**Senior Party Recipes**

2015: Period A:

**Gazpacho** (Betty Crocker International, edition from looooooong time ago, 1970’s)

1 to 4 slices of white bread (for a thinner, drinkable version; at least 1!)

3 or 4 large ripe tomatoes, roughly chopped (fairly large chop)

1 seedless cucumber (or 2 normal ones), roughly chopped (optional to peel)

1 red bell pepper, roughly chopped (recommended to peel the peel)

1/2 of a medium white onion or a whole small red onion, roughly chopped

2 cloves of garlic, (smashed to release oils)

1 cup water

1/4 c. olive oil

1/3 c. red wine vinegar (option: bottom third of measure with balsamic vinaigrette)

2 t. salt

1 t. ground cumin

fresh ground pepper, to taste

In a large mixing bowl, layer: bread, tomatoes, cucumbers, green pepper, onion, garlic cloves. Then pour over water and oil. Cover and refrigerate one hour.

Start a blender or food processor with a small amount of vegetables and the red wine vinegar. If needed, add more liquid (a little bit of water or juice from the bowl). Add the vegetable mixture, in batches, and process/blend until it has a smooth consistency. Transfer the batches to another large bowl.

Stir in salt, cumin, and pepper. Taste to adjust seasonings to your preference. Once seasoned, transfer the gazpacho to an air-tight container.

Cover and refrigerate at least two hours or over night.

Additional colored bell peppers or cucumber can be minced for a colorful garnish.

**Spanish Tortilla** (omelet) – Baked in oven\* (old web link, no longer exists)

http://www.suite101.com/content/traditional-spanish-omelette-a34557

2 potatoes, peeled and roughly cubed about the same size

2 cloves garlic, crushed and minced

small red onion, chopped or sliced

1 green pepper, sliced

5 or 6 eggs

olive oil

salt and pepper, to taste

1. Peel and dice the potatoes and boil until not quite soft.
2. Line 7 x 10-inch dish or a round cake pan with foil and brush or wipe fairly liberally with oil. Pre-heat the oven to 375F.
3. Heat a little of the olive oil gently and fry onions, peppers and garlic until softened but not browned.
4. Remove from the heat and cool slightly.
5. Stir in the potatoes.
6. In a bowl, beat the eggs. Add the cooled pepper mixture and season.
7. Pour the mixture into the prepared shallow baking-dish.
8. Bake in the centre of the oven for about 35 minutes until its golden brown, make sure its set in the centre using a sharp knife to test it. When ready remove from the oven and leave it cool to cool and set a little more.
9. Loosen the edges with a knife and turn out onto a large board.
10. When cool turn it over so the nicely browned side is on show and cut into the size and shape you wish.

\*Note: This method is practical and easy. The “traditional” method is made in a small fry pan and flipped over half-way through like an Italian frittata.

2015, Pd. E:

**Pinto Beans – Mexican style**

2 cloves garlic, minced

1 T. oil

fresh chile pepper, minced (1/2 jalapeño, 1 serrano or 1 Thai chile) (to taste)

1 can of beans

ground cumin, about 1 teaspoon (to taste)

Sauté garlic and chile in oil until soft, but not browned. Add can of beans with liquid (if desired, can drain off some of water). Add cumin, salt, and pepper. Heat through on medium temperature.

**Green Enchiladas (Tex-Mex)**

12 to 16 tortillas (16 corn or 12 flour)

Canola or peanut oil

1 1/2 cups (12 oz) shredded white cheese (Mozzarella or Monterrey Jack)

1 large onion, finely chopped

Sour cream sauce (see below)

fresh tomato salsa, for garnish

sour cream, for garnish

Heat a heavy pan with about 1/2” of oil. Quickly fry the tortillas one at a time, about 15 seconds on each side. (just enough to soften them) Move the tortillas to a paper towel-lined plate.

Roll each tortilla with about 2 T. cheese and 1 T. onion while tortilla still warm. (Sometimes I add shredded chicken.) Line the tortillas into a long baking dish until the pan is full.

Bake at 425 F for 25 minutes.

Serve with tomato salsa and sour cream.

Sour cream sauce for enchiladas:

4 Tablespoons (2 oz.) butter

1/4 cup flour (4 Tablespoons)

2 cups chicken or vegetable broth

1 cup sour cream

4 oz. chopped green chiles or 2 jalapeños, chopped

On medium temperature, melt butter. Add flour and stir to a smooth paste. Add broth all at once. Cook until it thickens (a few min).

Remove from heat. Add sour cream and chilies. Heat through but do NOT boil. Pour over rolled tortillas.

**Mexican Arroz con leche**

1 c. arborio rice

3 c. water

1 cinnamon stick

1 egg, slightly beaten (optional, for added richness)

4 c. milk

1 ½ c. sugar

1 teaspoon vanilla

¼ c. raisins

Cook the rice in water. Bring to a boil, and then lower the heat and simmer until the water is mostly absorbed (about 20 minutes). Add milk, sugar, and cinnamon. Simmer gently, stirring occasionally for a couple of hours. Before serving, add the vanilla and the raisins.

Serve the pudding either warm or cold. Store in the refrigerator.

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