

International Cooking

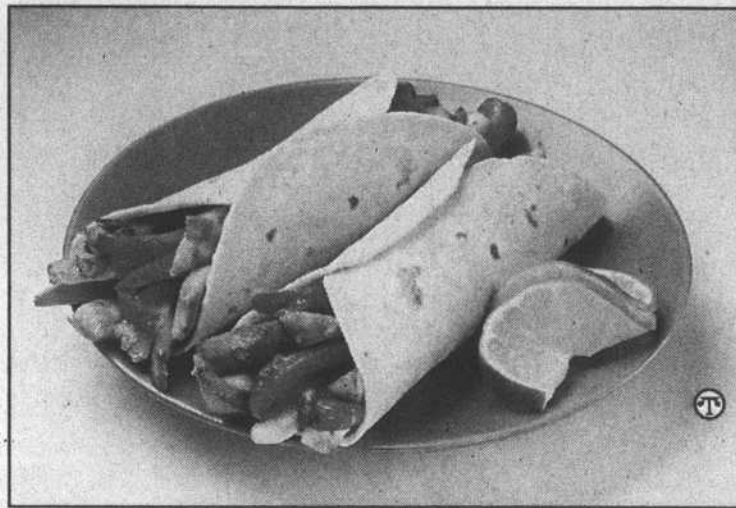
Summertime dishes with a Latin influence

If you can't stand *el calor*, get out of *la cocina*. That's what's on the mind of many a summer chef, most of whom are looking for quick ways to move meals outdoors.

For a growing number of families, a Latin influence is pervading lunch and dinner menus, with the zest of salsa replacing the heavier sauces used in more traditional American fare. Moreover, south-of-the-border cuisine

adds a tasty twist to your recommended daily servings of vegetables. Perhaps the best part of Latin-themed meals, such as fajitas or tacos, is how fun mealtime is, with very little prep work and even less time in front of a hot stove.

The following recipe for Chicken Fajitas uses Lipton Recipe Secrets Onion Soup Mix to save time and spice things up, along with chicken breasts and bell peppers for a



Latin-themed meals can be an easy-to-prepare option for any occasion — and a great way to spice things up.

simple and savory dinner.

Lipton Chicken Fajitas
Prep Time: 10 minutes
Cook Time: 8 minutes

- 2 Tbsp. olive or vegetable oil
- 2 medium red and/or green bell peppers, sliced
- 1-lb. boneless, skinless chicken breasts, sliced
- 1 envelope Lipton Recipe Secrets Onion Soup Mix
- 1/2 cup water

- Flour tortillas, heated
 - 1. In 12-inch nonstick skillet, heat oil over medium-high heat and cook red peppers 2 minutes. Add chicken and cook 4 minutes or until lightly browned.
 - 2. Stir in soup mix blended with water. Simmer 2 minutes or until chicken is no longer pink. Serve in warm tortillas. Makes 4 servings
- For more recipe ideas, visit www.recipesecrets.com.

Ja! German-style Strudel recipe with wins contest for Connecticut woman

As part of a unique recipe contest, Linda Rohr of Westport, Conn., "cooked her way to Germany." Rohr's Cambozola Strudel with Potatoes and Leeks in a Red Pepper Coulis recipe took first place out of more than 500 other entries.

Cambozola Strudel with Potatoes and Leeks in a Red Pepper Coulis

- 1 large red onion, peeled and thinly sliced
 - 3 large leeks, washed, whites thinly sliced
 - 3/4 cup melted butter
 - 2 medium Yukon Gold potatoes, peeled and sliced
 - 2 large sprigs fresh thyme, stems removed
 - 2 large sprigs fresh tarragon, stems removed
 - 2 tablespoons sour cream
 - 2 tablespoons lemon juice
 - 6 oz. German Cambozola cheese, crumbled
 - 12 teaspoon salt
 - 14 teaspoon black pepper
 - 6 phyllo dough sheets
 - 1/4 cup German Sweet Mustard
 - 4 freshly roasted red peppers, skinned and seeded
 - 2 tablespoons German vinegar
 - 1/4 cup canola or olive oil
 - 1/2 teaspoon Tabasco sauce
- In a large skillet, sauté onions and leeks in 2 Tbsp. butter over medium-low heat, stirring occasionally until a caramel brown.
- In another skillet, sauté potatoes in 2 tablespoons butter until tender/crisp; stir occasionally. Remove from heat; stir in thyme, tarragon, sour cream, 1 Tbsp. lemon juice, Cambozola and half the salt and pepper. Add the caramelized onion mixture; mix well.
- On a jellyroll pan, fold one phyllo sheet in half lengthwise; brush with 1 Tbsp. melted butter; repeat, layering the phyllo. Brush mustard over phyllo. Spread Cambozola and vegetable mixture to cover half of the longest lengthwise side of the phyllo and 1/2 of the short sides. Roll



For dishes with true European flair, like Cambozola Strudel (above), try adding some ingredients imported from Germany.

jellyroll fashion; place seam-side down on pan and brush with remaining melted butter. Bake 20-25 minutes or until golden brown.

Place roasted peppers in a food processor with vinegar, oil, 1 Tbsp. lemon juice, Tabasco and remaining salt and pepper; blend until smooth.

Slice strudel and serve on a plate drizzled with roasted pepper coulis. Serves 8.

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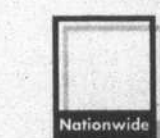
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