

Title:

Enchilada - A Simple Yet Delicious Mexican Delicacy

Word Count:

475

Summary:

Enchilada is the traditional Mexican dish meaning 'seasoned with chilies'. It is simply dried red chili peppers soaked and ground into sauce flavored with some seasonings. The dish is very simple. It is a family staple. This Mexican invaded the American food market in the mid sixties and since then it has experienced soaring popularity. Many kinds of enchiladas are made depending on the ingredients. The red enchilada sauce is tomato based with red chilies and the green enchil...

Keywords:

Enchiladas, Mexican, Mexico, TexMex, tortilla, cheese, sauce, sauces, chili

Article Body:

Enchilada is the traditional Mexican dish meaning 'seasoned with chilies'. It is simply dried red chili peppers soaked and ground into sauce flavored with some seasonings. The dish is very simple. It is a family staple. This Mexican invaded the American food market in the mid sixties and since then it has experienced soaring popularity. Many kinds of enchiladas are made depending on the ingredients. The red enchilada sauce is tomato based with red chilies and the green enchilada is made of tomatoes and green chilies. Mole may be used in the preparation too.

A typical enchilada may be made with corn tortilla. Fry tortilla in oil to soften it and dip it in your favorite enchilada sauce. Fill tortillas with chicken, meat or cheese fillings or vegetables, seafood, eggs, banana or even potato with white cheese and roll it, then place it in a casserole. Layer it with sauce, cheese and chopped onions. Fried eggs or salted cooked meat strips will add special touch to the side dish.

Follow the simple steps to preparing an Enchilada:

- Pre-heat the oven at 350 degree F.
- Add oil and cook a tortilla for 2-3 seconds in a heated large pan. Lift it and add another tortilla under it. Cook for 2-3 seconds. This way brown and soften

the tortillas.

- Saute up onion and garlic and then turn off the heat. Add 1 cup salsa, 3 tablespoon tomato paste in 1 cup of water, crushed fire roasted canned tomatoes and prepare the sauce a bit sweet and not vinegary.
- Grease a casserole. Take the tortillas and cover it two third with shredded cheese. Roll it and place in the casserole. Cover the tortillas with sauce and the grated cheese. Put the casserole in the oven for 10 minutes till cheese melts.

It is basically tortillas stuffed with various fillings. This term is a Spanish-American name, which first came into print in 1885 and later in 1949 given the credit to be a Mexican dish for tourists. Now it is a staple for Mexican-American restaurants.

It is easy and simple to prepare. Heat oil, add onion and garlic to cook till tender. Stir some flour and mix till it is smooth. Add chicken broth, water and enchilada sauce. Cook till smooth. Stir in chilli powder and salt, cook over medium heat. Keep stirring till thick and add cheese with chicken and olives.

Dip the corn tortillas in prepared sauce for 5 seconds. Spread 3 tablespoons chicken filling in the center. Roll up and keep in a shallow dish. Pour remaining sauce over tortillas. Bake at 350 degree F for 15 minutes. Sprinkle with cheese and bake for further 10 minutes. Garnish with sliced ripe olives and serve immediately. The artistic and cooling garnish of lettuce beholds an enchilada.

As you know, Tex-Mex cuisine originated hundreds of years ago when Spanish / Mexican recipes combined with Anglo fare. Enchilada is also derived from Mexican traditions.