

Mexican cuisine in America varies greatly by region. It incorporates traditions and dishes from old Mexico, like tacos, tamales, and burritos, with favorite local ingredients. Tex-Mex meals often contain larger amounts of meat, ala chili con carne. In Arizona, dishes, like chimichanga, are deep fried and filled with meat or chicken. California, the birthplace of fusion foods, often combines Mexican dishes with local fresh fruits and vegetables. Today, national chains, like Chipoltes (and food trucks), further integrated Mexican dishes with American foods. Case in point – see EC’s January 29th class on making breakfast burrito.

New Mexico green chile refers to a pod type, or a shape of the pepper. Whereas bell peppers are rounded and chunky, New Mexico green chiles are long and skinny—five to 12 inches. Red chile is simply green chile that matured and had time to turn red on the plant. Their heat or spiciness can range from quite mild to hot, depending on the variety. New Mexico chile is used as a spice, but mild enough to be eaten in large quantities as a vegetable in enchiladas.

Green and red chile are staples in New Mexico cooking. Prior to eating or processing, fresh green chile is roasted and cooled, its skin peeled off, and served whole or diced. Red chile, while available fresh, is more common in powder form or in hanging arrangements of dried, whole pods, called ristras. These pods can be cooked and blended into a sauce.

Green or Red, Gravy or Sauce, Chiles or Crabs, Vanity Plates and Jewelry!

## **Green Chile Sauce**

This sauce is basic to many recipes. It can be made from green (or red) chile, either fresh, canned or frozen. Given our location and time of year, we’re using canned chile.

### **Ingredients**

- 8 to 12 chile pods
- 1 ripe tomato
- ½ to ¾ cup chopped onion
- ½ teaspoon salt

Chop and mash tomato into almost a liquid. Add salt. Chop chiles into small pieces of one inch or less. Combine tomato and chile. Add chopped onion. Mix well. Set aside.

## **Chile Con Queso**

Chile Con Queso or Queso Dip is an easy, versatile recipe. It features green and/or red chile, and can be served as an appetizer with tortilla chips or poured over grilled chicken, nachos, or tacos. This recipe uses whole cheese, other versions use Velveeta.

## Ingredients

- ¾ cup Green Chile Sauce
- 3- 4 cups Grated Cheese Of your choice
- ⅓ cup Onion
- 2 tbsp. Butter
- 1 5 oz. can Milk Evaporated
- ¾ tsp. Salt to taste
- ¼ tsp. Pepper
- ½ tsp. Oregano
- 1 clove garlic (optional)

## Instructions

- 52 Heat pan over medium heat and melt butter in it.
- 62 Add onions and sauté until translucent.
- 72 Add minced garlic, green chile sauce, and all seasonings.
- 82 Stir and let cook down for a few minutes until most of the liquid evaporates.
- 92 Pour in evaporated milk, and add cheese.
- : 2 Stir until cheese is fully melted. Serve hot.

## Huevos Rancheros

This dish is spicy, rich, and easy to fix. Ideal for brunch. Great with corn or flour tortillas.

## Ingredients

- 4 Corn tortillas
- 2 cups Prepared New Mexican Red Chile Sauce
- 4 Eggs - cooked any style
- 2- 3 tbsp corn, olive or vegetable oil
- ½ cup of shredded cheddar or jack cheese

## Instructions

1. Fry tortilla lightly, 15-30 seconds, in hot oil. Stack on separate plate. Place paper towel between each fried tortilla to absorb oil if needed. Set aside.
2. Add small amount of oil to pan, then add green chile sauce. Cook at low to medium heat for 1 to 2 minutes until sauce bubbles, but keep some liquid in the pan for poaching.
3. Once sauce is hot, crack and slip eggs on top of sauce, being careful not to break yolks.
4. Simmer over low heat until eggs are poached to near desired firmness.
5. Place grated cheese over eggs and melt it.
6. Put 2 tortillas on plate, and top with cooked eggs and salsa.