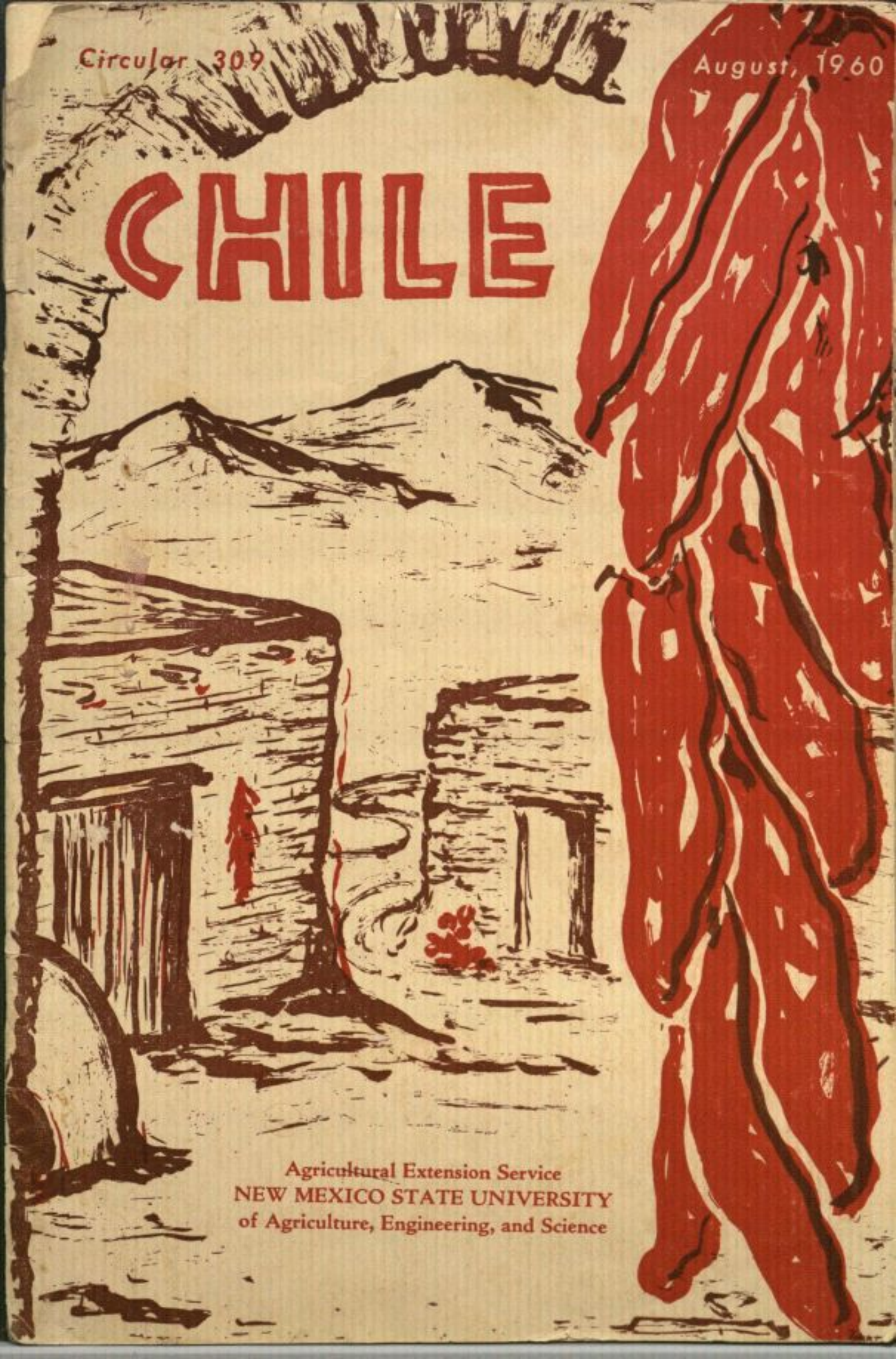


Circular 309

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# CHILE



Agricultural Extension Service  
NEW MEXICO STATE UNIVERSITY  
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Sharon Meier, 1967

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## CHILE VIEW

Prized in New Mexico as a condiment for 350 years, chile is now valued for its vitamin content as well as the flavor it imparts to foods. Years of research by New Mexico Agricultural Experiment Station personnel have developed chile varieties of highest qualities and revealed the vitamin-rich content of this popular vegetable. There has been a long-felt need for a summary of this information in one publication, available, along with recipes, to those who have not yet acquired the chile habit.

I hope that you enjoy the "chile view" of history; that the research, now under the able guidance of Roy Harper, horticulturist, and Edith Lantz, home economist, New Mexico State University Agricultural Experiment Station, will prove informative; that the marketing information will be helpful to you; and that you get new ideas for additional uses of this versatile vegetable.



### A New Mexico Pioneer

Beginning with the entrance of Don Juan de Oñate into New Mexico in 1598, the building blocks of the state's history have been well laced with chile. Prior to the coming of the Spaniards, the vegetable was not grown in what is now the United States.

Chile is the Spanish adaptation of the Aztec chilli, meaning pepper. The term now includes all varieties of *capsicum annum*. Columbus found the Indians of the West Indies growing fiery varieties of the plant. Because of its pungency he called it "pepper," although it is unrelated to *piper nigrum*, the shrub that produces black pepper. Chile actually belongs to the nightshade family, which includes tomatoes and potatoes. Spices, primarily from the East Indies, were of immense commercial value in Spain. So it is easily understood why pungent chile was an important find for Columbus and his men.

Chile quickly made its way into historical records. In 1493, Peter Martyr wrote that Columbus brought home with him "pepper more pungent than that from the Caucasus." Twenty-five years later it was described in detail by another Spanish explorer. Chile had traveled to England by 1548 and into Central Europe by 1585. By 1550, chile had been found growing in many of the tropical areas of the New World besides the West Indies—in Central America, Mexico, Peru, and Chile—and by 1600, all varieties known today had been found, all of them grown by the Indians.



Though a perennial in its native habitat of tropical America, chile grows as an annual in temperate zones. And it grows only under irrigation in New Mexico. Back in 1600, chile was grown successfully under irrigation, as were Spanish wheat and Indian corn, along the Rio Chama. Chile had become important to the territory by 1863, according to the following quotation from the Rio Abajo Press of February 2: "Congress takes fifty-thousand dollars out of the pockets of the people of the United States to make us good roads for intercommunication and the transportation of chile colorado to market." Remember, in 1863 the people of the United States were waging a war against the seceding Southern states, and \$50,000 represented much more in the labor and materials of road building than it does today.



## Fifty Years of Chile Research

It all started back in 1907, when Fabian Garcia selected and planted the seeds of three varieties of chile. The search was on for a better chile for New Mexico. There have been highs and lows of intensity during the 50 years of research, but the goal has remained clear and distinct—larger, smoother, thicker-meated, shoulderless pods of chile.

The native chile grown 50 years ago was exceedingly variable and of poor grade. Dr. Garcia—then horticulturist, later director of the New Mexico State University Agricultural Experiment Station—started the long search for a more acceptable product with chile colorado, chile negro, and chile pasilla. Fourteen strains of the three varieties were selected from the 1907 plantings for the test plots. Some years of chile research were discouraging—many plants were lost to wilt. In fact, this disease claimed 95 per cent of the plants of 1912.

Ten years passed and one by one the less promising strains were eliminated until only one, No. 9, was left. No. 9 had most nearly met the

standards set by Dr. Garcia in field tests at the University and on the farms of collaborators over the state. The characteristics of the new strain had been fairly well established. No. 9 was producing pods that were large, smooth, fleshy, and shoulderless at the stem end.

Though considered plenty pungent by Dr. Garcia, No. 9 was less pungent than the unimproved native varieties. And though resistance to wilt had not been a major objective in this research, the new strain was proving more resistant to the disease than any variety or strain known at that time. Letters of praise and requests for seed poured in from all areas of the state. Some requests were from commercial producers, some were for family use, but all were sold on No. 9. This variety became famous in the chile-producing areas of the United States and Mexico as College No. 9.

## Varieties Developed to Meet Popular Demand

Some people like their chile pungent; some less pungent. College No. 9, plenty pungent when grown in the southern areas of the state, proved to be quite mild when grown in the cooler northern counties. It also needed a long growing season. In the northern counties No. 9 seed had to be started in cold frames and transplanted to produce and ripen before frost.

Again the search was on for a chile that met the flavor and pungency requirements of the people in the northern areas, as well as the growing conditions. The new varieties developed didn't "just happen," but were the result of careful planning and selection. For instance, there's Rio Grande—medium in pungency, a popular variety in the Hatch area, and excellent as a mild green chile in the Albuquerque area. And take Sandia A and B; these two were carefully selected for their esters or oils to give the flavor and pungency the people of Bernalillo and Sandoval counties demand. Sandia A develops earlier, has a shorter pod and a high degree of pungency. Sandia B has a flavor very similar to unimproved native chile. Though of the same cross as A, B is even more pungent, has larger pods, and dries easier. Both are prolific and mature early. Research continues to improve Sandia B.





Another variety of chile developed by NMSU Experiment Station horticulturists is College No. 6 and its strains. Again, a variety like No. 6, acceptable when grown in the southern area, is too mild for many people when grown in the cooler areas. Also, when grown in rich soils and with ample irrigation, No. 6 is quite mild. Early maturing, high yielding, and thick fleshed, it is popular with commercial canners.

Often the seed of new varieties and strains of chile has been released to farmers before researchers were satisfied with the results. Popular demand for the seed has sometimes made this so. However, this has also proven an excellent method of testing the seed under a variety of soil conditions, climates, and cultivation practices. The results have given much information to those people who carry on research work with chile.



## Chile Is Rich in Vitamins A and C

The crisp color of fresh green chile, or the rich, red brilliance of the ripe pods, adding interest and flavor to foods, seem value enough in themselves. But chile gives all this and more—it is a rich source of vitamins A and C. In New Mexico, where chile is eaten in quantities by all ages, this vitamin-packed quality is of great significance.

As the pods mature and ripen, the carotene (vitamin A) content increases, reaching its highest values in the ripe, fresh peppers. Canned or frozen green and red chile retains most of the carotene content. Red chile retains most of its carotene content after being dried.

The ascorbic acid (vitamin C) story differs from that of vitamin A. This vitamin is affected by heat and oxidation. Chile grows richer in this valuable vitamin as the season advances. Research has shown that green chile gathered in October contains more ascorbic acid than that gathered in August. The highest values are often found in the pods gathered just before they ripen. Canned and frozen chile retains about two-thirds of its ascorbic acid content.

Red chile loses its vitamin C when dried, regardless of the method used.

## Chile Sells In Several Forms

The landscape accented by the brilliant red of chile drying in the sun is a picture long remembered by natives and visitors alike. No other scene is more typically New Mexican, whether the ripe pods are hanging in ristras from the eaves of the home, spread in huge sheets on the ground, or on drying sheds.

But weeks before the pods ripen, green chile is ready for the market. Southern areas of the state may have it ready in mid- or late July, other areas later. During the months when New Mexico farmers aren't producing fresh chile, it is imported from Mexico, Florida, Texas, and California.

Chile—fresh, canned, dried, and frozen—is a staple in all groceries. In addition, it is offered in sauces, frozen combination dishes, and Mexican-type dinners. Many farmers sell fresh green and ripe chile in season, followed by the dried product—whole or powdered—at their roadside stands. Both fresh and dried chile commonly sells by the pound. The price of fresh chile falls rapidly during the few weeks of peak production from the luxury tags of off-season months. Because of the relatively short season of peak harvest, many families can and freeze green and ripe chile to use when the price of the fresh item soars.





## Select Chile Carefully

Many markets—especially during the season when locally-grown chile is available—mark chile as “hot” or “mild.” The same is true for some brands of the dried and canned products. To the newcomer this knowledge can be most important. The uninitiated, starting with the mild or less pungent varieties, can learn to appreciate the flavor that chile contributes to foods. Later they may want to work up to the more pungent varieties. Many people stay with the less pungent ones, leaving the hot varieties for those who can blink them down.

Dr. Garcia started in 1907 to develop a strain of chile that would produce pods that were smooth, thick-meated, and shoulderless. Fifty years later his standards hold true. So select chile that is:

- Large and smooth, with well-rounded smooth shoulders—for easier peeling and little waste.
- Firm, mature, and thick-fleshed, with a bright shiny surface—for good texture, flavor, and vitamin content.

Avoid immature, shriveled or ill-shaped pods, as they are usually difficult to peel and of poor flavor. Red chile of good quality is evenly colored.

Dried chile pods should be free of black mold spots. Quality ground chile is an even red color. Yellow indicates that seeds are included. Mold and stems mingle black with red.



## Store Chile Properly

Store fresh chile, both green and red, in polyethylene-type bags in the refrigerator, and use within three days for best in flavor, texture, and top vitamin values. Freshly-gathered chile peels more easily than that kept for a few days. Crisp chile peels more easily than wilted, limp pods.

Frozen chile products should be kept frozen until ready to prepare. Do not refreeze thawed chile.

Canned chile stores on the shelf until opened; then refrigerate and use it within a day or so to avoid loss of flavor and vitamin content.

## SHARING WITH OTHERS

Chile—green or red, fresh, frozen, canned, or dried—combines interestingly with foods without number. And though the people of New Mexico have enjoyed this versatile vegetable for generations, there's always pleasure to be found in new chile combinations or methods of preparation.

There are chile dishes the preparation of which is traditional. Yet versatility of method of preparation of chile is as well established as is versatility in combinations with other foods.

The recipes that follow are from the kitchens of homemakers who thoroughly enjoy chile and wish to share their enjoyment with you. Some of the recipes included are traditional, while others are original. Some of them are typical of one section of the state, as others may be standard throughout the state. Most of them will serve as suggestions for a wide range of variations for the cook with a vivid imagination.

Those who have shared their recipes with you are Mrs. Vincent Curtis, Mrs. Vigil Salce, Mrs. Emil Alary, and Mrs. L. H. Witherspoon, all of Corrales; Mrs. R. H. Bombach, Las Cruces; Mary Ann Owen, Las Vegas; Mrs. W. N. Preciado and Dorothea Riemann, University Park; and Mrs. G. Perez, La Mesa.

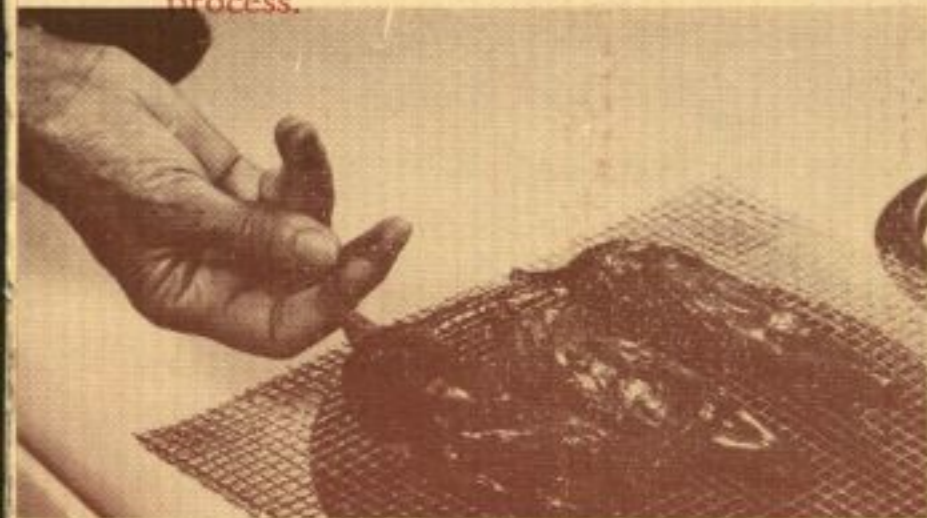
For additional chile recipes and more complete reference of traditional native foods we refer you to Extension Circular 281, **Historic Cookery**, by Fabiola C. de Baca Gilbert.





## Chile Is Easy to Peel

There is no single way to remove the tough transparent outer skin from chile. However, a few accepted practices make an easy job of the process.



### Try This Way . . .

Snip the ends from the chile pods. Turn electric unit to high position, cover with a heavy mesh wire. Turn chiles frequently, permitting the outer skin to blister evenly. Do not burn chiles.

For a gas range use medium flame.

### Or This Way . . .

The broiler makes fast work when large quantities are to be prepared. Place chiles on a cookie tray or on foil-covered oven rack. Turn frequently for even blistering of pods. Place chiles about 3 inches below broiler unit or flame. Leave oven door open.



Or place in pan and cover with towel to steam for 10 to 15 minutes.



Starting at stem end, peel outer skin downward.



For crisp, green chile, remove blistered pods from unit or broiler and plunge into ice water.

### Peeled Chile . . .

Pods 2 and 3, from left, were steamed in a towel. Pods 1, 4, and 5 were plunged into ice water before peeling. Stem, seeds, and veins should now be removed.





## Sauces Are Basic

Chile sauce is basic to many recipes. It may be made from green or red chile, fresh, canned, frozen, or dried.

### FRESH GREEN CHILE SAUCE

8 to 12 chile pods  
1 medium ripe tomato  
½ teaspoon salt

Peel chile, remove stem, seeds and veins. Peel tomato. Chop chile very fine. Cut, then mash tomato with hands until it is almost a liquid. Combine chile and tomato. Add salt. This sauce will keep covered in the refrigerator 4 or 5 days.

Yield: 1 to 1½ cups. (Range in size of chile pods accounts for range in number of pods listed in recipes.)

#### Variations

1 clove of garlic made into a paste. (Crush garlic—sprinkle with salt and crush with heavy knife, working until almost a liquid.)

½ cup finely chopped onion.

1 tablespoon olive oil (reduces the effect of chile pungency).

2 tablespoons of vinegar—for a tart sauce.

2 tablespoons vinegar, 4 tablespoons brown sugar, 1 teaspoon cinnamon—for a sweet sauce.

Use equal amounts of red and green chile.

### FRESH RED CHILE SAUCE

14 to 24 fresh red chiles, (1 cup frozen)  
1 teaspoon salt  
1 teaspoon oregano  
½ cup water  
1 clove garlic  
1 small onion, sliced  
1 tablespoon butter or margarine

Remove stems, seeds, and veins of fresh red chile. Soak 10 minutes in boiling water to cover. Remove chile and place with salt, garlic, onion, and oregano in blender. Add water, according to blender requirements, and blend until all ingredients are reduced to a smooth paste.

Remove to cooking pan. Add ½ cup water (or more, depending upon the amount used in blending.) Add butter or margarine. Simmer about ½ hour or until desired consistency. Stir occasionally to keep from burning. Yield: 1 to 1½ cups.



## DRY RED CHILE

Whole pods or chile powder may be used in making red chile sauce. Chile pods may or may not be toasted before blending or grinding—an individual choice. The pods may be put through a ricer or colander to separate the pulp from the outer skin. Or an electric blender may be used, blending pulp and skin to a smooth paste. Again there is a choice—strain the sauce or not, as the individual desires.

The chile pods may be covered with hot water and brought to a boil, heat turned off, and allowed to steep for an hour. Or it may be boiled for 10 to 15 minutes before separating pulp from skins. The pulp must be soft to separate readily from the outer skin.

The pungency is largely in the veins of the chile—the amount to be removed is a personal decision.

#### Sauce I

Remove stem, seeds and veins from 14 to 24 chile pods. Wash in warm water. Place chile in a pan and cover with hot water, heat to almost a boil. Remove from heat and let stand for one hour, or until the pulp separates easily from the tough outer skin. Put through a ricer or colander, adding enough water to remove the pulp. If sauce is very thick, thin with water to desired consistency.



#### Sauce II

Remove stems, seeds and veins from 14 to 24 chile pods. Wash and drain. Spread on cookie sheet and dry chile in a warm oven (200-250° F.), turning frequently. Leave oven door open. Chile burns easily—giving the sauce an undesirable flavor. Remove chile to pan, cover with hot water, let boil for 10 minutes or until pulp is soft and separates from skin. Place chile in blender and follow manufacturer's instructions in using equipment. Use the cooking water for the required amount of liquid. Blend until a smooth paste is acquired. Strain (optional).

#### Sauce III

3 tablespoons olive oil or shortening  
2 tablespoons flour  
½ cup chile powder  
2 cups water  
1 teaspoon salt

Melt fat, blend in flour, and cook until flour is done—3 or 4 minutes. Add chile powder and blend. Have skillet or pan at moderate heat as chile burns very easily. Blend in water. Cook to desired consistency. The quality of the sauce depends on the quality of the powdered chile purchased.

#### Variations

1 clove garlic, crushed and added to fat.

1 teaspoon oregano, blended in with chile powder.

4 tablespoons finely chopped onion cooked in fat before adding flour. Substitute tomato juice for 1 cup water.



## Raise the Curtain With Chile

Green or red chile sauce adds snap to many breakfast dishes—egg, ham, sausage or steak.

### POACHED EGGS WITH CHILE

1 tablespoon fat  
1 tablespoon flour  
½ teaspoon salt  
½ cup water  
Chile powder  
6 eggs

Melt fat in heavy skillet or pan. Blend in flour and salt. Add chile powder to desired pungency. Blend in water. Cook over medium heat until sauce begins to thicken. Slip eggs from small dish into sauce, taking care not to break yolks. Cook until eggs are the desired firmness. Serve at once on warm plates. Two to three servings.

### CHORIZO WITH EGGS AND CHILE

2 chorizos  
2 eggs  
1 tablespoon onion, chopped  
¼ cup green chile sauce

Mash and heat the chorizo (Spanish sausage) in a well-greased heavy skillet. Add onion and mix. Turn heat low and add lightly beaten eggs and chile sauce. Stir eggs from bottom of skillet as they become firm. Cook to desired firmness. Serve at once with toast. Panecitos, halved, buttered and toasted are excellent to serve in place of toast. One serving.

### GREEN CHILE EGG SCRAMBLE

6 eggs  
6 to 12 prepared green chiles  
½ teaspoon salt  
2 tablespoons fat

Beat eggs slightly until yolks and whites are broken, but not too well mixed. Add salt and finely chopped chile. Heat fat in skillet until hot but not smoking. Add egg mixture. Reduce heat and cook slowly, stirring the eggs from the bottom as they become firm. Serve when eggs are at desired firmness. Garnish with slices of crisp bacon. Two to three servings.

### HUEVOS RANCHEROS

2 cups green or red chile sauce  
4 eggs  
½ cup grated cheese

Heat chile sauce in shallow frying pan. When hot, slip eggs into sauce from small dish or saucer, being careful not to break yolks. Simmer over low heat until eggs are poached to desired firmness. Serve on warm plate with remaining sauce poured around eggs. Sprinkle with grated cheese. Two servings.



## The Main Dish—Favorites Old and New



### CHILE RELLENO

12 large chiles with stems  
1 lb. cheese—grated, cubed or in strips  
1 small onion, chopped

Peel chile, open small slit below stem and remove seed. (Canned or frozen chile may be used.) Combine cheese and onion. Fill chile carefully to avoid breaking, fasten with toothpicks. Dip stuffed chile into batter and fry in deep fat—360-365° F.—until golden brown.

#### Variations

Use ground, cooked, well-seasoned meat for stuffing. Six servings.

### BATTERS

#### Batter I

4 eggs, separated  
¾ teaspoon baking powder  
4 tablespoons flour  
¼ teaspoon salt

Beat egg whites until stiff. Beat yolks until thick. Sift together dry ingredients and add to yolks, blending well. Fold beaten whites into yolk mixture. Dip stuffed chile in batter, using large spoon, and fry in deep fat. Turn once. Remove to serving plate. Hold in warm oven until all chiles are cooked.

#### Batter II

4 eggs, separated  
½ teaspoon salt

Beat whites until fluffy. Beat in yolks and add salt. Dip and cook chile as in Batter I.

#### Batter III

1 cup flour  
1 teaspoon baking powder  
1 cup milk  
2 eggs, slightly beaten  
½ teaspoon salt

Sift together dry ingredients. Combine eggs and milk. Add to flour mixture, stirring enough to mix. Dip and cook chile as in Batter I.

Batters I and II may be used with red chile. Drop batter by the spoonful into deep fat and fry until golden brown. Remove from fat into heated red chile sauce. Serve as an accompaniment to a meat, egg, cheese, fish, or vegetable dish.

### BAKED CHILE RELLENO

Stuff chile as for chile relleno with cheese or meat. Place in greased casserole (butter or margarine). Pour Batter I over stuffed chile and bake in a 325° F. oven until batter is done and lightly browned on top. Serve at once.





### LIMA BEAN CHILE

- 1 medium onion, chopped
- 1 tablespoon chile powder
- 1 pkg. frozen lima beans
- 1 lb. ground beef
- 1 teaspoon salt
- 1 No. 2 can tomatoes (or 2½ cups)

Saute onions and meat in large saucepan until meat loses red color, stirring while cooking. Add other ingredients. Bring to boil, then reduce heat and simmer 30 minutes. Six to eight servings.

### CHILE VERDE CON POLLO (Green Chile with Fryer)

- 1 fryer
- 1 clove garlic
- 1 medium onion
- 2 tablespoons fat
- 1 cup green chile sauce
- 1 teaspoon salt

Cut fryer in serving pieces. Simmer in small amount of water with garlic and salt until it is tender. Mince onion and fry in fat until transparent. Add green chile sauce and bring to a boil. Pour over the cooked chicken and simmer for about ½ hour. Serve with rice or whipped potatoes. (Beef may be substituted for the chicken. It should be browned in fat before adding the sauce.) Four servings.

### CHILE COLORADO CON CARNE DE PUERCO (Red Chile with Pork)

- 1 lb. lean pork
- 1 tablespoon flour
- 1 teaspoon salt
- 1 or 2 cups red chile sauce
- 1 clove garlic, crushed
- Dash of cumin
- 4 or 5 coriander, crushed
- Dash oregano

Cut pork into one-inch cubes. Put in heavy skillet on medium heat and fry until lightly browned. Add flour and salt. Add remaining ingredients. Cover and simmer for 30-45 minutes. Four to five servings.

#### Variations

Use cubed or ground beef.

### TERNERA CON CHILE (Veal with Chile)

- 1½ pounds veal steak
- 3 tablespoons flour
- 1 tablespoon chile powder
- ½ teaspoon salt
- 4 tablespoons olive or cooking oil
- 1 onion, minced
- 1 cup sour cream
- 1 clove garlic, mashed

Cut veal in serving portions. Mix flour, chile powder and salt and use to dredge meat. Brown meat in hot oil. Add minced onion, sour cream and garlic. Cover and bake in slow oven (325° F.) one hour or until meat is tender. Four to six servings.

#### Variations

Use beef round steak or lean pork steak. Omit chile powder. Add 1 cup diced fresh chile.

### ENCHILADAS VERDES (Green Enchiladas)

- 1 cup green chile
- 1 tablespoon fat
- 1 medium onion, chopped
- Salt
- 1 cup cheese, grated
- 1 cup canned tomatoes, (drained)
- ½ cup sweet cream or evaporated milk
- 6 corn tortillas

Roast and peel green chiles, remove stem, seeds and veins—or use canned or frozen chile—and chop fine. Saute onion in fat, add tomatoes and chile. Gradually add cream, stirring constantly. Simmer five minutes. Fry tortillas in about ½ inch of fat in a heavy skillet, turning once, cooking about ½ minute for each side.

Arrange on hot serving plate in layers—tortilla, sauce, cheese, then repeat. Usually three tortillas make a serving. Keep warm in warm oven until ready to serve. Shredded lettuce may be nested around tortillas just before serving. A lightly fried egg is often served on top of enchiladas. Two or three servings.

### GREEN CHILE STEW

- 14 to 24 green chiles or 1 cup frozen chile
- 5 medium fresh tomatoes or 1 cup canned tomatoes
- 2 lbs. meat cubed, (beef, pork, mutton, venison, etc.)
- Salt to taste

Prepare chile and chop. Brown cubed meat in hot shortening, add chile, tomatoes, onion, garlic and salt, simmer from 1 to 1½ hours—until meat is tender. Eight servings.

### CHILE VERDE CON CARNE

- 1 lb. lean beef
- ½ teaspoon salt
- 1 tablespoon cooking oil or fat
- ½ cup hot water
- ½ cup onion, chopped
- 1 cup tomatoes
- 1¼ cups green chile sauce

Cut beef into one-inch cubes and place in hot skillet with cooking oil or fat. Cover and cook on low heat until meat is brown, stirring frequently. Return to highest heat and add other ingredients. Bring to a boil, cover, reduce heat to low and allow to cook until meat is tender. Serve with bland foods—pinto beans, rice, macaroni. Five to six servings.





## Green Magic in Casseroles

### CHEESE AND CHILE CASSEROLE

12 large pods green chile  
2 cups whole milk  
1 teaspoon salt  
4 eggs  
1 lb. processed cheese, grated  
1 cup cracker crumbs  
4 tablespoons butter

Roast and peel chile, remove stems and seeds (or use canned or frozen). Place alternate layers of chile and cheese in a greased baking dish. Leave enough cheese to sprinkle on top. Beat the eggs slightly, add milk and salt. Pour over the chile and cheese. Sprinkle remaining cheese and the buttered cracker crumbs on top. Bake 45 minutes in a slow oven (325° F.) Serves 8.

### CHILE CASSEROLE

1 cup cooked peeled chile—chopped fine  
2 small green onions, chopped  
½ cup Cheddar cheese, grated  
4 oz. bag of cornchips

#### Sauce

1 tablespoon lard or drippings  
1 tablespoon flour  
¼ teaspoon salt  
1 cup water

Brown flour in fat, add salt and stir in water. Cook until smooth. Add green chile and onions to sauce, bring to a boil. Cook for about 10 minutes on low heat.

In buttered casserole, place about ⅓ of the cornchips, ½ of the

cheese, ½ of the sauce. Repeat. Top with cornchips. Bake at 325° F., for twenty minutes. Serves six.

### BERENJENA Y CHILE VERDE

(Eggplant and Green Chile)

1 large eggplant  
1 egg  
2 cups soft bread crumbs  
6 strips bacon  
1 small onion, diced  
1 cup green chile, chopped  
Salt and pepper to taste

Peel eggplant—cut in cubes and cook in salted water until tender. Cool slightly after draining well. Mash. Combine onion, well-beaten egg, chile, bread crumbs, salt, and pepper. Add to eggplant, mix well. Put in buttered casserole, top with bacon strips and bake in moderate oven (350° F.) 45 minutes. Five to six servings.

### CHEESE WITH CHILE IN CASSEROLE

1 lb. grated Cheddar cheese  
24 green chiles, chopped  
1 medium onion, chopped  
1 clove garlic, (optional)

Prepare chile. Combine cheese, onion, and garlic. Starting with chile and ending with cheese, alternate layers of cheese and chile in a buttered casserole (about 1½ quart size). Bake in oven at 325° F., for 30 to 40 minutes—until cheese melts. Serve with rice, potatoes, or pinto beans.

## Chile—A Perfect Salad Addition

Chile adds color, flavor, and zip to salads—vegetable, meat, fish or cheese.

Crisp green or red chile, shredded very fine, need not be peeled before adding to salads.

### SALADS

#### Coleslaw

Using a sharp French knife, chop 4 parts cabbage, 1 part chile, and 1 part onion very fine. Salt to taste. Add a tart dressing—vinegar and water, sweetened to taste, mixed well with small amount olive or cooking oil. Pour over vegetables and refrigerate for an hour before serving.

#### Hot Potato Salad

Cook and whip potatoes. Season with butter or margarine. Salt to taste. To 4 cups whipped potatoes add ½ cup each of the following, finely chopped — chile, carrots, onion, pickles, and celery. Add ½ cup cider vinegar. Add four hard-cooked eggs, chopped. Serve warm.

#### Cottage Cheese-Vegetable Salad

Combine 1 cup cottage cheese, ¼ cup mayonnaise, ½ cup finely chopped chile, ½ cup finely chopped onion, and ½ cup finely chopped carrots. Serve on salad greens. Serves four to six.

#### Ham Aspic Salad

Soften 1½ tablespoons unflavored gelatin in ½ cup cold water for 5 minutes. Heat 3 cups tomato juice, add dash of salt, ½ bay leaf and 1 tablespoon chopped onion. Simmer 10 minutes. Strain, add gelatin, stir and cool. Add ½ cup fine-

ly chopped green chile and 3 cups minced baked ham. Pour into a mold and chill. When firm, unmold. Serves six to eight.

### ENLIVEN SALAD DRESSINGS WITH CHILE

#### Thousand Island Dressing

To 1 cup mayonnaise add ½ cup finely chopped chile—or ⅓ cup chile sauce—2 tablespoons chopped stuffed olives, 1 teaspoon chopped chives.

#### Pimiento Cheese Dressing

To 1 cup mayonnaise add 1 ounce pimiento cheese, creamed, 2 tablespoons chile sauce, and ½ teaspoon Worcestershire sauce.

#### Chile French Dressing

To 1 cup French dressing, add 2 tablespoons finely chopped chile, or 2 tablespoons chile sauce, or ½ teaspoon chile powder.





## For Snappy Vegetables

Chile adds snap and color to many vegetables. Remove seeds and veins from fresh, crisp chile, using a sharp knife, shred very fine. Add to vegetables at serving time—green beans, braised cabbage, buttered carrots, cauliflower, turnips, fried okra, creamed celery.



### MEXICAN CORN

- 1 tablespoon olive or cooking oil
- 1 onion, minced fine
- 2 cups tomato puree
- 2 tablespoons chile powder
- 2 tablespoons butter
- Salt and pepper to taste
- 3 cups uncooked corn cut from cob, (frozen or canned corn may be used)

Saute onion in hot oil until golden yellow. Mix remaining ingredients. Add onion. Mix well. Pour into a buttered casserole and bake 1 hour at 350°F. Serves six.

#### Variations

Omit chile powder. Use ½ cup green chile, diced.

### GREEN CHILE AND POTATOES

- 1 tablespoon cooking fat
- 1 medium onion and 1 clove garlic, chopped
- 4 green chiles or ¼ cup frozen chile, chopped
- 2 cups diced potatoes (either raw or cooked)
- Salt to taste
- Boiling water

Prepare chile. Slightly saute onion and garlic, add chopped chile and diced potatoes. If cooked potatoes are used, add water to cover and boil 10 minutes. For raw potatoes cook until tender. Serves four.

### GREEN CHILE AND SQUASH

- 7 to 12 green chiles, or ½ cup frozen chile
- 2 cups summer squash, cubed
- 1 small onion
- Salt to taste
- 1 cup fresh or frozen corn (optional)
- 1 tablespoon fat

Prepare chile. Saute chopped onion slightly, add squash, and corn. Cook slowly until tender in little or no water. Add chopped chile, salt and serve. Six to eight servings.

## Accompaniments Too

### BEAN RELISH

For a Southwestern twist to a New England tradition, try:

- 1 can pinto beans
- ¼ cup cider vinegar
- 2 tablespoons sugar
- ½ cup minced raw onion
- 2 teaspoons celery seed
- ½ cup green chile, chopped
- Salt to taste

Prepare chile. Empty beans into mixing bowl, including liquid. Add other ingredients. Mix well. Refrigerate to blend flavors. Serve as a relish with cold meat.

#### Variations

Red kidney or white beans instead of pintos.

### CHILE BORDELAISE

- ½ cup olive or cooking oil
- 1 clove garlic, minced
- Juice of 2 lemons or ¼ cup vinegar
- ½ teaspoon salt
- 8 or 10 large chiles

Peel chile. Mix olive oil, lemon juice or vinegar, garlic and salt thoroughly. Place chiles in bowl and pour sauce over them to cover. Refrigerate to blend flavors. Serve with roast meats or steaks.



### GREEN CHILE AND CHEESE PANCAKE

- 7 to 12 green chiles
- ½ cup cheddar cheese, grated
- 1½ teaspoon flour
- Salt to taste
- Few sprigs parsley
- 1 egg, separated
- ¼ cup chopped celery
- ⅓ cup chopped onion
- ½ teaspoon oregano
- ½ teaspoon Worcestershire sauce

Peel chile, remove stems, seeds and veins and chop fine—½ cup frozen or canned chile may be used.

Beat egg white until stiff. Beat egg yolk and add flour, oregano and salt. Mix well, add to egg white, then fold in remaining ingredients. Drop in small amounts on a slightly greased griddle, brown on both sides, reduce heat and finish cooking. Good as hamburger or steak accompaniment.





## Near the Close of Day

### CHILE-DEVEILED HAM DIP

Blend until smooth:  $\frac{1}{2}$  cup cottage cheese,  $\frac{1}{2}$  cup green chile sauce, 1 can deviled ham.

#### Variations

Omit deviled ham, substitute 1 cup chopped bologna, wieners, ham, or  $\frac{1}{4}$  cup dried beef.

### AVOCADO-CHILE DIP

Serve as an appetizer or as a salad:

7 to 12 green chiles, peeled and chopped ( $\frac{1}{2}$  cup frozen)  
3 ripe avocados  
3 tablespoons milk  
1 clove garlic, minced  
3 tablespoons French dressing  
1 16-oz. pkg. cream cheese  
Blend to creamy consistency.

### GREEN CHILE DIP

Good as a dip, fine as a spread.

4 to 6 green chiles  
1 16-oz. pkg. cream cheese

Peel chile, remove stems, and seeds, chop fine. Bring cream cheese to room temperature. Blend cheese and chile. Serve with tostados, potato chips, crackers, celery or carrot sticks, or corn chips.

### BEEFBURGER CANAPES

1 lb. ground lean beef  
1 cup onions, finely chopped  
3 to 6 green chiles, peeled and chopped  
 $\frac{1}{2}$  teaspoon salt  
1 clove garlic  
Butter or margarine

Combine meat, onion, chile, salt, and garlic. Make into marble-sized balls. Cut bread slices with cookie cutter, spread with butter. Place meat balls on bread and flatten. Refrigerate. Toast just before serving until meat is browned.

### SPRINGTIME DIP

$\frac{1}{2}$  cup red or green chile sauce  
1 cup cottage cheese  
1 cup sour cream  
1 teaspoon salt  
1 tablespoon sugar  
 $\frac{1}{4}$  cup minced green onions  
 $\frac{1}{4}$  cup minced cucumbers  
 $\frac{1}{4}$  cup minced radishes

Blend first five ingredients. Remove to bowl and add minced vegetables. Serve with crisp vegetable sticks, tostados, corn chips, etc.

### GREEN CHILE CON QUESO

Serve as a dip or a spread. It also goes wonderfully well as an accompaniment to bland foods—potatoes, rice, beans.

1 medium sized onion, finely chopped  
1 clove garlic, minced  
2 tablespoons fat  
1 cup green chile sauce  
 $\frac{1}{2}$  cup evaporated milk  
 $\frac{1}{2}$  pound processed cheese, cubed

Combine garlic, onion, and fat in top portion of double boiler. Cook at medium heat until onion is transparent. Add green chile sauce and bring to a boil.

Remove from heat and add milk and cheese. Place over boiling water and cook, stirring constantly, until cheese is melted. Reduce heat and let simmer  $\frac{1}{2}$  hour. More garlic may be added if a stronger flavor is desired. Cool to room temperature to serve.



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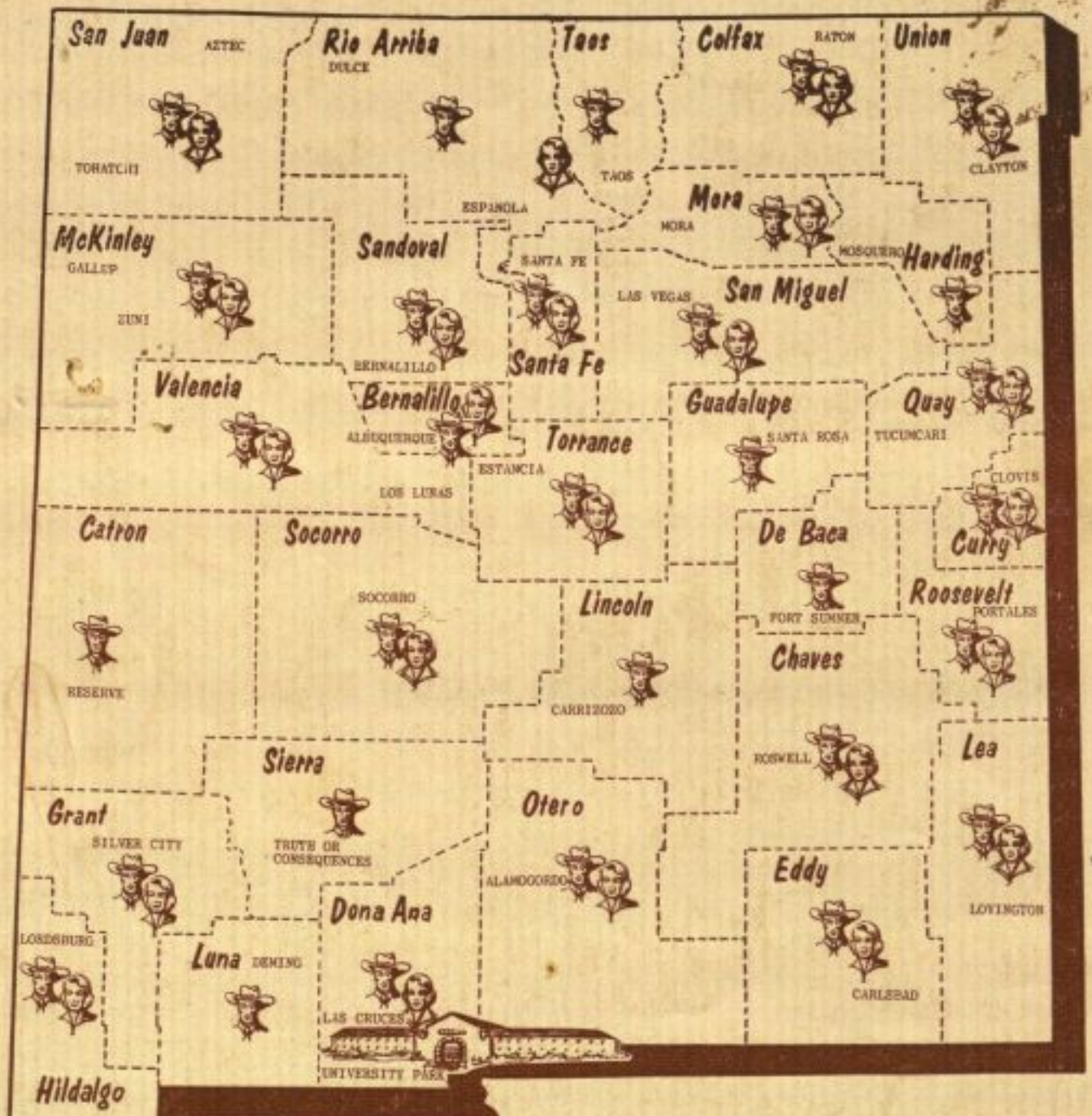
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