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Tasty Treasures

A COLLECTION OF FUN AND FLAVORFUL RECIPES



Table of Contents

Main Dishes

Picada de Pollo

Polvorones

Molletes Norteños

Quesillo

Nested Meat Balls

Asopao de Pollo

Pan de Jamón

Pesto alla Genovese

Pineapple Flan

Chiles en Nogada

Refresco de Jamaica

Crema de Aguacate

Torta de Elote

Gelatina de Cajeta

Pam's Father-in-Law Pinto Beans

Dorothy's Nuclear Eggnog

Queso Flameado

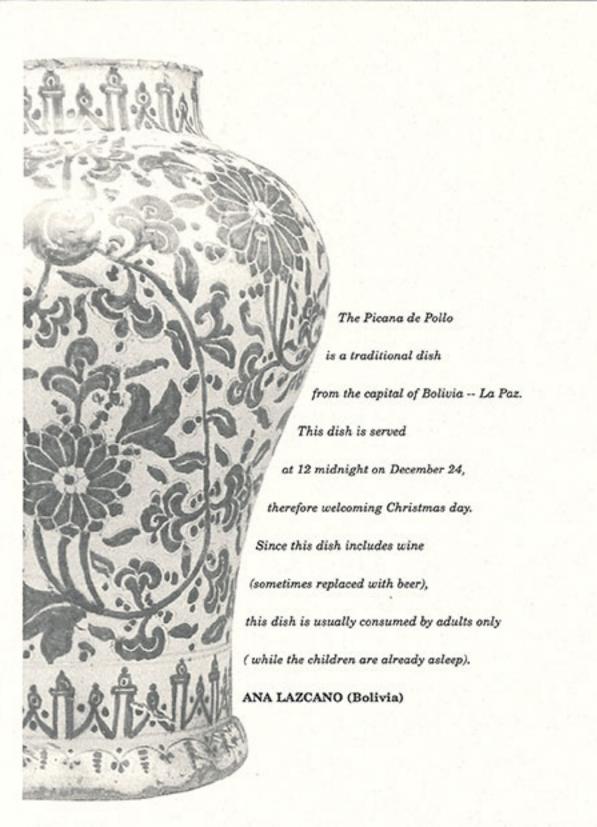


s a Christmas memory from all our staff we would like you to add this collection of Tasty

Treasures from our backgrounds to your kitchen's library.

Every recipe brings deep
and unforgettable remembrances
of special moments and people
from our past, and we want
to share them with you.

Merry Christmas!



Picana de Pollo

A Bolivian Christmas tradition...

Ingredients:

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- •1 whole chicken (2 to 2.5 lbs.)
- ·4 carrots (cut longwise in fourths)
- ·3 onions (cut in fine strips and slightly browned in oil)
- ·2 tomatoes (peeled and cut in slices)
- ·1 small bunch of celery (cut longwise in fourths)
- ·1 cup of white wine
- •3 large spoons (soup ladles) of chicken soup (to be prepared)
- ·Salt and pepper to taste

Procedure:

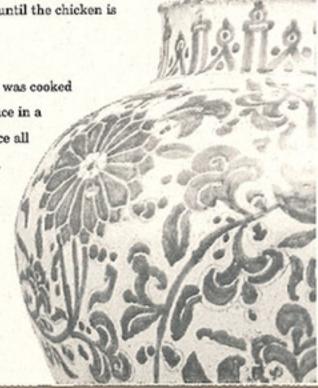
Clean the chicken. In a large pot with water, place the whole chicken, carrots, and celery.

Add salt and pepper to taste. Bring to a boil and let it simmer until the chicken is fully cooked.

Once the chicken is cooked, remove from the water in which it was cooked (save this water for later use); separate chicken into pieces, place in a large skillet, and brown in oil. Once the chicken is golden, place all pieces in a large saucepan. Add the water (now soup) in which the chicken was previously cooked, add the toasted onions, tomatoes, cooked carrots, celery, and salt and pepper to taste.

Add cup of wine. Bring to a boil.

Serve with pealed baked potatoes and cooked corn cobs. Serves 6 to 8 people.



This teeny tiny cookie was made by my
kids' great-grandmother in Puerto Rico.

She would make dozens and dozens throughout
the year and store them in round tin cans. You could

always go to her house and there would be a

can full for you to take home. You could

not eat just one, you would eat

one after the other until your

stash was gone. These literally

"melt in your mouth" and

kids love to make them.

ADALIS ARROYO (Puerto Rico)

Polvorones

Ingredients:

- •1 lb. solid vegetable shortening (like Crisco)
- •2 cups of sugar
- ·6 cups of flour
- •3 eggs

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•1/2 tsp. salt

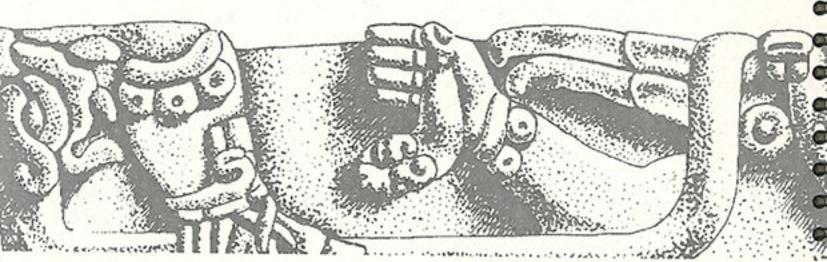
Procedure:

Beat the shortening until soft. Add the sugar little by little; then salt, one egg white and three yolks, add the flour and when the mixture is hard, work it with your hands until well blended. Form small balls and place on ungreased cookie sheet. Bake in oven at 300° F for 25 to 30 minutes. Makes 10 dozen.

In all over Mexico there is a chain of restaurants called Sanborn's. If you ever happen to
be in my country, look for one of these restaurants and try their "Molletes". They have the
best ones. However they don't put chorizo on
them. I do. And, believe me, it's an ingredient that really makes the difference.

Happy eating!

JAVIER GONZALEZ-HERBA (Mexico)



Molletes Norteños

Ingredients:

- . Bolillos (Lock it up!)
- ·Frijoles Refritos (Look it up!)
- · Chorizo de puerco
- · Queso Morzarella

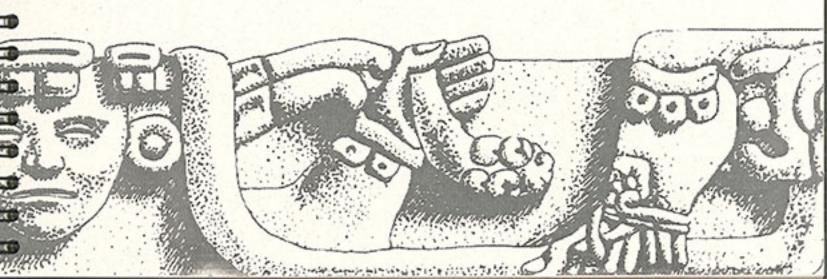
Procedure:

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To start you place the chorizo in a sarten (frying pan) and you cook it well...
watch out, keep the flame low because it will jump all over the place. Later
you mix it with the frijoles refritos. Let it cook like... a few minutes.

After that, cut the bolillo in half, long ways... With a spoon spread the chorizo
con frijoles on the bolillos, and place lots of grated cheese on top. Put it in the
oven... for as long as you think or until the cheese melts... The temperature
does not matter... All depends how fast you want to eat.

This dish is simple, practical and yes, perfect for bad cooks.



"Borracho no come dulce" (drunks don't eat sweets) is the friendly advice grandmas give partiers whose mouths water for this delicious light dessert, popular in Venezuelan Christmas dinners and at children's "piñata" parties. Of course, you have to take this with the characteristic Venezuelan sense of humor, meaning if you've had at least one drink, anything with sugar



won't sit well with you. This hole-ly cheese look-alike makes for a great dessert to top off any holiday dish.

SALLY FELSMANN (Venezuela)

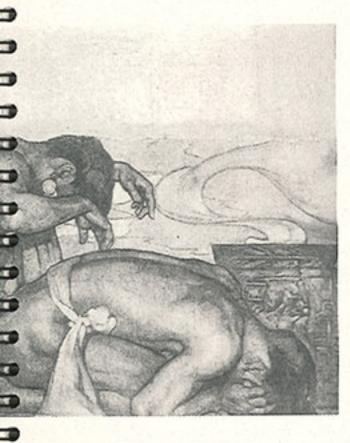
Quesillo

Ingredients:

- 4 eggs
- •2 cups hot milk
- ·8 thsp. sugar and 4 thsp. water for caramel
- •8 tbsp. sugar
- ·pinch of salt

Procedure:

Caramelize 8 tablespoons of the sugar in the metal pan in which the quesillo is to be cooked. When it is brown, add water and mix well, removing from the fire to prevent further cooking. Beat eggs separately and add yolk to white; add milk, sugar and salt. Turn into caramelized mold. Bake in oven (325° E) in a pan of water about 3/4 hour or until a silver knife inserted comes out clean. (May also be cooked in a tightly covered double boiler on top of the stove; in either case the water in which the mold is placed should not boil. Regulate heat or add cold water from time to time. Cool before turning out of mold. Serves 6.



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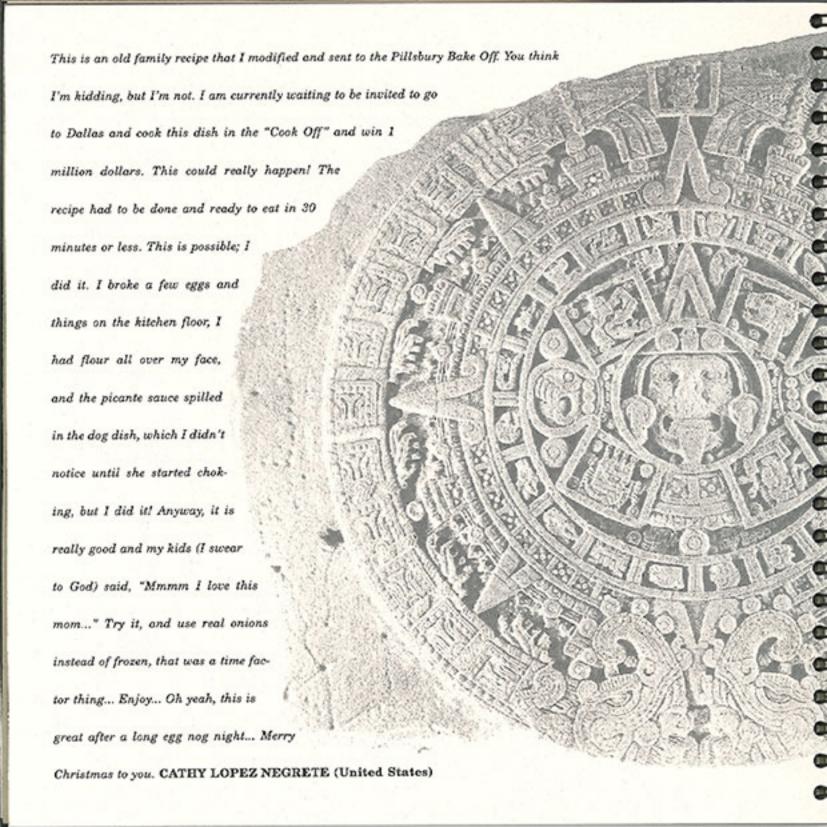
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Nested Meat Balls

Ingredients:

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- •2 lbs. ground beef
- •1 cup frozen chopped onions-(in grocery store freezer)
 - ·2 large eggs
 - •3/4 cup "Old El Paso Picante Sauce"-medium
 - ·2 tsp. pepper
 - •2 tsp. onion salt
 - •2 tsp. garlic powder
 - ·3 slices soft bread torn into bite size pieces (no crust)
 - 4 tbsp. olive oil
 - *3 cans cream of mushroom soup
 - •3/4 can milk (measure from empty cream of mushroom soup can)
 - •2 cups of flour
 - ·6 servings of Hungry Jack mashed potatoes
 - ·2 cans of LeSueur Peas

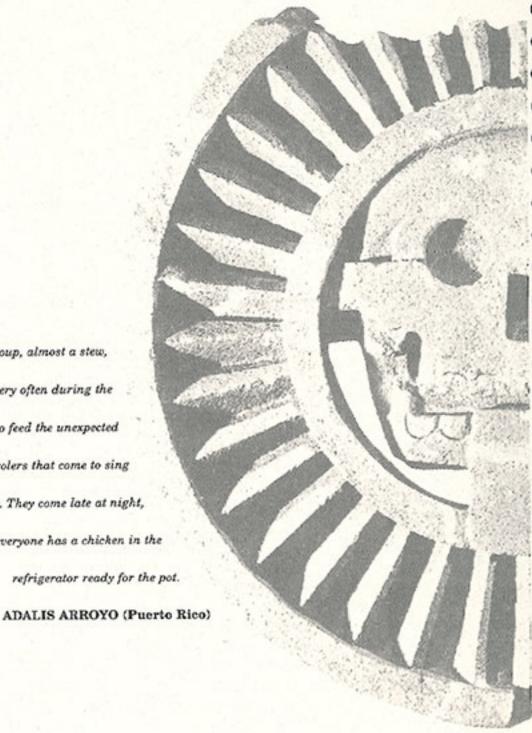
Procedure:

Combine first 8 ingredients in large bowl, mix well. Form large meat balls (almost the size of a pool table ball). Roll balls in flour and brown on two sides in hot clive oil. Stir 3 cans of soup with milk and per inyo meatball pan. Cover and cook on med/high.

While meatballs cook. Microwave 2 cans of drained LeSueur peas in a bowl for 2 minutes.

Prepare mashed potatoes for 6 as directed on Hungry Jack box.

Now in a cereal size bowl place a layer of potatoes, a layer of peas, a meatball and crown with lots of gravy.



This thick chicken soup, almost a stew, is prepared very often during the Christmas season to feed the unexpected bands of carolers that come to sing and party. They come late at night, so everyone has a chicken in the refrigerator ready for the pot.

Asopao de Pollo

Ingredients:

3 lbs. chicken

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•2 sweet peppers

•3 garlic cloves

•3 tbsp. oil

•5 tsp. salt

- •3 stalks cilantro
- 1/4 tsp. oregano

• 1/2 cup tomato sauce

• 1/8 tsp. pepper

•2 oz. ham, cut in small pieces

·2 tsp..oil

·1 onion, chopped

·6 cups water

•1 green pepper

· pimentos

·1 cup long grain rice

· peas

Procedure:

Soak rice in water sufficient to cover it.

Cut chicken in pieces and wash. Crush garlic, oregano, pepper, and 2 1/2 tsp. of salt and rub the chicken with this mixture. Set aside for 30 minutes. Boil the water with the cilantro, the rest of the salt, the sweet peppers, the chicken neck, back and giblets. Cover and cook on low for 1/2 hour. In hot oil cook the ham, onion, and green pepper until golden. Add the tomate sauce and mix. Add the pieces of chicken and cook for 10 minutes. Put all these ingredients (not including the rice) in

a large cooking pot with the 6 cups of water and bring to a boil on

high. Drain rice (which has soaked for 1/2 hour) and put into the pot. Bring to a boil again and lower the heat to mediumlow and cook uncovered for 25 minutes. Serve garnished with pimento and peas.

This is great with crusty bread.

Serves 4



Venezuelan Christmas is set around the "nacimiento" or birth of Christmas which
decorates a corner of every home. "Gaitas" are the rythmic music which characterizes this time of year. These tunes, as well as blasting fire crackers, set the spirit for
a continuous party which makes every day in December seem like what can only
compared to the Fourth of July.

In Venezuela, don't be surprised if during the season the street you're on is suddenly closed down for a "Patinata" or neighborhood skating party where young and old join to share fun, music and food.

And talking about food, this is the greatest highlight of Venezuelan Christmas.

Together with the folkloric "Hallaca", a corn-based meal wrapped in plantain leaves, every family has a recipe for the "Pan de Jamón". Traditionally, Venezuelans exchange Hallacas and loaves of "Pan de Jamón" on Christmas Eve with loved ones.

SALLY FELSMANN (Venezuela)

Pan de Jamón

Festive Stuffed Bread

Recipe for 2 large loaves

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•1 cup warm water

•1 tsp. sugar

•1 envelope "Rapid-Rise" Dry Yeast

•1/2 cup Crisco

•2 tbsp. sugar

•5 tbsp. powdered milk

•3 eggs

·1 egg yolk

•3 tbsp. milk

·1 tsp. salt

•5 cups all-purpose flour

·ham (2 oz., thinly sliced & cut in 1" squares)

•green stuffed "Spanish" olives, sliced (6 oz.)

· raisins

* Optional: you can also add pieces of fried bacon if desired

Procedure:

Mix 1 cup of warm water, 1 tsp. sugar, and 1 envelope of Rapid-Rise Dry Yeast, then let it rise for about 5 minutes. In a separate bowl, mix 1/2 cup of Crisco, 2 tbsp. of sugar, 5 tbsp. powdered milk, and then beat until creamy. Add to this mix 3 eggs, one by one, until well dissolved. Add previously blended yeast and 1 tsp. of salt, then mix well. After that, slowly add in 5 cups of flour (add 1/2 cup more if the dough is sticky). Then, lightly grease a deep mold, insert dough, cover with a towel and keep in oven at room temperature for approx. 1 hour or until original size is doubled. Knead the dough and separate into two portions. Extend on floured surface. Then, separate an egg yolk and add 3 tbsp. of milk and blend well. Apply the mixture onto the borders of the extended dough to form a "frame". After that, place ham squares all over the dough area, followed by olives and raisins. Roll dough softly with ingredients inside into a spiral. Once it is all rolled, tuck in ends and with a fork, pinch breathing holes throughout. The seam should be face-down. Finally, apply egg mixture onto loaf and bake at 350° for 1/2 hour or until brown. *¡Buen Provecho!*



If you're ready to embark on a true tastebud journey... follow me to the

Italian Riviera: to an italian port called Genova. Genova is regarded

as the birthplace of pesto among italians, and every true italian knows that if you want authentic pesto you can't get it better than the one you get in Genova. I was fortunate to have an Italian grandmother that immigrated to the United States at the end of WWII. After many years of carefully observing the natural and aromat-



ic ingredients that bring out the true taste in pesto, I will share with
you the secrets of the Genovese people, the secret of Genovese Pesto.

CHRIS CAMPOS (Mexico)

Pesto alla Genovese

A recipe from the heartland of Pesto

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- Fresh, Fresh and I emphasize Fresh BASIL about 4 full sprigs
- 1 handful of pine nuts
- ·pinch of salt
- •1/2 cup freshly grated Parmesan cheese (NOT the KRAFT kind...)
- •1/2 cup of EXTRA Virgin Olive Oil
- *500gr. pasta preferably penne, fussili or some textured pasta that will hold the pesto...

Procedure:

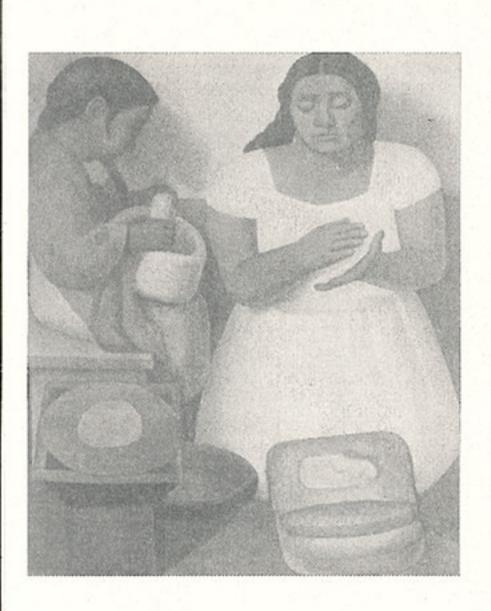
In a food processor, combine the basil leaves (no stems), pine nuts, salt, Parmesan cheese and olive oil and blend together, set aside. Meanwhile have 500gr. of pasta boiling (enough to feed four)... and make sure you don't over-



cook it. Italians eat their pasta 'al dente' which means that it is somewhat hard, not soft. A fool proof way of making sure your pasta is 'al dente' is by tasting the pasta periodically while it is cooking. You will know the pasta is about ready when you bite into it and you can see a tiny dot of uncooked pasta...then it is time to remove it from the heat, drain it, combine it with the pesto mixture and serve it steaming hot! You can garnish it with a couple of basil leaves on top and some extra Parmesan cheese. As a variation to this recipe, Genovese people also have Creamy Pesto, which in essence is the same recipe as above, but while the mixture is in the food processor, add about 4 or 5 heaping tablespoons of Ricotta cheese. Ricotta is a good substitute to the cheese that they use in Genova...but unfortunately we can't get it here in Texas.

Well, there it is, a simple, tasty and truly italian dish. As my grandma used to say, "Mamma

mia, non puoi dire che hai assagiato Pesto, se non hai mai assagiato il Pesto Genovese!"-which translates to "Golly, you can't say you've tasted Pesto, without having tasted Genovese Pesto!" —Now you can say you have...so ENJOY!



Pineapple Flan

Fattening, but good

Ingredients:

•16 eggs

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- •3 cups sugar
- 4 cups pineapple juice
- •salt to taste

Caramel for the mold:

- •3/4 cups sugar
- 1/4 cup water

Procedure:

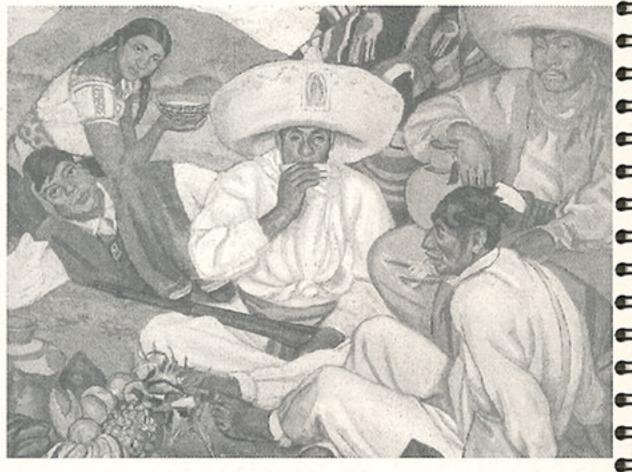
Mix eggs and sugar in the blender. Add pineapple juice little by little. Make caramel by melting sugar with the water until golden. Pour caramel into the mold and make sure it covers all the sides. Careful, because this can really burn you. Pour in the flan. Place mold into a larger shallow mold with water and bake in oven at 350° F for one hour.

8 servings.

ADALIS ARROYO (Puerto Rico)

The "Chiles en Nogada" is a traditional plate of Puebla, "The City of the Angels" in Mexico. This recipe was orig-

inaly created by the nuns of some convent, God knows from which order, many, many years ago. It became so popular that it was served as a gourmet dish in I don't know President's which luncheons; not only for its exquisite flavor but because it



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bears the three national colors of Mexico: Red (pomegranates), white (cream and pecan sauce) and green (peppers).

JAIME BELDEN (Mexico)

Chiles en Nogada

Not an easy one, but it's worth it

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- 8 Poblano peppers (peeled)
- •1/4 kg. ground pork meat (previously cooked)
- 1 small bisnaga (I think it's the fruit of the "nopal"... if that helps)
- •50 gms. raisins
- •30 gms. almonds (pealed and chopped)
- 2 tomatoes (thinly chopped)
- •1 small onion (thinly chopped)

- •200 gms. pork grease (or cooking oil)
- •1/2 kg. pecans
- •1/2 lt. milk
- •1/4 kg. fresh cow cheese
- •50 gms. flour
- ·3 pomegranates (if available)
- *1/2 bunch of parsley (chopped)
- •1/4 cream

(Use your conversion tables to translate measures. That's part of the fun of cooking... isn't it?)

Procedure:

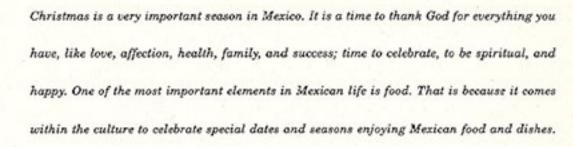
Toast peppers enough to take skin off; clean them and remove the seeds from inside. Fry the chopped onion and tomatoes in a them, of pork grease (you can use cooking oil instead). Add the previously cooked

ground meat to the onions and tomatoes. Season with salt, white pepper, and a little sugar. Add the raisins, the pealed and chopped almonds, some pecans and the "bisnaga" chopped in small cubes. Cook until all liquid disappears. Let this mixture cool off. Once cool, stuff the peppers with it. Roll them over flour and egg batter. (To make the egg batter, beat egg whites until foamy, add the



yolks and beat). Dip the peppers in this egg mixture and deep them in the pork grease or cooking oil.

Once fried, let them soak the excess grease on paper naptkins. Place them on a platter and pour the pecan sauce over them. (Procedure for the pecan sauce: Ground the cheese and nut with some milk. Add salt and pepper, some garlic and a little sugar. Sauce should be kind of sweet and thick.) Add cream over the sauce, parsley and pomegranates to decorate.



We celebrate the birth of a baby, the Day of the Dead, and Christmas as well.

That is why I wanted to share some of the traditional recipes of my family so you can enjoy the flavors and colors of these dishes. When we try some-

thing our mother or grandmother cooked, we go back in time to our

memories of when we were growing up!!!

I hope these aromas bring good memories to your heart. And that
you enjoy the taste of these wonderful Mexican dishes.

By the way if you have not seen the movie "Como Agua Para Chocolate", (Like Water for Chocolate") you might

want to see it, so you understand the dichotomy

between our culture and the food.

LILIANA FISCHER (Mexico)

Refresco de Jamaica

Natural, refreshing, easy to do, burns fat...

Ingredients:

50 grs. jamaica

2 lt. water

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1 cinnamon stick

50 grs. prunes

50 grs. pecans

Rum (as much as you want!!!)



Procedure:

Wash the jamaica in running water. Boil it together with the cinnamon, prunes and sugar. Remove it from the stove when water turns to a 'red wine' color. Add rum to taste. Serve cold or hot, and add chopped nuts.

Crema de Aguacate

Ingredients

3 cups ungreased chicken broth

5 thsp grated cheese

3 ripe avocados

cream

corriander

Tortillas

Procedure:

Mix the avocade pulp and a cup of the chicken broth in blender. Cut strips of tortillas and deep fry them. Set aside and let the grease drip off. Add the mixture from the blender to the rest of the already hot chicken soup. Serve immediately, add a teaspoon of cream, sprinkle grated cheese and add the fried tortilla strips with a touch of corriander.



Torta de Elote

A Mexican dish with roots from ancient cultures...

Ingredients:

6 corn cobs

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1 "Ancho" pepper

Chihuahua cheese (if you can get it)

1 bar of butter

4 eggs

1 tbsp baking soda

Salt and Pepper



Procedure:

Cook the corn. Ground it together with the cheese, butter, baking soda and salt. Beat the eggs and add them to the previous mixture. Pour it into a mold previously spreaded with butter and sprinkled with flour. Bake 30 minutes in the oven to 300° - 350°F. Sprinkle more cheese and decorate with strips of the "Ancho" pepper before serving.

Gelatina de Cajeta

Ingredients

2 small packs of unflavored gelatin

3/4 cup of hot water

1/4 cup of cold water

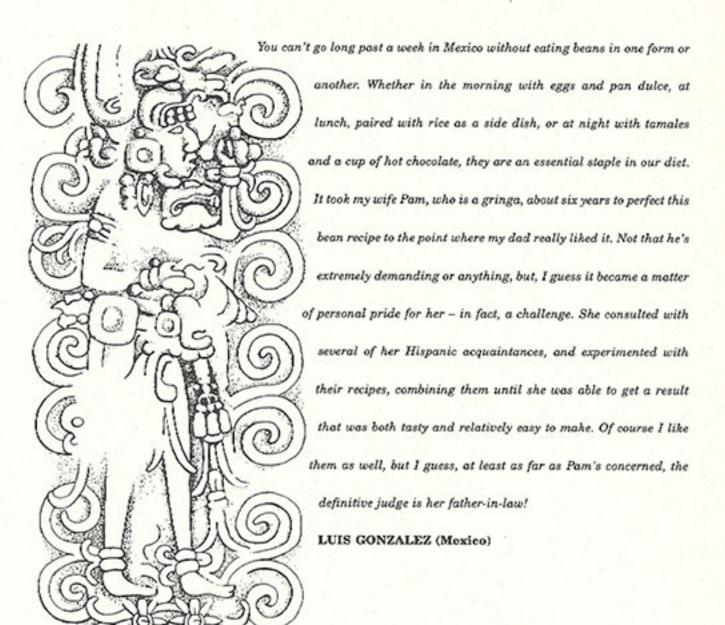
1 cup of evaporated milk

1 cup of "Cajeta Coronado Envinada"

1 jigger of brandy or rum

Procedure:

Dissolve both packs of gelatin in 1/4 cup of cold water. After that add the boiling water, then the milk and the "Cajeta". Mix thoroughly and keep on the stove until it starts to boil. Remove from heat and add the brandy or rum. Pour it in a mold and place it in the refrigerator until it is ready. LILIANA FISCHER (Mexico)



Pam's Father-In-Law Pinto Beans

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- •3 lbs. pinto beans
- ·8 oz can Rotel^a Tomatoes (diced)
- ·1 medium onion (chopped)
- 1/2 slab bacon (chopped)
- •1 bunch celery (chopped)
- •1/2 bunch cilantro to taste
- •salt to taste
- *pepper to taste
- ·garlic to taste
- 1 bottle of beer (optional) (Mexican brands don't seem to make a huge difference)

Procedure:

Rinse beans well and soak for 8-10 hrs in salt water. Put beans and all ingredients in slow cooker (Crock Pot) on low. Add water until all beans are covered. Make sure beans are covered with water at all times. Cook on low for 4-6 hours. (It's a great aroma to wake up to in the morning!) Enjoy with tortillas, eggs, rice, or just about anything! Refrigerate unused portion. You may have to experiment with the seasoning to get it just right for you. These beans usually taste best the 2nd day.



Having been raised in a completely bicultural household in Mexico City, my sister Victoria and I
had the fortune of enjoying the holidays from both sides of the border...a classic Thanksgiving (even
though Thanksgiving dinner in the evening after school as it was never an "official" holiday); a
colorful Dia De Muerto accented by the wonderful breads, atole and Chocolate De Metate and, of



course, the sugar skulls; or Christmases that had endless celebrations, color and tastes. Our Christmas started on December 12 on Dia De Guadalupe. On or around this date we would hop in the car and look at all the nice light displays that colored the streets of our huge city at night. Then, the Posadas, the Pastorelas and other heart-warming traditions and rituals ensued, all making for unforgettable memories. My Mother's Noche Buena (Christmas Eve) or, on occasion, her Christmas Day parties were another dearly

held tradition. A good reason for this is probably her tremendously potent Eggnog. Definitely not hid's fare, but makes children of us all still today. Not a Mexican recipe, but an export that quickly became a tradition in my home town. |Salud y Feliz Navidad!

ALEX LOPEZ NEGRETE (Mexico)

Dorothy's Nuclear Eggnog

Ingredients:

12 eggs

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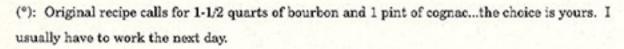
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- 1-1/2 cups of very fine granulated sugar
- · 1 quart of milk
- · 1 pint of whipping cream
- . 1 quart of bourbon (*)
- 1/2 pint of cognac (*)
- · 1 cup of dark rum
- · Nutmeg
- · Good insurance



Procedure:

Separate the eggs. Yolks in one dish, whites in another. Follow me here. Beat the 12 egg yolks until a very light yellow." Then, beat in the sugar until thick and straw-colored. Then, pour this into a chilled punch bowl set in ice. Slightly whip the whipping cream. Gently mix it and the milk into the punch bowl mixture. Then, very slowly, add the bourbon and the cognac. This is important, because, according to Mom, the liquor will cook the eggs. With stuff this potent, who can tell? OK. Here's the tricky part. Time to do two things at once. Fold in the 12 stiff egg whites (which means that by now, somehow, you should have beat them). Now, you're ready to serve. Pour the eggnog into the cups, and sprinkle the top with 2 tablespoons of dark rum and nutmeg.



Sundays were special during my young days in Mexico City. After the mad rush to get to a church (any church) on time for mass with my Father, the days became lazy, unplanned and enjoyable. Somewhat frequently, after mass, my Dad would let me drive his car (I guess he felt protected by a higher power),

and/or we would go to the market in Polanco and pich
up a large sheet of Chicharrón (pork rind) and other
goodies to munch on before my Mother made lunch.
My Dad would pour himself a Tequila and some
Sangrita (which he occasionally let me sip from), and
my Mom would make some Queso Flameado, a simple, quick and tasty botana. For the most part, my
memories of Sundays are filled with sunshine,
warmth and knowing I had a family that loved me.
As a perennial member of the Guys-Who-Can't-Cook
Club, my culinary expertise is limited to mixing, sift-



ing, stirring, melting and pouring. These skills are useful at the bar and when making exceptionally simple dishes, such as the aforementioned Queso Flameado or Queso Fundido (the name varies depending where you're from). I highly recommend this to those who want to impress by serving something tasty without causing severe burn injury or food poisoning. Enjoy a taste of my Sundays with me.

ALEX LOPEZ NEGRETE (Mexico)

Queso Flameado

This can be served either plain or with cooked and crumbled chorizo sprinkled all over it. A picante tomato or green tomato sauce should accompany the dish, along with a stack of tortillas (corn or flour), so that everyone can help themselves, al gusto.

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- 12 to 18 ounces of cheese (mild cheddar or jack...if you can find good Mexican cheese, do it!)
- · 1-1/2 dozen tortillas
- · 6 ounces of Mexican chorizos, skinned, crumbled and fried (optional)

Procedure:

Slice or grate the cheese fairly thin and place in two layers in a shallow, flameproof dish. Melt the



cheese either on top of the stove or in the oven, sprinkling chorizo all over it.

Heat the tortillas and serve sizzling (for dramatic effect), with the sauce, good



Tequila and Sangria on the side. Oh, about the sizzling...I've yet to have the stuff make the sizzling sound, so you should just make the noise as you walk out of the kitchen. Oh, yeah, turn off the oven.

