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AN EVERYDAY MEAL

In between the main meals of the day Mexicans love to eat little snacks made using corn tortillas, like tacos, enchiladas, and burritos. The following recipe would make enough for a lunch for four people.



Mexican snacks.

Chicken Enchiladas

- 12 7-inch corn tortillas
- 2 cups olive oil
- 3 cooked chicken breasts, skinned and boned
- 1 onion, finely chopped
- 1 jalapeno pepper, finely chopped
- 6 tablespoons sour cream
- 2 cups grated Cheddar cheese

1. Heat the olive oil in a large pan. Using tongs, pick up a tortilla and dip it into the hot fat to soften it. Repeat this for the remaining 11 tortillas. Lay the tortillas on a large board.
2. To make the filling, first shred the chicken breasts. Then mix together the onion, jalapeno pepper, and sour cream in a bowl. Preheat the oven to 350 degrees.
5. Put a small amount of the shredded chicken lengthwise across the center of each tortilla. Add a spoonful of the sour cream mixture and roll each tortilla tightly. Place the enchiladas in a greased casserole dish, sprinkle with cheese, and bake in the oven for 15 to 20 minutes. Serve hot onto warmed plates with side dishes of guacamole (for recipe see Chapter 11) and Mexican sauce (for recipe see Chapter 9).

GLOS

For those re
the cooking

Blender

Boned

Chopped

Finely cho

Garnished

Minced

Preheat

Seeded

Shelled

Shredde

Simmer

Skinned

Spoon r

Whisk