

Spice up meals Mexican style



These handy Mexican-style sandwiches make a popular meal or snack.

If your economy meals need some spicing 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 appetizing ways.

Most popular in this country are Mexican "antojitos" — snacks such as tacos, tostitos and burritos, all made with tortillas and spicy 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 fiestas. Today they are enjoyed on both sides of the border for lunch or supper and as between-meal snacks and party snacks.

For an "antojito" sure to please family and friends alike, try your hand at making Pork Burritos, Mexican-style sandwiches. You'll 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 upsetting the budget. These burritos feature a filling of ground pork with refried beans encased in crispy fried tortillas. The mixture is conveniently seasoned with taco seasoning mix.

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

- PORK BURRITOS**
- 1 lb. ground pork (75 percent lean)
 - 1 small onion, chopped
 - 1 can (8 oz.) tomatoes
 - 1 can (8 1/2 oz.) refried beans
 - 1 pkg. (1 1/4 oz.) taco seasoning mix

- 1 can (4 oz.) chopped green chilies
- 1/4 tsp. salt
- 1/4 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, taco seasoning mix, green chilies, salt 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 stacks on a damp towel. Wrap in towel; place on baking sheet in moderate oven (375°) 8 to 10 minutes. Remove tortilla

from towel; place 1/4 cup meat mixture in center of tortilla, fold opposite sides over filling, then fold remaining sides over top to enclose filling. (Secure with round wooden pick, if necessary). Repeat to make 10 burritos. Fry burritos in deep hot oil (385°) 4 to 5 minutes or until hot and golden brown. 5 servings of 2 burritos each.

*Or if a soft 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 tomato wedges and avocado slices. 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.

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Pilot Light

Greg Melikov

End puzzle of souffle

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

These steps include:

Refrigerating 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 glazing, firm peaks. When folding the warm souffle base into the beaten whites, avoid being too thorough because it's better to have a few unblended 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 waits for no one. Puncture the top with a serving spoon and fork, held back to back and straight up, gently spreading the souffle apart for each portion.

While Parmesan souffle goes well with onion sauce, it retains that distinctive flavor even when eaten cold the next day.

PARMESAN SOUFFLE

- 4 tbsp. butter
- 3/4 cup grated Parmesan cheese
- 5 eggs, separated
- 3 tbsp. all-purpose flour
- 1 cup milk
- 1/4 tsp. salt
- 1/4 tsp. white pepper
- Pinch each cayenne pepper, nutmeg

Rub 1 1/2-quart souffle dish or round, tall casserole with 1 tablespoon softened butter and evenly coat with 2 tablespoons Parmesan. Refrigerate dish at least 30 minutes. Allow egg whites to warm to room temperature in large mixing bowl. Place baking sheet in oven 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, tablespoon 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 firm. Vigorously whisk about 1 cup whites into warm souffle base. Using rubber spatula, scrape 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. Bake 25 to 30 minutes, when souffle puffs and is lightly browned. Serve at once. Serves 4.

ONION SAUCE

- 5 tbsp. butter, cut in bits
- 3 tbsp. all-purpose flour
- 1 envelope dried onion soup mix
- 2 cups milk

Slowly heat butter in medium saucepan until almost melted and remove. Stir in flour, tablespoon at a time, and soup mix. Gradually stir in milk. Bring to boil on medium heat, occasionally stirring, reduce heat couple notches and simmer 1 minute. Makes about 2 cups. Pass sauce at table with souffle. Refrigerate leftover sauce for future use.

"I need some help in locating a recipe for a hamburger called a 'vegburger,'" writes Mrs. W. H. of Livonia. "It was a student favorite at the Detroit Robert Burns Elementary in the 1940s. Any assistance would be much appreciated."

Readers are invited to send questions, suggestions or comments about food, cooking and shopping to Pilot Light, Greg Melikov, 650 NW 153rd St., Miami, Fla. 33189. Enclose self-addressed stamped envelope for individual replies.

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