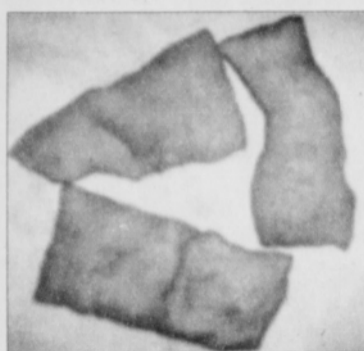


FOOD

The mission of the 'Food Section' is to provide our readers with great tasting healthy recipes and useful household information. The Portland Observer respectfully requests all comments and/or family recipes you would like to share with us. Address emails to foods@portlandobserver.com



Real Sopapillas

"Sopapillas for any occasion. Serve hot with honey."

Ingredients

- 4-cups all-purpose flour
- 2-tsp. baking powder
- 1-tsp. salt
- 4-Tbs. shortening
- 1 1/2-cups warm water
- 2 quarts oil for frying

Directions

1. In a large bowl, stir together flour, baking powder, salt and shortening. Stir in water; mix until dough is smooth. Cover and let stand for 20 minutes.
2. Roll out on flour board until 1/8 to 1/4-inch thick. Cut into 3-inch squares. Heat oil in deep-fryer to 375 F. Fry until golden brown on both sides. Drain on paper towel and serve hot. (Sprinkle with sugar and cinnamon, if desired.)



Menudo Rojo (Red Menudo)

"Inexpensive to make, and fully authentic, this Menudo packs a mildly spicy punch!"

Ingredients

- 3 gallons water, divided
- 1 1/2 pounds beef tripe, cut into 1-inch pieces
- 6 cloves garlic, finely chopped
- 1 large white onion, finely chopped
- 1 1/2-Tbs. salt
- 1-Tbs. black pepper
- 1 1/2-Tbs. dried oregano
- 2-Tbs. ground red pepper
- 5 de arbol chile peppers
- 6 japones chile peppers, seeds removed
- 6-cups canned white or yellow hominy, drained
- 1/2 -white onion, chopped
- 1/4-cup chopped fresh cilantro
- The juice of 2 limes

Directions

1. In a large pot, bring 1 gallon water to a boil. Place tripe in the pot, reduce heat, and simmer 2 hours; drain. Periodically skim off fat with a spoon. Drain water, reduce heat, and pour in a fresh gallon of water. Continue to simmer tripe for 2 hours; drain.
2. Pour remaining 1 gallon water into the pot with tripe, and bring to a boil. Stir in garlic and 1 white onion. Season with salt, pepper, oregano, and red pepper. Reduce heat, and simmer 1 hour.
3. Preheat the broiler.
4. Arrange the de arbol chile peppers on a baking sheet, and broil about 2 minutes, just until they begin to scorch. Remove from heat, slit lengthwise, and remove seeds. In a blender or food processor, blend the de arbol chile peppers and japones chile until very finely chopped. Mix into the pot, and continue cooking 2 hours over low heat.
5. Mix the hominy in the pot. Continue cooking 1 hour. Serve with remaining onion, cilantro and lime juice.

Classic Spanish Sangria



"Fruit, rum, wine, and orange juice – a Spanish classic, you cannot lose!"

Ingredients

- 1-lemon
- 1-lime
- 1-orange
- 1 1/2-cup rum
- 1/2-cup white sugar
- 1-(750 mil) bottle dry red wine
- 1-cup orange juice

Directions

1. Have the fruit, rum, wine and orange juice well chilled. Slice the lemon, lime and orange into thin rounds and place in a large glass pitcher. Pour in the rum and sugar. Chill in refrigerator for 2 hours to develop the flavors.
2. When ready to serve, crush the fruit lightly with a wooden spoon and stir in the wine and orange juice. Adjust sweetness to taste.

Mexican Rice

"This is an excellent authentic Mexican rice recipe (not Spanish rice)."

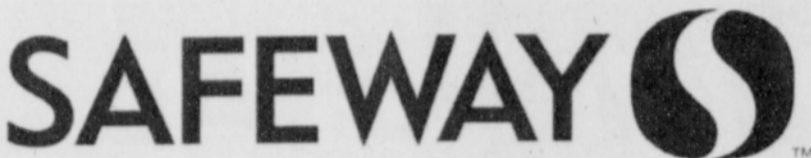
Ingredients

- 1-cup long grain white rice
- 1-Tbs. vegetable oil
- 1 1/2-cup chicken broth
- 1/2 white onion, finely chopped
- 1/2 green bell pepper, finely chopped
- 1 fresh jalapeno pepper, chopped
- 1-tomato, seeded and chopped
- 1 cube chicken bouillon
- Salt and pepper to taste
- 1/2-tsp. ground cumin
- 1/2-cup chopped fresh cilantro
- 1 clove garlic, halved

Directions

1. In a medium sauce pan, cook rice in oil over medium heat for about 3 minutes. Pour in chicken broth, and bring to boil. Stir in onion, green pepper, jalapeno, and diced tomato. Season with bouillon cube, salt and pepper, cumin, cilantro, and garlic. Bring to boil, cover, and reduce heat to low. Cook over 20 minutes.

Ingredients for life.



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SAVE up to \$4.00 lb.

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lbs
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12-oz. bottles.
Selected varieties.
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with card and coupon
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32 oz. Selected varieties.
Limit 1 offer. With Minimum \$10 Purchase.

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May 2 thru May 8

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