

Zucchini_And_Tomatillos_2004.txt

one of my favourite ways to eat the zucchini and tomatillos

Enchiladas Verdes

The Sauce:

1 medium size yellow onion, thinly sliced, about 2 cups
1 medium size green bell pepper, coarsely chopped, about 1 cup
2 pound fresh tomatillos, husked
2 or 3 jalapeno or serrano chilies, seeded and chopped
4 tablespoons chopped cilantro

pour a little water into a large sized saucepan; add the onion. cover and cook the onion without stirring, over medium heat until soft. add the bell pepper, tomatillos and chilies. cover again and cook until the tomatillos are very soft and have released their juices, about 15 or 20 minutes. Puree in a blender or food processor until the sauce is smooth. Add the cilantro just before serving.

makes about 4 cups.

*to save time, soak the tomatillos in warm water for a few minutes before husking them. the warm water softens the husk and loosens it from the slightly sticky skin of the tomatillo.

The Filling:

1 tablespoon vegetable oil
half a medium sized onion, diced, about 3/4 cup
salt and cayenne pepper
3 cups of corn kernels (about 3 ears)
3 teaspoons cumin
5 garlic cloves, finely chopped

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3 jalapeno or serrano chilies, seeded and thinly sliced

3 medium sized zucchini, diced, about 2 cups

3 tablespoons chopped cilantro

heat the oil in a large skillet and add the onion, 1/4 teaspoon salt and 3 pinches of cayenne. Saute over medium heat until the onion is soft. Add the corn, 1/2 teaspoon salt, cumin, garlic, and chilies. Saute until the corn is just tender. Add the zucchini and cook until it is tender but not soft. Set aside 1 tablespoon of the cilantro for garnish and toss the rest into the cooked filling.

To Assemble:

tomatillo sauce

12 tortillas

6 oz of smoked cheddar or mozzarella cheese, grated, about 2 cups

Lay the tortillas out on a work surface. Set aside 1/2 cup of cheese to sprinkle on top. Place 1/3 cup vegetables in the centre of each tortilla and sprinkle with 2 tablespoons cheese. Roll up, making sure that the filling and cheese extends out to the ends.

Ladle 2 cups of the sauce into the bottom of a 9 x 13 inch baking dish and place the enchiladas in the dish. Ladle the remaining sauce over the enchiladas and bake, covered, for 20 to 25 minutes; until they are hot and the sauce is bubbling.

sprinkle with the remaining cheese. Sprinkle with the reserved cilantro just before serving.

serves 6

megan's notes

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this is the recipe more or less as it was printed. my changes are:

- *i don't use cilantro as i don't like the taste.
- *instead of chili peppers, i have used plain old hot sauce from a bottle (to taste)
- *i make ahead the tomatillo sauce and freeze it, i think it could also be canned
- *in desperation last year i simply froze tomatillos and then made the sauce when i had time. worked just as well
- *i have yet to get it to fit in a 9 x 13 pan. it seems to make tons. but then what did i expect from a recipe that had tomatillos and zucchini as main ingredients?
- * you can also use the sauce on top of other vegetables, or on top of latkes (potato pancakes) or zuchhini pancakes.

enjoy!

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