

TEXAS COOKS

Favorite Hometown Recipes from the Lone Star Family
to Yours





Conrada's Breakfast Migas

Contributor: David

Migas is a traditional dish made from ingredients that would be laying around any Tejano person's house, and so is often referred to as the poor man's breakfast. Texans often debate the difference between Migas and Chilaquiles. There may not really be any difference at all, and if you ask my abuela, Conrada Barrera, she would probably say "No se," but if you ask me I'd say that Chilaquiles are more like Egg Nachos, and Migas have all the same ingredients but are cooked in an omelet style.

Ingredients:

2 Tbsp Oil
6 corn tortillas
2 eggs, well beaten
2 tbsp of Diced tomato and green chilis
 $\frac{1}{2}$ cup of shredded cheddar cheese
A dash of salt, black pepper, garlic powder to taste

Instructions:

1. Cut tortillas into bite size fragments
2. Heat oil in medium skillet
3. Fry tortillas pieces until soft and pliable
4. Add salt, black pepper, and garlic powder and mix well
5. Add diced tomatoes and green chilies and mix
6. Fold in eggs and cook on medium heat until eggs are to your liking
7. Add cheese and mix well
8. Simmer until cheese is melted



Tia Rosie's Calabaza Con Pollo

Contributor: David

Calabaza is a type of squash from South and Central America that looks like a small pumpkin, though less sweet. This recipe is perfect for a Tex-Mex Thanksgiving, but don't forget the tamales and Frito pie.

Ingredients:

1 entire chicken cut into pieces
1 medium sized Mexican Squash
1 can whole corn
3 tbsp of tomatoes diced with green chillis
2 tsp of garlic powder
2 tsp black pepper
1 tsp ground cumin
Salt to taste

Instructions:

1. Fry chicken pieces in small amounts in oil until well done
2. Peel and cut squash into bite-size pieces
3. Add squash to cooked chicken pieces
4. Add spices and cover
5. Simmer until squash is cooked and tender
6. Add tomatoes, green chilies, and corn
7. Simmer another 5 to 10 minutes
8. Add salt to taste



Nancy's Coctel de Camarones

Contributor: Emily

My mom, Nancy, practically grew up on farms in the Midwest. Growing up in her house meant meals upon meals of meatloaf, shepherd's pie, and the like. Needless to say, I was borderline shocked when I came home for Thanksgiving one year and she suggested a meal of Mexican Shrimp Cocktail. This cold dish is a great appetizer, or even an entire meal for those dry, hot summer months (or, if you're in New York, those steaming hot summer months). Instead of dipping your shrimp in a store-bought red sauce, mix it into these easy ingredients and use a scoop-shaped chip to get as much as you can in one bite, all you need is a knife, a cutting board, and one big ole bowl.

Ingredients:

2 lbs cooked shrimp, peeled & deveined
3 cloves fresh garlic, minced
1 medium red onion, chopped
1 small bunch cilantro, rough chopped (about $\frac{1}{4}$ cup)
1.5 cups of spicy V8
 $\frac{1}{4}$ cup ketchup
1 cucumber peeled, rough cut into small cubes
1 avocado, rough cut into small cubes
Salt, black pepper, & red pepper to taste
Juice of 3 limes
1 teaspoon hot sauce (to taste)

Instructions:

1. Add all of the above ingredients together, stir.
2. Eat!



Chicken Fried Steak

Contributor: Emily

Nothing, but NOTHING says Texas like Chicken Fried Steak. This meal was a staple in my high school cafeteria, and it wasn't until I had lived for several years in New York City that I realized not everyone had grown up eating it once a week. Even the concept of chicken fried steak seems to baffle (steak that is fried in the manner of chicken). That said, pair it with white gravy and Texas toast, and this entree brings me home faster than you can click your sparkly red heels together.

Ingredients:

3 pounds cube steak
1 $\frac{1}{2}$ cups of whole milk
2 large eggs
2 cups all-purpose flour
 $\frac{3}{4}$ teaspoon paprika
 $\frac{1}{4}$ teaspoon cayenne pepper
Salt and pepper to taste
 $\frac{1}{2}$ cup vegetable oil
1 tablespoon butter

Instructions:

1. Set up your workstation of three separate dishes, 1 with the eggs and milk mixed together, 1 with the flour, salt, pepper, cayenne pepper, and paprika mixed together, and 1 clean one at the end for your finished product.
2. Dip your meat three times! First, coat it in the dry mixture (flour, etc), then, dip it in the wet mixture (eggs & milk), then back in the dry mixture, and place it on your clean plate. Repeat this with each steak.
3. To fry up your steaks, heat the oil over medium in a skillet. You'll know it's the right temperature when you drop in the butter and it sizzles, but doesn't brown right away.
4. Gently place the steaks in the skillet and fry them for about two minutes on each side, until the edges start to brown.
5. Let the grease drip off on a paper towel, and let cool (only slightly!) to serve!



Collard Greens

Contributor: Emily

Despite the recent popularity of trendy veggies like kale, for some, those tough leafy greens can be an acquired taste. In fact, my own first experience with collards was enough to put me off for years. In fact, I didn't start eating them again until around 2009, when, having finally settled into the city, I went on the hunt for real BBQ and sides to go with it. Turns out, with a little patience for cooking the collard greens down, they can actually be quite tasty (the bacon goes a long way, too).

Ingredients:

1 large bunch of collard greens
1 grocery-store package of thick cut bacon
2 ½ cups of Chicken Broth
Salt, Pepper, and garlic powder to taste

Instructions:

1. Cut the stems out of your greens and then slice them into 1-inch strips
2. Bring a pot of water to boil and drop in the collards, let them boil for 15 minutes
3. While you're boiling the greens, chop up your bacon and saute it in a deep frying pan on low
4. Drop the boiled greens in the frying pan and add salt, pepper, garlic powder, and chicken broth
5. Cover and let simmer for 45 minutes



Mayande's (My-on-days) Enchiladas with a Twist

Contributor: David

This was a meal my grandmother Mayande, as we would call her, prepared for us while she cared for us when Mother was working in the 1950's. While it was a very desired meal, it was a by all means, a poor man's meal to make when the pantry was low, no meat provisions were available and some daily cooking staples like flour and corn tortillas were. My own children were delighted when I made them this meal during Lent on Fridays. As adults they now prefer to add browned hamburger meat to their enchiladas and can be eaten at any time!

Ingredients:

About 3 Tablespoons vegetable oil

2-3 Tablespoons flour

1/2 teaspoon cumin

2 teaspoons garlic powder

3 teaspoons red chili powder

1 teaspoon salt

1/4 teaspoon pepper

7-8 ounces Tomato sauce

16 ounces grated mild cheddar

12 or more corn tortillas

Optional(browned hamburger meat and chopped onions)

Instructions:

1. In a large fry pan, pour vegetable oil to line the entire pan.
 2. Heat up oil on medium heat.
 3. Once hot, Add two tablespoons flour to cover the oil and mix until flour is browned
 4. Set heat to low or simmer. Next add 1/2 teaspoon cumin, 2 teaspoons garlic powder and pepper. Continue to mix at fast pace.
 5. Add 3 teaspoons chili powder to give orange color.
 6. Then add about 1/2 cup water and 1/2 can tomato sauce. Stir rapidly.
 7. Raise heat to bring to a boil. Stir continuously until consistency is a gravy like texture. Leave on simmer. (If sauce is too thick, add more water and stir.)
 8. In another fry pan, pour about 1/2 cup vegetable oil and begin to heat on medium. When ready, use spatula or tongs to dip tortilla into oil so that it becomes pliable. Move quickly so that it does not stick to pan or fall apart.
 9. Next dip tortillas in enchilada sauce and remove to 9X13 baking pan.
 10. Add cheese and roll up. You may also add hamburger meat and onions if desired before rolling up.
 11. When all are rolled, top with left over enchilada sauce and more cheese.
- Other variations include adding hamburger meat, chicken, or onion to top them.
12. Put in 350 degree oven for 10-15 minutes.



King Ranch Chicken (Mexican Lasagna)

Contributor: David

King Ranch Chicken, also known as Mexican Lasagna, was made popular in South Texas because it was served at the largest Ranch in all of Texas, King Ranch. Because so many ranch hands came in and out of King Ranch for so many years, the recipe slowly spread across the State due to its ability to serve large quantities of people for a small price. It's also delicious.

Ingredients:

3-4 chicken breasts, cooked, reserving one cup broth
1/2 cup onion, chopped
1/2 cup green pepper, chopped
2 tbsp. butter
2 tsp. chili powder or to liking
1 can cream of chicken soup
1 can cream of mushroom soup
1 can (10 oz.) Rotel tomatoes and green chilies, drained and crushed
1 lb. Cheddar cheese, grated
1 pkg. corn tortillas, cut into quarters

Instructions:

1. Debone chicken and cut into bite size pieces.
2. Saute onion and green pepper in butter.
3. Mix in chili powder, soups, broth and Rotel.
4. Place 1/3 of chicken in a large greased casserole dish
5. top with 1/3 soup mixture, tortilla strips (dip in reserved chicken broth), then cheese.
6. Repeat layers till casserole dish is filled.
7. Cook covered at 350 degrees for 30 minutes
8. Uncover and bake an additional 5-10 minutes



Tia Rosie's Famous Pan de Polvo

Contributor: David

Pan de Polvo (Bread of Dust) also known as the Mexican Wedding cookie is a traditional Mexican cookie eaten at Catholic rite-of-passage ceremonies such as Weddings, First Communions, and Quinceañeras. My tia, Rosario Barrera became famous in South Texas for her particular recipe because the cookies literally dissolved like the dust of life in your mouth when eaten. Their popularity singularly funded the creation of the Sacred Heart Blessed Sacrament Chapel in Falfurrias, TX.

Ingredients:

5 pounds of flour
3 pounds of Crisco shortening
3 sticks of Cinnamon
2 cups of water
1 cup of Sugar (for cooking)
1 pound of Sugar (for polvo dust)
Ground cinnamon (for polvo dust)

Instructions:

1. Make Cinnamon Tea by boiling 3 sticks of cinnamon in two cups of water. Set in the fridge to cool down.
2. Make Polvo dust by mixing a pound of sugar with ground cinnamon till it's a light brown / dirt color
3. Place 5 pounds of flour, 3 pounds of Crisco, and 1 cup of Sugar in a large mixing bowl and knead together until almost forming a ball.
4. Gradually add cinnamon tea into flour mixture and knead together until ball is soft.
5. Divide dough into four balls and roll onto a floured surface into $\frac{1}{4}$ inch thick layer.
6. Cut with a cookie cutter into small edible bite-size cookies and place onto baking sheets.
7. Bake at 350 degrees for 10 to 12 minutes until very lightly brown. Do not overcook.
8. Let cookies cool down then dust them with polvo dust (cinnamon and sugar)



Tortilla Soup

Contributor: Emily

Whenever I go back to Dallas for a visit, the first stop on my to-do list is always Blue Goose Cantina, the dive bar/Mexican restaurant with a spinning tortilla oven in the middle of the dining room that defined much of my high school eating career. This is the place I learned to love tortilla soup. So, when a colleague of mine in NYC told me that she had a killer recipe, I was skeptical. But low and behold, with a few minor tweaks, and a whole lotta love, her recipe turned into one of my favorites for the chilly New York months.

Ingredients:

- 1 Cup chopped onion
- 1 tablespoon minced garlic
- 2 teaspoons ground cumin
- 1.5 teaspoons dried oregano
- 1 28-oz can of diced tomatoes, drained
- 6 cups chicken stock (or broth)
- 1 pound boneless, skinless chicken breast
- 1 medium bell pepper, sliced into thin strips
- Tortilla chips
- 1 sliced avocado

Instructions:

1. Chop the onion, yellow pepper, and garlic. Then, drain the diced tomatoes and cut the raw chicken breast into bite-sized pieces.
2. Saute the onion in 2 tablespoons of olive oil for 5 minutes, then add the garlic, and cook for one minute more.
3. Add the cumin, oregano, tomatoes, and chicken stock. Bring the simmer to a mixture and let it cook for 10 minutes.
4. Add the chicken and yellow pepper and let the soup simmer another 5 minutes for the chicken to cook through.
5. Serve, topped with tortilla chips and fresh, sliced avocado!