



# MEXICAN FOOD

“A land of traditions”

# *RECIPIES*



- **Appetizer:**
- Chilaquiles Rancheros
  
- **Main Meal:**
- Green Enchiladas

# Chilaquiles Rancheros

## Recipe



- **INGREDIENTS**

- 1 tomato
- 1 onion
- 1 Green pepper
- Mexican Sausage
- Monterrey Jack Cheese
- Corn Chips

- **PREPARATION**

- Cut the tomato, onion and green pepper in little cubes .
- Place a pan with a little oil and add all the vegetables , let them saute for about 3 minutes.
- Add the sausage and mix all the vegetables and sausage until the sausage is cooked, this step is for about 4 minutes.
- Add the corn chips and mix them all together
- Put the cheese on the top , wait until the cheese is melted.
- Serve in a large plate and It can go with beans on the side

# Green Enchiladas

## Recipe



- **INGREDIENTS**

- 1 1/2 lb bone-in chicken breasts, skin removed
- 2 teaspoon salt
- 4 cloves garlic
- 5 black peppercorns
- 1 lb tomatillos (about 8), husked
- 2 serrano chiles
- 1/4 cup loosely packed fresh cilantro
- 2 teaspoon vegetable oil
- 1/4 cup nonfat sour cream
- 8 corn tortillas (6" each)
- 1 1/2 oz Monterey Jack cheese, shredded

- **PREPARETION**

- Place chicken in a large saucepan. Add 6 cups water, 1 teaspoon salt, 2 garlic cloves and peppercorns. Boil. Reduce heat to low; cover. Simmer 15 to 20 minutes. Remove chicken. Pull meat from bones; shred; set aside. Place tomatillos and chiles in a saucepan; cover with water; boil over medium-high heat 8 minutes. Drain, reserving 1/2 cup liquid. Transfer to a blender; add remaining 2 cloves garlic and cilantro; blend until smooth, adding liquid if necessary. Heat oil in a small saucepan over medium-high heat. Add tomatillo-chile puree; reduce heat to medium. Simmer, stirring constantly, 10 minutes or until sauce reduces to about 1 cup. Reduce heat, add remaining 1 teaspoon salt and sour cream. Stir about 1 minute. Set aside.
- Heat oven to 350°F. Heat a skillet over medium heat; warm tortillas 10 seconds per side. Divide shredded chicken evenly among tortillas; roll up. Spread 1/3 sauce in a 9" baking dish. Arrange enchiladas in 1 layer, seam side down. Cover with rest of sauce; sprinkle with cheese. Bake 30 minutes or until cheese starts to brown. Serve immediately.



# Video Links

- <http://www.youtube.com/watch?v=r1xDbeQjyTs>
- [http://www.youtube.com/watch?v=CYI\\_xSewuc&feature=Playlist&p=25DB2B5A731DA48B&index=28](http://www.youtube.com/watch?v=CYI_xSewuc&feature=Playlist&p=25DB2B5A731DA48B&index=28)