

LA FRONTERA 2001 COOKBOOK



Remember the Experience
Thanks to all for their contributions

Lithuanian Potato Pancakes - Darius

Serves 4

- 10 large potatoes, peeled and grated (a food processor works great for this).
- 2 cloves garlic, minced
- 4 eggs, beaten
- 1 cup onion, minced
- Salt and pepper to taste

Combine ingredients in a large mixing bowl until well mixed.

Heat skillet with 1 tbs butter (use additional butter as needed).

Add a large spoonful of batter to hot skillet and form into pancakes. Fry until golden brown. Serve with sour cream and bacon bits (real bacon not the salad stuff!).

Lillians's Mexican "Arroz" (rice)

- 1 cup long grain rice
- ¼ cup chopped onion
- 1 garlic clove, crushed
- 1 tablespoon vegetable or canola oil
- 1 small can tomato sauce
- 3 cups hot tap water
- 1 teaspoon salt

Brown rice in vegetable oil. After reaching golden color, add onion and garlic. Sauté for 1 minute. After 1 minute, add tomato sauce and stir for a few seconds (15). Slowly add water (it will be hot and may splatter). Add salt and stir. Bring to a boil, uncovered. After reaching the boiling point, reduce heat, simmer and cover. Cook until reduced, about 35 minutes. Enjoy!

Green Enchiladas – Lillian

8-12 oz. chopped green chili
1 lg. can cream of mushroom or chicken soup
1 dozen corn tortillas
milk
2 cups mozzarella cheese (shredded)
1 cup onion (chopped)
3 cups (or so) cooked and shredded chicken (optional)
salt and pepper to taste
vegetable oil

Cook soup according to directions but with less milk (about 1/3 less). Add onions, green chili, and chicken. Heat to a simmer. In another skillet, slightly heat tortillas in oil until soft and pliable. You only want to coat them. When complete, layer tortillas, cheese and sauce as you would lasagna. Do this until complete. Bake for 35 minutes on 350. Cut in squares and serve with savory rice. Enjoy.

Jazzed Up Spaghetti Sauce – Ralph

1 can Hunts spaghetti sauce

1 clove garlic, minced

Hamburger meat (possibly one lb.)

Celery, onion, green pepper -- however much you want

Oregano, basil and rosemary – again, you decide how much

Brown hamburger meat with chopped celery, onion and green pepper. Drain off grease and add to sauce. Sauté garlic in olive oil and add to mixture.

Crush herbs by rubbing them between your hands and drop into sauce.

Voila!

Awesome Applesauce – Christina, Gaea and Lindsay

13 apples
1 ½ cups water
½ cup sugar
½ tsp. cinnamon

Peel apples, quarter and core. Simmer for 20 minutes. Take off heat and mash to desired consistency with desired utensil. Serve warm or chilled.

Skillet Potatoes and Bratwurst – Mary

40 oz. Beer
12-18 bratwurst
6 potatoes, sliced
2 green pepper, sliced
2 lg. onions, coarsely sliced
salt and pepper to taste
Sauerkraut optional – if canned add celery seed and brown sugar

Boil bratwurst until whitish and ends kind of open up (can add water to come to top of bratwurst. Cook on low heat after comes to a boil. You can let them sit in hot water for hours until grilling. Then grill for 15 minutes.

Sauté onions and green pepper in butter until slightly brown. Add salt and pepper. Add potatoes and stir lightly until mixed and browning starts. Add beer from bratwurst to top level of potatoes and simmer until reduced and potatoes done. Serves approximately 9 people.

Middle Eastern Potato Salad – Lonnie

6 potatoes (red)
1/3 cup olive oil
1/3 cup lemon juice
2 cloves crushed garlic
6 green onions, sliced
6 sprigs parsley, minced
1 tsp. dry dill weed
1 tsp. dry mint
½ tsp. white pepper
1 tsp. salt
dash of cayenne
1 cup black olives sliced – optional

Cube potatoes and boil. Drain

Mix other ingredients and pour over hot potatoes. Mix and chill for 1-2 hours.

Summer Salad - Lonnie

2 (7 oz) boxes ring macaroni
1 cup celery
2 cup cucumber
¼ tsp. pepper
1 ½ cup miracle whip
1 cup onion
2 cups carrots
½ tsp. nutmeg
1 ½ cup sugar
1 tsp. salt
½ cup vinegar

Cook macaroni, drain and cool. Add cut up celery and onion. Slice or cut up unpeeled cucumber and shred carrots. Add them along with pepper and nutmeg to mixture. Add rest of ingredients and mix. Refrigerate overnight or a few hours before serving. (Could optionally add ham).

Camp Guacamole – Esther, Missi, etal

8 ripe small avocados
16 oz. Jar of hot salsa
½-1 chopped onion
1 jalapeno
1-2 chopped tomatoes
½-1 tsp. white pepper
½ lime squeezed

Cut and peel avocados. Put them into a bowl and mash them with a potato masher into a paste. Add the salsa and mix. Add the onion, jalapeno, tomatoes, and white pepper to taste. Squeeze in lime to preserve color and enhance flavor. Refrigerate at least ½ hour before serving.

3 Bean Chili - Ralph

1 can pinto beans – 12 oz
1 can black beans – 12 oz
1 can red kidney beans – 12 oz.
1/2 lb. Hamburger
2 stalks celery, chopped
1/4 onion, chopped
1/2 green bell pepper, chopped
1/4 red bell pepper, chopped
1 can tomato sauce – 12 oz
3 T chili powder
2 T cumin
2 t oregano
1 t cayenne pepper
3 cloves garlic
2 jalapeno, minced
salt and pepper to taste

Brown hamburger with celery, onion, and bell peppers and drain when meat is well browned and veggies done. Add a touch of olive oil, then mix in chili powder and cumin. Cook for a few minutes then cover and turn off heat. In a separate saucepan, heat beans. In a small skillet, sauté garlic and jalapeno. When tender, add oregano. Add garlic and jalapeno to hamburger. Add tomato sauce to hamburger, heat for a few minutes and add all to beans. Simmer on low for 45 minutes to an hour (or even longer if you want).

Sopa – Christina

Bacon grease
1 bag elbow macaroni
1 can tomato sauce
1 onion

Brown macaroni with onion and bacon grease. Add water enough to boil macaroni. When macaroni is cooked, add tomato sauce. Cover and simmer until sauce begins to thicken. Salt and pepper to taste.

Beer Batter (Wing It) – Israel

1 bottle beer (preferably Amber Bock or Dark)
2-3 cups flour
½ tsp. baking soda
4 Tbs. Season All (can add more to taste)
1 Tbs. Cayenne
1 tsp. paprika
1 tsp. white pepper Can change all spices to taste
1 tsp. black pepper
1 tsp. garlic
1 tsp. salt

Combine all except beer and whip with hand whip. Batter must not be runny – consistency should stick to ship when you pull it out and be slow to drip off. This is when you know if you need more flour or to add a little water.

Dip desired veggie in and fry in hot grease or oil. *Should taste damn good!