

“Enchiladas al Estilo de Guadalajara.” Pardo, Alejandro. *Los 30 Menus Del Mes*. Mexico: Antigua Imprenta de Murguía, 1918. P. 54.

Chef Alejandro Pardo studied culinary arts at the Cordon Bleu in Paris and the Esquela de Artes y Oficios in Madrid.¹ After immigrating to Mexico around 1912, he founded the Academia de Alta Cocina in Mexico City, where he offered instruction in fine European cuisine.² However, in the columns he wrote for women’s magazines, Pardo also featured variations on indigenous recipes for tortillitas and chalupitas,³ something rather unusual for a European-trained chef at a time when corn-based dishes were still somewhat socially stigmatized. Pardo published several cookbooks, three of which are held in UTSA Special Collections: *El Verdadero Práctico: Manual para las Familias* [TX716 .M4 V473 1910z], *El Verdadero Práctico. Tercer Tomo* [TX716 .M4 V473 t.3 1917], and *Los 30 Menús del Mes: Manual de la Cocina Casera* [TX716 .M4 P37 1918]. Tonight we’re preparing a recipe from *Los 30 Menús del Mes*—Enchiladas al Estilo de Guadalajara.

To encharlar means to add or to cover in chili. Enchiladas are thus essentially tortillas dipped or covered in a chile-based sauce, whether filled or not-filled, rolled or folded. Although various types of enchiladas are made everywhere, certain ingredients have regional affiliations. According to Mexican Chef Ricardo Muñoz, enchiladas verdes (made with tomatillo salsa) are most common in the central states of Mexico, while enchiladas rojos (made with salsa of tomatoes or sometimes simply ancho or guajillo chiles) are most often encountered in Zacatecas, Guanajuato and Aguascalientes. Techniques also vary by region. Again, in the central states, the tortillas are usually fried and then dipped in salsa before rolling; in the north, the tortillas are often dipped prior to frying; and in the southeast, the tortillas are sometimes not fried at all, but simply dipped and wrapped.⁴ Tonight’s enchilada recipe is somewhat unusual in omitting the dipping step, resulting in dry-rolled enchiladas topped with salsa. Like most enchiladas served in Mexico,⁵ but unlike most served in the U.S., this recipe does not bake the enchiladas in their salsa. The enchiladas should be rolled, topped, and immediately served.

Observant readers may have noticed that the original recipe calls for “tomates amarillos,” which can be translated as either yellow tomatoes or yellow tomatillos. Most cookbooks from the central states of Mexico, however, use “tomate” for tomatillos and “jitomate” for tomatoes. Furthermore, the recipe directs the cook to “quitándoles la cascara” or peel the tomatoes after cleaning, but before cooking. Peeling tomatoes without blanching them first is extremely difficult to do, and usually not beneficial, so it seems more likely that Alejandro Pardo is directing his readers to remove the outer husk of the tomatillos before cooking. “Amarillo” remains something of a mystery, however, as tomatillos are generally quite green. Perhaps the color-descriptor referred to the external husk being yellowish-brown and fully ripe; or perhaps Pardo knew of and specifically wished to prescribe tomatillos with a lighter more yellowish-green color. There is also a possibility that he did intend for yellow tomatoes to be used, and to be peeled prior to cooking. Historical cookery requires a great deal of interpretation, experimentation, and sometimes simply guesswork. Fortunately, tomatoes and tomatillos can be substituted for each other in most recipes with reliably delicious results.

Wednesday, Oct. 24th is Food Day – a celebration of healthy, affordable, and sustainable food. Tonight’s cooking demonstration is just one of several food-related events on campus this week: <http://libguides.utsa.edu/foodday>.

Tonight’s pork-filled, cream-drenched enchiladas aren’t quite a tofu-topped salad, but although Food Day is about eating healthy, it’s also about eating consciously – paying attention to what you are eating, savoring and experiencing it, rather than simply taking it for granted. However, if you are trying to reduce fat and increase nutrients in your diet, there’s no need to rule out enchiladas. If you use fresh tortillas, or warm them in the microwave to make them more flexible, you can fill and roll the tortillas without frying them. You can also substitute low-fat yogurt for sour cream, and even choose different fillings, perhaps substituting chicken or chickpeas for pork.

¹ Alejandro Pardo, *Los 30 Menús del Mes: Manual de la Cocina Casera* (México, D.F. : Limusa/Grupo Noriega, 1999), v-vi [facsimile edition].

² Ibid.

³ Jeffrey M. Pilcher, *Que Vivan Los Tamales!: Food and the Making of Mexican Identity* (Albuquerque, NM: University of New Mexico Press, 1998), 137.

⁴ Ricardo Muñoz, *Diccionario Enciclopédico de Gastronomía Mexicana* (México : Editorial Clío : Fundación Herdez, 2000), 237

⁵ Rick Bayless and Deann Groen Bayless, *Authentic Mexican: Regional Cooking from the Heart of Mexico* (New York : W. Morrow, 1987), 153.

Las Enchiladas

Tortillas chicas 24, tomates amarillos y grandes 24, lomo de puerco 200 gramos, cebolla 100 gramos, cilantro 12 hojitas y jocoque un cuarto de litro.

Manera de hacerlas:

Los tomates se limpian quitándoles la cascara, se lavan con agua caliente y se ponen a cocer en un litro de agua con 10 gramos de sal gruesa, 3 dientes de ajo y una hoja de laurel, cocidos se les quita toda el agua, se dejan enfriar y se muelen en el metate con los ajos y el laurel.

En una sartén se fríen las tortillas con Manteca muy fresco. En otra sartén se ponen 50 gramos de Manteca bien caliente se le agrega la cebolla finamente picada, dorada, se le agrega el tomate molido y después de bien frito el tomate se retira del fuego, se le agrega el jocoque, el cilantro picado y se sazona con sal. La carne de Puerco se fríe primero y luego se cuece con agua y sal por espacio de 3 horas, cocido y fría se deshebra y se rellenan las tortillas, se enrollan, se ponen en un platón y se vacía por encima de ellas las salsas bien calientes y bien sazonadas de sal.

Enchiladas - Interpretation for the 21st century kitchen (using Diana Kennedy's shredded pork recipe)

- 24 small tortillas
- 24 large yellow tomatillos/tomatoes
- ½ pound pork tenderloin
- 2/3 cup finely chopped white onion
- 1 ½ tsp. salt
- 3 cloves garlic
- 1 bay leaf
- 12 leaves of cilantro
- 1 cup Mexican-style sour cream or salted buttermilk.
- ¼ cup lard or vegetable oil

1. Cut the meat into cubes. Put it into a saucepan and cover with cold water.
2. Bring to a boil, lower heat and simmer until just tender—about 45 minutes. A meat thermometer in the middle of a piece of pork should read at least 145°Fahrenheit.
3. Remove from heat and let meat cool in broth. Drain (reserve broth). Shred meat using two forks and add salt as needed.
4. Remove the husks of the tomatillos and wash in hot water.
5. Place the tomatillos in a saucepan with 4 cups of water, 1 ½ tsp. kosher salt, 3 cloves of garlic and a bay leaf. Bring to a boil, reduce the temperature, and simmer for 10 minutes.
6. Once cooked, drain the tomatillos. Once they cool slightly, grind them in a blender with the garlic and bay leaf.
7. In a skillet, fry the tortillas with very fresh lard.
8. In another skillet heat ¼ cup lard or vegetable oil. Once hot, add the finely chopped onion.
9. Once the onion is browned, add the crushed tomatillos.
10. Once the tomatillos are well-fried, remove the pan from the heat. Add Mexican-style sour cream, chopped cilantro, and salt to taste.
11. Fill the tortillas with shredded pork, and roll them up.
12. Place the rolled tortillas on a large serving platter and pour the sauce on top. Season with salt to taste.

Yield: ~12 servings Preparation time: 20 min Cooking Time: 1 h 10 min
Nutritional Content per serving: Calories: 287.2 Fat 11.5 g (saturated: 3.3; Trans: 0.0) Protein: 12.6 g Carbohydrates: 38.8 g Sugars: 1.8 g Dietary Fiber: 6.8 g. Cholesterol: 22.3 mg Sodium: 451.2 mg