

**BLANCA & LUIS** SHARE A TASTE OF... **ENCHILADAS & IMAGINATION**



WELCOME ONCE AGAIN TO 'TASTE OF HOME' I AM PLEASUED TO INTRODUCE OUR CHEFS: LUIS & BLANCA



THE TRADITION IN MEXICO IS THAT THE GODS CREATED ALL PEOPLE FROM THE RICH VARIETY OF CORN SEEDS THEY BROUGHT BACK FROM THE UNDERWORLD.

DOES THAT MEAN WE ARE ALL CORNY? OR SEEDY? OR BOTH?



TODAY WE ARE GOING TO MAKE ENCHILADAS USING CORN TORTILLAS

ENCHILADAS ARE AN EVERY-DAY FOOD, GOOD FOR DINNER AND BREAKFAST. ANY TIME REALLY

IF YOU USE YOUR IMAGINATION THEY CAN BE MADE MANY WAYS.



BLACK BEANS & SALSA VERDE

...WRAPPED IN LOTS OF SOFT, WHITE CORN TORTILLAS

SOUR CREAM

CREAMY FETA CHEESE

I, EITAN, AM THE OFFICIAL INGREDIENT INSPECTOR, AND I AM IMAGINING ENCHILADAS FILLED WITH...

SHREDDED CHICKEN



THE SALSA IS MADE FROM GREEN TOMATOES CALLED TOMATILLOS...

...AND MIXING THE SALSA WITH GARLIC & ONIONS MAKES THE ENCHILADA SAUCE

BECAUSE OF THE TIME INVOLVED, LUIS STARTED COOKING THE CHICKEN BEFORE YOU ALL ARRIVED, BUT THERE IS PLENTY OF PREPARATION FOR ALL OF YOU.



WE'LL SHRED CHICKEN...

SHRED! SHRED!



...MY DAD & I WILL MAKE THE SAUCE IN THE BLENDER...



...AND MY DAD AND I WILL OPEN THE BLACK BEANS

CRANKING...



MEANWHILE, OUT IN THE HALL...

WE LIKE DECORATING!

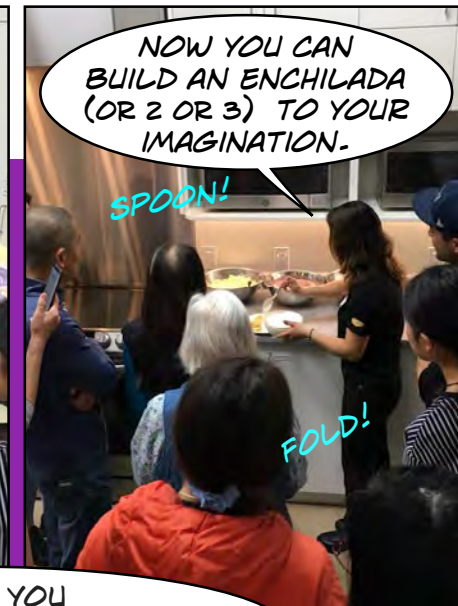


WE LIKE COLORING!



BLANCA IS GENTLY FRYING CORN TORTILLAS

SIZZLE! POP!



NOW YOU CAN BUILD AN ENCHILADA (OR 2 OR 3) TO YOUR IMAGINATION.

SPOON!

FOLD!



LOOK AT US! WE ARE SO BEAUTIFUL!



THANK YOU FOR SHARING A TASTE OF YOUR HOME. THAT WAS DELICIOUS



WE DID IT!



THANKS FOR THE MEAL



I LIKE IT, I WANT MORE!



I'M FULL! I ATE 5



NOM! NOM! NOM! NOM!

# BLANCA & LUIS' ENCHILADA RECIPE

## INGREDIENTS (4 PEOPLE)

1 BOTTLE OF GREEN SALSA  
1 CAN BLACK BEANS  
2 PCS CHICKEN BREAST  
1 BUNCH OF CILANTRO  
1 ONION  
1 GARLIC  
16 TORTILLAS  
1 LT BOTTLE OF SOUR CREAM  
1 PKG. OF FETA CHEESE



## INSTRUCTIONS

BOIL THE CHICKEN WITH THE ONION AND SALT IN BOILING WATER. ONCE COOKED, LET IT COOL SLIGHTLY AND SHRED IT.

**GREEN SAUCE:** IN THE BLENDER, BLEND THE GREEN SAUCE WITH A LITTLE ONION, A GARLIC CLOVE, AND CILANTRO. POUR INTO A POT OVER MEDIUM HEAT. COOK ON MEDIUM HEAT. (ADD SALT TO TASTE).

**BEAN SAUCE:** BLEND THE BEANS PERFECTLY ALONG WITH A BIT OF CREAM AND CHICKEN BROTH. POUR INTO A POT OVER MEDIUM HEAT. COOK ON MEDIUM HEAT. (ADD SALT TO TASTE).

**TORTILLAS:** HEAT A LITTLE OIL IN A PAN, AND IN IT, PASS THE TORTILLAS ON BOTH SIDES. FILL THEM WITH THE CHICKEN AND ROLL THEM UP. ARRANGE THEM ON THE PLATES WHERE YOU WILL SERVE THE ENCHILADAS.

SERVE A LITTLE OF THE SAUCE THAT YOU PREFER OVER THE ENCHILADAS.

FINALLY, GARNISH WITH CRUMBLLED OR GRATED FRESH FETA CHEESE AND SOUR CREAM TO TASTE.



## Did You Know?

Fotonovelas are comic books illustrated with photos rather than drawings. They have been around since the 1940's with origins in Mexico (and in France and Quebec where they were called 'PhotoRoman' and in Italy where they were nicknamed 'Fumetti' because the text bubbles looked like little clouds).

Typically fotonovela were romantic melodramas created for adult readers who found pictures supported their reading. More recently, world health organizations have realized that stories about healthy choices and available services were more effective when images and words were combined using comic book story-telling. conventions.

To learn more,  
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