

Everything Enchiladas!

Olé! May 5th is National Enchilada Day. Cinco De Mayo is a great day to learn all about the history of this delicious dish. This traditional Mexican dish has a unique flavor and long history. The definition of the enchilada is a rolled tortilla with a filling, usually with meat and served with a chili sauce. In English, the word enchilada means “in chili.” Extensive research suggests that enchiladas not only date back to Mayans but also originated from Mayan people. A staple food of the Mayan people was corn tortillas. Some evidence shows that the first enchiladas were made with these corn tortillas and had fish rolled in them.

One of the original ways this dish was served was through street vendors, and the enchiladas were corn tortillas rolled and dipped in chili sauce. Now people make enchiladas smothered in sauce, topped with cheese, and baked to perfection in either a flour or corn tortilla. Some of the many ingredients that can fill enchiladas include beef, chicken, seafood, pork, beans, potatoes, vegetables, and cheese. Traditional Mexican enchiladas are usually topped with a Mexican crema and queso fresco or cotija cheese. When making a Tex-Mex version of this dish, it is generally topped with yellow cheese. Some of the toppings that people use are sour cream, cheese, olives, lettuce, diced onions, red or green chile peppers, salsa, and cilantro.

Many people are often curious about the difference between a red and a green enchilada sauce. The most noticeable difference between these two sauces is the type of chile used to make it. Just like in their names, green chili sauce is made with green chiles, and red sauce is made with red chiles. These sauces also differ in flavor as the green sauce has a very fresh flavor, and the red sauce has a more earthy flavor. Both sauces range from mild to very hot, depending on which peppers are used.

Green or Verde enchilada sauce is usually made with green tomatillos, green chiles, onions, garlic, vinegar, cumin, and cilantro. A green tomatillo is a small fruit that looks similar to a green tomato and is even sometimes referred to as “Mexican husk tomatoes.”

Red enchilada sauce is quite similar to green sauce. The main difference is that red sauce is made from dried red chile peppers instead of green peppers, and the spices used are sometimes slightly different. This sauce has vinegar, garlic, onions, and other spices like oregano, chili powder, and basil. Some recipes also use ripe tomatoes or tomato paste as a base for this sauce. Red chile peppers can be mild or very hot, so you can choose which you like best when making this sauce.

If you are making enchiladas, you may be wondering, “Which sauce should I use?” This is an excellent question, and the most straightforward answer is whatever you prefer. If you are making beef enchiladas, it is more common to pair them with a red sauce, and chicken enchiladas usually have a green sauce.

Nutritious and versatile, enchiladas can be customized to suit anyone’s personal preferences. There is a wide variety of cheese, meats, and toppings, so these are an excellent option for anyone looking for a traditional Mexican dish with a rich history. This dish is very nutritious because it contains a healthy filling with meat, cheese, or vegetables. Enchiladas have become a

symbol of a traditional Mexican meal with their perfect combination of meat, cheese, tortilla, and sauce.

(Sources: www.britannica.com; www.foodchamps.org; justmexicanfood.com; mobile-cuisine.com; tastessence.com)