

California Mexican Cook Book





UNEQUALED FOR
35 YEARS

PACKED BY
E. C. ORTEGA COMPANY, INC.
1815 SACRAMENTO STREET
LOS ANGELES

FOUNDED 1898

THE STORY...

• In the year of 1898, I started packing ORTEGA'S California Chiles in Ventura, California. As the demand increased, it was necessary to move the canning operations to Los Angeles, in which city we now occupy a modern plant containing all of the latest sanitary features. From a small beginning of a few thousand cans, the demand has grown to the extent that we now pack SEVERAL MILLIONS of cans each season. We have never failed to maintain the high quality and individualism of our product. . . ORTEGA'S California Chiles have a distinction all of their own.

E. C. Ortega



ORTEGA'S California Chiles are roasted and peeled. The roasting process achieves two results. First, it causes the peeling to blister and loosen itself from the meat of the pepper so the peeling can be removed by hand. Second, the roasting imparts a pleasing flavor and aromatic odor.

Many people refrain from eating fresh green peppers because they are claimed to be indigestible, which to a large degree is true because the peeling of the pepper is absolutely indigestible. The opposite situation prevails with ORTEGA'S California Chiles because the roasting and peeling eliminates the indigestible feature, and contrary to the effects of fresh green peppers, they are actually an aid to digestion and a tonic for the system.

There is no limit to the uses of ORTEGA'S California Chiles in the making of appetizing dishes, and while the following recipes give some idea of using these delicious Chiles, you may create many appetizing dishes to please the individual inclinations.

C H I L E R E C I P E S



ORTEGA'S

★ DELIGHTABLE...

- 1 can ORTEGA'S California Chiles
- 2 green onions
- 1/2 clove garlic
- 2 LARGE AVOCADOS
- 1 lemon
- 2 tablespoons olive oil
- Salt
- Black pepper

- Split open the Chiles and remove seeds, then chop very fine.

Chop green onions very fine.

Mash garlic in small quantity of salt.

Mash avocados, mix with chopped Chiles and onions, and while mixing, add lemon juice, olive oil, garlic, salt and black pepper.

Serve on crackers, or as a spread for cold meats, or dressing for vegetable salad, or for stuffing tomatoes.

This also may be employed as a filler for sandwiches.

★ Capable of Causing Delight.

—Webster's Dictionary.



ORTEGA'S California Chiles may aptly be termed an economy as well as a luxury. Economical because its use makes cheap meats and "left-overs" most appetizing.

CHILE BORDELAISE...

- 1 can ORTEGA'S California Chiles
- 1/2 cup olive oil
- 1 button garlic (chopped)
- 2 lemons
- 1 tablespoon Worcestershire Sauce
- 1/2 teaspoon salt
- Paprika
- Black pepper

• Mix olive oil, lemon juice, Worcestershire Sauce, garlic and seasonings thoroughly. Place Chiles in bowl and pour sauce over same so as to entirely cover them. Place in refrigerator and let stand for 3 hours. Will keep 3 or 4 days in refrigerator.

This is delicious served with steaks, fish, salad, etc.

When the Chiles are used up, this Sauce may be strained and used on another can of Chiles.

CHEESE AND CHILE SANDWICHES...

• To 1/2 pound Philadelphia Cream Cheese add 1 tablespoon of salad dressing. Split open the contents of 1 can ORTEGA'S California Chiles and wash out seeds. Mix Chiles, cheese and salad dressing until a smooth paste is formed. Serve on potato chips, crackers, rye bread or toast.

MEAT BALLS...

SPANISH STYLE

"ALBONDIGAS"

- 1 lb. round steak (ground)
- 4 slices soft bread (soaked)
- 6 leaves mint
- 3 ORTEGA'S California Chiles
- 2 eggs
- 1 onion
- 2 cloves garlic
- 1 tablespoon cooking compound
- 1/2 cup chopped, canned tomato
- 2 quarts boiling water
- 1 or 2 tablespoons flour dissolved in cold water
- Salt to taste

• Soak bread and mix with ground round steak. Break eggs into this and mix thoroughly. Salt to taste. Add chopped mint leaves. Add chopped ORTEGA'S Chiles. Shape into balls about the size of a walnut.

Chop onion and garlic and fry lightly in cooking compound. Add chopped canned tomato. Add 2 quarts of boiling water (salt to taste). Add flour which has been dissolved in cold water. When ready, drop meat balls in carefully and boil 1/2 hour slowly.

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ORTEGA'S California Chiles possess a green pepper flavor, consequently may be used in every instance where green pepper flavor is desired.

EGG AND CHILE

OMELET...

QUICK BREAKFAST

2 ORTEGA'S California Chiles (or more if you like it hot) chopped

4 eggs

Salt to taste

1 tablespoon cooking oil or butter

• Chop Chiles. Stir eggs until well mixed—DO NOT beat. Add salt. Place butter in skillet. Fry the chopped Chiles lightly. Pour eggs over the Chiles.

Cook slowly, using end of the spoon to allow the uncooked eggs to reach the bottom. Do not turn or allow to cook too dry. Double the whole like a turnover and serve hot.

This is also a tempting night supper.

STUFFED GREEN CHILE PEPPERS...

1 can ORTEGA'S California Chiles

2 eggs

1 tablespoon cooking compound

1/2 lb. yellow cheese

• Open Chiles on the side and wash out seeds. Cut soft yellow cheese in strips to fit inside of Chile. Place cheese in Chile and fold Chile over cheese. Place in greased baking pan about 1 inch apart.

Beat eggs slightly, add salt to taste and 1 tablespoonful cooking

compound. Pour over Chile so as to cover them. Bake in moderate oven 20 to 30 minutes. Cut between Chiles when ready to serve.

The above recipe is for two people.

Crab flakes, tuna fish, or meat may be used in place of cheese.

RICE...

California Style

1 cup rice

1 small onion

2 ORTEGA'S California Chiles (chopped fine)

1/2 cup tomato (chopped)

2 tablespoons cooking oil

• Place cooking oil in iron skillet. When hot, add uncooked dry rice and stir constantly until light brown. Add chopped onion. Add ORTEGA'S California Chiles chopped fine. Add tomato. Salt to taste.

Add boiling water to cover sufficiently when rice swells, being careful to replenish water when not enough to cover. When it comes to a boil, lower fire, and cook for 3/4 hour. DO NOT stir with spoon as it will become mushy.

When water has all been absorbed it is ready to serve.

Very good.

STRING BEANS...

Spanish Style...

- 2 pounds string beans
- 1 medium onion
- 1 can ORTEGA'S California Chiles
- 1 cup canned tomatoes
- 1 tablespoon salt
- 2 tablespoons cooking compound
- 2 tablespoons flour
- 1 quart hot water

• String the beans and cut in pieces about 1 inch long. Place cooking compound in stew pan—add chopped onion, chopped Chiles, tomato, string beans and salt. Saute for 5 minutes. Add flour. Add 1 quart hot water. Cook 45 minutes.

Peas may be cooked the same way, leaving out the flour.

ORTEGA'S CALIFORNIA CHILE SALAD...

- 1 can ORTEGA'S California Chiles
- 1 cup chopped celery
- 1 cup chopped apple
- 1/2 cup chopped walnuts
- Mayonnaise dressing

• Split open contents of can of ORTEGA'S California Chiles, wash out seeds and chop very fine. Add chopped celery, apple, and walnuts. Season to taste and pour desired amount of Mayonnaise dressing over same. Chill thoroughly by leaving in refrigerator one hour before serving.

STUFFED GREEN CHILE PEPPERS...

- 1 can ORTEGA'S California Chiles
- 1 can ORTEGA'S Chile Salsa
- 1/2 lb. American yellow cheese
- 2 eggs
- 1 tablespoon flour
- 1/4 lb. cooking compound

• Open Chiles on one side. Wash out seeds. Cut cheese in strips 1/2 inch wide the length of the Chile. Place strip of cheese in each Chile and fold over.

Beat egg whites until stiff like for meringue. Add egg yolks and flour. Beat slightly until smooth. Dip stuffed Chile in egg batter and fry each one separately, frying on both sides.

Serve with ORTEGA'S Chile Salsa which has been heated.

The above recipe serves four people.

Crab meat, tuna fish or ground meat may be used in place of cheese.

Place the contents of a can of ORTEGA'S California Chiles in the water while boiling a ham—the Chiles will add a most delicious flavor to the ham.

ORTEGA'S California Chiles will add bouquet to all of your soups.

BAKED POTATOES AND CHILE...

- 1 can ORTEGA'S California Chiles
- 6 potatoes
- 2 hard boiled eggs
- Butter, size of walnut

• Bake potatoes. When done, cut in half, remove potatoes from skins and mash. Prepare hard boiled eggs, mash fine. Add butter and finely chopped Chile. Mix well with the potatoes and return to skins. Place in oven and heat for 5 minutes.

MACARONI AND CHEESE...

- 1 lb. macaroni
- 1 tablespoon salt
- 1½ cups chopped tomato
- 1 onion (chopped)
- 1 can ORTEGA'S California Chiles
- ½ cup grated cheese

• Place macaroni in plenty of boiling water to which has been added 1 tablespoon salt. Boil for 20 minutes or ½ hour. Strain through colander.

Make a sauce of tomato, onion, ORTEGA'S Chiles (chopped) and salt to taste. Cook 15 minutes.

In a baking dish, place a layer of macaroni and a layer of the sauce until all is used. Sprinkle top with grated cheese. Place in oven 15 or 20 minutes until cheese is melted.

Serve hot. Delicious.



• ORTEGA'S Green Chile Salsa* is a combination of Peeled Green Chiles, Tomatoes, Onions and Mexican Spices, and is all ready for use to be served cold as a condiment, or served hot on meats, fish, etc. It can also be employed in the making of various Mexican dishes. The following recipes are merely suggestions for some of its uses, but the consumer will find many ways to apply ORTEGA'S Green Chile Salsa to the creation of new dishes which will be out of the ordinary.

*Salsa is Spanish for Sauce.



CHILE BEANS...

- 4 cups pink beans
- 1 teaspoon soda
- 1 tablespoon salt
- 1 teaspoon pepper
- 2 cans ORTEGA'S Green Chile Salsa
- 1 large onion
- 1½ lbs. hamburger
- ½ lb. sausage

• Wash beans and parboil in water. Add soda to water and pour off. Add more water. Add seasoning and ORTEGA'S Green Chile Salsa. Fry chopped onion in fat in skillet until clear. Add hamburger and sausage. Saute until done. Add to beans and cook slowly until thoroughly done.

This recipe makes about one gallon.

THOUSAND ISLAND DRESSING...

- 2/3 cup Mayonnaise
- 1/3 cup ORTEGA'S Green Chile Salsa

• Mix well. Delicious on any salad.

COCKTAIL SAUCE...

- ½ cup Mayonnaise
- ½ cup ORTEGA'S Green Chile Salsa
- 1 tablespoon cream

• Mix thoroughly. Delicious on fish cocktail or vegetable cocktail.

SPANISH RICE...

- 2 cups uncooked rice
- 1 can ORTEGA'S Green Chile Salsa

• Saute uncooked dry rice in bacon drippings. Add ORTEGA'S Green Chile Salsa. Add boiling water to cover sufficiently when rice swells, replenish water when not enough to cover rice. When it comes to a boil, lower fire and cook for ¾ hour. Do not stir as it will become mushy.

When water has all been absorbed, it is ready to serve.

BAKED HASH OR MEAT LOAF...

• Prepare Baked Hash or Meat Loaf in the usual way and pour 1 can ORTEGA'S Green Chile Salsa over same before baking.

SAUCE FOR SPAGHETTI...

- 1 can ORTEGA'S Green Chile Salsa
- 1 small can tomatoes
- 1/3 lb. grated cheese

• Mix the ORTEGA'S Green Chile Salsa, tomatoes and grated cheese in skillet. Let simmer 20 minutes. Pour over cooked spaghetti.

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If you or any of your friends desire copies of this booklet, you may address E. C. Ortega Company, Inc., 1815 Sacramento St., Los Angeles, Calif., and same will be forwarded without charge.

