

Bellota y calabazas

EN EL TAPANCO
bomida sabrosa en la casa.



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Los Angeles, Cal.

Chili Sauce.

Sufficient quantity for two pounds of meat.

Remove the seeds and veins from ten red peppers; scald them until soft, in enough boiling water to cover them. Mash them well with a potato masher, or in a mortar, then press through a colander. Add one teaspoon of salt. An onion, a clove of garlic and half teaspoon of oregano (sweet marjoram) may be added at pleasure. The sauce should be of the consistency of cream. To make it hotter, leave some of the veins in the peppers.



Carne con Chili.

*2 lbs. round steak,
10 red peppers,
1 small onion,
1 tablespoon salt,
2 or 3 cloves garlic,
1 teaspoon black pepper.*

Cut steak in two-inch pieces and fry brown in very little grease; none if meat is fat. Prepare the peppers as for Chili sauce; chop the onion and garlic and add all to the meat. Enough water to cover, and stew slowly for about two hours. Add water if needed, during the cooking.

Chicken prepared this way is delicious.

Albondigas de Gallina.

1 chicken,
2 small onions,
1 egg,
 $\frac{1}{2}$ green pepper,
2 teaspoons salt,
1 teaspoon spearmint,
1 small clove garlic,
1 teaspoon lard,
3 tablespoons flour,
1 teaspoon black pepper.

Remove the meat from the bones and chop very fine with the garlic, one onion and mint. Mix with the other ingredients, and roll in balls about the size of a pigeon's egg. Mince the other onion; fry it brown in a saucepan, add two quarts of boiling water, drop the balls in and let boil for an hour. These may also be made of veal or lamb.

Enchiladas.

1 qt. corn meal,
1 teacup lard,
1 doz. Chilis,
1 onion,
 $\frac{1}{2}$ lb. dry cheese,
3 doz. olives,
 $1\frac{1}{2}$ teaspoon salt,
 $\frac{1}{2}$ teaspoon oregano,
2 tablespoons vinegar,
3 tablespoons olive oil.
 $\frac{1}{2}$ teaspoon black pepper.



Scald the corn meal well with enough boiling water to make a dough sufficiently stiff to slice. When cold, cut in pieces one inch thick, four inches long and two wide. Put the lard in a saucepan and when boiling drop the slices in, frying them a light brown. Remove the seeds and veins from the Chilis, and prepare as for sauce. Make it thick and while hot dip the slices in and turn them over until they are thoroughly soaked; lay them on a plate. Chop the onion and olives, grate the cheese and mix with the other ingredients and any sauce left. Put a layer of slices in a deep dish, cover with sauce and repeat until all is used. Put in the oven long enough to heat through, and serve on dessert plates.

Massa.

The paste for use in Tamales, and which should be made the day before it is required for use.

Put into a saucepan three tablespoonsful of lime with two quarts of water. When the mixture is thoroughly dissolved, and has come to a boil, add four pounds of white, whole corn and set the pan on the back of the stove where the corn can keep hot without boiling, until the skin is loosened. Wash in cold water and grind to flour in a mortar. To this add a pound of lard not melted; rub it to a smooth, thick batter, with a little broth of whatever kind of meat the tamale is to be made, add a teaspoonful of salt, and it is ready for use.



Tamales.

*1 chicken,
1 teaspoonful salt,
1 doz. large Chili peppers,
1 tablespoonful of lard,
1 large onion,
2 tomatoes,
1 large green pepper,
1 teaspoonful flour,
Several corn husks.*

Cut the chicken into joints as for a fricassee, put into hot water, and stew slowly until tender. Prepare the Chilis as for sauce. Put the lard in a frying pan, and when smoking hot add the onion, pepper and tomatoes, sliced very thin. After stirring a couple of minutes, add the pulp of the Chili and pieces of the chicken, the flour, wet with cold water, and a little of the soup from the chicken. Cover closely, and set aside to boil fifteen minutes. In the meantime, soak the husks in warm water, When all is ready, spread a large spoonful of the tortilla paste in the middle of two wide husks; then put into the middle of a third husk, a piece of chicken, a little of the gravy, two or three stoned olives and as many raisins; lay this on one of the paste-covered husks, turn it over and lay the other on. Tie the husks firmly at each end, trim off neatly, leaving about two inches of husk at each end, put into a steamer and cook for an hour. Serve very hot. Scalded corn meal may be used instead of the "Massa," and any kind of meat.

Frijol Guisado.

- 1 pt. red beans,*
- 1 onion,*
- 2 cloves garlic,*
- 3 green peppers,*
- 2 teaspoons salt.*
- ½ teaspoon black pepper.*
- 1 tablespoon bacon grease,*

Boil the beans two hours; put the grease in a frying pan, chop the onion, garlic and peppers, add the salt and pepper; put all with the beans in the pan with enough water to cover and let boil slowly until thoroughly soft but not mushy. Add water as may be necessary during the cooking.



Tortillas.

- 1 qt. white flour,*
- 1 teacupful lard,*
- 2 teaspoonsful salt.*

Water or milk to make the dough sufficiently thick to roll out like biscuit; divide into balls the size of a turkey egg and pat between the hands until thin and round, and cook on top of the stove without grease.



Chorizos.

5 lbs. sausage meat,
25 Chilis,
4 tablespoons salt,
3 tablespoons oregano,
3 teaspoons sage,
 $\frac{1}{2}$ teaspoonful allspice,
 $\frac{1}{2}$ teaspoon cloves,
1 $\frac{1}{2}$ heads garlic,
1 $\frac{1}{2}$ tablespoons black pepper.

Scald the Chilis, and prepare as for sauce; chop the garlic; mix all together, stuff in skins and hang to dry in the sun two or three days.

The garlic may be omitted, and any proportion of beef used instead of all pork.

Arroz con Tomates.

1 coffee cup rice,
1 tablespoon bacon grease,
1 onion,
1 teaspoon salt.
 $\frac{1}{2}$ teaspoon black pepper.
4 large tomatoes,
4 green peppers,

Soak the rice until it swells; put bacon grease in a frying pan; chop the tomatoes, onions and peppers, and put all with rice in the pan; fry until nearly brown, then add one pint hot water and cook about 30 minutes.



Salza de Tomates.

*1 onion,
6 large tomatoes,
1 teaspoonful vinegar,
1 doz. green peppers,
1 teaspoonful salt.*



Toast the peppers on top of the stove until the skin loosens; remove the seed and skin; scald the tomatoes and peel; chop all together, add the salt and serve cold.

Colache.

*3 small green pumpkins,
1 onion,
1½ teaspoonful salt,
½ teaspoonful black pepper,
1 tablespoonful bacon grease.
1 green pepper*

Chop pepper and onion, cut pumpkin in two-inch squares, add ingredients, put in a hot frying pan and cook about 30 minutes.

Chocolate Mejicana.

Sweet Chocolate,
1 qt. milk,
3 eggs.

Heat four small squares of chocolate over the tea-kettle until soft. Add the milk and stir till smooth. Beat the yolks and whites of the eggs separately. When the chocolate boils mix half cup with the yolks of the eggs; when well mixed beat rapidly with the remainder of the chocolate. Stir in the whites of the eggs and serve at once. The eggs must be added whilst the chocolate is hot, but must not be boiled. Serve with this, salty, un-sweetened wafers.



Panocha.

4 cups brown sugar,
1 tablespoonful butter,
1 cup milk,
1 teaspoonful salt,
2 tablespoonsful vanilla,
2 cups chopped walnuts.

Boil the sugar, butter, salt and milk until it drops hard in cold water. When done, pour in the vanilla and walnuts, and stir constantly until well mixed. Pour on a buttered plate and cut into squares.

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Recuerdos de los Rancheros

