce de Leche in the middle. Spread some around the borders and roll through coconut. Sprinkle powdered sugar on top. Yield: 40 to 44.

Josefina Arance de Baird

CHERRIED PRUNES

2 c. prunes
1 c. sherry

1 c. sugar

* GAZPACHO

(Spain)

Gazpacho is often called a salad soup. Its ingredients are those of a salad, but its consistency is that of a soup. It is served in individual shallow soup plate, sometimes with an ice cube or two in each. Small bowls of chopped hard-boiled white of egg, chopped tomato, green pepper and cucumber and croutons are passed.

2 sm. cloves garlic, crushed	1/4 c. onion, grated
2 slices bread, broken pieces	2 c. ice water
1/2 c. water	2 tbsp. wine vinegar
1/4 c. olive oil	Salt and pepper to taste
1 tsp. salt	
2 lbs. tomatoes, peeled and chopped or (1 (1 lb., 12 oz.) can tomatoes, sieved	

Crush garlic in bowl. Add bread, water, olive oil and salt. Let stand several hours or overnight. Add tomatoes and onions and blend until pureed. Chill. Add ice water, vinegar and additional salt and pepper. Serves 4-6.

CHILLED AVOCADO SOUP

2 ripe avocados, peeled	Salt and cayenne pepper
1 tbsp. dry sherry	1/2 c. sour cream
1 qt. chicken stock, chilled	1 avocado, peeled and sliced
1/2 c. light cream	Paprika

Put all but last 3 ingredients in electric blender. Blend until smooth. Chill 4 hours. Serve, topped with sour cream, avocado slices and a good sprinkling of paprika. Serves 4.

HUEVO REVUELTOS A LA MEXICANA

1 small tomato, seeded, diced
1 green onion, finely chopped
1 Tb. minced green pepper
1 Tb. minced parsley
1 Tb. butter

- eggs
2 Tb. milk
salt, pepper

Melt butter in skillet and saute first four ingredients. Beat eggs, add milk and salt and pepper. Pour eggs into the skillet and scramble with the tomato mixture. Serve with warm tortillas.

PICADILLO

1 lb. ground beef or pork
1 onion, chopped
2 tomatoes (or 1 cup canned)
2 Tb. vinegar
1 tsp. sugar
1 tsp. cinnamon

pinch of ground cloves
 $\frac{1}{2}$ tsp. ground cumin
1 tsp. salt
 $\frac{1}{2}$ tsp. chili powder
 $\frac{1}{2}$ cup raisins plumped in $\frac{1}{2}$ cup hot water
 $\frac{1}{2}$ cup slivered blanched almonds

Brown meat and onion and drain off grease. Add all other ingredients except almonds. Stir to blend, bring to boil, then simmer 30 minutes. Stir in almonds. Serve on hot rice, or as filling for tacos or empanadas.

* PLÁTANOS FRITOS

6 large firm bananas
 $\frac{1}{2}$ cup bitter

cinnamon
 $\frac{1}{2}$ cup brown sugar

Peel bananas and cut into half lengthwise. Melt butter in skillet and add brown sugar, stirring until bubbly. Cook bananas in sauce 2 or 3 min. on each side. Sprinkle with cinnamon and serve as a dessert with sauce poured over. Also good on ice cream.

SPANISH RECIPES

TORTILLA DE PATATA

$\frac{2}{3}$ cup olive oil
4 potatoes, pared, thinly sliced
2 small onions, thinly sliced?

- eggs
~~2 Tb. chopped parsley~~
1 tsp. salt
 $\frac{1}{2}$ tsp. pepper

Heat oil in 10 in. skillet and add potatoes and onions. Cook and stir 10 to 15 min. until tender. Drain any excess grease. Beat the eggs with spices and pour into skillet, cooking until set but not dry, cover the skillet with a flat plate and, grasping the plate and skillet together, invert omelet onto plate. Slide the omelet back into skillet, and cook until brown on underside, about 2 minutes. Serve either hot or cold with fresh fruits or vegetables, hard rolls, sausage.

One Ida frozen diced potatoes may be used for faster cooking. Regular oil may be used, with just a small amount of olive oil at the last for flavor.

Panes/Breads

★ Corn Tortillas

Indians ground their own corn on stone to make their corn tortillas. These tortillas were thick and were used as bread. They were a basic food staple. Today, making tortillas is an infinitely easier process, since we can purchase corn flour. Corn tortillas have become thinner and many Mexican people still consider them "bread."

2 cups CORN FLOUR (Masa Harina)

$\frac{3}{4}$ tsp. SALT

1 cup WATER + a little more, if necessary


In a bowl, add flour and salt and mix very well. Then add water, a little at a time while mixing. Take dough in hands and form into an elastic dough. Knead thoroughly, add more water, if necessary to keep dough moist. Dough should hold its shape but still be moist.

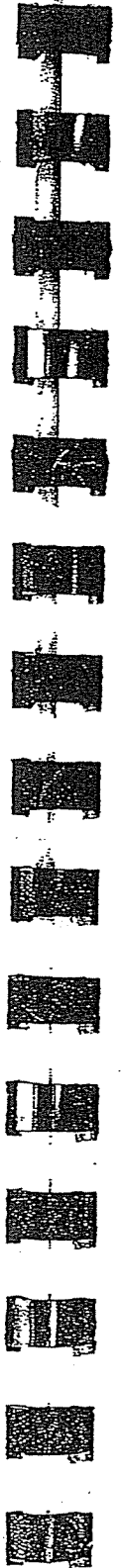
Form 12 dough balls. Take 2 sheets of waxed paper and place one dough ball in the center. Press down and flatten dough; use a small plate. Make a thin tortilla 6 inches around. Cook on an ungreased griddle, leaving the top sheet of waxed paper on the tortilla. Cook until the edges of the tortilla turn brown and small air bubbles stop forming. Remove second sheet of waxed paper, turn tortilla and cook. Do the same with all dough balls.

Allow tortillas to cool, then place in plastic bag and refrigerate. (Makes 12)

Tortilla Snack

Take a corn tortilla, warm it, and dab with your favorite jam. Cream cheese or any melted cheese tastes great and makes a quick, nutritious snack!

 Tortillas can be warmed on an ungreased griddle or pan. For microwave warming, wrap tortillas in waxed paper and heat for a few seconds. Place on plate and cover to keep warm.



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Chile sauce has many either/ors, but as each region and really each family enjoys a slightly different flavor, I'm including options so you can experiment.

* 2. PICO DE GALLO:

Coarsely chop fresh chile jalapeno, tomato and onion and cilantro in the same proportion as 1 (1 tomato, 3 chiles, 1/4 onion, 1 to 2 tablespoons cilantro) for a fresh salad type chile sauce.

FRIED GREEN CHILE SAUCE:

In a small amount of oil, in a covered frying pan, saute 1 whole tomato and 3 jalapeno chiles until the skin of the chile blisters on all sides. Do not burn them. Add about 1/4 cup water and let simmer until tomato is cooked. Let cool.

Peel tomato and chiles. Discard skin. Blend the two with any liquid left in the pan. Saute 1/4 thinly sliced onion, add blended chile and simmer 5 minutes until flavors mix. Add cilantro and/or oregano if desired.

RED CHILE

The smaller and smoother skinned the chile is, the hotter it is. Chile ancho is a dark red wrinkled chile, very flavorful, but not hot. Use a mixture of chiles for sauce or for medium hot, just use the longer, smooth skinned red chiles, called guajillo or mirasol. Toasting the chiles is supposed to bring out the flavor, but they are easy to burn and usually we just boil them briefly in water. Let cool slightly before blending.

SAUCE 1:

Cook 6 chiles and 1 large tomato in water to cover until tomato is soft. Let cook. Pull off stem of chile; put tomato and chile in blender with 1 clove garlic. Puree. Strain to take out seeds and veins.

SAUCE 2:

Same as (1) but use 4 to 5 tomatillos (small green sweet tomatoes) instead of tomato. Add garlic and pinch of cumin seed. Puree and strain.

Use Sauce 1 in enchiladas, pozole, or with shredded beef or pork. Also good for marinating chicken before barbecue or baking or for basting a pork roast.

Use Sauce 2 for cooked shredded pork. This filling is used for tamales or can be eaten as a meat dish.

Ponche de Piña

1/2 cup sugar
1 1/2 cups water
4 sticks cinnamon
12 cloves

1 (46 oz) can pineapple juice
1 1/2 cups orange juice
1/2 cup lemon juice

Simmer first four ingredients for 30 min. Strain and add juices. Chill. Makes 2 quarts.

* Sangría

1 can red mixed fruit punch
1 (6 oz) can frozen orange juice, diluted
1 (6 oz) can frozen lemonade, diluted
1 bottle 7-up

Proportions can vary according to taste, or what you have available. Mix and serve cold. May add sliced unpeeled orange and lemon for garnish.

Café con Leche

Dilute very strong coffee with an equal amount of hot milk.

* Chocolate Mexicano

1 Tb. cocoa
2 Tb. sugar
pinch salt
1/4 tsp cinnamon

1 or 1 1/2 cups milk

Mix dry ingredients in saucepan and add about 2 Tsp water to bring to boil. Simmer 1 min. then add milk and heat but do not boil. Beat until foamy just before serving.

* Líquidos

1 cup milk
1 cup crushed ice
1 banana or 1/2 cup strawberries

Blend well in blender. May add sugar to sweeten.

* Quesadillas

1. Make some tortillas.
2. Add some cheese on one side.
3. Heat until cheese melts or tortilla is slightly browned.

* Fried ice-cream

Need: scoops of ice-cream, sugar and cinnamon combined, corn flakes, a deep fryer

1. Make ice cream into scoops or balls.
2. Roll the ball in the sugar and cinnamon combined.
3. Roll the ball in corn flakes.
4. Fry the ball for 2-3 seconds.
5. Enjoy!!

Guacamole

2 medium ripe avocados
1 tablespoon lemon juice
1/4 cup chunky salsa
1/8 teaspoon salt

Peel and chop avocados; place in a small bowl. Sprinkle with lemon juice. Add salsa and salt. Mash coarsely with a fork. Refrigerate until serving.

Microwave Dulce de leche

1 14-oz can sweetened condensed milk
Empty the can into a large (2-1/2 quart or larger) glass bowl, and cover with plastic wrap (cling film), keeping a tiny bit uncovered to prevent excess steam build-up.

Microwave on medium power (I used level 5 on a 10-level appliance) for 2 minutes. Remove, stir with a wire whisk, and recover. Cook on medium for 2 more minutes. Remove, stir with a whisk, recover.

Then, in increments of 2-1/2 minutes, cook (on medium power) for another 10 minutes, stirring between each interval. After the first two stirs, you'll notice that the milk bubbles and foams up as it expels moisture. Then, with each stirring, the milk will be thicker and more caramel colored.

If after the 10 minutes, you like the color and consistency, stop! If you'd like a thicker sauce, continue cooking in 1-minute increments for another 2-3 minutes.

Remove from the microwave, and let cool before packing in a glass jar, or use right away as a topping for ice cream.

Flour tortilla recipe (makes 8)

- 2 cups flour (all-purpose or bread flour, cake flour should be avoided)
- 1/2 cup vegetable shortening
- 3/4 cup warm water
- 1 tsp salt

Instructions

1. Mix all the ingredients in a mixing bowl, then turn the dough out onto the counter and knead the dough for about a minute. This isn't like making bread and a minute of kneading is plenty.
2. Divide the dough into eight rounded balls.
3. Heat up a heavy frying pan over medium heat. The heavier the pan the easier they are. If you have a cast iron fry pan it is ideal for making tortillas.
4. Sprinkle some flour onto the counter and roll out each ball of dough into a flat circle about 6 inches in diameter. If the dough is sticking to the table, just add more flour. Rotating the circle around as you're rolling it out can help you get that nice circular shape, but it really just takes practice; and they'll taste great even if they're not perfectly circular
5. Take a clean cloth and dust off any flour that's adhered to the tortilla, and place it onto the frying pan. You don't need to add any oil to the pan, they won't stick.
6. When you see bubbles popping up all over the top of the tortilla, it's done.
7. Take it off the heat and wrap in a clean dishtowel as you repeat the process.

You don't need to cook the tortillas on both sides as they're so thin they'll cook through from the bottom. Cooking on only one side will make a better tortilla.

Don't get discouraged if your tortillas look funny, by the second or third batch you do you'll be a seasoned pro; and the whole process won't take more than about 20 minutes.

Churros

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Yield: 2-3 Servings

Ingredients:

- 1 cup white flour
- 1/4 tsp baking powder
- 1 cup water
- 1 Tbsp vegetable oil
- 1/8 tsp salt
- 1 tsp granulated sugar
- oil for frying
- several Tbsp granulated sugar to sprinkle or honey

Preparation:

If you prefer, use:

- [How to Make Spanish Churros - A Step-by-Step Recipe with Photos.](#)
- [How to Make Churros Video - Follow Along Start to Finish \(includes a written script\)](#)

This churros recipe makes 2-3 servings for breakfast. In the case additional servings are needed, prepare in batches so *churros* are warm when served.

Pour vegetable oil, such as canola or corn oil into a large heavy bottomed frying pan. Make sure there is about 2 inches of oil in the pan to cover the *churros*. There should be enough oil so that they float freely while frying. Set pan aside.

In a medium sauce pan, pour 1 cup water. Add oil, salt, sugar and stir. Bring water to a boil.

While waiting for water to boil, dry the cup used to measure the water and use it to measure flour, since it is necessary to have equal parts flour and water. Pour flour into a medium-sized mixing bowl and add baking powder and stir.

Once water boils, remove saucepan and begin heating oil in frying pan.

Slowly pour boiling water from saucepan into flour mixture - stirring constantly with a fork until it is a smooth dough without lumps.

Note: Dough should not be runny like a batter, but rather a sticky smooth dough.

Spoon dough into a *churrera* (a large cookie press) or pastry bag.

Carefully squeeze dough into hot oil and fry until golden brown. Remove with a slotted spatula or long-handled fork. Place on a paper towel to drain.

Once drained, cut into manageable lengths. Sprinkle with sugar or drizzle with honey and serve.

Hot Chocolate:

- 4 ounces dark chocolate
- 2 cups milk
- 1 tablespoon cornstarch
- 4 tablespoons sugar

To prepare the hot chocolate for dipping, place the chocolate and half the milk in a saucepan over very low heat and cook, stirring, until the chocolate has melted. Dissolve the cornstarch in the remaining milk and whisk into the chocolate with the sugar. Cook on low heat, whisking constantly until the chocolate thickens, approximately 5 minutes. Remove and whisk until smooth. Pour chocolate into cups and serve with churros.