

Magnificent Mexican food



ENCHILADAS

Moisten tortillas in hot oil until limp for easier rolling.
Wet the inside of one half of the tortilla with enchilada sauce for easy sealing after rolling.
Use dry hands to roll up the enchiladas.

(This decreases overall saltiness).
Use a potato masher to mash beans for good texture.
Add sharp Cheddar cheese while mashing to enhance flavor.
Serve piping hot. Garnish with cheese.

REFRIED BEANS

Clean and soak beans the day prior to cooking.
Let beans boil in water for half the cooking time before adding salt.

MEXICAN RICE

Wash rice and fry quickly prior to cooking in chicken stock.
Cook rice in small batches for best results.
Add tomato paste for color.

CHILES RELLENOS
(stuffed peppers)

- 1/2 lb. of yellow cheese
- 6 green peppers (long not bell peppers. Remove seeds and white strings for milder taste.)
- 2 eggs
- 2 tablespoons flour
- 1 tablespoon fat or oil
- 1 clove of garlic
- 1 small onion minced
- 1 cup solid-pack tomatoes
- 1 cup chicken broth or water
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon powdered marjoram

Cut six pieces of cheese about one inch wide, two inches long and 1/2 an inch thick. Wrap around each a canned peeled green pepper. Separate the eggs, beat the whites until stiff. Then fold in the yolks and flour beaten together. Drop the cheese-stuffed peppers into the egg mixture, one at a time. Take out with a spoon and put in a hot skillet with very little fat or oil. Fry until golden brown on both sides.

The peppers may be prepared a day ahead and heated in the sauce just before serving.

To make the sauce, fry the onion and garlic in fat or oil and strain the tomatoes through a sieve into the fried ingredients. Add one cup of stock, preferably chicken or beef broth. When boiling, add marjoram, salt and pepper to taste. When ready to serve, put the stuffed peppers into the boiling sauce long enough to heat through.



Here are some how-to tips for those of you who may be cooking Mexican foods at home for the first time.

GUACAMOLE DIP

Select ripe avocados. Overripe avocados tend to be watery.

After splitting an avocado in half and removing the pit, scrape out the meat with a spoon. This method is quicker and easier than peeling the avocado. You can also get the most meat from the Avocado with this method.

Add a small amount of lemon juice to the recipe to enhance flavor and preserve the dip's green color.

Use white pepper instead of black pepper for flavor.

TACOS

Use shredded beef rather than ground meat for taco fillings. Although more time consuming to prepare, shredded beef tacos have a superior taste, according to some chefs.

Make sure oil is hot enough for frying or tortillas will absorb excess oil.

Before frying, pierce tortilla with a toothpick to hold together.

Use finely shredded lettuce for garnish. You may also want to garnish tacos with thin slices of radish for color.

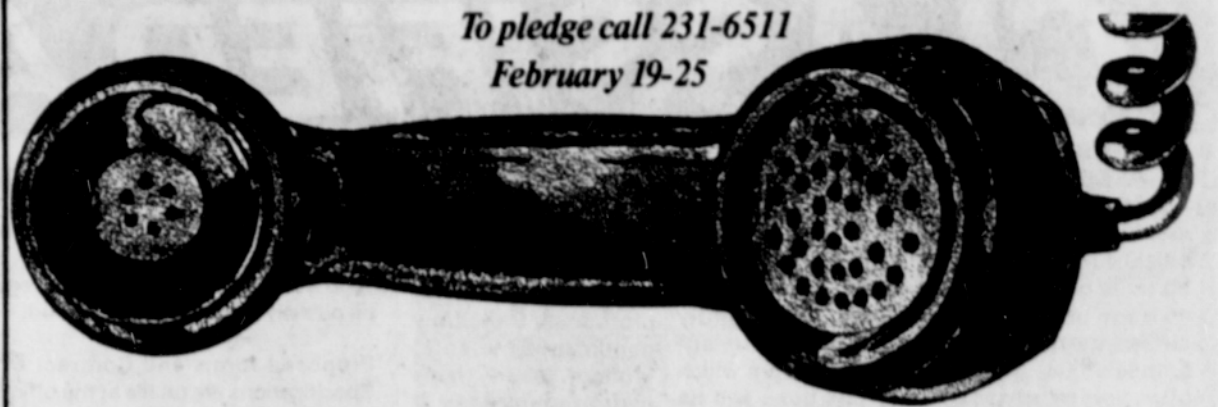
School Lunch

February 27
Soft Shell Burrito w/Salsa
Tater Tots
Pineapple Chunks
Chocolate Chip Cookie Milk

February 28
Lasagna
Tossed Salad w/choice of dressing
Warm French Roll
Orange Half
Mild

February 29
Wiener Wrap
Green Beans
Apple Wedges
Peanut Butter Cookie Milk

To pledge call 231-6511
February 19-25



KBPS SEEING SOUND/COMMUNITY LISTENING PLEDGE WEEK

Manor House, Grade 'A' Whole Fryers

Cut-Up Fryers
74¢ Lb.
84¢ Lb.



Beef Rib Steak Safeway Quality Beef \$2.98
Blade Pork Steak Blade Butt Cut \$1.38
Safeway Sliced Bacon 1 1/2-Lb. Package \$1.99



Red Ripe Strawberries

Sweet, Tasty...
For Snacks Or Fruit Salads
1-Pint Dry Basket

79¢



<p>Post Toasties Cereal, 18-Oz. box 99¢</p>	<p>Quart Yogurt Lucerne, Assorted 99¢</p>	<p>Light Chunk Tuna Pacific Friend, In Water, 6.5-Oz. 49¢</p>
---	---	---

<p>Individual Fleischmann's Margarine Quarters, 1-Lb. Pkg. 78¢</p>	<p>Frozen Jeno's Pizza Asst'd, 10.3 To 10.8-Oz. 89¢</p>
--	---



Ad Prices Good Wed., Feb. 22 Thru Tues., Feb. 28 At All Safeways In The Immediate Area Of Originating Publication. Sales Limited To Retail Quantities.