

Show #50: Mexican Fiesta!

Alison and Chris

Fiesta Rice

1 (14.5 oz) can stewed tomatoes (with onion & green pepper)
1 ½ cups chicken broth
1 ¼ cups white rice, uncooked
1 T butter or margarine
2 t. chili powder
¼ t. oregano
½ t. garlic salt

In a medium saucepan, combine all ingredients. Bring to a boil. Reduce heat; cover and simmer 25 minutes. Fluff with a fork and serve.

Serves 4-6

Mango Ice with Tequila & Lime

This smooth sorbet can be made without an ice cream machine.

¼ cup water
3 T tablespoons tequila
2 T. sugar

2 large ripe mangoes, peeled, pitted (or 1 bag frozen mangoes)
2 T. fresh limejuice

Combine first 3 ingredients in a heavy small saucepan. Stir over medium heat until sugar dissolves and mixture boils. Cool syrup slightly.

Puree mangoes, syrup and lime juice in processor until smooth. Transfer mixture to a pic plate. Freeze, stirring occasionally until slushy, about 2 hours. Continue freezing until firm. Let stand 10 minutes at room temperature. Break up into chunks. Return mixture to processor or process until smooth.

Serve up some fun!

Mango, Jicama & Corn Salad

Did you know that Mangos are an excellent source of vitamins A & C?

Here's a bright and refreshing salad.

4 cups of corn (either freshly cut from the cob, or frozen)
6 small mangoes, peeled, pitted, coarsely chopped (or one jar of cut mangos)
2 pounds jicama, peeled, chopped to bite size pieces
1 cup chopped red onion
½ cup fresh chopped cilantro
½ cup fresh limejuice

Place corn in medium bowl. Add mangoes, jicama, red onions, cilantro and lime juicer. Toss to combine. Season to taste with salt and pepper. Cover and refrigerate until cold. Can be prepared 3 hours ahead of time. Keep refrigerated. Serve cold

Serves 7

Red & Green Fire Salsa

1 small tomato, seeded, chopped
¾ cucumber, peeled, seeded, chopped
½ cup diced green bell pepper
½ cup sour cream
¼ cup chopped fresh cilantro
1 ½ T minced red jalapeno
1 ½ T minced green jalapeno

The heat is in the seeds of the jalapeno, so to increase the heat, increase the seed input

Combine all ingredients in medium bowl. Season to taste with salt.

Makes 2 cups

Hint: a dash of tequila helps pop some flavor

Party Salsa

Once to make this, you'll never buy store-bought again!

1 14 ½ to 16 oz. Can stewed tomatoes, well drained
1 medium onion, quartered
10 large garlic cloves
3 jalapeno chilies, stemmed, seeded
1 bunch cilantro, stems trimmed
4 large tomatoes, seeded, quartered
1 4-oz can diced green chilies
1 T ground cumin
3 T fresh lemon juice
4 t. fresh limejuice
Tortilla chips

Process stewed tomatoes, onion, garlic cloves, jalapenos and half of the cilantro in processor to chunky puree. Transfer mixture to large bowl. Place fresh tomatoes, diced green chilies and remaining cilantro in processor and blend until tomatoes are finely chopped. Add to mixture in large bowl. Mix in green onions, cumin and lemon and lime juices. Season salsa to taste with salt & pepper. Cover and chill until cold, at least 1 hour and up to 4 hours. Serve with tortilla chips and family & friends.

Tomatoes stuffed with guacamole

Long before guacamole, tortilla chips and Margaritas became a popular light dinner, guacamole was often served in tomatoes. You'll love this presentation!

12 small (2-2 ½ inch) cherry tomatoes (not plum)
1 T. olive oil
1 T fresh limejuice
3 firm-ripe avocados
2 T finely chopped onion
½ t. finely chopped fresh cilantro
2 t. minced fresh jalapeno chili, including seeds
½ t. salt

Accompaniment: shredded lettuce
Garnish: fresh cilantro sprigs

Cut a thin slice from stem end of each tomato and scoop out and discard seeds with a small spoon. Carefully scoop out pulp to form a tomato shell, then finely chop pulp.

Drizzle inside of each tomato shell with oil and limejuice and let stand at room temperature while making guacamole.

Pit and peel avocados and coarsely mash with a fork in a bowl, Fold in chopped tomato pulp, onion, cilantro, chili, and salt. Then spoon into tomato shells, mounding guacamole. Top with a cilantro sprig.

Serve up pronto.

Tip: once the tomatoes are emptied, turn them upside down so they keep their form.

Chicken Quesadillas

This recipe makes great use of rotisserie chicken, available at most supermarkets.

If you have a well seasoned ridged grill pan, get it out.

3 ½ cups shredded cooked rotisserie chicken (from a 2 ½-lb bird)
¾ t. salt

½ t. black pepper

1 large onion, halved lengthwise and thinly sliced crosswise
2 T vegetable oil
2 large garlic cloves, thinly sliced
5 oz. Coarsely grated Monterey Jack cheese (w/ or w/o hot peppers; 2 cups)
8 (7-inch) flour tortillas
Accompaniments: sour cream; salsa; fresh cilantro sprigs
Garnish: lime wedges

Sprinkle chicken with ½ t. salt and ¼ t. pepper

Cook onions with remaining ¼ t. salt and ¼ t. pepper in oil in a 10 to 12 inch skillet over moderate heat, stirring occasionally, until golden, about 6 minutes. Add garlic and cook, stirring until fragrant, about minute, then transfer to a large bowl. Add chicken to onion mixture along with cheese.

Put 1 tortilla on a cutting board and spread ½ cup chicken mixture over half of the tortilla, then fold other half over to form a half-moon, pressing firmly on seam.

Assemble 7 more quesadillas in same manner.

Heat lightly oiled grill pan over high heat until it begins to smoke, then reduce heat to moderate and grill quesadillas, 2 at a time, turning over once, until cheese is melted and golden brown grill marks appear, about 4 minutes total per batch. Transfer with a spatula to a cutting board and cut in wedges.

Serve up pronto.