

In The Kitchen

Celebrating Hispanic Heritage Month

(NAPSA)—Hispanic Heritage Month commemorates the immense artistic, political, and cultural contributions made by the Hispanic community within the United States. It also pays tribute to the struggle for independence of several countries—Costa Rica, Chile, El Salvador, Guatemala, Honduras, Nicaragua and Mexico. One of the most delicious additions to modern day society is the cuisine, which varies in every town, region and country to reflect the differences in culture, history and geography. However, corn is the one ingredient that unites the numerous styles of Hispanic cooking.

In ancient times, corn was considered a gift from the gods and cultivating it was a sacred task. It nourished both the spirit and the body. Because it can endure the harsh conditions of many regions, it became a dietary staple whether eaten fresh, cooked, or ground into the meal that makes tortillas.

Corn continues to be essential to today's Hispanic kitchen and is included in everything from tamales and tostadas to pozole and salsas. Modern chefs looking to maintain the robust flavor of authentic recipes without relying on lard can use corn oil, like Crisco®'s *All Natural 100 Percent Pure Corn Oil*.

A high smoking point makes corn oil ideal for frying the family's favorite meals and produces light, crisp result without leaving a heavy aftertaste and oily residue. The robust corn taste and aroma enhance the natural flavors in everything from salad dressings to empanadas. Corn oil is also naturally cholesterol and sodium free and an excellent natural source of the antioxidant vitamin E.

Whatever your background and however you celebrate Hispanic Heritage Month, this recipe for Chiles Rellenos De Queso will be



Corn oil is perfect for frying the family's favorite dishes, like Chiles Rellenos De Queso.

sure to rally a cry for seconds. Buen provecho!

Chiles

- 4 chiles poblanos or bell peppers
- ½ cup breadcrumbs
- ½ cup grated Pepper Jack cheese
- ½ cup grated Cheddar cheese
- ¼ teaspoon ground cumin
- Salt and pepper to taste
- Crisco Oil for frying

Batter

- 4 eggs, separated
- ¼ teaspoon salt
- ¼ cup flour

Chiles: Put chiles on a hot grill or under the broiler, let skin blister and burn. Turn chiles occasionally so they don't overcook or burn through to the flesh. Wrap chiles in a damp cloth or plastic bag for 20 minutes. The burned skin will flake off easily and the flesh will be slightly cooked by the stem. Slit the side of each chile; remove seeds and veins. Leave the top of the chile intact. Rinse chiles and pat dry.

Filling: Mix breadcrumbs,

Pepper Jack, Cheddar cheese and cumin with salt and pepper to taste. Stuff filling into the slits in the chiles.

Batter: Heat at least ¾-inch Crisco Oil in a heavy, deep pot to 350°F. Beat egg whites until they are stiff, but not dry. Add salt and egg yolks, one at a time, beating well after each addition.

Procedure: Pat chiles completely dry (or batter won't adhere), sprinkle lightly with flour. Coat with batter. Fry chiles in hot oil, turn occasionally, until golden. Drain on paper towels. Sprinkle with cheddar cheese and melt in a 350°F oven for 2-3 minutes. Serve immediately.

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