

SPANISH FOODS IN COLORADO

The foods served by Spanish-speaking women in Colorado to appease the appetites of their families are quite different from those that whet the appetite of the average American family.

No meal is complete without tortillas which serve the purpose of bread and meat. Made of flour and water, with little or no flavoring, the dough is slapped from one hand to the other until it assumes the appearance of an enormous thin pancake. It is then cooked directly on top of the stove until crisp like ^asoda crackers. Tortillas are not used for bread alone. When folded around a meat mixture containing chili, onions, and corn meal and baked, they are known as enchiladas. The same meat mixture baked in corn husks produces hot tamales. Tomato sauce, highly flavored with chili peppers, is the prevailing relish found on all tables. Beans, or frijoles, are the staff of life to these people.

Within the past few decades tortillas, enchiladas, hot tamales, and chile have become popular dishes in the homes of many Coloradans not of Spanish or Mexican descent.