

# Tex-Mex recipes a tempting culture blend

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Hope you enjoy these not-too-hot, Tex-Mex recipes. Drop one in a note in care of this paper if you have a favorite. Bon Appetit!

## SOPES, CHALUPAS & TORTILLAS

2 cups masa (available at Mexican grocery)  
1/4 cup stone ground cornmeal  
1 1/2 tsp. sugar  
1 tsp. solid vegetable shortening  
1 tsp. baking powder  
1 tsp. salt

About 1 cup warm water  
Peanut oil (for frying)

Combine dry ingredients. Mix well by hand or in processor. Cut in shortening. If processing, drizzle in warm water while machine is running. If mixing by hand, add water slowly. Mix well. Cover tightly. Allow to rest at room temperature for 1-2 hours. Break off walnut sized piece of dough and roll out between plastic wrap. Peel plastic from dough. Dip into hot (375 degrees) fat about 2 inches deep. Cook until puffed and brown, about 1 minute. Remove with a slotted spoon.

## GREEN CHILE SALSA

Wonderful! Is an omelette or as a taco sauce

6 tomatoes, quartered  
5 poblano chilies, stemmed and seeded  
2 cloves garlic  
1/2 avocado, peeled  
1/4 cup sour cream  
1/4 cup loosely packed cilantro leaves  
1/2 tsp. salt

Place tomatoes in a medium skillet, cook over low heat until softened with garlic. Transfer to processor

blender. Add remaining ingredients and puree until smooth. Serve warm or cold.

## TEX-MEX BEAN SOUP

Great with tortillas to sop up the broth!

2 cups black beans  
8 cups hot water  
1 tsp. salt (or to taste)  
8 oz. tomato sauce  
1 large clove garlic, chopped  
2 oz. salt pork, diced  
1 small dried hot red pepper  
12 oz. fresh pork cubed  
8 oz. Mexican sausage, cubed (Italian

or polish will suffice but nothing like Mexican)

1/4 tsp. black pepper  
Soak beans in water for 4 hours. Add salt, tomato sauce, onion and garlic and salt pork. Simmer for 45 minutes over medium heat. Add remaining ingredients, cover, bring to a boil, reduce to a rolling simmer and cook 2 hours until beans are cooked but still hold their shape. Discard red pepper before serving. Serves 6-8.

## SOPAPILLAS

(Little Mexican doughnuts that a friend couldn't believe were easy to

make and tasted great!)

2 cup flour  
2 tsp. baking powder  
1 tsp. salt  
2 tbsp. shortening  
3/4 cup ice water

Oil for frying  
Sift all the dry ingredients together. Cut in shortening and gradually add the water until a good dough is formed. Roll out as thin as possible. Cut into squares. Drop into hot fat, cook until golden and puffed. Drain on paper towel. Dip in honey and roll in cinnamon and powdered sugar. Mmmmmgood!

## Sonic dryer may revolutionize food industry, researchers say

AP — Scientists at Purdue University have devised a method of food preparation they say could boost U.S. exports, cut shipping costs and help feed the Third World.

The technique, which relies on sonic energy, can transform orange juice, onions and apple juice to powder in seconds, said Jay Marks, an instructor in Purdue's food science department. The powder then absorbs moisture as soon as it is exposed to air, he said.

The university and U.S. Development Corp. of Indianapolis jointly own the patent on the sonic food

dryer, which uses hot air and sound to powder foodstuffs that can't be dried by conventional methods.

Using the sonic dryer, researchers can turn orange juice into powder in five seconds. Onions, which take 10 hours to dry by conventional methods, also take just five seconds in the sonic dryer.

U.S. Development sent samples this week to companies for testing, and Marks is confident the pure, powdered orange juice will be on grocery shelves in a year.

Although there are powdered drink mixes that contain orange juice, they also have preservatives and other ingredients, Marks said.

"Nobody else is producing pure

dried orange juice on a commercial basis. We checked thoroughly," he said.

Orange juice probably won't be the only dried food product reaching the market in the next few years. Sonic-dried honey and apple juice may be the next products marketed by U.S. Development, Marks said.

"We haven't found anything we can't dry," he said.

He said more than 100 foods have been powdered under the dryer, including eggs, soy sauce and condensed milk.

Sonic-dried food has several benefits, Marks said, including it doesn't need to be refrigerated and has a shelf-life of about a year.

## Pineapple spice scones favorite teatime snack

AP — Americans have been slow to adopt the English custom of afternoon tea. That's a shame, because tea is a pleasant, relaxing way for busy Americans to entertain.

Finger sandwiches and a variety of little cookies, pastries or cakes are traditional tea fare. And they are all easy to make ahead. Light, rich scones are a favorite at teatime in England and Scotland. To make this tropical version, stir a can of crushed pineapple into the dough.

## PINEAPPLE SPICE SCONES

3 cups all-purpose flour

1/2 cup sugar  
2 1/2 tsp. baking powder  
1/2 tsp. salt  
1/2 cup margarine or butter  
8-oz. can crushed pineapple (juice pack)  
1 light cream or milk  
3 tsp. chopped macadamia nuts or almonds  
1 tsp. sugar  
1/2 tsp. ground cinnamon

In a mixing bowl stir together flour, 1/2 cup sugar, baking powder and salt. Cut in margarine until mixture resembles coarse crumbs. Make a well in center. Stir in undrained pineapple until dry ingredi-

ents are just moistened (dough will be sticky). On lightly floured surface knead gently 10-12 strokes; roll dough to 3/4-inch thickness. Cut with floured 2 1/4-inch biscuit cutter. Place on ungreased baking sheet. Brush tops with cream or milk. For topping, combine nuts, 1 tsp. sugar and cinnamon. Sprinkle about 1 tsp. of mixture over top of each scone. Bake in 425° oven about 15 minutes. Serve warm. Makes 21.

Nutrition information per scone: 154 calories, 2 g protein, 19 g carbohydrates, 8 g fat, 1 mg cholesterol, 154 mg sodium.

## Twists are tasty party munchies

AP — These cheese twists go great by themselves or as a perfect accompaniment to that special meal.

## ITALIAN CHEESE TWISTS

1/4 cup margarine or butter, softened  
1/4 tsp. each basil, oregano and marjoram, crushed  
1/4 tsp. garlic powder  
16-oz. loaf frozen bread dough, thawed  
1/2 cup shredded mozzarella cheese (3 oz.)  
1 slightly beaten egg  
1 tsp. water  
2 tbsp. sesame seed

In a small bowl combine margarine, basil, oregano, marjoram and garlic powder. Set aside. On a lightly floured surface roll bread into a 12-inch square. Spread margarine mixture evenly over dough. Sprinkle with cheese. Fold dough into thirds. With a sharp knife, cut dough crosswise into twenty-four 1/4-inch strips. Twist each strip twice and pinch ends to seal. Place about 2 inches apart on a greased baking sheet. Cover; let rise in a warm place until almost double (about 30 minutes). Combine egg and water; brush over each twist. Sprinkle with sesame seed. Bake in a 375° oven for 10-12 minutes or until golden. Makes 24 twists.

Nutrition information per serving: 92 calories, 4 g protein, 10 g carbohydrates, 4 g fat, 21 mg cholesterol, 157 mg sodium.

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