"Fiesta Fare"

Mexican, Spanish and Southwestern Recipes

COMMENORATING ALBUQUERQUE'S 250th ANNIVERSARY
"Fiesta Fare"
Mexican, Spanish and Southwestern Recipes

Compiled by
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COMMEMORATING ALBUQUERQUE'S
250th ANNIVERSARY
INTRODUCTION

In this compilation we have included authentic Mexican, and Spanish recipes, as well as those which are distinctly, and distinctively, New Mexican. The latter have evolved through usage by individual families, which explains the many variations found in specific foods such as empanadas, biscochitos, and chiles rellenos. The adage "It is all a matter of taste" is especially true with our native dishes. Discussions regarding the preparation of beans alone tend to reach the hair-pulling stage as fellow cooks regale each other with their respective "best and only way" to handle the controversial frijole. In addition to the recipes which are generations old, there are a number of so-called "modern adaptations," typical of those which are passed from neighbor to neighbor over the bridge table, or garden wall. (Male opinion to the contrary, more recipes than gossip tidbits are exchanged over the coffee cups.) Primarily quick and easy one-dish meals with a "southern flavor," they will certainly join your list of favorites. Whether you are seeking a truly "Gourmet" dish, a special fiesta breakfast, or a simple yet different Saturday supper treat, we think you will find it here. Even if you are "just looking" rather than "really cooking", Fiesta Fare makes delightful reading, as its pages are spiced with a liberal sprinkling of stories relating to folk customs and recipe origins. We think, too, that you will appreciate the accuracy and thoroughness of all recipes, both old and new.

Although in so doing we risk accusations of delivering an unsolicited lecture, we offer a final word. Much of our Spanish, Mexican, and regional cookery involves a great deal of time, rather than a magical twist of the can opener. So, in this land of manana, match your preparation of these foods to the leisurely pace of our living. Cooking is art—take time to create a masterpiece.
FOREWORD

One of a woman's greatest legacies may well be the family recipes which have been handed down from mother to daughter for generations. Recipes which evoke memories of cold winter nights, and the suppers of chimisture which were typical of those times; of Christmas Eve and the traditional meal of posole following midnight mass, while outside, flickering luminarias lighted the Christ Child's way; of the excitement of Christmas morning with its breakfast feast of empanadas; of by-gone Lenten Seasons with their endless arrays of special treats,--panocha, quesadillas, molletes, and the capirotado of Good Friday; of humor-laden occasions when grandmother solemnly presented a batch of cotton-filled empanadas to an unsuspecting neighbor, scurrying gleefully homeward to wait for repercussions. Remembrances of the awesome marquesote in small white paper boxes, baking tantalizingly slowly in an outdoor oven; of tempting little piloncillo cones,--brown sugar at its best. Memories of a little girl, just tabletop tall, eyes dancing with anticipation as the wedding feast preparations near an end; a small hand darts out, and, mysteriously, there are fewer biscochitos cooling there. The sturdy eight year old, scrubbed and shining (with only a trace of a black eye), angelically dreaming of the treasures that will tumble from his birthday pinata; and, the yesterday picture of a grandmother's capable hands stretching bunuelo dough paper-thin over towel-covered knees. Indelibly etched is the beauty of vivid chile strings against sun-drenched adobe walls; of long-awaited springtime with the gathering of quelites and wild asparagus. Too, there are haunting recollections of childhood favorites which have been clouded by the passing years. Dishes prepared by great-grandmothers and great-aunts who guarded their culinary secrets zealously, and who were prone to banish all interlopers from their domains whenever they embarked on a cooking spree. For newcomers to this enchanted land, there are more recent memories of that first miraculous sopapilla, dipped in a melado of caramelized syrup; of experiencing new tastes, and exploring an entirely new world of food delights; of making friends with the taco, the tamale, the tortilla, and the pampered frijole. Native or newcomer, all these experiences are never-to-be forgotten memories of childhood, of growing up, of adulthood; memories which we hope to preserve and share with others through the preparation and publication of our legacy to you, "Fiesta Fare."
PRONUNCIATION GUIDE
by
Mr. A. D. Laumbach

Albondigas (ahl-bone-dee-gas) Meatballs
Arroz con Pollo (ah-rose-con-poy-o) Chicken-Rice
Asado (ah-sah-do) Sweet Stew
Asparagos Tostados (toes-tah-does) Asparagus on Toast
Arroz Caserola (ah-roz-cah-seh-roh-lah) Baked Rice Casserole
Carne Yucatan (kah-nay) Beefsteak Yucatan Style
Higado Frontera (ee-gah-doe) Liver and Chili
Burritos (bu-ri-toes) Stuffed Tortillas
Calabacitas (kah-la-bah-see-tas) Green Squash
Calabacitas con Elote (eh-loh-teh) Squash and green corn
Cebollas Rellenas (say-bo-yas ray-en-ahs) Stuffed onions
Chaquishue (cha-kay-way) Cornmeal Mush
Chilaquiles (chee-lah-kee-lehs)
Chiles (chee-lays) Chili peppers
Caribe (ka-reh-bee)
Chile con huevos (way-voes) Chile and eggs
Chile con papas (pah-pahs) Chile and potatoes
Chile salsa (sal-sah) Chili "red" sauce
Chile verde quisado (gee-sah-1-doe) Green chili stew
Chimistura (chi-mis-tuhr-uh)

Chorizos (cho-ree-so) Spanish Sausage
Chorizo Gordo Lopes (cho-ree-so gor-do) Spanish Sausage
Enchilados (en-chi-lah-dos)
Estequitos (es-te-kee-tos) Small Steaks
El Torito (el tor-ito) Small Bull
Frijoles con Chorizos (free-oh-lays free-ree-so) Pinto Beans
Frijoles Fritos (free-oh-lays free-ree-tos) Fried Beans
Frijoles con Queso (free-oh-lays con kay-so) Beans-Cheese
Frijoles con Chorizo (free-oh-lays cho-ree-so) Beans-sausage
Menudo (may-noo-do)
Posole (po-so-lay)
Posole de Chicos (po-so-lay de chi-kos)
Quelites (kay-leht-ays) Spinach (wild)
Rollos de Repollo (ro-yos-de-re-po-yo)
Sopa de Arroz (so-pah de ah-rose) Rice pudding
Best Wishes of
PIUS X HIGH SCHOOL

Best Wishes of
St. Mary High School

The menu in New Mexico is incomplete without the real old time dishes, including chile, beans, posole, and others so beloved by the confirmed New Mexican. Although it will be difficult to obtain the proper ingredients required by some recipes in localities other than the Southwest, there breathes not a woman who will be unable to prepare many of these dishes with locally available products. There'll be no excuse for menu-monotony! Although the novice can achieve most satisfactory results, one should really partake of a meal prepared by an experienced and expert Spanish cook to know "what is just right."

We invite you to send for, or buy, your ingredients in New Mexico, or better still, stop and shop for them during your trips through our state. The merchants whose advertisements appear within these pages have complete stocks to send you merrily on your way to a new adventure in cooking, and eating.

ALBONDIGAS I

1 lb. ground round steak or hamburger
1 Tbls. onion, finely chopped  ½ tsp. pepper
1 tsp. salt

Mix the above ingredients well and form into small balls and boil for about an hour in sauce made with

2 cups water  1 tsp. salt
1 Tbls. yerba buena  1 small can tomato sauce (dried mint)  ½ tsp. cilantro

ALBONDIGAS II

1 lb. round steak, ground  1 clove garlic
4 slices bread (soaked in 2 qts. boiling water
milk)  1 Tbls. fat
1 egg  2 Tbls. flour dissolved
1 onion  In cold water

salt to taste

Soak bread and mix with meat, add egg and mix together. Add salt. Shape into balls the size of a walnut. Chop onion
and garlic and fry in fat. Add water. Add flour, which has been dissolved in cold water. Drop meat balls in carefully and boil slowly for 3 hours.

Mrs. Ruth Carriagas

AIBONDIGAS III

1 1/2 lb. round steak or other meat suitable for grinding 6 tsp. blue cornmeal or 1 tsp. bread crumbs 2 eggs beaten 1 clove garlic, chopped 2 Tbsls. ground coriander seed 2 Tbsls. salt 1 Tbsls. pepper 1/2 onion, chopped fine

Grind meat, add other ingredients and mix well. Shape into balls in the size of a robin's egg.

1/4 Tbsls. fat 2 dried mint leaved 1/2 Tbsls. flour 1 Tbsls. saffron 1/4 cups water salt

Melt fat and brown flour in it. Add water and seasonings. When it starts to boil, drop the albondigas into it and cook until meat is well done. Simmer for about 3 hours.

ARROZ CON POLLO

Another glamorous version of the delectable "Rice with Chicken." Everyone's happy, including the cook and dishwasher--this is an easy, all-in-one-pan operation.

1 medium bell pepper chopped 3 cups water (chicken broth, or bouillon) 1 tomato, chopped 1/2 cup rice, washed 1 pkg. frozen peas, cooked 1/2 small can pimientos

1 medium onion, chopped 1 small onion 1 tsp. allspice 1 Tbsls. sugar

Saute pepper, onion, tomato, and garlic in olive oil until tender. Add water, saffron, and 1 whole clove and 1 bay leaf, if desired. Add chicken and rice, cover, and cook over low heat until chicken is tender. Check occasionally to prevent possible sticking. A little dry sherry may be added with the water or broth for added subtle flavor. Serve on a hot platter surrounded by the cooked peas. Garnish with strips of pimiento, a few capers, and olives.

ARROZ CON POLLO II

1 cup rice 1 frying chicken
1/2 clove garlic 1/2 onion
1/4 green peppers sliced 1/2 onion, chopped fine
2 chopped tomatoes fat for frying
salt to taste

Soak rice in warm water 15 minutes and drain. Cut fryer in pieces. Grind together garlic, onion, black pepper, salt and cumin seed and spread on chicken. Fry chicken in very hot fat until partly browned and add rice. Cook until rice begins to brown and add tomatoes and fry 5 minutes. Add a quart of cold water, another pinch of salt and the green peppers. Cover and cook slowly until the rice is soft. Before removing from fire, grind and add cooked chicken liver.

ASADO (SWEET STEW)

1 lb. veal or lamb 1 small onion
1 cup raisins 1 pt. water
1 tsp. allspice 1 Tbsls. sugar
1 small glass sweet wine

Cut meat in small cubes and boil one hour in water. Add onion, cut in pieces, raisins, allspice, sugar, salt to taste, and wine. Boil till meat is tender.

Mrs. Raymond Amestoy

ASPARAGUS ON TOAST

Mrs. Alex Vigil, who submitted this recipe, has this to say, "I prefer to use the wild asparagus that grow in tender shoots along the ditch at the back of my home, but you may use any fresh or canned asparagus."

Prepare the asparagus as follows: wash, remove spurs,
CHICKEN ENCHILADAS

You'll crow over these luscious tortillas, made in an instant with that old stand by, Bisquick. It seems to us that no self-respecting chicken would object to losing its head if it knew it would meet such a delightful destiny.

Filling:
- 1/4 cup shortening
- 2 cups diced, cooked chicken
- 1/4 cup minced onion
- 3/4 cup diced, ripe olives
- or 3/4 cup chopped mushrooms

Saute chicken and onion in shortening; remove from heat and stir in olives, or mushrooms. Mix well.

Sauce:
- 1 clove garlic, minced
- 2 (8 oz) cans tomato sauce
- 1 Tbsp. salad oil
- 1 cup water
- 1 tsp. chili powder

Saute garlic in salad oil until limp; add remaining ingredients. Simmer while preparing tortillas.

Tortillas:
- 1 cup Bisquick
- 1/4 cup water

Combine water and Bisquick; knead 1 minute. Roll out very thin into 6 inch circles. Fry on ungreased griddle until lightly brown. Fill tortillas with chicken mixture; top with cheese. Roll up. Place in baking dish, pour sauce over all and bake at 350° for 15-20 minutes.

"traditional" enchiladas is avoided, you can relax, enjoy your family, and guests (and, your dinner), and rake in the compliments.

2 cup chile sauce, or 1 cup finely chopped onion
1 pt. frozen chile 1 tsp. salt
3 cups grated cheese 8 tortillas

Combine cheese and onion; add salt. Cook tortillas in hot chile sauce until tender, but not soft. Place a portion of onion-cheese mixture on each tortilla. Roll up and place in baking dish. Cover tortillas with remaining sauce and cheese and bake (slowly, please) at 250° for 1 hour. Better double this if company's comin'.

ESTEQUITOS ASADOS

"My children's great-grandmother prepared this dish when a goat or lamb had been butchered. Although I cannot remember the exact name of the recipe, I remember how she did it, and the mouth-watering results."

2 lb. meat (goat or lamb) 2 tsp. salt
2 large onions, sliced thin pepper to taste

Cut small, thin steaks from the more tender part of the meat. In roasting pan arrange alternate layers of meat and onions, sprinkling each with salt and pepper. Cover tightly, and roast in oven (325°) about 1 hour until meat is tender. Do not add water; by tightly covering the meat, you "steam" cook it in its own juices.

Mrs. Carriaga

FRIED PINTOS

1 lb. or 2 cups beans 1 large onion, minced
1 large clove garlic, mashed 1 large green chile, or any equivalent kind of shortening
2 Tbsp. bacon grease or any salt to taste

To the beans and other ingredients add 6 cups water. Bring
TOMATO AND CHEESE SAUCE

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\begin{align*}
&\frac{1}{4} \text{ large onions, chopped} & 3 \text{ Tbs. flour} \\
&4 \text{ Tbs. fat} & 2 \text{ cups canned tomatoes} \\
&1 \text{ tsp. salt} & \text{(best if drained)} \\
&2 \text{ (or more) green chiles} & \text{(roasted, peeled, and chopped)} \\
&1 \text{ cup grated cheese} & \\
\end{align*}
\]

Sauté the onion in the fat until tender. Blend flour with tomatoes. Add tomatoes, green chile and seasoning to onions. Simmer. Add the cheese just before serving; stir until melted. This sauce may be used on toast for a lunch dish, or as a gravy substitute over mashed potatoes.

Mrs. Lois M. Brown

MELCOCHA

What pleasant memories the following recipe recalls. As a child I could hardly wait for sugar cane season to arrive, as we all knew taffy time was here. First, our horse would be hitched to a 20-foot pole and started around in a circle to start the press rolling and we children would feed the bundles of sugar cane through. Soon a small stream of pure cane juice would be coming out and we knew it wouldn't be long until our patient waiting for candy would be satisfied.

\[
\begin{align*}
&\frac{1}{4} \text{ cups sugar cane sorghum} \\
&1 \text{ pinch soda} \\
\end{align*}
\]

Boil sorghum until string point or hard ball stage. Remove from heat and let cool slightly; then add pinch of soda (this gives the taffy the blonde color) and stir continuously allowing soda to work thru. Pour out on cookie sheets that have been buttered and cool enough to handle. Then pick up a good sized piece and start pulling. Twist into rope effect and when hard break up into 1 or 2 inch pieces

Mrs. Lois M. Brown

PINOLE

Pinole is parched corn ground finely and mixed with