



Menu du Jour

11 May 06

Chicken Enchiladas with Cream Sauce
Mexican-style Rice
(Serves two)

Chicken Enchiladas

A spicy chicken and chile pepper mixture is blended with a creamy soup mixture, rolled up in flour tortillas and baked with Cheddar and Jack cheeses. These make a great entrée for lunch or dinner.

2 cups shredded cooked chicken (recipe follows)
1 (10 1/2-ounce) can cream of chicken soup
1/2 cup sour cream
1/2 teaspoon ground cumin
1/2 teaspoon granulated garlic
1 tablespoon unsalted butter
1 medium yellow onion, chopped (about 1 cup)
1 teaspoon chili powder
1 (4-ounce) can chopped green chile peppers, drained
4 (8-inch) flour tortillas
1/2 cup shredded Cheddar cheese
1/2 cup shredded Monterey Jack cheese
2 tablespoons chopped fresh cilantro, for garnish

Preheat the oven to 375 degrees F. Combine the soup, sour cream, cumin and garlic in a small bowl; set aside.

Melt the butter in a medium saucepan over medium high heat. Add the onion and chili powder, and cook until the onion is wilted, about 5 minutes. Stir in the chicken, chile peppers and 1/4 cup of the sauce mixture. Cook and stir until heated through.

Spread 1/2 cup of the sauce mixture in a casserole dish. Spoon about 1/4 cup of the chicken mixture down the center of each tortilla. Roll up the tortillas, and place, seam down, in the baking dish. Spoon remaining soup mixture on top of the enchiladas and sprinkle with the cheeses.

Bake for 30 minutes or until bubbly and lightly browned. Garnish with chopped cilantro and sliced black olives. Allow the enchiladas to rest for 10 minutes before transferring to warm serving plates.

(Chef's note: This recipe could also be made with shredded roast chicken or shredded smoked chicken.)



Spicy Mexican Rice

A tasty blend of rice, chiles, oregano, garlic and tomatoes, this spicy rice will give any meal character and interest. It's perfect with grilled chicken, beef or fish. It also makes a nice stuffing for fish or a pork roast.

- 1 1/2 teaspoons oil
- 1 cup chopped green bell pepper
- 1 medium yellow onion, chopped (about 1 cup)
- 3 cloves garlic, crushed (about 2 tablespoons)
- 1 cup medium grain white rice
- 1/2 teaspoon ground cumin
- 1 teaspoon dried Mexican oregano
- 1/2 teaspoon coarse kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 (14 1/2-ounce) can diced tomatoes with jalapeños
- 1 1/2 cups chicken stock

Heat the oil in heavy 2 1/2-quart saucepan over medium heat. Add the bell pepper, onion and garlic. Cook for 2 minutes; add the rice and cook for 5 minutes, stirring frequently, or until the rice is golden. Stir in the cumin, oregano, salt and pepper; cook another minute. Pour in the tomatoes and chicken stock. Stir to blend.

Bring to a boil; reduce heat to medium-low and cover. Simmer 20 to 30 minutes or until all the liquid is absorbed.



Mexican Shredded Chicken

4 bone-in chicken breast halves
1/2 yellow onion, thinly sliced
3 cloves garlic, peeled and chopped
1/2 teaspoon dried marjoram
1/2 teaspoon dried Mexican oregano
2 Bay leaves
1/2 teaspoon dried thyme
1/2 teaspoon coarse kosher salt
4 cups chicken stock

Place the chicken breast halves in a large saucepan. Add the onion, garlic, marjoram, oregano, Bay leaves, thyme and salt. Add the chicken stock and enough water to cover the chicken.

Bring the liquid to a boil on high heat. Partially cover and reduce the heat to medium-low. Simmer for 20 minutes. Remove from the heat and allow the chicken to cool in the saucepan for 1 hour.

Remove the chicken from the saucepan, drain briefly, and shred, discarding the bones and skin. Strain and reserve the stock for another use (or use for the Mexican rice, above).

(Chef's note: The chicken and stock may be held, refrigerated, for up to 3 days.)



Cooking & Presentation



**Mexican Chicken Enchilada with Cream Sauce
Mexican Rice
Garden Salad with Poppy Seed Dressing**