

Beyond Tacos

New, Revised Edition

Copyright © 1982, 1984, 1986, 2024, 2025 by Regina Akers and Herb Weiner.

All rights reserved.

Introduction.....	1
Basic Spanish Spelling and Pronunciation	2
Ingredients for Mexican Cooking	3
Basics	5
Preparing Green (Anaheim) Chiles.....	5
Preparing Fresh Tomatillos	5
Chicken Broth and Boiled Chicken	5
Preparing Dough and Thickening Sauces	5
Use of a Food Processor.....	5
Corn Tortillas.....	6
Flour Tortillas.....	6
Flour Tortillas with Olive Oil.....	7
Electric Tortilla Makers	7
Homemade Tortilla Chips	7
Frijoles (Beans).....	8
Frijoles Refritos (Refried Beans)	8
Frijoles Refritos con Queso (Refried Beans with Cheese)	8
Frijoles en Tazas (Beans in Cups).....	9
Instant Pot Pinto Beans	9
Small Batch Beans.....	9
Arroz Mexicano (Mexican Rice).....	10
Plain Style Mexican Rice	10
Mexican Rice for Instant Pot	11
Saffron Rice with Bananas.....	11
Salsa Cruda (Uncooked Salsa)	12
Cooked Salsa.....	12
Red Chile Salsa	12
Salsa Verde (Green Salsa).....	13
Green Sauce with Hominy.....	13

Tacos, Burritos, etc.....	15
Chicken Taco	16
Tostada de Huevo (Egg Tostada)	16
Quesadillas (Tortillas Filled with Cheese)	17
Cheese and Spinach Empanada (Turnover)	17
Beef Burritos	18
Pork Burritos	18
Vegetable Burrito or Taco	18
Chicken or Beef Enchiladas.....	19
Chilaquiles (Fried Tortilla Strips)	20
Chilaquiles de Tortilla	20
Chilaquiles Verdes.....	20
Chilaquiles Verdes con Queso	21
Chilaquiles de Huevo	22
Sopes (Little Bowls Filled with Beans, Cheese, and Salsa)	23
Shrimp and Crabmeat Sopes.....	23
Flautas or Taquitos (Rolled Stuffed Tortillas)	24
Empanaditas (Miniature Turnovers).....	24
Coches (Pork Taco with Tomatillo Sauce)	25
Chalupas (Deep Fried Triangular Dumplings).....	26
Gorditas (Filled Round Bowls of Masa).....	26
Fajitas (Beef Strips wrapped in Tortillas)	26
Nachos (Tortilla Chips with Melted Cheese)	27
Tortas (Fluffy Pancakes)	27
Beef	29
Carne Guisada	30
Shredded Beef	30
Carne Machacado (Seasoned Dried Beef)	31
Chile Colorado (Red Chile)	31
Pork.....	33
Tamales	34
Meat Tamales.....	35
Pozole (Stew made with Hominy and Meat).....	35
Puerco en Naranja (Pork in Oranges)	36
Calabaza con Puerco (Pork with Squash).....	36
Carnitas (Large Chunks of Cooked Pork).....	37
Chile Verde con Puerco (Pork with Green Chiles)	38
Pork Annatto	39
Manteca de Achiote (Achiote Paste)	39
Chorizo (Mexican Sausage)	40
Chorizo y Huevos Rancheros (Mexican Sausage and Ranch-Style Eggs).....	40
Chorizo con Frijoles Negros (Mexican Sausage with Black Beans)	40
Chile Verdes con Nopalitos (Green Chile with Cactus)	41
Lumas ala Mistara	41

Chicken	43
Chicken Mole.....	44
Rosemary's Peanut Butter Mole.....	45
Pollo en Fruta (Chicken in Fruit).....	45
Chicken in Walnut Sauce.....	46
Chicken Chimichangas	47
Chicken Tamales.....	47
Chiles Rellenos with Chicken or Cheese	48
Pollo Guisado (Chicken Stew).....	49
Barbequed Chicken.....	49
Relleno de Naranja para Pollo (Orange Stuffing for Chicken)	49
Pollo Machacado en Pipián	50
Pollo a la Navarresa.....	51
Arroz con Pollo (Chicken with Rice).....	52
Chicken Durango.....	52
Seafood	53
Pescado en Salsa Verde (Fish with Green Sauce).....	54
Paella	55
Pescado en Naranja (Halibut in Oranges).....	56
Camarones Fritos (Fried Shrimp).....	56
Chiles Verdes Rellenos con Pescado (Green Chiles Stuffed with Fish)	56
Shrimp and Cheese Enchiladas	57
Ceviche de Camarón (Marinated Shrimp)	57
Pescadillas.....	58
Pescado Blanco (White Fish)	58
Crabmeat Chiles Rellenos.....	59
Vegetables	61
Coliflor en Salsa (Cauliflower in Sauce).....	62
Guacamole	62
Avocado Stuffed with Nuts and Fruit.....	63
Avocado and Nopalitos.....	63
Berenjenas Rellenas (Stuffed Eggplant).....	63
Calabaza en Queso (Squash in Cheese).....	64
Green Chile in Cream Sauce.....	64
Chile Verde con Queso (Green Chile with Cheese).....	65
Corn with Green Chile and Cheese	65
Vegetarian Pozole.....	66
Salads.....	67
Ensalada con Naranja y Cebolla (Orange and Onion Salad).....	68
Avocado Salad for Six	68
Black Olive Salad	68
Fiesta Salad (American Mexican Salad)	69
Pineapple-Banana Salad with Peanuts.....	69
Christmas Salad	69
Fruit Salad ala Mexicana	70
Ensalada de Arroz (Rice Salad).....	71

Soup	73
Sopa de Albóndigas (Meatball Soup).....	74
Peanut Soup	74
Lime Soup.....	75
Cold Avocado Soup	75
Green Tortilla Soup	76
Caldo de Camarón (Shrimp Soup)	76
Sopa de Pollo y Fideo (Chicken and Vermicelli Soup).....	77
Caldo de Pollo y Veduras (Chicken and Vegetable Soup).....	77
Desserts	79
Apple Empanadas (Apple Turnovers).....	80
Empanada con Calabaza (Pumpkin Turnover)	81
Polvorones (Spanish Shortbread Cookies).....	82
Flan	82
Tamales Dulces de Elote (Sweet Corn Tamales).....	83
Sweet Tamales de Carmen	83
Walnut and Raisin Tamales	84
Holiday Sweet Bread.....	85
Sopapillas or Buñuelos de Carmen.....	86
Pineapple-Coconut Pudding.....	86
Beverages	87
Chocolate Atole.....	88
Rompope (Mexican Eggnog)	88
Index And Glossary	89