

Cocina Mexicana



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Burrito

One of the more common Mexican dishes in America, a burrito is a flour tortilla filled with a protein (usually chicken, pork, beef, or steak), rice, beans, and other fillings like lettuce and salsa before being wrapped

Chimichanga

A chimichanga is pretty much a deep-fried burrito. Sometimes a cheese, green chili, or sour cream-based sauce is put on top.

Chipotle

Chipotle peppers are jalapeno peppers that have been smoked. If a dish says it includes chipotle peppers, expect it to have some of that smokiness.

Enchilada

This is a rolled up tortilla with filling (which can include meat, beans, and vegetables) and covered in a chili pepper sauce.

Molé

This is a popular sauce with dark color and lots of spices. While chocolate is one of the ingredients, the sauce is not necessarily very sweet.

Quesadilla

This is a wheat or corn tortilla that's cooked flat on a grill with cheese, vegetables, and often protein on top before being folded over to make a half moon. This can be eaten as an appetizer or entrée, depending on size.

Taquito

A taquito usually refers to a small tortilla and filling that's rolled with the ends left open and then fried. This version's alternate name is *flauta*, or "small flute."

Rolling a Burrito

If planning and covering with a sauce, you can also leave one end open, so our guests can see what some of the contents are.



Chorizo Breakfast Burritos

Scrambled Eggs, Potatoes and Chorizo in a tortilla. What's not to like?

Makes 12 burritos

12	each	flour tortillas
12	each	eggs, beaten, with salt and pepper added
1	lb	chorizo, removed from casing
1	each	large onion, diced ¼ inch
2	each	large baking potatoes, washed and diced ¼ inch
4	each	green onions, sliced
2	cups	shredded cheddar
3	cups	salsa

- Put flour tortillas in a damp (not wet) towel, place in oven to warm.
- In a large skillet, cook the onions and potatoes as you would home fries.
- When potatoes are cooked and crispy on outside, remove, then add chorizo to the pan and cook, breaking up into pieces as it browns.
- Add back the potatoes and onions, mixing to absorb the chorizo flavor.
- When the chorizo is fully cooked, pour the eggs into the pan. Let them sit for about a minute to set. Once they have set, break up with a spatula.
- Cook until the eggs are cooked through, then remove from heat. Set aside.
- Assemble the burritos: In the middle of each tortilla, portion some egg and chorizo mixture, then the salsa, green onions and cheese.
- Roll the burrito up tightly, tucking in both sides to close it up as you roll.
- It should be a tight, somewhat firm roll. Cut the burritos in half at an angle and place in a steamtable pan to serve.



Chorizo Breakfast Burrito

Beef & Cheese Burritos

These are “wet” burritos, topped with a chili or enchilada sauce and cheese.

Makes 24 burritos

24	each	flour tortillas
5	lbs	ground beef
3	cups	onions, diced
1/3	cup	chili powder
1	Tbsp	garlic powder
1	Tbsp	onion powder
1 1/4	tsp	red pepper flakes
1 1/4	tsp	dried oregano
1	Tbsp	paprika
1	Tbsp	cumin
5	tsp	salt
5	tsp	black pepper
3	cups	diced tomatoes (if canned, drain well)
2	lbs	shredded cheddar
1 to 2	quarts	enchilada sauce, heated and kept warm
1/4	cup	green onions, sliced, for garnish

- Warm the flour tortillas in moist heat while you cook the filling.
- Brown the ground beef, onions, and all seasonings together until the beef is fully cooked. Stir in the diced tomatoes and cook for a few minutes.
- Dust a little flour into the mixture, stir gently in to let the liquid thicken, then remove from heat to cool enough to handle.
- Make the burritos: lay out a tortilla, place filling in the middle and top with an ounce of cheese. Roll up as shown at the beginning of this section.
- Place in a steamtable pan, cover and bake about 25 minutes to heat.
- Remove, ladle enchilada sauce over each burrito, then top with cheese.
- Last, sprinkle on a bit of green onion as a garnish. You can also serve shredded lettuce, diced tomato and sour cream or pico de gallo.



Ground Beef Burritos

Fajita Style Chicken & Peppers

All the fajita stuff in a single pan, ready and waiting for a soft flour tortilla.

For 24 servings

10	lbs	boneless chicken thighs or breasts (or a mixture)
8	each	green bell pepper, sliced in strips (julienne)
4	each	red, yellow or orange bell pepper, julienne cut
4	each	large onions, halved; cut into thin wedges
2	28 oz	cans whole tomatoes, chopped, (with liquid)
3	Tbsp	ground cumin
2 1/2	tsp	red pepper flakes
2	tsp	black pepper
1	Tbsp	salt
2	Tbsp	paprika
1	Tbsp	garlic powder
2	tsp	onion powder
		oil as needed

- Slice chicken into strips (easier if the chicken is partially frozen).
- Sear on a well-oiled hot grill or in a skillet. It doesn't have to fully cook. Transfer to a roasting pan.
- Sauté onions, peppers and cumin quickly; add to the chicken.
- Add all the seasonings, toss together to coat, then add tomatoes.
- Cover and bake until chicken is completely cooked.
- Remove, check seasonings and adjust as needed. Drain excess liquid.
- Transfer to steamtable pan. Serve with normal fajita condiments: shredded cheese, sour cream, and don't forget to steam the flour tortillas!



Fajita Style Chicken & Peppers

Basic Carnitas Filling

Carnitas means “little meats” and it’s usually fried and then braised. It’s a very popular and common food, served in the finest restaurants and by street vendors in every region of Mexico. This versatile version can be used for tacos, tamale filling, enchiladas, burritos or just about anything you like.

Yields about 5 ½ lbs cooked

8	lb	Boston butt roast, cut into large cubes (with fat on)
1	Tbsp	salt
2	Tbsp	ground cumin
1	tsp	dried oregano
½	tsp	ground cinnamon
1	Tbsp	black pepper
1	Tbsp	garlic powder
4	each	bay leaves
3	cups	chicken, pork or beef stock

- Fry the pork cubes. Just toss ‘em in the fryer for a minute to crisp the outside and then drain well. Meanwhile, mix spices in a bowl.
- Toss the pork in the spices. Use all the spice.
- Place pork in a toaster, Dutch ove, or tightly fitting pan. Add stock and cook low and slow (about 250 F) for several hours until the pork is tender.
- Remove the pork from oven and shred. Place in a pan to keep warm.
- In a saucepan, reduce the drippings (and skim the fat) to make a sauce.
- You can thicken the sauce with corn starch or just reduce thicken.

Serve the carnitas with soft corn tortillas and taco fixings or try them in the Carnitas Enchiladas recipe here in this section.



Carnitas Enchiladas

Use the Basic Carnitas recipe, or you can use Pulled Pork for a milder flavor.

Makes a full steamtable pan of 24 enchiladas

24	each	corn tortillas
3	lbs	carnitas meat
4	cups	onions, thinly sliced
4	cups	shredded cheddar
2	quarts	enchilada sauce

Tip: It's much easier to roll corn tortillas without breaking if you steam them. Set up a colander in a stockpot with boiling water in the bottom, then place a kitchen towel in the colander and the tortillas in the towel.

- Toss the onions in a bit of oil, then sauté quickly in a skillet to brown just a bit and soften. Add the meat, about 1/3 of the sauce and reduce the heat.
- When the tortillas are soft and pliable, fill each one with the meat/onion filling – about 2 ounces per tortilla.
- Add about an ounce of cheese, then roll the tortilla somewhat tightly and place in the steamtable pan. If you place the first one in with the seam down and against the side, it will prevent it from unrolling.
- Repeat until the pan is full. Pour enough of the remaining sauce over the enchiladas to evenly cover them, but not to flood the pan.
- Top with a generous amount of cheese, then put in the oven to bake for about 20 minutes or so – until the cheese is melted and bubbly and the interior of the enchiladas is hot.
- Remove and place on serving line. You can top with green onions or olives, and have sour cream available, and perhaps salsa and cheese.

Chicken Enchilada Skillet

You can definitely do this in a skillet, but you can do it in a half size pan.

Yield: 1 half size pan

2	Tbsp	veg oil
1	cup	onion, diced
1	Tbsp	minced garlic
1 1/2	tsp	ground cumin
1 1/2	tsp	salt
3	cups	salsa (red)
3/4	cup	sour cream
12	each	corn tortillas
6	cups	chicken, cooked and shredded (leftovers, anyone? Hmm?)
2	15 oz	cans black beans, rinsed and drained
2	cups	shredded cheddar

- Prepare a half pan with food spray. Lay 6 tortillas in bottom of the pan to completely cover. Sprinkle 1/2 cup cheese on tortillas. Set aside.
- Heat oil in skillet; add onion, garlic and cumin. Cook until onion is soft.
- Add chicken, black beans and 1/2 cup water. Cook until hot, then add sour cream, half the salsa and blend together. Remove from heat.
- Spoon mixture over the tortillas. Use it all. Then top with 1/2 cup cheese.
- Use remaining tortillas to cover the filling, then spoon on enough salsa to wet the tortillas. Top with the remaining cheese and put in oven.
- Bake about 15 – 25 minutes, until cheese is melted and bubbling.
- Serve with salsa, sour cream and cilantro on the side



Enchilada Chicken "Skillet"

Enchilada Chicken

Chicken baked in a rich, red enchilada sauce topped with cheese.

Makes 1 full size pan, about 25 servings

7	lbs	boneless chicken thighs, cut into thirds
2	each	large onions, sliced thick
6	Tbsp	garlic, minced
½	cup	cooking oil
6	cups	enchilada sauce
4	cans	Rotel (or whole tomatoes, chopped)
1/3	cup	lemon juice
2	Tbsp	ground cumin
1	Tbsp	ground chili powder
5	cups	shredded cheddar
1	cup	sliced black olives
¼	cup	jalapenos, sliced (from jar or fresh)

- Preheat oven to 350 F. Spray a full size pan with food spray.
- Heat oil in skillet, then brown the chicken on both sides. Transfer the chicken to the steamtable pan.
- Sauté the onions and garlic until a bit brown, then add to the pan.
- In a saucepan, mix the enchilada sauce, Rotel, lemon juice, cumin, chili powder. Heat, then pour over the chicken and onions.
- Bake the chicken about 40 minutes or until fully cooked.
- Top with the cheese and olives, return to the oven and bake until the cheese is melted and bubbling or browned a bit.

Rolling, Rolling, **Rolling, Enchilada Rolling...**

It's much easier to roll corn tortillas without breaking if you steam them. There are a couple of ways to steam corn or flour tortillas:

Set up a colander in a stockpot with boiling water in the bottom, then place a kitchen towel in the colander and the tortillas in the towel.

Pull them out as you need them. You can keep tortillas for up to 2 hours this way.

Or, you can just put them in an oven set at low temperature, wrapped in a camp towel and pull them as you need them.

You'll have much better results if you let them steam for a while, because they become much more flexible and easier to roll. This is especially true when they have been previously frozen.

The longer you steam, the better.



Bean & Beef Enchiladas

Makes about 2 full steamtable pans, or 48 enchiladas

1	lb	pinto beans, dry
3	lbs	ground beef
1	recipe	taco seasoning mix for 5 lbs (or 5 packs mix)
4	cups	onions, diced
2	each	fresh jalapeño peppers, minced
2	cups	bell peppers, diced
3	quarts	enchilada sauce
8	cups	shredded cheddar cheese
48	each	corn tortillas

- Cook the pintos in salted water until done but still firm, not creamy.
- Brown the ground beef with taco seasoning and 2 cups of water. When it is nearly done, add onions and peppers and cook until soft.
- Add a couple of cups of the enchilada sauce and, when it is bubbling hot, thicken the mixture with a bit of flour mixed with water. Cook until it thickens, then add the beans. Remove and let cool until you can handle it.
- Fill each tortilla with about 2 to 3 ounces of filling, then a bit of cheddar.
- Roll the tortilla somewhat tightly and place in the steamtable pan, seam down and against the side, to prevent it from unrolling.
- Repeat until the pan is full. Pour enough of the remaining sauce over the enchiladas to evenly cover them, but not to flood the pan.
- Top with a generous amount of cheese, then put in the oven to bake for about 20 minutes or so – until the cheese is melted and bubbly and the interior of the enchiladas is hot.
- Remove and place on serving line. Garnish with green onions and have sour cream available, and perhaps salsa and cheese.

Ground Beef Enchiladas

Makes about 2 full steamtable pans, or 48 enchiladas

5	lbs	ground beef
1	recipe	taco seasoning mix for 5 lbs (or 5 packs mix)
4	cups	onions, diced
2	each	fresh jalapeño peppers, minced
2	cups	bell peppers, diced
3	quarts	enchilada sauce
8	cups	shredded cheddar cheese
48	each	corn tortillas

- Brown the ground beef with the taco seasoning and a couple of cups of water. The water helps the beef to break up into finer pieces as you work it. When it is nearly done, add onions and peppers and cook until soft.
- Add a couple of cups of the enchilada sauce and, when it is bubbling hot, thicken the mixture with a bit of flour mixed with water. Continue to cook until it tightens up then remove and let cool until you can handle it.
- When the tortillas you've been steaming are soft and pliable, fill each one with the meat filling – about 2 ounces per tortilla.
- Roll the tortilla somewhat tightly and place in the steamtable pan, seam down and against the side, to prevent it from unrolling.
- Repeat until the pan is full. Pour enough of the remaining sauce over the enchiladas to evenly cover them, but not to flood the pan.
- Top with a generous amount of cheese, then put in the oven to bake for about 20 minutes or so – until the cheese is melted and bubbly and the interior of the enchiladas is hot.
- Remove and place on serving line. You can top with green onions or olives, and have sour cream available, and perhaps salsa and cheese.



Ground Beef Enchiladas

Cheesy Chicken Enchiladas

Makes a full steamtable pan

24	each	corn tortillas
¼	cup	taco seasoning mix
¼	cup	cooking oil
3	cups	onions, diced
2	cups	bell peppers
2	cans	black beans, rinsed and drained
6	cups	cooked, shredded chicken
2	cups	kernel corn, thawed or drained if canned
1	quart	cheese sauce (canned or made from recipe)
1/4	cup	pickled jalapenos, chopped
3	cups	shredded cheddar

- In a skillet, cook onions and bell pepper in the oil until tender, then add the chicken and tomatoes, cook another couple of minutes until heated.
- Remove from heat, let cool a few minutes then assemble enchiladas.
- Put about 2 ounces of filling in each tortilla, then add a generous pinch of shredded cheddar. Roll the tortilla somewhat tightly and place in the steamtable pan, seam down and against the side, to prevent unrolling.
- Repeat until the pan is full. Top with the cheese sauce, then sprinkle on some cheddar and bake for about 20 minutes.
- Remove and place on serving line. Garnish with chopped or dry parsley.



Cheesy Chicken Enchiladas

Chicken Enchiladas in Red Sauce

Makes a full steamtable pan

24	each	corn tortillas
¼	cup	taco seasoning mix
¼	cup	cooking oil
3	cups	onions, diced
2	cups	bell peppers
2	cans	black beans, rinsed and drained
6	cups	cooked, shredded chicken
2	cans	Rotel
1	quart	enchilada sauce
4	cups	shredded cheddar

- In a skillet, cook onions and bell pepper in the oil until tender, then add the chicken and tomatoes, cook another couple of minutes until heated.
- Add a cup of the enchilada sauce and cook, letting mixture thicken a bit.
- Remove from heat, let cool a few minutes then assemble enchiladas.
- Put about 2 ounces in each tortilla, roll somewhat tightly and place in the steamtable pan, seam down and against the side, to prevent unrolling.
- Repeat until the pan is full. Top with the remaining enchilada sauce, then a generous amount of cheese.
- Bake for about 20 minutes or so – until the cheese is melted and bubbly.
- Remove and place on serving line.



Chicken Enchiladas in Red Sauce

Simple Chicken Enchiladas

Easy, tasty, made with your leftover chicken.

Makes a full steamtable pan

24	each	corn tortillas
1	lb	cream cheese
¼	cup	taco seasoning mix
¼	cup	milk
¼	cup	cooking oil
3	cups	onions, diced
8	cups	cooked, shredded chicken
2	cans	Rotel
4	cups	shredded cheddar

- Mix the cream cheese, taco seasoning and milk. Set aside
- In a skillet, cook onions in the oil until just brown and tender, add the chicken and tomatoes, cook another couple of minutes until heated.
- Remove from heat, add the cream cheese, and 1 cup of the cheddar.
- Put about 2 ounces in each tortilla, roll it tightly and place in the steamtable pan, seam down and against the side, to prevent it unrolling.
- Repeat until the pan is full. Pour the sauce evenly over the enchiladas, then top with a generous amount of cheese.
- Bake for about 20 minutes or so – until the cheese is melted and bubbly and the interior of the enchiladas is hot.
- Remove and place on serving line.

Spinach Enchiladas

You can make this vegetarian only or add chopped chicken for a meaty entrée.

Makes a full steamtable pan, about 24 enchiladas

24	each	corn tortillas
2	lbs	chopped spinach, thawed and <u>squeezed</u> dry
¼	cup	oleo
2	cups	onions, sliced thin
4	cloves	garlic, minced
3	cups	cottage cheese (ricotta is better if you have it)
1	cup	sour cream
24	slices	Swiss cheese
1	quart	enchilada sauce
4	cups	shredded cheddar

- In a saucepan, sauté onion and garlic in oleo until wilted. Then stir in the spinach and cook a few more minutes to cook off the water.
- Remove from heat, let cool a few minutes, then add cottage cheese, 1 cup of the cheddar cheese and lightly salt and then stir together.
- On each tortilla, lay a slice of Swiss cheese, a portion of spinach, then roll up the tortilla. Place in the steamtable pan, seam down and against the side, to prevent it from unrolling.
- Repeat until the pan is full. Pour the enchilada sauce over the enchiladas to evenly cover them, but not to flood the pan.
- Top with the cheddar cheese, then bake until bubbling and hot.
- Garnish with a bit of fresh parsley, green onions, or some black olives.



Spinach Enchiladas

Beef & Cheese Quesadillas

Have the ingredients on hand, the grill hot and you just knock these out as you need 'em. Hot and fresh for the crew, no waste for you. Easy peasy, Amigo.

For 12 quesadillas (a single flour tortilla, folded)

3	lbs	ground beef
6	cloves	garlic, minced
3	cups	onion, minced
1/4	cup	taco seasoning
1/3	cup	tomato paste
2	cans	black beans, rinsed and drained
2	each	tomatoes, quartered, seeds removed, diced small
2	lbs	shredded cheddar (or blend of cheddar/mozzarella)
1/4	cup	cilantro, fresh, chopped
12	each	flour tortillas

- In a skillet, heat the ground beef; break up into fine pieces. Season with salt and pepper, and add onion and garlic. Cook about 5 minutes.
- Add taco seasoning, tomato paste and about 1/4 cup water; stir in. Cook at medium low heat for a couple of minutes, then add the black beans.
- After a couple more minutes, turn off heat and add tomatoes and cilantro.
- To make the quesadilla, oil grill, lay out tortilla. Put on a layer of cheese.
- Top cheese with beef mixture on only half (you'll fold the tortilla).
- When the cheese begins to melt, fold tortilla over the beef. Let cook a minute if needed. Then flip so they're brown on both sides.
- Remove, cut into 3 or 4 wedges. Serve with salsa, sour cream or more cilantro, maybe some queso. Whatever you think the crew will like.



Beef and Cheese Quesadilla

Chicken & Cheese Quesadillas

Same procedure for the most part as the beef & cheese quesadillas.

For 12 quesadillas (a single flour tortilla, folded)

3	lbs	chicken, cooked and shredded
6	cloves	garlic, minced
3	cups	onion, minced
1/4	cup	taco seasoning
1/3	cup	tomato paste
2	cans	black beans, rinsed and drained
1	cup	whole kernel corn, thawed to room temperature
2	lbs	shredded cheddar (or blend of cheddar/mozzarella)
12	each	flour tortillas

- In a skillet, onion and garlic until soft. Add the chicken, taco seasoning, tomato paste and about 1/4 cup water; stir in. Cook at medium low heat for a couple of minutes, then add the black beans. Cook until water is evaporated, then turn off heat.
- To make the quesadilla, oil grill, lay out tortilla. Put on a layer of cheese.
- Top cheese with chicken mixture on one side (you'll fold the tortilla).
- When the cheese begins to melt, fold tortilla over the beef. Let cook a minute if needed. Then flip so they're brown on both sides.
- Remove, cut into 3 or 4 wedges. Serve with salsa and sour cream.

Chorizo & Cheese Quesadillas

Lots of spice here

For 12 quesadillas (a single flour tortilla, folded)

2 1/2	lbs	chorizo, removed from casing
2	cups	onion, minced
2	Tbsp	taco seasoning
1/3	cup	tomato paste
2	cans	black beans, rinsed and drained
2	each	tomatoes, quartered, seeds removed, diced small
2	lbs	shredded cheddar (or blend of cheddar/mozzarella)
1/4	cup	cilantro, fresh, chopped
12	each	flour tortillas

- In a skillet, cook chorizo; breaking into fine pieces.
- Add onions and cook until soft and chorizo completely cooked
- Add taco seasoning, tomato paste and about 1/4 cup water; stir in. Cook at medium low heat for a couple of minutes, then add the black beans.
- After a couple more minutes, turn off heat and add tomatoes and cilantro.
- To make the quesadilla, oil grill, lay out tortilla. Put on a layer of cheese.
- Top cheese with chorizo mixture on only half (you'll fold the tortilla).
- When the cheese begins to melt, fold tortilla over the meat. Let cook a minute if needed. Then flip so they're brown on both sides.
- Remove, cut into 3 or 4 wedges. Serve with salsa, sour cream or more cilantro, maybe some queso.

Blackened Fish Tacos

Blackened grilled fish with the usual toppings on a soft corn tortilla.

Makes 12 tacos

12	each	corn tortillas (soften them by steaming a bit)
2	Tbsp	chili powder
1	Tbsp	ground cumin
1	Tbsp	garlic powder (not salt)
1	Tbsp	onion powder
1/2	tsp	cayenne
1	tsp	salt
8	each	fish fillets, cut into 3 strips each (use a firm white fish)

For the Tangy Slaw:

4	cups	cabbage, finely shredded
1	cup	carrots, finely shredded
1/2	cup	cilantro, chopped
1/2	tsp	salt
2	Tbsp	lemon juice

- Make the slaw first, then set side. Just mix the ingredients together.
- For the fish, mix the spices together, then rub all over the fillets.
- In a very hot skillet or on the grill, put a bit of oil, when it is just smoking, lay out the fillets and cook on both sides until fish is flaky and firm.
- Remove, place two pieces on each corn tortilla, then top with some of the Sriracha Mayo and the Tangy Slaw.



Blackened Fish Tacos

Pulled Pork Tacos & Pineapple Slaw

Doesn't sound too Mexican but hey, it's really good.

Makes a bunch of tacos

8	lbs	pork shoulder
2	cups	BBQ sauce
1	cup	brown sugar
1/2	cup	lemon juice
1/4	cup	garlic powder
1/4	cup	chili powder
4	tsp	cayenne
1	head	cabbage, shredded
1	each	pineapple, cut, cored, diced small
1/4	cup	olive oil
1	each	red onion, sliced thin
6	each	green onions, sliced
2	tsp	red pepper flakes
24	each	corn tortillas

- Combine the BBQ sauce, sugar, half the lemon juice, and spices. Mix into a paste and rub onto the pork. Let set for a couple of hours or longer.
- Put in a tight fitting container if you can or wrap in foil and put in a roaster. Roast low and slow for 5 or 6 hours until it's fork-tender.
- Remove, let it cool enough to handle, and shred. Pour drippings in a pot.
- When the fat separates, skim off and reduce the liquid to about half.
- Make the slaw: mix remaining lemon juice, the oil, pineapple, onions and red pepper flakes loosely.
- To make the tortillas, place some shredded pork on each corn tortilla, top with a nice portion of the slaw. Either lay flat and open, or fold and stand them carefully in a pan. Either way, have the right utensil for serving.
- Serve the sauce on the side. If you have fresh jalapenos, slice some too.



Shredded Beef Taco Filling

Use any cooked, leftover beef for these tacos.

Makes about 24 tacos

5 to 6	lbs	cooked beef roast, broken into chunks
1/2	cup	cooking oil
2	each	large onions, diced
1	cup	bell pepper, diced
1	each	jalapeno, fresh, seeded and minced
2	Tbsp	ground cumin
2	Tbsp	chili powder
2	cups	enchilada sauce
1/2	cup	cilantro, chopped (optional)

- In a skillet, heat half the oil and brown the roast and transfer to a saucepan. Add the enchilada sauce and enough water to cover the meat. bring to a simmer and begin cooking. You want the meat to become tender enough to shred. Time depends on the cut of meat you use.
- In the same skillet, add remaining oil. Sauté onions, bell pepper and jalapeno until the onions are a light brown.
- Remove from heat, stir in the seasonings and add to the beef.
- Continue simmering to cook off the liquid; at this point, the meat should be tender and mostly dry.
- Remove, add cilantro if using, then put in steamtable pan.
- Serve with the customary taco condiments. You can also offer grilled onions and peppers as you would fajitas.

Salsa Chicken Taco Filling

Another filling you can make from unused portions. Chicken, salsa and taco seasoning are about all you really need for a great-tasting taco filling.

Makes about 24 tacos

5 to 6	lbs	cooked, boneless chicken
2	cups	salsa
4	cups	chicken stock
3	packs	taco seasoning mix

- Put the chicken, taco seasoning mix, and chicken stock in a saucepan.
- Cover, and simmer until the chicken is tender and can be shredded.
- Remove the chicken, shred and return to the saucepan.
- Add the salsa; simmer uncovered to cook off the excess liquid, then remove and put in a steamtable pan to serve.



Beef Tamale Pie

Taco-seasoned ground beef layered on a cornbread base, topped with cheese, corn and tomatoes. You can use Jiffy mix or make your own.

Makes 1 shallow half pan

2	boxes	Jiffy corn muffin mix
2	each	eggs
2/3	cup	milk
2	lbs	ground beef
2	cups	bell pepper, diced
2	cups	onion, diced
2	cups	salsa
½	tsp	dried oregano
1	tsp	chili powder
1	tsp	ground cumin
2	cups	whole kernel corn, thawed (or drained canned)
2	cups	shredded cheddar

- Preheat oven to 350 F. Prepare a half pan with food release spray.
- Put the corn on a pan and roast until dry and beginning to brown.
- Make the cornbread (using mix or another recipe). Bake and set aside.
- Cook the ground beef in a Dutch oven, breaking into pieces.
- When it is brown, add pepper, onions & seasonings; cook until tender.

Assembly:

- Spoon meat mixture on top, followed by roasted corn and cheese.
- Bake until cheese is melted and bubbly and browning a bit.



Beef Tamale Pie

Chicken Tamale Pie

This simple recipe uses your cornbread recipe. The other good stuff goes on top. Makes a half size pan

1	recipe	cornbread for a half size pan (about the same as a 10" skillet)
1	cup	whole kernel corn, canned or frozen (drained if canned)
1/4	cup	melted oleo
1	each	large onion, diced
1	each	bell pepper, diced
3	Tbsp	garlic, minced
3	Tbsp	taco seasoning
5	cup	cooked, shredded or chopped chicken
1 1/2	cup	enchilada sauce, divided
4	cups	shredded cheddar
1/2	cup	sliced black olives for garnish

- Prep a half pan with food spray. Set aside.
- Make your cornbread mix, then add the oleo and corn. Pour into the pan.
- Bake until completely done. While waiting, sauté the onions and bell pepper until just tender. Add the garlic and cook a minute more.
- Add the taco seasoning, chicken and half the enchilada sauce and stir until just combined. Reduce the heat to very low and keep warm.
- When the cornbread is done, remove and poke holes all over with a wood spoon or something similar. Pour in the rest of the enchilada sauce.
- Top with half the cheese, the chicken mixture, and the remaining cheese.
- Sprinkle on the olives, then bake about 20 minutes, until bubbly.
- Remove and serve.
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Chicken Tamale Pie

Chicken Taquitos

Shredded cooked chicken and cheese in a deep fried corn tortilla.

Makes 2 dozen

24	each	corn tortillas (steam so they can roll tightly)
6	cups	cooked, shredded chicken
1	each	jalapeno, seeded and minced
8	oz	cream cheese
1	cup	onions, very finely chopped
1	cups	shredded cheddar
1	tsp	ground cumin
1	tsp	garlic, granulated or powder

- Soften the cream cheese by working with a spoon, then add all the ingredients (but the tortillas) and blend together.
- Portion about 2 + ounces of the mixture into each tortilla.
- Roll them very tightly and put in a pan, seam side down so they don't unroll. When all are rolled, put in the freezer long enough so they hold their shape and won't unroll.
- Heat fryer to 350 F
- Fry the taquitos about 2 minutes, until the inside is heated. Drain well.
- Serve with salsa, queso, or any other sauce you like. Here's one:

Avocado Cream Sauce

2	each	Avocados, very ripe
1	cup	sour cream
3	Tbsp	lemon juice

- Scoop flesh from the avocado, then mash and blend with sour cream and lemon juice.



Chicken Taquitos

Ground Beef Taquitos

Talk about simple. Ground beef, some cheese and onions, rolled up in a corn tortilla and deep fried. Serve with salsa and you're all set. Oh, and if you use flour tortillas instead, they're called flautas. 😊

Makes 2 dozen

24	each	corn tortillas (steam so they can roll tightly)
3	lbs	ground beef, cooked with taco seasoning and cooled
1	cup	onions, very finely chopped
2	cups	cheese, shredded

- Mix the beef, onions and cheese together.
- Portion about 2 + ounces of the mixture into each tortilla.
- Roll them very tightly and put in a pan, seam side down so they don't unroll. When all are rolled, put in the freezer long enough so they hold their shape and won't unroll.
- Heat fryer to 350 F
- Working in small batches, fry the taquitos about 2 minutes, just until the inside is heated. Drain well.
- Serve with salsa, queso, or any other sauce you like.

Grilled Street Corn

Rustic, simple and man is it loaded with flavor. Serve some next steak day or just fire up the pit and do these and some carnitas for a Mexican theme.

Makes 24 mini ears of corn

24	each	petite ears of corn, thawed to room temperature Oil or butter as needed (for brushing on corn)
1	Tbsp	chili powder
1	cup	spicy mayo (recipe at end of this chapter. 2 ingredients)
1	cup	cotija cheese (which you probably don't have so parmesan)
1/4	cup	fresh cilantro, chopped

- Fire up the pit, or you can do this on the grill or a hot black skillet.
- Brush corn with oil; then season corn with salt, pepper and chili powder.
- Grill, covered until tender and charred. Roll as it cooks for 15+ minutes.
- Remove, let cool to handle, then place on a potato wrap.
- Spread mayo on each ear; sprinkle on cheese and cilantro, roll up.
- Serve to a happy crowd.



Mexican Style Veggies

Just a simple, grilled vegetable medley that pairs well with many dishes.

Makes about 25 servings

1/4	cup	olive oil
10	cups	zucchini, washed and diced (don't peel)
6	cups	whole kernel corn, thawed (roasting information below)
2	Tbsp	taco seasoning mix (recipe in this section or from packet)
1/4	cup	cooking oil
3	cups	diced onion (red onion if you have them)
1	each	jalapeno pepper, seeded and minced
4	cloves	garlic, minced (or 1 tsp granulated)

- Roast corn by putting in a dry skillet and cooking at medium high until it begins to toast and become brown in spots.
- In a bowl, put zucchini and corn. Drizzle on the olive oil, toss to coat and then sprinkle on the taco seasoning and toss to evenly coat.
- In a skillet, heat the cooking oil, and sauté the onions, jalapeno and garlic until it begins to soften. Add the zucchini and corn and cook until the vegetables are tender. Add salt to taste as needed.
- You may need to cover during cooking and add oil if needed.



Charro Beans

Charro beans are a pretty simple item, sort of a soup but not quite..

If you want to get fancy, use stock instead of water, and you can put a ham hock or ham bone in them as they cook. Have some diced onions and cilantro on hand as a condiment.

2	lbs	pinto beans
1/2	cup	cooking oil or bacon fat
1 1/2	Tbsp	salt
1	each	large onion, diced a bit on the small side
1	each	fresh jalapeno, seeded & diced (or bottled, pat dry, chop)
1	Tbsp	oil or fat

- Put everything in a large saucepan or stockpot.
- Put in water (or chicken or pork stock) to cover plus about 2 inches.
- Bring to a boil, then reduce to a simmer.
- While bean are simmering, sauté onions and the jalapeno together with the 1 Tbsp of oil to a nice golden brown. Add to beans.
- Leave on low simmer until the beans are tender.
- Stir only occasionally; you want to keep the beans whole.
- When done, put on serving line in a 4" deep pan (no deeper).
- Offer diced onions and cilantro as condiments.



Refried Beans

2 lbs pinto beans
1/2 cup cooking oil or bacon fat
1 1/2 Tbsp salt
1 each large onion, diced a bit on the small side

- In stockpot, sauté the onions in fat.
- Add the beans and put in water (or stock) to cover plus 2 inches.
- Bring to a boil, then reduce to a simmer.
- Leave on low simmer until the beans are tender.
- Set a colander in a bowl and pour beans through.
- Transfer beans to bowl of mixer set up with wire whip; save broth.
- Starting on low, blend beans to break up, adding bean broth as needed to get the thickness and consistency you desire.
- Put on serving line in a 1/3 pan (never use a pan deeper than 4”).



Basic Mexican Rice

This will make about 1 half pan of rice.

5	cups	rice, uncooked
1/2	cup	cooking oil
2	each	large onion, finely diced
7 1/2	cups	chicken stock (fresh made, unsalted)
2	each	jalapeno, fresh, seeded and minced
4	each	tomatoes, seeded and diced
4	tsp	chicken base
1	Tbsp	ground cumin
1	cup	cilantro, chopped (optional)
		Salt and pepper as needed

- In a large saucepan, heat the oil and cook rice, until it becomes translucent, and gives off a nutty aroma. Add the onions and cook until they soften.
- Add the remaining ingredients – except the cilantro – and stir well. Bring to a boil, cover, and reduce to a simmer. Cook for 20 minutes. Stir once or twice only during cooking. Just be sure that the heat is low.
- Remove, stir in the cilantro, and place in a steamtable pan.

Mexican Red Rice (Arroz Rojo)

What many think of when they think of “Mexican Restaurant” style rice.

Makes a half pan of rice.

5	cups	rice, uncooked
7	cups	chicken stock (or water)
2	each	29 oz cans whole tomatoes, with liquid
4	cups	onion, minced
3	Tbsp	garlic, minced
1 1/2	cup	tomato sauce
3	each	jalapeno, fresh, seeded and minced (pickled are okay)
1/3	cup	cilantro, chopped (optional)
1	Tbsp	salt

- Chop the tomatoes and set aside.
- In a large saucepan, heat the oil; sauté the onions until soft, then add the garlic. Cook about one minute than add the rice.
- Cook until the rice is lightly toasted; this will take several minutes.
- Add the tomatoes with juice, the stock and bring to a boil.
- Add the jalapeno, salt, cover, and reduce to a simmer.
- Cook 15 minutes. Remove from heat and let stand 8 minutes more.
- Stir in cilantro, transfer to a steamtable pan.



Spanish Style Rice for Cheaters 😊

Some rice, salsa, a bit of enchilada sauce and Bob's your uncle. Or should we say, "Bob es tu tio?"

Makes a half pan of rice

3/4	cup	cooking oil
1	cup	minced onion
6	cups	rice, uncooked
8	cups	chicken stock
2	cups	salsa or picante sauce
2	cups	enchilada sauce (or you can double the picante sauce)

- Heat the oil, then add onion and rice. Cook until the rice begins to brown.
- Add the remaining items, bring it to a boil, then and reduce to a simmer.
- Cover and let it cook for 20 minutes, or until the liquid is absorbed.
- If you'd like to add color, mix in some frozen peas and corn, or mixed vegetables. You can also add some sliced black olives.



Pinto Bean Dip

Makes about 6 cups

1	lb	dry pintos
1 1/2	Tbsp	salt
2	Tbsp	<u>cooking oil, lard or bacon fat</u>
1/4	cup	olive oil
1	cup	onion, minced (red onion is good here if you have it)
3	Tbsp	garlic, minced
1/2	cup	red bell pepper, diced
1	Tbsp	chili powder
2	Tbsp	cider vinegar
1	tsp	dried oregano
1	Tbsp	salt
1	tsp	black pepper

- Cook pintos until tender, but not creamy, with the salt and fat. Drain.
- Heat oil in skillet, add onion and cook until softened.
- Add garlic, bell pepper and beans. Cook until heated through.
- Add remaining ingredients; heat and transfer to blender/food processor.
- Pulse until smooth. Add water a bit at a time until you get a good texture.
- Adjust seasoning and put in serving container. Serve warm or room temp.



Queso Fundido

A really tasty cheese dip with chorizo and spices. Dip with tortilla chips or you can set it out to be used on top of frijoles, burritos, poured into tacos, on top of enchilada, or just go ahead and drink it out of a cup. Kidding.

Makes about 6 cups

1	each	medium tomato, chopped
1	each	jalapeno, seeded, ribs removed, minced
1	Tbsp	dried oregano
1	lb	cheddar, shredded
1/2	lb	mozzarella, shredded
1/2	lb	American or Swiss cheese slices (or Velveeta) for creaminess
2	Tbsp	flour
1/2	lb	chorizo, removed from the casing
1	cup	onion, minced
1	cup	chicken stock
2	tsp	cider vinegar
		Salt as needed

- Mix tomato, chili and about 1/2 tsp salt in a bowl. Let stand 30 minutes.
- While waiting, toss together both cheeses with flour. Set aside.
- Cook the chorizo, breaking into fine pieces. Add onions and cook until the meat is done and the onions soft. Remove from pan; add to tomatoes.
- Add the stock and vinegar, scraping the bottom with a wire whip.
- When boiling, reduce heat and add cheese about 1/2 a cup at a time, blending with whip as you do. Blend smooth before adding more.
- When all is added and blended, add back chorizo and stir gently.
- Remove from heat. Serve warm.
- It can be reheated.



Queso Fundido with Chorizo

Enchilada Sauce

This is a good, basic enchilada sauce. You can enhance the flavor with some smoked paprika. Just put a bunch of paprika on a pie tin and smoke on the pit at the end of the next steak day. Give it about an hour for a big difference.

Makes about 1 quart

1/2	cup	cooking oil
1/4	cup	flour
6	Tbsp	chili powder
4	Tbsp	paprika
2	cups	tomato sauce
2	cups	chicken stock or water
2	Tbsp	ground cumin
2	Tbsp	minced garlic
1	tsp	onion powder
1/2	tsp	salt

- Heat the oil in a saucepan, then add the flour and chili powder.
- Stir as it cooks, until it turns from a red to brown.
- Slowly add in the stock or water while blending with a wire whip.
- Add the tomato sauce, then all remaining seasoning.
- Simmer about 10 minutes, stirring occasionally.
- Use as you need for recipes.



Ranchero Sauce

A red sauce with canned tomatoes, can be used hot or cold.

Makes about 1 quart

- | | | |
|---|--------|--|
| 2 | Tbsp | cooking oil |
| 1 | each | large onion, minced |
| 1 | each | jalapeno, seeded and minced |
| 4 | cloves | garlic, minced |
| 2 | #303 | cans tomatoes, whole, hand crushed, with juice |
| 1 | cup | tomato sauce |
| 1 | Tbsp | chili powder |
| 1 | Tbsp | Tabasco (or 1 chipotle pepper in adobo if you have them) |

- In a saucepan, heat the oil to medium. Add the onion, jalapeno and garlic; sauté until softened and then put in a blender. Add the tomatoes.
- Pulse to blend and almost puree (but leaving just a bit of texture).
- Return to the saucepan and add seasonings. Bring to a boil.
- Reduce to a simmer and cook about 15 minutes. Add salt and pepper to taste as needed.
- Let cool and uses as needed. Will keep refrigerated up to 1 week.



Salsa

Sure, you can buy it in a jar, but sometimes it's good to just show your cooking chops and make it. This is a good recipe and you can adjust the heat.

Makes about

1	each	29 oz can whole tomatoes, hand crushed
2	cans	Rotel
1/2	cup	onion, diced
2	cloves	garlic, minced
1	each	jalapeno, seeded and minced
1/2	tsp	sugar
1/2	tsp	salt
1	tsp	ground cumin
1/4	cup	cilantro, chopped
2	Tbsp	lemon or lime juice

- Put the tomatoes in a blender. Pulse a couple of times.
- Put everything in everything else.
- Pulse to mix and incorporate. Don't overdo it – you want it to have some texture. A few pulses should be good.
- For a little more heat, either add jalapeno, or some hot sauce.

Spicy Mayo (for the Street Corn)

If you can get your hands on some Chipotles in Adobo, just take two, mince them up and blend with a cup of mayo. Taste. If not hot enough, add some of the liquid in the can and test again. That's it.

If you can't, then use Sriracha sauce instead of the chipotles. It's not the same thing but it's the heat and a bit of fruitiness you want. If you have liquid smoke on hand, add a few drops of that also. Give it a taste. If you like it, it works.

Sriracha Mayonnaise

This is a complex and difficult process, making Sriracha, but give it a try.

1	cup	mayonnaise
1/4	cup	Sriracha
1	tsp	lemon juice

- Mix it and serve.
- Keeps up to 3 days in the cooler.



Fajita Seasoning

The cornstarch helps to prevent caking and also to help it adhere to the meat.

2	Tbsp	cornstarch
4	tsp	chili powder
2	tsp	salt
2	tsp	paprika
2	tsp	white sugar
1	tsp	onion powder
1	tsp	garlic powder
1/2	tsp	cayenne pepper
1	tsp	ground cumin

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- Mix it up. Use when you need it. It keeps a long time in dry storage.

Taco Seasoning Mix

This is the real deal. Easy to make, keeps a long, long time. Customize it if you like. But you don't have to.

For 1 pound of ground meat

1	Tbsp	chili powder
1/2	tsp	garlic powder
1/2	tsp	onion powder
1/4	tsp	red pepper flakes
1/4	tsp	dried oregano
1/2	tsp	paprika
1 1/2	tsp	cumin
1	tsp	salt
1	tsp	black pepper

- Mix it up. Use it or store in a container for weeks.

For 5 lbs ground meat

1/3	cup	chili powder
1	Tbsp	garlic powder
1	Tbsp	onion powder
1 1/4	tsp	red pepper flakes
1 1/4	tsp	dried oregano
1	Tbsp	paprika
1	Tbsp	cumin
5	tsp	salt
5	tsp	black pepper