

# Fiesta Time

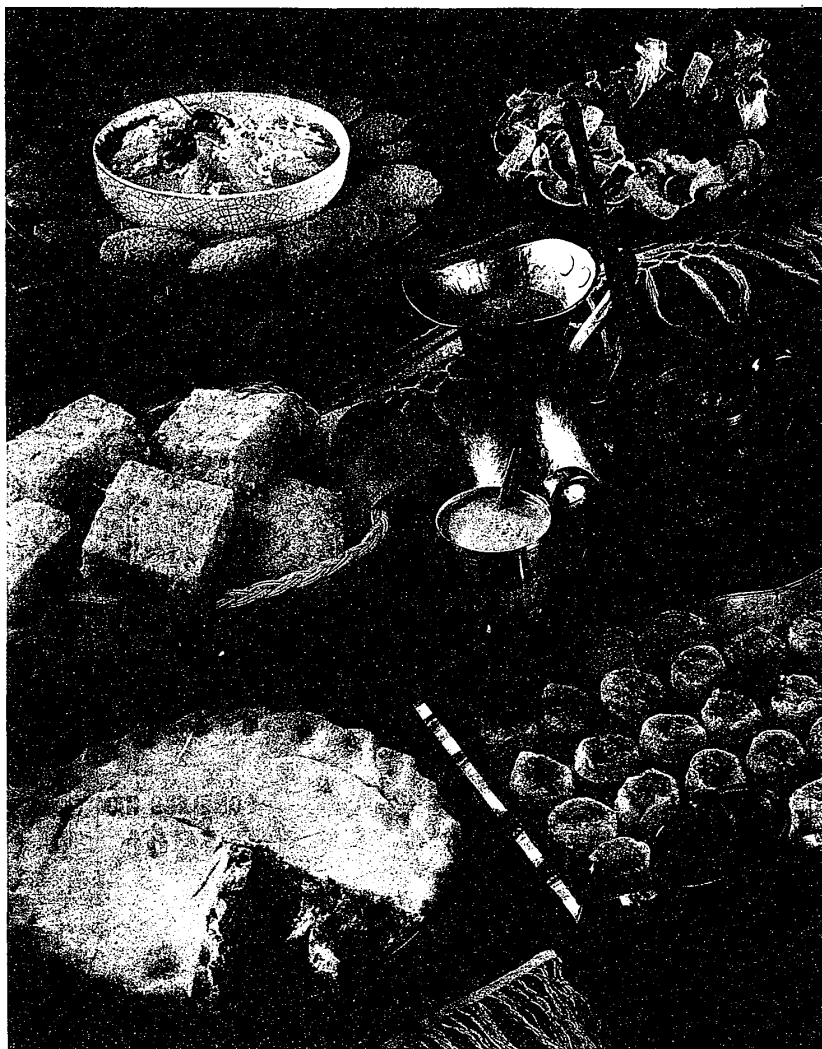
Colorful, exciting Mexico — where land and food offer striking diversity. This popular South-of-the-border cuisine relies on such staples as corn, beans, tomatoes and peppers. Since the days of the Aztec civilization, corn has played a major role in Mexican cooking. Corn meal adds a delightful grain flavor and texture to these recipes while being enriched with B-vitamins and iron.

Begin your Mexican fiesta with a spicy appetizer that brightens spirits and sets the mood. These corn meal tidbits feature a traditional Mexican topping of cheese, green peppers and taco sauce. Include a bowl of guacamole and chips as part of the opening activity.

Guests will then enjoy Fiesta Pie and Corn Bread Con Queso. Corn meal again plays a major role. The pie dough is exceptionally easy to work with and has a delightful grain flavor all its own. The colorful green chilies, chopped tomatoes and shredded chicken will bring oles from everyone.

Corn Bread Con Queso proves not all Mexican foods are hot and spicy. Flavorful bits of chopped green chilies and onion mingle with pieces of whole kernel corn and cheese to provide a mildly flavored bread. Serve warm from the oven for a real compliment getter.

Southwest Corn Meal Cookies with fresh orange slices add the finishing touch to this truly Mexican feast. Coat these delicate, easy-to-prepare cookies with a cinnamon-sugar mixture for an extra treat. Serve a traditional Mexican chocolate drink and your menu will be complete.



## ANTOJITOS

(Appetizers)

**BASE:**  
1/2 cup Enriched Corn Meal  
1/2 cup all-purpose flour  
1-1/2 teaspoons baking powder  
1/2 teaspoon salt  
3 tablespoons vegetable shortening  
1/3 cup milk

1/2 cup (2 oz.) shredded sharp Cheddar cheese  
**TOPPING:**  
One 4-oz. can chopped green chilies, drained  
1/3 cup taco sauce  
1/3 cup (1-1/3 oz.) shredded sharp Cheddar or Monterey Jack cheese

For base, combine corn meal, flour, baking powder and salt in medium-sized bowl. Cut in shortening until mixture resembles coarse crumbs. Add milk and cheese, mixing just until dry ingredients are moistened. Knead gently on lightly floured surface about 30 seconds. Roll on lightly floured surface to 1/4-inch thickness. Heat oven to 450°F. Cut dough with 2-inch round biscuit cutter. Place circles on ungreased cookie sheet. Press indentation in center of each circle with back of measuring 1/2 teaspoon.

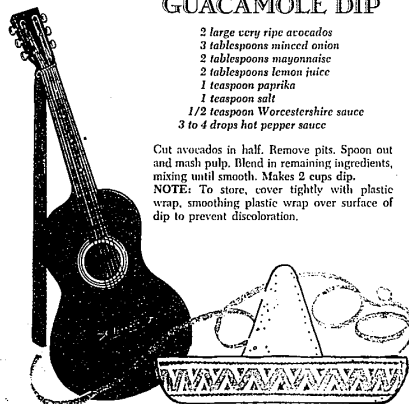
For topping, top each circle with piece of chili, scant 1/2 teaspoon taco sauce, scant 1/2 teaspoon shredded cheese and another piece of chili. Bake at 450°F. for 8 to 10 minutes or until light golden brown and cheese is melted. Makes about 2-1/2 dozen appetizers.

## GUACAMOLE DIP

2 large very ripe avocados  
3 tablespoons minced onion  
2 tablespoons mayonnaise  
2 tablespoons lemon juice  
1 teaspoon paprika  
1 teaspoon salt  
1/2 teaspoon Worcestershire sauce  
3 to 4 drops hot pepper sauce

Cut avocados in half. Remove pits. Spoon out and mash pulp. Blend in remaining ingredients, mixing until smooth. Makes 2 cups dip.

**NOTE:** To store, cover tightly with plastic wrap, smoothing plastic wrap over surface of dip to prevent discoloration.



## FIESTA PIE

**FILLING:**  
1/2 cup finely chopped onion  
1/4 cup finely chopped green pepper  
2 tablespoons butter or margarine  
1/4 cup all-purpose flour  
1 cup milk  
2 cups shredded, cooked chicken

3/4 teaspoon salt  
1 cup chopped, ripe tomato (peeled, if desired)  
**CRUST:**  
2 cups all-purpose flour  
1/2 cup Enriched Corn Meal  
1 teaspoon salt  
1/3 cup butter or margarine  
1/3 cup vegetable shortening  
1/2 cup cold water

One 4-oz. can chopped green chilies, drained  
1/4 cup minced fresh parsley or dried parsley flakes

For filling, sauté onion and green pepper in butter. Add flour; stir until blended. Gradually add milk, stirring constantly until smooth and thickened. Stir in chicken, chilies, parsley and salt.

For crust, combine flour, corn meal and salt. Cut in butter and shortening until mixture resembles coarse crumbs. Add water, 1 tablespoon at a time, stirring lightly until mixture forms a ball; divide into 2 parts, 1 slightly larger. Roll large part on lightly floured surface to form 13-inch circle. Fit loosely into 9-inch pie plate. Roll remaining dough to form 12-inch circle.

Heat oven to 425°F. Spoon 1/2 of chicken mixture into pie shell; top with tomato and remaining chicken mixture. Place top crust over filling; trim. Turn edges under; flute. Cut several slits in center to allow steam to escape. Bake at 425°F. about 30 minutes or until crust is lightly browned. Makes one 9-inch main dish pie (6 servings).

## CORN BREAD CON QUESO

1/2 cup butter or margarine  
1/4 cup sugar  
4 eggs  
1/2 cup finely chopped onion  
One 4-oz. can chopped green chilies, drained  
One 16-oz. can whole kernel corn, drained, reserving 1/3 cup liquid

1 cup (4 oz.) shredded sharp Cheddar cheese  
1-1/2 cups all-purpose flour  
1 cup Enriched Corn Meal  
4 teaspoons baking powder  
1/4 teaspoon salt

Heat oven to 300°F. Beat together butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Stir in onion, chilies, corn, reserved liquid from corn and cheese. Combine remaining ingredients; add to corn mixture, mixing well. Pour into well-greased 13x9-inch baking pan. Bake at 300°F. for 1 hour and 15 minutes or until light golden brown. Makes 13x9-inch corn bread.

## BISCOCHITOS

(Corn Meal Cookies)

**COOKIES:**  
1/2 cup butter or margarine  
1/2 cup sugar  
1 egg  
1-1/2 cups Enriched Corn Meal  
1 teaspoon baking powder

1 teaspoon cinnamon  
1/4 teaspoon salt  
1/8 teaspoon soda  
**CINNAMON SUGAR COATING:**  
3 tablespoons sugar  
3/4 teaspoon cinnamon

Heat oven to 375°F. For cookies, beat together butter and sugar until light and fluffy; beat in egg. Add corn meal, baking powder, cinnamon, salt and soda, mixing well; chill 1 hour. Shape dough to form about thirty-six 1-inch balls.

For coating, combine cinnamon and sugar. Roll balls in coating mixture; place on ungreased cookie sheet. Bake at 375°F. for 8 to 10 minutes. Cool 2 minutes on cookie sheet; remove to wire rack. Cool thoroughly. Makes about 3 dozen cookies.

## CREPES RELLENO

(Stuffed Crepes)

(Not pictured)

**CREPES:**  
1 cup milk  
2 eggs  
2/3 cup all-purpose flour  
1/3 cup Enriched Corn Meal  
Dash of salt

1 lb. ground beef  
One 8-oz. jar taco sauce  
1/4 cup sunflower nuts  
1/4 teaspoon ground cumin  
1/8 teaspoon garlic powder

**TOPPING:**  
Guacamole  
Dairy sour cream  
Shredded sharp Cheddar cheese

For crepes, combine all ingredients, mixing until smooth. For each crepe, fill 1/4 cup dry measure half full. Pour into hot, lightly greased crepe pan or 6 to 7-inch skillet; immediately tilt pan to coat bottom evenly with thin layer of batter. Cook 45 to 60 seconds or until tops look dry. Turn; cook about 20 seconds. Stack crepes between sheets of wax paper.

For filling, sauté onion in oil. Add meat, browning lightly; drain. Stir in taco sauce, sunflower nuts, cumin and garlic powder; simmer about 5 minutes. Heat oven to 325°F. Fill each of 12 crepes with 1/4 cup meat mixture; roll up. Place seam side down in 13x9-inch baking dish; cover with aluminum foil. Bake at 325°F. for 10 to 12 minutes or until heated through. Serve with guacamole, sour cream and shredded cheese, as desired. Makes 12 filled crepes.

**\*NOTE:** At this point, crepes may be wrapped and frozen up to 3 months. Thaw overnight in refrigerator.