Spice up meals Mexican style



These handy Mexican-style sandwiches make a popular meal or

If your economy meals need some spleing up, look south to Mexico for inspiration. For Mexican cooks have a flair for combining a variety of inexpensive ingredients in the most flavorful and appelling ways. Country are Mexican "antolitos"— nacks such as lacca, totados and burritos, all made with tortillas and spley fillings. It is believed that these handy foods were created long ago in Mexico as a light meal at home or in the fields or as snacks in the marketplace or at flestas. Today they are enjoyed on both sides of the border for lunch or supper and as between-meal snacks and party snacks.

For an "antolito" sure to please family and friends alike, try your hand at making Fork Burritos, Mexican-style sandwiches. Total find them as fun to make as they are delicious to eat. And

because they are so economical, you can make them again and again without specting the budget. These burritos feature a filling of ground pork with refricte beans eneased in crispy fried tortillas. The mixture is conveniently seasoned with tace seasoning mix.

Burritos are just one example of the versatility of ground pork which, like all pork cuts, is in good supply and attractively prieced. It is also popular because of the many ways it can be used such as in patiles, meat loaves, casseroles, pizza toppings and spaghetti sauces.

PORK BURRETOS PORK BURRITOS

1 lb. ground pork (75 percent lean)

1 small onion, chopped

1 can (8 oz.) tomatoes

1 can (8 v.) tomatoes

1 can (8 v.) oz.) refred beans

1 pkg. (1 1/4 oz.) refred beans

12 tsp. sail
14 cup shredded Cheddar cheese
10 eight-inch flour tortillas
Cooking oil

Brown ground pork and onion in large frying pan. Pour off drippings. Drain tomatoes, reserving liquid, and coarsely chop. Add tomatoes, refried beans, tace seasoning mix, green chiles, sait and tomato liquid to pork, stirring to combine. Cook slowly 15 minutes. Remove from heat and stir in cheese. Lightly brush both sides of each tortilla with cooking oil; place in two place on baking sheet in moderate oven (375°) 8 to 10 minutes. Remove tortilla

from towel; place W cup meat mixture in center of tortilla, fold opposite sides over tilling, then fold remaining sides over top to enclose filling. (Secure with round wooden pick, if necessary.) Repeat to make 10 burrites. Fry burrities in deep hot oil (355°) 4 to 5 minutes or until hot and oglofan brown. 5 servings of 2 burritos each.

"Or II a solf crush is desired, place on baking sheet and bake in moderate oven (350°) 10 to 12 minutes.

To show off the burritos in style, serve them on lettuce leaves with to-mails wedges and avocado silices. If they are to be the main attraction at lunch or supper, you might also like to serve a fresh fruit salad or shimmering gelatin mold.

Peeled

Bread

69¢

FAME

Milk

59¢ Velveeta

Eggs.

\$ 4 79

GAL. JUG

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Light Chunk

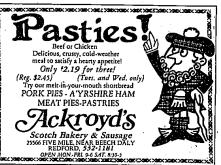
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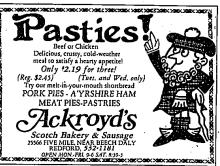
Grapefruit கட்

Whipped Topping

Totino's

Pizza







Pilot Light Greg Melikov

End puzzle of souffle

There is a sense of mystery about the souffe. While the instructions at first glance appear complicated, there is an unencumbering flow to the actual preparation if certain sensible steps are followed.

ival preparation II certain sensible steps are too-lowed.

Those steps include.

Those steps include the prepared dish at least 30 minutes to help the hot souffle rise straight up.

Handling the egg whites very carefully. If overbeaten, they lose much of their air along with the glistening, firm peaks. When folding the warm souffle base into the beaten whites, avoid being too thorough because it's better to have a few unbinded patches than a souffle that won't rise.

PLACING the souffle dish on a heated baking sheet so the souffle starts to cook at the bottom as well as the top. Remember the less time a souffle cooks, the more creamy the center.

Serving the souffle at once. The elegant dish walts for no one. Puncture the top with a serving spoon and fork, held back to back and straight up, gently spreading the souffle at once the with onlon sauce, it retains that distinctive flavor even when caten cold the next day.

PARMESAN SOUFFLE

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4 they, butter
3 'eap grated Parmesan cheese
5 'eap streamed
3 they after a they are the are they are the are the they are they are they are the are they are they are they are

¼ tsp. white pepper Plach each cayenne pepper, nutmeg

Rub 14-quart souffle dish or round, tall casserole with 1 tablespon soltened butter and evenly coat with 2 tablespons of leader to the read of the round at least 30 minutes. Allow egg whites to warms or room temperature in large mixing bowl. Place bat legal to move and preheat at 400 degrees 15 minutes.

Place remaining butter, cut in bits, in heavy saucepan, melt on low heat and remove. Vigorously stir in flour, tablespon at a time, with wooden spoon until mixture is smooth. Gradually pour in milk and beat with whisk. Set pan on medium heat, bring to boil, whisking, lower heat couple notches, simmer 2 minutes and remove. Quickly whisk in egg yolks, gradually add remaining cheese, whisking, add rest of ingredients and mix thoroughly with wooden spoon until smooth. Beat egg whites with electric mixer until they hold tirm. Vigorously whisk about 1 cup whites into warm souffle base over remaining whites and gently combine, folding mixture while rotating bowl.

Pour mixture into prepared dish, place in center of baking sheet and reduce oven to 375 degrees. Sake 25 to 30 minutes, when souffle puffs and is lightly browned. Serve at one. Serves 4.

ONION SAUCE

5 thep, butter, cut in bits
3 thep, all-purpose floor
1 envelope dried onlon soup mix
2 cups milk

Slowly heat butter in medium saucepan until almost melted and remove. Sitr in flour, tablespoon at a time, and soup mix. Gradually sitr in milk. Bring to boil on medium heat, occasionally sitrring, reduce heat couple notches and simmer I minute. Makes about 2 cups. Pass sauce at table with souffice. Retrigerable lettouer sauce for future with.

FRESH

FISH

Available

Daily!

Laundry

\$199

Detergent Cake Mix

"I need some help in locating a recipe for a ham-burger called a 'vegburger,' writes Mrs. W. H. of Livonia. "It was a student favortic at the Petroit Robert Burns Elementary in the 1840s. Any assist-ance would be much appreciated." Readers are invited to send questions, suggestions or comments about food, cooking and shopping to Piole Light, Greg Melikov, 630 NW 153rd St., Mamit, Fig. 3386s. Enclose self-addressed stamped envelope for individual re-pilies.

